

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



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RESEARCH TEAM SPOTLIGHT

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Arianna Milicia is a senior research analyst at MedStar Health Research Institute. Her focus is on research, as she has a growing passion for applied research and using scientific methods to solve problems within the hospital system and improve health outcomes. Arianna does screening, recruitment, and data management for the BEAT-C study.

ORGANIZATION SPOTLIGHT:



The Department of Aging and Community Living (DACL) serves District residents aged 60 and older. It offers many free or low-cost programs to help all District residents live boldly at any age, stage, or ability.

Activities and classes include nutrition education, cooking demonstrations, exercise classes, massage therapy, movie days, book club, arts & crafts, and social gatherings and trips.

To see upcoming events and activities, visit <https://daclevents.splashthat.com/>.

To contact DACL, email dacl@dc.gov or call 202-727-5626.

STUDY PROGRESS HIGHLIGHTS

A total of **150** patients have enrolled in the study so far. **96** patients have completed the 6-month program, and **90 (94%)** of them reported feeling satisfied with the program.

Self-Care Activities

Self-care is important! It can help to improve mental and physical health, independence, and social connections.

Get inspired with ideas for self-care from the list below.

1. **Connect with friends and family** by giving them a call or scheduling a meal together.
2. **Join a club** such as the clubs offered at your local YMCA or senior wellness center.
3. **Volunteer** with a local organization or in your religious community.
4. **Learn something new** by going to a class at your local library, community fair, or watching something educational like a documentary or TED Talk.
5. **Listen to an audio book** – your local library likely offers audio book versions of their collection!