

Department of Population and Quantitative Health Sciences

Weekly Newsletter

JULY 6 - 10, 2026



UMass Chan
MEDICAL SCHOOL

GRANT



Award Number: 1R21AG101626-01
Awarding Agency: National Institute on Aging
Type: New Competing
Title: Contemporary evaluation of oral health in US nursing homes
Project Period: 07/15/2026 – 06/30/2028
PI: Kate Lapane
Total approved for this period: \$460,625

UPCOMING EVENTS

Greetings from the New England Addiction Technology Transfer Center Team!

Summer is fast approaching, and we have an exciting lineup of trainings ahead. Take a look and save the dates on your calendar, and register now. We look forward to learning with you this summer!

Tuesday, July 28, 2026, 10:00-11:00 AM

Alcohol and Sleep: Clinical Implications

This training will focus on the relationship between alcohol use and sleep, and its implications for clinical practice. We will review how alcohol disrupts sleep architecture and circadian rhythms, and how these effects appear both in the short term—such as fragmented sleep after drinking—and over time, contributing to poorer sleep quality and insomnia. Finally, we will connect this knowledge to practice by exploring how clinicians can use it in patient conversations to better counsel individuals on reducing alcohol-related sleep disruption and improving overall sleep health.

[Meeting Registration - Zoom](#)

Tuesday, August 11, 2026, 12:00-1:30 PM

Understanding Gambling-Related Harms Among College Students: Trends, Risks, and Support Strategies

This 90-minute webinar goes beyond the basics to examine the unique vulnerabilities of college students and the evolving culture of gambling on campus. Participants will learn how to identify early warning signs, understand the broader impact on student well-being, and explore practical strategies for engaging students in conversations about gambling. The session will also highlight actionable approaches for strengthening campus response, including early intervention, referral pathways, and connections to care. The goal of this training is to increase understanding of gambling-related harms among college students and enhance the ability to identify, prevent, and respond within campus and student-facing settings.

[Meeting Registration - Zoom](#)

Tuesday, September 1, 12-1:30 PM (click to register)

Gambling & Youth: Understanding the Why, Spotting the Signs, and Having Better Conversations

Sports betting apps, instant deposits, and 24/7 access have changed the game for today's college students. What was once occasional or social is now fast, frequent, and often difficult to detect – leaving many students vulnerable to gambling-related harm before it's recognized. As access expands and normalization grows, the line between "just for fun" and real harm is becoming increasingly blurred. This 90-minute webinar goes beyond the basics to examine the unique vulnerabilities of college students and the evolving culture of gambling on campus.

[Meeting Registration - Zoom](#)

Please feel free to share this with anyone who may be interested. We hope to see you there!

The New England ATTC Team

Population and Quantitative Health Sciences

UMass Chan Medical School

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[New England ATTC - Addiction Technology Transfer Center \(ATTC\) Network](#)

[New England ATTC | LinkedIn](#)

DIVERSITY DIGEST

2026
JULY

Monthly observance:
*Disability Pride Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1 Canada Day	2	3	4 Independence Day
5	6	7	8	9 The Martyrdom of the Bab	10	11 *Celebration of the Golden Spurs *St. Benedict Day
12	13	14 *International Nonbinary People's Day *Bastille Day	15 St. Vladimir the Great Day	16 The Feast of Our Lady of Mt. Carmel	17 Constitution Day	18 Nelson Mandela International Day
19	20 Marine Day	21 Belgium National Day	22 Tisha B'Av (sundown to nightfall 7/22-23)	23 Birthday of Haile Selassie I	24 Pioneer Day	25 St. James the Greater Day
26 Disability Independence Day	27	28	29 Asalha Puja	30 International Day of Friendship	31	1

The Culture Code

Week 7: Cultural Agility — Bringing It All Together

Over the past several weeks, we've explored how culture shapes:

- Communication
- Feedback
- Conflict
- Team collaboration
- Time and flexibility

If there's one takeaway, it's this:

Most workplace friction is not about competence. It's about **context**.

High–Low Context differences in cultural Interactions remind us that what feels clear, respectful, efficient, or professional to one person may feel abrupt, vague, rigid, or impersonal to another. And neither is wrong.

Cultural agility is not about changing who we are. It's about expanding how we interpret others.

Reflection

Pause for a moment and consider:

- When did I feel misunderstood in this series?
- When did I recognize myself in one orientation?
- When have I misinterpreted someone's intent because of style differences?

Awareness is the foundation of agility.

Now we build skill.

✂ Cultural Agility Toolkit

Here are practical habits to carry forward:

1 Clarify Instead of Assume

If something feels blunt or unclear, ask one neutral clarifying question.

2 Name the Goal in Meetings

Start collaboration by stating both the relational goal *and* the task goal.

3 Adjust Feedback Delivery

Match tone and context to the receiver — direct when clarity is needed, layered when relationship matters.

4 Make Time Assumptions Explicit

Clarify deadlines, flexibility, and priorities upfront.

5 Separate Style from Intent

Before reacting, ask:

“Is this cultural style — or personal disregard?”

6 Normalize Different Operating Systems

Say openly:

“We may approach this differently — let’s align expectations.”

Cultural intelligence is not about perfection.

It is about curiosity, humility, and flexibility.

When we slow down enough to interpret context — not just content — we strengthen trust, collaboration, and inclusion.

A Closing Thought

Culture is always present in the room.

The question is whether we see it.

💡 A Note from the Diversity Action Committee

As we conclude *The Culture Code* series, we want to thank you for engaging with these conversations around cross-cultural interactions. Culture influences more of our daily work than we often realize — from how we communicate to how we collaborate, manage time, and navigate disagreement.

Our goal in this series was not to label or categorize, but to build awareness and cultural agility — the ability to interpret differences with curiosity rather than assumption.

We are especially grateful to Gwen Cochran Hadden for her invaluable contributions to our cross-cultural training efforts and to the Diversity Action Committee. Her guidance and insight have strengthened our shared understanding and enriched this learning journey.

While this series is wrapping up, the work of cultural intelligence continues. We invite you to keep reflecting, asking questions, and extending grace as we learn to navigate context — together.

Mandela International Day is commemorated each year on July 18, the birthdate of Nelson Rolihlahla Mandela. Established by the United Nations in 2009, the day honors Mandela’s lifelong commitment to freedom, justice, and human dignity. His 67 years of advocacy included leadership in the anti-apartheid movement in South Africa and a pivotal role in advancing the nation’s peaceful transition to democracy. At its core, Mandela Day serves as a reminder that meaningful change is driven not only by large-scale movements but also by consistent, community-centered action. What began as a call for individuals to dedicate 67 minutes to service has grown into a global movement focused on sustained engagement. Today, Mandela Day encourages ongoing efforts to address systemic challenges such as poverty, food insecurity, and inequality, reinforcing the idea that lasting impact is built through everyday actions.



Learn more about Mandela International Day and ways to spend your 67 minutes of service here:
<https://www.goodera.com/blog/nelson-mandela-day-facts>

July is Disability Pride Month, a time to recognize the history, achievements, and contributions of people with disabilities while celebrating disability as a natural part of human diversity. The month also serves as a reminder of the importance of accessibility, inclusion, and equal opportunities in our workplaces, schools, and communities. By fostering an environment where everyone feels valued and supported, we can help create a more inclusive culture that empowers people of all abilities to thrive.



On July 26, we also observe National Disability Independence Day, which commemorates the signing of the Americans with Disabilities Act of 1990. This landmark civil rights law protects the rights of individuals with disabilities and promotes equal access and opportunity. Together, these observances encourage us to foster an inclusive environment where everyone is valued, respected, and empowered to thrive.



UMASS BENEFIT REMINDER



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| ✚ Labor Day – Monday, September 7 th | ✚ Thanksgiving Day – Thursday, November 26 th |
| ✚ Indigenous Peoples' Day – Monday, October 12 th | ✚ Day After Thanksgiving – Friday, November 27 th |
| ✚ Veterans Day – Wednesday, November 11 th | ✚ Christmas Eve – Thursday, December 24 th |
| | ✚ Christmas Day – Friday, December 25 th |

PQHS Weekly will be sent to all members of PQHS on Monday mornings. The intent is to provide a snapshot of what is going on that week in PQHS and to share our faculty and staff activities with the department. We depend on you to provide the items we need to share. Please send suggestions of events, faculty invited seminars & talks, honors, student thesis presentations, and news – new babies born! – to Judi (judi.saber@umassmed.edu) & Sarah (sarah.yeboah@umassmed.edu) by Friday each week.