



Happy New Year!

As 2020 came to a close and a new year began I found myself reflective of the past year and hopeful about the year ahead. I came across this quote that I have edited and wanted to share with all of you.

“Wishing you **12 months** of peace and success, **52** weeks of safety and laughter, **365** days of fun, **8760** hours of joy and love, **525,600** minutes of good luck and health, and **31,536,000** seconds of happiness and prosperity!”

May the coming year 2021 be full of opportunities to be physically together once more as a community of learners, educators and staff.

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

Appreciative Reflection - From Omanand Koul, PhD, GSN Associate Professor

Welcome the New Year

Fellow citizens! At this auspicious time,
Shout slogans from roof tops in praise of our country.
And fly the beloved Old Glory high.
But do not forget the brave soldiers who lost their lives defending it.

Remember the brave who did not return home.
Fellow citizens! At this auspicious time,
Let the tears of gratitude flow, for those martyrs,
And remember their sacrifice.

Remember the brave who did not return home.
God Bless America, our home, sweet home!

(Inspired by a poem written by Pradeep (Hindi poet), 1963.

Faculty Spotlight



Morris, N. S., Nnaji, C., & Sarkis, M. (2021). “Was test designed for Africans?” Health literacy and African Immigrants. *Journal of Racial and Ethnic Health Disparities* . <http://doi.org/10.1007/s40615-020-00959-5>

Link: <https://rdcu.be/cdoQW>

With acknowledgement of funding through the UMMS GSN Seed Grant Program



Mechelle Plasse, PhD, APRN-BC

Psychosocial support for providers working high risk exposure settings during a pandemic: A critical discussion

Psychological first aid is a form of support designed to lessen disaster related distress. In a pandemic, providers may need such support but with the high risk of exposure, such a program is offered.

<https://onlinelibrary.wiley.com/share/author/JNQC2UDZHKEVCIEBFN3N?target=10.1111/nin.12399>

Student Spotlight



Christy Mangiacotti and Christina Connolly, GSN GEP students volunteered Monday January 18th at the Worcester Covid 19 vaccination clinic at the Worcester Senior Center. Providing the Covid vaccine to Worcester and Central MA 1st responders.

Four teams of UMass Medical School students have been awarded Martin Luther King Jr. Semester of Service Awards to implement community service programs.

Including Melanie Kossuth, GSN DNP Student, for her part in Developing an adult program at the Worcester Refuge Assistance Project. Here's the list of winners: <http://bit.ly/3oV9v3R>

Student Spotlight

School of Medicine students, trained by our Graduate School of Nursing students on how to give intramuscular injections, will begin giving corona virus shots to people in the Worcester area.

WATCH as UMass Medical School nursing students train medical students how to administer the COVID-19 vaccine: <http://bit.ly/3sq2Tg6>

Read more in the Worcester Telegram and Gazette: <https://bit.ly/35nj5EX>

“We are three schools, but we work together to get the job done.” - Jill Terrien, PhD, ANP-BC



Kelly Cutting, RN, FNP-C, and Olivia Slezik, RN, AG-PCNP-BC, DNP students, both graduating in 2021, are aiding COVID-19 tracing efforts for Student Health Services at Worcester State University. Read about the critical roles they are filling at Worcester State University and why they were specifically requested: <http://bit.ly/2MAmJ7J> #COVID19

Helen Tsiagras



‘My heart is in community health’ says Graduate School of Nursing student Helen Tsiagras

Helen Tsiagras, RN, first-year Doctor of Nursing Practice student in the Graduate School of Nursing’s Graduate Entry Pathway Program Family Nurse Practitioner track, began her nursing career during the COVID-19 pandemic. In November, she started work as a community health nurse at Edward M. Kennedy Community Health Center in Framingham, coordinating care for patients and supporting their needs. Read more here: <https://bit.ly/3bndodR>

Student Spotlight



GSN's DNP student's Hannah Mills, Amy Chau and Courtney Gannon volunteered along with SOM students as part of Companionship Wellness Program (CWP). Please see the WCVB-TV video clip - <https://www.wcvb.com/.../program-unites-medical.../35105287>

UMassMedNews: <https://bit.ly/361Kywi>

Alumni Spotlight



Brig. Gen. Sean T. Collins, PhD '09

Air National Guard Brig. Gen. Sean Collins, PhD, is one of the newest members of the Soldiers' Home Board of Trustees. Read how the UMMS alumnus and professor has been connected to the facility his whole life: <https://bit.ly/3sHOcoH>

Congratulations!

Brigid Koenen, class of 2020 was just hired at Newton Wellesley Hospital in primary care.

Sarah Lake, class of 2021 was just offered a position at Baystate in primary care at the South Hadley site where she was precepted last year.

Announcements

We are very pleased to announce the beginning of a wellness collaboration between Dr. Morgan Thompson of the GSBS and the Gold Humanism Honor Society (GHHS) chapter at the medical school.

Dr. Thompson will be leading virtual mindfulness sessions aimed to promote wellness through fostering self-compassion, mindful movement, and present-moment awareness. She will be leading one/two sessions per week on Zoom, **beginning on Thursday, January 28th from 8:10-8:40 PM**, so mark your calendars!

We are extremely thankful and fortunate to have Dr. Thompson volunteer her time and talents to promote wellness in such a difficult time.

We are also thankful for everyone who has volunteered their time to lead other virtual wellness sessions on zoom through GHHS's wellness initiative, which we will continue to announce and publicize. For more information about these sessions, please check the UMass Student Bulletin emails weekly and the UMass GHHS chapter's instagram page: https://www.instagram.com/umassmed_ghhs/ (bonus points for following!).

If you are interested in helping to boost wellness at the UMass community, please email ghhs@umassmed.edu if you would like to share your talents over zoom, we would love to have you!

Here is the link to Dr. Thompson's zoom mindfulness sessions (to be held weekly Tuesdays from 8-8:30 AM and Thursdays from 8:10-8:40 PM) : <https://umassmed.zoom.us/j/98718102466>



Graduate School
of Nursing

Attention Students!

- Help raise funds for the GSN from the comfort of your home
- Win gift cards and prizes
- Network with GSN alumni

Sign-up for a 2-hour Shift

**Tuesday, February 9 @ 10am-12p, 12pm-2pm,
2pm-4pm or 6pm-9pm**

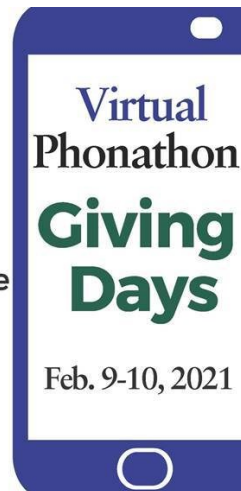
**Wednesday, February 10 @ 10am-12p, 12pm-2pm,
2pm-4pm or 6pm-9pm**

Sign up for 2 shifts (or more) to be entered in a drawing for a \$50 amazon.com gift card!



Email

phonathon@umassmed.edu
to volunteer or for more information



Announcements

GSN Student Opportunities To Get Involved

We are looking to identify GSN students to get involved and connected with the following opportunities. Please review and if interested, let me know!

Curriculum Diversity Task Force Working Group - We are looking for several GSN students to play a role in the Curriculum Diversity Task Force Working Group. If interested, please let Dr. Peterson and I know of your interest (Kenneth.Peterson@umassmed.edu)

The UMMS Takes Care: Tri-School Wellness Student Group - Our goal is to have 2 GSN students join the 2021-2022 leadership team. To learn more and get involved, please complete this leadership application form: <https://forms.gle/PAAf2Sk5E6jPoER47>

GSN Town Hall – COVID-19 Updates & GSNO General Assembly Meeting on 1/21/21

We are piloting combining the content for both the January GSN Town Hall and our GSNO Assembly Meeting to maximize our impact on our community engagement. We strive to gather as many students, faculty and staff as possible to reflect on the New Year, discuss the continued impact of COVID-19 and hear from our GSNO leaders on ways to stay engaged throughout the Spring 2021 semester.

BREAKING NEWS: Gov. Baker Signs NP Full Practice Authority Legislation!

Governor Charlie Baker has officially enacted into law a brand [new set of health care reforms](#), including bringing Full Practice Authority to nurse practitioners (NPs) in the state and full and direct access to NP care for Massachusetts patients.

The new law will authorize Massachusetts NPs to prescribe and practice without a supervisory agreement with a physician — after two years in practice with an agreement and with approval from the Massachusetts Board of Nursing. The 70-page bill also makes several changes to state telehealth and reimbursement laws, among other provisions.

Thank you to everyone who advocated for this licensure modernization by calling, emailing and meeting with your legislators, and thank you to the American Association of Nurse Practitioners® (AANP) NP Organization Member spearheading these efforts, Massachusetts Coalition of Nurse Practitioners (MCNP).

With this, Massachusetts becomes the 23rd state, plus the District of Columbia, to have Full Practice Authority for NPs.

NPs will continue under the existing state law requirements for licensure and prescriptive authority until final regulations are implemented. The Massachusetts Board of Nursing is the official authority for questions about your licensure and practice in Massachusetts.

This is wonderful news and the result of a decade + long effort of the MCNP and other dedicated NPs to promote independent practice, like so many other states have granted to NPs. This decision is based on mounds of evidence that NPs provide safe, thorough, competent care that provides excellent outcomes.

Susan Feeney, Director of NP Tracks said “This is a tremendous achievement and good news for our patients and to the health and wellness of the Commonwealth! We owe our thanks to the leaders in the MCNP and national NP organizations for their steadfast leadership and support. I also want to give a big shout out to our own Dr. Pat White who has been front and center to this effort in Massachusetts!”

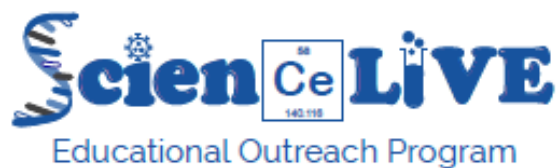
Announcements



ScienceLIVE is an educational outreach program that facilitates hands-on science activities for middle school students (ages 10-13). Studies have shown that exposure to hands-on science before grade 8 may significantly impact their scientific pursuits later on in life (Tai et al, Science 2006).

We are looking to recruit students and post docs to volunteer virtually to facilitate these activities in the spring. It is a **low time commitment** (4-5 hours in total), has flexible dates, and is a great way to get involved with the Worcester community. You can choose from pre-chosen topics or create your own!

For more information on ScienceLIVE, visit [UMassMed News](#), [MassLIVE](#) or our [website](#). We need plenty of volunteers for these workshops, so if you are interested, please fill out the [sign up form](#) and/or reach out to ScienceLIVE@umassmed.edu for further details.



Outreach with ScienceLIVE brings hands-on virtual STEM experiences directly to Worcester Public Middle Schools. Each virtual experience inspires children to investigate our world through the lens of science. Join us to encourage the next generation of scientists!



Volunteering for the ScienceLIVE Outreach Program will help:

- *Motivate early scientific curiosity & enthusiasm in STEM fields
- *Highlight diversity among practicing scientists to combat gender & underrepresented minority gaps in science & inspire students with the vision that anyone can pursue STEM professions
- *Cultivate a spirit of community service & connection with the local community for our UMMS trainees

Sign up today: go.umassmed.edu/ScienceLIVE-signup



Recipe of the Month



Easy Buffalo Chicken Dip Recipe

Ingredients

- 8 oz softened cream cheese
- 1 cup monterey jack cheese
- 2 tablespoons ranch dressing
- 2 tablespoons blue cheese dressing
- 1/2 cup buffalo wing sauce
- 2 cups shredded chicken

1. Preheat oven to 350 degrees. Spray an 8 x 8-inch baking dish with non-stick spray and set aside.
2. In a large bowl, stir together softened cream cheese and shredded cheeses. Stir in shredded chicken, blue cheese, buffalo sauce, and ranch. Pour dip into the prepared baking dish.
3. Bake the chicken dip for 20 minutes or until hot and bubbly. Sprinkle with additional cheese and a drizzle of buffalo sauce if desired.

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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 February newsletter have your submissions in by February 15th.

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