

Contents



Cover Story
SISTA AH Circle



Page 2
History
Mantra
Lead Team



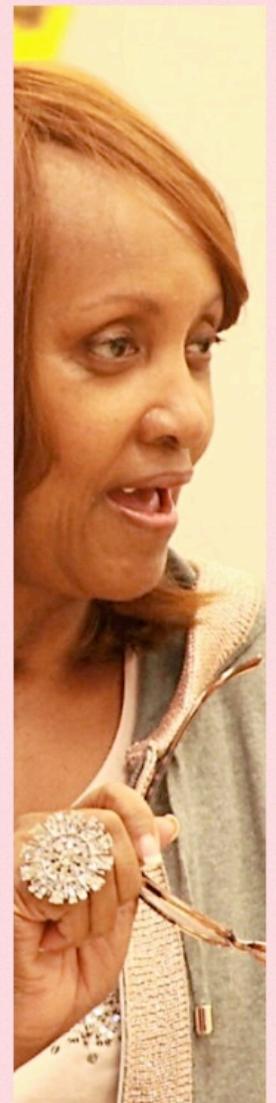
Page 3
2018 Coaches



Page 4
My Plate Palooza
@My Kitchen Table
Ask an Expert
Paint the Town Pink
Lead Team
Let's Get Physical

New Year's Celebration: SISTA AH Circle

Deloris Smith Johnson
SISTA AH Talk Historian



Hey Girl!
is published to keep you informed about our programs, our research, and the experiences of breast cancer survivors in South Florida
© SISTA AH Talk, Inc.
February 2018

History

After her breast cancer diagnosis in 1994, Dr. Selina A. Smith was prompted by the leadership of University of Miami's Sylvester Comprehensive Cancer Center to initiate a support group aimed at mitigating traumatic events (i.e., breast cancer-related concerns, self-reported physical well-being, isolation, loneliness, distress, depression, anxiety, etc.) for African-American breast cancer survivors. The first SISTAAH Talk meeting was held in 1995.

Since 1998, Mary S. Whitehead has facilitated the support group, expanding it to include women from across Miami-Dade and Broward counties, reaching women through education, outreach and research.

Education

Eight (8) SISTAAH Talk members were chosen to attend the African American Women Breast Cancer (ACS) Summit hosted by the American Cancer Association in October 1999 and were trained and certified as Triple Touch Breast Self-Exam (BSE) instructors. In 2000, SISTAAH Talk received funding from Susan G. Komen for the Cure to launch the Touch 2000 Campaign, exceeding the goal of educating 2000 women on BSE and good breast health practices.

Community Engagement

Each year, SISTAAH Talk collaborates with other non-profit organizations to 'Give Thanks,' an annual Thanksgiving basket giveaway for cancer survivors and their families. Well-known in the community for its annual Pretty Hat Tea, SISTAAH Talk has been successful in reaching women in South Florida's culturally diverse communities through innovative approaches. Since its inception, the support group has reached more than 4,000 breast cancer survivor/supporter dyads.

Research

The inaugural cohort of SISTAAH Talk members (1995) participated in a Department of Defense-funded study, Multigenerational Breast Cancer Risk in African American Women. In 2013, SISTAAH Talk breast cancer survivors participated in focus group discussion and completed assessments for the National Institute of Minority Health & Health Disparities-funded pilot study, Assessing Lifestyle Modification Needs & Experiences of African American Women. Ongoing research focuses on preventing breast cancer recurrence through healthy lifestyle behaviors.

Mantra



SISTAAH Talk!

Women of Color Breast Cancer Support Group

**Supporting the
Fighters,
Admiring the
Survivors,
Honoring the
Taken,
AND NEVER, EVER
GIVING UP HOPE.**

Lead Team



Selina A. Smith, PhD, MDiv
Founder

Dr. Smith was diagnosed with breast cancer in 1994 and treated for a recurrence in 1997. She is a cancer prevention expert specializing in screening and lifestyle modification.

Her areas of expertise include health disparities research, dissemination and implementation science, and community-based participatory research



Mary S. Whitehead, MPH, CHES
Facilitator

Ms. Whitehead was diagnosed with breast cancer in 1991. Her areas of expertise include: advocacy, women's health, religious studies, and public health.

She holds a master of public health degree and is a certified health education specialist.



Deloris Smith Johnson
Historian

Mrs. Johnson has been a supporter of SISTAAH Talk since its inception. Her areas of expertise include event planning, photography, and videography.

Coaches

Coaching is a form of development in which one individual assists another in achieving a goal. As breast cancer survivors, coaches help SISTAAH Talk members access our programs, research, events, and resources. Through the efforts of coaches, our support group will achieve integrated member engagement. As important members of the SISTAAH Talk Lead Team, coaches complete 18 hours of training on breast cancer-related topics. Coaches serve a 1-year renewable term.



Catherine Roach Connor

Ms. Connor was diagnosed with breast cancer in 1989. She has served as the lead physical activity coach for SISTAAH Talk since 2015. Her goal is to use her God-given gifts to improve the quality of life of her sistaah survivors.



Romane Petit Joseph

Mrs. Joseph was diagnosed with breast cancer in 2013. She has served as a SISTAAH Talk coach since 2015. Her goal is to help other survivors stand up to breast cancer.



Gail Roberts

Mrs. Roberts was diagnosed with breast cancer in 1999. She has served as a SISTAAH Talk coach since 2015. Her goal is to learn how to engage breast cancer survivors to help them learn about maintaining good health.



Monique Carver

Ms. Carver was diagnosed with breast cancer in 2006 and experienced a recurrence in 2016. She has served as a SISTAAH Talk coach since 2015. Her goal is to serve as a positive example and to be a resource and support for other survivors.



Roberta Young

Mrs. Young was diagnosed with breast cancer in 2013. She has served as a SISTAAH Talk coach since 2015. Her goal is to communicate effectively with breast cancer survivors to increase their awareness about healthy survivorship.



Vera B. Selmore, PhD

Dr. Selmore was diagnosed with breast cancer in 2001. She has served as a SISTAAH Talk coach since 2015. Her goal is to create an environment of laughing, sharing, and showing women diagnosed with breast cancer how to fight anxiety and depression.



Louise Lindsey

Mrs. Lindsey is a 20-year breast cancer survivor. She has served as a SISTAAH Talk coach since 2017. Her goal is to increase awareness to empower women diagnosed with breast cancer.



Regina Livingston

Mrs. Livingston is a 17-year breast cancer survivor. She has served as a SISTAAH Talk coach since 2017. Her goal is to motivate women diagnosed with breast cancer to live a full and rewarding life.



Ginette Jackson

Ms. Jackson was diagnosed with breast cancer in 2006. She has served as a SISTAAH Talk coach since 2017. Her goal is to have a positive outlook on life after breast cancer and to help others to do the same.



Terry-Ann Ramjus

Ms. Ramjus is a five-year breast cancer survivor. She has served as a SISTAAH Talk coach since 2017. Her goal is to help her sister survivors stay on track with their fitness and diet modifications to achieve their wellness goals.

WHAT'S UP?



SISTA AH Talk!
Women of Color Breast Cancer Support Group

Research Start-Up

Breast cancer survivors are invited to help us develop an online cookbook.

Share your appetizer, main dish, desert, or snack recipe with us.

Our expert chef and registered dietician will help you transform your favorite recipe into a healthy dish!

Your dish will be included in cooking demonstrations and evaluated during tasting parties.

Each survivor will be pictured with her dish on the @ My Kitchen Table page of our website.

To learn more, contact:
Dr. Selina A. Smith
Principal Investigator
sistaahtalk95@gmail.com



Join us for a recipe review, cooking demonstration, and tasting party.

Learn how to eat well and how to contribute to the SISTA AH Talk! cookbook!

My Plate Palooza

Saturday
March 24, 2018
1:00pm-4:00pm
Miami Dade County Library
Arcola Lakes Branch
8240 NW 7th Avenue
Miami, FL 33150

To RSVP, contact:
Mary S. Whitehead, MPH, CHES
SISTA AH Talk! Facilitator
(305) 333-3495

Join the Conversation



SISTA AH Talk!
Women of Color Breast Cancer Support Group



Miami Dade County Library, Arcola Lakes Branch
8240 NW 7th Avenue Miami, FL 33150

Saturday, April 21, 2018, 1:00pm-4:00pm
RSVP: Mary @ (305) 333-3495

LEAD TEAM Gathering

Save the date for our mid-year strategic meeting

Friday, June 22, 2018 6:30-8:30pm

Text: Mary @ (305) 333-3495



\$45 per person

RSVP by April 28, 2018
to Mary @ (305) 333-3495

Art Party/Fundraiser
Saturday, May 5, 2018, 1:00pm-5:00pm

Purchase tickets at:
www.sistaahtalk.net



LET'S GET PHYSICAL

Save the Date
Saturday, June 23, 2018
1:00pm-4:00pm

CONTACT US:

Email: sistaahtalk95@gmail.com
FaceBook: www.facebook.com/SISTA AHTalk/
Website: sistaahtalk.net
Telephone: (786) 540-3280