



FLORIDA-CALIFORNIA HEALTH EQUITY CENTER

COMMUNITY OUTREACH CORE (COC)

SUMMER 2023 | ISSUE #10



COMMUNITY REPORT

Summer is in the air!

In this summer issue of CaRE²'s Community Report the Community Outreach Team captures highlights of community events, center announcements, member highlights and general cancer health information.

"Summer means happy times and good sunshine"
-Brian Wilson

A SNEAK PEEK INSIDE THIS ISSUE:

- **UPCOMING EVENTS**
 - QUILTFEST
 - 4TH ANNUAL HISPANIC RESOURCE FESTIVAL
 - LAZAREX CANCER FOUNDATION CANCER WELLNESS HUB
- **CANCER AWARENESS MONTHS**
- **PAST EVENTS**
 - FLORIDA COMMUNITY HEALTH WORKER COALITION SUMMIT
 - HAMMER & NAILS COLLABORATIVE EVENT
 - JUNETEENTH "BREAKING EVERY CHAIN" CELEBRATION
- **COC REMEMBERS**
 - ANNE TAGUCHI



FLORIDA-CALIFORNIA HEALTH EQUITY CENTER

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The major goal of the Community Outreach Core is to reduce the disproportionate burden of prostate, lung and pancreatic cancers among Black and Latinx populations through: bidirectional engagement of Black and Latinx communities; partnerships with core leaders and project investigators to foster community input and the dissemination of scientific information to high risk communities; and use of evidence-based cancer education and materials for community outreach.

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*This Summer Community Report is
dedicated to the loving memory of*

Anne Taguchi



Congratulations
2023 Community Scientist Research
Advocacy Graduates!

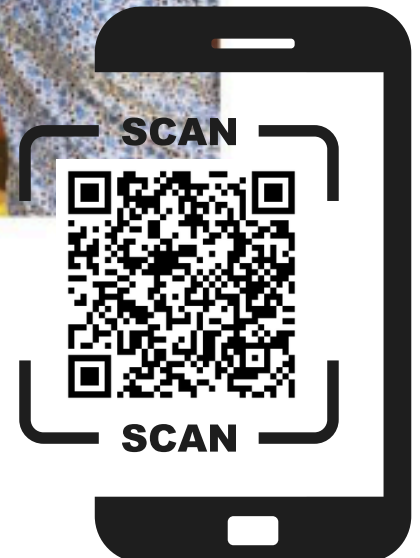
Elisabeth Benitez
Raviteja Bulusu
Marie Jean Denis
Esther Frimpong
Trudy Garcia
Viviana Garzon
Mariana Gomez
Rhonda Hill
Karina Huerta
Patricia Jimenez

Elba Medina
Maria Medina
Juana Mena Ocha
Krista Moore
Joy Okoro
Patricia Ortega
Petronila Paxtor Poroj
Isabel Ramirez
Ariadna Resendiz

Our CSRA program is open to Florida and California individuals who are interested in learning more about cancer research advocacy, and how to share information with others affected by cancer. It is hosted by the CaRE2 Center and led by the Community Outreach Core. The program is delivered through a hybrid method where 90% is online (virtual) with 1 day of in person experiential training. This is a 13-week program, meeting once a week for a 2-hour duration.

Researchers at CaRE² are calling on **YOU** to help them find better treatments for cancer

Scan the QR code below to see if you qualify!



JUNE NATIONAL CANCER SURVIVOR MONTH

Who is a cancer survivor?

According to the National Cancer Institute, an individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life.

Every survivorship experience is unique as they may face challenges during and after treatments.

Thanks to cancer research, there are currently more than 18 million cancer survivors in the United

States. Despite the challenges of short-term and long-term effects of treatments, cancer survivors are resilient.



What can you do to support cancer survivors ?

- Become an advocate for cancer research
- Learn about cancer survivorship
- Raise awareness about cancer survivorship
- Participate in cancer research

JULY UV SAFETY MONTH MONTH

Skin Cancer Self-Examination

According to the American Academy of Dermatology Association, Skin cancer is the most common cancer in the United States. More than 1 million Americans are living with melanoma; it is estimated that approximately 9,500 people in the U.S. are diagnosed with skin cancer every day.

HOW TO

SPOT SKIN CANCER™

Use this information to check your skin regularly.

1 in 5 Americans will develop skin cancer in their lifetime.

Anyone can get skin cancer, regardless of skin color.

When caught early, skin cancer is highly treatable.

The ABCDEs of Melanoma

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A** stands for **ASYMMETRY**. One half of the spot is unlike the other half.
- B** stands for **BORDER**. The spot has an irregular, scalloped, or poorly defined border.
- C** stands for **COLOR**. The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.
- D** stands for **DIAMETER**. While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.
- E** stands for **EVOLVING**. The spot looks different from the rest or is changing in size, shape, or color.
Example:

Skin Cancer Self-Examination

How to Check Your Spots:

Performing a skin self-exam means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your body. Ask someone for help when checking your skin, especially in hard-to-see places like the scalp and back. Follow these steps:

- 1 Examine your body front and back in a mirror, then look at the right and left sides with your arms raised.
- 2 Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at your scalp.
- 3 Bend your elbows and look carefully at your forearms, underarms, and palms.
- 4 Check your back and buttocks with a hand mirror.
- 5 Finally, look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.

If you wear nail polish, remember to check your nails when the polish is removed.

If you notice a new spot or an existing spot that changes, itches, or bleeds, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer detection and prevention, talk to a board-certified dermatologist or visit SpotSkinCancer.org.

COC PAST EVENT

Florida Community Health Worker Coalition Annual Summit Orlando, Florida

On June 22-23rd, our Community Outreach Core team attended the annual Florida Community Health Worker Coalition Summit, where 17 attendees signed up to be a part of our community contact registry.



COC PAST EVENT

Hammer & Nails Men's Health Event Los Angeles, California

On Saturday, June 17th Community Outreach Core members collaborated with community partners to discuss men's health cancer health education and raise awareness on prostate cancer and screening methods and offer free vaccinations.



COC PAST EVENT

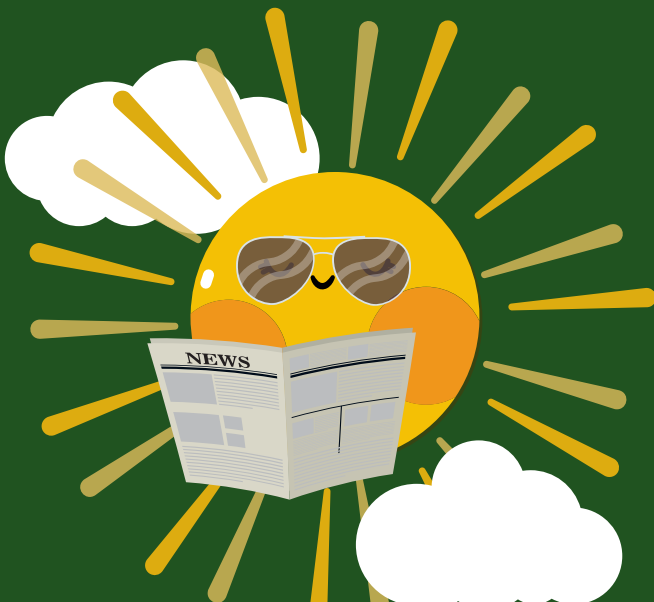
Juneteenth “Breaking Every Chain” Celebration Tallahassee, Florida

On Saturday, June 17th 2023 our Community Outreach Core members participated in the Juneteenth “Breaking Every Chain” community event. Our team was able to distribute cancer health information and enroll 15 individuals to our Community Contact Registry.



UPCOMING COMMUNITY EVENTS

NAME	DATE	TIME
Lazarex Cancer Foundation Cancer Wellness Hub Los Angeles, California	September 11th 2023	9:00AM-11:00AM PST
Quiltfest Jacksonville, Florida	September 14th 2023	9:00AM-5:00PM EST
4th Annual Hispanic Resource Festival St Eugene Catholic Church Tallahassee, Florida	September 30th 2023	10:00AM-1:00PM EST



**scan to visit our website
for upcoming outreach
events and resources:**



COMMUNITY SCIENTIST RESEARCH ADVOCATES VISIT CARE2 LABS



This summer our Community Scientist Research Advocates (CSRA) visited 7 research labs to learn about our pancreatic, prostate and lung cancer research projects.



COMMUNITY OUTREACH CORE

The goal of the CaRE² Community Outreach Core (COC) is to reduce the disproportionate burden of prostate and pancreatic cancers among Black and Latinx populations through: bidirectional engagement of Black and Latinx communities; partnerships with core leaders and project investigators to foster community input and the dissemination of scientific information to high-risk communities; and use of evidence-based cancer education materials for community outreach.



Lourdes Baezconde-Garbanati



Sandra Suther



Fern Webb



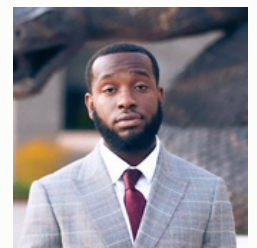
Carolina Aristizabal



Rosa Barahona



Ileana Guzman



Brandon Hazelton-Glenn



Brooke Hensel



Eduardo Ibarra



Fayettea Justin



Janet Rodriguez



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