$1 Million Grant Supports Minority APN Workforce Initiative

Dean Kulwicki and the College of Nursing and Health Sciences (CNHS) have received a grant of $997,556 from the Health Resources and Services Administration (HRSA), a division of the US Department of Health and Human Services. The grant will help fund the Boston Urban Nurses-Leaders in Eliminating Academic Disparities (LEAD) program, which aims to increase the number of under-represented culturally competent Advanced Practice Nurses (APN) committed to improving access to health care for the multilingual, multicultural, ethnically diverse, and at-risk populations in the greater Boston area.

Boston Urban Nurses-LEAD will provide CNHS students from ethnic or racial minorities with tuition assistance, tuition waivers, and mentoring support. Students eligible for the program can also receive living stipends and academic scholarships. The program will give students service-learning opportunities as they build professional skills in internships serving at-risk populations in Boston's diverse urban communities.

If you'd like to participate, call 617.287.7500 for an application.

NIH Grant Funds Family-Based Weight-Loss Program for Youth with Intellectual Disabilities

In August 2012, Associate Professor of Exercise and Health Sciences Richard Fleming received a four-year $1,722,000 grant from the National Institutes of Health (NIH) for a family-based approach to weight-loss and weight-maintenance in youth with intellectual disabilities. Professor Fleming's earlier NIH-funded pilot study, conducted with the Eu- nice Kennedy Shriver Center-UMass Medical School, showed that providing parents with specialized training in family lifestyle change improved their child's weight loss and diet quality. In the new study, adolescents and young adults age 15–22 years with Down syndrome, autism spectrum disorders, and general intellectual disability and their parent(s) or caregiver will receive weekly nutrition and physical activity education, parent training in lifestyle change, and individualized counseling with dieticians and behavior-change coaches. Some families will also be selected to receive additional sessions on special strategies for maintaining healthy behaviors. All participating families will be empowered with important tools to lead healthier lives by making manageable changes in their daily routines. Participant progress will be tracked for one year to see if youth maintain or continue their weight loss and stay physically active.

For the past year, I have been honored to serve as the dean of the College of Nursing and Health Sciences at UMass Boston, and I am incredibly appreciative for the support I have received from administrators, faculty, staff, and students. This support and encouragement has allowed me to “hit the ground running” in securing funding, sustaining programs, and developing new initiatives. Significant milestones have been met this year, such as welcoming our first class to the EHS graduate program and the beginning of planning for our master’s in public health program. Each day I grow more impressed by the CNHS community and I am very eager for all that is yet to come.

In this issue of Harbor Reflections, you will learn of prominent research projects, be introduced to our new department chairs, and hear from students who have made an impact in our community. As you read, I hope you feel as proud as I do to be a part of such an innovative and remarkable college.
New U-54 Research Addresses Faith Community Nurses and Disparities in Cancer

In September 2013, Associate Professor Amy Rex-Smith, DNSc, RN, ACNS, BC, known for her research in spirituality and nursing, received a $197,000 pilot grant from the U-54 Partnership (National Cancer Institute, NIH) to address disparities in cancer treatment. The study, which includes co-investigators Rev. Dr. Michelle Balboni and Tracey Balboni, MD, of the Dana-Faber Cancer Institute, will focus on the influence of faith communities in end-of-life decision making. Professor Rex-Smith will investigate the role of faith community nurses. There is little data concerning the nursing practice of these medical professionals based in religious congregations, and their role in cancer treatment decisions is not well understood.

Ronald J. Iannotti, Exercise and Health Sciences: Working Together

Professor Ronald J. Iannotti took the reins of Exercise and Health Sciences Department in the fall of 2013. His primary interests are in health promotion and disease prevention with a particular focus on trans-disciplinary studies of children and adolescents. His research interests include social and environmental influences on the development of children's eating and exercise patterns and their relationship to obesity and cardiovascular risk factors and improving management of childhood chronic illness. Dr. Iannotti received his BS from Union College, MA from Hollins College, and PhD from State University of New York at Buffalo.

What most excites you about joining CNHS and UMass Boston?

The faculty: they are dynamic, hard working, and an excellent group with which to work. I hope to be able to support faculty in my department so that they excel in their careers and am looking forward to collaborating with colleagues within our college and across Campus.

What is your area of expertise? Could you share the most rewarding or fulfilling experience you’ve had while conducting your research?

Quality of life is important, so choose a career that you love doing while maintaining balance in your personal, social, and professional life.

What do you find most rewarding in working with students?

I love that ‘Ah Hah’ moment when they understand an idea or concept that had previously eluded them.

If you were to give a new faculty member one piece of advice, what would it be?

Think creatively; never say never; be patient; be kind.

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GLOBAL HEALTH/IN OUR COMMUNITY

CNHS Volunteers Aid Boston Marathon Bombing Victims

At 7 a.m. on April 15th, Clinical Assistant Professor Adrienne Wald, director of the undergraduate nursing program, Senior Lecturer Kathleen W. Kafel, and 30 nursing and exercise and health sciences students were in the John Hancock Auditorium on Boylston Street. They were all excited to be part of the first team of CNHS volunteers on the 2013 Boston Marathon’s medi-cal sweep team.

Along with 200 other medical volunteers, they were prepared for the day, given white volunteer medical jackets and a tour of the medical tent before heading to their assigned zones around the finish area, ready to assist runners in distress. They manned wheelchairs and were ready to transport any runners in need of immediate care to the medical tent. Suddenly, just as the finish area was getting busiest, two bombs detonated in the crowd. In an instant, a peaceful Marathon Monday changed into a day of tragedy. Thankfully, none of the CNHS volunteers were physically harmed, and the ones stationed in the finish area joined the many medical volunteers who hurried into action, aiding inured runners and spectators, or helping to maintain order and calm. Their heroic efforts received coverage on TV and in print, including articles in Medscape Nursing, The Boston Herald, USA Today, and others. The student volunteers, all of whom make us proud, are Esayas Abraham, James Boyes, Irina Callahan, Andrew Castro, Xuefen Chen, Megan Croako, Tiffany Deep, Kristin Dovan, Ksenia Dunn, Jillian Fagan, Sarah Gasse, Spencer Gilfeather, Cliff Haas, Jaime Halliday, Mary Ho, Hait Kivitch, Ann Phu-ong Le, Christine Marino, Monika Mruk, Leah Ottenstein, Tracy Paris, Angela Pasqualeone, Mary Ruud, Stephanie Shain, Melinda Sudbury, Stacey Tossado, Caitlyn Valanzola, Sandra Barbé, Vericne, Karla Wohlgenuth, and Nelson Huezo.

GLOBAL HEALTH/IN OUR COMMUNITY, CONTINUED

Mommon University School of Nursing and Health Studies Honors CNHS

Mommon University School of Nursing and Health Studies, located in West Long Branch, New Jersey, has named the College of Nursing and Health Sciences as their “aspirant” school following a collaboration between the universities after Hurricane Sandy. In the wake of the devastating storm, UMass Boston organized a collection of goods for hurri cane victims. Nursing student Leah Ottenstein delivered the collected items to Monmouth University for distribution. According to Dean Janet Mahony at Monmouth, “You, your students, and your school inspire us. We are honored."

CNHS Student Minor Emergency Fund Established

With seed money from a class gift made by the graduating class of December 2012, Director of Student Services Karen M. McNinnis and CNHS student leaders are working with the University to create the CNHS Student Minor Emergency Fund. The fund will aid students with non-academic issues, such as lack of food or lack of funds for gas or Charlie cards to get to class, that have impacted their ability to be academically suc-cessful. Small contributions to the fund have grown to more than $1,300 and will be used to help students in need. The criteria for requests and dissemination are currently under discussion. “If we can help students with the minor issues,” McNinnis explains, “then we can potentially avoid the major issues like failing a class or dismissal from the college.”

Weight of the Nation Shown Earlier this year, more than 150 students, faculty, and staff attended screenings of episodes of 'The Weight of the Nation,' an HBO documentary series on the obesity epidemic in the US. Part 2, “Choices” was shown in February and Part 4, “Chal- lenges,” in March. Immediately following each screening, students engaged in a discussion with expert panel members, including CNHS faculty and representa-tives from the Beacon Fitness Center, Sodexo, and GoKids. Sarah Camhi (EHS Assistant Professor and EHS club advis-or), The Exercise and Health Sciences Student Club, Exercise and Health Sci-ences Department, and the CNHS Office of Research co-sponsored the events. The documentary and resources related to weight management may be viewed at theweightofthenation.hbo.com/. Information about the event, including links to resources can be found at wotn.eventbrite.com/.

NEW EHS GRADUATE PROGRAM LAUNCHED

In September, the College of Nursing and Health Sciences introduced the MS program in exercise and health sciences. The program's unique focus is on issues related to urban health and fitness in a multicultural setting. It allows students to choose one of three options to earn their degree: completing a research thesis; designing and completing a practicum project; or passing a comprehensive examination after the completion of their coursework. This flexibility lets students choose to apply their research skills in advanced academic study, or in workplace settings where sophistication in conducting and managing research projects is required.

GLOBAL HEALTH/IN OUR COMMUNITY

Students Volunteer in Rural Honduras Health Clinics

Assistant Professor Lisa Kennedy Sheldon, APRN, returned to Juticalpa, Honduras, in February 2013, with six students for the third CNHS Honduras Initiative. The six CNHS students included four undergraduates, Michelle Le, Leslie Veaquez, Kayla Martel and Nicole Arsenis; one recent graduate, Jessica Wong BS RN; and one doctoral candidate, Dany M. Hilaire PhD (c) RN. They were part of a team of 29 people heading to the Olancho department in Honduras to provide healthcare in rural clinics and services in local schools. The Office of International and Transnational Affairs and the CNHS Office of Research partially funded the initiative, which was undertaken in collaboration with the Olancho Aid Foundation and the Hondura-run Mission Team-NH.
Nursing Student Nicole Arsenis Says Research “Enriched” Her UMass Boston Experience

Working with UMass Boston’s Honors Student Program, in academic year 2010/2011, CNHS launched the Honors Students in Research Program, which connects students with CNHS faculty members who have similar research interests. The program enables students to become more engaged in research that makes a contribution to exercise and health science, nursing science, and health policy. They also gain experiences that will assist them in completing their required research. We met Nicole Arsenis, an undergraduate nursing student who joined EHS Assistant Professor Tongjian You on his current work.

Is this your first research experience?
Yes, I’ve been working with Professor You for the past 2 years. During the summer before my first semester at UMass Boston, I knew that I wanted to gain research experience, so after exploring the CNHS faculty website, I contacted Professor You to express my interest in his biomedical research. I was very fortunate to have him welcome me to work with him.

How would you describe your experience thus far?
Throughout this experience, I have gained a much deeper understanding of conducting research and writing papers than I had anticipated. My first project with Professor You was working on a review paper, which involved literature searches, creating figures and tables, and scientific writing. The second project was not only working on a second review paper, but also conducting research in a lab setting to further our findings. We presented our novel findings at a 2013 science research conference of the Federation of American Societies for Experimental Biology (FASEB). The third project was conducting telephone interviews of older adults with chronic pain. American Societies for Experimental Biology (FASEB). The third project was working on a second review paper, but also conducting research in a lab setting to further our findings. We presented our novel findings at a 2013 science research conference of the Federation of American Societies for Experimental Biology (FASEB). The third project was conducting telephone interviews of older adults with chronic pain.

Describe the work that you do with Professor You, like a “day in the life.”
The tasks and goals of each semester are very different, due to the diversity of our projects. This semester, I am using all the skills that I developed over the past two years to work more independently. This entails creating a literature search on the topic of the paper, organizing the information, and then using the information to write the paper. At different stages of the process, Professor You and I meet, review the work, and collaborate on developing and improving the paper.

Have you had any challenges thus far? How did you overcome them?
Yes! Each step of every research project is a challenge. Reading and writing scientific literature is very difficult, but it has become easier with each paper under Professor You’s guidance. Learning how to conduct a research experiment in the lab was also quite a challenge, as it is important to be very meticulous when following an experimental procedure. Presenting a poster at the FASEB conference was also very challenging, I really had to step outside of my comfort zone. It was such a good experience for me because communicating research findings orally is very important. Despite the challenges along the way, I overcame them through spending a lot of time preparing for each project. Professor You guided me each step of the way, and I am very fortunate to have a mentor who is so patient and willing to teach me in order to overcome these challenges.

Do you have any tips for students interested in research?
Research experience has greatly enriched my overall experience at UMass Boston, and I encourage all students to get involved! I have had the opportunity to develop skills in writing and reading scientific literature, oral and written communication, working and thinking independently, and problem solving. Skills such as these are necessary especially in the health field during a time of continuous research and innovation that constantly change the way we understand different disease processes and also how we provide care to our patients!

Nursing Student Morgan Berg Is Fit for Success

In February 2013, nursing student Morgan Berg was crowned Miss Boston and awarded an academic scholarship by the Miss Boston organization. The pageant is Boston’s largest preliminary for Miss America and each year the young woman crowned as Miss Boston competes for the title of Miss Massachusetts. As Miss Boston, Morgan used her platform to create Fit for Success, a program that motivates individuals to lead healthy lives. We met with Morgan to discuss Miss Boston, her CNHS career, and her involvement with the community.

When did you start participating in pageantry?
I entered my first pageant as a senior in high school for a scholarship opportunity. To my shock, I won, and was able to have incredible experiences such as volunteering for my community, public speaking, interviewing, and networking. This led me to strive to become Miss Boston. I love being active and I am a dancer, which was perfect for the talent phase of competition. Pageantry has expanded my personal and social networks and has helped to pay my way through nursing school!

In creating your community platform, you focused on health promotion. What inspired your focus?
A few years ago, I worked at GoKids and this experience fueled my passion to be a healthy role model and led to the development of my Miss America Organization Platform: Fit for Success. At GoKids, I was able to help youth as they exercised and I served as an influential role model. I loved talking to the participants about the benefits of staying active and eating healthy. The best experience I had while volunteering at GoKids was when a young girl came in for the afterschool program, came right up to me and said, “I feel so good about myself,” with a big smile on her face. I loved that kids not only were able to work out and learn about nutrition, but could also build their confidence significantly. That experience made me want to launch Fit for Success.

How does Fit for Success work?
Fit for Success is my attempt at motivating our population to lead healthier lifestyles. I firmly believe America needs positive role models, as obesity rates continue to skyrocket out of control. I have spoken to children and groups about the importance of exercise and nutrition. I even started a blog about it! I post healthy recipes, exercise routines, and motivational messages at www.fit4success.blogspot.com in hopes of inspiring our world.

What do you love most about the nursing program?
My experience in the DEU program at Children’s Hospital Boston has hands-down been the greatest aspect of my nursing experience at UMass Boston. I learned so much and my desire to become a nurse and passionately care for children has grown so much from studying there with the incredible staff. It would be a dream to get a job there after graduating this December!

What advice would you give to a nursing student just starting out?
You can do it! The nursing program is very difficult but it’s that way for a reason. It is hard but incredibly worth it.
Michael Mahoney ’13 had an eventful 2013 commencement ceremony. He not only earned dual degrees in Exercise and Health Sciences and Music, he also earned Distinction in Music and received the Award for Distinguished Service in Exercise and Health Sciences. He also sang the national anthem! Michael kindly shared his non-traditional commencement experience with us:

“It was an honor to have been asked to sing, and to represent both of my colleges. I have a lot of experience performing in front of large crowds; however, it didn’t quite hit me until I saw the Circle completely full of over 10,000 students and families. When I stood up to the podium, the reality just shocked me to the core. In addition, Chancellor Motley told me the commencement was being televised to a graduating student who is currently fighting in the service overseas. This last minute fact was an additional honor for me, yet also an additional amount of pressure! The most important parts of singing a major composition is having your mind in the right place and breath control. I recall taking a huge breath, then realizing I wasn’t ready, and exhaled, to hear one of my friends shout out, “Whoo! Yeah Mike!”, which ultimately melted all of my stress—well, most of my stress. It was terrifying, really, but I’m so glad I did it, that I had the courage to do it, and that I represented my class, my fellow students who have completed their hard work at this wonderful university. It’s a memory I’ll always have and cherish. It was the perfect way to wrap up my career at UMass Boston, I feel.”

To follow Michael’s music, go to facebook.com/michaelmmusic, where he will have updates on shows and his upcoming Christmas fundraiser for Children’s Hospital.

Anne H. Gross ’10 Becomes AAN Fellow

CNHS Nursing alumnae and advisory board member Anne H. Gross ’10, PhD, RN, NEA-BC, was inducted as a fellow to the American Academy of Nursing (AAN) at the organization’s 40th annual meeting in October. The AAN comprises more than 2,000 leaders from various nursing specialties. Fellows are selected based on their accomplishments and influence on health policies.

Gross has served as vice president for adult ambulatory oncology nursing and clinical services at Dana-Farber Cancer Institute (DFCI) since 2002. Throughout her career, she has been steadfast in her commitment to healthcare quality and access, ensuring excellence in practice environments and clinical care delivery. Gross has led numerous initiatives at DFCI, most recently team training and care model redesign. She also developed and sustains a rejuvenation and renewal program for nurses through the Zarkin Family Fund. As the Oncology Nursing Society Health Policy Liaison for Massachusetts and member of the DFCI’s Legislative Advocacy Committee, Gross has empowered patients, families, and clinicians, as well as influenced the passage of state laws. She has also participated in academic exchanges in Latin America and with nurses from around the world.

Article used by permission of Dana-Farber Cancer Institute.

EVENT SPOTLIGHT

**Nurses Week 2013 Events**

Dean Anahid Kulwicki presented the CNHS 2013 Nurses Week Award for Leadership in Quality Innovation to alumna Penny Greenberg ’02, MS, RN, executive vice president and chief nursing officer at Beth Israel Deaconess Hospital (BID-Needham) during an event attended by over 150 nursing students, faculty, and staff on May 6th. Greenberg received her master of science in health care leadership from Northeastern University. She received her Bachelor of Science in Nursing from CNHS in 2002. The Dean presented awards for community service to Undergraduate Nursing Program Director Adrienne Wald, EdD, MBA, RN, CHES, and Kathleen W. Kafel, MS,RN, along with the nursing student volunteers who provided assistance to bombing victims at the 2013 Boston Marathon finish area.

On May 8th, for National Student Nurses Day, the UMass Boston Student Nurses Association (SNA) showed the award-winning documentary film *Escape Fire: Rescuing the American Healthcare System*. A discussion led by CNHS expert faculty members Margaret McAlistor, Jerry Cromwell, Rosanna DeMarco, and Adrienne Wald followed the screening. The events were organized by SNA student leaders Nicole Arsenis, James Boynes, and Leah Ottenstein.
Guusje van der Leeuw, MD, Visiting Scholar

Guusje van der Leeuw, MD, is a visiting scholar from Utrecht University in The Netherlands, where she graduated from medical school in September 2013. She will be working this year with Professor Suzanne Leveille at CNHS. During medical school, Dr. van der Leeuw participated on the research team for the NESDA study (Netherlands Study of Depression and Anxiety), a longitudinal study of 3,000 primary care patients. Her research focuses on the role of somatization (medically unexplained physical symptoms) in the functioning of patients with anxiety and depressive disorders. Working with Professor Leveille, she will be conducting research with the MOBILIZE Boston Study (Maintenance of Balance, Independent Living, Intellect and Zest in the Elderly in Boston). Currently, Dr. van der Leeuw is performing analyses of the association between chronic pain and cognitive function in older adults. CNHS welcomes Dr. van der Leeuw and looks forward to a productive year.

To learn more about all CNHS faculty and their research interests, go to www.umb.edu/academics/cnhs/faculty_staff

Ling Shi visits China for NIH Funded REDS-III Project

Ling Shi, assistant professor of nursing, traveled to China in April 2013 for the Retrovirus Epidemiology Donor Study (REDS-III) China Project. The project is funded by NHLBI/NIH, running from 2011 to 2018. It is a partnership between Johns Hopkins School of Medicine, Chinese Academy of Medical Sciences, the Institute of Blood Transfusion (IBT), UMass Boston, and five Chinese blood centers. Shi is the co-investigator for the overall study and principal investigator for the subcontract with Johns Hopkins School of Medicine. The goal of the project is to improve blood supply and safety in China, where the blood banking system has suffered from severe shortage in blood supply, emerging epidemic of HIV, and the high prevalence of HBV and HCV in the general population.

During her April trip, Shi attended the REDS-III Steering Committee Meeting in Chongqing. Shi presented a data analysis plan based on existing data. Along with other Steering Committee members, she reviewed core donation study progress and findings, planned study activities for the blood utilization study and HIV study, and discussed collaboration with the IBT central lab. Shi also visited the IBT central lab in Chengdu, and blood centers in Lanzhou and Luoyang.

Shi has established collaboration with the five blood centers that are geographically and ethnically diverse and representative of blood banking system in China. She led the writing of a literature review, “Blood Safety and Availability: Continuing Challenges in China’s Blood Supply System,” which was published by Transfusion, the foremost journal on transfusion medicine and hematology. Shi is currently working on a review on blood-donor management in China for a special issue entitled, “Blood Donor Management,” invited by the editors of the journal Transfusion Medicine and Hemotherapy. Shi’s work has and will continue to translate to the international collaborative efforts of the College of Nursing and Health Sciences and the UMass campus. Shi has coordinated the efforts of hosting visiting scholars from the collaboration blood centers to receive training at UMass Medical School, collaborated with blood centers in publication, and worked with CNHS faculty on grant application under the REDS-III umbrella.

CNHS Alumna Gives Endowment to Create Scholarship Fund

Leiko V. Lumiere is a 2012 graduate of the Accelerated Nursing Program in the University of Massachusetts Boston’s College of Nursing and Health Sciences. While at UMass Boston, Lumiere achieved the monumental feat of completing her studies while caring for a son as a single parent. In October 2013, she gave the college an endowment to create the Leiko V. Lumiere Nursing Scholarship Fund.

The fund was established to support an international and also ESL student enrolled in the nursing program, traditional or accelerated. Since Lumiere is a native of Japan and a single parent, the scholarship fund will give preference to an international and single parent student. Lumiere has expressed a desire to endow a future fund through a bequest that will enhance the study of caring for patients with cancer. The College of Nursing and Health Sciences expresses its warmest appreciation to Lumiere for her generous contribution which will greatly assist the future recipients of this scholarship.

Please Save the Date!

The 28th Annual Research and Scholarship Day

Thursday, May 15th, 2014
8:30am—5:00pm

University of Massachusetts Boston | Campus Center Ballroom

- Keynote Speakers
- Student Oral Presentations and Poster Sessions
- PhD Program in Nursing

Doctor of Nursing Practice Program
- Master’s Program in Nursing
- Bachelor of Science Program in Nursing
- Exercise and Health Sciences Program

For questions please email ResearchDay@umb.edu
35th Anniversary Gala

Please join us on Thursday, May 15th, 2014 as the College of Nursing and Health Sciences celebrates its 35th anniversary. Immediately after our annual Research and Scholarship Day, Gala festivities will begin. Invitation will be forthcoming.

If you would like to become more involved in the planning of the event please contact Meghan Feeley at Meghan.Feeley@umb.edu.