

Community Connections



KEEPING OUR COMMUNITIES CONNECTED AND ENGAGED

Director's Note

Issue 2, May 2020

HELLO CHAS AND COMMUNITY PARTNERS:

As we watch spring 2020 unfold, many of us are still at home practicing safe “social distancing,” our new norm of maintaining at least six feet from others.

It dawned on me that we have changed from winter to spring while in this pandemic. So much has happened to our families, communities and the entire world while living under this quarantine. We have experienced gains and losses, new opportunities and fresh perspectives in all areas of our lives.

I challenge you to search daily for opportunities to see some “good” in this current situation. For starters, look at nature, from the beautiful



flowers blooming each day to the squirrels that so freely run and play in the green grass or the oak trees.

Lastly, I encourage you to take 15 or 30 minutes a day to move. Dance, walk, play with your children/grandchildren or do anything that you

enjoy as often as you can. Movement is one of the greatest ways we can reduce stress, reduce arthritis and lower risks of cancer and other chronic diseases. Until next time... Let's get moving!

– *Claudia*

O'NEAL COMPREHENSIVE
CANCER CENTER

UAB THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

COMMUNITY
OUTREACH & ENGAGEMENT

Claudia Hardy – Program Director
chardy@uab.edu

Tara Bowman – Program Manager
tbowman@uab.edu

Rochelle Wallace – Health Initiatives Manager
rlw365@uab.edu

Joseph D. Bryant - Newsletter Editor
josephbryant@uabmc.edu

Drank 8 cups of water in a day	Swept the floor	Completed a memory game (e.g., crossword, jigsaw)	Meditated for 10 minutes	Participated in an online fitness class
Took 10 deep breaths	Slept for a full 8 hours	Chose water over a sweetened beverage	Danced to music for 15 minutes	Played a board game
Did a muscle-strengthening activity	Decluttered a space	FREE SPACE	Practiced yoga poses or tai chi to relieve stress	Ate 1–3 cups of vegetables in a day
Learned about Move Your Way **	Made my MyPlate plan via USDA*	Video chatted with a friend or family member	Wrote in my journal	Stretched 2–3 times in a day
Took a break from social media	Spoke with an old friend	Flossed after every meal	Avoided dessert and candy for a day	Read a book

PLAY HEALTHY BINGO

Take the Active & Healthy Bingo Challenge! Mark the squares of the activities you completed – five in a row means BINGO! Show your friends, your family and us how you're staying active and healthy at home while social distancing.



CORONAVIRUS SHOPPING TIPS



TIPS ON SAFE GROCERY SHOPPING

Grocery shopping during the pandemic raises questions about how to remain safe and reduce risks.

Experts recommend forming a plan before taking a trip to the store, including only going when it is essential, making a list, and minimizing shopping time.

Also, individuals at high-risk due to age or health are advised to have groceries delivered or brought to them as an alternative. Some stores also have special hours set aside for senior citizens and those who are at a higher risk.

BEFORE YOU GO

- Evaluate if you MUST go to the store
- Create a grocery list
- Put on a cloth face mask



WHILE YOU SHOP

- Use store-provided or your own personal hand sanitizer when handling carts or baskets
- Stay at least six feet away from others
- Use hand sanitizer or a wipe after you use the touchpad or exchange money at the register

WHEN YOU GET HOME

- Wash your hands when you return from your grocery trip
- Use disinfectant wipes or soap and water to wipe off groceries (except produce) before putting items away
- If using reusable bags, wipe them off, especially on the outside
- Wash your hands when you are finished



MAY EVENTS

Don't Forget: Mother's Day on May 10

Mother's Day also marks the beginning of National Women's Health Week, May 10 through May 16.

The week serves as a reminder for women to make their health a priority and build positive health habits for life.

Learn more at womenshealth.gov.



CAB Meeting: Tuesday, May 12, 12:00 p.m.
Zoom and call-in information will be provided to CAB members by email/mail.

MAY EVENT

Don't Forget: No Menthol Sunday on May 17



go.uab.edu/nomentholsunday2020



COMMUNITY PROFILE

FAITH IN ACTION: NATHANIEL BROOKS LEADS EFFORT TO PROVIDE STABLE FOOD SOURCE AND ENCOURAGEMENT TO HUNDREDS DURING PANDEMIC

Birmingham, Alabama – Each day the Rev. Dr. Nathaniel Brooks leaves home, he puts on his gloves, secures his face covering, then says a prayer that he will return back safely and in good health.

The pastor of Greater Saint John Baptist Church in Birmingham knows that every trip outside - where he will encounter dozens of people - is a risk. Yet he calls it a risk worth taking to deliver help to his neighbors across the city who need it the most.

“Every time I leave out the house I pray that the Lord would return me safely,” Brooks said. “To some extent I’m a bit nervous, and yet there’s a need to do the Lord’s work.”

Brooks leads a food distribution program that has become a lifeline for hundreds of Birmingham residents since the pandemic. Those seeking help include the homeless and residents from the youngest to the most elderly.

The program has distributed more than 2,000 meals and food boxes. Distributions are made from his

church and in downtown parks. Some meals are even home-delivered to seniors who are shut in.

“I’ve had people cry who said, ‘I don’t know what we would do if we didn’t have this,’” Brooks said. “They’ve been using us as a support, and we don’t mind.”

Brooks said he was touched to see some children come for the meals, only to return to ask for more to give to other children in the neighborhood.

Brooks is also the co-chair of the Office of Community Outreach & Engagement’s Community Advisory Board.

“Dr. Brooks’ latest call to action is not surprising to any of us who work with him. He is the epitome of humility and service,” said Claudia Hardy, director of Community Outreach at the O’Neal Comprehensive Cancer Center.

“As a leader on our advisory board, Dr. Brooks is a trusted partner who helps us better understand the needs of communities we are seeking to reach and serve. I don’t believe the



word ‘no’ is even in his vocabulary, as he’s always available when called upon.”

Brooks said his service on the advisory board has given him additional tools to assist his constituents.

“It has helped me as a pastor,” he said regarding his newfound skills of cancer awareness, education and prevention. “Now I know what questions to ask, I know the medical terms, and I’m able to be a positive influencer because I am now educated.”

CONTINUED

At the church, Brooks describes the current food distribution as a blend of both his call to ministry and his obligation to community service. He and his team were preparing to open the food bank later this year, but the pandemic necessitated a more rapid response that resulted in a team of 35 volunteers. The need was too great to wait, he said.

“We had to react to a community that was already challenged,” Brooks explained. “It really caught us off guard in that we didn’t have the chance to discuss what this would look like.

“COVID19 sped us up and gave us that extra adrenaline and that extra push.”

Nevertheless, the team sprung to action. His service area includes the neighborhoods of southwest Birmingham.

Through it all, Brooks has balanced congregational care, feeding the seniors and children and providing for his own family, while staying mentally focused and healthy.

“I have not had a day off since March 16,” Brooks said with a laugh in place of any complaint. “God has blessed me and my family, so it’s hard for me to sit back and not see other people blessed. It gives me energy to know that I am doing the Lord’s work in this community. I don’t go to sleep until I feel they are being taken care of.”

Women's Health Month

G	V	F	P	H	E	E	L	D	H	L	L	M	W
H	E	A	A	M	I	E	Y	T	N	S	Y	W	H
C	G	Y	P	P	P	T	T	V	R	L	E	L	F
G	E	O	T	L	I	G	T	O	E	L	M	L	T
Y	T	A	E	A	L	S	T	A	L	A	I	S	T
N	A	S	S	T	G	C	P	W	R	T	B	N	A
V	B	T	T	W	A	Y	O	G	C	E	A	Y	A
I	L	E	E	F	N	M	O	A	V	I	Y	T	I
S	E	R	K	H	A	M	E	I	Y	M	I	L	Y
I	S	S	P	N	M	M	G	S	S	I	P	H	E
T	I	H	E	A	L	T	H	Y	F	O	O	D	S
R	F	A	M	I	L	Y	H	I	S	T	O	R	Y
W	E	Y	T	I	S	E	B	O	R	E	W	O	L
O	H	E	A	L	T	H	Y	W	E	I	G	H	T

- HEALTHY FOODS
- LOWER OBESITY
- PAP TEST
- MAMMOGRAM
- WELL WOMAN
- HEALTHY WEIGHT
- FAMILY HISTORY
- RISK FACTORS
- GYN VISIT
- VEGETABLES

Play this puzzle online at : <https://thewordsearch.com/puzzle/1070709/>



COME ZOOM WITH US!

MAY MONTHLY MAINTENANCE MEETING

Calling all Community Health Advisors (CHAs)!
Join us for our first virtual gathering of CHAs in SEVEN counties using ZOOM meeting technology.

HEAR project updates!

MEET other CHAs in other counties!

DISCOVER what is new in the Office of Community Outreach & Engagement!

MEETING DATES: (Select only one)

- MONDAY, MAY 4TH, FROM 5:00 – 6:00 PM
- THURSDAY, MAY 7TH, FROM 12:00 – 1:00 PM
- TUESDAY, MAY 12TH, FROM 5:30 – 6:30 PM
- WEDNESDAY, MAY 13TH, FROM 12:00 – 1:00 PM

JOIN US

- From wherever you are
- With your own device
- Alone or social distancing

ZOOM INFORMATION

Go to ZOOM.US or call in to **1-646-558-8656**
CLICK “Join a Meeting”
Meeting ID : **648-929-8656**

❖ If you need further assistance, contact your county coordinator.