MSU Retirees’ Association
Membership Meeting
September 14, 2020 2PM

Presentation: The Joy Initiative
Presenter: Dr. Miko Rose,
MSU Department of Psychiatry
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Dr. Miko Rose, MSU Department of Psychiatry

She is the creator and Program Director of “The Joy Initiative,” a project she started at the Michigan State University College of Human Medicine and College of Osteopathic Medicine schools, where she now teaches formal elective classes on the art of happiness and well-being.
Dr. Miko Rose, MSU Department of Psychiatry

In 2013, she was awarded the SAMHSA American Psychiatric Association Minority Leadership Fellowship Grant, from which she built the foundation to develop emotional resilience, happiness, and mindfulness trainings tailored to the unique needs of medical providers.

She has over 20 years of experience and formal training in life coaching. Drawing upon her experiences with underserved communities, she now creates and facilitates happiness training programs for medical providers across the country.
The Joy Initiative

The Joy Initiative, an MSU College of Osteopathic Medicine program, was designed to help medical students envision and incorporate happiness into their lives.

During the Joy Initiative webinar, she walks students through the process of changing and re-thinking underlying negative beliefs one is holding about the medical residency application/match process—and help them see residency applications as an opportunity to embrace your strengths, build self-confidence, and take the next steps towards your dream career.

More information on her program can be found at: www.joyinitiative.com.
Announcements

- Checkout the latest news in the Spartan Senior Newsletter. Newsletters can be viewed on the MSURA website at retirees.msu.edu.
- October 12th Membership Meeting will present MSU Benefits Open Enrollment Process and highlight changes.
- NEW HUMANA HEALTH AND PRESCRIPTION DRUG PLANS FOR RETIREES, MSU Human Resources will be having information sessions during the month of October.
Future Membership Meeting Speakers

- October 12th, Dan Mackey, MSU Benefits Open Enrollment
- November 9th, Tom Holt, Fraud Schemes & How to Prevent Becoming a Victim.
- December 14th, Dr. Rufus Isaacs, Michigan’s Bees and How Can We Support Them.
- January 11th, Dr. Raza Haque, Vaccines
- February 8th, Jim Grimm, Bias Busters Open Eyes of Students
- March 8th, Robin Buell, Mints: Unlocking Their Secrets to Advance Medicine and Spices
- April 12th, Hayder Radha, MSU Autonomous Vehicle Research
MSURA Organization

The MSU Retirees’ Association is an all volunteer organization. We provide events and information to help people enjoy their retirement.

All MSU retirees and their spouses are automatically members. No membership dues, thanks to our generous underwriters, MSU Human Resources, MSUFCU, StraightLine, MSU Advancement, and MSU Eli & Edith Broad Museum.

If you have questions, email us at msura@msu.edu or call us at 517-353-7896.
Volunteers Needed

- Newsletter story writers
- Newsletter editor
- E-Notice email editor
- Help in the MSURA Office

Contact Rick Vogt for more information, Ph. 517-242-1324
Help Us Serve You Better

1. We request you take a short survey after the presentation. Your answers will help us in planning future events and services. Your opinion is important to us. Thank you.

2. We try to offer a variety presentation topics that are entertaining and informative. If you have a suggested topic or speaker, please send us an email at msura@msu.edu with information on the speaker and the topic they would present on.

3. The last two years we have offered bus trips to Kellogg Manor, Gilmore Car Museum, Detroit Architecture. These have been very popular. We plan on doing more trips after it is safe to do so again. If you have suggestions for bus trips, we would like to hear from you. Please email us at msura@msu.edu.

4. Dinner/Theatre Events have been popular too. We plan on doing more after it is safe to do so again. If you have suggestions for dinner/theatre events, we would like to hear from you. Please email us at msura@msu.edu.