Greetings from your Co-Chairs!

We are particularly happy to welcome back our participating members, who will be rejoining the WFC to collaborate on the six subcommittees. Speaking of subcommittees, they have been very active.

In March, in conjunction with the Women’s Leadership Working Group and Professional Women’s Group, and sponsored by the Office of Diversity and Equal Opportunity Office, the WFC co-hosted an excellent celebration of Women’s History Month. In keeping with this year’s theme of Celebrating Women of Character, Courage, and Commitment, Elaine Martin led a conversation with Margot Stern Strom, the Executive Director of Facing History and Ourselves, an organization created to support educators in creating a more informed and more thoughtful society.

Nominations for the six WFC awards have closed, and ballots have been sent out via an e-mail link to Survey Monkey. Please remember to cast your vote by April 9! The awards luncheon will be held on Tuesday, May 13 from 11:30 to 1:30 in the Faculty Conference Room. An e-mail notice with a link for registering for the event will be sent soon.

Preparations also are underway for the WFC Women’s Health Event. This year’s topic is “The Science and Psychology of Infertility,” and speakers are Drs. Julia Johnson from Ob/Gyn and Kristin MacGregor from Psychiatry. The event will be held on Wednesday, June 25 from noon to 1pm in the Faculty Conference Room. Information on registering will be coming shortly.

The Faculty Development subcommittee co-chairs are identifying existing and new resources for career development here at UMass. Their plan includes sponsoring a program in the fall. Also, Luanne Thorndyke will be speaking to the WFC regarding the new mentoring program in the planning stages. In addition, the Newsletter subcommittee has distributed three issues of the newsletter in the new, streamlined format, including spotlights on women faculty. The Work-Life Balance subcommittee will be discussing their ongoing work at the WFC April meeting, and would like everyone’s input regarding relevant WFC interests and priorities.

And finally, we are close to finalizing the updated bylaws.

Hope to see you at our upcoming WFC events!

Best,
Ann Salerno and Sybil Crawford
My very favorite place to discover new apps is the website iMedical Apps.
http://www.imedicalapps.com/
Highly recommend it! They have many useful lists of apps.
Their list of the best iPhone apps in February included one I think many of you will find useful.
"ASCVD Risk Estimator" by the American College of Cardiology and the American Heart Association is a new (FREE) app that allows you to go through a patient's risk of cardiovascular disease both as a 10 year and lifetime. Here is a quote from the iMedicalApps review:

"Once you input your patient information into the risk assessment tool, the app even gives you recommendations, telling you whether or not you should consider starting a statin. It includes great information for patients as well. The About section is well referenced. If you downloaded one of those early ASVD calculators, I would definitely replace that app with this one. This is definitely a must have app for primary care providers and cardiologists."

It is free and could prove to be a useful app in working with patients.
On the personal productivity front my new favorite app is CLEAR by REALMAC software. It costs 1.99 and is a to do list-JUST a to do list. You can have as many lists as you like and adding items is a breeze. It won't make your coffee or remind you to file your taxes, but if you want a simple straightforward list, CLEAR is your app!
The new updated guideline may reduce the number of axillary lymph node dissection in breast cancer.
American Society of Clinical Oncology has issued lately an updated guideline which expand eligibility for sentinel node biopsy and would reduce the number of patients who undergo axillary (underarm) lymph node dissection, which carries a higher risk of complications. The updated guideline incorporates new evidence from more recent studies (nine randomized controlled trials and 13 cohort studies) since 2005. http://www.nlm.nih.gov/medlineplus/news/fullstory_145280.html

Patients with gynecological cancers may do better in high volume hospitals.
Women with ovarian and other gynecologic cancers live more than a year longer on average if they're treated at hospitals that deal with a large number of these cancers, according to a new study. Researchers looked at data from more than 860,000 patients with ovarian, cervical, uterine, vaginal or vulvar cancer who were treated at nearly 1,700 centers across the United States. Median survival was about 10 years and three months for patients treated at the highest-volume hospitals (nearly 300 gynecologic cancer patients a year) and a little more than nine years for those treated at the lowest-volume hospitals (fewer than 20 gynecologic cancer patients a year), a difference of more than a year. http://www.nlm.nih.gov/medlineplus/news/fullstory_145272.html

A new guideline has been published for preventing stroke in women.
American Heart Association and American Stroke Association have issued a scientific statement for reducing stroke risks unique to women. For the first time, guidelines have been developed for preventing stroke in women. Stroke risk in women is influenced by pregnancy, birth control pills, migraine headaches with aura and other factors. http://newsroom.heart.org/news/new-guidelines-for-reducing-stroke-risks-unique-to-women

Women may live longer if follow the cancer prevention guidelines.
Older women who follow cancer prevention guidelines are less likely to develop cancer or to die from cancer and other diseases, according to a new study. Researchers analyzed data from nearly 66,000 postmenopausal women, aged 50 to 79, who enrolled in the Women's Health Initiative. The women who closely followed the guidelines had a 17 percent lower risk of cancer, a 20 percent lower risk of cancer-related death, and a 27 percent lower risk of death from all causes. http://www.nlm.nih.gov/medlineplus/news/fullstory_143926.html

Women spent most of their time sitting may die earlier than active women
Older women who spend too much time sitting are more likely to die at an earlier age than highly active women. Researchers analyzed data from 93,000 postmenopausal American women. They found that women who spent more than 11 hours a day sitting or otherwise being inactive had a 12 percent higher risk of premature death from all causes than those who were inactive for four hours or less per day. http://www.nlm.nih.gov/medlineplus/news/fullstory_144104.html

Women in science articles
**Work life integration** is a topic of interest for the Women’s faculty committee. This is a fun exercise that may help prioritize life areas that matter most to you. To achieve success in life it is important to strive for some type of balance between all of your life areas. This doesn’t mean that the same amount of time is spent in each life area, but it does mean that each area receive some of your time.

Use each of the life areas listed below and map out a pie chart of what your current life looks like. For example, during the month of February what percentage of time did you spend on each of these life areas? This is your “current” life chart and it is likely to change month by month. Then map out a pie chart of what you think your “ideal” life chart should look like. Do they look very different? If they do, is there anything you can do to make your current life chart look more like your ideal life chart? If they look very similar, you may have found the right balance between all of your life areas.

- **Career**
- **Family**
- **Health and Fitness**
- **Relationships**
- **Self**
- **Community**
- **Spiritual**
- **Rest and leisure**

**Current Life Chart**

**Ideal Life Chart**

**UMass contributions to local Women in Science and Math conference**

In early March the Northborough Junior Women’s Club hosted a day-long conference for more than 100 girls in 5th through 8th grade from Northborough and numerous nearby towns, with the goal of encouraging girls to consider careers in math and science. UMass Medical School and the Graduate School of Nursing sent women faculty and students from a variety of fields including environmental health and safety engineering, sustainability, nursing, medicine and biomedical research.

UMass participants included Deborah Harmon Hines, who provided the keynote address, Cheryl Killoran, Carrie Kovalak, Anna Zinovyeva, Danielle Connolly, Charlene Sotolongo, Suzanne Woods, Shannon O’Brien, Joann Ranslow, Deb Campbell, Janice Lalikos, Oksana Babchenko, Rebecca Lundquist, Kristen Richard, Cuff Baker, and Elizabeth Yuan who ran workshops in their fields of expertise, and volunteer organizers Sarah Cutrona and Paulette Goeden. The conference was free and open to all girls who applied. The girls and their parents loved it and many girls described being exposed to fields they hadn’t known about previously. Thank you UMass for your continued investment in our community, and look out for opportunities to participate next year!
On March 3, 2014, the Professional Women’s Committee, the Women’s Faculty Committee, and the Women’s Leadership Work Group jointly sponsored a visit by Margot Stern Strom in honor of Women’s History Month. The national theme of this year’s celebration was “Women of Character, Courage, and Commitment,” and Strom certainly epitomizes those qualities. As the founding Executive Director of the non-profit organization “Facing History—And Ourselves,” she has dedicated her professional life to bringing historically-grounded discussions of some of the most fraught moral issues of our time into the classroom. Her organization dedicates itself to nurturing ethical self-awareness among students of all ages, nationalities, and ethnicities. Some of the topics her organization’s lesson plans discuss, for example, include slavery, genocide, and other forms of oppression and tyranny.

Following introductions by Sybil Crawford, Ph.D. and Ellen More, Ph.D., an “engaged conversation,” with Stern Strom was lead by Elaine Martin, D.A., Director of the Lamar Soutter Library. In a discussion of topics ranging from “mentoring” and “work-life balance” to the challenges of running a non-profit organization in difficult financial times, the discussants conveyed the multi-faceted nature of Strom’s work and touched on ways that other professional women can make a difference both to their families, to their professions, and to the world at large.