



FINAL STRETCH!

It's the last hurdle before the end of the semester! This time of year seems to fly by in the academic world, as we have Fall Break and Thanksgiving, then we're back for two weeks, have finals, and then it's Winter Break! Students can be seen studying in the halls, studying in classrooms, and pretty much anywhere else on campus as finals approach. And while it's easy to feel stressed in these last few weeks, remember to take a moment to breathe! Relax, eat a snack, get a good night's sleep; all of these things are important if you want to continue functioning at your best. That's why UMKC holds Stress Less Fest each year in the week before finals. So take a breath, good luck on finals, and have a great Winter Break!

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UPCOMING IMPORTANT DATES

- December 8th-12th - Stress Less Fest
- December 9th - Therapy Horses in HSB! 10am-12pm Room 4302
- December 15th-19th - Finals Week
- December 20th - Academic Professional Recognition Ceremony for SoNHS - 1pm Student Union 401
- December 21st - Winter Commencement 10am - Hy-vee Arena
- December 25th - January 1st - Winter Break (University Closed)

SONHS AND LLC STUDENTS CLEAN UP ROO PANTRY



Roo News article

On Friday, November 14th, students from the School of Nursing and Health Studies as well as from the SoNHS Living Learning Community in Oak Hall gathered together to clean up the Roo Pantry for their fellow classmates! The event was called the "Roo Pantry Power Hour". The Roo Pantry is available for any student through appointment or walk-in after 3pm and provide food on campus to those who need it! You can read more about the event at the QR code above for the Roo News article.



DENMARK DIARIES

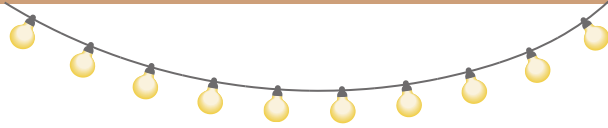


Here's another addition to our Denmark Diaries segment! One of our BHS students, Gabrielle Porter, is studying abroad in Denmark due to the scholarship she received from the Gilman Program. As part of the program, Gabrielle is sharing about her experiences in the newsletter to bring some awareness to what's possible for students with help from programs like Gilman.

Here is her next installment!

Hej!

My name is Gabrielle Porter! I'm studying Health Sciences at UMKC, and I'm currently studying abroad in Copenhagen with DIS, with help from the Gilman Scholarship Program.



The holiday season is upon us! It's already snowed twice here, which makes the dark winter feel much more magical. In Denmark, Christmas decorations start going up around November 1st (or even a bit earlier for some, since not all Danes celebrate Halloween and almost none celebrate Thanksgiving). Decorations here include smaller Christmas trees, "julehjerter" which are woven red and white hearts (reminiscent of the Danish flag), gnomes, and lots and lots of string lights, which help combat the darkness (as the sun starts setting around 3:30 now and it's only going to get darker). One of my favorite parts of experiencing the holidays here is the Christmas markets. It's so fun to walk through the festive wooden stalls with friends, especially when you have a warm cup of gløgg (mulled wine with spices, almonds, and cranberries) in one hand and either roasted chestnuts or candied almonds in the other.

At my homestay, we've been sharing holiday traditions. A few weeks ago, we had a traditional Thanksgiving dinner with friends and family. I also introduced my host family to the Charlie Brown Thanksgiving special. Then, we had a Christmas Hygge "meal" which consisted of cakes, cookies, æbleskiver (a kind of pancake ball whose name translates to apple slices), gløgg, and, most importantly, risengrød (rice porridge) with cinnamon, sugar, and butter on top, which is a big tradition in Denmark. The rice porridge is traditionally made by bringing the porridge rice and milk to a boil, wrapping it tightly in newspapers, towels, and blankets, and then leaving it to continue cooking in the bed for 4 hours! On Christmas Eve, instead of leaving cookies out for Santa Claus, children leave a bowl of rice porridge in the attic for the household Nisse (a kind of Christmas elf).

As sad as I am to leave in a couple of weeks, I'm also looking forward to coming back to Kansas City in time to celebrate the holidays and see the lights in the plaza!

Hav en god dag!
(Have a good day)
Gabrielle





Join us during Stress Less Fest for

THERAPY HORSES

**PRESENTED BY THE SONHS FUN COMMITTEE IN
COLLABORATION WITH DR. SHARON WHITE-LEWIS**

**Tuesday, December 9th
HSB 4302
10am - 12pm**

Take a break from
studying and come
spend some time
with some sweet
miniature therapy
horses!



***The free UMKC Shuttle drops off/picks up outside HSB at
9:42am, 10:27am, 11:12am, and 12:03pm if you'd like to
come visit from Volker!***

RESEARCH ADVANCEMENTS

Here's this month's announcements and updates on research that has been published or grants that have been received by our research faculty and students!

SONHS RESEARCH AND SCHOLARSHIP HIGHLIGHTS

Congratulations to Dr. Mei Rosemary Fu who was invited to give a keynote speech on “Advancing Precision Health Through Nursing Innovation and Policy” for the 2nd International Nursing Research Conference on Future Nursing Research and Innovation for Sustainable Global Health on December 2-4, 2025, in Bangkok, Thailand. This conference was organized by World Academy of Nursing Science, Nurse's Association of Thailand, and Thailand Nursing and Midwifery Council.



In the era of genomics and AI, precision health becomes essentially important in providing personalized health care based on a person's unique genetic, genomic, or omic composition within the context of lifestyle, social, economic, cultural and environmental influences to help individuals achieve well-being and optimal health. Precision health utilizes big data sets that combine omics (i.e., genomic sequence, protein, metabolite, and microbiome information) with clinical information and health outcomes to optimize disease diagnosis, treatment and prevention specific to each patient. Successful implementation of precision health requires interprofessional collaboration, community outreach efforts, and coordination of care, a mission that nurses are well-positioned to lead. Dr. Fu's presentation provides an overview of precision health and the importance of engaging the nursing profession for its implementation. If you are interested in precision health, you may read the following open-access publication.

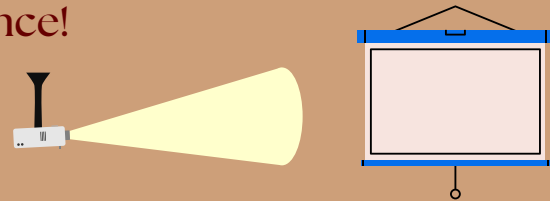
Fu, M. R., Kurnat-Thoma, E., Starkweather, A., Henderson, W. A., Cashion, A. K., Williams, J. K., Katapodi, M. C., Reuter-Rice, K., Hickey, K. T., Barcelona de Mendoza, V., Calzone, K., Conley, Y. P., Anderson, C. M., Lyon, D. E., Weaver, M. T., Shiao, P. K., Constantino, R. E., Wung, S. F., Hammer, M. J., Voss, J. G., ... Coleman, B. (2019). Precision health: A nursing perspective. *International journal of nursing sciences*, 7(1), 5–12. <https://doi.org/10.1016/j.ijnss.2019.12.008>

Congratulations to Dr. Shelley Hunter on her recent publication based on her PhD dissertation focusing on clinical anatomy remote learning!



Hunter, S., Halliday, N. L., Reeder, S., Garman, L., & Moon, M. B. (2025). Clinical anatomy remote learning: A mixed methods analysis of learning outcomes and student perceptions. *Anatomical sciences education*, 10.1002/ase.70165. Advance online publication. <https://doi.org/10.1002/ase.70165>

Congratulations to Dr. Theresa Brown who joined the CAFE sponsored scholarship of teaching and learning cohort at the *2026 Lilly Conference on College Teaching* and presented her peer-reviewed research presentation at the conference!



Brown, T. C. (2025, November). *From classroom to career: Bridging a competency gap through caring and community*. Paper presented at the Lilly Conference on College Teaching at University of Miami of Ohio, held in Oxford, OH.



UMKC Faculty at the 2026 Lilly Conference on College Teaching (left to right)
Shelley Howard– School of Dentistry
Wajib Gharibi– Science and Engineering
Marsha Huber- Bloch School of Management
Theresa Brown- School of Nursing and Health Studies

Larry Wigger- Bloch School of Management
Dan Scott – Science and Engineering
Alexis Petri- CAFE (not pictured as she was taking the picture!)



SONHS SCHOLARLY PUBLICATIONS : NOVEMBER 2025

*Indicates student; **Indicates PhD student; Bolded names indicate faculty and researcher.

Theresa C. Brown

Jo, S., Fry, M. D., **Brown, T. C.**, & Skorupski, W. P. (2025). Motivational climate and well-being in older adult group exercise: The mediating role of basic psychological needs. *Journal of Prevention*. <https://doi.org/10.1007/s10935-025-00882-7>

Mei Rosemary Fu

Li, Y., Zhou, Z., **Fu, M. R.**, Tang, J., Peng, H., Zhu, L., Huang, C., Chen, Q., & Hu, Y. (2025). "A Mother Makes a Better Nurse": A Phenomenological Study of Neonatal Nurses' Readiness Recalibration Following Postpartum Return to Work. *Journal of nursing management*, 2025, 9095340. <https://doi.org/10.1155/jonm/9095340> PMID: 41216353; PMCID: PMC12597230.

Gou, J., Hu, Z., Cai, M., Zhang, S., Zhou, S., Feng, X., Tian, Y., Li, K., Hu, X., Liu, X., Pei, X., Tian, L., Zuo, H., & **Fu, M. R.** (2025). Microbial biomarkers and sex-associated gut microbiota characteristics of thyroid cancer. *BMC cancer*, 25(1), 1688. <https://doi.org/10.1186/s12885-025-14986-0>; PMID: 41184773; PMCID: PMC12581412.

Li, Y., Luo, B., Shi, J., Chen, M., **Fu, M. R.**, & Liao, S. (2025). Internet addiction and depressive symptoms among nursing students: A network analysis with implications for nursing education. *Nurse education today*, 157, 106913. Advance online publication. <https://doi.org/10.1016/j.nedt.2025.106913>; PMID: 41205560.

Shelley Hunter

Hunter, S., Halliday, N. L., Reeder, S., Garman, L., & Moon, M. B. (2025). Clinical anatomy remote learning: A mixed methods analysis of learning outcomes and student perceptions. *Anatomical sciences education*, 10.1002/ase.70165. Advance online publication. <https://doi.org/10.1002/ase.70165>

Sharon White-Lewis

Steven Chesnut

Amanda Grimes

Joseph Lightner

Crowley, J., **Chesnut, S.**, Spears, K., **Grimes, A.**, **Lightner, J.**, & **White-Lewis, S.** (2025). Disaster Recovery and Community-Dwelling Older Adults: An Intervention Study of Self-Efficacy. *Risk, Hazards & Crisis in Public Policy*, 16(4), e70044. <https://doi.org/10.1002/rhc3.7004>

SONHS SCHOLARLY PRESENTATIONS

*Indicates student; **Indicates PhD student; Bolded names indicate faculty and researcher.

Theresa C. Brown

Brown, T. C. (2025, November). *From classroom to career: Bridging a competency gap through caring and community*. Paper presented at the Lilly Conference on College Teaching at University of Miami of Ohio, held in Oxford, OH.

Mei Rosemary Fu

Fu, M.R. (December 2-4, 2025). Advancing Precision Health Through Nursing Innovation and Policy. *The 2nd International Nursing Research Conference on Future Nursing Research and Innovation for Sustainable Global Health*, organized by World Academy of Nursing Science, Nurse's Association of Thailand, and Thailand Nursing and Midwifery Council, Miracle Grand Convention Hotel, Bangkok, Thailand. Keynote Speaker.

Kelsey Gardiner Joseph Lightner

Brooks, A., Price, J., Hellman, E., Keller, K., Malone, S., Yu, M., **Gardiner, K., Lightner, J.** Implementation strategies and outcomes of physical activity and nutrition: Baseline values of Missouri SPAN, HOP, and REACH programs. American Public Health Association. Washington, D.C. (2025)

Kelsey Gardiner Amanda Grimes

Gardiner, K., Grimes, A., Allsworth, J. Rhone, J., Garcia, R., Eng, E., Mohammed, R., Ahmed, F. Addressing Food Insecurity and Health Risks in Minority High-Risk Pregnant Women: A Pilot Study of the 'FoodFARMacy' Intervention. American Public Health Association. Washington, D.C.(2025)

Kelsey Gardiner

Alonso, A. **Gardiner, K.** Veggie Meter™ Scores and Health Outcomes Among Food as Medicine Participants. Undergraduate Graduate Research Symposium. University of Missouri Kansas City. Kansas City Missouri. (2024).

Amanda Grimes Joseph Lightner Steven Chesnut

Grimes, A., Lightner, J., Chesnut, S., Sylvaine, C., Van Vlack, T., & Ziegler, N. (2025, November). Are bike lanes white lanes? Perceptions of bike lanes in a racially segregated city. In *APHA 2025 Annual Meeting and Expo*. APHA.

Amanda Grimes Steven Chesnut Joseph Lightner

Carson, J., **Grimes, A.**, Sylvaine, C., **Chesnut, S.**, Van Vlack, T., Ziegler, N., & **Lightner, J.** (2025, November). Taxes and Public Health: Do voter's support transportation as a social determinant and essential service? In APHA 2025 Annual Meeting and Expo. APHA.

Sharon White-Lewis

Spears, K., & **White-Lewis, S.** (2025, November). SPICEing up the plan: Empowering seniors in comprehensive disaster preparedness [Podium Presentation]. Creating Hope, Greenville, SC.

