



Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2021 occurs on Thursday, November 25. In 1621, the Plymouth colonists and the Wampanoag shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

How long has pumpkin pie been a traditional part of Thanksgiving? Pumpkin pie was a staple in New England Thanksgiving tables as far back as the turn of the 18th century. Legend has it that the Connecticut town of Colchester postponed its Thanksgiving feast for a week in 1705 due to a molasses shortage.

The Macy's Thanksgiving Day Parade has been marching since 1924.

Appreciative Reflection of the Day

“Learning to live life with ambiguity is learning to live with how life really is, full of complexities and strange surprises “

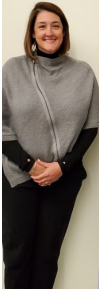
James Hollis

Massachusetts Coalition of Nurse Practitioners (MCNP) celebrates the great NP profession during 2021 National Nurse Practitioner week, they are inspired by the stories of the many MCNP NP Heroes being recognized as part of their NP Week Hero campaign.

The Tan Chingfen Graduate School of Nursing is very proud that two of our faculty were named MCNP NP Heroes. Dr. Jean Boucher, Associate Professor and DNP Program Director and Dr. Shari Harding, Assistant Professor/Psych Mental Health Program. Read more here <https://bit.ly/31ALW9C>

Janet Hale, Professor at the Tan Chingfen Graduate School of Nursing. She served her country for over 33 years in the US Army Nursing Corps. Through her military service, Janet served proudly and would become a role model, mentor, teacher, and inspiration to all her students.

This Veterans Day, we pay tribute to all veterans, including NPs and their patients who are current or previous members of the U.S. uniformed services. It is an honor for NPs to care for our nation's service members and their families



With gratitude for the transformational philanthropy of the Morningtide Foundation, the UMass Medical School Graduate School of Nursing is now


Christyna Manero, PhD, RN, CPNP-PC
Assistant Professor

"I joined the TC GSN faculty because I truly could never pick between teaching or nursing. Here, I am able to do both. I feel so grateful because I can continue to practice as a NP, and I love being able to bring clinical expertise to the classroom. I find being pediatric nurse practitioner so fulfilling. It is hard to pick a favorite aspect of the job! Kids are so entertaining, fun and challenging. Calming down a scared kiddo with a fun, interactive check-up is always a highlight."

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Danielle Hebert, DNP, MBA, MSN, ANP-BC
Coordinator of Adult-Gerontology NP Primary Care Track
Assistant Professor

One of the best things about being an NP, especially in primary care, is the longitudinal relationships that I can develop with my patients. As I continue to care for patients over time, I begin to learn more about them beyond the patient in my exam room—I'm able to learn about their history, their family, their goals, and their hopes and dreams for the future. I was fortunate to have several generations of different families—it's very humbling and potentially one of the biggest compliments you can receive when a family trusts you for the care of everyone in their family.

Primary care provides an interesting set of challenges for providers—we have to be a 'jack of all trades' and know a little bit about everything. The role of the primary care provider is growing so much with many wonderful opportunities for NPs. I love to work with students and new graduate NPs to help them prepare for their role as a primary care NP. It's so rewarding to see a student experience the 'aha' moment when something clicks for them and they understand the concept they have been studying.

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Jill Terrien, PhD, AMP-BC
Associate Professor of Nursing and Medicine
Associate Dean Interprofessional and Community Partnerships
Why did you become and NP: I needed to expand my scope of practice.
How long have you been practicing: NP-24 years RN-39 years.

Shari Harding, DNP, PMHNP-BC, CPRP
Assistant Professor
Why did you become an NP: I was working as an RN in community mental health and became an NP so that I could expand my scope and play a larger role in helping people recover.
How long have you been practicing: I've been happily practicing for seven years.

Teri Aronowitz, PhD, APRN, FNP-BC, FAAN
Professor
Why did you become an NP: When I was an undergraduate student, there was an NP who worked with an internal medicine practice and I use to round with her and admired her I have been practicing and have been certified as FNP since 1979!
How long have you been practicing: I have remained nationally certified since and have worked clinically as NP even when I started teaching and continue 1 day a week to this day.

Martha O. Agbeli, DNP, APRN, PMHNP-BC
Assistant Professor
Why did you become and NP: While in nursing school, my psychiatric rotation was my favorite, so I always knew I wanted to work in the field. As an RN, I got a lifetime opportunity to work in the Psychiatric Emergency room in a prestigious hospital. I immediately knew I was destined to dedicate my life to working with psychiatric patients. I enrolled in a PMHNP program soon after and here I am...no regrets and enjoying every minute of the experience.
How long have you been practicing: I have been practicing as a PMHNP now for 6 years.

NPs: GOING THE EXTRA MILE

#NPWEEK | NOVEMBER 7-13, 2021

AANP | American Association of NURSE PRACTITIONERS



Susan Feeny, Director of Adult Gero & FNP Tracks and Elizabeth Vequist Adult Gerontology Primary Care NP student and the whole Worcester State University Health Services team for continuing to provide high-quality, compassionate healthcare.



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Benjamin Woodard, DNP, ENP-C, FNP-C, FAWM
Coordinator, Family NP Track
Assistant Professor

I love being a nurse practitioner for so many reasons! I feel honored to be trusted by people and their families, often at their most vulnerable moments, and to be supported by a profession that prioritizes kindness and understanding as much as clinical acumen.

I was thrilled to join the faculty here for so many reasons, not the least of which is the amazing, close-knit team we have. I also feel so privileged to be invited to contribute to the next generation of learners and make real and applicable the daunting didactics. In short, I get to professional nerd out with amazing people, but also get to watch real "AHA!" moments unfold for our learners.

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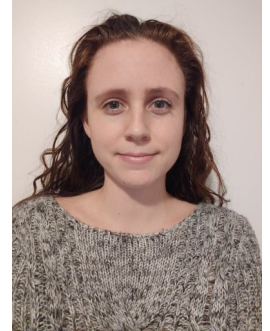
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Student Spotlight

Romain, S. (2021) presented “Leaders at the bedside– What it takes to be an Ethics Champion in the U.S.” as a podium presentation at the Virtual Open Forum Day, European Clinical Ethics Network, September 8, 2021.

Cintron, S., Kennedy, H. M., Toohey, L., Mar, W., Latter, A., L’Esperance, S., & Perry, D. (2021) presented “*Linking Nature Contact and Health Benefits through Artistic Expression of Nature.*” An oral presentation at the Sigma Theta Tau, Sigma Region 15 Annual Symposium: Nursing Between the Lines, October 1, 2021.

Hannah Boorstein RN, MS, FNP-C, DNP class of 2022 and SOM student Kaan Apaydin received the **William Thomas O’Byrne Scholarship** from the office of diversity and inclusion for being an active and productive member of the QMass group. This scholarship fund was established by anonymous donors in honor of William Thomas O’Byrne, MD, a physician and faculty member at the University of Alabama School of Medicine and LGBTQ advocate who died in 2018.



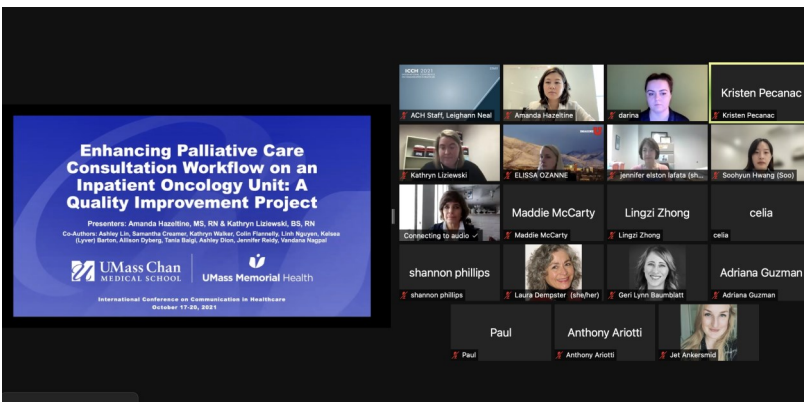
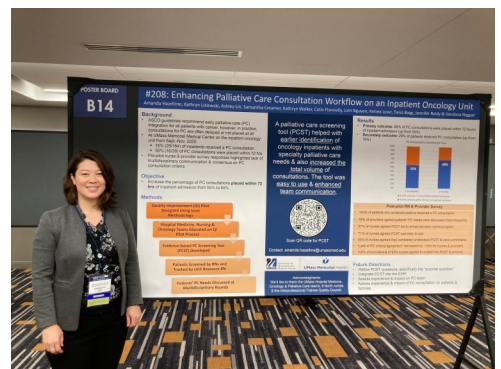
Students from the Oral Health PHC wrote an opinion piece that was published in the Worcester Telegram and Gazette, “Oral Health in Worcester: Why it’s important and how we can improve it”. Isabella DiMare – DNP 1 student in the AGPCNP track – was one of the authors along with 5 SOM 2nd year students! Read more here: <https://bit.ly/3ComH7p>



“The PhD program is this hidden gem.”

Learn about Zareen Barry's journey to becoming a nurse & why she wants to become nursing faculty, helping English language learner students succeed: <https://bit.ly/2Zh9bV5>

Amanda Hazeltine, DNP Acute Care Track student at the Tan Chingfen Graduate School of Nursing presented a poster at the ASCO Quality Care Symposium, entitled “Enhancing Palliative Care Consultation Workflow on an Inpatient Oncology Unit”



Amanda Hazeltine and Kathryn Liziewski presented their ITQC project at the International Conference on Communication in Healthcare.

Congratulate Dr. Thin (Aung) Malatesta on the successful defense of her dissertation, “Moral challenges, moral distress, and moral resilience in critical care nurses during the COVID-19 pandemic” 9/24/21. Thin’s inquiry into the experience of critical care nurses during the COVID-19 pandemic gave voice to those who experiences were the first for many. The dissemination of her findings will acknowledge the challenges encountered by many nurses and provide data that may be of help in similar situations in the future. I would like to acknowledge the Chair of her Dissertation Committee, Dr. Carol Bova, and Committee members Dr. Donna Perry and Dr. Susan Sullivan-Boylai for their efforts and help in guiding Thin through the dissertation process.

Student Spotlight



UMass students present Island youths' problems - The Martha's Vineyard Times

A group of UMass Chan Medical School students, known as Rural Health Scholars, studied ways to support the Island's young people in overall well-being and in educational and occupational endeavors.

<https://www.mvtimes.com/2021/11/03/umass-students-present-island-youths-problems/>

Population and Community Health Clerkship October 20 – November 1, 2021:

Title: Introduction to Veterans'/Military Health Issues

Photos taken at the new UMMS and VA Community-Based Outpatient Clinic to open in December.



Linda Cragin (DFMCH Faculty), Janet Hale (GSN Faculty), Sabrina Hanna (Preventive Medicine Fellow [PMF]), Benjamin Eovaldi (PMF), Emily Dillon (DNP student), Carl Adams (SOM II), Taylor Quinn (SOM II).



Population and Community Health Clerkship: UMMS DR BHI PCHC

Alumni Spotlight

In the current issue of Worcester Medicine Tan Chingfen Graduate School of Nursing DNP class of 2021 alumni Jessica Ferreira, DNP, AGACNP-BC and Henry Ellis, DNP, AGACNP-BC have their Scholarly Project “Reducing Inter-Stroke Center Transfer Time Through Utilization of the VAN Tool” highlighted on page 14. <https://bit.ly/3niEZ5E>

PhD Life after graduation

All five graduates are teaching in nursing programs, four in the Commonwealth of Massachusetts. They are all in good positions to carry their research forward. We look forward to hearing about the next phase of their nursing careers.

Dr. Rita Amoah (August 2021) accepted a position at the Tan Chingfen Graduate School of Nursing as an Assistant Professor with responsibilities with prelicensure nursing students entering their graduate nursing education through the Graduate Entry Pathway.

Dr. Jenn Berube (March 2021) accepted a tenure track position as an Assistant Professor at Trine University in Indiana where she will teach online in an RN-BS Nursing Program and engage in the development of an online master’s program.

Dr. Amanda Cornine (August 2021) is an instructor in the Dr. Lillian R. Goodman Nursing Department at Worcester State University. She has just assumed the role of coordinating the MSN Nurse Educator Program.

Dr. Melissa Dunn is an Assistant Professor in the Nursing Department at Fitchburg State University.

Dr. Patty Meza is a Professor of Nursing at Wachusett Community College in Gardner Massachusetts.

Announcements

POPULATION AND QUANTITATIVE HEALTH SCIENCES



SPECIAL SEMINAR

Given jointly by the University of Massachusetts Medical School,
Population and Quantitative Health Sciences and UMASS Boston,
Gerontology Department and Gerontology Institute

Tuesday, January 11, 2022
12:00 – 1:00 PM

“Rigor and NIH Review”

Presented by: Devon C. Crawford, Ph.D.
Scientific Program Manager, Office of Research Quality
National Institute of Neurological Disorders and Stroke

Join from PC, Mac, Linux, iOS or Android: <https://umassmed.zoom.us/j/91558591480?pwd=bUplVzkrVGJxc3daZjFoelg1aXFndz09>
Password: 343236

POPULATION AND QUANTITATIVE HEALTH SCIENCES



SPECIAL SEMINAR

Given jointly by the University of Massachusetts Medical School,
Population and Quantitative Health Sciences and UMASS Boston,
Gerontology Department and Gerontology Institute

Wednesday, February 9, 2022
12:00 – 1:00 PM

“Implementing Transparency & Open Science”

Presented by: David Mellor, Ph.D.
Director of Policy
Center for Open Science

Join from PC, Mac, Linux, iOS or Android: <https://umassmed.zoom.us/j/93302755269?pwd=Lys4ZGJWMFpjTE5jTHYwaERiMk1jdz09>
Password: 742584

SAVE THE DATE

LILLIAN R. GOODMAN LECTURE

TUESDAY APRIL 12, 2022

4:00 – 6:30 PM



**Speaker: Mary Beth Happ, PhD,
RN, FAAN, FGSA**

*Distinguished Professor of Critical
Care Research, The Ohio State
University*



Topic: Patient Communication in
the ICU

Location: UMass Chan Medical
School; Albert Sherman Center

Reception: 4:00-5:00 pm

Presentation: 5:00 – 6:30 pm

CEU's will be offered

• Details and RSVP to follow in
January 2022

• Any questions please contact
mary.litcher@umassmed.edu
alexander.menard@umassmed.edu

Multifaith Sharing of Holidays and Events

DIWALI IS CELEBRATED OVER FIVE DAYS.

DAY ONE: People clean their homes and shop for gold or kitchen utensils to help bring good fortune.

DAY TWO: People decorate their homes with clay lamps and create design patterns called *rangoli* on the floor using colored powders or sand.

DAY THREE: On the main day of the festival, families gather together for *Lakshmi puja*, a prayer to Goddess Lakshmi, followed by mouth-watering feasts and firework festivities.

DAY FOUR: This is the first day of the new year, when friends and relatives visit with gifts and best wishes for the season.

DAY FIVE: Brothers visit their married sisters, who welcome them with love and a lavish meal.

Every year around October and November, Hindus around the world celebrate Diwali, or Deepavali a festival of lights that stretches back more than 2,500 years. In India, the five-day celebration traditionally marks the biggest holiday of the year.

The Day of the Dead (el Día de los Muertos), is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration. A blend of Mesoamerican ritual, European religion and Spanish culture, the holiday is celebrated each year from October 31-November 2. While October 31 is Halloween, November 1 is “el Dia de los Inocentes,” or the day of the children, and All Saints Day. November 2 is All Souls Day or the Day of the Dead. According to tradition, the gates of heaven are opened at midnight on October 31 and the spirits of children can rejoin their families for 24 hours. The spirits of adults can do the same on November 2.



Halloween is a holiday celebrated each year on October 31. The tradition originated with the ancient Celtic festival of [Samhain](#), when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

This year, the Dashain festival starts from 7 October to 15 October 2021 as per the English calendar. Dashain, also known as Bijaya Dashami, is the grandest, longest and most auspicious festival in Nepal. It takes place in Nepali Ashiwin month (September to October in Solar Calendar). Similar to Chinese Spring Festival, Dashain is celebrated by the whole country for the goddess Durgar's victory over the demon Mahishasura. In addition to worship the Goddess Durga, Nepalis will hold celebrations for the fertility of the land and a year of good harvest.

“Indigenous Peoples Day recognizes and celebrates the heritage of Native Americans and the history of their Nations. Honoring Columbus Day celebrates a legacy of genocide and perpetuates ongoing racism and neocolonialism towards Indigenous peoples. Columbus did not discover the Americas; you can’t “discover” lands that are already inhabited. The historical record needs to be set straight in order to respect the culture, language and traditional lifestyles of the Indigenous ancestors who existed long before Columbus’ voyage. Many American cities and states have already legally abolished Columbus Day and recognized Indigenous Peoples Day in its place. Enacting an officially recognized Indigenous Peoples Day would shed light on the disproportionately higher rates of poverty, unemployment, and incarceration experienced by Native Americans, as well as the lack of sufficient federal funding for education and health care on reservations.

Recipe of the Month



Sweet Potato Casserole

- 5 sweet potatoes, sliced
- ¼ cup reduced fat margarine
- ½ cup packed brown sugar
- 3 tablespoons orange juice
- 1 pinch ground cinnamon
- 1 (10.5 ounce) package miniature marshmallows

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes. Remove from heat, drain, and mash.
- Place mashed sweet potatoes in large bowl and use an electric mixer to blend with the margarine, brown sugar, orange juice, and cinnamon. Spread evenly into a 9x13 inch baking dish. Top with miniature marshmallows.
- Bake for 25 to 30 minutes in the preheated oven, or until heated through, and marshmallows are puffed and golden brown.



Italian Sausage Stuffing

Ingredients

- 1 (19 ounce) package Johnsonville® Italian Mild Sausage Links, casings removed
- ½ cup butter
- 2 cups chopped celery
- 1 medium onion, chopped
- ½ cup chopped green bell pepper
- 3 medium garlic cloves, minced
- 12 cups unseasoned cubed bread stuffing
- ½ cup shredded Parmesan cheese
- 1 (2.25 ounce) can sliced black olives, drained
- 1 tablespoon minced fresh basil
- 1 teaspoon rubbed sage
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 4 cups chicken broth
- 2 medium eggs, lightly beaten

Directions

Step 1

Preheat oven to 325 degrees F.

Step 2

In large skillet, cook sausage over medium heat until no longer pink; drain.

Step 3

Remove sausage from skillet; set aside. In the same skillet, melt butter.

Step 4

Add the celery, onion, green pepper, and garlic; saute until tender, about 5 minutes

Step 5

In a very large bowl, combine the sausage, celery mixture, cubed stuffing, cheese, olives, and seasonings.

Step 6

Add chicken broth and eggs; toss to combine.

Step 7

Spoon into a buttered 3-qt baking dish. Cover and bake for 1 hour.

Step 8

Uncover; bake 10 minutes longer or until lightly browned and a meat thermometer inserted into the center reads 160 degrees F.

Cook's Notes:

Substitute one 16-ounce package Johnsonville(R) All Natural Mild Ground Sausage for the links if preferred.

Tips

Substitute 1 teaspoon dried basil for the fresh if desired.

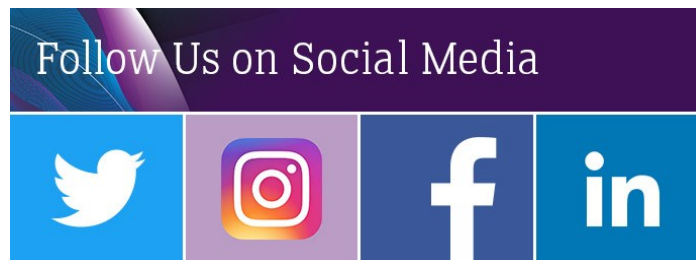
Be part of the next newsletter

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 December/January newsletter have your submissions in by January 15th.

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



The Graduate Student Nursing Organization (GSNO) is now on Instagram!

Follow @umasschangsno <https://www.instagram.com/umasschangsno/>