Welcome to the Summer Issue of Generating Momentum!

The articles in this issue are brought to you by writers representing Newborn Screening in Jamaica Plain, Quantitative Health Sciences on the University campus, Information Services, Commonwealth Medicine’s Center for Health Policy & Research, and the University’s Office of Development.

You’ll be introduced to Joyce Murphy, the Executive Vice Chancellor of UMMS’ Commonwealth Medicine and find out more about Mary Ingamells and Sue Young, the previous editors of the newsletter. We’ll also learn some ‘fast facts’ about the new building currently under construction on the Worcester campus – the Albert Sherman Center. In the Technology Corner, you’ll learn how SharePoint can be utilized at UMMS and compare two versions of the iPad to see which is best.

In recognition of summer, we’ve compiled a list of farmers markets near UMMS locations. You’ll get up and running with the Couch to 5K program. And, a guest writer tells us about some health-related technologies.

We hope you’ll take the time to consider and respond to our Reader’s Question. Your responses will be turned into an article for the next issue of Generating Momentum. Turn to page 9 to participate!

If there is a topic you’d like us to address or a person you’d like to know more about, let us know. Writers, experienced or not, are always welcome to contribute. Write an article on your own or with others, or send us an idea for a story. You can reach the newsletter at PWCNewsletter@umassmed.edu.
Ask a Busy Woman
Introducing Joyce Murphy
By Kim Canty
Director, Individual Giving, UMMS/UMass Memorial Development Office

The next time you are admiring a piece of Joyce Murphy’s jewelry, ask her about it. Chances are it is a piece that she created herself. Jewelry making has been a hobby of Joyce’s for many years and it grew out of an interest in “putting unusual things together”. Her favorite items to create are necklaces and earrings and she enjoys working with gemstones.

Her entrepreneurial spirit began at a young age. She remembers putting on plays in the playground to raise money for the Jimmy Fund, inspired by her younger brother, Brian, who was born with severe intellectual disabilities and a critical bone disease. Although he died at the very young age of 11 (she was 13), Joyce credits him with having the biggest influence on her, shaping how she approaches her own life. He was truly one of her most prized “gems”.

Perhaps it is that strength that influenced “one of her greatest accomplishments”, establishing the St. Mary’s Women and Children’s Center in Dorchester, MA. The last freestanding maternity hospital in the nation at a time when perinatal centers were attached to tertiary centers, the center was slated for closure; a decision made in 1991 for clinical care reasons. When no one believed successor services could be established, Joyce forged ahead. She believed that high risk women and children should have access to high quality early intervention and preventative service. Today, St. Mary’s is one of New England’s most aspiring programs for young mothers and children struggling with a variety of issues.

Joyce’s life has been influenced by many people, including Ron Heifetz, a Harvard professor she had while a student at the John F. Kennedy School of Government. He helped her to “get off of the dance floor and onto the balcony” in order to truly see the greater dynamics of what forces were at play.

She puts that thinking to good use every day in her current position as Executive Vice Chancellor of Commonwealth Medicine (CWM), a very complex organization. When asked to sum it up in only a few words, Joyce said, “We are committed to solving the most challenging public sector problems”, while improving health care for people in need. The “we” is made up of more than 1600 employees, covering more than 21 states and 25 countries. If that sounds like a tremendous responsibility it is, but Joyce has been preparing for this role throughout her career. Her work as President of Carney Hospital, was a “great combination” of education and healthcare. Additionally, her extensive experience in the non-profit sector has provided her with the knowledge of running an agency and has prepared her well for CWM.

Equally as impressive as her career, are the Blue Hills she calls home and one of her most favorite places to be. When she is not in the office she can also be found hiking, relaxing outdoors, at the Cape, or with friends and family. One thing you might not know about Joyce is that she is an equestrian. She took her first riding lesson when she was 40 and now owns two horses and one pony. Joyce enjoys getting out on the trails as much as she can and finds it a peaceful change from her hectic schedule.

Joyce’s advice to women seeking to advance their career: Work hard. Follow your heart. Be passionate. Watch, listen, and learn from what people do, not from what they say. Words that she has clearly lived by. Joyce was “raised to have a strong devotion to family, the community and the less fortunate” and she has carried that with her throughout her life and career. She is an inspiration and friend to so many and we are fortunate to have her as a colleague.
In the Spring newsletter, we interviewed Mary Handley, one of the three original Professional Women’s Committee newsletter editors, before she retired from UMMS. For this issue, Laura interviewed Mary Ingamells and Sue Young about their experiences as editors.

Sue and Mary both consider themselves to be jugglers. Not in the sense that they’ve joined the circus, but in how they approach their jobs on a daily basis. Sue is the Academic Administrator and Director of Student Affairs for the Graduate School of Nursing and Mary is a Human Resources Employee Relations Partner. Each day brings a varied set of tasks that doesn’t always allow them to stick to a “To Do” list. That variety is one of the aspects they like about their jobs.

Sue is responsible for the needs of the 200 students who are in the various tracks of the Graduate School of Nursing from “orientation through to graduation.” Her position requires that she understand the business side and the curricular requirements of the school in tandem with responding to the needs of the students. Multi-tasking and shuffling priorities are a daily occurrence for Sue. As the school year runs from mid-August to the end of July, Sue is constantly busy. She enjoys the opportunity to interact with the students and to work with the various faculty. As the coursework is becoming more interdisciplinary, opportunities for learning with the undergraduate medical students are increasing, adding a new dimension to their learning and Sue’s job.

Many of the skills Sue needs are similar to those that Mary uses in her role. Understanding the complexity of how UMMS operates as a school, as a research institution, and as a business is a critical and challenging component of Mary’s job when providing services to customers. She provides consultation and guidance to managers and employees regarding a variety of HR issues as well as school policies and procedures. To navigate the problem resolution situations she sometimes encounters, she needs to be a good listener and negotiator. Good time management and organizational skills with an ability to prioritize are necessary skills. Mary notes that, in her job, “there’s never a dull moment.”

Sue and Mary became involved with the newsletter at the same time, when the Professional Women’s Committee asked for volunteers for a number of activities. With the addition of co-editor Mary Handley, they each brought different viewpoints and experiences to the table. Because they came from different areas of the school, they were each able to tap into a variety of contacts to find topics and contributors as well as write articles for each newsletter.

When asked what was most satisfying about working on the newsletters, they agreed that the initial launch was most exciting. For Mary, it provided a sense of accomplishment, a feeling that ‘we did it.’ Sue found it satisfying that the newsletter was more substantial than a ‘one-pager.’ That the newsletter still exists is also a source of satisfaction. Meeting new people and learning about departments was another enjoyable aspect of being an editor.

As Mary and Sue’s jobs require more of their attention, they will be stepping down as editors with this publication to concentrate on their expanding work roles within the UMMS community. The PWC thanks them for their contributions to the newsletter and wishes them well!
For years women have increasingly found themselves getting busier and busier with work, family, friends and our personal lives. Keeping an emotional, physical, spiritual, and mental balance can be challenging.

One such area that has been of particular challenge for many women is finding time to exercise. Running is a great way to move, clear our heads and experience our world around us. Not only is inexpensive, all you really need is a good pair of shoes, but it is also a great way to lose unwanted pounds. Whether it is from “baby weight” from a few months ago, “baby weight” from years and years ago, weight we’ve put on as we’ve aged, or a life long struggle, running is a great way to achieve and maintain a healthy weight and lifestyle.

The important thing is to take baby steps. Before you can run, you walk. There is a program many of you may have heard about called Couch to 5K. This walk/run program gets you from your couch to running 3 miles in about 2 months by easing you into it. It really does work! Whether you have never run before or have dabbled with running in the past, but it has been some time, this is a perfect place to start. And who knows how far you’ll go!

Tip of the day: Schedule your exercise like you would an appointment for yourself. Set up a reminder in your smart phone or Microsoft Outlook calendar that will prompt you to get out of your chair and move.

To help you along, there are apps for your iPod or smart phone that can let you know when to run and when to walk, and how much time you have left of each. Check one out here: http://itunes.apple.com/us/app/get-running-couch-to-5k/id319043985?mt=8

The best way to start is to just start. Sign up for a 5k now, for 2 months from now. You are more likely to stay motivated to train for it if it is already scheduled on your calendar. And just think of your family and friends cheering for you at the finish line! There are many 5ks every weekend in our area. You can find local races listed here: http://www.active.com/ and http://www.coolrunning.com/engine/1/index.shtml

The running community is a welcoming one. Once you begin training and sign up for that first 5K, you will soon learn that the excitement of participating in this event is invaluable. There are many tips to follow, but eating right and beginning a program like Couch to 5K can really change your life!

Resources:

Kathryn Delaughter is a Research Project Director in the Department of Quantitative Health Sciences and a Mom of 4. Kathryn has been running since she was 12, when she completed her first 10k, and has continued to return to running throughout the years.

Christy Zuzelo is a Mom of 2, a Business Systems Analyst for Commonwealth Medicine, and now a runner. She is a February 2010 graduate of the Couch to 5K program who kept on running and racing all the way to the completing her first marathon, 26.2 miles in April 2011.
Most of us are familiar with the onslaught of diet tracking and fitness mobile apps, but the fields of mobile health (mhealth) and health information technology (HIT) are so much bigger than that. Here are 5 new health-related technologies that I highly recommend you check out for yourself or someone you love. They really could change your life.

**Create Your Own Medical Record.** Did you know your medical records could be inaccessible at the hospital you end up at? Why? Because medical centers across a city, state, or the entire country are in no way connected, making records not easily or quickly accessible across systems. **MS Health Vault** is a website allows you to centralize your family’s health records and medical information in one spot, accessible immediately ANYWHERE, ANY TIME. MS Health Vault is also compatible with an array of health devices that allow you to track your blood pressure, blood glucose, weight, etc., and quickly upload this info to your health record. You can give your doctor access too, so that he/she can see how you are doing on these indices.

**Baby Got Text.** Are you pregnant or planning a pregnancy soon? Enroll in **Text4Baby** and receive regular text messages of evidence-based health information and advice on a regular basis throughout your pregnancy for free. All you need is a phone.

**The Doctor Is In….24/7.** Ever have a question for a doctor but not want the hassle of actually calling yours, playing phone tag, and then feeling silly because it turned out to be nothing? Check out **Healthtap**, a website that has licensed physicians available to answer any health question, even the silly ones. Physicians are incentivized by building “clout” and a possible patient base when they respond to users’ questions.

**Connect to Patients Like You.** A medical or psychological diagnosis can be depressing, traumatizing, but also really lonely. The website **PatientsLikeMe** allows people to connect to one another based on a shared diagnosis or set of symptoms. Whether you have diabetes, depression, cancer, or even a rare disease, connect with tons of people who are going through exactly what you are going through.

**What Do Your Genes Know That You Don’t?** **23 and Me** is a website from which you order a kit, spit into a tube, send it back, and receive a reading of your genome 6-8 weeks later. Learn your risk for various diseases as well as drug response information (based on genetic variants). By knowing your genetic risk, you and your doctor can start mapping out a lifestyle that will help you reduce your risk for the diseases you are at highest risk for. Check out the stories of real people who used this information to change and, in some cases, save their lives.
It’s hard not to notice the 500,000 square foot building that has risen out of the ground on the Medical School’s Worcester campus. But that isn’t the only change. The Albert Sherman Center (ASC) will change the course of clinical and translational science in the commonwealth and beyond. According to Chancellor Michael Collins, “The Life Sciences moment is here” and UMass Medical School is at the center of this evolution.

Even more impressive than the physical transformation will be the cross-disciplinary research and collaborative education that will be undertaken in this building. The ASC will bring together the best minds in basic and clinical research to move therapeutic breakthroughs from the laboratory to the doctor’s office. It will also support the innovative way of teaching the next generation of doctors, nurses and scientific researchers.

Some quick facts about the ASC:

- 11 floors plus a basement level
- Occupancy is expected to be over 1000 employees
- The main entrance opens onto the campus green
- Outdoor courtyard on both the East and South side, including granite benches and picnic tables
- A three-story wing anchors the public space of the building and includes:
  - Cafeteria that seats 325
  - Lecture hall with 350 seats
  - Six Learning Communities
  - Function Suite
  - Bridge connections to the Existing School and Employee Garage
  - Atrium
- Two floors will feature integrated teaching and learning centers including the 6 Learning Communities and The Standardized Patient Program
- A second-floor interior balcony overlooks the first-floor space
- Lab space, both wet and dry, for more than 100 researchers
- Two floors will house the RNAi Therapeutics Institute
- 9000 square foot fitness center
- Third floor entrance off North Road – easy access to and from the new parking garage on Plantation Street
- LEED Silver certification – a whole-building approach to sustainability

The building is scheduled to be completed this coming December. To follow its progress, visit the project website at http://www.umassmed.edu/shermancenter/index.aspx

The ASC represents all that is exciting about the future of UMass Medical School and the impact its scientists, faculty and students will have on the medicine and medical care of tomorrow.
These days, everyone is conscious of being eco-friendly by recycling used materials, decreasing pollution and ultimately reducing one’s carbon footprint. However, not many realize that a major step towards protecting environment is purchasing locally produced food.

Locally grown food products do not need to travel a long distance. As a result, they reduce pollution and save energy by eliminating refrigeration. They are also healthier, with fewer or no preservatives, and are fresher than the ones found on the grocery store shelves. Since these products have shorter shelf life, they need to be plucked when they are at peak flavor, which is the previous day or in the morning before they are sold.

Farmers markets and farm stands are the best places to buy locally grown food. These are great places to interact with local farmers and their families and to understand how the produce is grown. And, it’s a great way to support the local farmers’ community. Many towns organize farmers markets on weekly basis in summer time where local growers can sell their seasonal produce. There are plenty of options available in the area, some of which are listed below.

**Auburn**
Luks Tree Farm
38 Laurel Street
Open every day

**Charlestown**
Main St & Austin Street
Wednesdays, 2:00 pm to 7:00 pm starting in July

**Grafton**
Grafton Common
Thursdays, 2 pm to 6:30 pm

**Jamaica Plain**
Bank of America Parking Lot
677 Centre Street
Tuesdays, Noon to 5:00 pm

**Quincy**
Hancock Municipal Parking Lot
Across from the Courthouse at Quincy Center
Fridays, 11:30 am to 5:30 pm

**Waltham**
Sovereign Bank Parking Lot
Main Street & Moody Street
Saturdays, 9:30 am to 2:30 pm

**Worcester**
UMass Medical School
55 North Lake Avenue
Tuesdays, 1:00 pm to 5:00 pm

Salem Covenant Church
215 East Mountain Street
Thursdays, 12:30 pm to 5:00 pm
Technology Corner

SharePoint and the iPad 3
By Henrietta Ford
Customer Services Manager, Information Services

What can SharePoint do for your department?
UMass Information Services offers Microsoft SharePoint services, an enterprise-wide, web-based application that allows departments to have a central location for information sharing, business data and process integration, and communication and document management to facilitate collaboration. SharePoint integrates with the MS Office products and other business applications. Here are just some of the ways that SharePoint can work within your department:

Collaboration with internal and external customers: share calendars, share documents and control versions, create discussion boards and forums;

Business Process Automation: provides automated work flows, forms for Data collection;

Management Process: develop task lists, track issues, and utilize a wide variety of Gantt Charts;

Business Intelligence: provides you with Surveys & Dashboards that allow you to track issues and status reporting more efficiently; and

Compliance Requirements: features record management tools and can provide an out-of-the-box solution for SOX and 21 CFR Part 11 compliance.

For more information, visit the UMMS SharePoint website at https://sp.umassmed.edu/sites/home/default.aspx. There you can view the introductory webinar, test drive the application in the ‘sandbox’, sign up for training, or browse their document library.

What’s new with the iPad 3?
Are you wondering if you should upgrade from the iPad 2 to the newest model, the iPad 3? Take these factors into consideration before making that next purchase.

<table>
<thead>
<tr>
<th>Feature</th>
<th>iPad 2</th>
<th>iPad 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bluetooth Technology</td>
<td>2.1 +EDR</td>
<td>SMART 4.0</td>
</tr>
<tr>
<td>Battery Life</td>
<td>10 hours</td>
<td>10 hours</td>
</tr>
<tr>
<td>Camera</td>
<td>720p, .7 MP, 5x DZ, 30 fps</td>
<td>1080p, 5MP, 5X DZ, 30 fps</td>
</tr>
<tr>
<td>Weight: Wi-Fi / 3g</td>
<td>1.33 lbs. / 1.35 lbs. ✓</td>
<td>1.44 lbs. / 1.46 lbs. ✓</td>
</tr>
<tr>
<td>Wireless Wi-Fi 3G / 4G LTE</td>
<td>HDSPA / EDGE / 3G</td>
<td>3G transitional LTE on 4G models ✓</td>
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<tr>
<td>Processor</td>
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<td>Dual Core A5x chip ✓</td>
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<tr>
<td>Display</td>
<td>9.7in. multi-touch, 1024x768</td>
<td>9.7in. multi-touch Retina display 2048x1536</td>
</tr>
<tr>
<td>Voice Dictation</td>
<td>No</td>
<td>Yes ✓</td>
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</table>

At a quick glance, the iPad2 and iPad3 are nearly identical. However, there are some differences in the technology that may sway you towards the upgraded model. If you are looking for a better camera, a better display, a faster processor, and voice recognition capability, the iPad 3 is a recommended choice.
Reader’s Poll

In our next issue, we’d like to share your responses to the following question:

Do you have a computer software trick that you wish others knew about? For instance, did you know that you can insert a hyperlink to a shared drive document into a Microsoft Outlook email to a co-worker who has access to the same drive? You’ll use less space in your email account and, if the email is misdirected, the recipient won’t have direct access to the document. Click on the ‘Hyperlink’ icon in the ‘Insert’ toolbar to access this feature.

Send your tip via email to PWCNewsletter@umassmed.edu. We’ll compile your responses into a tip sheet for the next issue of Generating Momentum.

Some of you may have noticed two typos in the Winter 2012 newsletter. In the Successful Women’s History Quiz, Elizabeth Blackwell was the first woman to graduate from medical school on January 23rd, 1849, not 1894 as indicated in response B. Also, in the article about UMMS women matriculates, the title contained a typo. It should have indicated that the data ranged from the years 2009 to 2011. The editors regret the errors.