

## LEADERSHIP GREETINGS



**Valerie Bethel,**  
PhD, MBA/HCM, BSW

Director, Research Support, Sylvester  
Office of Outreach and Engagement

*I extend my warmest wishes to you during this festive season. May the joy and warmth of the holidays surround you, bringing happiness and good health. Thank you for being a valued part of our community. Here's to a season filled with connection and cheer!*



**Nancy Elliott, PhD, MPA**

Director, Research Support

*Warm wishes to you during this festive season! Your support as part of our research community has been invaluable. Here's to a joyful holiday season and a promising year ahead!*



## Message from the Associate Director

Dear Changing The Game on Cancer Readers,

As this year comes to an end, this is the last issue for 2023; look for our next issue in January. I am thrilled to extend heartfelt gratitude to each and every one of you for your viewership and support throughout 2023. Your engagement has been instrumental in advancing our mission. As we enter this festive season, I want to take a moment to express our warmest season's greetings and sincere wishes for joy and good health. Your commitment to staying informed and connected has been a source of inspiration, and we are truly grateful for the community that has grown around Changing The Game on Cancer.

Looking back on the past few months, your involvement has fueled our efforts to make a positive impact on healthcare quality and access. We have conducted meaningful projects in our local community, and your readership has been a driving force behind these initiatives.

As we reflect on the achievements of 2023, we cannot help but feel a surge of excitement for what lies ahead in 2024. Together, we will embark on another year of enriching information, inspiring stories, and a shared commitment to creating a healthier and more equitable community.

We extend our deepest thanks for being part of this journey with us. Your support is invaluable, and we eagerly anticipate the continued growth of our community in the coming year. May your holiday season be filled with warmth, joy, and memorable moments.



**Erin Kobetz, PhD, MPH**

Vice Provost for Research + Scholarship  
Co-Director, Clinical Translational Research Institute  
Associate Director, Community Outreach and Engagement, Sylvester  
Comprehensive Cancer Center  
John K. and Judy H. Schulte Senior Endowed Chair in Cancer Research



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DCC XIV | FEB 24, 2024 | RIDEDCC.COM



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## Join the Miami Dolphins at DCC XIV At The Hard Rock Stadium On February 24, 2024

Dolphins Challenge Cancer (DCC) is a signature Miami Dolphins initiative and the #1 fundraising event in the NFL. 100% of all funds raised directly support ground-breaking research at Sylvester Comprehensive Cancer Center.

The DCC's purpose is to improve people's lives through financial support for innovative cancer research at Sylvester, South Florida's only National Cancer Institute (NCI) designated cancer center.

## TEAM SPOTLIGHT CORNER



This year has been filled with exciting developments, groundbreaking projects, and, most importantly, the collective efforts of individuals dedicated to making a positive difference in our catchment area. Our team's commitment to being Game Changers is what has propelled us forward, and we're incredibly excited about the impact that will continue to be done together. As we bid farewell to 2023, we eagerly anticipate the opportunities and adventures that 2024 will bring. With your unwavering support, the COE team is ready to tackle new challenges, push boundaries, and elevate the Game Changer's experience to new heights through the catchment area.



Scan to stay connected with all the Sylvester Game Changer vehicle Events



## Empowering Diversity in Cancer Research: The DICR Internship Program

The Diversity in Cancer Research (DICR) Internship Program, generously supported by the American Cancer Society (ACS) and facilitated by the Sylvester Comprehensive Cancer Center, presents a transformative opportunity for dedicated undergraduate students from underrepresented communities in Florida. This dynamic 10-week summer program seamlessly integrates hands-on biomedical research, clinical shadowing, and career development sessions, all guided by esteemed faculty members. Prioritizing inclusivity, DICR offers a stipend and housing, ensuring accessibility for all participants. Eligible applicants, irrespective of citizenship, should hail from racial/ethnic groups underrepresented in science. In collaboration with the Office of Outreach and Engagement, the program has innovatively crafted county-specific infographics based on the findings from community listening sessions. A notable example is the infographic from the Broward County team, providing valuable insights into the catchment areas. Join us in shaping the future of cancer research through this immersive and diverse program, where each participant contributes to the collective advancement of knowledge and community engagement.



### A Voyage of Screening: Transforming Doubt into Discovery BROWARD COUNTY

## Game Changer Event Bulletin

-  **Saturday, December 2, 2023** **9:00 am - 12:00 pm**  
World AIDS Day Walk
-  **Tuesday, December 5, 2023** **10:00 am - 2:00 pm**  
World AIDS Day Resource Fair and EHE Conference
-  **Wednesday, December 6, 2023** **10:00 am - 1:00 pm**  
Lake Shore Civic Center (Senior Community Center)
-  **Wednesday, December 7, 2023** **3:30 pm - 7:00 pm**  
Guatemalan Mayan Center Health Fair
-  **Saturday, December 9, 2023** **9:30 am - 1:30 pm**  
Florida City/Homestead WIC Health and Resource Fair
-  **Friday, December 10, 2023** **2:00 pm - 6:00 pm**  
Keys Overnight Temporary Shelter (Kots)
-  **Saturday, December 11, 2023** **10:00 am - 4:00 pm**  
Key West Community Health Fair



## CAC MEMBER SPOTLIGHT MONROE COUNTY SOCIAL SERVICES

Monroe County Social Services is dedicated to supporting vulnerable populations, including the elderly, disabled, low-income individuals, and families with young children. Offering limited emergency aid to those referred by community service agencies ensures timely assistance for individuals facing critical needs.

The meal and nutrition services span various locations, providing congregate and home-delivered meals in Key West, Big Pine Key, Marathon, and Key Largo. AARP activities contribute to community engagement. In-Home Services prioritize the well-being of frail, elderly, disabled, or low-income citizens, offering essential support.

Monroe County Transportation (MCT) ensures accessibility with daily para-transit services, prioritizing medical needs for citizens countywide. This commitment facilitates crucial services like medical appointments and grocery shopping.

The Welfare program provides holistic assistance, addressing utility payments, prescription costs, and food needs. Community Support Services receive funding from federal and state grants, supplemented by a portion from county taxpayers under the guidance of the Board of County Commissioners. The office administers impactful programs such as Sewer Connection Assistance, State Housing Initiatives Partnership Program (SHIP), and Weatherization Assistance Program (WAP), addressing specific community needs and elevating the overall quality of life in Monroe County.



**MONROE COUNTY**  
FLORIDA





## DECEMBER HIV/AIDS AWARENESS MONTH

### What is HIV?

HIV (Human Immunodeficiency Virus) is a virus that attacks the immune system, specifically the CD4 cells, which are vital for immune function. If untreated, HIV can progress to AIDS (Acquired Immunodeficiency Syndrome).

### What is AIDS?

AIDS is the advanced stage of HIV infection, where the immune system is severely damaged, making the person vulnerable to infections or certain cancers.

### How is HIV spread?

HIV is mainly spread through contact with certain body fluids, like blood, semen, and breast milk.



### Risk of Factors HIV transmission

- **Multiple Partners:** Having multiple sexual partners without consistent protection raises vulnerability.
- **Injecting Drug Use:** Sharing needles or syringes with an infected individual poses a high transmission risk..
- **Vertical Transmission:** An HIV-positive mother can transmit the virus during childbirth or breastfeeding.

### Test for HIV/AIDS

A blood tests detects the virus or antibodies produced in response to the infection.

#### Recommended:

While there is no cure for HIV, early testing and treatment, including antiretroviral therapy, can help individuals with HIV live a healthy life. HIV transmission is also reduced by preventive measures such as safe sex and needle exchange.

### Learn more about HIV



## A Mindful Approach to Holiday Eating

As we dive into the festive season, filled with joy, celebrations, and yummy treats, let's also think about our health by making smart choices with our eating. With all the tempting, rich dishes around, finding a balance means we can enjoy the celebrations without messing with how we feel. Instead of seeing healthy eating as a strict rule, let's see it as a good choice that lets us enjoy the festive goodies without feeling bad later. Mixing in lots of colorful, good-for-you foods, keeping an eye on how much we eat, and paying attention to what our body tells us can help us get through the holidays feeling good. This way of thinking not only makes our festive times better but also helps us kick off the new year on a healthy note.

### Quick and Healthy Holiday Recipe: Festive Quinoa Salad

#### Ingredients:

- 1 cup quinoa, rinsed and cooked
- 1 cup pomegranate seeds
- 1/2 cup chopped fresh mint leaves
- 1/2 cup chopped cucumber
- 1/4 cup crumbled feta cheese
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

#### Instructions:

1. Cook quinoa and let it cool.
  2. In a bowl, combine quinoa, pomegranate seeds, mint, cucumber, and feta.
  3. Whisk olive oil, balsamic vinegar, salt, and pepper.
  4. Drizzle dressing over the mixture and toss gently.
  5. Serve immediately or refrigerate.
- Enjoy this vibrant and nutritious holiday salad!



### 3 TIPS FOR SUCCESS DURING THE HOLIDAY

1. **Mindful Indulgence:** Embrace holiday treats in moderation.
2. **Stay Active:** Incorporate physical activity into your routine.
3. **Balanced Plate Approach:** When enjoying holiday meals, aim for a balanced plate.



You may enjoy the season while prioritizing your health by implementing these recommendations into your holiday routine. It's all about balance, not deprivation. Here's to a safe and joyous holiday season!