



HOPE YOUR COAT WASN'T IN STORAGE

Just as was predicted in last month's issue, we did, in fact, have the temperatures seem to plummet overnight. One week it was 70s, a few low 80s, and then all of sudden we get drenched with a week-long rain storm that felt less like easing into Fall and more like Fall was shoving our head into a tub of cold water to welcome the season 🥴. Jokes aside, many are happy that we can finally experience some chill autumn weather and pull out our cozy sweaters, feel validated in getting that pumpkin spice latte, and see the leaves start to change and fall, giving a satisfying crunch while out on a crisp Fall walk. Beyond that, students have been working hard, already taken some exams, and passed the halfway point of the semester!

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UPCOMING IMPORTANT DATES

- November 11th - Veteran's Day (University Closed)
- November 22nd-30th - Fall Break!
- November 27th & 28th - Thanksgiving Holiday (University Closed)

HOP ON THE STREETCAR AT UMKC!

This month, the KC Streetcar Extension finally opened, with its final stop at UMKC!! The Streetcar will be a great resource for students and anyone from UMKC, as it connects our campus with the major boroughs of Kansas City including the Plaza, Westport, Midtown, Union Station, the Crossroads, Downtown, and the River Market! We had a launch celebration to welcome the Streetcar to campus, attended by Chancellor Agrawal, Mayor Lucas, and of course, KC Roo! That night, there was a big celebration on campus complete with a drone show. The Streetcar is now accessible to all, and is completely free to ride!



FALL RAFFLE RESULTS

At the end of September and into October we held a raffle for some giftcards, and to enter the raffle you had to tell us what your favorite thing about this time of year is! We put all your responses into a wordcloud generator to show what everyone was saying the most!



DENMARK DIARIES



We have 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!

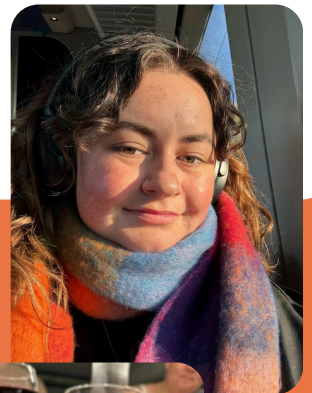
My name is Gabrielle Porter! I'm studying Health Sciences at UMKC, and I'm currently studying abroad in Copenhagen with DIS, with help from the Gilman Scholarship Program.

It's been such a busy month for me! At the start of October my Core Course, Positive Psychology, did a study tour to London. While there we did a mix of academic and cultural experiences that taught us about positive psychology in the context of the UK, as compared with Denmark and the U.S. We did talks with prominent researchers and professors in the world of positive psychology, as well as touring the Tower of London, cleaning a pond in Holland Park, seeing a show in the West End, and doing a graffiti workshop and tour in the East End.

Back in Denmark, we rolled our clocks back on October 26th and the sun sets before 5pm now. With limited hours of sunlight, we turn our attention inward and focus on Hygge (pronounced hyoo-guh), which essentially translates to cozy time spent intentionally, especially with people you care about. In practice, this looks like warm sweaters, blankets (which restaurants even leave out on their patios for people to use), warm meals with friends, and lots and lots of candles.

As Kansas City starts growing colder and darker too, I hope we can all make some time for Hygge in our lives, even if that just looks like warm tea and cozy socks!

Until next time,
Gabrielle



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. Gary E. Hicks-Clayton and Dr. Mei Rosemary Fu!

Dr. Hicks-Clayton and Dr. Fu brought strong representations of UMKC School of Nursing and Health Studies by presenting their research, quality improvement project, and panel discussions at *51st Annual Conference Transcultural Nursing Society, Transcultural Nursing: Addressing Healthcare Needs in a Global Society* in Portland, Maine.

Dr. Fu is the Editor-In-Chief for *The Journal of Transcultural Nursing*, a reputable and peer-reviewed journal.



Congratulations to Dr. Kelsey Gardiner!

The FoodFARMacy team lead by Dr. Gardiner's Community Health Nutrition Lab, University Health, and a team of community-based health organizations in Kansas City was awarded the "Food Systems Champion Award- Excellence in Strengthening Local and Regional Food Systems" from the Missouri Council for Activity and Nutrition (MOCAN). This is a state-wide recognition that highlights an individual or organization that has demonstrated strong leadership in improving food systems in Missouri. This includes leading projects that increase access to local foods and advancing local food programs or community food planning initiatives..



Congratulations to Dr. Amanda Grimes!

In the KCUR “Up to Date” radio segment titled “Kansas City health experts want Trump’s revived Presidential Fitness Test to be more inclusive”, Amanda Grimes is featured as a subject-matter expert. She provides commentary on the historical context and implications of the revived Presidential Fitness Test. In its previous form, Grimes explains that many children found it stressful or exclusionary, particularly those who weren’t already athletic. Science has shown us; the previous form of the fitness test is not ideal for improving physical activity outcomes. She highlights that factors such as access to healthy food, safe neighborhoods and transportation infrastructure meaningfully influence children’s physical-activity opportunities. She also recommends that schools adopt more inclusive strategies—emphasizing fun, social movement and exposure to a variety of activities rather than emphasizing competition—so that fitness initiatives are meaningful for a broader range of children.



Congratulations to PhD Student Doris Layton Stocke!

Who was awarded the 2025 Cathy Gouzoule Oncology Scholarship. Doris’s research focuses on cancer-related pain and AI-assisted intervention.



Congratulations to Health Science Students, Riley DeWitt and Thomas Drosos as well as their faculty mentors, Dr. Theresa Brown and Dr. Amanda Grimes who received awarded SEARCH grant award for 2025:

Riley DeWitt, "UMKC Student Physical Activity Levels and Factors on Student Recreation Center Usage", Mentored by Dr. Theresa Brown

Thomas Drosos, "A Multi-level Analysis of Bike Share Programs to Identify Areas of Improvement", Mentored Dr. Amanda Grimes



SONHS SCHOLARLY PUBLICATIONS : OCTOBER 2025

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

ReaAnn Anderson

Skorheim, J. A., & **Anderson, R. E.** (2025). Victimization and Perpetration of Sexual Violence in College Men: The Characteristics of Social Ecology, Shared Risk Factors and Their Implications for Prevention. *Journal of aggression, maltreatment & trauma*, 10.1080/10926771.2025.2549743. Advance online publication. <https://doi.org/10.1080/10926771.2025.2549743>

Thompson, M. P., Kowalski, R. M., Peterson, Z. D., **Anderson, R.**, & Koss, M. P. (2025). Technology-Facilitated Sexual Exploitation Module of the SES-V: Prevalence and Differential Vulnerability Across Two U.S. National Samples. *Journal of sex research*, 1–10. Advance online publication. <https://doi.org/10.1080/00224499.2025.2509085>

Ingle, C., **Anderson, R.**, & Williams, A. (2025). Intersections of sexual orientation, gender identity, and race/ethnicity and odds of reporting depression and anxiety symptomology in the Household Pulse Survey. *Journal of mental health (Abingdon, England)*, 1–12. Advance online publication. <https://doi.org/10.1080/09638237.2025.255850>

Theresa C. Brown

Claunch, J. L., Fry, M. D., & **Brown, T. C.** (2025). Motivational climate collaboration between a collegiate Native American volleyball program and sport psychology researchers. *The Sport Psychologist*. Advance online publication. <https://doi.org/10.1123/tsp.2025-0028>

Steven Chesnut

Gromer, A. **, **Chesnut, S. R.**, & Patel, S. E. (2025). Curricular resources used in nursing education to teach diverse patient care: A discursive paper. *Journal of Professional Nursing*, 61, 1–6. <https://doi.org/10.1016/j.profnurs.2025.08.011>

Gromer, A. **, & **Chesnut, S. R.** (2025). Strengthening psychomotor skills using video debriefing and instructor feedback: A pilot study. *Teaching and Learning in Nursing*, 20(4), e1119–e1125. <https://doi.org/10.1016/j.teln.2025.05.029>

Gromer, A. **, Patel, S., & **Chesnut, S. R.** (2025). Strategies for teaching psychomotor skills to undergraduate nursing students: A scoping review. *Teaching and Learning in Nursing*, 20(1). <https://doi.org/10.1016/j.teln.2024.08.013>

Lightner, J. S., Vonnahme, G., Chesnut, S. R., Ziegler, N., Nguyen, N., Sylvaine, C., Snead, R., Carlson, J., Berkley-Patton, J., & Grimes, A. (2025). Funding for public transportation: Results from a midwest exit poll. *Transportation Research Interdisciplinary Perspectives*, 31. <https://doi.org/10.1016/j.trip.2025.101433>

Mei Rosemary Fu

Paramanandam, V. S., Dylke, E., Fu, M. R., Daptardar, A., Kamat, M., Mahajan, S., & Kilbreath, S. (2025). Cross-Cultural Adaptation of the Breast Cancer and Lymphedema Symptom Experience Index in Bengali. *Journal of transcultural nursing: official journal of the Transcultural Nursing Society*, 36(5), 506–517. <https://doi.org/10.1177/10436596251345338> PMID: 40579999; PMCID: PMC12335620.

SONHS SCHOLARLY PRESENTATIONS

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

Kelsey Gardiner

Falah, A.*, Rhone, J., **Gardiner, K.** (2025). FoodFARMacy-award recognition & project presentation. Hosted Missouri Council for Activity and Nutrition (MOCAN). Jefferson City. October 2025.

Mei Rosemary Fu

Fu, M.R., Shelton, A., Wiest, D., & Hodges, D. (October 14-17). Multi-perspective approaches to complex care research: Integrating data, clinical insights, and lived experience (Pre-conference Workshop). *Putting Care at the Center 2025 Complex Care: Meeting the Moment; at 10th annual conference of Camden Coalition*, the Hilton Portland Downtown, 921 SW 6th Avenue, Portland, OR 97204.

Fu, M.R., Liu, B., King, G.W., Lee, Y., **Alanazi, A., **Alsaoud, H., *Kochar, A. (October 15-17, 2024). *AI-Assisted Behavioral Pain Interventions for Adults with Chronic Pain*. American Academy of Nursing: 2025 Health Policy Conference, October 15-17. Marriott Marquis, Washington, DC.

Fu, M.R. Ludwig-Beymer, P., Zoucha, R., Serafica, R., Al-Halabi, J. (October 29-November 1). Strategies for improving your writing and manuscript reviewers: The use of reporting guidelines and appropriate statistics. *5th Annual Conference Transcultural Nursing Society, Transcultural Nursing: Addressing Healthcare Needs in a Global Society*. Holiday Inn by the Bay, 88 Spring Street, Portland. Maine, 04101.

Mei Rosemary Fu Cynthia L. Russell Lippincott

Fu, M.R., Liu, B., **Alsaoud, H., *Creamer-Ellecamp, D., Kremer, E., Russell Lippincott, C. (October 15-17, 2024). *The Effects of Nutritional or Herbal Supplement Intake on Pain, Daily Living Function, and Emotional Distress among Breast Cancer Patients*. American Academy of Nursing: 2025 Health Policy Conference, October 15-17. Marriott Marquis, Washington, DC.

Mei Rosemary Fu

Cynthia L. Russell Lippincott

Sue Laster

Steven Chestnut

Fu, M.R. Arbesfeld-Qiu, J.M., Korth, S., Karp, K., Kremer, H., Russell Lippincott, C. L., Lasiter, S., Chestnut, S. (October 29-November 1). Person-centered adaptation of culturally appropriate behavioral pain intervention for Black and Hispanic breast cancer survivors. *5th Annual Conference Transcultural Nursing Society*, Transcultural Nursing: Addressing Healthcare Needs in a Global Society. Holiday Inn by the Bay, 88 Spring Street, Portland. Maine, 04101.

Gary E. Hicks-Clayton

Hicks-Clayton (October 29-November 1). Enhancing nursing leadership development through culturally diverse real-world narratives. *5th Annual Conference Transcultural Nursing Society*, *Transcultural Nursing: Addressing Healthcare Needs in a Global Society*. Holiday Inn by the Bay, 88 Spring Street, Portland. Maine, 04101.

Cynthia L. Russell Lippincott

Sarigol Ordin, Y., Pironet, A., Bartlett Ellis, R., Celik, B., Kankaya, E. A., Stephens, M. B., Yildiz, S., Yerram, P., Awopetu, W., Henderson, E. A., Wakefield, M., & Russell Lippincott, C. L. The SystemCHANGE™ intervention improves medication-taking habit: A secondary analysis of the MAGIC studies. [International Transplant Nursing Symposium, October 3, 2025].

