

## A FRESH NEW WAY TO KEEP UP

Hello, SoNHS Community! This month we're kicking off a new way to get you the news and updates that previously were communicated through countless emails and one-off reminders. We wanted to be able to deliver all relevant information in a palatable, succinct way that you can easily reference and maybe even enjoy reading!

Each month, we'll be compiling significant events that occurred, highlight members of the community who have done something commendable, as well as list important dates that are coming up and reminders to help you stay current and on top of it!

To reiterate, this is a new project we're endeavoring on, so bear with us as this newsletter evolves and improves. We're excited to provide this for all of you!

### UPCOMING IMPORTANT DATES

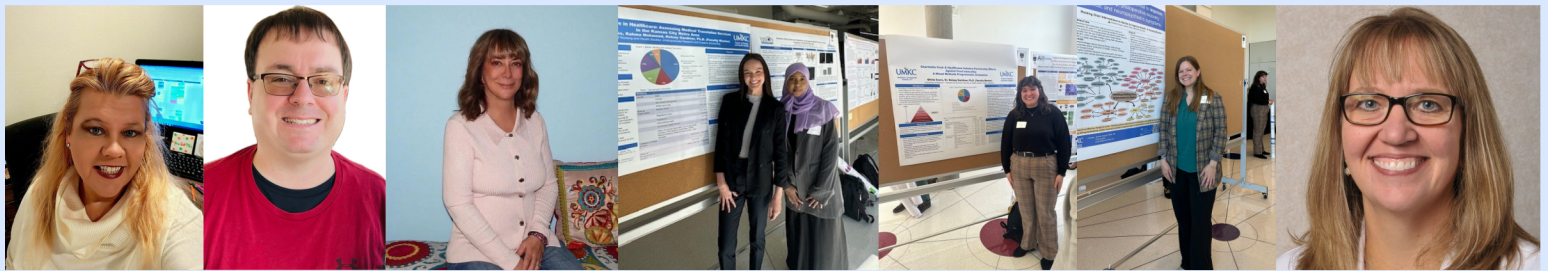
- April 22nd - Fall '24 Open Registration Begins
- April 22nd - 23rd - Earth Day Celebration!
- April 27th - May 3rd - Stress Less Fest
  - Relaxation Room w/snacks in HSB 2319 on Tues, April 30th!
- May 6th - 10th - Finals Week
- May 11th - Academic Professional Recognition Ceremony - 10am Swinney Recreation Center
- May 27th - Memorial Day (Campus closed)



## Another TULIP Winner!

In March we had yet another one of our nursing students. Indy Krohne, be awarded the TULIP award from North Kansas City Hospital, This comes after another of our students, Michael, Maloney, was presented the award in January. The TULIP award is given "...to recognize a nursing student for exceptional care and unforgettable service." To have not one but **two** of our students receive this award since the beginning of this year makes us extremely proud. We're so grateful to have the best students around, all of whom will make wonderful, caring, and diligent nurses!

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## RECENT COMMUNITY HIGHLIGHTS



There's a lot to highlight and celebrate in the SoNHS Community! Here are a few of the students, faculty, and alumni that we've put a spotlight on recently (Listed L to R):

- **Michele Rickman, Josh Herwig, Sue Clavette** - All alumni of our PMHNP MSN Program, which just celebrated 10 years since its inception! They each shared a bit about where they are now and how the PMHNP Program aided them in pursuing their future career, as well as sharing a few words of advice for current/prospective PMHNP students. Check out what they had to say on our Instagram Alumni Highlight Reel or on our Facebook page!
- **Mattea Brooks & Rahma Mohamed, Olivia Sours, Amelia Hopper** - On March 20th, Mattea, Rahma, and Olivia (BHS students), as well as Amelia (a PhD student), presented posters at the 12th annual UMKC Health Sciences Student Research Summit at Children's Mercy! Congratulations on work well done!
- **Terri Miller** - Terri is a PhD student who was recently chosen to receive the 2024 Leo J. Sweeney Scholarship in Aging Scholarship! This award is given annually by the UMKC Retirees Association in the amount of \$1,500, and Terri was chosen for her dissertation proposal titled "Associated Demographics and Trajectory of Frailty in Adults Waiting for Kidney Transplant: A Retrospective, Descriptive, Longitudinal Design". Congratulations, Terri!

## EARTH DAY CELEBRATION

Come join us in the SoNHS Administrative Suite April 22nd & 23rd for a fun break between classes! We'll have a coffee bar, Earth-themed snacks, fun Earth-inspired activity sheets for a brain break, as well as some info on what UMKC does for sustainability and suggestions on how to be sustainable at home! We'll also have a place for you to write down and share what you love about the Earth! Open to all!



**APRIL 22-23, 9a-2p, HSB 2319**

## RELAX & STRESS LESS

UMKC will be holding Stress Less Fest in the week leading up to finals! In HSB 2319, we are creating a "Relaxation Room" featuring drinks, snacks, blankets, and some fun cartoons playing over the projector. Come take your mind off of finals and studying for a little while.

**APRIL 30, 9a-2p, HSB 2319**



## SCIENTIST OF THE MONTH

Each month, a member of our research faculty is highlighted as a "Scientist of the Month"! We ask them to share a little about what's going on in their current research. This month's scientist is Dr. Eduardo Abreu (pictured left)! When asked "What is new and exciting about your research, Dr. Abreu?" he responded... "I was asked to write a "short paragraph" about what is new and exciting about my research. A truly short paragraph could be simply... everything. Well, that does not tell much and to stay within boundaries (avoiding pages and pages), will give one example. Research comes from interests and questions. One of my interests is the plasticity of tendon cells (tenocytes).



Cell plasticity can be defined as an altered phenotype (how cells look like, proteins they make, etc.) in response to the environment without genetic mutations. To make it simple, tendon is pulled, cartilage is compressed. In some animals, specific tendons may wrap around bone, this way being subjected to compression. In those regions, some cells look more like chondrocytes (by morphology, secrete collagen type II, not type I). If those tendons are released, those cells assume tenocyte phenotype. But were they chondrocytes or tenocytes to begin with? One of my current research projects aims to answer that question. Another project that I want to start soon is based on a result obtained from a study that investigated serum markers of the body's response to exercise. In older adults, 10 days of exercise significantly decreased serum sclerostin, which inhibits bone production. Less sclerostin, less inhibition of bone cells that lay down bone. How does it relate to muscles being exercised? Do factors produced by muscle during exercise contribute to lower serum sclerostin? That's another question I am very interested in answering.

Osteoporosis, loss of bone mass and quality, is a major concern for older adults and commonly runs along with sarcopenia (progressive loss of muscle mass and strength with aging). Sclerostin is a protein secreted by bone cells that inhibit bone deposition, a regulatory function that is part of bone homeostasis. Some approaches to treat osteoporosis aim to inhibit chemically sclerostin. On a previous study, older adults who followed an exercise regimen for 10 days saw a significant reduction in circulating sclerostin. Maybe exercise is the natural inhibitor of sclerostin. We intend to do in vitro studies to better understand the relationship between muscle – sclerostin – bone.

Calcium is a major second messenger, involved in cell signaling and that has an important role in different cell processes (proliferation, motility, gene transcription), not to mention muscle contraction and hemostasis. Not much is known about specific roles of calcium on tendon cells (tenocytes), which include how different calcium channels work, particularly in a response to mechanical strain. By stretching the cells and using inhibitors/agonists of those calcium channels, we hope to have further insight of calcium importance to tenocyte function and homeostasis." Thank you for sharing, Dr. Abreu!