

Department of Population and Quantitative Health Sciences

Weekly Newsletter

OCTOBER 27 - 31, 2025



UMass Chan
MEDICAL SCHOOL

UPCOMING EVENTS

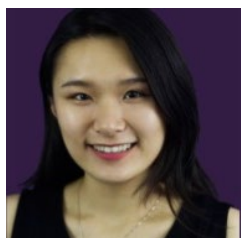
Thanksgiving Feast

Last chance before we make a decision... please . 🙋 [Click here](#) to let us know which dates work best for you.

Hello everyone, We're thinking about bringing back a beloved PQHS tradition — a **Thanksgiving potluck lunch!** Before we start planning, we'd love your input on timing. We're considering holding the feast sometime **between November 12 and 19**. If there's interest but the timing doesn't work out, we'll shift gears and plan a **holiday potluck in December** instead. We hope to celebrate together soon — your feedback will help us decide!

Warmly, *The PQHS Admin Team*

Wednesday, November 5, 2025, 10:00 – 11:00 AM



Research Methods Meeting

Presenter: Shiwei (Echo) Liang, Ph.D. Candidate in Population Health Sciences, PQHS

Title: Usage and effectiveness of antidepressants among nursing home residents with Alzheimer's disease and related dementias

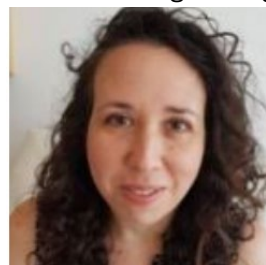
Abstract: Alzheimer's disease and related dementias (ADRDs)—the seventh leading cause of death in the U.S.—affect over 7 million Americans, with up to 50% experiencing depressive symptoms that can worsen quality of life and increase care burden. In nursing homes, where these symptoms are particularly prevalent, care needs are especially high. Antidepressants are the most frequently used psychotropics among U.S. nursing home residents, with about 50% receiving them, yet their efficacy in treating depression in dementia remains uncertain, as most evidence comes from small, short-term trials. This study used national Medicare-linked nursing home data (2011–2018) to examine antidepressant use patterns and compare the real-world effectiveness of SSRIs and SNRIs for managing depressive symptoms among residents with ADRD.

Bio: Shiwei (Echo) Liang is a 4th-year PhD candidate in the Population Health Sciences program, mentored by Dr. Kate Lapane and Dr. Matthew Alcusky. Her research focuses on neuropsychiatric diseases, comparative drug effectiveness studies and nursing home care. She has extensive experience working with large administrative and clinical datasets, including Medicare Parts A, B, and D, the CMS Minimum Data Set 3.0, Medicaid, and commercial insurance claims. Click [here](#) to join.

Monday, November 10, 2025, 1:00-2:15 PM

Gerontology Speaker Series

Title: Growing old together: Connections and perceptions



Speaker: Dikla Segel-Karpas, PhD, Chair, Department of Gerontology, University of Haifa

Abstract: Aging is not only a biological process but also a deeply social one. Our relationships across the life course shape how we age, affecting physical and mental health as well as the ways we think about and experience aging itself. This presentation will review evidence on the role of social connections in later life, highlighting their impact on cognitive functioning, physical health, emotional well-being, and subjective views of aging. I will then turn to the couple as a central context of aging, examining how older romantic partners influence each other's aging process. Beyond the couple, I will consider intergenerational relationships with

adult children and their significance for both parents and children. The talk will conclude with discussion of ongoing and future research aimed at advancing theoretical and empirical tools to better understand how our closest relationships, including spousal and intergenerational relationships, shape the process of growing old.

In-person (Gerontology Classroom, Wheatley Hall 3rd Floor, Room 125) and via Zoom: via

Zoom: <https://umassboston.zoom.us/j/94175483404> Password: Boston

Sponsored by:

University of Massachusetts Boston

Department of Gerontology and Gerontology Institute

Donna M. and Robert J. Manning College of Nursing & Health Sciences &

University of Massachusetts Medical School

Department of Population Health and Quantitative Health Sciences

For more information contact Qian Song: Qian.Song@umb.edu

Interested in learning more about gambling? Mark your calendars and register now for these upcoming trainings hosted in collaboration with the RI Council on Problem Gambling.

Wednesday, November 12, 2025, 1:00-2:30 PM

Register: [The Intersection of Gambling and Domestic Violence: Empowering Survivors](#)

Join consultant Kristen Beall for a critical training on the intersection of gambling disorder and domestic violence. This session examines how economic abuse and coercive control create a dangerous connection. You will learn evidence-based approaches for identifying financial coercion, concrete strategies for supporting survivors' path to safety, and practical intervention techniques you can implement immediately.

Wednesday, December 10, 2025, 1:00-2:30 PM

Register: [Gambling Disorder: Relationship to Suicide and Resources for Help](#)

Kristen Beall is offering a second training on a critical topic: Gambling disorder, which is recognized by the American Psychiatric Association as a behavioral addiction with the highest rate of suicide risk. This session provides crucial information on identifying warning signs using DSM-5 criteria, understanding co-occurring disorders, and initiating life-saving conversations. Leave equipped with essential resources and mitigation strategies to address this public health concern in your community.

Tuesday, December 16, 2025, 1:00-2:30 PM

Register: [Impact of the Games We Play](#)

Ted Hartwell is back to the impact of the games we play. Digital gaming has become one of the most dominant forms of entertainment worldwide—surpassing the movie and music industries combined. But with growing popularity comes growing concern. This training explores the line between healthy and problematic gaming, highlighting features in video games and social media that can quickly lead to harm, especially among younger users. Participants will gain insight into how gaming and gambling behaviors intersect, learn to identify warning signs, and discover practical resources to address gaming-related harms.

Please feel free to share this with anyone who may be interested. We hope to see you there! Keep checking our [website](#) and our [LinkedIn](#) page for updates!

The New England ATTC Team

New England ATTC
Population and Quantitative Health Sciences
UMass Chan Medical School
New England ATTC - Addiction Technology Transfer Center (ATTC) Network
NewEnglandATTC@umassmed.edu

FYI

Every Tuesday thru November 4, 10 AM – 2 PM

Farmers' Market, CSA, and Food Trucks at UMass Chan



Sponsored by Office of Well-Being and Office of Sustainability

Location: Outdoors, Medical School Building Terrace (Rain location: Old School Lobby or Albert Sherman Cafeteria)

In an effort to enhance campus sustainability, foster **engagement**, and promote well-being, we are proud to provide fresh, locally sourced food and products to our UMass Chan community and support small, local businesses in the region.

A variety of food trucks will be available each week offering food for purchase.

Questions? Email OWB@umassmed.edu.

Working Wisdom: Celebrating Diversity in How We Work

Diversity shows up in many ways — not just in our backgrounds, but also in our **behaviors, communication styles, and energy sources**. Some of us thrive in bustling group settings, others prefer quiet reflection, and many move between both.

This new *Education Corner* in the **Diversity Digest** will offer **short, engaging insights** into how personality and behavior shape our workplace experience. Each installment will highlight a different angle — from introversion and extroversion to communication, decision-making, and well-being — with quick takeaways and fun polls to spark reflection.




Together, we'll explore the **full spectrum of diversity in how we work** — and celebrate the strengths each style brings to our community.

Week 1




Where Do You Fall — Introvert, Extrovert, or Ambivert?

When it comes to personality, we're not all wired the same way. Some of us recharge in the spotlight of social gatherings, others need quiet time to refuel — and most of us fall somewhere in between. That middle ground is called an *ambivert*.

The Science Behind It

- **Extroverts**  are fueled by **dopamine**, the “feel-good” chemical linked to rewards like social interaction.
- **Introverts**  lean on **acetylcholine**, which rewards calm, focused activities like reading or reflecting.
- **Ambiverts**  often draw on both systems, adapting to context and environment.

At a Glance

	 Extrovert	 Introvert	 Ambivert
Definition	Outgoing, social, energized by being with others	Reserved, reflective, energized by solitude	Balance of both — flexible depending on context
Energy Source	Feels “charged” by social interaction	Feels “charged” by alone time	Switches depending on setting and mood
Style in Action	Speaks to think; enjoys group settings	Thinks first, then speaks; prefers depth over breadth	Moves comfortably between group and solo settings

Your Turn


Do you consider yourself an **Introvert, Extrovert, or Ambivert**?

Take this quick, two-question poll and see where our department lands

 <https://arcsapps.umassmed.edu/redcap/surveys/?s=HXP44NKJ38NC9MTT>

Practical Tip

Knowing where you fall on the spectrum can help you recharge more effectively. If you're drained, ask yourself: *Do I need people, peace, or a mix of both?*

 **Next Week:** We'll dive into **Energy at Work** — why some people thrive in teams while others do their best thinking in quiet focus.

Upcoming diversity calendar events:

- Thanksgiving (United States & Canada) **Nov 27**
A major harvest holiday focused on gratitude, togetherness, and a classic shared meal — including turkey, potatoes, and pumpkin pie.
- Día de los Muertos (Mexico) **Nov 2-3**
A vibrant celebration honoring loved ones who have passed, with colorful altars, marigolds, and lively parades that celebrate memory and connection.
- La Vendemmia (Italy)
Grape harvest festivals featuring local food, community events, and the first tastes of newly produced wine.

- Samhain (Ireland & Scotland) **Oct 31-Nov 1**

An ancient Celtic tradition marking the shift into winter, widely known as the historical inspiration for Halloween.

UMASS CHAN REMINDERS

HOLIDAY SCHEDULE

Remaining Holiday Schedule for 2025:

- Veterans Day – Tuesday, November 11th
- Thanksgiving Day – Thursday, November 27th
- Day After Thanksgiving – Friday, November 28th
- Christmas Eve – Wednesday, December 24th
- Christmas Day – Thursday, December 25th

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) & Sarah (sarah.yeboah@umassmed.edu) by Friday each week.