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OSR Ad Board September Updates:

<http://www.aamc.org/members/osr/reports/start.htm#adboardupdates>

Elections: We Want You! A Charge from the OSR Chair-Elect

Jim Littlejohn, OSR Chair-Elect, jelittlejohn@medicine.tamhsc.edu

The AAMC OSR is charged with expressing the voice and perspective of over 67,000 medical students from the 125 US LCME accredited medical schools. Each year, the OSR Administrative Board works to facilitate the needs of the medical students represented, striving to develop ways to increase both communication and thoughtful participation in academic medicine.

Elections for the OSR Chair-Elect and five National Delegate positions on the OSR Administrative Board occur at the Annual Meeting. Motivated volunteers with the desire to improve undergraduate medical education are needed. The call for interested nominees goes out to all OSR representatives, experienced and novice. Each of you has your own experience, expertise, idealism, and tenacity to help create an effective Ad Board.

If you have any desire to run for a national position, send in your CV and personal statement! Your ideas for the OSR and medical education would most likely be shared by others; you will meet like-minded people and enthusiasm, be more efficient in your efforts, collaborate, synergize, and ultimately discern how to put your ideas to action. But none of this can happen unless you run for office! I look forward to meeting you in Seattle.

An Experienced National Delegate's Perspective

Justin Weis, OSR National Delegate for Student Affairs, justin-weis@uiowa.edu

You are attending the Annual Meeting. You are excited to discuss the numerous topics that are swirling in the world of medical education. You think that you could make a difference for some of these problems if only you had the opportunity. The opportunity is right in front of you. The AAMC Organization of Student Representatives – Chair-Elect and National Delegate elections will be held in Seattle, WA this October. There are six different positions allowing you to flex your muscles on a variety of issues facing medical students across the country: OSR Chair-Elect, medical education, student affairs, legislative affairs, community and diversity, and communications.

To be successful in an election takes fundamental skills: knowledge, communication, personal passion, action, and the drive to make it happen. The number of topics that are red hot at an Annual Meeting is large. Prepare before the meeting. Read the agenda. Identify issues that you feel are critical and pertinent. Talk to students at your school about their thoughts regarding these issues. Once at the meeting, you will have no trouble finding students who are passionate. Share your perspective and look to gain others. The job of a Delegate is to take the pulse of the student body and there is no better opportunity than at the Annual Meeting. The next step is to formulate a plan. Do not stop at understanding issues and opinions, but pursue what should be done. Ask yourself and the people around you, "How can we make this better?"

Important steps before showing up to the meeting are having your CV polished and your statement of intent written. The most important factors here are not flash and length, but the same qualities as above. Show people you have experience, knowledge, and the drive to take action. Just like on the hospital floor, show the OSR why we want you on the Administrative Board.

The final step is your speech. This can be a work in progress, but should be completed well before the election. Leave enough flexibility to incorporate the pulse that you have taken while at the first few days of the meeting. At the election, demonstrate that you are actively listening / participating at the meeting, have some unique ideas, and express that you feel strongly about making medical education better for all! Running for a national position is not reserved for the senior students with the razzle dazzle CVs. Underclass students with zeal for improving medical education may be even more electable! We are looking to hear from you in Seattle!

For more information about the Chair-Elect and National Delegate positions, please go to: <http://www.aamc.org/members/osr/elections/start.htm>
Send your CVs and personal statements to Denine Hales (dhales@aamc.org) for Web post.

Advice from a Veteran Voter

Katie Heim, University of Louisville SOM, kahend03@gwise.louisville.edu

As a fourth year med student, I've been to two Annual Meetings during which we selected new Ad Board members. When watching candidates give statements and answer questions, I primarily look for a combination of honesty and confidence. I try to vote for someone who can articulately answer questions, has some idea how the OSR functions, and is aware of some of the issues surrounding medical education. It is not that important to me how many other leadership positions or service projects are on a candidate's CV because, as medical students, we are hopefully all competent, intelligent, and compassionate people. Also, if a person mentions their accomplishments too often, it's easy to suspect that their only motive is resume building. Finally, I try to select the candidates who seem most passionate about the position, regardless of their years of experience with the OSR.

AAMC Grants Support Cover the Uninsured Events Across the Country

Diane Reis, National Delegate for Communications, dcreis@wisc.edu

This year's Cover the Uninsured Week was May 1-7. Students at medical schools across the country received grants from the AAMC to support a wide variety of events. The following are a sampling of the activities at some of these schools. Congratulations to all grant recipients and thank you to everyone who applied, as well as everyone who got involved with this week designed to raise awareness and action on the issue of uninsured Americans.

University of Iowa Carver College of Medicine - Brian Steussy

Event organizers at the University of Iowa COM set up a booth at their Civic Engagement Fair with laptop computers and a printer where students could look up their congressional representatives and write and print letters to them that would encourage lawmakers to make health care a high priority and support legislation that would help the uninsured. Over the course of the day, 169 letters were signed. In addition, the booth had information on services available for the uninsured through the University of Iowa Hospital and Clinics. Excerpts from the article *Case Study: The Uninsured True Stories of Unnecessary Sickness, Death and Humiliation* by Howard Bell were posted before and during the event to encourage students to consider the impact that a lack of insurance can have on a person's life. A press release also detailed these efforts and explained their tie to the national event.

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Photo: Erika Levis and Darbie Little, the U of Iowa student organizers of the booth, speak with students while others prepare letters to their congressional representatives.

University of West Virginia SOM - Jodie Posey

At UWV, students designed a banner and posters with information about local and state uninsured populations. They also had a table in the Health Sciences Center where student organizers educated their classmates about the issue and a table at the hospital targeted at physicians and patients that included information on services available to the uninsured. In addition, a lunch conference meeting was held with the director of the local clinic for uninsured patients who discussed the prevalence of uninsured people in West Virginia and the capabilities of her clinic to help those in need. Anyone interested was welcome to attend and lunch was provided. Finally, students distributed information on two occasions outside the local Giant Eagle supermarket in hopes of raising awareness with the public and to get the information to those who may benefit from it.

Harvard Medical School - P.K. Agarwall

Organizers at Harvard had two different events related to Cover the Uninsured Week. In the first, Marie Adele-Sorel with the team from Harvard's Health Policy Education Initiative (HPEI), conducted a case-based discussion of lack of insurance coverage in the U.S. The case, "Uninsured and Unable to Breathe," illustrates the demographics of, bio-psychosocial consequences of, and systemic challenges associated with the many uninsured persons in our country. The group went through the case day-by-day, accompanying the conversation with relevant background information to provide depth of understanding, to provoke controversy about the status of the uninsured, and to stimulate thinking about ways in which to approach this problem as a physician and a health care advocate. The event was well-received and the students really got involved with the discussion with such questions as "what is the doctor's role in treating a patient with medications when the patient cannot afford to purchase them?" Many sides of the issue of access were raised and most students, regardless of which approach they advocated, gained a heightened understanding of the depth and breadth of the problems caused by lack of health care coverage in this country.

The second event was a discussion with Dr. Jack Evjy, a renowned oncologist who led the Massachusetts Medical Society for many years and was intimately involved with the behind-the-scenes negotiations and advocacy which finally culminated in the passage of the new Massachusetts Health Care Reform Act. Dr. Evjy gave a remarkable discussion which focused first on the data and the need for universal access, especially in Massachusetts. He then outlined the features of the new reform plan and gave a summary of the costs of the new plan and a summary of the coverage of the new plan. The last, and most fascinating, part of Dr. Evjy's discussion was his "behind-the-scenes" look at advocacy in action within the Massachusetts' political system. Since Dr. Evjy spearheaded the committee which sought to improve health care access in the state, he knew the details of political compromise and bick-

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ering that finally led to the grandstand public display of the governor of Massachusetts and the legislature coming together to sign the landmark bill. He spoke about the coalitions that were formed and the compromises that were made. In addition, OSR representative Pankaj K. Agarwalla created a large poster with facts and figures about the uninsured and the new Massachusetts plan.

Medical University of Ohio - Cynthia Kenmuir

Leaders at MUO brought the issue of the uninsured to their student body by inviting Dr. Jonathan Ross, the former president of Physicians for a National Health Plan, to speak. The lecture was open to all students, faculty, staff, and community members. Dr. Ross discussed the need for a national health care system and explained the pros and cons of the single-payer system proposed by AMSA and PNHP and the health savings account system promoted by the AMA. The lecture was followed by a question and answer session. MUO representatives also pass on the recommendation that student groups interested in having AMA speakers talk about this issue contact the AMA or specific speakers at least three months in advance.

Albany Medical College - Erick Cheung

AMC-SPA (Student Perspectives and Activism) hosted "Karaoke for a Cause" at a local nightlife venue. Students gave their best performance in an American Idol-like event in front of Albany Med faculty judges; facts about the uninsured were read in between acts. The event attracted nearly 200 students and faculty members and donations totaled over \$1000. The donations were presented later in the week at the "Candlelight Vigil for the Uninsured" to Koinonia Health care, a key community health clinic that provides care for the under-served and uninsured.

The Candlelight Vigil brought together over 60 physicians, nurses, medical students, activists, and concerned citizens to demonstrate support for the uninsured and the need for health care reform. Speakers included students, faculty, and community leaders. After the vigil a reception was held at Koinonia Health Care where attendees shared their thoughts on helping the uninsured and made connections for further projects.

National GSA/MAS/OSR Spring Regional Meeting Summary – Philadelphia, PA

Jim Littlejohn, Chair-Elect, jelittlejohn@medicine.tamhsc.edu

From April 1-5, 2006, the OSR gathered in Philadelphia, PA for the spring regional meetings, held concurrently with the Group on Student Affairs (GSA) and GSA-Minority Affairs Section of the AAMC. Unique to this meeting were the convergence of the regions and the large array of topics that were discussed. Specific summaries of the plenary and important concurrent sessions that are particularly relevant to students are posted on the OSR Web site at: <http://www.aamc.org/members/osr/2006natlmtgsummaries.pdf>

Regional meetings took place as usual, and OSR reps addressed pertinent topics and elected the new regional Chair and regional delegates. At the national business meetings, we took advantage of the unique opportunity to gather as a whole and discussed the current issues salient to the medical student constituency.

In central focus was our role as active participants in the future of medical education and the health care system at large. Considerable discussion occurred regarding the pitfalls of the current health care system, addressing concerns about the uninsured populations across the nation, and the commercialization of the health care field. The question was posed: where do

academic medical centers and physicians in training fit into the framework of healthcare reform and what can we do to change our current state of affairs? It was resolved to bring these topics back to our respective medical schools for further discussion and reconvene over the listserv between and at the Annual Meeting in Seattle, WA on October 26th-29th to develop these ideas.

A Preview of Seattle

Shana Elman, Medical College of Wisconsin / Colin Bird, Texas Tech University Health Sciences Center SOM / Harlan Gallinger, University of Washington SOM / Tabitha Moe, University of Missouri-Kansas City SOM / Lance Retherford, Medical College of Wisconsin

Whether you like to experience the outdoors, eat amazing food, drink fine wine or micro-brews, shop, visit museums or tourist attractions, or just get away from the stress of med school, Seattle has something that you're sure to enjoy. Trying to summarize all that Seattle has to offer is a daunting task. But here's an overview of a few places you might want to visit during your stay in Seattle. With so many amazing things to do, you'll have to take advantage of all your free time between meetings and breakout sessions.

For the outdoorsy-type...

Beach: Alki Beach is about 7 miles from the hotel, but is a fun place to visit if the weather is nice. You can rent kayaks here, play volleyball, jog or stroll along the 4-mile perimeter, rent a two-seater bicycle, eat fish and chips at Spuds or dine at Salty's, one of the best Seafood restaurants in Seattle. Kayak tours leave from Alki Crab and Fish, take the Lighthouse tour (departing at 10am) or Duwamish River tour (call for departure time) both for \$45. A Sunset tour leaves 2 hours before sunset for \$35. Call ahead for reservations: 206-953-0237 or email: kayakalki@gmail.com.

Jogging Trails/Parks: Less than a quarter mile, east of the hotel you'll find yourself in **Freeway Park**, complete with concrete running paths, greenery, and a fountain/waterfall. There's also free wi-fi internet in the park. For a scenic run or stroll along Elliott Bay with views of the city skyline, the waterfront, the ships in dry-dock, and much more, go west on Union to Alaskan Way and head north along **Waterfront Park** to **Myrtle Edwards Park**. Myrtle Edwards Park has a 1.25-mile winding bike and pedestrian paths along Elliott Bay, fantastic views of the Olympics Mountains, Mount Rainier, and Puget Sound (to refuel on your way back, stop at **Ivar's Acres of Clams** at Pier 54 for some chowder is located in Skagway, Alaska. ? mile from the hotel at 117 S Main St.

For the touristy-type:

Pike Place Market: Go see vendors throw fish and check out amazing food and shopping...it's an absolute must-see. Just walk down Pike Ave., 6 blocks and you're there. For a more formal education while you're enjoying the sights and smells, Market Heritage Tours (\$8) are a blend of history and current information, with a dash of quirky anecdotes and practical shopping tips presented by knowledgeable insiders. There's an 11am and a 2pm tour, leaving from 1st and Pike. Reservations are required 24 hours in advance for weekday tours, and by 4:00 p.m. on Fridays for weekend tours.

Underground Tour: This is a humorous 90-minute subterranean stroll and history lesson. Below the art galleries and nightclubs of Seattle's oldest neighborhood lies an urban ghost town. The tour starts at **Doc Maynard's Public House**, a restored 1890s saloon located at 608 First Ave, in Seattle's **Pioneer Square** (about 1/2 mile from the hotel). Arrive dressed for the weather and keep in mind this popular tour can sell out, so come early. Tour times (Sun-Fri 11am, 1, 2, 4pm, Sat 11, 12, 1, 2, 3, 4 pm) are subject to change, so call ahead. Tickets are \$11 for adults (\$9 w/ a student ID).

The Space Needle: Take in the 360-degree view of mountains, Elliott Bay and Seattle neighborhoods from 605 feet. Price: \$14, Hours: 9am-midnight. Or dine at the rotating restaurant in the Space Needle, **SkyCity** and see the view from the top for free (although the service & food may not be worth the price unless it's a clear day). While you're there you can check out **Seattle Center**, featuring international foods, a wide array of shops, and home to various performing arts and sports teams. Seattle Center is accessible by a 90-second monorail ride from downtown.

Seattle Aquarium: Resting on the doorstep of one of the richest and most diverse aquatic habitats on Earth, the aquarium's world-class exhibits and unique underwater viewing dome take you close up to the wonders of Puget Sound marine life. Less than half mile from hotel on 1483 Alaskan Way. Price: \$12.50, Hours: 10-5. Or pair it with an **Argosy's one-hour harbor cruise** for \$25.50.

...as if you didn't already have enough to do...

Wineries: Washington is the second largest producer of wine in the US. Lucky for us, the hotel is within a half mile of **The Tasting Room**, a cooperative tasting cellar featuring wine from seven of Washington's best artisan wineries. For a small fee, wine lovers may taste from these boutique wineries while enjoying the ambience of a European-style wine cave. They offer a selection of gourmet meat and cheeses to enjoy while wine tasting and usually have specials Mon-Fri, 4-6pm. It's located at 1924 Post Aly in Pike's Place Market and is open 12-8.

Java Fix: The **original Starbucks** is a few blocks away from the hotel across from Pike Place Market, but to experience the true coffee culture get a brew prepared by skilled baristas at a smaller establishment, most also have free wireless internet. A few to try: **Cafe Ladro** (801 Pine St., 4 blks NE from hotel), **Top Pot Doughnuts** (2124 5th Ave, 6 blks NW from hotel), **Espresso Vivace** (227 Yale Ave. N in Alley 24 across from REI, ~13 blks N of hotel, but the streets are funky). In Belltown - **Macrina Bakery** (2408 1st Ave.) has great espresso drinks and breakfast items (weekend brunch 9am-3pm). **Uptown Espresso** on 4th and Vine is awesome. And **Bellino** on 2nd and Battery uses the creamy-delicious Vivace method of making their drinks.

Art Galleries/Museums: The Seattle area is home to an excellent selection of art, historical, scientific and special interest museums and over 190 art galleries. Exhibits of every kind abound, including a full range of American, Asian, African and European art; aviation from bi-planes to space capsules; historic naval ships and wooden vintage boats; state and regional history and industry; craft and design; glass art; Asian, Native American and Scandinavian contributions to the Pacific Northwest; natural history and cultural heritage; children's interests and hands-on activities; rock and roll and other American music and memorabilia; historic trains; police exhibits; doll art; bonsai in woodland settings; and a one-of-a-kind Science Fiction Museum & Hall of Fame.

The Social Committee would like to facilitate a relaxing, yet fun and exciting meeting in Seattle, so please let us know if there is anything specific on which you would like more information (shana.elman@gmail.com).

2006 AAMC-OSR Annual Meeting Information – Seattle, WA October 26-29
 Sheraton Seattle Hotel – OSR sessions will be held at the Sheraton Hotel

OSR Program:

<http://www.aamc.org/meetings/annual/2006/programbysponsor/osr.htm>

Meeting Registration (the student reg fee is \$300):

<http://www.aamc.org/meetings/annual/2006/registration/start.htm>

Housing:

<http://www.aamc.org/meetings/annual/2006/housing/start.htm>

Take advantage of the special AAMC rates and book your reservation by September 27.

AAMC Meeting Information:

<http://www.aamc.org/meetings/annual/2006/start.htm>

OSR Social: Thursday, October 26 6:30-8:30 pm at Fado Irish Pub - 801 1st Avenue (light hors d'oeuvres and drinks provided) Please RSVP to Ally Anderson aanderson@aamc.org

OSR Poster Display: Friday and Saturday near the OSR sign-in area at the Sheraton Hotel.
 Submission Deadline: October 6, 2006 <http://www.aamc.org/members/osr/forms/poster-form06.pdf>

Elections: Chair-Elect and Five National Delegate elections will be held at the OSR portion of the AAMC Annual Meeting. For more information, please go to:
<http://www.aamc.org/members/osr/elections/start.htm>

OSR Calendar

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|-----------------|---------------------------|
| September 26-27 | Ad Board Meeting |
| October 26-29 | AAMC-OSR Annual Meeting |
| December 14-15 | Ad Board meeting |
| 2007 | |
| February 27- 28 | Ad Board meeting |
| April 12-15 | Southern: Little Rock, AR |
| April 19-22 | Northeast: Boston, MA |
| April 26-29 | Central: Omaha, NE |
| April 29-May 2 | Western: Asilomar, CA |
| June 12 - 13 | Ad Board Meeting |
| September 4 - 5 | Ad Board Meeting |
| November 2-7 | Annual Mtg Washington, DC |

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