



In the Northern Hemisphere, the March equinox (aka spring equinox or vernal equinox) occurs when the Sun crosses the equator line, heading north. This event marks the start of the spring season in the northern half of the globe. After this date, the Northern Hemisphere begins to be tilted more toward the Sun, resulting in increasing daylight hours and warming temperatures.

Spring is the promise that everything can begin again, letting go and embracing something new. Promise, birth, renewal, new love, romance, starting anew, birds butterflies, tulips and fragrant blossoms are but a few of Spring symbols.

### *Appreciative Reflection of the Day*

“Gratefulness draws on the best of the human spirit in all of us. It renews and refreshes us, and best of all is contagious.”

AMY EDELSTEIN

# Faculty Spotlight

**Dr. Susan Feeney, Director of Adult Gerontology & Family Nurse Practitioner Tracks, Dr. Jill Terrien Associate Dean, Interprofessional and Community Partnerships and Victoria Rossetti** manuscript “*E-Cigarettes - a review of the evidence - harm versus harm reduction*” was officially published through SAGE Publishing and Tobacco Use Insights is available here: <https://bit.ly/37d0cbt>

**Gayle Gravlin, EdD, RN, NEA-BC; Mary Fortunato-Habib, DNP, MS, RN; Donna Gemme, DNP, MS, RN; Brittany Carney, DNP, FNP-BC, and Karen Dick, PhD, GNP-BC, FAANP** article *Diving in: Using a “Shark Tank” approach to teach business skills to future DNP leaders* was accepted for publication by the Journal of Professional Nursing. The article is now available online thru May 04, 2022 here: <https://authors.elsevier.com/a/1eEnV6qXsmJdn>

**Shari Harding, Assistant Professor of Nursing and Psychiatry** first authored the article *Power on: The rapid transition of a large interdisciplinary behavioral health department to telemental health during the COVID-19 pandemic* with members of the Reliant Medical Group Behavioral Health Department. They utilized the SOAR framework to discuss organizational change concepts related to the rapid transition to telemental health during the COVID-19 pandemic. (The enclosed link provides free full text access through 4/21/22). Read the full article here: <https://bit.ly/3JZxWaK>

**Benjamin Woodard, DNP, ENP-C, FNP-C, FAWM, Assistant Professor**  
Article titled "The Rast-Np Pilot: Preparing New Graduate Nurse Practitioners for Emergent Procedures in Remote Settings Using A Novel Training Program" will be available in the Advanced Emergency Nursing Journal.

Wonderful story about Alumni and Faculty member **Dr. Rita Amoah** in UMass Chan News <https://bit.ly/3uGdoxG>. Rita has also agreed to be the Invited Speaker at the Sigma Theta Tau Honor Society Induction Ceremony this Spring!

Beautiful article in Nursology titled “*An Urgent Need for Peace*” by **Donna J. Perry, PhD, RN** an associate professor in the PhD program. Read the whole article here: <https://bit.ly/3Lwsz3e>

**Joan Vitello-Cicciu, PhD, RN, FAAN, Dean and Professor** contributed to the article “*Neurologically Based ‘Music for Medicine’ Helps Stressed-Out Medical Staff and Caregivers Recover Along with Patients*”. Read more about how the global foundation Listen for Life is helping to heal the psychologically overwhelmed and exhausted caregivers and medical staff who are resigning in droves due to a basic need for self-preservation and emotional recovery. <https://bit.ly/3iSX6w1>

# Student Spotlight

Congratulations to this year's **Mick Huppert Community Health Scholar Award winners**. Funding has been provided by the Department of Family Medicine and Community Health, the Cape and Islands AHEC via MassAHEC, and the Tan Chingfen Graduate School of Nursing.

- Digital Care Navigation for People with Opioid Use Disorder – Road to Care (**Maia Fefer and Rachel Odillia (GSN)**)
- A Path to Pediatric Healthcare in Worcester: Assessing Enrollment Success in Massachusetts Children's Health Insurance Program (CHIP) and Primary Care Provider (PCP) Attainment after a Worcester Free Care Collaborative referral (**David Runyan (GSN)**, Danielle Heims-Waldron, Addison Ward)

**Irina Rojas, DNP 3, class of 2022** shared exciting news that she was accepted a position at Neighborhood Family Practice (Primary care community health), AND.... was also fortunate to receive a HRSA Student to Service Scholarship to help cover all my loans over the next three years. Irina says about faculty member Gayle Gravlin " I will be thinking of everything you've and our faculty have taught me. Thank you for all your support, mentorship, letters of recommendation, and always being there for me."



**Kianna Warner, MS, RN, AGPCNP-C, DNP-AGPCNP Student, Class of 2022**

Her project titled *Improving Long-acting Reversible Contraception Education at Worcester State University* was accepted for presentation for the New England Regional NP Conference. Watch her IUD and Nexplanon DNP Scholarly Project Video here: <https://bit.ly/36Q041Y>

Francis Sabas, DNP 2 ACNP student shares his day in a life as a student in the RNFA program. <https://bit.ly/3LDgOTF>



Congratulations! PhD student **Sarah Romain** and family welcomed Theodore Robert Weber on February 8, 2022.

# Student Spotlight

# Faculty Spotlight

Faculty and students of the Tan Chingfen Graduate School of Nursing presented posters at the Eastern Nursing Research Society (ENRS) conference in Providence RI March 31<sup>st</sup> and April 1<sup>st</sup>. More to come in the next newsletter.

## Samantha Turner

**Chrystina Manero** - The Experience of Patient Adoption and Adaptation to Closed-loop Insulin Pump Systems

**Amanda Cornine** - Facilitators and Inhibitors of LPN-to-RN Student Transition: A Cross-Sectional National Survey

**Chrystina Manero et al.** - Qualitative RIG Symposium: Nurse Scientists Thinking Outside the Box to Address Diversity and Qualitative Data Collection informed by a Pandemic

**Chhim, J (DNP Student Presenter), Bajracharya, A, Boucher, J, Kennedy, J., Haynes, W, Reilly, M, DaSilva, M, Ellis, S, Ferland, A, Mantyla, K , Milone, G.** - Reducing Feelings of Loneliness & Social Isolation Among Hospitalized Adults Through Virtual Companionship.

**Rita Amoah** - Ubiety in Nursing Practice — Making each Patient the Star of that Minute amid Distractions. A Qualitative Description.

**Sandra Toffey** - Health Promotion Behaviors and Disease Prevention

# Alumni Spotlight

**Jalil A. Johnson PhD, ANP-BC, FIEL**, alumnus of Adult NP program (MS, 2010) was awarded The American Journal of Nursing (1.2022, Volume 122) awarded 1<sup>st</sup> prize in the Professional Issues category to my book, **The Nation of Nurses: a manual for revolutionizing healthcare.**

This book offers professional insights and resource for students, practicing nurses, and faculty. I hope you'll share this publication with your networks as evidence of UMass providing high quality education and clinical training. Additionally, I hope you consider including this book as a supplemental reading for your students, and explore this work for your own enjoyment. Link to one of the AJN press releases

<https://bit.ly/3iU4w24>

# Announcements

## Scholarship Opportunity

The New England Navy Nurse Corps Association Chapter has established a fund to award scholarships to deserving nursing students and Registered Nurses to help continue their studies for a Baccalaureate, or Graduate, degree in Nursing. The amount of the award will be \$500.00 - \$1,000.00 and will go directly to the recipient. At this time, we anticipate awarding up to two scholarship this fiscal year (2022). Enclosed you will find application guidelines and forms for completion by those students interested in receiving this award. All **completed** applications must be received by May 31, 2022. The NNCA website [www.nnca.org](http://www.nnca.org), should anyone wish to learn about our organization before applying. For the application packet go to our website: <https://umassmed.edu/gsn/students/scholarships/>





## **The below communication is part of our ongoing strategy to educate our community on cultures and the multifaith sharing of holidays and events that hold meaning with members of our community.**

February has been recognized as **Black History Month** since 1915 when the Association for the Study of African American Life and History was formed by Dr. Carter G. Woodson. It is a month of recognition and reflection of the experiences of Black and African American individuals within the United States, the history and impact of slavery and racism in our nation, and a celebration of Black and African American success in the face of marginalization and disenfranchisement.

March 1st, **Mahashivratri** “The Great Night of Shiva” is a night of special spiritual significance.

**The Feast of Saint Joseph** is observed on March 19. This is an annual celebration in honor of Saint Joseph. St. Joseph was the legal guardian of Jesus Christ and was venerated by the Catholic Church as a patron saint of workers. The Lutherans celebrate this day in admiration of his work and put-up altars outside their homes with food items. These items can be eaten by anyone who needs a meal. The day is also known as the Solemnity of Saint Joseph. This holiday is traditionally celebrated by Christians worldwide in different ways. However, some people from other faiths have adopted the celebration as well.

**St. Patrick’s Day** is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick’s Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

**Women’s History Month** In March 1980, President Jimmy Carter issued the first Presidential Proclamation declaring Women’s History Week to align with International Women’s Day (March 8th) which has been recognized across the world since March 1911. The following year, on August 4, 1981, the U.S. Congress established Women’s History Week . The week became a month-long celebration in 1987 when Congress passed Public Law 100-9 and then passed subsequent resolutions requesting that the U.S. President make an annual declaration. Since 1995, each U.S. President has declared March to be Women’s History Month.

### Celebrating influential women in nursing history

- Florence Nightingale, often called “the Lady with the Lamp,” Florence Nightingale was a caring nurse and a leader.
- Clara Barton, who founded the American Red Cross.
- Dorothea Dix, who championed the causes of the mentally ill and recruited nurses while serving as the superintendent of Army nurses for the Union Army during the Civil War.
- Mary Ezra Mahoney, who was the first African American licensed nurse and co-founder of the National Association for Colored Graduate Nurses.
- Mary Breckinridge, who was a pioneer in nurse-midwifery and founded the Frontier Nursing Service.
- Florence Wald, who pioneered the hospice movement in the United States.
- Hildegard Peplau, who is considered the “mother of psychiatric nursing.”

# Recipe of the Month



## Grilled Lemon Chicken Salad

### Ingredients

- 2 medium lemons
- 1 1/2 tablespoons chopped fresh oregano
- 1 1/2 tablespoons canola oil
- 2 teaspoons minced garlic
- 4 (6-oz.) skinless, boneless chicken breasts
- Cooking spray
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 8 ounces thin asparagus
- 8 green onions, trimmed
- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons white wine vinegar
- 1 (5-oz.) pkg. arugula

**Step 1**-Grate lemon rinds to equal 2 teaspoons; halve lemons crosswise and reserve. Combine rind, oregano, canola oil, and garlic in a large bowl. Add chicken; toss to coat.

**Step 2**-Heat a grill pan over medium-high. Coat pan with cooking spray. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 5 minutes on each side or until done. Add lemon halves to pan, cut sides down; cook 4 minutes. Remove chicken and lemons from pan. Cut chicken into slices.

**Step 3**-Coat asparagus and green onions with cooking spray; add to pan. Cook 3 to 4 minutes or until charred and tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

**Step 4**-Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, olive oil, and vinegar in a large bowl. Add asparagus, green onions, and arugula; toss. Serve with chicken and lemon halves.

## 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 April/May newsletter have your submissions in by May 15th.

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

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