

MINORITY HEALTH Matters

Published by the Office of Minority Health and Health Disparities
An initiative of Georgetown Lombardi Comprehensive Cancer Center



STAFF PROFILE

Everett Dodson Community Health Educator

Everett Dodson is a community health educator at Georgetown Lombardi Comprehensive Cancer Center with over 17 years of community health experience. Mr. Dodson is a nationally recognized community health advocate and has

served on the Director's Consumer Liaison Group and the Patient Advocate Steering Committee of the National Cancer Institute. Advocates are chosen for their expert understanding of the community's perspectives related

to cancer prevention and cancer health disparities. Mr. Dodson was awarded the 2007 Prostate Net "In the Know Award" for patient advocacy for his efforts on behalf of men's health. As a community health educator, Mr. Dodson is actively engaged in community outreach to address cancer prevention and cancer health disparities throughout DC communities. Currently, Mr. Dodson is involved in several community projects, focusing on healthy lifestyles, oral health awareness, clinical trials and an environmental justice program project with the Georgetown University Law Center. ■



WE LISTEN. WE ACT. WE CARE.

Welcome to the Winter 2011 issue of Minority Health Matters, a newsletter designed to bring you the latest Office of Minority Health and Health Disparities news and health care information affecting your community. Your health is important to us, and we want you to know what you can do to keep yourself, your family, and your community healthy—today and in the future.

DID YOU KNOW?

Comcast Offers Discounted Internet Service to Low-Income Families

In the wake of the recent Comcast-NBC merger, Comcast has developed a new Internet program for low-income families that makes staying connected much more affordable.

Comcast promised in the merger agreement to "increase broadband deployment in low-income households," and now they are making their promise a reality with the Internet Essentials Program.

The new discount Internet service program will "provide low-cost access to the Internet and affordable computers as well as digital literacy training to families with children who are eligible to receive free lunches under the National School Lunch Program."

The Internet Essentials is a high-speed Internet service and is available for \$9.95 per month. Customers enrolling in this program are also able to buy a laptop computer that supports wired and Wi-Fi Internet and includes standard Windows and Internet software for \$149.99.

A family can take advantage of this program if they:

- Are located within Comcast's service area (currently in 39 states)
- Have at least one child receiving free school lunches through the National School Lunch Program
- Have not had a contract with Comcast Internet service within the last 90 days
- Do not have an overdue Comcast bill or unreturned equipment

The Internet Essentials Program is an excellent way to gain access to essential information, including health-related communications. Many DC residents do not receive important health information due to disadvantages such as lack of Internet access, and many DC community residents have expressed an interest in receiving health information via the Internet.

Comcast will continue to accept new customers who wish to enroll in Internet Essentials for three full school years and promotes the program online in both English and Spanish. ■

For more information, please call Comcast Internet Essentials at: **1-855-8-INTERNET (1-855-846-8376)** or visit <http://www.internetessentials.com/>



RESEARCH CORNER

“Be The Match” Donor Registry

Carolyn Hurley, PhD, is the research director for the C.W. Bill Young Marrow Donor Recruitment and Research Program and a professor at Georgetown Lombardi Comprehensive Cancer Center. Dr. Hurley’s work focuses on increasing donor matches among African American transplant patients with leukemia or lymphoma.

Did you know that minority patients have more difficulty finding tissue-type matched donors for a transplant? Dr. Hurley is working to find ways to increase donor matches for minorities. The program expands access to life-saving bone marrow and umbilical cord transplants by supporting a registry, the “Be the Match” registry, of volunteers who are willing to donate bone marrow or blood for stem cell transplants. These transplants are used for treatment of cancers like leukemia and lymphoma, which are cancers of the blood or bone marrow that prevent production of normal white blood cells.

Although many patients who suffer from these disorders need transplants, approximately 70% do not have a suitable family member who can serve as a donor. For minority populations, it is especially hard to meet the required criteria for minority transplants.

To address this issue, Dr. Hurley’s research examines the differences in minority patients’ cells that make them difficult to match. If researchers can identify minority donor cells as a certain “tissue type,” they can better organize the registry, better guide treatment decisions, and improve donor selection in transplantation.

In addition to adult volunteer donors, umbilical cord blood is a valuable donor source for minority patients. Dr. Hurley collaborates with Jennifer Ng, PhD, associate director of the Donor Center for the Department of Defense Marrow Donor Program and Georgetown University faculty member, who is building an umbilical cord blood bank to better serve minority patients, and Dr. Joanne Kurtzberg, MD, from the Duke University Medical Center/ Carolinas Cord Blood Bank, to obtain tissue typing data from African American mothers and their donated umbilical cord blood. ■

For more information about this study, please contact Dr. Hurley at 202-687-2157 or at hurleyc@georgetown.edu.

PROGRAM HIGHLIGHTS

District Children Get Ready for School

On Saturday, August 20, 2011, the Office of Minority Health and Health Disparities donated and distributed 300 book bags to children living in Southwest DC. Children living in Syphax Gardens, Greenleaf Gardens Midrise and Extension, and James Creek as well as the children that live in the neighboring subsidized properties (Channel Square, TelCourt Cooperative, and Q Street) received a book bag and school supplies. To be eligible, parents had to sign up



L to R: Sherrie Flynt Wallington, PhD; Sky Simmons; and Rhonda Hamilton

with the Residential Council Offices prior to the book bag distribution. The event was organized by Rhonda Hamilton, Vickey Leftwich and Gloria Hamilton, resident council representatives for Syphax Gardens and Greenleaf Gardens Midrise, residential housing complexes. Georgetown Lombardi staff members Sherrie Flynt Wallington, Everett Dodson, Erin McLeod, Jennifer Sween, Kristina Harris and Faezeh Razjouyan, both for Georgetown, helped with notebooks, folders, pens and pencils. ■

HIGH SCHOOL INTERNS

Genne’ Griffith and Marvin Millner

Genne’ Griffith and Marvin Millner, two high school juniors attending Cesar Chavez Public Charter School for Public Policy (Parkside and Capitol Hill campuses), have completed a three-week internship at the Office of Minority Health and Health Disparities Research. The internship provided the students with opportunities to contribute to community improvement. During the three weeks, the students conducted literature reviews, participated in field research and attended a panel session to learn more about science and medical careers, navigating the college environment and achieving academic success. ■



IN YOUR COMMUNITY

Georgetown University Hospital's "Breast Care Project" in Ward 8

The Georgetown University Hospital Breast Care Project, funded by a National Capital Area Community Grant from Susan G. Komen for the Cure, is conducting a breast care education and motivation program under the leadership of Nancy Muzeck.

The study is being conducted at two churches—St. Teresa of Avila and Renata Hart of Our Lady of Perpetual Help—in Anacostia (Ward 8). Nancy Muzeck, project director and director of the Breast Health Patient Navigation Program at Georgetown University Hospital, coordinates this program. The project is an expansion of Muzeck's three-year-old program (also funded by Susan G. Komen for the Cure) that successfully featured volunteer parish navigators and breast care education outreach classes presented at churches in low-income DC neighborhoods.

This exciting new project uses proven methods to motivate women to develop good breast health care habits and get screened, as well as ensure that women get and continue to receive follow-up care. The Breast Care Project uses traditional and new breast health educational strategies. These strategies include combining breast health education outreach events and community-based peer navigation with the church, pastor involvement, religion, follow-up calls, and automated telephone reminder appointment calls.

Both churches have parish navigators hired from their congregations: R. Deborah Watson of St. Teresa of Avila and Renata Hart of Our Lady of Perpetual Help. Ms. Watson and Ms. Hart will be based at their respective churches and work with area breast care providers to assist parishioners at their churches with making and getting to their breast care appointments. Annually, approximately 700 women will receive breast health education through the program. ■

This exciting new project uses proven methods to motivate women to develop good breast health care habits and get screened, as well as ensure that women get and continue to receive follow-up care.

For more information about this navigation program, please contact Nancy Muzeck at 202-444-0685 or at nm255@georgetown.edu.

NEW STAFF

Sherieda Muthra, MS, is the new coordinator for the Minority Biospecimen/Biobanking Geographic Management Program, or BMaP Program. BMaP is funded by the National Cancer Institute and is a program that seeks to build a database for research studies that involve biospecimen collection among racial and ethnic groups and underserved populations. Ms. Muthra coordinates the day-to-day activities for Region 1, which includes the District of Columbia, Maryland, Virginia, and West Virginia. Ms. Muthra recently completed a master's degree in cancer biology, prevention, and control from the University of the District of Columbia. This degree program is a joint program with the University of the District of Columbia and Georgetown Lombardi Comprehensive Cancer Center. ■



COMMUNITY RESOURCES

A Neighborhood Fresh Food Market On Wheels

Picture a 28-foot International Blue-bird school bus that runs on biodiesel and carries crates full of fresh, affordable food. This food bus, also known as the Arcadia Mobile Market, is coming soon to low-income DC neighborhoods. The mission of the Arcadia Mobile Market is to provide a fair system of distributing food in DC and to improve the health and well-being of residents who have limited access to healthy, affordable food.

Research shows that better access to wholesome foods, combined with good nutrition education, encourages healthy habits that lead to lower obesity rates. The Mobile Market also shows how to use local produce in low-cost and nutritious ways.

Nearly a quarter of all DC residents are considered low income, and many live in "food deserts" with few nutritious, affordable food outlets. Low income and inadequate access to healthy food are associated with higher rates of diet-related diseases. This is the case in Washington, DC, which has the ninth-highest child obesity rate in the nation.

The Mobile Market's three main program areas are:

- **Food Access**—The Mobile Market distributes affordable, fresh food at stops such as schools, churches, parks and community centers. It accepts food assistance benefits such as the Supplemental Nutrition Assistance Program (SNAP), Women Infant and Children (WIC), and Senior Farmers' Market Nutrition Program (SFMNP).
- **Education**—The Mobile Market provides recipes, nutrition information and cooking demonstrations during school visits as well as market stops.
- **Community Engagement**—The Mobile Market partners with neighborhood groups, institutions and other established nonprofit organizations to conduct outreach and garner community support.

The Mobile Market expects to be on the road by spring of 2012. ■

For more information, contact Benjamin Bartley at 571-384-8845 or at benjamin@arcadiafood.org





Winter Fitness: Rethink and Restart to Make Exercise Easier

By Jennifer Sween, MS, Exercise Physiologist, Cancer Exercise Specialist

Home Exercises

There are several ways to exercise at home that can help to improve strength and mobility as well as overall health.

Every Monday

Live Homework Help

- ▶ One-on-one help with math, science, English, social studies and more with a certified tutor.
- ▶ Mondays at 4 pm
- ▶ Anacostia Library, 1800 Good Hope Road, SE Washington, DC 20020
- ▶ Contact: 202-715-7707

December 2011 - March 2012

Winter/Spring Sock Drive

- ▶ Drop off a brand new pair of socks to your local Boys and Girls Club. All socks that each club collects will go to a local shelter or an organization whose mission is to provide children in need with new socks
- ▶ To find your local Boys and Girls Club, please visit www.bgcgw.org
- ▶ Contact: Monique Lee, Program Director, at 202-724-8510

Teens and High School Community Service (ages 14 - 19)

- ▶ Teen Library Helper (neighborhood libraries or Martin Luther King, Jr. Memorial Library)
- ▶ Applications accepted on ongoing basis
- ▶ High school community service may be earned at a local library depending on project and supervisor ability.
- ▶ To apply: Visit www.dclibrary.org/about/neighborhood to find the library closest to you.
- ▶ Contact: Volunteer program at 202-741-5803 or e-mail libraryvolunteers@dc.gov. ■

1. Stair Climbing

If you have a staircase in your home, you can get a great workout by simply climbing the stairs. To start, stand at the bottom of the stairs and walk in place for about one minute to get your leg muscles warmed up. Next, step up onto the first stair, and then back down. Repeat this move 10 times. Walk in place for 15 seconds. Next, walk up the first two stairs, and then back down two stairs. Repeat 10 times. Then go up three stairs, come down three stairs. Repeat 10 times. Try to repeat this up to 10 stairs, if possible.



2. Marching Dishes

If you don't have stairs in your home, try simply marching in one place. Since life can be busy, try to fit exercising into your day by

multi-tasking. For example, march in place while doing the dishes. You can also do calf raises while washing dishes. Just lift yourself up and down on your tiptoes.



3. Laundry Lifts

You can strengthen your arms and back while simply doing the laundry! To do this, hold the basket above your head, and lift upwards and back down. Do at least three repetitions of 15 lifts each. If this is too heavy for you, try taking out some clothes. This exercise will work your shoulders, upper arms and upper back muscles. Vary this workout using two jugs of milk or canned foods.

4. Knee Lifts

You can work out your hips and thighs while sitting! Sit tall in a chair with your abs tight. Lift your left foot off the floor a few inches with the knee bent. Hold for 10 seconds, lower and repeat for three times. Repeat on the other side. To make this exercise more difficult, straighten your leg while it is lifted. ■

