

Department of Population and Quantitative Health Sciences

Weekly Newsletter

JULY 20 - 24, 2026



UMass Chan
MEDICAL SCHOOL

NEW GRANT



Award Number: 1R01CA311193-01
Awarding Agency: National Cancer Institute
Type: New Competing
Title: Optimizing Social Media Messages Targeting Young Adult Women About the Risks of Breast Cancer from Alcohol Consumption
Project Period: 07/14/2026 – 05/31/2027
PI: Elise Stevens
Total approved for this period: \$652,650

CONGRATULATIONS



Natalia Nielsen gave birth to Diana Karen Neilsen on May 5, 2026.

Congratulations on your new arrival!



Congratulations to Ana Saeedi on getting married!

Our Story: From UMass to San Francisco

Saeed and I met at UMass Amherst, the place where my life in the United States first began. Among all the new experiences and unfamiliar faces, he stood out immediately. He had a joyful energy, a kind smile, and a way of making me feel comfortable from the very first conversation.

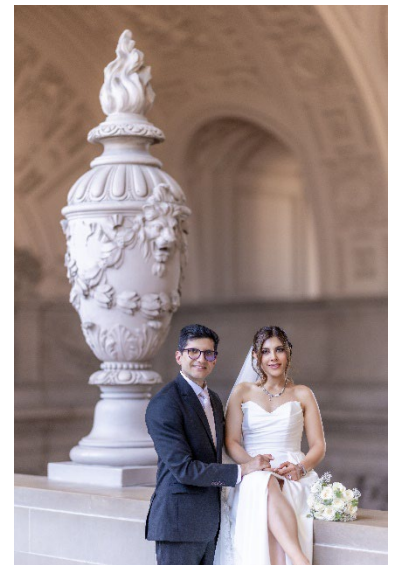
We connected so easily that, by the next day, we had already planned our first hike together. It was a beautiful day, filled with long conversations, laughter, and the feeling that we had known each other much longer than we actually had. Something special began on that hike, and before long, we both realized that we were falling in love.

Hiking became the beginning of many shared adventures. We studied together, supported each other through busy school days, and celebrated every milestone along the way. I watched proudly as Saeed completed his PhD and began his career as a civil engineer. Through my own academic journey, he has been one of my greatest sources of encouragement, always reminding me to believe in myself and keep moving forward.

Outside of school and work, we have built a life around the things we love most: skiing, camping, exploring new places, and spending as much time as possible in the mountains. No matter where we go, the best part of every adventure is simply sharing it with each other.

Saeed proposed in the mountains of Colorado, surrounded by the landscape that has always felt so meaningful to us. We later married at San Francisco City Hall, with our closest friends beside us. It was an intimate, joyful, and unforgettable day and without question, the most beautiful day of my life.

Our story began with a kind smile and a spontaneous hike. Since then, it has grown into a life full of love, friendship, support, and adventure. I feel incredibly lucky that my first chapter at UMass also led me to the person with whom I now get to write all the chapters that come next.



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

NewEnglandATTC@umassmed.edu

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

[New England ATTC | LinkedIn](#)



2026 UMass Cancer Walk

Sunday, September 27, 8:00 AM - 2:00 PM
Polar Park, 100 Madison Street, Worcester

Join Us for the Cancer Walk!

We're putting together a team for this year's cancer walk, and everyone is welcome to join! It's a great opportunity to support cancer research, honor those affected by cancer, and connect with colleagues outside of work. If you're interested in participating, please use the team invitation link below. We'd love to have you with us!

To register, click [here](#).



2024 PQHS Team

UMASS REMINDERS

UMass Chan Farmers' Market



Every Tuesday through October 27
(No market on Sept.15)
10 AM - 1 PM

Two Locations:

- Market Vendors will be set up in the Albert Sherman Center, MPR - East, First Floor.
- Food Trucks and Food Vendors will set up outside on the Medical School Building Terrace.

[Click here](#) for more details and to view the list of attending food trucks and vendors



HOLIDAY SCHEDULE



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

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.