



Wow! 2020 will be a year that we will always remember.

Remote learning became the norm along with occasional sightings of family members, pets, etc. on ZOOM. Throughout this year we wanted things to be different, we longed to go back to the ways we were teaching and learning.

Some of you have suffered losses and we must grieve. However, there have truly been some positives. The lessons we have learned about coping thru a pandemic and some of the experiences we had have allowed us to build more of a sense of community that will leave an indelible mark on us all.

One thing is certain, the GSN has become more of a community and the team efforts between staff and faculty has been immeasurable. I know that we will get thru this pandemic and emerge stronger, more resilient, and more hopeful now that we have a vaccine.

I applaud your wiliness to adapt to these unprecedented times, as we reflect on this year. The holiday season is here for some and approaching for others, I want to take the time to convey my sincerest wishes for a safe and joyous holiday! My hope is that the new year will be filled with peace, love, joy, and safety for each of you and your loved ones.

Joan Vitello Ph.D, RN, NEA-BC, FAHA, FAAN  
Dean and Professor of the Graduate School of Nursing

### **THINGS I'M THANKFUL FOR!**

I'm thankful for the high level of commitment the students have demonstrated this semester. Many are working on the front lines and balancing a lot, so I'm grateful for their positive presence and strong work in their class as well.

Shari Harding, DNP, PMHNP-BC, CARN-AP, CPRP  
Assistant Professor, Psychiatric/Mental Health Nurse Practitioner program

### **Appreciative Reflection**

From Omanand Koul, PhD, GSN Associate Professor

**“Elevate your consciousness high enough that even God comes asking: Tell me, your wish?”** Sir Muhammad Iqbal (19th century Indian Urdu Poet)

# Faculty Spotlight



Graduate School of Nursing, Associate Professor, Donna Perry, PhD, RN recently had a case study published from her GSN SEED grant study on wildlife rehabilitation titled, Caring for the circle of life: wildlife rehabilitation and sanctuary care. Read more here:

<https://digitalcommons.usu.edu/hwi/vol14/iss2/18/>

Jill M. Terrien PhD, ANP-BC, Associate Dean, Interprofessional and Community Partnerships, Associate Professor of Nursing and Medicine

Susan Feeney, DNP, FNP-BC, Director, Adult-Gerontology, Family & Psych Mental Health NP Tracks, Assistant Professor of Nursing

E-cigarettes are rapidly increasing in use across all populations, particularly in adolescents and young adults. Smoking cessation is important for patients with cancer; however, evidence supporting e-cigarettes as an effective cessation strategy is lacking and not currently recommended. Information on risks, safety, and recommendations regarding vaping will be discussed. Oncology nursing considerations for e-cigarettes include communicating known and potential risks while using smoking cessation strategies for people at risk for cancer or who have cancer and are currently vaping. [Oncology Nursing Society | CJON \(ons.org\)](#)

# Student Spotlight

Changes UMMS students made to the South 5 unit of UMass Memorial Medical Center have meant a better night of sleep for hospital patients. The project, led by Ezequiel De Leon, GSN DNP candidate on the adult gerontology primary care track, Nick Hebda, SOM '21, and Katherine Sadaniantz, SOM '21, focused on South 5, a 33-bed medical and surgical inpatient unit with single and double rooms. Read about the measures now in place: <https://bit.ly/2KgZlZJ>



**Jacqueline Mbugua, GSN DNP Student** is serving as a 2020-2021 GNSA Advocacy Leader for the University of Massachusetts, representing the state of Massachusetts.

The Graduate Nursing Student Academy (GNSA) **Advocacy Leaders** maximize AACN's advocacy efforts on behalf of graduate nursing students. Consisting of 2 representatives from each state including the District of Columbia and Puerto Rico, these nursing leaders participate in quarterly conference calls to develop their advocacy skills and become informed on the latest health policy discussions. The GNSA Advocacy Leaders create a greater impact in amplifying AACN's policy and advocacy messaging and provide feedback to AACN staff on policy issues that are of importance to graduate nursing students.

# Student Spotlight



Beth Keating and Adam Bliss

On Saturday November 14, 2020 UMass Memorial held a Community Outreach Foot Clinic event at St John's Xavier Center here in Worcester. This was under the leadership of GSN alumni Mallory (Johnson) Gibbons, who is a NP in the Vascular Surgery Department at UMass Memorial. Several students, faculty and alumni of the GSN took part in this event.

GEP students-Nancy Figuero & Reggie Sarpong  
DNP 1 student-Frances Sabas  
PhD student-Heather Briere  
GSN Faculty-Dr Rosemary Taylor & Beth Keating  
GSN Alumni- Mallory Gibbons & Adam Bliss



Nancy Figuero and Reggie Sarpong



Becky LaMay, DNP, AGACNP-BC, a neurosurgery nurse practitioner at Massachusetts General Hospital, graduated from University of Massachusetts Medical School Graduate School of Nursing last spring and assisted #COVID19 patients. Read what got her through a trying time in this **Worcester Business Journal Story**. <http://ow.ly/Td8P50CDm3E>

## Announcements

Nursing Process announced the 10 Best Nurse Practitioner Programs in Massachusetts for 2020. <https://www.nursingprocess.org/nurse-practitioner-schools/massachusetts/>

1. UMass Boston
2. Bouvé College of Health Sciences at Northeastern
3. BC Connell School of Nursing
4. UMass Amherst Nursing
- 5. UMass Medical School**
6. Regis College
7. UMass Dartmouth
8. UMass Lowell
9. MGH Institute
10. Simmons University



Nursing Schools Almanac announces the 35 Best Nursing Schools in Massachusetts: <https://bit.ly/2W3J7rN>

1. Boston College
- 2. UMass Medical School**
3. Northeast University
4. Simmons University
5. The MGH Institute of Health Professions
6. University of Massachusetts Amherst
7. Endicott College
8. Regis College
9. University of Massachusetts Lowell
10. University of Massachusetts Boston

NURSING SCHOOLS  
Almanac

# Announcements



Heidi Boland, GSN DNP Student

Looking for nursing-related holiday gifts! I have lots of different gift options available on my Etsy store. You can also request something custom. [Household Supplies Film Photography & Lino Prints by HeidiAnnaArt \(etsy.com\)](https://www.etsy.com/shop/HeidiAnnaArt)

**Fireside Chat**  
HOSTED BY THE GSNO

Wednesday, December 16th  
7:00 pm EST via Zoom (Outlook invite)

Celebrate a successful semester with GSN friends!

Graduate Student Nursing Organization

We are inviting you to our first **Fireside Chat**, a virtual event series created by the GSNO to promote community within our GSN, get to know each other, and enjoy each other's company! We are kicking off our event on Wednesday, December 16th at 7:00 PM! Future Fireside Chats will be held monthly.

Please join us in celebrating our accomplishments this semester and transitioning to a well-deserved break! We will have some fun icebreakers to let everyone get acquainted! Zoom invitations will be sent to your Outlook Calendars by Helen Tsiagras, our secretary.

**Please RSVP to [helen.tsiagras@umassmed.edu](mailto:helen.tsiagras@umassmed.edu)**

We hope to see you virtually!

UMass Medical School, Graduate Student Nursing Organization

# WINTER CLOTHING & TOILETRY DRIVE

HELP PARTICIPANTS OF LIVING IN FREEDOM TOGETHER (LIFT) STAY WARM ALL WINTER LONG!  
To learn more about LIFT, please visit [liftworchester.org](http://liftworchester.org)

**DECEMBER 14 - DECEMBER 31**

Please visit our Amazon wishlist for an easy, no-contact donation option:  
<https://amzn.to/3mXlKm5> QR Code:  SCAN ME

*New or gently used items can be mailed separately. Please reach out to [rachel.niemiec@umassmed.edu](mailto:rachel.niemiec@umassmed.edu) directly to coordinate*

WE ARE IN NEED OF THE FOLLOWING ITEMS  
**HATS, COATS, SCARVES, BOOTS, GLOVES & SOCKS**

THANK YOU FOR YOUR GENEROSITY!  
For questions email [rachel.niemiec@umassmed.edu](mailto:rachel.niemiec@umassmed.edu) or [GSNO@umassmed.edu](mailto:GSNO@umassmed.edu)

In the spirit of giving back to our community, the Graduate Student Nursing Organization (GSNO) is conducting a contact-less winter clothing and toiletry drive to benefit the program participants of Living in Freedom Together (LIFT), located in Worcester. LIFT is a non-profit, survivor-led organization working towards eradicating the harms of the commercial sex trade right here in our community. They provide a unique blend of community programs, direct services, community awareness and education, and advocacy for innovative and productive public policy. We are looking forward to reminding these program participants that they are worthy of care and are asking all interested UMMS community members to consider donating to this important cause. Please see our flyer for more details and links to our gift wish lists.

<https://amzn.to/3mXlKm5>

# Announcements

Through our continued efforts to create a more inclusive community, we want to recognize the many multifaith religious holidays taking place this December, and to reflect on those that have passed already this fall semester. We hope that no matter what holiday(s) you may celebrate that you to know the GSN cares about and is thinking of you during this time of thanks and reflection. We will be highlighting more multifaith holidays as the academic year goes on!

2020	DAYS	HOLIDAY	RELIGION
Aug. 1	Sat	Lughnasadh	Pagan, Wiccan
Aug. 11 - 12	Sundown-Tue - Wed	Sri Krishna Jayanti	Hinduism
Aug. 16	Sun	Paryushana	Jainism
Sep. 18 - 20	Sundown-Fri - Sun	Rosh Hashanah (first 2 days)	Judaism
Sept. 21	Mon	Mabon	Pagan, Wiccan
Sep. 20 - 21	Sun & Mond	Paryushana-Parva	Jainism
Sep. 27 - 28	Sundown-Sun - Mon	Yom Kippur	Judaism
Oct. 2 - 4	Sundown-Fri - Sun	Sukkot (1st 2 days)	Judaism
Oct. 9 - 11	Sundown-Fri - Sun	Shemini Atzeret; Simchat Torah	Judaism
Oct. 17 - 26	Sundown-Sat - Mon	Navaratri	Hinduism
Oct. 18 - 19	Sundown-Sun - Mon	Birth of the Báb	Bahá'í
Oct. 28 - 29	Sundown-Wed - Thu	Mawlid al-Nabi (dates can vary by a day)	Islam
Oct. 31	Fri	Samhain	Pagan, Wiccan
Nov. 2	Mon	Rastafarian	Ethnic - Ethiopia
Nov. 6 – 7	Sundown-Fri - Sat	Birth of Bahá'u'lláh	Bahá'í
Nov. 14	Sat	Diwali (Deepavali)	Jainism, Sikhism, Hinduism
Dec. 10 - 18	Sundown-Thu - Fri	Hanukkah/Chanukah	Judaism
Dec. 20	Sun	Yule	Pagan, Wiccan
Dec. 24 - 25	Thu - Fri	Christmas	Christianity (RC, P, O)
Dec. 26 - 1st	Sat - Fri	Kwanzaa	African American
2021	DAYS	HOLIDAY	RELIGION
Jan. 1	Fri	New Year's Day; Gantan-sai	Christian; Shinto
Jan. 7	Thu	Feast of the Nativity (Christmas)	Orthodox Christian

Learn more about the meanings behind these holidays and celebrations [here](#) & [here](#)!

# Announcements

## NECHE 2022 Student Participation is needed!

*We are in need of several GSN students to join us in serving on this committee – we strongly encourage you to get involved!*

The New England Commission of Higher Education (NECHE) will be conducting their every 10-year accreditation review of our three campus schools in April 2022. Provost Flotte has convened an Accreditation Oversight Committee with leadership across the three schools to steer the self-study scheduled to kick off in late winter/early spring of 2021. The committee is looking to add up to 18 students from across all three schools to assist in this process. This represents a valuable way to shape the direction of UMMS for the next decade, and to get direct interaction with various Deans and other faculty.

There are nine standards, each having a small group of faculty, students and administrators who will assess our compliance. These standards cover issues of Mission, Organization, Academics, and Transparency - just to name a few. **The committee project manager estimates there will be 10-15 hours of work for each team during the spring semester.**

Due to the need for a fast turnaround, we have created an extremely brief and minimalistic application. **PLEASE COMPLETE THIS FORM IF INTERESTED!**

Please reach out to us with any questions. Thank you in advance for your consideration and participation! For more information, check out this website: <https://umassmed.sharepoint.com/sites/accreditation/SitePages/NECHE-Site-Visit-Prep.aspx>

**On behalf of DIG (Diversity Interest Group).** Next Thursday, December 17<sup>th</sup> at 4:00 pm we are hosting our inaugural session of the DICES Journal Club on the BLM Matter Movement and we'd love for GSN students, faculty and staff to attend if their schedule allows! **RSVP:** <https://docs.google.com/forms/d/e/1FAIpQLSetZRuoTKs6E-hydAoaWJMvir1t6Wavk-68mLqNQy1mhvVktg/viewform>

Also, we have a recurring monthly meeting, second Tuesday of the month @ 5:30pm that we'd love to have more students attend. Although our club was built from the GSBS, our meetings, events and discussion are made to benefit all students from all three schools, and we'd love to think about planning events and programming that would specifically benefit those in the GSN as well. Our recurring Zoom link is below. Zoom: <https://umassmed.zoom.us/j/91680314269?pwd=c3d5WUoxTitJa3AyYWFJalB4Tnkvdz09> Password: 245753 Meeting ID: 916 8031 4269

**MA/RI League for Nursing announce their online links are now open to apply for 2021 Spring Scholarships!** Applications are due by 2/15/2021.

Nurse Educator - Masters: <https://form.jotform.com/203436599715162>

PN: <https://form.jotform.com/203436152369152>

## **ALUMNI SPOTLIGHT**

Since attending UMASS Graduate School of Nursing as a post graduate in the Acute Care program in 2000, I have continued my education and have certifications as an Acute Care, Family and Emergency Nurse Practitioner. I received my DNP from Vanderbilt University Dec 1999.

Although I live in MA, I work at Hartford Hospital as an APRN in the Emergency Department.

Thank you for all your hard work with the Newsletter - now more than ever we need to support each other and I really enjoyed the newsletter - reminding me of my roots in Advanced Practice Nursing.

Laura (Hoynoski) Warren, DNP, ACNP, FNP, ENP

# Recipe of the Month

Submission by Diane Brescia, Admissions Manager



**Auntie Sarah's Snowball Cookies:** This recipe is over 100 years old and came from my grandmother in Italy and was passed down to my Aunt Sarah who passed it on to me. A Christmas favorite in my family!

## **Ingredients:**

2 sticks of softened salted butter  
1/2 cup confectionary sugar  
2 cups flour  
1 cup chopped walnuts  
1 teaspoon of vanilla

## **Instructions:**

1. Preheat oven to 350 degrees
2. In a mixing put the softened butter (not melted) add the confectionary sugar and vanilla. Slowly add the flour and mix until you have formed a ball (tip use your hands to mix do not use a mixer). Next add the walnuts.
3. Roll into balls this recipe makes 2 dozen cookies. Place on cookies sheet (no prep to cookie sheet these cookies will not stick) about 2 inches apart **DO NOT FLATTEND THE BALLS**). Bake for 20min no more no less.
4. Let cool on rack
5. In a bag put confectionary sugar place cookie in bag and coat with confectionary shake off excess.

**ENJOY Happy Holidays!**

## Be part of the next newsletter

**TELL US SOMETHING GOOD AND EXCITING!**

**ENTER YOUR NEWSLETTER SUBMISSIONS & BE FEATURED IN OUR 1ST EDITION !**

**WE WILL RELEASE THE MONTHLY GSN NEWSLETTER ON THE 2ND WEEK OF EVERY MONTH  
YOU CAN BE FEATURED IN OUR STUDENT/FACULTY/STAFF SPOTLIGHT SECTION, OR  
RECOMMEND A PEER :)**

- EVENT PROMOTIONS WITHIN GSN & UMMS
- KUDOS & RECOGNITION
- SCHOLARSHIP PRESENTATIONS & PUBLICATIONS
- RECIPE OF THE MONTH
- GSNO UPDATES
- STUDENT ANNOUNCEMENTS: APARTMENTS FOR RENT, CARS FOR SALE, ETC...

**For the January newsletter have your submissions in by January 15th.**

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