

BUILDING EQUAL ACCESS TOGETHER IN CANCER (BEAT-C) NEWSLETTER



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RESEARCH TEAM SPOTLIGHT

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Shayla J. Scarlett serves as the Assistant Director of Community Outreach, Engagement, and Equity at the GW Cancer Center. She is passionate about the intersection of personal agency, health, and well-being and dedicated to advancing

people-centric approaches to community engagement. Her work focuses on identifying and dismantling barriers to cancer care, educating the community, and strengthening community and organizational linkages.

ORGANIZATION SPOTLIGHT:



Bread for the City provides food, clothing, medical care, and legal and social services to Washington, DC residents living with low income. They are committed to treating their clients with the dignity and respect that all people deserve. Visit breadforthe.org or email info@breadforthe.org for more information.

Southeast Center:

1700 Marion Barry Ave SE, DC 20020
202-561-8587

Northwest Center

1525 7th St. NW, DC 20001
202-265-2400

STUDY PROGRESS HIGHLIGHTS

A total of **144** patients have enrolled in the study so far.

94 patients have completed the

6-month program, and **88 (94%)** of them reported feeling satisfied with the program.

Tips for Decluttering Your Home

Did you know that decluttering can improve your mental health? It can feel overwhelming to get started with decluttering your home – but by breaking it down into smaller steps, you can get started with tackling this task!

1. Start by collecting trash.
2. Begin tidying up by choosing one small spot, such as a drawer.
3. Sort items into 3 piles – keep, donate, or throw away.
4. Group similar items together and store them together.
5. Don't try to do everything all at once. Try setting a timer for 10 or 15 minutes and see how much you can get done.