



**Winter**, coldest season of the year, between autumn and spring; the name comes from an old Germanic word that means “time of water” and refers to the rain and snow of winter in middle and high latitudes.

The concept of winter in European languages is associated with the season of dormancy, particularly in relation to crops . Many animals also become dormant, especially those that hibernate.

### *Appreciative Reflection of the Day*

“Gratitude is the healthiest of all human emotions. The more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for”.

Zid Ziglar

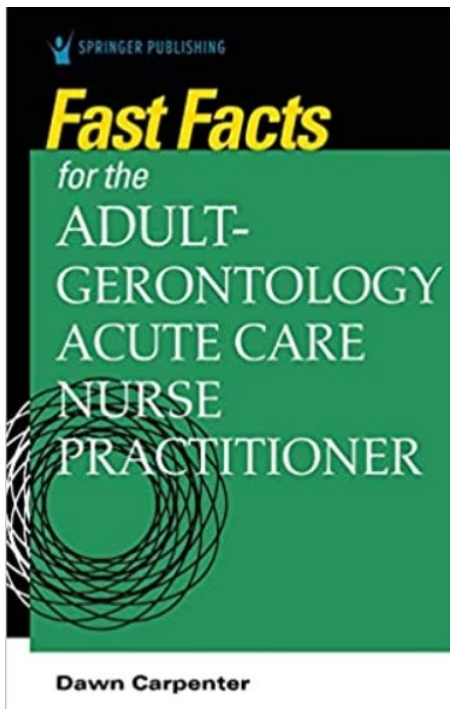
# Faculty Spotlight



**Dr. Teri Aronowitz** Professor at Tan Chingfen Graduate School of Nursing co-wrote a paper with her daughter Shoshanna Aronowitz, PhD, APRN, FNP-BC and PhD Student BoRam Kim, BSN, RN.

Their manuscript “*A Mixed-Studies Review of the School-to-Prison Pipeline and a Call to Action for School Nurses. The Journal of School Nursing, 37(1), 51-60*” was chosen for the 2022 Journal of School Nursing (JOSN/SAGE) Scholarly Writing Award.

It was chosen from all manuscripts published in 2021 in The Journal of School Nursing. The criteria included: a clear introductory statement of the problem, purpose and related literature; builds on existing studies; and presents new or innovative topic.



Congratulations to **Dr. Dawn Carpenter**, Associate Professor at the Tan Chingfen Graduate School of Nursing. Her newest book “Fast Facts for the Adult-Gerontology Acute Care Nurse Practitioner” has been published by Springer and is listed as a #1 new release on Amazon.



Long lines at the Worcester library, people waiting to be vaccinated with the help of Tan Chingfen Graduate School of Nursing DNP Program Director **Dr. Jean Boucher**, along with nursing and medical students from UMass Chan Medical School. <https://bit.ly/3sPUyoF>

**Dr. Shari Harding**, Assistant Professor had an article published in the Journal of Addictions Nursing. “*It’s Not Denial, It’s Stigma: A Case Study*” Addictions nurses often encounter barriers to care for clients such as stigma, especially in settings outside addictions specialty care. This article utilizes a case-study format to show and discuss concepts related to client engagement in recovery and overcoming stigma. Laura, a 65-year-old woman, presents with a worsening of her alcohol use disorder in the setting of a recent retirement, worsening symptoms of major depressive disorder, and the stressors associated with the COVID-19 pandemic. Journal of Addictions Nursing: 10/12 2021 - Volume 32 - Issue 4 - p 263-265 doi: 10.1097/JAN.0000000000000438

**Dr. Ken Peterson**, Assistant Professor in the DNP Program podcast episode titled “An Appreciative Narrative Inquiry” Dr. Peterson reflects on his experience as a nurse during the HIV/AIDS epidemic. <https://bit.ly/3KVLc0X>

# Student Spotlight

# Faculty Spotlight

Congratulations the students below who received a Mick Huppert Community Health Scholar Award.

**Heidi Boland, and Grace Winship**, both DNP 2 students are working with mentor Andy Lowe of Outer Cape Health Services (OCHS), an FQHC serving Cape Cod's rural communities. Seeing the importance of the health center's telehealth work during their PCHC, they saw an opportunity to use the Huppert award to advance OCHS's program identifying individuals without the technology to participate in telehealth visits, potentially affecting quality of care and definitely affecting reimbursement. Grace and Heidi have supported the OCHS team by identifying patients, designing pamphlets, and providing strategic recommendations.

Working with Linda Cragin and Janet Hale as co-mentors, **Samantha Creamer**, DNP 2 student and Annie Thornton, MS III have used the Huppert award to advance an initiative known as Operation Conversation – Bridging the Gap between the Veteran Community and Future Health Care Providers. The aim is to enhance the knowledge of future healthcare providers regarding military culture, and unique health needs of veterans. This is particularly important as many veteran patients seek their healthcare outside the VA's health system. They are using interviews and storytelling to foster a relationship between veteran patients, increase student knowledge and comfort related to military culture and health needs, while providing an opportunity for veterans to share their experiences.

## Implementation of Outer Cape Health Services' Sano Health Smartphone Pilot Project\*



Heidi Boland, RN  
GSN



Grace Winship, RN  
GSN



Andy Lowe, BS  
Mentor

 \*Project funded through the GSN.  
**Everyone, Everyday.**



## Operation Conversation: Bridging the Gap between the Veteran Community and Future Health Care Providers at the VA Community Based Outpatient Clinic\*



Samantha Creamer, RN  
GSN



Annie Thornton,  
MS III



Linda Cragin, MS  
Mentor

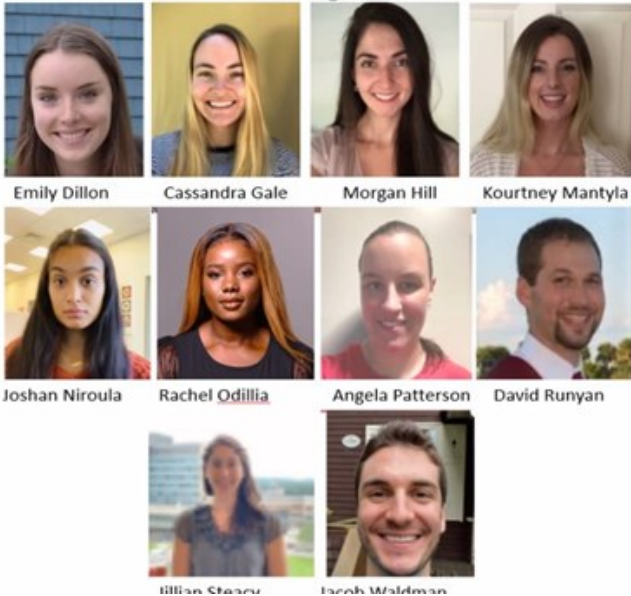


Janet Hale,  
RN, PhD  
Mentor

 \*Project funded through the GSN.  
**Everyone, Everyday.**



# Student Spotlight



The students below were awarded the Martin Luther King Jr. Semester of Service Student Awards to implement community service programs. The award program is an initiative that enhances health care education for UMass Chan students as they expand the institution's impact and reach in local neighborhoods.

## **Moving the Walls: Enhancing interprofessional care and patient privacy in free medical clinics**

*Project description:* Tan Chingfen Graduate School of Nursing students will be integrated into the Worcester Free Care Collaborative, and adjustable walls will be purchased to afford more privacy for medical evaluations and discussions between patients, volunteers, students, and medical providers.

**Students:** First-year nursing students **Angela Patterson, David Runyan, Jillian Steacy, Kourtney Mantyla, Morgan Hill, Jacob Waldman, Casandra Gale, Emily Dillon, Joshan Niroula and Rachel Odillia.**

**Community partner:** Worcester Free Care Collaborative

## **First-year nursing student aims to amplify diversity on road to becoming nurse practitioner.**

**Jeannece Batista** immediately felt at home in the Tan Chingfen Graduate School of Nursing, so much so that this self-described introvert joined three campus organizations her first semester. Learn about how she's involved here: <https://bit.ly/3eR5ABy>



We visited the GEP students in the lab as they were coming to the end of their Fall semester. Thank you Rose KronziahSeme, Lab & Simulation Coordinator for your support and guidance.

# Student Spotlight



Nursing student Monica Wiant interviews a man before giving him a booster shot of the COVID-19 vaccine during a clinic at the Hotel Grace homeless shelter Wednesday *Rick Cincinair/Telegram & Gazette*

The below was part of an article in the Telegram and Gazette entitled “UMass Road to Care meets homeless, drug-addicted where they live on Worcester’s streets” highlights Dr. Erik Garcia’s work caring for the city’s homeless and the Road to Care mobile medical clinic. Along with MassAHEC Urban Health Scholar nursing student **Monica Wiant**, student in the GEP program at the Tan Chingfen Graduate School of Nursing.

Road to Care officially began going out into the community in mid-May, setting up equipment on the couches at Hotel Grace, visiting encampments and finding space wherever possible in shelters and food pantries to provide care. The program is funded by a five-year Bureau of Substance Abuse Services grant. But the “A-team,” as Babu described it — which includes Garcia and Dr. Hugh Silk, a physician’s assistant with emergency medical service and emergency department experience, a behavioral health coach and a project coordinator — builds upon an extensive network of local and state nonprofit service organizations, public health workers in city government and more that has developed over years in Worcester.

“It really wouldn’t be an exaggeration to say it took hundreds of people to get to this point because it’s a novel program for a medical center,” Babu said.

Babu said that the effort has so far resulted in seeing more than 400 patients, many of whom are facing the “twin-demic” of opioids and COVID.

“We hear the story fairly frequently that people are losing housing or their connection to sobriety or both because of issues exacerbated by the pandemic,” Babu said. “I think there’s a real domino effect that we’re seeing here in terms of the financial pressures of the pandemic and loss of employment, health insurance, housing and more, and that is creating this existing milieu of lack of access to addiction services and housing. It’s all together, unfortunately.”

Babu said that treating these problems requires flexibility and connections. Sometimes patients don’t have prescription coverage that is accepted at local pharmacies or lack a form of identification required for getting medications. Finding appropriate mental health care can require jumping through all sorts of hoops.

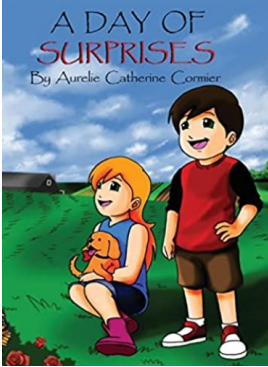
But Babu credited the community organizations with which the team has collaborated for helping provide services beyond medical care. “We are lucky to be augmenting the work done in Worcester by nonclinical folks,” Babu said, listing food pantries, shelters and other “nonhospital-based” providers of services for the homeless population.

“They’ve done so much work for so long,” Babu added. “But the ability to call on someone medical to get someone into treatment, etc. — that’s a powerful partnership. But we’re fortunate they have laid so much groundwork that we can back them up.”

The partnerships not only help the medical providers meet patients’ needs, Babu said. The partnerships also help the medical providers earn patients’ trust, something that is crucial in providing care to the population. “You hear these stories about how people were treated or how they were dismissed, and I think that establishing trust is the more imperative part of these interactions than it is with folks who might just show up at the suburban doctors office,” Babu said.

In fact, to ensure that trust endures and to protect privacy, the medical professionals asked the Telegram & Gazette not to speak with patients.

# Alumni Spotlight



Class of 2001: **Aurelie Catherine Cormier** shared that her First Children's Book "A Day of Surprises" has now arrived!! This has been a labor of love for her and a dream of hers for many years. It is now such a delight to see that visualization come to fruition!

Haley and Matthew live on a farm and are surprised one day when they are asked to care of their aunt's puppy while she recovers from being sick in the hospital. They learn how to not only take care of the puppy but also how they too can stay healthy and strong. It is one of many surprises that day!

## Announcements

The graphic is a blue rectangle with white and yellow text and icons. At the top left is a white medical bag with a red cross. At the top right are logos for UMass Chan Medical School, Tan Chingfen Graduate School of Nursing, and the Office of Student Affairs &amp; Admissions. In the center, the text reads "BUILD YOUR NETWORK!" in yellow, followed by "NP CAREER PANEL - 2/24/22 @ 5:30PM VIA ZOOM" in large white letters. At the bottom, it says "Helping DNP students from Family, Acute, Primary &amp; Psych/MH Tracks build a network and get their questions answered about careers in nursing pathways" in yellow. On the right side, there is a white stethoscope and a white heart with a red ECG line.

**Lasker Student Essay Contest**, officially opens for submissions February 9, 2022 (when the contest theme will be formally announced).

The contest is open to medical school students, interns, residents, and fellows; doctoral students and postdoctoral fellows in biomedical sciences; and graduate students in public health or other health profession programs. All applicants must be currently participating in an education program.

The contest recognizes the next generation of science communicators and engages young scientists and clinicians from around the world in a discussion about big questions in biology and medicine and the role of biomedical research in our society today. [Essay Contest - Lasker Foundation](#)

# Announcements

## COPING WITH STRESS DURING COVID-19... AS A NURSE

It's normal to feel overwhelmed, stressed, tired, scared, or angry. Talking to people you trust can help.

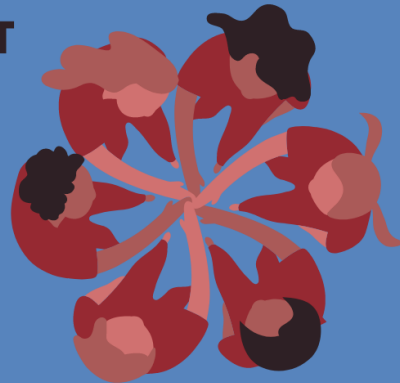
### CONSIDER JOINING OUR GSN GROUP PEER SUPPORT

This Spring there will be 4-6 virtual sessions on the following dates:

- January 24th at 7-8pm | Monday
- February 9th at 6:15pm | Weds
- February 22nd at 6:30pm | Tues

\* More session dates TBD per your request

You can come to one, more, or all sessions!



### ZOOM LINK:

<https://umassmed.zoom.us/j/93146730805?pwd=NnM3Nlg3S2tpaGZOdWt5aFJtcmA3QT09>



### TO RSVP AND FOR MORE INFORMATION, CHECK OUT THIS LINK:

<https://forms.gle/QktTCpgyGXZWNnDV9>

Or reach out to Irina Rojas (DNP Student '22) at [irina.rojas@umassmed.edu](mailto:irina.rojas@umassmed.edu)

# Announcements

## Identities in Medicine Event

GHHS is hosting an upcoming session, Identities in Medicine, which is a med moth-style event dedicated to exploring how our personal, unique identities inform our practices as physicians, nurses, and researchers, how these characteristics make us better health care professionals, and how the health care system affects our identities.

Fill out this Google sign-up form <https://bit.ly/3ghWxu4> if you are interested in participating.

More information about this session:

- Date and time: 2/16/22 from 6 to 7:30 PM.
- This event will be hybrid, and currently the Albert Sherman Center Auditorium is booked for the in-person option.
- We are looking for speakers from all members of the UMass Chan community, including all levels of learners as well as faculty/staff. Pieces can be in prose or verse and should be about 5-7 minutes in length (however shorter pieces are great, too). If the author would prefer to keep their piece anonymous, there is an option for a member of Gold Humanism to read it on your behalf.

## GHHS Patient Reflection Project

Today we invite you to reflect on a patient you have cared for. It is often hard to find time to stop and process our experiences caring for our patients in the moment. We hope you will explore the feelings and thoughts that passed through you, the challenges you met while caring for your patient, and what lessons you have since learned.

Your reflections may be in any form that inspires you and captures your experience best. If you submit artwork, photography, and/or music, please share a few sentences describing how your piece relates to your patient interaction.

Submission examples include a paragraph, haiku, prose, 6-word story, 55-word story, short story, poem, music, artwork, or photograph. *Anything that speaks to you!*

### Submission details:

Please submit to [GHHS@umassmed.edu](mailto:GHHS@umassmed.edu) by March 1st, 2022

- Please use the subject title: “**Patient Memorial**”
- Please indicate whether you would like your name included with your submission, or if you would like to be kept anonymous
- Your reflections will be published on a website called “*Reflections: A Patient Memorial*”.
- No character limit or minimum
- Please do not use any of the following [18 HIPAA Identifiers: Information Technology Services: Loyola University Chicago \(luc.edu\)](#)
- Prior to publication, all submissions will be screened for the above 18 HIPAA identifiers and grammar, but otherwise, they will not be altered from the original narrative
- We encourage you to receive permission from your patients and/or their family before sharing your experiences. We understand this is not always possible, and it is not required for submission.



# Recipe of the Month



## Chocolate Covered Strawberries

### Ingredients

- 6 ounces semisweet chocolate, chopped
- 3 ounces white chocolate, chopped
- 1 pound strawberries with stems (about 20), washed and dried very well

### Directions

- Put the semisweet and white chocolates into 2 separate heatproof medium bowls. Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted.)
- Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on the parchment paper. Repeat with the rest of the strawberries. Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries.
- Set the strawberries aside until the chocolate sets, about 30 minutes.

## Be part of the next newsletter

### Tell us something good and exciting!

- Event promotions
- Kudos and recognition
- Scholarship presentations and publications
- Recipe of the month
- GSN updates
- Student announcements

**For the February/March newsletter have your submissions in by March 15th.**

**Send in your submissions today and don't forget to bookmark the [submission form](#)!**

Follow Us on Social Media

