

Department of Population and Quantitative Health Sciences

Weekly Newsletter

JULY 28- AUGUST 1, 2025



UMass Chan
MEDICAL SCHOOL

CONGRATULATIONS



Jennifer Tjia, MD named U.S. Fulbright Scholar for Netherlands

Dr. Tjia is traveling to the Netherlands this fall to spend four months focusing on a project aimed at optimizing medication prescribing for older adults.

Dr. Tjia has been selected as a Fulbright U.S. Scholar for the Netherlands, a prestigious fellowship and unique opportunity to teach and conduct research at Leiden University in Leiden, Netherlands.

To read the full article in UMass Chan News, click [here](#).



Hoa Nguyen, MD, MS, PhD received grant funding from The Alzheimer's Association, "Digital Storytelling to Promote Early Dementia Diagnosis in Rural Vietnam". Can digital storytelling, delivered through mobile phones, help people in rural Vietnam better understand dementia and encourage early screening and diagnosis?

This study could lead to a simple, affordable way to help families recognize dementia earlier and get support sooner. Because it uses real stories from Vietnamese communities and works on smartphones, it is especially promising for rural areas where there may be fewer doctors and limited health resources. If the approach proves effective, it could be used in other low-resource settings to increase awareness, reduce stigma, and improve early detection of dementia. This would help families plan ahead, connect with treatment options, and reduce the burden of caregiving in the long run.

FYI

UMass Cancer Walk, Sunday, September 28th

Started in 1999, the UMass Cancer Walk has become the largest one-day, single-location fundraising event in Central Massachusetts, bringing together thousands of individuals to celebrate their fundraising success. The event supports adult and pediatric cancer research and care, and clinical trials of new, potentially lifesaving therapies taking place at UMass Chan Medical School.



Mara Epstein and Raj Sadasivam are leading the "Cancer Population Health Sciences" team. Click [here](#) to register and join the walk, or to donate.

UPCOMING EVENTS

PHS Comprehensive Project Presentations

Thursday, July 31, 10:00-10:30 AM at AS7-2072

PHS Comprehensive Project Presentation: "Exploring Peer and Family Influences on E-Cigarette and Substance Co-Use in Non-College-Attending Young Adults."

Presented by – Narayani Ballambat, MPH
Click [here](#) to join.



Thursday, August 4, 11:00-11:30 AM at AS9-2072

PHS Comprehensive Project Presentation: "Identifying Prognostic Factors in Children with Relapsed Wilms Tumor."
Presented by – Anahita Saeedi, MS

Click [here](#) to join.



Thursday, August 5, 1:00-1:30 PM at AS9-2072 PHS Comprehensive Project Presentation: “Improving surveillance of suicide-related emergency department visits: quantifying the added value of screening data to ICD-10 codes.” Presented by – Alan Ardelean, MS Click here to join.	Thursday, August 7, 2025, 3:30-4:00 PM at AS9-2072 PHS Comprehensive Project Presentation: “Perceived barriers to healthcare access and prevalence of hypertension and elevated blood glucose among women in India: findings from NFHS-5 data.” Presented by – Binoy Shay, MPH, MBBS Click here to join.
Thursday, August 8, 9:00-9:30 AM at AS9-2072 PHS Comprehensive Project Presentation: “Associations of food insufficiency with disordered eating behaviors among US adolescents.” Presented by – Jessica Caouette, MS, RDN, LDN Click here to join.	

Every Tuesday thru August 26, 12-1 PM, Conference Room AS7-1073, in-person only

Drop-in PQHS Faculty/Staff Meetings

All faculty and staff are invited to attend a weekly in-person “drop-in” meeting throughout the summer months. These informal gatherings are intended to provide a welcoming and inclusive space where participants can freely ask questions, voice concerns, or simply engage in open conversation and connect with one another in a relaxed setting. This is an informal, open discussion. Feel free to bring your lunch!

We hope you’ll take advantage of this opportunity to stay connected over the summer!

Every Tuesday thru November 4, 10 AM – 2 PM

(No market or food trucks on Sept. 2 and 9)

Farmers' Market, CSA, and Food Trucks at UMass Chan



Sponsored by Office of Well-Being and Office of Sustainability

Location: Outdoors, Medical School Building Terrace (Rain location: Old School Lobby or Albert Sherman Cafeteria)

In an effort to enhance campus sustainability, foster **engagement**, and promote well-being, we are proud to provide fresh, locally sourced food and products to our UMass Chan community and support small, local businesses in the region.

A variety of food trucks will be available each week offering food for purchase.

Questions? Email OWB@umassmed.edu.

Free Chair Massage, August 12

Albert Sherman Center Café during Farmers' Market, 10 AM- 2 PM

Free chair massage by Bancroft School of Massage Therapy. First come, first served.



THE NEW ENGLAND ATTC TEAM WEBINARS

We welcome you to check out our upcoming events! Mark your calendars and register now!

[Addiction Implementation Science Webinar Series: From Evidence to Impact](#)

Session 3: Monitoring, Adapting, and Sustaining Impact

Date: 8/13/25

Time: 12-1 PM

Master tools to evaluate addiction and implementation outcomes. Learn to adapt EBPs for changing contexts and sustain long-term impact. Engage in hands-on activities and leave with practical strategies!

[Building Recovery Ecosystems in Rural Communities](#)

Date: 8/21/25

Time: 12-1:15 PM

Address the unique challenges of rural recovery—from limited resources to stigma—with evidence-based strategies and community-driven solutions. Explore real-world success stories and practical approaches to strengthen support networks in underserved areas.

[Spirituality in Behavioral Health for Wellness and Well-Being](#)

Date: 8/25/25

Time: 10-11:30 AM

Explore how spirituality and mindfulness enhance behavioral health and well-being. Learn to integrate SAMHSA's 8 Dimensions of Wellness and Maslow's Hierarchy of Needs into holistic self-care. Gain practical strategies for mindful living and personal growth through evidence-based approaches.

[Harm Reduction: Safer Use Saves Lives](#)

Date: 8/27/25

Time: 12-1:00 PM

Discover harm reduction principles to support safety and empowerment through evidence-based, patient-centered care. Explore trauma-informed approaches, non-stigmatizing language, and practical strategies—with case-based learning to apply key concepts.

Please feel free to share this with anyone who may be interested. Also keep an eye out for our September events, where we will be discussing topics such as cannabis use and maternal and perinatal health, contingency management, and others. We hope to see you there!

The New England ATTC Team

New England ATTC

Population and Quantitative Health Sciences

UMass Chan Medical School

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

UMASS CHAN REMINDERS

HOLIDAY SCHEDULE

Remaining Holiday Schedule for 2025:

- Labor Day – Monday, September 1st
- Indigenous Peoples' Day – Monday, October 13th
- Veterans Day – Tuesday, November 11th
- Thanksgiving Day – Thursday, November 27th
- Day After Thanksgiving – Friday, November 28th
- Christmas Eve – Wednesday, December 24th
- Christmas Day – Thursday, December 25th

DIVERSITY DIGEST CALENDAR

2025
AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 *Fast in Honor of Holy Mother of Jesus (from 1-14 Aug.) *Lemmas *Lughnasadh	2 Tisha B' Av
3 Tisha B' Av	4	5	6 Transfiguration of the Lord	7 Battle of Boyacá Day	8 Raksha Bandhan	9 *International Day of the World's Indigenous Peoples *National Day of Singapore
10	11 *Ecuadorian Independence Day *Mountain Day	12	13 Obon (13-15 Aug.)	14	15 *Assump. Virgin Mary *Dormition of Theotokos *Ferragosto *Indian Indep. Day *Korean Nat'l Liberation Day	16 Krishna Janmashtami (15-16 Aug.)
17 Marcus Garvey Day	18	19	20 Paryushana Parvarambha (20-30 Aug.)	21 Ninoy Aquino Day	22	23 International Day for the Remembrance of the Slave Trade and Its Abolition
24	25	26 Women's Equality Day	27 Ganesh Chaturthi	28	29 Beheading of St. John the Baptist	30

FOR YOUR INFORMATION (FYI)



Discover the Sixth Floor Lending Library!

Looking for your next great read? Dr. Kate Lapane has sparked something wonderful, a little Lending Library on the sixth floor, near the elevators and stairs!

Whether you're in the mood for a quick escape, an inspiring memoir, or a gripping mystery, swing by and see what treasures are waiting for you. The best part? It's totally free and community-driven.

✨ Take a book, share a book, and spread the joy of reading. Have a favorite book that changed your life or made you laugh out loud? Drop it off and give someone else the chance to love it too!

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.