

COMMUNITY CONNECTIONS

KEEPING OUR COMMUNITIES CONNECTED AND ENGAGED

ISSUE 35, OCTOBER 2023

DIRECTOR'S NOTE

October marks the third month since my arrival. In my first 90 days, I have had the opportunity to meet with academicians, community organization leaders, community members, government officials and industry partners—gleaning valuable information from each person about how to make the O'Neal Comprehensive Cancer Center's community outreach and engagement have ten-fold impact toward reducing cancer burden and disparities in our Alabamian communities. I have poured this feedback into a strategic plan to capitalize on three E's: Evidence, Education and Empowerment.

Evidence: We want to ensure that everyone within our state is abreast of the latest evidence from cancer-related clinical trials. We also want to have community members take part in how evidence is created.

Education: We want to bring acceptable cancer awareness and resources to all Alabamians.

Empowerment: We want to empower more champions to take up the mantle of outreach and engagement, as well as encourage Alabamians to have life-saving cancer screenings and incorporate risk-reducing behaviors into their daily routines.

Our Community Outreach & Engagement team is already rolling out parts of our strategic plan. We

celebrated yet another Community Dissemination Institute where we brought together our partners to share and learn. On October 3rd, we hosted "Sister Talk," a webinar geared toward providing education about breast cancer awareness. Also in October, we will train more community health advisors to carry our messages into more communities. All of this wonderful work is proof that together we can overcome odds! Together, we can be the change that we hope to see.

- Dr. Nolan

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O'NEAL COMPREHENSIVE
CANCER CENTER
UAB THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

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COMMUNITY HEALTH WORKER CORE TRAINING

The first cohort of Community Outreach & Engagement county coordinators completed 161 hours of Community Health Worker (CHW) CORE training this summer. Training was held June 19, 2023 to August 15, 2023.

We are so excited and proud to have staff trained on national CHW CORE competencies and skills. Congratulations to Jeanette Anglin (Barbour County coordinator), Patricia Gullette (Macon County coordinator), Priscilla Smith (Marengo County coordinator) and Ada Webb (Greene County and Hale County coordinator).

“The virtual CHW CORE training was very comprehensive and enlightening. It forced me to look holistically at the challenges that some members of the community encounter on a daily basis and equipped me to deliver accurate health information and services with the overall goal of improved health outcomes,” says Patricia Gullette.

Kudos!



Jeanette Anglin



Patricia Gullette



Priscilla Smith



Ada Webb

STAFF HIGHLIGHT: KIMBERLY PARKER-COLEMAN



Kimberly Parker-Coleman
County Coordinator
Sumter County, Alabama

Kimberly Parker-Coleman began serving as the Sumter County coordinator in August 2021. Her involvement with the O'Neal Comprehensive Cancer Center allows Parker-Coleman the opportunity to serve her community.

With a background as an educator and program coordinator, Parker-Coleman feels she now has

the platform to reach more people in her rural area. "My 'why' is to enrich the lives of the people in my county. Sumter County is considered one of the poorest counties in Alabama, but that does not mean we should not have access to quality health care. I enjoy being an advocate and key resource for my county," she said . She watched her 34-year-old cousin lose a battle with breast cancer in 2020. Like others, she was not aware of screenings and other resources that may have changed her cousin's outcome. "It drives me to work hard in spreading the word that early detection saves lives."

Kimberly's favorite part about

working for the cancer center is engaging with her community by providing them with health information and resources that help them live their best lives. Her most memorable experience was hosting an awareness event at school where several students carried information home and received the HPV vaccine.

Parker-Coleman's go-to key message is that early detection saves lives. "I always encourage people to get screened and end each presentation with the 3 S's: Schedule, Screen and Share."

RESEARCH CORNER



Keyonsis J. Hildreth, MPH
Clinical Research Coordinator
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Technology can provide better management of patient records. It can also help healthcare teams communicate with patients and other healthcare teams. With tools like the online patient portal, messages can be sent quickly and easily. As a result, patients and healthcare teams can function efficiently.

A group of UAB researchers are working with patients and healthcare teams to enhance oncology patient navigation. They will focus on improving

Meeting People Where They Are: Digital Literacy

systems and policies to address barriers, gaps and challenges for patients accessing and utilizing health technology(digital health literacy). These researchers are training community health advisors, navigators and support staff to address digital health literacy by doing the following:

1. Evaluating the needs of patients with low digital health literacy.
2. Developing a navigation training curriculum on how to best support patients with low with low digital health literacy.
3. Deploying this curriculum as part of

nurse and lay navigation to oncology services at sites that serve patients with limited resources.

4. Evaluating the impact of this curriculum on use of home-symptom monitoring among under-resourced populations.

5. Refining the curriculum and/or deploying other approaches to improve patient engagement. Patients and healthcare teams will be asked to give ample feedback to share in the redefining process.

6. Sharing the curriculum for use statewide in partnership with community organizations.



Gabrielle Rocque, M.D.
Assistant Professor of Medicine,
Hematology & Oncology and
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Identifying and training individuals on digital health literacy can potentially improve health outcomes. So, we are hopeful that this important work will close disparity gaps that are created by advances in technology.

Stay tuned for more information about how you may be able to participate and/or learn more.



The Hispanic community is growing and now represents 19% of the United States population. Forge — an organization that supports, empowers and improves quality of life for Alabama breast cancer patients, survivors and those who love them, hired Ana Emaldi in January 2021 as its Hispanic Client Service & Community Outreach

Coordinator. Ana is a UAB alum and has a background in community advocacy and working with nonprofits that serve minorities.

From January 2022 to September 2023, Forge has provided financial, educational, logistical and emotional support to 47 Hispanic breast cancer survivors and co-survivors through strategic partnerships. It believes that prompt healing is also conditioned by a strong support network.

Hispanic survivors and family members have benefited from free mental health counseling, financial assistance, educational workshops, informative talks by health professionals, healthy living programs and recreational events. Forge was extremely proud to launch its first support group for Hispanic breast cancer survivors, which meets every fourth Saturday of the month. This group is led and formed exclusively by

Spanish-speaking survivors. It offers a safe space for survivors to share concerns, ask questions and establish new relationships with other survivors.



For more information on Forge and its programs and services, please contact Ana Emaldi at 205-990-5375

Turkey Meatloaf

HEALTHY
RECIPE

A few healthy substitutions can turn this traditional comfort food into a nutritional powerhouse. The first step is to replace the typical beef or pork with lean ground turkey. Research has shown that limiting red meat to no more than 18 ounces (cooked) per week can be a beneficial part of a cancer-protective diet. Onion and cremini mushrooms add texture and variety, as well as more vegetables to the dish.

Ingredients

- | | |
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| 1 Tablespoon extra-virgin olive oil | 6 Tablespoons fat-free, reduced-sodium chicken broth |
| 1 large onion, chopped | 1 Tablespoon tomato paste |
| 1/2 pound cremini mushrooms, trimmed and chopped | 2 pounds ground turkey (mix of dark and light meat) |
| 1/2 Tablespoon dried thyme | 3/4 cup bread crumbs |
| Salt and freshly ground black pepper, to taste | 2 eggs, beaten |
| 3 Tablespoons Worcestershire sauce | 1/3 cup ketchup |

Directions

1. Preheat oven to 325 degrees F.
2. In skillet, sauté onions and mushrooms in oil. Add thyme, and season with salt and pepper. Cook until onions are translucent, about ten minutes. Add Worcestershire, broth and tomato paste and mix thoroughly. Remove from heat and allow to cool to room temperature.
3. In a large mixing bowl, combine turkey, breadcrumbs, eggs and onion-mushroom mixture. Mix well and shape into a rectangular loaf in shallow baking dish. Brush ketchup on top.
4. Bake 90 minutes or until meat is cooked through and internal temperature is 165 degrees F. Serve hot. Leftovers may be served cold in sandwiches.