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[View this email in your browser](#)

A background image of a large, flowering cherry tree in full bloom, with pink and white blossoms filling the frame.

# Spring Newsletter

UMGCCC Office of Community Outreach  
and Engagement

## Welcome to spring!

As we get accustomed to daylight savings and the changing weather, we are happy to be coming to you with new announcements on what we've been doing at the Community Outreach and Engagement Office as well as what our partners have been up to!

If you have any feedback, please feel free to share it with us at [umgccc.coe@umd.edu](mailto:umgccc.coe@umd.edu). \_\_\_\_\_

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## What Have We Been Up To?

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# Cancer Health Ambassador (CHA)

## Training



We have added new dates to our Cancer Health Ambassador training sessions!  
As we continue on in our 2025 sessions, we have new dates to offer!

Upcoming Training Dates (English Language)  
Monday, April 7 and Monday, April 14 from 5:30 to 8 pm

The sessions will cover general cancer information as well as more detailed information on breast, lung, colorectal, and prostate cancers. Participants will then be able to help our office spread the word on prevention methods as well as the importance of early detection and screenings. We are beyond thankful for our over 300 CHAs we currently have and hope to add more health ambassadors to our team!

[Click here to sign up for the sessions!](#)

*Interested in a Spanish Language CHA training session? [Click here to join the waitlist for when a new set of dates is available!](#)*

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**MEET OFFICER POE!**



Meet Poe, the University of Maryland Baltimore County's new Police & Public Safety Comfort K9! Poe hopes to help foster positive relationships between the community and UMBPD by putting his American Kennel Club Certified Therapy Dog training to the test! To request a visit with Poe, or to have him at your event, visit [umaryland.edu/k9](http://umaryland.edu/k9). He is able to visit all of Maryland - not just Baltimore!



Breed: Great Dane mix

Birthday: March 18, 2020

Place of Birth: Cocoa Beach, Florida

Handler: PFC Anthony Summers

Likes: Playing catch with tennis balls!

Dislikes: Loud buses

Poe will be a new presence at UMB Police Department's community events! Be sure to come by to say hello and give belly rubs!

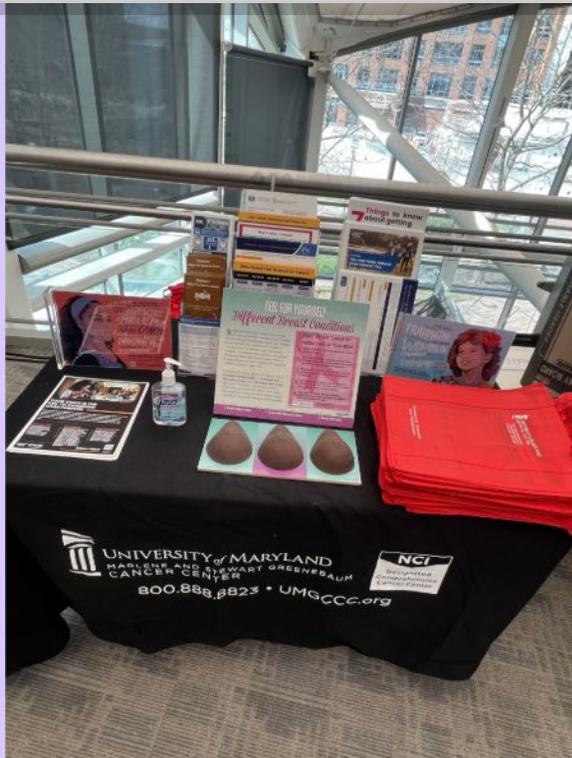
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## Thank you to everyone at the Village at Mondawmin Resource Fair!

We had the opportunity to host a booth at the Mondawmin Resource Fair this past month and were able to speak with many community members at the event! We wanted to thank CareFirst Community Engagement for organizing the event and all the other organizations that were present for doing great work!

Thank you to our CHAs who also attended and assisted with our booth! To request assistance or presence at an event, please use [this link](#).



Although Breast Self Exams are no longer recommended for breast cancer screening, it is still important for people to know their bodies and what feels normal for them.

Activities like this help people to learn what breast lumps feel like, which is especially important for people who are younger than the recommended screening age.

## Cade Foundation Ladies Day was a Success!

Thank you to the Tinina O. Cade Foundation for inviting us to their Ladies Day event! We had a great time meeting community members and teaching attendees what normal and abnormal breast tissue feels like, as well as sharing information about American Cancer Society's Voices of Black Women study.



Our Inflatable Colon Went on Tour for  
Colorectal Cancer Awareness Month!



The Towson community was able to see the inflatable colon at a screening and outreach day that our network partners at [University of Maryland St. Joseph's Medical Center](#) conducted on March 29th!



We were invited to speak to seniors at [Keswick Wise & Well](#) in Baltimore City, and to share information about colorectal cancer. The colon then got to spend the rest of the week generating more conversation among Wise & Well staff and participants.

We Educated Young Adults  
About Colorectal Cancer



Asli McCullers, one of our PhD student team members, partnered with [Students Engaged in Public Health @ UMD](#) to educate UMD College Park students on the basics of colorectal cancer in a presentation titled “What Young Adults Need to Know About Colorectal Cancer”.



Our [Community Health Awareness Messages](#), and [Prevention \(CHAMP\) Lab](#) ambassadors also created a special social media post about colorectal cancer!

**Mark your calendars! On April 11th we wear green!**

To kick off Cancer Prevention and Early Detection Month, the [Prevent Cancer Foundation](#) is asking us to all wear green on Friday, April 11th. To spread the word, they encourage you to post photos of yourselves in your green outfits with the hashtag #GetYourGreenOn.



To learn more about the cause and download the Cancer prevention and Detection Month Partner Toolkit, [you can click here!](#)

## SHARE for CURES

Calling those who have been affected by breast cancer.

The Susan G. Komen foundation is requesting you to share your breast cancer information to help researchers collect crucial data.

This data will be focused on you and the circumstances around your breast cancer diagnosis and treatment.

**ShareForCures** | **susan g. komen.**

**You can help discover cures for breast cancer, faster.**

If you would like to learn more about the program before you sign up or are just interested in diving deeper, ShareForCures will host a series of online information sessions! Click on the date of the session to sign up for the Zoom session.

[Thursday, April 10 @1 pm](#) \_\_\_\_

[Thursday, May 8 @1 pm](#) \_\_\_\_

[Thursday, June 12 @1 pm](#) \_\_\_\_

[Thursday, July 10 @1 pm](#) \_\_\_\_

[Thursday, August 14 @1 pm](#) \_\_\_\_

[Thursday, September 11 @1 pm](#) \_\_\_\_

## Run or Walk For a Purpose at the Maryland Half Marathon & 5K



2009-2025

17<sup>TH</sup>

THE MARYLAND  
Half Marathon & 5K

JUNE 7, 2025

BENEFITING

UM GREENEBAUM  
COMPREHENSIVE  
CANCER CENTER

UNIVERSITY  
of MARYLAND  
MEDICAL  
SYSTEM



mdhalfmarathon5k.org

Join the University of Maryland Greenebaum Comprehensive Cancer Center at our [17th Annual The Maryland Half Marathon & 5K](#).

Whether you are an avid runner looking to get a new best time or just looking for a relaxing walk with friends and family, every dollar you fundraise goes to funding and supporting cancer research at the Comprehensive Cancer Center!

The Office of Community, Outreach and Engagement will have a team of our own at the race as well! We would love to have new members join our team and walk the race with us! [Click here to join the COE team!](#)

When: June 7, 2025

Where: Maple Lawn, Howard County, MD

To join the Office of Outreach and Engagement team, you can click here!

[Want to register as an individual or create a team of your own, click here!](#)

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# ACS Facts and Figures Report

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## Cancer Facts & Figures 2025

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report provides:

- Estimated numbers of new cancer cases and deaths in 2025 by cancer site and US state
- Current cancer incidence, mortality, and survival statistics
- Information on cancer symptoms, risk factors, early detection, and treatment

[To read the report in its entirety, you can click here!](#)

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## Summer Health

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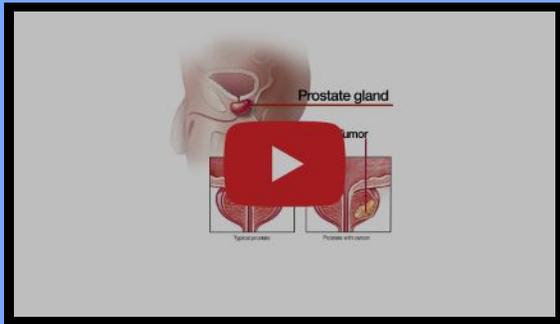
[June 9-15 is Men's Health Week!](#)



In the second week of June, the world joins for International Men's Health Week where male health is put in the spotlight! This week is a time to focus on the importance of yearly check-ups and diagnostic screenings that can save lives through early detection. Men's Health Week is also a time to have important

Prostate cancer and colorectal cancer are the second and third leading causes of cancer related deaths for men. Luckily, there are screening options to catch the cancer's early on and reduce the risk of mortality:

To learn more about Men's Health Week click here!



### Prostate Cancer Screening Walkthrough

To learn more about prostate cancer screening guidelines click here!



### Colorectal Cancer Screening Walkthrough

To learn more about colorectal cancer screening guidelines click here!

June 1st is Cancer Survivors Awareness Day .



Photo credit: <https://www.cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html>

Here in our office, we focus on cancer education and the promotion of diagnostic screenings in order to help reduce rates of mortality. As we fight to save more lives, it is important to remember the outcome we are all working towards!

June 1st is National Cancer Survivors Day is a time to celebrate cancer survivors and the people who helped them throughout their journey including family, friends, caregivers, and medical staff. It is also a day to acknowledge that the mental and physical challenges that can continue even after becoming cancer free.

To hear more about National Cancer Survivors Day and learn about how to host an event to celebrate the day within your community please visit [https://ncsd.org/!](https://ncsd.org/)

**Want to shout out a special cancer survivor in your life or, to our cancer survivors, want to shout out someone who was with you every step of the way? Click here to have your shout out highlighted in our next newsletter!**

As summer approaches, some of your favorite

## produce are coming back into season!

In the upcoming months, boost your nutrient intake while also trying a fun new recipe that is sure to put a *spring* in your step!

### KIWI LIME LOAF CAKE

Along with being a great choice for a fresh fruit to cool down with, [kiwi fruit is packed with vitamins C, E, and K, is rich with antioxidants, and can help promote gut health!](#)

[Recent studies](#) have also been interested in studying the kiwi fruit's possible links to treating lung cancer due to its inhibitory effects on tumors.

To experience kiwi in a whole new way try out this [kiwi lime loaf cake recipe](#) that is sure to be a delightful surprise for all who taste it!



### COZY SWISS CHARD SOUP

[Swiss chard soup with a potato surprise](#) brings warmth and comfort straight to your core! This recipe is full of hearty veggies and fragrant herbs, and is ready in under 40 minutes, perfect for a week night meal.

[The health benefits of swiss chard are through the roof!](#) The greens can help manage diabetes, its potassium and vitamin K content can help strengthen your brain, and its anti-inflammatories can lower your blood pressure and improve cardiac function.



The leafy greens have also been shown to carry phytonutrients that can help prevent various types of cancer including liver, colon, prostate, and ovarian cancers by helping to destroy cancer cells.

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## Curious about what other produce is in season?

[Keep track of what fruits and veggies are best for each season of the year by clicking here!](#)

## Awareness Months: Moments to Remember and Plan for the Future

Awareness months keep us informed and vigilant. Taking the time to learn about various symptoms and signs keep us all informed and ready to have informed and open discussions.

Raising awareness and continuing to talk about these cancers leads to increased funding into research for treatment and prevention options while taking the time to honor and remember all those who have been effected.

Here are some awareness months coming up in April and May:

### April is Esophageal Cancer Awareness Month

Click here to learn more about esophageal cancers as well as new immunotherapies being presented as a treatment option



## April is Testicular

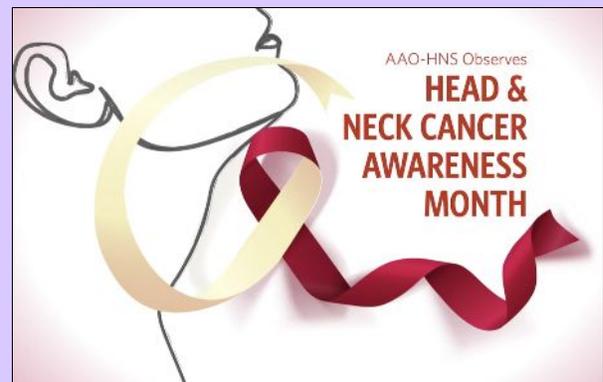
### Cancer Awareness Month

Click here to learn more about testicular cancer and read about the seldom talked about psychological impact of the diagnosis



## April is Head and Neck Cancer Awareness Month

Click here to learn more about head and neck cancer, its symptoms, and new research into causes and treatments



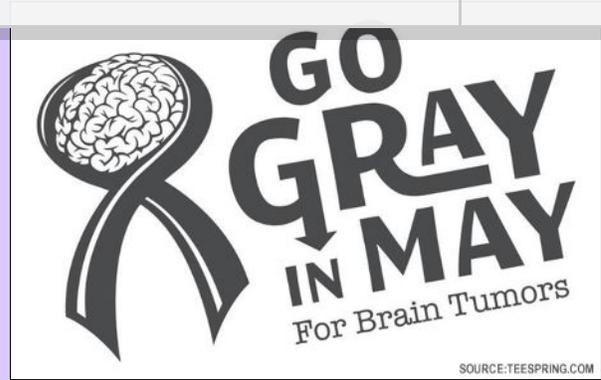
## May is Melanoma and Skin Cancer Awareness Month

Click here to learn more about melanoma including the latest research breakthroughs



## May is Brain Cancer Awareness Month

Click here to learn more about brain cancer alongside ways to prevent and treat tumors



## May is Bladder Cancer Awareness Month

Click here to learn more about bladder cancer, its risk factors, and treatment options



## Upcoming Events and Important Links

American Cancer Society Screening Guidelines

[Click here to access current ACS guidelines and recommendations for screening](#) →

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