



# FLORIDA-CALIFORNIA HEALTH EQUITY CENTER

COMMUNITY OUTREACH CORE (COC)

Spring 2025 Issue # 17



*"To plant a garden is to  
believe in tomorrow."*

*Audrey Hepburn*

## COMMUNITY REPORT

The CaRE<sup>2</sup> 2025 Spring Community Report highlights CaRE<sup>2</sup>'s Community Outreach Core accomplishments. In this issue we capture previous community events, announcements and center news.

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- Community Scientist Research Advocacy (CSRA) Program
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# FLORIDA-CALIFORNIA HEALTH EQUITY CENTER

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**The Community Outreach Core works to share important information about cancer prevention and research, helping our communities stay informed and empowering members to become advocates. Our goal is to reduce cancer-related health differences in Black and Hispanic communities by partnering with local organizations and cancer advocates. We're excited to share the latest updates and news from our programs!**

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# We CaRE<sup>2</sup> Podcast

The We CaRE<sup>2</sup> Podcast **launched on June 6, 2025**, bringing essential cancer information and inspiring personal stories to the forefront. This engaging new platform will spotlight the voices of cancer patients and survivors, address health disparities, and examine critical issues such as carcinogen exposure and historical mistrust of cancer treatment within underserved communities.

Created for community members, cancer advocates, caregivers, patients, survivors, and healthcare professionals, the podcast provides clear, accurate information while fostering meaningful conversations around health equity.

Join us for thought-provoking discussions and expert insights that inform, uplift, and empower our community in the fight against cancer.



# We CaRE<sup>2</sup> The Podcast



**CONVERSATIONS ON CANCER IN THE BLACK COMMUNITY**

Join us as we explore the journeys of resilience and triumph with Black people impacted by Cancer.

Each episode delves into the unique challenges faced by Black communities in dealing with cancer and illuminates the intersections of race, health, and hope.



**Hosted by:  
Pastor Rhonda Holbert**

**COMING SOON !  
On Spotify & Apple Podcasts**





# Community Scientist Research Advocacy (CSRA) Program

On June 3, 2025, the CaRE<sup>2</sup> Health Equity Center successfully launched its Community Scientist Research Advocacy (CSRA) Program with a dynamic hybrid orientation session. Participants from the University of Florida and Florida A&M University joined virtually via Zoom, while those from the University of Southern California attended in person. The session fostered meaningful connections among participants across all three institutions and provided a comprehensive overview of their roles in the program. Attendees were highly engaged, posing insightful questions that were thoughtfully addressed by the Community Outreach Core team. This orientation marks the beginning of an impactful 10-week journey aimed at equipping community members to serve as effective advocates for cancer research and education. We are excited to welcome the 2025 cohort and look forward to the positive impact they will make in their communities.



# Cancer Advocacy Training

## Father's Day Prostate Cancer Advocacy Workshop

### EVENT HIGHLIGHTS:

Join us for a day focused on prostate cancer awareness.

**Advocacy Training:** Learn how to effectively advocate for prostate cancer.

**Tabling:** Connect with different organizations and network with fellow advocates.

**Q&A Session:** Get answers to your questions about prostate cancer.

### REGISTER NOW

Scan the QR code to register for this free event!



[https://usc.qualtrics.com/jfe/form/SV\\_2ldnce50Pxhk6ma](https://usc.qualtrics.com/jfe/form/SV_2ldnce50Pxhk6ma)

### EVENT DETAILS:



Saturday, June 14<sup>th</sup>, 2025



10am - 12:00pm PST/  
1pm - 3:00pm EST



Holman United Methodist Church:  
3320 W. Adams Blvd, Los Angeles,  
CA 90018  
or  
Via Zoom

## Upcoming Community Events

NAME	DATE	TIME
<b>2<sup>nd</sup> Healthy BBQing to Prevent Cancer Event Havana, FL</b>	<b>Saturday, June 14, 2025</b>	<b>11:00 AM – 1:00 PM EST</b>
<b>Men's Health Summit Jacksonville, FL</b>	<b>Saturday June 14, 2025</b>	<b>10:00 AM – 2:00 PM EST</b>
<b>Men's Health Fair at the Mexican Consulate Orlando, FL</b>	<b>Saturday, June 14, 2025</b>	<b>10:00 AM – 2:00 PM EST</b>
<b>USC YMCA Outreach Event Los Angeles, CA</b>	<b>Monday, June 16, 2025</b>	<b>8:30 AM – 1:00 PM PST</b>
<b>All Cancers Resource Fair Los Angeles, CA</b>	<b>Saturday, July 26, 2025</b>	<b>11:00 AM – 2:30 PM PST</b>



# COC Event



## How to Reduce Health Risks:

- **Avoid over-charring:** Cook meat at a lower temperature and avoid direct flames.
- **Grill at lower temperatures:** Cooking meat more slowly and avoiding direct flames can minimize charring.
- **Marinate meats:** Certain marinades, especially those with vinegar, lemon juice, or herbs, can reduce the formation of HCAs.
- **Pre-cook the meat:** Partially cooking meat before grilling reduces time on the grill, lowering the production of harmful compounds.
- **Flip frequently:** Turning meat often helps prevent excessive charring.
- **Trim excess fat:** This minimizes drippings, reducing smoke and PAHs.
- **Use leaner cuts and plant-based options:** These tend to produce fewer harmful compounds.
- **Use leaner cuts or plant-based alternatives:** These are less likely to drip fat and create PAHs.

While occasional grilled or charred meats are unlikely to cause significant harm, frequent consumption could pose health risks over time.

[www.columbiadoctors.org](http://www.columbiadoctors.org)

[www.cancer.gov](http://www.cancer.gov)

[www.reddit.com](http://www.reddit.com)

[www.cancercenter.org](http://www.cancercenter.org)

## COC Event

It's that time of year again! Saturday, April 19, 2025, the CaRE<sup>2</sup> Community Outreach Core at FAMU participated in a health and safety, hurricane preparedness event. Over 30 community members that visited our table signed up for our Contact Registry.



# 6th Annual HURRICANE PREPAREDNESS

## HEALTH AND SAFETY FAIR

**SATURDAY  
APRIL 19  
2025**

**9AM -NOON**

**UNFI**

1797 Pat Thomas Pkwy.  
Quincy, Florida

- \*Hurricane Information
- \*Health Information & Screenings
- \*GIVEAWAYS
- \*Food
- \*Dress Comfortably for the weather
- \*Bring a wagon or someone to assist with heavy items







## COC Event

The Community Outreach Core at the University of Florida attended the “Eat Smart, Live Well, and Be Healthy” health fair in Jacksonville on May 17, 2025, hosted by Delta Sigma Theta Sorority. This event provided an opportunity to connect with the community and engage in conversations about CaRE<sup>2</sup>. We were able to inform several attendees about the resources available at CaRE<sup>2</sup> and encouraged people to join our contact registry



## COC Event

On Friday, May 30, 2025 the CaRE<sup>2</sup> Community Outreach Core at USC supported the Arise King: Body Mind and Legacy Summit at Magic Johnson Park in Los Angeles, CA. There was free food and haircuts to lift spirits, and resources offered to the community. Over 40 community members visited the CaRE<sup>2</sup> table to receive cancer prevention information and resources. Two people signed up to our Contact Registry.





# *Spotlight*

## *Congratulations !*

*Dr. Baezconde-Garbanati*  
*And*  
*Dr. Luque*



**Dr. Baezconde-Garbanati** was awarded a one-year partial sabbatical by the Keck School of Medicine for the academic year 2025-2026. She will be focusing on acquiring new skills in narrative medicine and the use of AI technologies, and on art meets science communication strategies to optimize educational messaging in cancer prevention and control and concomitant chronic diseases. She will be taking courses at Columbia University and Ragan Communications and will be a visiting scholar at the Italian National Institute of Health in Rome, Italy.



**Dr. Luque** was selected for the Fulbright U.S. Scholar award to Ecuador in academic year 2025-26. He will spend a fall semester sabbatical in Quito, Ecuador hosted by the Universidad San Francisco de Quito and conduct research on colorectal cancer screening education in Quito.

# Free Cancer Brochures!

Free printable brochures on prostate, pancreatic and lung cancer are available on our website.

Download and share vital information today.

Check our Brochure

*"Understanding Prostate Cancer"*

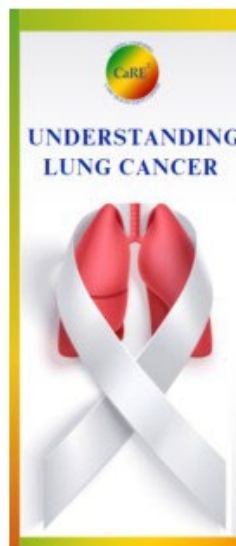


English Brochure

Spanish Brochure

Check our Brochure

*"Understanding Lung Cancer"*



English Brochure

Spanish Brochure

Check our Brochure

*"Understanding Pancreatic Cancer"*



English Brochure

Spanish Brochure

Scan the QR Code to access the Brochures





## Community Outreach Core

The goal of the CaRE<sup>2</sup> Community Outreach Core (COC) is to address the unequal impact of prostate, lung and pancreatic cancers on Black and Latinx communities. We aim to achieve this through meaningful engagement with these communities, collaborating with core leaders and project investigators to incorporate community feedback and share scientific information, and using proven, evidence-based cancer education materials for outreach efforts.



**Lourdes Baezconde-Garbanati**



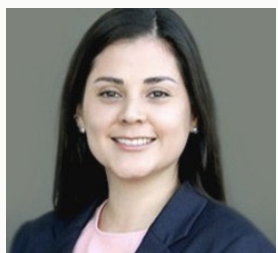
**John Luque**



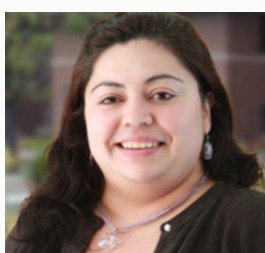
**Sandra Suther**



**Fern Webb**



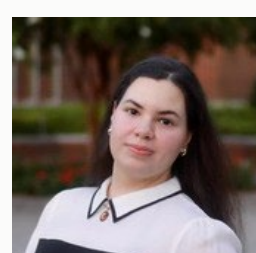
**Carolina Aristizabal**



**Rosa Barahona**



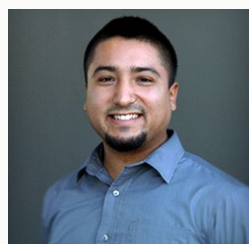
**Ileana Guzman**



**Nazleen Del Rio**



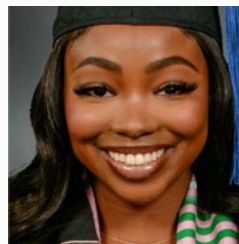
**Brooke Vintilla**



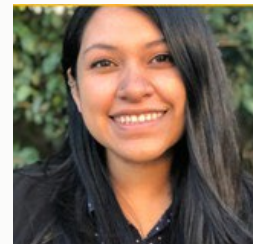
**Eduardo Ibarra**



**Fayettea Justin**



**Abria McNeill**



**Janet Rodriguez**



Please connect with the CaRE<sup>2</sup> family!

# CaRE<sup>2</sup>



**@CaRE2HEC**



**@CaRE2healthequitycenter**



**@CaRE2healthequitycenter**



**CaRE2 Health Equity Center**



**care2healthequitycenter.org**