

Fall 2019

Edition 1

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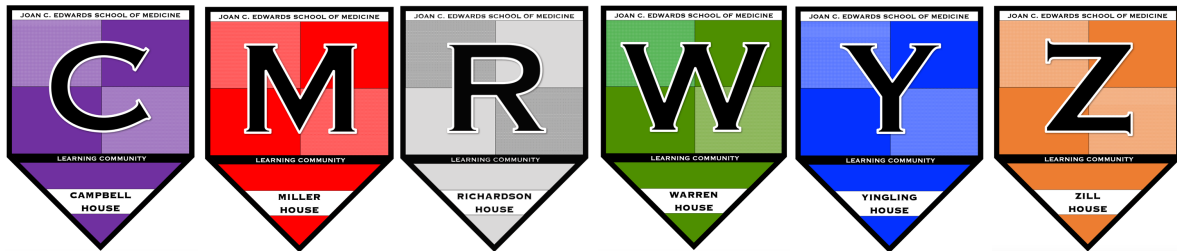
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JCESOM Learning Community Newsletter



Overview of Learning Communities

Mission Statement:

The mission of JCESOM Learning Community is to enhance the learning environment and success of medical students through curricular and co-curricular learning and engagements with faculty and students throughout school.

Objectives:

- Provide medical students a familiar cohort for the duration of their medical school experience
- Facilitate the development of trust and collaboration among the medical student body
- Support student efforts to adapt to and succeed in the culture of medicine in general and medical education in particular
- Provide students with a broad range of resources for learning, advising, support, teamwork, and community engagement

The purpose of the inaugural edition is to provide information about all things to Make Huntington feel like home over the next four years. It also contains information about Learning Community-sponsored events/activities that will be held throughout the year. Please keep in mind the information provided are not exhaustive lists.

PHYSICAL WELLNESS

MU Rec Center

** free membership for students during main campus school year*

Features:

- Free-weight and selectorized strength equipment
- Cardio equipment
- Indoor track
- Pool with lap lanes
- Hot tub
- Basketball/volleyball courts
- Rock climbing wall
- Racquetball courts
- Fitness studios
- Multi-purpose outdoor turf field

Group Fitness Classes

- Schedule: <http://www.marshall.edu/campusrec/programs/fitness/classes/>

Personal Training

- <http://www.marshall.edu/campusrec/programs/fitness/personal-training/>

Float Effects

Flotation REST (Restricted Environmental Stimulation Technique) is a zero-gravity environment that reduces auditory, visual, and tactile stimulation.

60-minute float: \$65
 90-minute float: \$85
 Monthly membership: \$49/month

<https://www.floateffects.com/>

Huntington YMCA

<https://www.huntingtonymca.org/>

2019 MEMBERSHIP RATES

Membership Type	Monthly E-Pay	Annual Pay in Full 12 months (10% discount)
Adult	\$55.00	\$594.00
Single Parent Family	\$65.00	\$702.00
Adult Couple	\$80.00	\$864.00
Family	\$90.00	\$972.00
AY (ages 18 to 21)	\$25.00	\$270.00
Add on only		
Towels	\$7.50	\$90.00
Lockers	\$7.50	\$90.00

Massage Therapy:

- Member rates
 - 25 minutes: \$20
 - 55 minutes: \$40
 - 85 minutes: \$60

Group Fitness Classes

- Schedule: https://www.huntingtonymca.org/assets/pdf/Group_Fitness_May_2019_Schedule.pdf

Other Services:

- Personal training
- Aquatic classes
- Weight loss

Studio 8 Yoga and Wellness

Intro 2 week Unlimited Pass \$25

Single Drop-in \$15

Student/Veteran \$13

Class Pass 5/\$60 or 10/\$110

1 Month Unlimited Pass \$95

2 Month Unlimited Pass \$165

3 Month Unlimited Pass \$220

4 Month Unlimited Pass \$255

One Pass- Two Studios

Teens (ages 12-17) are FREE!

Class schedules for Huntington and Barboursville locations updated each month @ <https://www.studio8wv.com/class-schedules/>

* Some classes offered are donation-based

Other gyms in Huntington/Barboursville area:

- Hit Center Huntington
- CrossFit Huntington or Barboursville
- The Studio
- Planet Fitness
- Limitless
- Snap Fitness
- Orangetheory Fitness
- Brickhouse Cardio Club

Brown Dog Yoga

\$5 passes through JCESOM Office of Student Affairs

INTRAMURAL SPORTS

Basketball

Contact person:

Harsha Iyer

606-922-8456

iyer@marshall.edu

Facebook page: MUSOM
Basketball

Football

Contact person:

Harsha Iyer

606-922-8456

iyer@marshall.edu

Ultimate frisbee

Contact person:

Drake Seccurro

304-549-3890

seccurro@marshall.edu

Madison Crank

304-674-6693

crank26@marshall.edu

Facebook page:
MUSOM Ultimate
Frisbee

Soccer

Contact person:

Alhaki Mohammed

mohammed5@marshall.edu

Other available fall intramural sports: volleyball, softball, dodgeball, badminton, table tennis, tennis

MENTAL WELLNESS



!!! FREE COUNSELING !!!

WHAT: Free counseling sessions up to 10 visits per year

WHO: All medical students

WHERE: Cabell Huntington Hospital Counseling Center

WHEN: Office hours: Monday-Friday 9:00 AM-5:00 PM, Thursday 5:00 PM-8:00 PM

HOW MUCH: After 10 free sessions, students' health insurance is billed, and the student is responsible for remaining unpaid portion of the bill. The Counseling Center takes most insurances and has a sliding fee for self-pay patients.

CONTACT INFO: For appointments: contact 304-526-2049 and please inform them that you are medical student.

*** In the event of an emergency after hours, students should contact their provider, administration, or go to the nearest emergency room as circumstances dictate

SPIRITUAL WELLNESS

Orthodox:

- Holy Spirit Orthodox Church
- St. George Greek Orthodox Church

Baptist:

- Altizer Baptist Church
- Baptist Temple
- Calvary Baptist Church
- Central Free Will Baptist Church
- Crosspoint Community Church
- Crossroads Baptist Church
- Eastwood Baptist Church
- Fifth Avenue Baptist Church
- First Baptist Church
- First Baptist Church of Kenova
[Contact person: Sydney Sheppard, MS2 (304-890-2073)]
- Highlawn Baptist Church
- Huntington Community Church
[Contact people: Hannah Casto, MS2 (304-651-5228), Meagen Carter, MS3 (412-860-9657), Maggie Meadows, MS2 (304-784-5557)]
- Lewis Memorial Baptist Church
- Light House Baptist Church
- Locust Grove Baptist Church
- Macedonia Baptist Church
- New Baptist Church
- Olive Missionary Baptist Church
- Open Door Baptist Church
- Pea Ridge Baptist Church
- Prince of Peace Free Will Baptist Church
- Redemption Church [Contact person: Austin Nichols, MS2 (304-671-2512)]
- Seventh Avenue Baptist Church
- Sixteenth Street Baptist Church
- Spring Valley Freedom Baptist
- Sunshine Freewill Baptist Church
- Trinity Freewill Baptist Church
- Tucker Memorial Baptist Church
- Twenty-Sixth Street Baptist

Episcopal:

- All Saints Anglican Church
- St. Peter's Episcopal Church
- St. John's Episcopal Church
- Trinity Episcopal Church

Judaism:

- B'nai Sholom Congregation

Christian:

- First Congressional United Church of Christ
- Huntington Seventh-day Adventist Church
- Madison Avenue Christian Church
- Shiloh Seventh-day Adventist Church
- Vinson Memorial Christian Church

Pentecostal:

- Apostolic Life Cathedral
- Bethel Temple Assembly of God
- Full Gospel Assembly
- Highlawn Full Gospel Assembly
- Huntington Gospel Chapel
- Kellogg Independent Holiness Church of God
- Lighthouse House of God

Lutheran:

- Christ the King Lutheran Church
- Our Redeemer Lutheran Church
- St. Paul Lutheran Church

Spirit-Filled:

- Apostolic Life Cathedral
- Beverly Hills Church of Christ
- Bible Apostolic Church
- Deliverance Apostolic Church
- Encourages Fellowship Church
- Highlawn Church of Christ
- Jefferson Avenue Church of God
- Madison Avenue Church of God
- New Beginning Apostolic Church
- New Life Church
- Sixth Avenue Church of Christ
- Celebration Center of Huntington
- Trinity Church of God
- Westmoreland Congregational United Church of Christ

Non-denominational:

- Christ Temple Church
- Encouragers Fellowship Church
- Jesus' Church

Presbyterian:

- Bates Memorial Presbyterian Church
- Beverly Hills Presbyterian Church
- Christ Presbyterian Church
[Contact person: Katie Parks, MS3 (304-932-5311)]
- Enslow Park Presbyterian Church
- First Presbyterian Church
- Highlawn Presbyterian Church
- Second Presbyterian Church
- Spring Valley Presbyterian Church

Methodist:

- Beverly Hills United Methodist Church
- Central United Methodist Church
- Crossroads United Methodist Church
- Dillon Chapel United Methodist Church
- Ebenezer United Methodist Church
- First United Methodist Church
- Fourth Avenue United Methodist Church
- Good Samaritan Methodist Church
- Harmony United Methodist Church
- Pea Ridge United Methodist Church
- Westmoreland United Methodist Church
- Young Chapel AME Church

Islam:

- Islamic Center of Huntington
[Contact person: Deena Dahshan, MS2 (304-552-5641)]

Catholic:

- Marshall Newman Catholic Community
- Our Lady of Fatima
- Sacred Heart Catholic Church
- St. Joseph Parish
- St. Peter Claver Catholic Church

Evangelical:

- Central Christian Church
- Christ Community Church
- River Cities Community Church

* Disclaimer: These churches were found and categorized using ChurchFinder.com. This is not representative of all churches in Huntington.

THINGS TO DO IN HUNTINGTON

Parks

- Ritter Park
- Barboursville Park
- Harris Riverfront Park

Dog Parks

- PetSafe Dog Park (@ Ritter Park)

Shopping

- Huntington Mall (Barboursville)
- Pullman Square
- Gabe's

Movie Theaters

- Cinemark - Huntington Mall
- Marquee Cinemas - Pullman Square

Fun Activities/Games

- The Lost Escape Room
- Quicksilver (Barcade)
- Strike Zone Bowling Center
- Beer Yoga (@ Bahnhof)
- The Peddler Arcade
- The Pottery Place

Music/Event Venues

- Big Sandy Superstore Area
- Keith Albee Performing Arts Center
- V Club

Museums

- Huntington Museum of Art
- Heritage Farm Museum and Village
- Museum of Radio and Technology

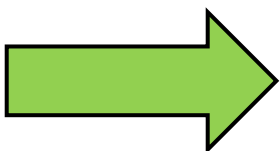
Marshall Sport Venues *

- Joan C. Edwards Stadium (Football)
- Cam Henderson Center (Basketball)
- Veterans Memorial Soccer Complex (Soccer)

Golf Courses

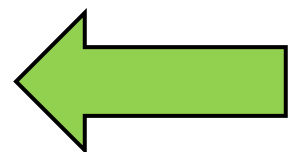
- Guyan Golf and Country Club (private)
- Creekside Golf Course (public)
- Sugarwood Golf Club (public)
- Esquire Golf Course (public)
- Riviera Golf Course (public)
- Greenside Indoor Golf

* Students receive free admission to all Marshall sporting events. More information can be found at <https://herdzone.com/sports/2018/6/11/tickets-mars-tickets-student-html.aspx>



Join us on August 31, 2019 for a Learning Community-sponsored tailgate at the football game vs.

VMI!



It is specified in JCESOM's Mission Statement that the school is focused on public service outreach. As Huntington becomes your home over the next four years, it is imperative that we give back to the community that will shape us as future physicians. During your time at JCESOM, it is possible to be awarded two different community service-related accolades:

Annual Community Service Award - awarded to students who have logged 40 hours of community service and submitted two reflections each year

Cumulative Community Service Award - awarded to students who have logged 160 hours of community service after their four years of medical school

More information about community service can be found on JCESOM's website: <https://jcesom.marshall.edu/students/community-service/>

Reoccurring JCESOM-affiliated opportunities:

- > **Marshall Medical Outreach (MMO)** – medical student-led free mobile health clinic that provides medical care for the homeless and those at risk for homelessness in our city
- > **Let's Get Moving** – students go to local elementary schools to teach 5th graders about a healthy lifestyle by setting up game/exercise stations (jump rope, basketball, obstacle course, nutrition station, etc.) and having the students rotate through them
- > **Refraction Clinic** – students interact with patients who are following up from MMO and perform medical exams such as visual acuities and checking eye pressures
- > **Holiday Gift Drive** – students donate gifts to underprivileged children at a local elementary school during the holiday season (Learning Community-sponsored)

More opportunities are listed regularly on a Facebook group:



JCESOM Community Service Group

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LOCAL TASTY FOOD + DRINKS

Commonly known:

- Roosters
 - Fat Patty's
 - Hibachi Japanese Steakhouse
 - Taste of Asia
 - Cook Out
 - Red Lobster
 - Applebees
 - Texas Roadhouse
 - Highway 55
 - Marco's Pizza
 - Papa John's
 - Domino's Pizza
 - Husson's Pizza
 - Bob Evans
- O'Charley's
 - Chili's
 - Outback Steakhouse
 - Olive Garden
 - Bellacino's Pizza & Grinders
 - Logan's Roadhouse
 - Cracker Barrel
 - Panera
 - Longhorn Steakhouse
 - Tudor's
 - Honey Baked Ham

Barbourville

Coffee spots: Bars and spirits:

- ◆ Grindstone
 - ◆ Coffeeology
 - ◆ Old Village Roaster
 - ◆ Cicada Books
 - ◆ Butter It Up
 - ◆ Dunkin Donuts
 - ◆ Starbucks
- ◆ The Union Bar and Grill
 - ◆ Summit Beer Station
 - ◆ Sip Wine and Whiskey
 - ◆ Taps at Heritage Station
 - ◆ Jockey Club
 - ◆ Cellar Door
 - ◆ St. Marks Pub and Grill
 - ◆ The Lantern
 - ◆ Evolve
 - ◆ Sharkey's
 - ◆ Hank's
 - ◆ Hot Corner
 - ◆ Davis' Place
 - ◆ Quicksilver

Local treasures:

- The Peddler (American) *
 - Backyard Pizza and Raw Bar (American) *
 - Jewel City Seafood (American)
 - Black Sheep Burritos & Brew (American) *
 - Marshall Hall of Fame Cafe (American)
 - Huntington Ale House (American)
 - The Bodega (American)
 - 21 at the Frederick (American)
 - Le Bistro (American) *
 - Savannah's (American)
 - Fuel Counter (American)
 - Butter It Up (American)
 - Frostop Drive In (American)
 - Buddy's All-American BBQ (American)
- Jim's Steak and Spaghetti House (American and Italian)
 - La Famiglia (Italian)
 - Bahnhof Wvrsthaus & Biergarten (German) *
 - Nawab Indian Cuisine (Indian)
 - Navarino Bay (Mediterranean) *
 - No. 1 Kitchen (Chinese)
 - El Ranchito (Mexican)
 - Margaritas Mexican Bar and Grill (Mexican)
 - Surin of Thailand (Thai)
 - Pho Noodle House (Vietnamese)
- Christopher's Eats (American) *
 - Oscar's Breakfast, Burgers, and Brews (American)
 - Main Street on Central (American)
 - Tortilla Factory (Mexican)
 - Xaun Fushion Sushi (Japanese)
 - Honey Baked Ham (American)

Barbourville

* indicates restaurants that have delicious Sunday brunch

GROCERY STORES



5th Avenue: 2627 5th Ave Huntington, WV 25702	7th Avenue: 19 7th Ave W Huntington, WV 25701
Proctorville: 6306 County Road 107 Proctorville, OH 45669	Barboursville: 6360 US Route 60 E Barboursville, WV 25504



Huntington: 3333 US Route 60 Huntington, WV 25705	Barboursville: 25 Nichols Drive Barboursville, WV 25504
South Point: 354 Private Drive 288 South Point, OH 45680	



Huntington: 446 Adams Ave Huntington, WV 25701	Barboursville: 35 Tanyard Station Drive Barboursville, WV 25504
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Huntington: 920 14th Street W Huntington, WV 25704	Huntington: 4341 Route 60 E Huntington, WV 25705
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Barboursville: 6350 US Route 60 Barboursville, WV 25504	Proctorville: 7604 County Road 107 Proctorville, OH 45669
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Huntington: 555 14th Street W Huntington, WV 25704

LEADERSHIP OPPORTUNITY

LEAD: Leadership Exploration and Development

LEAD is a new initiative started by the Learning Communities to help us understand and develop our leadership skills. As physicians, being able to communicate and collaborate within a team are important skills, so we hope to provide ways to development these skills through this program.

In the fall semester, you will have access to a leadership podcast as well as an emotional intelligence and personality type quiz via the Learning Community website (link below). These resources are for your own benefit and will provide you with knowledge about your individual leadership style. In the spring semester, we will host a large group exercise that will focus on using this knowledge in hands-on conflict resolution scenarios.

This program is optional for all students, but is extremely recommended as learning to lead during conflict and knowing how your leadership style is received by others are necessary skills to have as physicians.