



COMMUNITY CONNECTIONS

KEEPING OUR COMMUNITIES CONNECTED AND ENGAGED

From the Director of Community Outreach & Education

Issue 30, December 2022

Happy Holidays!

It's the holiday season: A time to gather with loved ones, remember the reason for the season and reflect on the year.

More than 20 years ago, our office started off with a key message: Cancer, there is hope! Our office is full of hope because of the amazing men and women who partner with us to serve communities in Alabama and Mississippi and lower cancer risk. We appreciate and applaud you! Your passion and commitment are saving lives.



I hope the following quote by Maya Angelou brings inspiration as we head into 2023. "When you do nothing you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that

comes from knowing you are working to make things better."

Happy Holidays, Merry Christmas, Happy Hanukkah, Happy Kwanza and Happy New Year to you and yours!

Be well!

Francine

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Lung Cancer Word Cloud from the Health Equity Webinar on November 15, 2022

What words come to mind when you think about ensuring health equity as it relates to lung cancer?



COE COMMUNITY ADVISORY MEMBERS COMPLETE FIRST TERM

The COE Community Advisory Board (CAB) was established in February 2019 to provide guidance and bidirectional feedback to COE and the Cancer Center director. The CAB represents members from the faith community, health care, law enforcement, cancer survivors and other community leaders from across the state, including two individuals from Mississippi.

The CAB has been led by Dr. Nathaniel Brooks, Senior Pastor at Greater St. John Baptist Church in Birmingham. We are thankful for the leadership that Dr. Brooks has provided to the CAB over the past three years. Dr. Brooks will return for a second term as a member at large.

COE is thankful for the following CAB members who are completing their three year term. We are so thankful for the contributions that they have provided to COE and the communities where they live and work.

Ethel Myles–Henderson – CAB Co-Chair (2019-2021); Anniston (Calhoun County)

Rev. Curtis Jackson – Pastor, First Baptist Church, Orville (Dallas County)

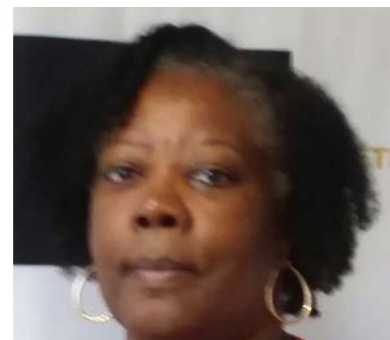
Nathaniel Rutledge – Retired, Chief of Police, City of Bessemer & Educator (Jefferson County)

Jessica Odom – Blackwell Community Outreach (Walker County)

Marshall Abston – Formerly, Choctaw General Hospital (Choctaw County)



Dr. Nathaniel Brooks



Ethel Myles-Henderson



Rev. Curtis Jackson



Nathaniel Rutledge



Jessica Odom



Marshall Abston

In Memory of Nan Brown Curtis

Nannie (Nan) Brown Curtis was a cancer survivor, advocate, minister, nurse, educator, wife, mom, sister and so much more to her community. Curtis served the CAB in so many ways, especially in her role of education, awareness and sharing her personal battle with cancer and that of her family. Curtis has left a lasting legacy, and she will be greatly missed.

To honor Nan, her family asked that donations be given to support cancer screening and treatment of African Americans and individuals from underserved areas (Go.uab.edu/ocoeoutreach).



IT'S NOT TOO LATE TO GET YOUR CANCER SCREENINGS

Remember, there is still time to get your cancer screenings before the year ends. Talk with your health care provider about what is right for you. Screening is important, but screening on time is essential. Early detection saves lives!

Take the necessary steps to complete your cancer screenings. Remind your friends, colleagues and family members to schedule their appointments too. You may be the push they need to lower their risk of getting cancer.

BREAST CANCER 40

Yearly screening starts at age 40 with a mammogram.¹

LUNG CANCER 50+

Screening for current or former smokers starts at age 50 or older with a low-dose CT scan. (Referral required)^{1,2}

CERVICAL CANCER 25

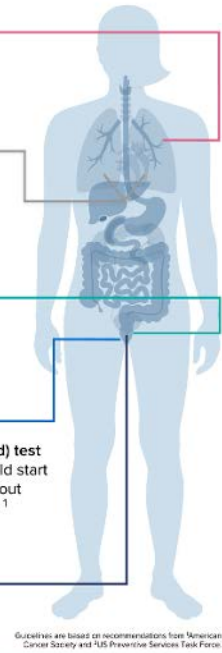
Women should get a Pap and/or HPV test regularly starting at age 25.¹

PROSTATE CANCER 50/40

Men should begin screening at age 50 with a PSA (blood) test or digital rectal exam (DRE). African American men should start screening as early as age 40. Speak with your doctor about risks and symptoms to determine when to get screened.¹

COLORECTAL CANCER 45

Screening for colorectal cancer should begin at age 45. Talk to your health care provider about what is right for you.^{1,2}



Guidelines are based on recommendations from American Cancer Society and US Preventive Services Task Force.

Healthy Corner: Nectarine and Raspberry Holiday Cobbler

It's that time of the year when we indulge in more sweets than we normally allow ourselves to consume. Below is a recipe for a healthy alternative. Fruits make a sweet dessert when baked into this tasty and colorful cobbler. Dark red raspberries contain vitamin C and compounds like ellagic acid, while golden nectarines boast carotenoid compounds. Both fruits contain cancer-protective fiber, as does the whole-grain crust it's wrapped in.

Ingredients

- Canola oil cooking spray
- 6 cups thinly sliced nectarines (about 6-8 small)
- 2 cups fresh raspberries
- 1/2 cup sugar plus 1 Tbsp. sugar, divided
- 1/2 cup whole wheat flour
- 1/2 cup unbleached all-purpose flour plus more for dusting
- 1/2 tsp. ground cinnamon
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 2 Tbsp. very cold unsalted butter, cut into small pieces

Directions

1. Preheat oven to 450 degrees F.
2. Lightly coat an 8-inch square baking dish with canola oil spray. In a bowl, toss nectarines and raspberries with 1/2 cup sugar, using your hands to distribute the sugar evenly. Pour the fruit, scraping the bowl with a rubber spatula, into prepared baking dish.
3. In a medium bowl, combine whole-wheat flour, 1/2 cup all-purpose flour, remaining 1 tbsp. sugar, and cinnamon, baking powder, baking soda and salt. Cut the butter into dry ingredients using a pastry blender or tines of a fork. Work mixture with the tips of your fingers until grainy. Mix in buttermilk with a wooden spoon until soft, moist dough forms.
4. Lightly dust work surface with flour. Gently pat dough into a 1/4 -inch thick rectangle using the heel of your hand. Sprinkle dough lightly with flour, if it becomes too sticky. Dip the rim of a 2-inch glass in flour and cut 9 rounds from the dough. Arrange rounds in 3 rows on top of fruit in baking dish. Rounds should almost touch and should leave a border of fruit along the outer edges of dish.



Bake cobbler for 25-30 minutes, until biscuits are lightly browned and fruit is bubbling. Cool on wire rack for 20 minutes and serve warm.

REAL CONVERSATIONS

CREATING OPPORTUNITIES FOR ALL



A Health Equity Series

TUESDAY, JAN. 31, 5:30 PM

The Office of Community Outreach & Engagement at the O'Neal Comprehensive Cancer Center at UAB and Genentech present a series of four health equity webinars.

WEBINAR 4: COLORECTAL CANCER

A diverse panel responds to questions and perspectives from the community and other stakeholders.

GOAL: To develop recommendations driven by the community to ensure that everyone has the opportunity to achieve optimal health.



REGISTER:

go.uab.edu/hescolorrectal

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