



Generating Momentum

Women Supporting Each Other in the Drive for Personal and Professional Success

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Suggestions or comments? Email us!
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University of
Massachusetts
UMASS Medical School

A Note from the Editors

Every March, the nation celebrates Women's History Month to recognize women's accomplishments and contributions to society. Research and discovery are just a couple areas in which women have made notable achievements. These endeavors often require partnership with colleagues and peers, and the Internet can make the search for those with similar interests or a needed skill set much easier. The UMMS community has access to several resources, including:

[Pivot](#) is a database of research funding opportunities to which the UMMS community has access via a subscription held by the medical school. Within its "Profiles" database, set up your own page with a CV, contact information, expertise, and publications. Or, search the database for researchers using keywords, name, affiliations, degrees, or roles.

[UMass Profiles Research Networking Software](#), sponsored by the UMass Center for Clinical and Translational Science, allows users to network with other researchers and make connections via subject mining searches. This database contains information primarily about faculty members, but anyone can utilize it to search for information. Find researchers by name or use search terms to identify relevant journal publications. Also, search databases of other institutions through its "DIRECT" tool, accessible on the search page.

[eScholarship@UMMS](#) is a repository of works created by UMMS researchers and scholars. Anyone in the UMMS community, and beyond, can search this database by person, department, or keyword to find written works like journal articles, poster presentations, books or conference proceedings. All authors for each work are listed and searchable in the database. Set up your own researcher page so people can find you and your publications and presentations.

Ask A Busy Woman

Introducing Linda Cragin, MS

*By Kim Canty, Director, Individual Giving
UMMS/UMass Memorial Development Office*

When I met Linda in her South Street office, the first sign that she was indeed a busy woman was her stand-up desk. She appeared ready to run off to her next meeting or site visit at a moment's notice and it was evident that she didn't sit still for very long, if at all. And after speaking with her, the reason for her choice of work space furniture became very clear. Just try to keep up!

Linda has served as the Director/Principal Investigator of the MassAHEC Network (Massachusetts Area Health Education Centers Network) at UMass Medical School's Center for Health Policy and Research for 10 years. Through six community-based Area Health Education Centers located across the state (Boston, Brockton, Lawrence, Worcester, Springfield and Pittsfield), Linda collaborates to provide community-based training experiences for students in the health professions, continuing education opportunities for health care professionals, and health careers recruitment programs for underserved, underrepresented, and economically and educationally disadvantaged populations. The MassAHEC Network is about connecting students to careers, professionals to communities, and communities to better health.

In 1978, UMass Medical School became the Massachusetts host site for the AHEC program and since then the network has inspired, trained, recruited and retained a diverse and broad range of health professionals to practice in communities where the need is the greatest. More than 6,000 health care professionals are trained each year, with sessions that include medical interpreter training (a program that has been recognized both locally and nationally), a college credit program for community health workers, and continuing education programs for physicians, nurses, mental health professionals, and others. Each regional AHEC office is hosted by a local not-for-profit agency or a city health department, with local advisory boards which provide guidance and input and assure the Center's responsiveness to local health care workforce needs.

Linda's passion and expertise in caring for underserved populations began long before her position with MassAHEC. As a child, she was particularly drawn to the elderly and just "enjoyed being around them." She began her career as a home health worker and then worked in a federal and state demonstration program serving dually-eligible Medicare/Medicaid elders. She also served as Director of Geriatrics for both UMass Memorial and Beverly hospitals. Additionally, Linda was the Assistant Secretary for Program Management for the Commonwealth's Executive Office of Elder Affairs, where she was responsible for the state's network of Aging Services Access Points and assisted living facility certification.

Linda serves on many local and state advisory boards and the National AHEC Organization's Board and Executive Committee. Wait, there's more...Linda is an instructor in UMass Medical School's Department of Family Medicine and Community Health and Graduate School of Nursing. Whew! In addition to a bachelor's degree in social psychology and community health from Tufts University, Linda holds a master's degree in health policy and management from the Harvard School of Public Health. She also has a certificate in aging leadership from the National Institute on Aging.

Her greatest challenge? Paperwork. Linda has to manage 23 funding sources, 7 budget periods, and 14 major projects. Enough said, right?

It's not surprising that Linda's workday begins at 6:30 am and runs until about 7:30 pm. In the evening and in her spare time she takes on the role of construction worker. With the same care and detail she has poured into her work, Linda has spent the last three years renovating her home, using more than 75 gallons of paint in the process. Why the remodel? She approached the project from an aging perspective, preparing for the day when she may require one floor living. Given her life's work, I wouldn't have expected anything less.

Visit <http://www.umassmed.edu/ahec/centers/index.aspx> to learn more about the many accomplishments of Linda and MassAHEC. You will be impressed!

Celebrating Women of Character, Courage, and Commitment: Women's History Month Quiz

By Kathryn Delaughter, Research Project Director
Quantitative Health Sciences Department



“Celebrating Women of Character, Courage, and Commitment” is the theme for Women’s History Month in 2014. The National Women’s History Project’s first task after forming in the 1980’s was to lobby for the designation of March as Women’s History Month. Their non-profit organization provides information and educational materials on the topic of multicultural women’s history. See their website (<http://www.nwhp.org>) for more information and resources.

Match the accomplishment in the column on the left with the woman responsible from the column on the right. Answers are at the bottom of the page.

1. Credited with saving the lives of 90,000 inner-city children; she was the first female representative to the League of Nations, where she sat on the Health Committee.	A. Mary Brush
2. One of the first women in the US to hold a Ph.D. in mathematics.	B. Hedy Lamarr
3. An American inventor, she received one of the first U.S. patents granted to a woman in 1815; the patent was for a corset.	C. Ruchi Sanghvi
4. She was a co-inventor of a spread-spectrum broadcasting technology.	D. Virginia Apgar
5. A mathematics educator and researcher, she was one of the first African-American women to receive a doctorate in mathematics.	E. Sara Josephine Baker
6. She became the first female engineer at Facebook in 2005.	F. Lynn Margulis
7. She opened the first family planning clinic in the US in 1916.	G. Frances Allen
8. A Polish and naturalized-French physicist and chemist, she was leader in the science of radioactivity.	H. Grace Elizabeth Bates
9. This American biochemistry is famous for her work on carbohydrate metabolism.	I. Marie Curie
10. An eminent American biologist and UMass Amherst faculty member; her serial endosymbiotic theory of eukaryotic cell development upended the concept of the origin of life.	J. Mary Anderson
11. Developer of the Apgar Newborn Scoring System, a simple and quick method for judging a newborn’s health right after birth.	K. Jean Sammet
12. Discovered liquid crystalline polymers, which resulted in the product Kevlar.	L. Stephanie Louise Kwolek
13. Achieved great progress in the areas of compilers, code optimization and parallelization.	M. Marjorie Lee Browne
14. She was responsible for developing the first computer language while working at IBM; her program, FORMAC, was the first widely used algebraic computation programming.	N. Margaret Sanger
15. Invented and patented the windshield wiper after a winter trip to New York in 1903 where she observed a driver clearing sleet from his windshield by hand.	O. Gerty Theresa Cori

Answers: 1. E; 2. H; 3. A; 4. B; 5. M; 6. C; 7. N; 8. I; 9. O; 10. F; 11. D; 12. L; 13. G; 14. K; 15. J

UMatter: Don't Go It Alone – Caregiving For Elders Should Be A Team Effort

By Valerie Wedge, LICSW, CEAP, Program Manager
Employee Assistance Program

Do you plan to care for, or are you already caring for, a loved one? Are you a primary caregiver?

Americans are living longer and many of us are faced with profound challenges associated with a rising number of people living to an advanced age. The number of people over the age of 85 years is projected to increase to 9.6 million by the year 2030. Chances are likely that you will be caring for an elderly loved one – if not now, then in the future.

A caregiver is broadly defined as any person who provides care for a loved one. The care may include help with personal needs, meals, household chores, shopping, paperwork, finances, medication, transportation, and regular check-in visits. These tasks can become overwhelming, so you need to take care of yourself during the process, which will allow you to better care for your loved one. *So how do you accomplish that?*

Basic self-care techniques become more important during your caregiving tenure. You know the drill: healthy diet, exercise, sleep, participating in community activities, time with family and friends, and managing work. Balancing all these activities while caring for an elder can be taxing. Here's an idea: assemble a Caregiving Team (CgT).

Effective CgTs are often made up of siblings, extended family, neighbors, friends, medical providers, social service providers, and community resources that share the caregiving responsibilities. Establishing a CgT is a great way to gain support and divvy up the myriad of tasks.

Once team members commit to participate, bring everyone together, including your care recipient, to discuss issues involved in the care plan. Take the time to identify the primary caregiver or point person. The primary caregiver is critically important, having the responsibility of coordinating and delegating tasks, and making sure there is clear communication within the CgT.

Review important topics with a preplanned agenda, such as finances, housing, medical care, transportation, and meal planning. Estate planning may also be key. Such issues can be very sensitive, and may evoke emotional responses and strong opinions. Allow everyone to voice their thoughts while maintaining a calm and non-contentious atmosphere.

Friends often want to provide help and support – so let them lend a hand. Have a list of tasks ready for others to address. Embrace their kindness and solicit them to do laundry, clean, grocery shop, mow the lawn, or visit with your loved one. The extra help will not only benefit you and your loved one, but also your friend, who will feel needed and valued.

Decide how your CgT prefers to communicate: by phone, email or text. Everyone on the team should have access to information about the care recipient. Misunderstandings can cause issues, so be as clear and transparent as possible. Consider using the internet to create a private blog or Facebook group page. It's an easy way to share information without getting signals crossed or repeating information multiple times.

Find out if your loved one has a will and powers of attorney for health care and finances. If they do, make sure it's up-to-date. If they don't, encourage them to put these documents in order. Make an agreement with the care recipient and CgT on who will handle finances, whose name(s) will be on bank accounts, and who will be signing legal documents in the case of an emergency. Know where legal documents are stored, including deeds to properties and insurance policies. Review and evaluate how bills are being paid. Ideally, there should be multiple people overseeing these matters.

Community resources are a great way to obtain relief and assistance, and the internet is full of them. Visit the [UMass Employee Assistance Program \(EAP\) website](#) for resources and more information. If you have questions or would like additional information and referral, please don't hesitate to contact the EAP at 1-800-322-5327. The EAP team is committed to supporting you and your Caregiving team.

Caring for your loved one with the help of a CgT will make your caregiving experience less stressful and more meaningful. If you are able to care for your elderly loved one in an effective, loving, and compassionate way, you will feel good about the experience for years to come.

Technology Corner: IT is Making Changes

By Henrietta Ford, Manager
Information Technology Department

Change is inevitable. We've all heard that saying. So, why is it so important for the IT department to communicate their changes? No matter how hard we (IT) try, any change that we make, regardless of how small or far-reaching, will always have some impact to the customers we support. Even though we think we do a great job at communicating to our customers, the fact of the matter is, we can always do better.

What's new with IT? Did the title give it away? Yes, we've changed our name; we are the IT (Information Technology) department. It's a small, subtle change, but hopefully an important one, to a more widely recognizable name that coincides with what we do: "Technology."

Ok, so enough about us, here is what we are doing for you, our customer: **We've released a new www.umassmed.edu homepage.** The homepage is more streamlined and fluid for easy reading. The new design allows for more content in the top navigation panel as well as in-page videos and slide shows. Scan UMMS news on UMass TV and UMassMedNow, access the school's social media sites, or link to our educational and clinical partners via this centralized location. If you have not had the chance to check it out yet, we highly recommend that you do. Oh, by the way, the feedback we have received on the new design and layout has been extremely positive and we are excited that we were able to deliver a product that exceeded the customers' expectations. But, we're not done yet. We are also improving upon the search capabilities on our websites and migrating all websites to a new content management system.

Next, **we are excited about the release of a password self-service tool**, and we feel it will be widely accepted by our customers. On the first day of release, we had 800 registrants, and currently we have about 1,700 registered users. So, I'd say we are off to a good start! The password [self-service](#) tool will allow you, once registered, to self-manage your network login password for ease of access during both business and off-business hours. With the tool, customers can unlock their account, reset a forgotten password or change a password upon its expiration. The tool will not work unless customers register. Just to make certain we don't put customers into a panic, the new tool will not change any current password policies that exist. You will find links to the password self-service tool on the internal UMMS home page: i.umassmed.edu and the VPN site: ssl.umassmed.edu. And, while we don't have a launch date yet, you will soon see the "forgot password" functionality on the login screen of all computers that log in to the school network.

Did you know? Microsoft Office 2013 for Windows, Microsoft Office 2011 for Mac/Intosh, and Windows 7 & 8 operating system software is available to UMMS employees for personal use. Disks are available at the Help Desk, temporarily located in the former Simulation Center, S1-311, on the first floor near the old Medical School lobby on the University campus (IT's Academic Computing and Communication Technologies groups are here, too).

What's to come? While we're off to a good start making some positive changes in the way we do things within the IT department, we are not done yet. We have some new and exciting things yet to come, so be on the lookout for future announcements.

If you have any questions or comments, please contact the Helpdesk at 508-856-8643.



PWC

Professional Women's Committee

The Newsletter is Seeking Volunteers!

About the Professional Women's Committee

The mission of the Professional Women's Committee is to create a work environment that is inclusive and supportive of all professional women employees, enhances their professional and personal development, promotes salary equity at all professional levels, and enables UMMS to earn their individual and collective regard as an "employer of choice."

Monthly Meetings

The committee meets on the 2nd Thursday of each month from 3:30-4:30 PM. Join us in the Italy Conference Room on the South Street campus or via conference call. Contact Tricia Ryan, committee co-chair, via email at Patricia.Ryan@umassmed.edu for more information.



The newsletter is seeking volunteers to write about:

- UMMS professional women and their careers
- Professional growth and advancement strategies and tips
- The variety of work and personal resources available at UMMS
- Insights into work-life balance
- Human interest stories in the UMMS community

No writing experience is needed, just your enthusiasm and interest!

Send an email to the newsletter mailbox to express your interest or get more information.

About the newsletter

Generating Momentum provides an informal and educational resource for presenting topics of interest to the professional women of UMass Medical School. The newsletter is delivered electronically to your mailbox 3 times a year, in Spring, Summer, and Fall.

To read previous newsletters, please visit the Professional Women's Committee website or contact the newsletter.

Newsletter Mailbox |
PWCNewsletter@umassmed.edu

Committee Website |
<http://www.umassmed.edu/Content.aspx?id=61984&linkidentifier=id&itemid=61984>

The Gathering Place

PWC is proud to sponsor its 2nd Annual Clothing Drive to benefit [Dress for Success Worcester!](#)

The mission of 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 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
- Items should be in wearable condition
- Clothing should be no more than 3-5 years old
- Hosiery, undergarments, shoes, and men's clothing are **not** accepted.

Donations will be accepted through Friday, March 28th and can be dropped off at the following locations: UMass Medical School Lobby; Albert Sherman Center – 2nd Floor Atrium; or South Street Campus – next to the mailroom.

Coming in April 2014 – Our Famous Donated Clothing Boutique Sale!

Earth Day 2014: Save the Date and Your Stuff

The Earth Day 2014 Celebration at UMass Medical School is scheduled for **Tuesday, April 22, from 10 am to 3 pm** in the Medical School lobby and Faculty Conference Room at the University campus. The event will feature organizations displaying environmental products and services related to energy efficiency, recycling, and green transportation, as well as farmer's market organizations.

This year, there will be 3 collection events for employees to bring materials from home for repurposing and recycling—so now's the time to start looking for that old stuff you've been storing that could be put to better use. The collections will feature the ever-popular electronics recycling, a clothing and fabric collection to benefit the [Epilepsy Foundation of New England](#), and the collection of building materials for [Habitat for Humanity's ReStore](#) program.

The electronics collection will take almost any device with a plug! (There will be a small charge for televisions or monitors). The Epilepsy Foundation will collect fabrics such as towels, sheets, blankets, curtains, and clothing. The ReStore program will accept:

- Kitchen cabinets and bathroom vanities
- Appliances (must be in good condition)
- Lighting and electrical fixtures
- Siding (full boxes), doors, and windows
- Sinks and plumbing fixtures
- Tools and hardware
- Ceramic tile (full boxes) and flooring
- Lumber and millwork (including molding and trim)
- Furniture (wood) and housewares
- Books
- Clothing and shoes

Items **not** accepted by ReStore are listed [here](#).