

COMMUNITY HEARTBEATS



New Hope Center Staff!

Sarah DeGuzman

Hope Center Office
Manager

Years with lab – 1 month

Education: MHA, Univ of
MD Global Campus

Hometown: Accokeek, MD



LAB UPDATES

The Hope Center, in partnership with Enterprise Community Development in the Edgewood community of NE DC, has been steadily seeing patients each month since January 2023.

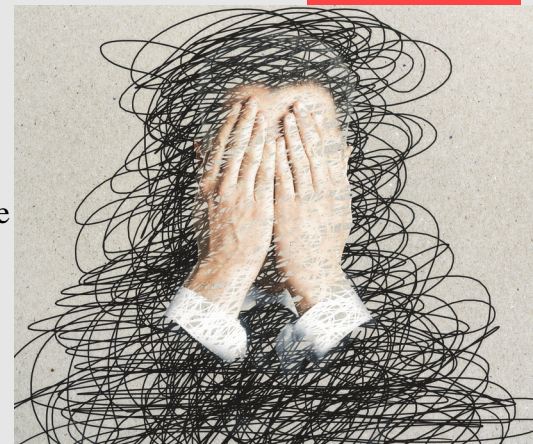
The Hope Center and the Edgewood community had their first Lunch and Learn on May 15, 2023 for the residents where Dr. Tiffany Powell-Wiley discussed how to keep your heart healthy. An exercise demonstration was provided by Ayanna Wells to show participants how to move their bodies when in a chair. The event also featured free vaccines from Giant Pharmacy, Hope Center guided tours, and of course, a free lunch for residents.

STRESS (GEOSPATIAL) STUDY UPDATES

This study welcomes women of African American or Caucasian descent, residing in the Washington DC area, aged between 18 and 45. Its primary objective is to examine the impact of stress on women living in different neighborhoods and how neighborhood affects physical activity. Throughout the study, participants will be provided with an accelerometer to be worn on their wrist for a period of 14 days, a GPS device to track their physical activity locations within their neighborhood, and an mEMA app that offers insights into their mood and neighborhood environment.

Currently, we have had 23 participants, and our goal is to reach a total of 60 participants. To disseminate information about this study, we have utilized an Instagram page called @Washingtonprobs and have plans for an upcoming promotion featuring metro banners.

As members of CHOC, we kindly request your assistance in promoting this study. Our aim is to reach a larger audience of women, enabling us to gain a deeper understanding of the factors that contribute to the risk of heart disease in women. Previous research has established heart disease as the primary cause of death in the United States, and adopting a healthy diet and regular exercise has shown promise in mitigating this risk. Our study specifically focuses on how an individual's neighborhood environment can lead to heightened stress levels and limited opportunities for exercise.



SUMMERTIME SUN PROTECTION

Summer is right around the corner. Make sure that practicing healthy sun safety for yourself and your family is a priority. According to the Centers for Disease Control and Prevention (CDC), "most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells."

Sun Safety Starts Here...

A UV INDEX
OF 3 OR
HIGHER
REQUIRES
SUN
PROTECTION



Reapply if you're
outside more than 2 hrs
and after water activities



Avoid straw hats with holes.
Darker colors may offer more
UV protection.



Sunglasses that block both
UVA and UVB rays offer the
best protection



Use a sun umbrella, tree,
or other shelter to reduce
your sun exposure

For more information, visit:
cdc.gov/cancer/skin/basic_info/sun-safety

INTRODUCING OUR MOST RECENT TEAM MEMBERS...

Sandy Reynolds



Research Fellow/
NIH Undergraduate
Scholarship
Program (UGSP)

Time with Lab:
since January 2023

BS in Biology,
Prairie View A & M
University

Hometown:
Galveston, Texas



Manuel Cintron MD

Medical Research
Scholars Program
Fellow

Time with Lab: 1 year

University of Illinois
College of Medicine

Hometown: Chicago,
IL



Marie Marah RN

Research Nurse (staff)

Time with Lab: 1 year
and 4 months

BSN, RN, Howard
University

Hometown: Silver
Spring, MD