



Putting the pieces together for good Health

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Save Our Sisters

## Save our Sister

### Save Our Sisters

Save Our Sisters, S.O.S, is a community based outreach of Ebenezer Medical Outreach, Inc. aimed at providing education for women of color regarding the importance of breast, cervical and ovarian cancer, three causes of cancer deaths.

The program is made up of community advisors and natural helpers. This program builds on the strengths that are already in the community. The Save Our Sisters Program emphasizes the helping role that certain people naturally play within their own social networks. Our goal is to identify and work in our community. The more women we have involved the more women we will reach.

The primary goal of this program is to eliminate deaths due to each of these cancers.

#### Program Objective

Save Our Sisters is a program of Ebenezer Medical Outreach which provides education for women of color regarding the importance of regular screenings for breast, cervical and ovarian cancer.

The program uses Natural Helpers who have been trained as a resource in the community to spread the word and act as an educator for women who may have questions.

#### Activities

- Sister Circle Meetings
- Breast Cancer Awareness Walk
- Educational Workshops
- Community Outreach
- Annual Breast Cancer Awareness Program
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- Community Outreach
- Annual Breast Cancer Awareness Program
- Quarterly Newsletter

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Save Our Sisters

# Sister to Sister Outreach

## Interview with Marc Hurlbert



*The Avon Foundation for Women, American Cancer Society, Susan G. Komen Foundation and NBCCEDP work collectively to fight breast cancer. Marc Hurlbert, PhD, executive director of the Avon Foundation Breast Cancer Crusade, recently discussed the importance of collaborating with other national breast cancer organizations*

### Special points of interest:

- Interview with Marc Hurlbert
- Lemon Rosemary Zucchini
- Supporting the Avon Walk

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### How did collaborations get started?

When I joined Avon Foundation, I saw there were so many groups and people passionate about ending breast cancer. I thought if we could all work together through collaboration and cooperation, we could more rapidly achieve our collective goals. It took a few years, but I found leadership of many other groups - American Cancer Society (ACS), Susan G. Komen for the Cure (Komen), the Center for Disease Control and Prevention (CDC), the Breast Cancer Research Foundation (BCRF) and others - shared a similar idea as I did. Avon Foundation and I led the group effort, gathering 120 representatives from 30 organizations for a day and half meeting in November 2007. Since that time, numerous collaborations have been started.

### Describe some joint programs.

In the area of breast cancer research, Avon, Komen, and ACS are now coding information about the grants that we fund in a systematic way and pooling this grant information in two shared databases: [www.cancerportfolio.org](http://www.cancerportfolio.org) and [www.ghrasp.org](http://www.ghrasp.org). This helps each of our organizations to make strategic plans and find unique areas where we can invest our research dollars. Another exciting collaboration in research is that Avon, BCRF, and Komen are co-funding the Translational Breast Cancer Research Consortium. The Consortium is a network of 16 leading cancer centers working together to develop new treatments for breast cancer. These are just a few examples of ongoing collaboration.



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### What is the importance of partnering with the CDC and the NBCCEDP?

One area most of our groups care deeply about is making sure that all women and men can access breast cancer screening and treatment, regardless of their ability to pay. Avon, ACS chapters, and Komen affiliates each support grass-roots community based programs throughout the country. Many of these groups are CDC-funded National Breast and Cervical Cancer Early Detection Program (NBCCEDP) providers or partners. Over the past few years all four groups - the three nonprofits and the NBCCEDP - have been holding joint meetings and been in discussions at the NBCCEDP directors' meeting on ways to continue to improve our collaboration at the national level.

At the local level, Avon, ACS chapters, and Komen affiliates are working together in several cities throughout the country (including Boston, Chicago, Houston, New York, Washington D.C.). Better coordination of nonprofit and government-funded activities will help to ensure more women are helped and that collectively we keep an eye out for vulnerable populations and step in to help right away.

### Thoughts about the future?

All of the efforts I describe are only possible because several passionate and caring people realize the value of coming together. I personally do not want any credit for these early successes. My hope is the time and effort put into these collaborations will help care for women today who need to be screened or who have breast cancer, and that through better coordinate of ongoing research we can once and for all end this disease.

Follow Marc Hurlbert on [Twitter](#).

## Lemon Rosemary Zucchini

Featured in the revised edition of *The New American Plate*

### Ingredients:

- 1 Tbsp. extra virgin olive oil
- 1 medium yellow bell pepper, diced
- 2 tsp. finely minced fresh rosemary
- 2 cups chopped zucchini (2 medium)
- 1-3 tsp. freshly squeezed lemon juice, or to taste
- Salt and freshly ground black pepper, to taste

### Instructions:

In medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and saute 2 minutes. Add zucchini and salt and pepper, to taste. Continue to saute for another 4 to 5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice.

### Nutritional Information:

Per serving: 46 calories, 3 g total fat (<1 g saturated fat), 4 g carbohydrate, 1 g protein, 1 g dietary fiber, 6 mg sodium.  
Makes 4 servings

## Support the 2011 Avon Walk

The ninth season of the Avon Walk for Breast Cancer steps off on April 16, 2011, in Houston. The Avon Walk series, which funds Avon BHOP, has raised more than \$380 million since it launched in 2003. Last year nearly 22,000 participants supported by hundreds of thousands of donors raised more than \$55 million to support organizations like yours. Avon BHOP received \$6 million in 2010 to support our BHOP beneficiaries.

The complete 2011 Avon Walk for Breast Cancer schedule includes:

**April 16-17: [Houston, TX](#)**  
**April 30-May 1: [Washington, DC](#)**  
**May 14-15: [Boston, MA](#)**  
**June 4-5: [Chicago, IL](#)**

**June 25-26: [Rocky Mountains, CO](#)**  
**July 9-10: [San Francisco, CA](#)**

**September 17-18: [Santa Barbara, CA](#)**

**October 15-16: [New York, NY](#)**

**October 22-23: [Charlotte, NC](#)**

We are very pleased that so many Avon BHOP organizations are actively involved in the Walk every year. We encourage all BHOP grant recipients to get involved in some way to make 2011 the best year yet! Whether there is an Avon Walk in your community or not, there are many ways to get involved.

Here's how BHOP organizations can support the Avon Walks:

- Form an Avon Walk team within your organization and include your friends and family
- Help the Avon Foundation promote the Walk in your office and local community by:
  - Displaying Avon Walk posters or "point-of-purchase" (POP) stands with brochures ([request materials](#))
  - Asking local businesses to display POP stands
  - Use social media and email/website communications to support the Avon Walks by:
    - "Liking" the [Avon Walk Facebook page](#) and posting updates on what your organization is doing
    - Following the [Avon Walk on Twitter](#) and re-Tweeting messages to your Twitter community

For more information or to register for an Avon Walk for Breast Cancer, visit [www.avonwalk.org](http://www.avonwalk.org) or call 888-540-WALK.

We hope to see many of you at one of the Avon Walks in 2011!