

## ENGAGING A NEW AUDIENCE: PECAD SHARES CANCER PREVENTION INFORMATION AT ANNUAL POW WOW

For the first time, the Program for the Elimination of Cancer Disparities (PECaD) participated in the 23rd annual Washington University in St. Louis Pow Wow. The Pow Wow, hosted by the Kathryn M. Buder Center for American-Indian Studies at the Brown School, brings together more than 5,000 guests from the Washington University community, the broader St. Louis community, along with dancers and singers from across Indian Country to celebrate and strengthen their community. The following Native American community members worked with PECaD to plan the relationship-centered collaboration for breast cancer prevention for American Indian women: Maria DeShields (Nanticoke/Delaware & Cherokee Indian), Tina Sparks (Pueblo & Lakota Tribes), Rhoni Bluehen (Oglala Lakota), American Indian Elder, Alice Azure (Mi'kmaq descent), and Buder Scholar Caitlin Donald (Osage Nation & Ponca).



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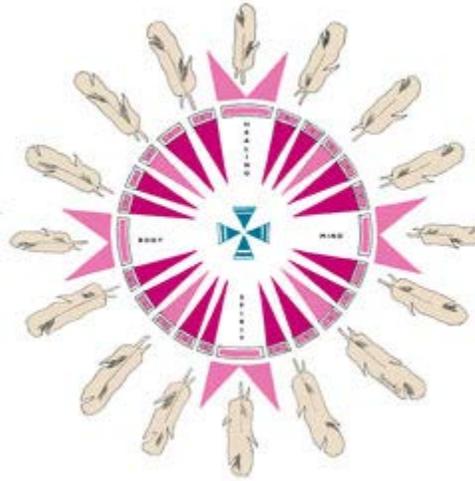
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In addition to providing cancer prevention material at an information table, PECaD arranged to have the Siteman Cancer Center Mammography Van available at the Pow Wow to provide free breast cancer screening. As a result of this collaboration between Siteman, PECaD, and the American Indians in St. Louis, 15 women received breast cancer screening on the van at this event. The PECaD volunteers who worked at the information table received training on Native-American and American-Indian cultural competency. "It was a success!" said Dr. Tovar.

Graham Colditz, MD, DrPH ([principal investigator/director of PECaD and associate director, Prevention and Control, Siteman Cancer Center](#)) was

asked to be a part of the Grand Entry at the Pow Wow, a show of honor and respect of PECaD's involvement to advance Native-American health.

Supplemental cancer prevention educational materials used at the Pow Wow were specially designed for the American-Indian population. Tina Sparks, (Pueblo & Lakota) is an artist and created artwork that was placed on the front of all of the cancer education materials handed out to attendees.



PECaD is grateful to the American Indians that have graciously welcomed Siteman into their community and the medical staff that will be serving them. As with any community breast cancer screening that that Siteman Cancer Center conducts through the van, they are committed to ensuring a complete diagnostic work up and care for anyone diagnosed with breast cancer regardless of their ability to pay.

For more information on [PECaD Community Outreach](#), please contact PECaD at (314) 747-4611 or [pecad@wudosis.wustl.edu](mailto:pecad@wudosis.wustl.edu).

## CANCER PREVENTION THROUGH A HEALTHY DIET: FREE HEALTHY COOKING WORKSHOPS OFFERED FOR CHURCHES AND THE COMMUNITY

PECaD has a long-standing relationship with Faith Communities Joined for Health (FCJH) to promote and bring cancer education and prevention messages to the community through local churches. Through funding from the Missouri Foundation for Health, FCJH partnered with Operation Food Search and recently held cooking classes for clergy and church food service staff. These classes focused on teaching churches the importance of eating healthier and setting the example for church members through providing healthier foods at their events. The churches learned new, healthier ways of preparing traditional meals. For more information about FCJH, please contact Del Doss-Hemsley Chair of FCJH at (314) 533-0534 or email [fcjh2013@gmail.com](mailto:fcjh2013@gmail.com).

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## REGIONAL BREAST NAVIGATORS TRAINED IN MOTIVATIONAL INTERVIEWING

Dr. Anjanette Wells, assistant professor at Washington University in St. Louis' George Warren Brown School of Social Work, scholar with the University's Institute for Public Health, and an affiliated faculty with Urban Studies, conducted a two-part training on Motivational Interviewing: Adapted for Patient Navigators. The training was specifically designed for the navigators of the [St. Louis Regional Breast Navigator Workgroup](#). Motivational Interviewing (MI) is an "evidence-based clinical adherence intervention which is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion" (Miller & Rollnick, 2012). It is a collaborative, goal-oriented style of communication with particular attention paid to the language of change. The training focused on needs of patient navigators working with low-income patients to encourage routine breast cancer screening with a mammogram. The St. Louis Regional Breast Navigator Workgroup — a coalition of breast health navigators in the St. Louis Metropolitan area — meets quarterly to enhance communication between their sites, share best practices and resources, and brainstorm ways to improve the patient flow from medical home to specialty care to treatment center. The workgroup is facilitated by Heidi Miller, MD, a safety-net primary care provider at Family Care Health Centers. Breast health navigators work through every challenge, over every hurdle and around any barrier to help successfully facilitate women through breast cancer screening and diagnosis.

“Patient navigators play a critical role in adherence to mammogram screening and breast cancer treatment, given their use of barrier reduction skills and resourcefulness with women facing informational, practical and logistical, emotional, and interpersonal barriers. This patient navigation role, combined with the use of MI skills, can help empower women to overcome barriers by building confidence and motivation, with the goal of screening and treatment adherence behaviors,” said Dr. Wells.

Dr. Wells began her career almost 20 years ago as a home health social worker in Los Angeles, CA. Her research currently brings patient navigation and other evidence-based clinical interventions to real-world St. Louis City community settings (i.e., hair and nail salons and laundromats).

For more information on [PECaD Community Partnerships](#), please contact PECaD at (314) 747-4611 or [pecad@wudosis.wustl.edu](mailto:pecad@wudosis.wustl.edu).

## THE COMMUNITY PARTNERSHIP CENTER CONTINUES THEIR EFFORT TO SAVE THE LIVES OF AFRICAN AMERICAN WOMEN DIAGNOSED WITH BREAST CANCER

The [Community Partnership Center](#) (CPC), part of a [PECaD research project](#) funded by a Susan G. Komen For The Cure Vulnerable Communities Grant, hosted its first Survivor’s Brunch on April 12. Nine breast cancer survivors who contributed interviews to the project attended the brunch where they shared stories about their experiences with chemotherapy, radiation, reconstructive surgery, side effects and more. The goal of the brunch was to honor the women who had been interviewed, but all of the women were enthusiastic about the prospect of continuing a breast cancer survivor support group based at the CPC. The next brunch - open to all breast cancer survivors - will be on July 12 from 10 a.m. to noon at the CPC (3335 Union Blvd. St. Louis, MO 63115).

The CPC will host its next Town Hall meeting on July 13 from 9 a.m. to noon at Betty Jean Kerr People's Health Center at 5701 Delmar Blvd. At this meeting, the project team will share the information they have learned over the last year of working with breast cancer survivors in the community.

The Siteman Cancer Center mammography van will be at the CPC on August 14 from 9 a.m. to noon. [Registration](#) is required for the van.

The overall goal of this project is to give breast cancer survivors a voice by listening to their stories and recording their experiences in interviews, which Principal Investigator Sarah Gehlert, PhD, E. Desmond Lee Professor of Racial and Ethnic Diversity at the Brown School and in the Department of Surgery of the School of Medicine, and her research team hope will help them better understand and end cancer disparities. This project is also led by principal investigators from four outside organizations: Dwayne Butler, CEO of Betty Jean Kerr People’s Health Clinic; Rob

McMullen, president of Christian Hospital; Cheryl Oliver, CEO of Saint Louis Effort for AIDS; and the Rev. Isaac McCullough, president of Committed Caring Faith Communities.

Please contact Sierra Johnson at (314) 935-7190 or [sjohnson@brownschool.wustl.edu](mailto:sjohnson@brownschool.wustl.edu) for more information about this project and the Community Partnership Center.

For more information on [PECaD Community Outreach](#), please contact PECaD at (314) 747-4611 or [pecad@wudosis.wustl.edu](mailto:pecad@wudosis.wustl.edu).



Welcome New Staff

Meet PECaD's new program coordinator, Monique Norfolk, MPH. She is a St. Louis native who received her master's training from Saint Louis University School of Public Health in 2009. Monique has a passion for working in the area of health disparities and has been working in the community since finishing her degree.

### PECaD In The Community

Look for our [8 Ways to Prevent Cancer](#) educational ads and *From the Doctor* columns in the St. Louis American newspaper each month! Also, tune into [Health Connections with Rose Robins-Troupe](#), Majic 100.3 FM and Hallelujah AM 1600, the first and third Sunday each month at 7:30 a.m. as our health experts share the latest cancer prevention information.