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Welcome from your Orientation Leaders

Dear University of Cincinnati College of Medicine Class of 2018:

Congratulations on your admission, and welcome to the University of Cincinnati College of Medicine (UCCOM)! We, your Orientation Leaders, are here to make your transition to UCCOM as smooth as possible. Please feel free to contact any of us with questions you have!

This handbook contains important information about your transition to Cincinnati and UCCOM. Please see the handbook outline on page 3 to help guide you to the sections you will find most helpful.

Your freshman orientation is scheduled for August 5-8, 2014. Attendance at all orientation events, unless noted otherwise, is required. The week will begin in the Kresge Auditorium Lobby at 8:30am on Tuesday, August 5 with a continental breakfast. Formal orientation events begin at 9:00 am with a welcome from college administration.

Most events throughout the week will take place between 9:00 am and 5:00 pm. In the evenings, there will be optional social events. We highly suggest you attend to meet your fellow UCCOM colleagues and have fun! On the evening of either Tuesday, August 5 or Wednesday, August 6, you will be invited to the home of a faculty member for dinner. Most of our dinner hosts are alumni of the College of Medicine, and are eager to have dinner with the incoming students. More information is forthcoming about faculty dinners, including how to indicate...
Welcome (cont.)

dietary restrictions. The week of Orientation culminates with your White Coat Ceremony, to be held on Friday, August 8th at 10:00am. You will receive more information regarding the official orientation schedule and the White Coat Ceremony in the near future.

Hopefully you are aware that there has been a Facebook group created for communication between your classmates. This page is open and will remain open for you and your classmates to use for the remainder of your career at the College of Medicine. To join, search Facebook for “University of Cincinnati College of Medicine Class of 2018”. You will be able to join pending authorization.

Please read on to learn all there is to know about being a first year medical student at UCCOM and, of course, a little more about your infamous orientation leaders. We can’t wait to meet you in August!

Marcus Germany, Ellie Farr, Jessica Wallace, and Arjan Hura
Welcome, welcome, welcome! My name is Marcus Germany, a stellar young stud from Cleveland, OH. I completed my undergraduate degree in Biology here at the University of Cincinnati. (Once a Bearcat, always a Bearcat... Remember that.) In addition to long walks on the beach, I enjoy a good game of football or baseball, a great home cooked meal, and having a blast with friends and family! I also have a strange obsession with Nike Graphic Tees... more on that later.

I could talk about how challenging medical school is, but you know that already. I could also tell of the perseverance needed, motivation required, and long hours kept in order to succeed in medical school, but you'll know of that rather soon. What I want to tell you is this: Keep Going. When times are tough or when they couldn't be better, keep going. In your four years of medical education, there will be times when you feel absolutely invincible, and times when you think you are carrying the weight of the world. Just promise me you’ll keep going. You are sure to make “mistakes” while you’re here. In fact, I guarantee it. However, the only true mistake you could ever make as a medical student is to give up. When you decide that there is nothing left to learn, nothing else to master, nothing else to do, it is then that you have truly made a mistake. With that in mind, I invite you to join the UCCOM family with a clear heart and open mind. I challenge each of you to reach for the stars in terms of scholastic achievement, co-curricular involvement, and community outreach. Most importantly, I encourage you to navigate through your education on the principles and virtues that landed you here: honesty, hard work, and pride. Be as proud of your work as your families are undoubtedly proud of you. I think Dr. Seuss said it best:

“And will you succeed?
Yes! You will, indeed!
(98 and 3/4 percent guaranteed.)

KID, YOU’LL MOVE MOUNTAINS!
So...

be your name Buxbaum or Bixby or Bray
or Mordecai Ali Van Allen O'Shea,
you're off to Great Places!
Today is your day!
Your mountain is waiting.
So...get on your way!”

Get ready, Class of 2018. I can’t wait to greet you as you climb your mountain!
Hey Class of 2018! My name is Ellie Farr and I was born and raised here in Cincinnati OH! I received my Spanish and Neurobiology degrees from the University of Maryland, GO TERPS! I then took a year off to try out this whole “being a real person 9-5 thing” and lived in Boston working for Harvard Catalyst. Normal life wasn’t for me, but nerding out in medical school is PERFECT!

I am and will always be a Netflix-aholic. I enjoy binge watching shows (The Office), avoiding exercise at all costs, and finding new fun places to eat. Yes eat, because food is the actual best. I will be your guide to great restaurants in the area. Marcus gave you words of wisdom; I’ll give you clues to Cincinnati!

1) Graeter’s **IS** the best ice cream, unless of course you don’t like humongous chocolate chips, in which case…what are you?

2) Yes we know the Bengals suck, yes we’ve moved past it. Be a Steelers fan at your own risk.

3) Parking downtown is CHEAP and PLENTIFUL (unless there is a sports game), so don’t feel bad about driving down (you’ll get the financial talks later…). Coming from 5 years of city life I was pleased to find out you could park in OTR for $3 in the evening.

4) The hometown kids love their Skyline, but try to approach it with an open mind. We have a very different definition of chili here.

5) Gotta Get Goetta.

6) Reds games + Friday Nights = excellent fireworks/great time with friends

7) Cincinnati has a GREAT zoo with tons of events throughout the year! Festival of Lights, Zoo Blooms, Zoo Babies, Zoo Brew, Wild About Wine…like really. What could be better than wandering the zoo while sipping a glass of wine? Oh and did I mention its right next to school?

8) OTR = awesome new food places. Senate, The Eagle, A Tavola, Bakersfield...Try them!

9) Don’t forget about main campus! There are tons of Bearcat events, gym classes, and beautiful places to relax on the undergrad campus that are underused by us medical students.

Welcome, have a great rest of your summer, and I look forward to meeting all of you at orientation!
Jessica Wallace | wallaj5@mail.uc.edu | Cell: (419) 577-0563

Congratulations Class of 2018 and welcome to UC! I’m Jessica Wallace and I’m originally from Norwalk, a small town in Northern Ohio. I like to say that I took the scenic route to medical school, because it was only after I graduated with a BS in Economics from Bowling Green State University that I realized I wanted to be a doctor and went to the University of Louisville for a post-baccalaureate pre-med certificate. When I’m not studying I enjoy being outside, running, exploring new parts of Cincinnati with friends, and reading good books. Here at UCCOM, I’m involved in the Christian Medical Association, Family Medicine Interest Group and the Geriatric Scholars Program. I am super excited to welcome you all to the College of Medicine! And for those of you who are relocating, I am happy to introduce you to Cincinnati and feel confident that you’ll find your new home here, just like I did!

You’re going to be getting a lot of information and advice over the next couple of months and I know that it will feel overwhelming at times, but I want to encourage you and let you know that you have an awesome support system here at UCCOM of faculty, administration and peers! Ask for help when you need it and don’t be afraid to take advantage of the many resources available to you, including us as your Orientation Leaders (if you couldn't tell by now…we’re super excited to meet you and hope to make this best possible experience for you). My personal advice to remember that life doesn’t stop while we are in medical school - so take the time to make new friends, keep in touch with old friends, get to know your new community, and remember to call your Mom (yes - she still worries about you). If you put your mind to it and have the right attitude you’ll do more than just survive medical school, UCCOM is a place where you can certainly thrive. Congrats and welcome again, we are so excited to have you along for this journey and we cannot wait to meet you!
Hello 2018! Congratulations and welcome to UCCOM! My name is Arjan Hura and I am originally from Cincinnati. I went to The Ohio State University in Columbus, OH and received my undergraduate degrees in Biology and Spanish #BuckeyeForLife. I’m partial to extreme weather, passionate about Shark Week, and an eternal Justin Timberlake fan. In my free time, I like exploring the city, trying new food places, and embracing the world outside MSB as much as possible.

In the coming days and weeks of First Responder and P&S, I encourage you to relax, get fully settled in Cincinnati, and keep up with your extracurricular routines and passions. Meet the rest of your class and go out as much as possible! Enjoy the season before Fundamentals hits – once the academic year truly intensifies, there will definitely be less time to chill.

That being said, put aside whatever worries, concerns, or fears you may have – this next year of your life is going to be incredible. You might have to study harder than you ever have before, you might experience a level of stress you didn’t know was possible, and you might doubt yourself at times and wonder whether you have what it takes to see this road to its end. But – just remember that you are going to become a physician. You are finally in medical school and the actualization of your dreams, your future profession, and the rest of your life will start the moment you put on that White Coat. You have the entire 2018 cohort at your side and the Class of 2017 to help guide you in times of need. If you ever hesitate, just remember that there are countless others who would move heaven and earth to be in your shoes, and that every day in medical school is truly a privilege and an opportunity.

Rest assured – you’re going to have an awesome time here.

I look forward to meeting everyone – enjoy the rest of your summer and congratulations once again!
How do I get to UCCOM?

The University of Cincinnati College of Medicine
231 Albert Sabin Way
Cincinnati, OH 45267

From I-75 NORTH and SOUTH:

Take I-75 to the Hopple Street Exit (exit #3). At the light, take a left onto Hopple Street. At the very next traffic light, make a right onto Central Parkway. After this turn, take the first left to turn onto Martin Luther King (MLK) Drive. Follow MLK up the hill and continue as it crosses Clifton Avenue at the top of the hill. (Continue beyond UC’s main campus, which can be seen on your right.) At the sixth traffic light after Clifton Avenue, make a left turn onto Eden Avenue, and follow Eden until it ends at Albert Sabin Way. Turn right onto Albert Sabin Way. UCCOM is immediately on your right. (NOTE: If you are parking in Eden Garage – the closest parking garage to the College of Medicine -- you may access the garage from Eden Avenue, prior to turning onto Albert Sabin Way.)

From I-71 SOUTH:

Take I-71 to Exit 3 (Taft Road). Continue on William Howard Taft Road for about a mile. Turn right onto Eden Ave from Wm. H. Taft Road. (CAUTION: There is no traffic light at this intersection. If you are not careful, you will pass it! If you have passed a CVS on your left, you’ve gone too far!) Continue on Eden Ave until it ends at Albert Sabin Way. Turn right onto Albert Sabin Way. UCCOM is immediately on your right. (NOTE: If you are parking in Eden Garage – the closest parking garage to the College of Medicine -- you may access the garage from Eden Avenue, prior to turning onto Albert Sabin Way.)

From I-71 NORTH:

Take I-71 to Exit 2 (Reading Road). Continue on Reading Road for about 2 miles. Turn left onto Martin Luther King (MLK) Drive. At the 4th traffic light, turn right onto Eden Ave. Continue on Eden Ave until it ends at Albert Sabin Way. Turn right onto Albert Sabin Way. UCCOM is immediately on your right. (NOTE: If you are parking in Eden Garage – the closest parking garage to the College of Medicine -- you may access the garage from Eden Avenue, prior to turning onto Albert Sabin Way.)

From I-74 EAST:

Take I-74 to Exit 20 (Central Parkway). After exiting, stay straight onto Central Parkway. After about 1.5 miles, turn left onto Martin Luther King (MLK) Drive. Follow MLK up the hill and continue as it crosses Clifton Avenue at the top of the hill. (Continue beyond UC’s main campus, which can be seen on your right.) At the sixth traffic light after Clifton Avenue, make a left turn onto Eden Avenue, and follow Eden until it ends at Albert Sabin Way. Turn right onto Albert Sabin Way. UCCOM is immediately on your right. (NOTE: If you are parking in Eden Garage – the closest parking garage to the College of Medicine -- you may access the garage from Eden Avenue, prior to turning onto Albert Sabin Way.)
Parking Information

Both on the first day and for the remainder of the academic year:

Parking Options:
1. Parking on the street—not is not very reliable and often there aren’t any spots.
2. Eden Garage (directly across the street from your new school!)
   - Purchase your permit online and have it mailed to you (www.uc.edu/parking)
   - You will receive a decal that must be used to enter and exit the garage and must also be visible while parked in the garage.
   - The 5th floor of Eden Garage is connected by a covered walkway to the G level in MSB.
3. You can pay for one-time use at Eden Garage but it is very costly ($10/day) so it would be best to have a permit ahead of time!

Parking Permit Options:
1. Eden Top Deck Student
   - This allows you to park on Level 8 (the top deck, uncovered portion of the garage).
   - Most of the students choose this option, but be aware that permits are limited to the top deck - we recommend that you purchase your permit sooner rather than later.
   - You can purchase your permit by semester or for the entire school year - it’s up to you.
     - $205.50 for the 14 Fall Med Academic Year (1st Years)
     - $450.00 for the full 14/15 Med Academic Year (1st Years)
   - PLEASE NOTE: Make sure you select MED ACADEMIC YEAR option for 1st YEARS. Otherwise your pass will NOT work the week of orientation and will stop working when the regular UC campus gets out in May.
2. Eden Garage Student
   - This allows you to park on Levels 1-7 (covered), for which there is an increase in price.
   - During the week you will probably park on the 6th-7th floor anyway due to how busy the garage it, but this option is convenient on weekends and late at night when you can easily find a spot on the first or second floor.
   - You can purchase your permit by semester or for the entire school year - it’s up to you.
     - $373.00 for the 14 Fall Med Academic Year (1st Years)
     - $805.00 for the full 14/15 Med Academic Year (1st Years)
   - PLEASE NOTE: Make sure you select MED ACADEMIC YEAR option for 1st YEARS. Otherwise your pass will NOT work the week of orientation and will stop working when the regular UC campus gets out in May.
Who’s Who at UCCOM

Thomas F. Boat, MD
Dean of the College of Medicine
Vice President for Health Affairs

Andrew T. Filak, MD
Senior Associate Dean for Academic Affairs
Chairperson of the Department of Medical Education

IvaDean Lair
Assistant Dean and College Registrar
*IvaDean is the medical student Mom. If you have any questions about anything, IvaDean knows the answer. She is very helpful and supportive of all of us, so do not be afraid to go in to see her. Also, she has tons of candy and snacks in her office, free for the taking anytime :)*

Daniel Burr, PhD
Assistant Dean for Student Financial Planning

Pamela Baker, PhD
Associate Dean for Medical Education

Aurora J. Bennett, MD
Associate Dean of Student Affairs

Stephen Manuel, PhD
Assistant Dean of Admissions

Christopher T. Lewis, MD and Mia Mallory, MD
Associate Deans for Diversity and Inclusion

Laura Malosh, PhD
Assistant Dean for Academic Support
Your Professors
These wonderful professionals are here to help you succeed. Don’t forget to go to them for any and all help you may need!

Your Big Sib!
Your big sib should be a source of help and fun! Feel free to ask them anything. “Bigs” are a great source of information, friendship, advice, comfort and treats around exam time! You will be contacted by your Big before or during orientation to help you settle in!
The Health Sciences Library (HSL) is your source for printing, tech support, and online resources. Located on the E-level of the Care-Crawley Building, HSL offers a wide range of services to students, faculty, and staff, including:

- More than 80 PC workstations with word processing, database, communication, spreadsheet, graphical, and art software available on each
- Internet access (including email and Blackboard accounts).
- Health literature databases (i.e. MEDLINE) from MCL, office, or home.
- Computer graphics, imaging, and presentation software.
- Over 230,000 books, journals, audio-visuals, software packages, and electronic resources.
- Statewide access to resources from academic libraries and numerous databases via Ohio LINK.
- Copies of required and supplemental textbooks for each class
- Anatomy models, which can be handy in studying for exams and practicals

**Library Hours (Academic Year 2014-2015):**

Monday – Thursday: 7:45am – 12:00am
Friday: 7:45am – 9:00pm
Saturday: 9:00am – 9:00pm
Sunday: 9:00am – 12:00am

*These hours are amended during seasonal breaks and university holidays.*
Resources (cont.)

College of Medicine Bookstore

www.uc.edu/bookstore

513-558-4093

CARE-Crawley building, E-Level

The bookstore is the hub for all UCCOM merchandise! Textbooks, review books, lab equipment, and general supplies can be purchased here! Feel free to pick up some cool apparel for your family and friends!

NOTE: Through a partnership with UC and Microsoft, UC students are able to purchase the latest versions of Microsoft Office for a heavily discounted price! Don’t worry – the bookstore carries versions for PC and Apple!

Bookstore Hours (Academic Year 2014-2015):

Monday-Friday: 7:30am -5:30pm

Saturday: 9:00am -2:00pm

Sunday: Closed

R&R

Located on the E-Level of Medical Sciences Building (MSB), the R&R is the student break-out room. Come in to watch some TV, sit and relax, catch up with friends, and have a good time. Exercise equipment and ping-pong tables are at your disposal. Also, drop off your lunch in one of the six refrigerators! Just remember to put your name on it, or one of the student groups may accidentally toss it! (Or, on occasion, a hungry M2 will gobble up unclaimed merchandise!)

Student Lockers and Mailboxes

Prior to Orientation, you will be assigned a small personal locker. Small items such as books, jackets, and scrubs will fit easily. Mailboxes are organized in alphabetical order, by class. This is where you will receive your class handouts, grade reports, memos, and many other things throughout the year. The locker room is located on the G-Level of MSB, Room G351.
Resources (cont.)

UC Main Campus Facilities

Don’t forget – you are officially a student of the University of Cincinnati! This means you have the rights and privileges as the undergraduate students and graduate students housed on main campus. The Campus Recreation Center equipment, movies at Tangemen University Center, resources at Walter C. Langsam library, and other amenities at main campus are just at your fingertips!

Security

CALL 513-556-1111 for Campus Police (or 911 for Cincinnati/Northern Kentucky Police)

The University of Cincinnati Security is a division of the Department of Public Safety, and includes the main campus and the medical school campus. The security officers are full-time, trained, and state-commissioned to carry full arrest powers. Their jurisdiction includes all University-owned property (like the parking garages and lots). They will provide emergency escort services to anyone who needs an escort from the building at night to his/her car in the parking lots or garages. They also provide a Crime Prevention Information Center, which disseminates information on methods for resisting threats of crime in the home and on the street (call 556-5916 for more info).

Night Ride

513-556-RIDE (7433)

NightRide is a free nighttime transportation service provided to the UC campus community by Public safety. It exists to provide safe and reliable transportation to and from locations in and around the UC campus. If you’re studying late at MSB, whether it is just for a ride up to the top deck of the parking garage or ride back to your off campus house/apartment, don’t forget about the free NightRide service that is provided by main campus. Operating hours are every night from 8PM - 5AM.

LiveSafe Mobile Phone App

The LiveSafe app has features that include reporting crimes, up-to-date safety reports by neighborhood, emergency contact numbers, and SafeWalk, a tool that allows you to share your location with others while you’re walking home.
Resources (cont.)

University Health Services

513-548-4457

www.med.uc.edu/uhs

The East campus site for University Health Services (UHS) provides medical care for University of Cincinnati employees and students. The UHS is located on the first floor of Holmes (across from the College of Medicine building). UHS also has an office on the main campus on the second floor of Scioto Hall.

How Do I Use University Health Services?

The UHS is open 8:00 - 4:30 Monday through Friday and closed on weekends and university holidays. Walk-in care is provided for urgent care needs during these hours, but you must make an appointment for more chronic problems. The Linder Varsity Village office is open 8:30 - 4:30 M-F. For after-hours care of a non-emergent nature, you can reach the UHS physician on call through the University Hospital operator at 558-1000. True emergencies are to go directly to the Center for Emergency Care at University Hospital. For your own protection, do not use the Center for Emergency Care frivolously, as your insurance company might charge you if it is determined that your illness was not truly emergent.

What Does UHS Do?

The UHS provides general medical care. Assessment and diagnostic studies (e.g. labs and x-ray’s) are ordered through the UHS when appropriate with the full support of the Medical Center. Access to the many facilities and resources of the Medical Center is available with the appropriate referral from the UHS. Failure to get a referral for specialty consultations or laboratory tests may result in reduced payment for services rendered, or simply nonpayment. If you have any related questions, please direct them to the UHS staff. If you are currently on any preventive schedules such as allergy injections, they will be glad to take over this care. Bring any written documentation necessary and notify the staff when you visit the UHS for the first time.

Are Pharmacy Services Available?

UHS does have a pharmacy, which is located on the main UC campus. Students with UC Student Health Insurance coverage can arrange to pick up their prescriptions at the UHS Holmes Clinic during Clinic hours, but this may take a few days for transport. Please call the Lindner Athletic Center Pharmacy for details, or ask your physician about this service at the time of your visit.
How Can I Get In On This Service?

Simply by being a medical student, you are eligible for these fine services (but there is a charge for these services if you are not on the University Student Health Insurance plan)! All entering first years are mailed a registration packet that includes a very detailed history and immunization form that must be filled out by your current family physician before arriving at school. The sooner you can get this done and sent back in to the UHS, the better off you’ll be. This is required and not subject to negotiation. They also require documentation of all your childhood immunizations. If you can’t produce this info and don’t get the required immunizations before you get here, they won’t let you enroll. You will also be required to be immunized for Hepatitis B. If you can, at least start the series of three shots before you get here, because you’ll have to pay for them at UHS, and most insurance companies do probably not cover it. If you’ve already done this, send or bring documentation.

You will also be required to register in person at the UHS during the first few weeks of the Fall Quarter. You can make appointments online at http://www.uc.edu/uhs/eastclinic/default.html.

Do I Have To Have The University Health Insurance?

You are required to be covered by some kind of health insurance; if you have other health insurance, you are still eligible for the services provided by the UHS (but you may incur charges for these services). If you are going to be covered by your parents or spouse’s insurance plan and you do not want the student health service, you MUST fill out a waiver or you will automatically be enrolled and billed (and chances are high you will not ever get that money back if you forget the waiver). You can waive your health insurance online. This has to be done once in the fall quarter every year.

How Do I Use Services Outside The UHS?

The UHS office on West Campus (Linder Varsity Village) provides some in-house specialty clinics (gynecology, dermatology, sports medicine and internal medicine). Again, there are no charges for these clinics for students insured by the Student Health Insurance Plan. You may go to other physicians, specialists, etc. with a referral from the UHS. You will be billed personally for these services, and a claim form must be secured from the UHS for the physician in question to fill out and sign. All bills are then attached to the claim form and returned to the UHS.

NOTE: Pre-existing illnesses are NOT covered for the first 6 months of coverage on the insurance plan. This doesn’t mean you cannot go to the doctor. As long as you see a UHS doctor the visit is covered but prescriptions, referrals out to specialists or any hospitalization related to the pre-existing condition will not be covered. Specific questions about Student Health Insurance at UC should be directed to University Health Services at 556-6868.

Counseling and Mental Health

Do not skip this section! Beginning medical school is a stressful transition and you might feel the need to talk with someone about the changes that you are experiencing. These changes and
feelings are perfectly normal and understandable (we don’t say it, but we all have them); however, you may not be too happy about all of them. Nobody enjoys feeling overwhelmed, anxious, alone, or depressed, and everyone deals with these emotions differently. The important thing is to learn to handle and deal with the feelings as they arise, rather than let them simmer under the surface. Regardless of the power of our coping mechanisms, they are more likely than not to be temporarily overloaded. There are a wide variety of resources to help you cope with the difficult times. The place to start is at University Health Services. They will discuss your options with you and probably refer you to one of a number of resources – the counseling center on main campus, a counseling area on the health sciences campus, a psychiatrist, or a referral to a private physician. Each of these places has very kind social workers, counselors, therapists, and physicians that are often trained in special areas such as individual, relationship, and family counseling and medication, to just name a few. Some are very aware of the needs of medical students because they see a lot of us. Many medical students make good use of this service.

University Psychiatric Services
(513-475-8710)

UCCOM Student Affairs has developed a contract with the Department of Psychiatry to provide supplemental mental health services for medical students with Student Health Insurance. The psychiatrists, psychologists and licensed mental health providers at UPS are experienced in confidentially treating medical students. UPS provides timely appointments (within 2 weeks of referral), at affordable costs ($12/session or $200/psychological testing), by licensed providers. UPS is located close to campus at 230 Stetson Avenue, Suite 3200, Cincinnati, OH 45219, which is across the street from University Hospital and Hoxworth Blood Center. It’s easy to arrange an appointment at UPS. Students need to receive a referral from one of the primary care physicians at University Health Services at Holmes Clinic first and then call UPS to set up the appointment.

Dr. Malosh, Dean of Academic Support in the Office of Student Affairs, is also available to facilitate a student referral to UPS. If you have an after-hours emergency, counseling is available at the University Hospital Psychiatric Emergency Room 24 hours a day, which is staffed by psychiatric faculty, residents, social workers and nurses. Everything concerning your use of counseling and mental health services is confidential. For those students who are not covered by UC Student Health Insurance, Ms. Angie Discepoli, Practice Manager at UPS, can assist you in identifying a qualified mental health provider covered by another insurance plan. If you just need someone to talk to or confide in, try your Big Sib or a favorite professor. They really do care -they will try to give you options for further help, or maybe just listen.
In addition, we have a very active Student Wellness Committee that operates a 24-hour hotline available to anyone with a concern about himself or herself or a friend. You can call the Help Line (see below) or contact one of the members individually by following the link below.


24/7 Help Line: (513) 301-0336

Email: swc.uccom@gmail.com

Once you call the SWC Help Line, you will be prompted to state your name. However, if you wish to maintain your anonymity you may simply say “Student” and the system will connect you to a SWC member on call. You may also leave a voicemail or text message which they will try to return as soon as possible. In addition, feel free to e-mail or call their personal numbers directly, however, the fastest way to get in contact is by calling the Help Line. You may use the Help Line for any academic and/or personal concerns, including concerns related to substance abuse.
Living in Cincinnati

Grocery Stores

Clifton
  - Kroger (1 West Corry Street)
  - Kroger (4777 Kenard Avenue)
  - CVS (2520 Vine Street)
  - CVS (371 Ludlow Avenue)
  - Clifton Natural Foods (169 West McMillan)

Hyde Park
  - Kroger (3760 Paxton Avenue)
  - Biggs (3872 Paxton Avenue)

Dry Cleaning

O’ Bryonville
  - Widmers (2016 Madison Road)

Hyde Park
  - Springdale Cleaners-Cheap! (3130 Wasson Road)

Alterations

Hyde Park
  - Cyndy’s Alterations (3769 Paxton Avenue)

Banks

Fifth Third Bank (2899 Vine St)
  - Common Bank for Cincinnatians

PNC Bank (415 Ludlow Avenue)
  - Common Bank for Cincinnatians
  - Key Bank (2847 Woodburn Avenue)
  - US Bank (530 East University Ave)
Living in Cincinnati (cont.)

BMV

- Agency #3188 (3372 Red Bank Road)
  Phone: 513-271-2770

Shopping

- Kenwood Mall (http://www.kenwoodtownecenter.com)
- Rookwood Commons and Pavillion (http://www.shoprookwood.com)
- TriCounty Mall (http://www.tricountymall.com)
- Cincinnati Mills Mall (600 Cincinnati Mills Drive)

Salons

- Mitchell’s Salon (8188 Montgomery Road)
- Tanya’s Image and Wellness Salon (2716 Erie Avenue)
- Ambiance Nail Salon and Spa (2709 Madison Road)

Other things to do around Cincy!

- Cincinnati Zoo (3400 Vine Street)
- Cincinnati Art Museum (953 Eden Park Drive)
- Krohn Conservatory (1501 Eden Park Drive)
- Runoff Center for the Arts (650 Walnut Street)
- Cincinnati Museum Center (1301 Western Avenue)
- Cincinnati Playhouse in the Park (962 Mt. Adams Drive)
Places of Worship

- Baha’i
  - Baha’i Faith (2723 Montana Avenue)
- Baptist
  - Hyde Park Baptist (3460 Michigan Avenue)
  - Mt. Auburn (2147 Auburn Avenue)
  - Oakley Baptist Church (3066 Madison Road)
- Church of Christ
  - Clifton Church of Christ (695 Berkshire Lane)
- Episcopal
  - Calvary Church (3766 Clifton Avenue)
  - Grace Episcopal Church (5501 Hamilton Avenue)
  - Evangelical Free Church of America
  - Faith Evangelical Free Church (5910 Price Road)
- Greek Orthodox
  - Holy Trinity-St. Nicholas (7000 Winton Road)
- Hindu
  - Hindu Temple of Greater Cincinnati (4920 Klatte Road)
- Islamic
  - Islamic Association of Cincinnati (3668 Clifton Avenue)
- Jewish
  - Adath Israel (3201 E. Galbraith)
  - Hillel House (2615 Clifton Avenue)
  - Valley Temple (145 Springfield Pike)
- Lutheran
  - Concordia Lutheran Church (Central Pkwy & Clifton Hills Avenue)
- Mennonite


**Places of Worship (cont.)**

- Cincinnati Mennonite Fellowship (4229 Brownway)
- Non-Denominational
  - Crossroads Community Church (3500 Madison Ave) ([www.crossroads.net](http://www.crossroads.net))
  - Vineyard (11340 Century Circle E) ([www.vineyardcincinnati.com](http://www.vineyardcincinnati.com))
- Presbyterian
  - Mt. Auburn Presbyterian (103 William Howard Taft)
- Roman Catholic
  - St. Monica-St. George Parish, Newman Center (328 W. McMillan)
  - Bellarmine Chapel, Xavier University (3801 Ledgewood Drive)
- Unitarian
  - First Unitarian (Linton & Reading)
  - United Methodist HCECK
  - Clifton (3416 Clifton Avenue) Mt. Auburn (3439 Auburn Ave)
If you are in need of a doctor or dentist while at school, you may want to try one from this list (names were provided by UC Med Students who have seen these physicians and liked them). We recommend that you arrange for a provider and establish care BEFORE you get too busy. It's easier to this early on for when you'll inevitably need one. Please be sure to check that they are accepting new patients and are covered by your insurance plan!

**PRIMARY CARE PROVIDER**

UC Primary Care - (513) 475-7880
   Located on the 6th floor of Medical Arts Building (conveniently located right next to MSB)
   222 Piedmont Avenue
   Cincinnati, Ohio 45219

The Christ Hospital Primary Care Physicians - 513-585-1000
   Call for information regarding physicians accepting new patients in your area.

Dr. Janis Eiler, MD - (513) 246-8000
   Internal Medicine, Queen City Physicians - Hyde Park
   2753 Erie Ave.
   Cincinnati, OH 45208

Dr. Kai Huang, MD - (513) 584-6999
   Internal Medicine, UC Health Primary Care
   9313 S Mason Montgomery Rd. Ste 200
   Mason, OH 45040

Dr. David Lustig, MD - (513) 246-7000
   Internal Medicine, TriHealth Group Health
   379 Dixmyth Ave.
   Cincinnati, Ohio 45220
Health Care Providers (cont.)

Dr. Lisa Summe, MD - (513) 561-4811
    7825 Laurel Ave.
    Madeira, OH 45243

Dr. Marcus Washington, MD - (513) 821-0275
    Wyoming Family Practice Center
    305 Crescent Ave.
    Cincinnati, OH 45215

Dr. Sharice Wood, MD - (513) 584-4503
    Internal Medicine, UC Health Primary Care
    222 Piedmont Avenue
    Cincinnati, Ohio 45219

DENTISTRY

Beck Pearce Dental Group - (513) 651-0110
    441 Vine Street, Suite 1017
    Cincinnati, OH 45202

Dr. Gary Borchers, DMD - (513) 271-9190
    7440 Montgomery Rd.
    Cincinnati, OH 45236

Tepe Family Dentistry - (513) 481-5885
    3507 Glenmore Ave.
    Cincinnati, Ohio 45211

OB/GYN

Dr. Daryl Gildenblatt, MD - (513) 791-4966
    10506 Montgomery Rd. Ste 302
    Cincinnati, OH 45242
Health Care Providers (cont.)

Dr. Jennifer Ach Green, MD - (513) 792-5800
For Women Only Gynecologic & Obstetric Consultants of Greater Cincinnati
2123 Auburn Ave.
Cincinnati, OH 45219

Dr. Roslyn Kade, MD - (513) 723-0909
Katz Kade Hewitt & Lucas Inc
71 E. Hollister Street Bethesda
Cincinnati, OH 45219

Dr. Constance Wurzbacher, MD - (513) 751-1919
3219 Clifton Ave # 125,
Cincinnati, OH 45220

ALLERGIST

Bernstein Allergy Group - (513) 931-0775
11005 Montgomery Road, 2nd Floor
Cincinnati, OH 45249

DERMATOLOGY

Dr. Leanna Lane, MD - (513) 246-7000
Dermatology, TriHealth Group Health
379 Dixmyth Ave
Cincinnati, OH 45220
Health Care Providers (cont.)

OPTOMETRY/OPHTALMOLOGY

Dr. Robert Benza, MD - (513) 561-5655
   Apex Eye Opthalmology
   7850 Camargo Rd.
   Cincinnati, OH 45243

Dr. William Guappone, OD - (513) 561-5655
   Hyde Park Optometrists
   2731 Observatory Ave.
   Cincinnati, OH 45208

Wing Eyecare Optometry- (513) 533-0031
   3850 Paxton Ave.
   Cincinnati, OH 45209
1. **Q: What medical equipment do I need to purchase before starting in August?**

   **A:** UCCOM requires first year medical students to supply their own stethoscope (Littmann Cardiology III recommended) and pen light. Fortunately for you, our very own AMSA (American Medical Student Association) has arranged a special package with The Medical Store for the medical equipment that UCCOM requires. This is the best deal for you in not only the price, but it also ensures personal delivery to your mailbox at school the week of August 11th (just in time for First Responder). In order to take advantage of this, please fill out the order form by **July 21st.** Additionally, first year medical students are required to rent a microscope to be used for the Histology component of the curriculum. You **do not** have to worry about the microscope at this point, the rental will take place through the bookstore located in MSB and more information will be provided within the first couple weeks of school - just be aware that you will be responsible for a refundable deposit (~$100) for the microscope.

2. **Q: Do I have to purchase my own white coat?**

   **A:** No! We are fortunate to have an incredible Alumni Association here at UCCOM that provides your first white coat, at no cost to you! You will receive more information on when and where to try on the coats for size during Orientation.

3. **Q: What are the best housing options for medical students in Cincinnati?**

   **A:** We hope that by now you have at least started to think about your housing situation if not have already secured a place to live. If you’re still not sure where you’d like to live, please check out the recorded session that we had during the Second Look event that discussed the major housing options in Cincinnati. We also recommend that you keep an eye on the Class of 2018’s Facebook page, as many of the upperclassmen are posting great housing recommendations!

4. **Q: What is the dress code for Orientation?**

   **A:** NOTE: during the first day of Orientation, your class picture will be taken. This picture will follow you FOR ALL 4 YEARS and is also the picture included on BOTH your student ID and your hospital badge. PLEASE wear a collared shirt or choose a top keeping in mind that this will be a headshot. Other than the first day, there is no “official” dress code - you can keep it somewhat casual, as long as you look nice.
5. **Q:** Do I need a personal computer/laptop? What kind of computer should I buy?

**A:** You do not necessarily need to have your own personal computer. MSB features the UC Health Science Library that houses a 90-seat computer lab available for all medical students to use. Additionally, as medical students, you have exclusive access to a 24-hour computer lab. For those of you who have your own computer or wish to purchase a computer, all major operating systems (Windows and Mac) are compatible with the programs and applications that UCCOM uses - leaving the choice completely up to your preference.

6. **Q:** Do I have access to a gym or workout facility?

**A:** In the very same building where you have all of your classes, there are 2 gyms available for you to use, free of charge. The Fitness Center at CARE/Crawley offers 12,000 square feet of fitness and wellness space that also includes free group fitness classes. Also, as a medical student you also also access to an exclusive weight room that is open 24 hours, located just inside the R&R. Additionally, as member of the larger UC community, you have access to Campus Recreation Center, located on the main campus. Ranked one of the best undergraduate recreation centers in the nation, many medical students take advantage of this state-of-the-art facility as well as the intramural sports teams, open gym times, and free group fitness classes offered at the CRC.

7. **Q:** I heard there is a summer reading assignment?

**A:** Yes, the rumor is true. There is a summer reading assignment that is mentioned in the information you received through MedOneStop - if you haven’t received it yet, you will within the next few weeks. For those of you that missed it (which from past experiences...is probably most of you), the assigned reading is the autobiography, “My Own Country” by Abraham Verghese. This book will be discussed during the Physician & Society course that you will begin in your 3rd week (August 24th). This “assignment” is not meant to take a lot of your time and is mainly used to stimulate discussion during your Learning Communities (small groups of 11-12 that you meet with weekly throughout the year). While it’s certainly expected that you will have read the book by that time, please don’t get bent out of shape and go crazy over it.
“Words of Wisdom” From People Who’ve Been There Before

- “Food options become extremely limited after 9 pm. Plan accordingly.” - Hani Siddeek, Class of 2014

- "Everyone has their own ways to study - if you've found a way that works for you, focus on it and don't worry about what other people are doing. Similarly, unless someone asks for your opinion on how to study, please try to resist the urge to launch into an autobiography of your methods." - Elizabeth Mazzone, Class of 2015

- “Med school is hard, but it's not so bad once you figure out how to manage your time and study effectively. There's a good chance the way you studied in undergrad won't work for you and that's OK. Try some new things out and see what works best for you (if you don't try it, you'll never know). Attend some lectures and then listen to others on the podcast (beware: it can be finicky sometimes, but that rarely occurs) to see if one works better than the other. Try handwriting notes, taking notes directly on PowerPoint slides, or use a note-taking program like OneNote (Microsoft) or Growly Notes (Macintosh). Attend a tutoring session and see if there's a tutor you like. Check out some review books to see what is emphasized for the Board exams. And above all, don't hesitate to ask for help. If there's one thing that med school will teach you it's humility (well, hopefully). Welcome!” - Jordan Hill, Class of 2015

- “Get First Aid and Goljan rapid review day one of medical school and start using them. Go through them with your class stuff.” - Anonymous

- Learn to study smarter, not more. - Anonymous

- Don't forget to take time for yourself. If all you do is study, you'll go crazy.” - Cameron Ditty, Class of 2014

- "The Reply to all button is different than the Reply button." - Anonymous

- "Work hard and have confidence in your own abilities. First year will have many challenges, but is also filled with incredible, awe-inspiring moments. You are here for a reason, so believe in yourself and see it through to the end." - Nick Jabre, Class of 2013

- "It's ok to not be at the top of the class. Everyone in Med school was basically at the top of their class coming in but not everyone can be at the top of the med school class and that's ok." - Derek Zipkin, Class of 2014
Wisdom (cont.)

- “Even if you plan to be a gunner, do not buy anything (esp. books) until you need it! There are too many things that I bought that I haven't even touched.”- Peter Huynh, Class of 2015

- “Don't worry about USMLE Step 1 until the end of second year. Just study for your classes the best that you can, and the month before you take boards will be enough. Simple advice to reduce your already stressful life.”- Myk Kessler, Class of 2013

- "Everything in excess is opposed to nature." - Hippocrates
  You will become all too familiar here in medical school with this man, so please take his words seriously. They still hold truth even to this day, and these words (as simple as they are) can give you repose in the direst of times when you feel like all your world revolves around studying. Please take a break even when rest seems impossible. – Anonymous

- “Check out Cincinnati’s food scene, there are so many wonderful restaurants around town (sotto, Boca, indigo, the Rookwood, Bakersfield) and use it as an opportunity to balance life and school. I know every person further along the path has always told me to take it easy sometimes and it is hard to believe them sometimes but as someone further along the path than you please do not forget to live your life. Med school is a part of our lives not a hurdle to overcome. Enjoy it, embrace it and be happy. You will do better in school if you are happy. Set a bedtime, set time aside for the people who matter in life and do not let school consume you. Our education is immensely important but being happy people is just as essential.” - Christian Gausvik, Class of 2017

- “Never fall behind. Ever!” - Patrik Hornak, Class of 2017

- “1. Pathoma is a lifesaver, especially for neoplasia lectures. 2. Take surface anatomy seriously. It's worth more than you think.”- Anonymous

- “You're not in this alone. You have another 170+ people in the same boat as you. Remind yourself how hard you worked to get to where you are. Remember that YOU DESERVE TO BE HERE. Medical school is hard, really hard. Nobody said being a doctor was easy. However, you were brought here because you CAN do this.” - Meg Harper, Class of 2017

- “Instead of buying recommended/"required" texts you'll never have time to read, buy books for Step 1 right away (First Aid and Pathoma are two essentials). And even though it's more work, follow along with these books during the course. Then all you need to do is study from these books for your end-of-block exam!” - Anonymous
Wisdom (cont.)

- Advice 1: Check your email. Regularly. More than regularly. You should develop a slight compulsion with checking your email.
  Advice 2: Get your butt out of bed and go to the exam reviews. You'll never understand where you went wrong until you can see your mistakes.
  Advice 3: Don't complain. We don't wanna hear it. None of us. Nope.
  Advice 4: ASK QUESTIONS. Ask as many as you can think of. Then, ask some more.

- Anonymous
Final Notes

We hope that this handbook helps you through your first year living and studying in Cincinnati.

Please know that the four of us are here for you throughout the orientation week AND throughout your entire time at the College of Medicine. Don’t you dare hesitate to ask us for help with anything!

See you soon!

*Marcus, Ellie, Jess, and Arjan*