Reflection

A Message from the Committee on Equal Opportunity and Diversity (CEOD)

In light of recent local, national and international events that threaten to divide people, the Committee on Equal Opportunity and Diversity (CEOD) wishes to reaffirm our commitment to inclusion as an academic health sciences center. We invite you to join us in reflecting upon the importance of civility and renew your commitment to a welcoming, safe, and accepting UMass community.

Diversity, inclusion, civility and equity represent the core values of the CEOD. We serve as a voice and resource for all of our diverse staff, faculty, students, post docs, residents, and visitors in our community.

We would like to take this opportunity to invite you to be a part of the CEOD and its sub-committees to enhance our inclusive and civil workplace. As a result of our collective efforts, we can impact our communities and the world, not only during this holiday season, but throughout the year. To learn more about the CEOD and its sub-committees, please go to http://www.umassmed.edu/dio/.

We encourage you to add your voice at ceod@umassmed.edu, and wish you a peaceful and happy new year!
What is Zentangle? It is essentially structured doodling. If you doodle and repeat the same pattern of doodling, you may have an idea of how to do Zentangle already! The specific method that has the trademarked name Zentangle follows certain guidelines and methods that they invented and have copyrighted. On their web site, they say if you have not been officially train, you can still show others how to do it, you just call it a Zentangle - like method and you are alright.

What is so appealing about the Zentangle method? The repetitive patterning matters because it helps our mind relax and thus reduces stress. There is very little research, but anecdotally people report that it does help. (Moore, 2013) (Yuhas, 2011) There is a fair amount of research on doing repetitive pattern games like Tetris and its psychological benefits, especially in people with high anxiety like PTSD. (EA Holmes, 2009) In theory, this should help with anxiety and it is certainly fun!

How do we do Zentangle? The traditional method is to start with a black 3.5”x3.5” square of paper, that they call a tile. It should be an abstract patter that you come up with or that you follow from someone else. Some of their guidelines are that the patterns/drawing should not have a single perspective and should be equally pleasing from any angle. They also recommend it be black ink on a white paper. A variety in the line types is thought to be distracting. There are tons of YouTube videos and even an e-how article on how to do it! The C.E.O.D. will be offering intro sessions in the coming months, so be sure to keep an eye out in your UpNext! Weekly event digest. In addition, the Professional Women’s Committee will be hosting an after work session this winter.

An added benefit is that once you are done with the black and white drawing you can color it to add another layer! Since it is small, it can also be repurposed as a small gift item or card! Included in this newsletter is a sample so that you can get started with coloring and relaxing!!!

Those interested in participating in a spring zentangle class here at UMass, see page 7.
Mandala Coloring Page
For meditation and stress relief
Unlock your creative potential and relieve tension and anxiety

Annual Clothing Drive

Dates for Dropping off Items:
Monday, January 18, thru Friday, February 12, 2016

Drop Off Locations:

<table>
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<tr>
<th>South Street Campus</th>
<th>Medical School Campus</th>
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<td>• Next to the mailroom</td>
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<td>• Main Entrance (Lobby)</td>
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<td>• Cafeteria</td>
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<td>• IT entrance</td>
<td>• Medical School Lobby</td>
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<td></td>
<td>• Albert Sherman Center - 2nd Floor Atrium</td>
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<td>• Lazare Research Bldg. Lobby</td>
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The Professional Women’s Committee is proud to sponsor a clothing drive to benefit Dress for Success Worcester

The mission for Dress for Success is to promote the economic independence of disadvantaged women by providing attire, a network of support and the career development tools to help women thrive in work and in life.

Help support this mission by donating your fabulous suits and other professional apparel. This is a great time to reorganize your closets and make room for your spring wardrobe! Here are some guidelines to determine if your donation meets the Dress for Success criteria:

- **Jewelry items and apparel should be classic and fashionable.**
  Most clients are between 18 and 35 years of age.

- **Items should be in wearable condition.**
  Clean, unsalted, does not need mending.

- **Clothing should be no more than 3 to 5 years old.**
  A good measure is to determine if you would be comfortable wearing the items to a job interview or loaning them to your best friend for the first day of her new job.

- Hosiery and undergarments, shoes and men’s clothing are **not** accepted.

Although Dress for Success does not accept men’s attire, male colleagues are encouraged to bring in donations from their spouses, significant others or family members.

Tax Receipts available Dio@umassmed.edu

Our Famous Donated Clothing Boutique Sale
February 25, 2016
(Snow date: February 26th)
Brazil Conference Room/Cafeteria
South Street Campus
Walking thru a winter supermarket (read with holiday tune in your head) Jen Fournier Registered Dietitian here. Reflecting as I walk through the grocery store, I see endcaps and additional tables loaded to capacity with “special” holiday treats of sugar and spice. Some of these temptations look appealing some would surely disappoint. I notice the thoughts in my head, “boy that would taste good,” “oh I won’t waste my sweet calories on those, too mediocre,” “man my stomach has a craving for that,” “my taste buds like that combo of sugar and fat,” “those are here for such a short time, what if I miss out.”

So what to do in a time of plenty, temptation and stress whether it be eustress or distress that can lead to extra pounds?

1. Take note of what arises as thoughts, cravings and promises of deep satisfaction made by foods that look good
2. Pause & decide “yes or no”. Be clear for yourself and what you really need. Ask, “will this support me with energy, balanced mood and balanced weight?”
3. If the answer was yes, take time to fully savor the food. Chances are, if you eat it quickly while distracted, you will likely want more because you missed it the first time.
4. If the answer is no, walk on by.
5. Plan to have foods on hand that are your “go to healthy foods” Mine is brown rice, broccoli or kale with chicken or tofu. I make extra, so left overs support me when time is short for meal prep.
6. Pick out 1 or 2 of your favorite restaurants that has a balanced meal option for when you are busy with shopping, shows or visiting. Stick to your plan. You deserve to feel the best you can.
7. Prioritize what is most important to you about the season and include that for yourself.

Here are a few recipes that reheat well. They can be made on a weekend and put in fridge or freezer.

**RED LENTIL TURNIP SOUP**

**Ingredients**
- 1 ½ cups red lentils
- 4 cups vegetable broth
- 1 medium onion, diced
- 3 celery stalks, diced
- 4 cloves garlic, minced
- 2 T olive oil
- 2 T rice vinegar
- 1 ½ cups diced tomatoes
- 1 Turnip, peeled, diced
- Sea salt and pepper to taste
- ½ cup fresh parsley chopped

Saute onions, celery, garlic 4-6 minutes until soft.
Add rice vinegar, tomatoes, turnip and red lentils. Stir to combine.
Add vegetable broth, simmer until lentils are soft and to desired texture.
Add salt and pepper to taste, top with parsley.

(See page 6 for more recipes)
**CHICKEN SALAD WITH GRAPES AND WALNUTS**

**Ingredients:**
- 1 lb chicken meat, cooked and cut into small cubes.
- 1 tbsp. lemon juice (optional)
- 2 c. seedless red grapes, sliced.
- 1/2 c. chopped celery,
- 2 scallions, thinly sliced
- 1/2 c. coarsely chopped walnuts
- 1/4 c. low fat mayonnaise
- 1 tsp. curry powder (optional)

Chill cooked chicken cubes. Sprinkle chicken with lemon juice. Combine chicken with remaining ingredients.
Serve alone, on a bed of mixed salad greens or with pita bread. (Serves 5)

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**CROCK POT CHICKEN CACCIATORE**

**Ingredients:**
- 8 chicken thighs, with the bone, skin removed
- 28 oz can crushed tomatoes (Tuttorosso my favorite!)
- 1/2 red bell pepper, sliced into strips
- 1/2 green bell pepper, sliced into strips
- 1/2 large onion, sliced
- 1 tsp dried oregano
- 1 bay leaf
- salt and fresh pepper to taste
- 1/4 cup fresh herbs such as basil or parsley for topping

**Directions:**
Quick method: **Season** chicken with salt and black pepper and place in the slow cooker. **Pour** tomatoes over the chicken, top with onions and peppers, add oregano, bay leaf, salt and pepper, give it a quick stir and **cover**. **Set** crock pot to LOW 8 hours or HIGH 4 hours. When the timer beeps, **remove lid** and keep the crock pot on HIGH one hour to help it thicken.

Alternate method but requires more prep: **Heat** a large skillet over medium-high, lightly spray with oil and brown chicken on both sides a few minutes, season with salt and pepper. **Add** to the slow cooker. To the skillet, **spray** with a little more oil and add onions and peppers. Sauté until juices release and the vegetables become golden, a few minutes.

Add to the slow cooker. **Pour** tomatoes over the chicken and vegetables, add oregano, bay leaf, salt and pepper, give it a quick stir and **cover**. **Set** crock pot to LOW 8 hours or HIGH 4 hours.
The Gathering Place

Upcoming Events

Excel Tips and Tricks - Lunch and Learn
Wednesday, February 3rd, 12:00pm – 1:00pm
Michaelson Conference Room - Lazare Research Building, Main Campus
Registration is required (limited)
Presented By: Myra Zhinin and Sri Lingamarla

Zentangle Class
Anne Hunter from the Creative Touch
http://www.thecreativetouch.com/
Targeted for the week of March 21st
4:30pm – 6:00pm
Location: Main Campus
Those interested in a spring zentangle class, email pwcnewsletter@umassmed.edu for details.

CEOD/ERG (Employee Resource Group) Recruitment Fair
Friday, January 29, 12:00pm – 1:00pm
University Hospital Cafeteria

Bookshelf
The Professional Women’s Committee (PWC) has purchased a number of books available for borrowing from the Lamar Soutter Library. For a complete list of publications, visit the PWC website.

Monthly Meetings
The committee meets on the 2nd Thursday of each month at 3PM. Contact Holly Brown via email or by phone at (508)856-3970 for more information.

Website
umassmed.edu/dio/pwc

Generating Momentum is published 3 times a year
Your input on the newsletter is always welcome, so let us hear from you. Contribute an idea, write an article, or attend the next newsletter planning meeting. Send an email to the newsletter mailbox to let us know how you want to contribute.

To view copies of previous newsletters, please visit the Professional Women’s Committee website or contact the newsletter.

Suggestions? Comments? Email us!
Newsletter mailbox | PWCNewsletter@umassmed.edu