

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



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COMMUNITY HEALTH WORKER SPOTLIGHT



Tahneezia Hammond

MedStar Health Research Institute

Tahneezia's favorite part of being a community health worker is "being able to help patients solve problems and access resources. My support helps eliminate stress and frustration that many patients feel navigating health care and resources."

Did you know that April is Stress Awareness Month?

Resuming daily activities after a cancer diagnosis can be stressful. Try to make time for yourself to do activities that you enjoy. Relaxation, exercising, and emotional support can also help.

COMMUNITY-BASED ORGANIZATION SPOTLIGHT



Cancer Support Community (CSC) DC provides support, education, and hope to cancer patients, caregivers, and loved ones. Always free of charge, CSC DC offers a variety of virtual programs including support groups, healthy lifestyle activities, and mindfulness programs.

Join CSC DC for a live mindfulness and meditation practice every Wednesday from 2:00PM - 2:30PM.

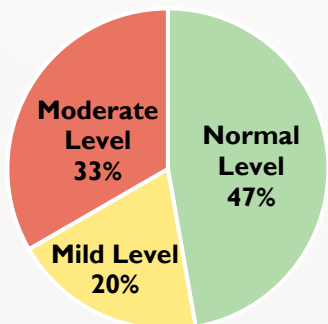
To learn more about their programs, visit <https://www.cancersupportdc.org/> or reach out to info@cancersupportdc.org or **202-659-9709 ext. 4698**.

STUDY PROGRESS HIGHLIGHTS

A total of **72** patients have enrolled in the study so far.

17 patients have completed the 6-month program, and **all** of them reported feeling satisfied with the program.

Patients' Symptoms of Anxiety at Baseline



These organizations also offer a variety of programs that could help with stress management:

- Hope Connections
- Smith Center for Healing and the Arts
- YMCA

**Ask your community health worker about other resources in your community.*

PATIENT FEEDBACK SPOTLIGHT

One patient said the community health worker's calls uplifted and motivated him to do better, and they helped him see things in a different way.