

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



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## RESEARCH TEAM SPOTLIGHT

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Dr. Rivera-Rivera is a clinical psychologist by training. Her work focuses on understanding and improving health communication and quality of life among cancer patients and survivors from diverse backgrounds.

She is passionate about creating real-world interventions that benefit underserved communities.

## ORGANIZATION SPOTLIGHT:



The YMCA has locations throughout the DMV area and offers programs, classes, and recreation for all ages.

### Programs include:

- **Blood Pressure Self-Monitoring Program:** This program helps individuals with high blood pressure to lower their blood pressure through self-monitoring, nutrition education, and personalized support.
- **Nutrition Counseling:** For anyone who would like to speak with a registered dietitian for a personalized plan.
- **Weight Management:** Support and education to help you reach your goals.
- **Fit & Well Seniors:** Classes, activities, and social clubs, all free of charge.

Note that these programs (except for Fit & Well Seniors) come at an extra cost. For more information or to sign up for a program, visit [www.ymcadc.org](http://www.ymcadc.org) or contact [health@ymcadc.org](mailto:health@ymcadc.org) or **202-232-6700**.

## STUDY PROGRESS HIGHLIGHTS

A total of **136** patients have enrolled in the study so far. **88** patients have completed the 6-month program, and **83 (94%)** of them reported feeling satisfied with the program.

## The Winter Blues

Do you struggle with feeling down, tired, or lonely when winter comes along?

Here are a few things you can do to help fight the winter blues:

- Spend time with people – Sometimes it is tough to get out and see people when the weather is cold and cloudy, but you can invite people over or call them for a chat!
- Get moving – If you do not want to go outside, you can try a workout video from YouTube or put on your favorite music and have a mini dance party.
- Talk to your doctor – Telling your doctor about what you are dealing with can help you find treatment options that work for you.
- Vitamin D – Did you know that many people do not get enough vitamin D? Taking supplements or getting more sunshine can help with this. Talk to your doctor if you are interested in learning more about supplements.