



THE POWER OF COMMUNITY PARTNERSHIPS—BRINGING SUPPORT TO BREAST CANCER SURVIVORS

Torie Gettinger, LMSW, Special Initiatives Program Manager \ Cancer Support Community of Greater St. Louis

In January 2014, the [Program for the Elimination of Cancer Disparities](#), [K.I.S.S. Fitness](#), and [Cancer Support Community of Greater St. Louis](#) joined efforts to plan and implement Return to Wellness: A New Beginning After Breast Cancer. Return to Wellness was a nine-week program designed to empower breast cancer survivors who had recently completed treatment. It was an opportunity for breast cancer survivors to share stories of hope, learn how to renew their body and soul, and move towards a life of wellness. Each three-hour session included gentle exercise, a meal, an interactive presentation on a healthy lifestyle topic, and group discussion. Dynamic community professionals, including Lannis Hall, MD, MPH; Denise Hooks-Anderson, MD; Mikki Brewster, MSW; and Vetta Thompson, PhD, (all members of the PECaD Advisory Committee), as well as many others, presented on a variety of topics ranging from medical management after breast cancer, genetics, and nutrition, to sex and intimacy, stress management, and exercise. The program was held at K.I.S.S. Fitness, a fitness center in Florissant, owned by Kem Smith.

Fourteen breast cancer survivors from the community participated in the program. Feedback from participants was overwhelmingly positive. One participant stated in her testimonial, “When I started, I had dizziness for 5 years—now I don’t. I had high blood pressure—now I can control it with breathing and exercise. I’m working on my daily me time.” Another participant stated, “Thanks for holding it in my community—I don’t think I could have participated otherwise.” This program exemplifies the strength of the Breast Cancer Community Partnership and the power of community organizations joining together to serve the members of the community. The program would not have been possible without a grant from Covidien CARES/Mallinckrodt, the dedicated efforts of the PECaD Breast Cancer Community Partnership, Kem Smith and K.I.S.S. Fitness Studio, Cancer Support Community of Greater St. Louis, the presenters and exercise instructors, as well as the numerous organizations including the [Young Women’s Breast Cancer Program](#) through [Siteman Cancer Center](#), [Susan G. Komen for the Cure-St. Louis Affiliate](#), [Gateway to Hope](#), [Christian Hospital](#), [Food Outreach](#), [Shalom Church City of Peace](#), and area cancer centers which promoted the program. Together, we made a difference in the lives of those impacted by cancer, ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.



IN MEMORY OF DEL DOSS-HEMSLEY



It is with great sadness that PECaD reports the loss of a treasured and valuable PECaD volunteer. Del Doss-Hemsley faithfully served with PECaD on the Prostate Cancer Community Partnership (PCCP) and Colorectal Cancer Community Partnership (CCCP) for many years. Doss-Hemsley founded Lane Tabernacle C.M.E.'s Faith Communities Joined for Health (FCJH) and worked hard to ensure that FCJH's work was closely integrated with PECaD's efforts to get information to faith-based communities. Her passion for ensuring the health of men in our community is truly unmatched. We sincerely thank Del for her hard work and commitment until the end. She will be missed. For more information on the life of Del Doss-Hemsley, please [click here](#).

"Del worked diligently to make a difference and inform men in the community on prostate cancer health. She provided training, education and organized health events to ensure men received current information on prostate cancer. That made it possible for men to become more knowledgeable and participate in PSA screening events to ensure early detection of prostate cancer. She participated and supported local prostate cancer support groups and community organized events. I am truly grateful to have known her and had the opportunity to participate with her as a prostate cancer survivor and advocate on the Prostate Cancer Community Partnership committee".

Dewey Helms

Prostate Cancer Advocate

Co-Chair of PECaD's Prostate Cancer Community Partnership

"Del Doss-Hemsley will be greatly missed. Her passion and tenacity to help those in greatest need to receive appropriate healthcare was a driving force within the Prostate Cancer Community Partnership. I am inspired by her work and challenged to continue our prostate cancer education and outreach efforts in the St. Louis region."

Bettina F. Drake

PhD, Assistant Professor

Co-Chair Prostate Cancer Community Partnership

CAN I CATCH THAT?! SPEAKERS' SERIES

Cancer: Risks, Interventions, and Prevention

On March 25, 2014, the St. Louis Public Library held its second talk in the "Can I Catch That?!" Consumer Health Information Speaker Series. This series was designed in an effort to get pertinent health information to the St. Louis community and is held in partnership with: HealthStreet; St. Louis College of Pharmacy; Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine; and Washington University's Bernard Becker Medical Library. Bettina Drake, PhD, MPH, Janelle Mann, PharmD, BCOP, and Monique A. Norfolk, MPH, discussed the risk factors and treatments of cancer, as well as preventative measures community members can take to lower their

cancer risk. Key topics discussed include: pain/side effect management while going through cancer treatment; 8 Ways to Prevent Cancer; Your Disease Risk; and the importance of cancer research.

For [more](#) information, call 314.539.0390 or visit The Good Health Blog Spot, St. Louis Public Library's consumer health blog, at slplconsumerhealth.blogspot.com.

COMMUNITY EDUCATION DAY

Save the Date!

PECaD's Colorectal Cancer Community Partnership (CCCP) will be hosting the first ever [Community Education Day](#)! This dynamic event will be held at the Monsanto YMCA, located at 5555 Page Blvd, St Louis, MO 63112 on Saturday, May 10, 2014 from 9 a.m. to 1 p.m. At the event, thirty-minute sessions will focus on 8 Ways to Prevent Colon Cancer, Nutrition and Exercise, Community Perspective on Research, What is Research, and Gastrointestinal Health. Lunch will be provided for all who attend and seating is limited.

For more information, please call (314) 747-0539 or email Suzanne Lino-Camacho at linocamachos@wudosis.wustl.edu.



Welcome New Staff

Meet PECaD's new Research Assistant, Kelsey Bobrowski. She received her bachelor's degree in Community Health Education from SIUE in 2013. Bobrowski will help extend PECaD's outreach to new communities and local organizations.

PECaD In The Community

Uninsured and underinsured women may receive free cancer screenings and talk with PECaD researchers at [See, Test, Treat](#) on Saturday, April 12. Plus, put your gym shoes on and join us at the [Komen St. Louis Race for the Cure](#) on Saturday, June 14.