

# Department of Population and Quantitative Health Sciences

## Weekly Newsletter

JANUARY 12-16, 2026

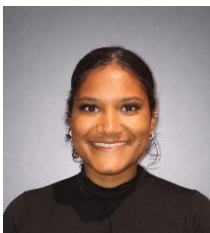


UMass Chan  
MEDICAL SCHOOL

## WELCOME TO PQHS



Welcome to **Jennifer Duff**, who is joining PQHS as a Research Program Manager II as part of Rosemarie Martin's Justice Community Overdose Innovation Network research team. Jennifer has more than 20 years of experience supporting addiction science research. She has a breadth of experience managing large, multi-site studies and has direct experience in all stages of the project lifecycle.



We are excited to welcome **Janina Ribeiro** to Dr. Martin's lab as a Clinical Research Coordinator. Janina brings a strong background in Sociology and Criminology from UMass Amherst, along with a passion for improving wellbeing—particularly through transforming correctional care. Her previous experience interning at the Hampshire County Jail and working as a Medical Assistant solidified her commitment to improving health outcomes for currently and formerly incarcerated individuals. Outside of work, you can find her on the soccer field, re-learning Portuguese, and spinning tracks on her DJ controller.

## PBM'S ANNUAL HEALTHY NEW YEAR COOKING CLASS



## UPCOMING EVENTS

### Wednesday, January 14, 12:00 – 1:30

We are kicking off the new year with a webinar from Dr. Trish Cioe entitled *Vaping: Evidence, Risks, and Clinical Implications for Health Care and Allied Health Professionals*. This webinar will offer a practical, evidence-based overview of vaping for health care and allied health professionals. Participants will explore how vaping devices work, what's in e-liquids, and current patterns of use across populations, alongside a clear review of short- and long-term health risks, including EVALI. The session will also examine vaping's role in harm reduction and smoking cessation, and provide actionable strategies for screening, patient education, counseling, and risk mitigation in clinical practice.

For your convenience, you can also register [HERE!](#) We hope to see you there!

### New England ATTC

Population and Quantitative Health Sciences

UMass Chan Medical School

[NewEnglandATTC@umassmed.edu](mailto:NewEnglandATTC@umassmed.edu)

**Tuesday, January 20, 2:00 PM**

The Division of Preventive and Behavioral Medicine (PBM) will be hosting teatime. We invite you to stop by for a cup of tea or coffee, enjoy a snack, and take the opportunity to connect with your colleagues.



**Wednesday, January 21, 10:00 – 11:00 AM**

**Research Methods Meeting**

**Presenter:** Wojciech Losos, MD, MBS, is a Post-Doctoral Research Fellow in the Program in Digital Medicine at UMass Chan Medical School and a T32-funded scholar supported by the National Heart, Lung, and Blood Institute

**Title:** Cardiometabolic Therapy and ECG-Derived Biological Age: A Real-World Methods Framework for Evaluating Dynamic Digital Biomarkers

**Abstract:** Biological aging measures derived from machine-learning analysis of the electrocardiogram (ECG-Age) have emerged as scalable and clinically interpretable digital biomarkers, yet their responsiveness to pharmacologic therapy remains poorly understood. In this talk, I will present a retrospective cohort study of 2,910 unique patients evaluating whether initiation of cardiometabolic therapies—including GLP-1 receptor agonists, SGLT2 inhibitors, PCSK9 inhibitors, and metformin—is associated with improvements in ECG-derived biological age (delta age) across overlapping real-world exposure groups. A central methodological focus will be the development and application of a time-weighted mean (TWM) framework to address irregular and sparse ECG measurement intervals common in electronic health record data. I will highlight key analytic considerations in modeling dynamic digital biomarkers, summarize findings demonstrating significant improvements across medication classes, and discuss opportunities for causal inference, longitudinal modeling, and digital phenotyping in future work. The overarching goal is to illustrate a generalizable methods framework for rigorously evaluating dynamic digital biomarkers in precision cardiometabolic care.

**Bio:** Wojciech Losos, MD, MBS, is a Post-Doctoral Research Fellow in the Program in Digital Medicine at UMass Chan Medical School and a T32-funded scholar supported by the National Heart, Lung, and Blood Institute. His research focuses on developing and validating digital biomarkers and clinical decision support systems, with particular emphasis on machine learning–derived cardiovascular signals and wearable devices for arrhythmia detection. He works closely with Drs. Apurv Soni and Honghuang Lin on projects integrating electronic health record data, wearable sensors, and advanced analytics to advance precision cardiometabolic care. Clinically, Dr. Losos is an attending physician with the Hospital at Home program and will begin cardiology fellowship at UMass in July 2026, pursuing a career in advanced heart failure and transplant cardiology within an academic medicine pathway. Click [here](#) to join.



**Monday, February 9, 11:00 – 11:30 AM**

**Live Webinar: OAI CORE Knowledgebase**

Join our upcoming webinar: Current State of the Osteoarthritis Initiative (OAI) Data Usage and Introduction to the OAI Knowledgebase, presented by [Dr. Jeffrey Driban](#) (Director, OAI CORE Knowledgebase), Professor of Epidemiology, PQHS.

For questions or support, contact us at [oaiknowledgebase@umassmed.edu](mailto:oaiknowledgebase@umassmed.edu).  
[Register here.](#)

**DIVERSITY DIGEST**

**Three Kings Day (Día de los Reyes Magos)**

Celebrated on **January 6**, Three Kings Day, also known as *Día de los Reyes Magos*, is an important cultural and religious tradition observed across many Latino communities. The day commemorates the visit of the Three Wise Men to the infant Jesus and is often marked by family gatherings, gift-giving, and shared foods such as *Rosca de Reyes*. For many Latino families, Three Kings Day holds deep cultural meaning, emphasizing faith, generosity, and togetherness, and in some households it is as significant as Christmas. Recognizing this tradition offers an opportunity to honor cultural diversity and the ways families and communities pass down values across generations.

**Martin Luther King Jr. Day**

Observed on the **third Monday of January**, Martin Luther King Jr. Day honors the life and legacy of Dr. King and his leadership in the U.S. civil rights movement. The day serves as a time to reflect on his enduring commitment to justice, equality, and nonviolent social change. It is also recognized as a *day of service*, encouraging individuals and organizations to engage in acts that strengthen communities and advance equity. Martin Luther King Jr. Day reminds us that progress toward fairness and inclusion requires ongoing action, dialogue, and collective responsibility.

## International Day of Commemoration

Each year on **January 27**, we observe the International Day of Commemoration in Memory of the Victims of the Holocaust, marking the anniversary of the liberation of Auschwitz-Birkenau in 1945. This day honors the memory of the six million Jewish victims and the millions of others who were persecuted by the Nazis. It calls on us to remember how antisemitism, racism, and state-sponsored hate can erode humanity step by step, leading to genocide.

By reflecting on the past, we reaffirm a shared responsibility to defend human dignity and human rights wherever they are threatened. Around the world, communities mark this day by remembering each victim as an individual, listening to the voices of survivors, and supporting education that confronts denial, distortion, and the resurgence of hate.

Learn more at: <https://www.un.org/en/observances/commemoration-holocaust-victims-day>

|  |  |  |  |  |  |                       |  |
|--|--|--|--|--|--|-----------------------|--|
|  | 11   | 12   | 13                                       | 14                                     | 15                                     | 16                    | 17   |
|  |  | Coming of Age Day                            | Maghi/Lohri                              | *Orthodox New Year<br>*Makar Sankranti | Lailat al Miraj (through sundown 1/16) |                       |  |
|  | 18<br>*Week of Prayer for Christian Unity (1/18-1/25)<br>*World Religion Day | 19<br>*Timkat<br>*Martin Luther King Jr. Day | 20<br>Birthday of Guru Gobind Singh Ji   | 21                                     | 22                                     | 23<br>Vasant Panchami | 24<br>Union of the Romanian Principalities |
|  | 25   | 26<br>*Republic Day<br>*Australia Day        | 27<br>International Day of Commemoration | 28                                     | 29                                     | 30                    | 31   |

## UMASS CHAN REMINDERS

### A Reminder from Payroll Services: 2026 Personal Time Schedule

- 2026 personal time will be granted on 1/13/2026
- Employees may begin using 2026 personal time after 1/13/2026 for the week beginning 1/11/2026

## HOLIDAY SCHEDULE

### Holiday Schedule for 2026:

- Martin Luther King Jr. Day – Monday, January 19<sup>th</sup>
- Presidents Day – Monday, February 16<sup>th</sup>
- Patriots' Day – Monday, April 20<sup>th</sup>
- Memorial Day – Monday, May 25<sup>th</sup>
- Juneteenth National Independence Day – Friday, June 19<sup>th</sup>
- Independence Day – Friday, July 3<sup>rd</sup> (observed)
- Labor Day – Monday, September 7<sup>th</sup>
- Indigenous Peoples' Day – Monday, October 12<sup>th</sup>
- Veterans Day – Wednesday, November 11<sup>th</sup>
- Thanksgiving Day – Thursday, November 26<sup>th</sup>
- Day After Thanksgiving – Friday, November 27<sup>th</sup>
- Christmas Eve – Thursday, December 24<sup>th</sup>
- Christmas Day – Friday, December 25<sup>th</sup>

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](mailto:judi.saber@umassmed.edu)) & Sarah ([sarah.yeboah@umassmed.edu](mailto:sarah.yeboah@umassmed.edu)) by Friday each week.