



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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- Annual Breast Cancer Awareness Program
- Quarterly Newsletter

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Save Our Sisters

# Sister to Sister Outreach

## Breast cancer survivors find support, hope at event

October 05, 2012 @ 12:00 AM  
**LACIE PIERSON**  
**The Herald-Dispatch**

HUNTINGTON -- There were plenty of goodies and even a raffle prize at the 12th annual Celebration of Hope, hosted



by the Save Our Sisters program, Thursday night, but there was one very important thing every participant received without getting a raffle ticket.

"It's all about support," said Rebecca Glass, women's health outreach coordinator at Ebenezer Medical Outreach. "It is a celebration of people who have beaten breast cancer, and it's a way to remember and pay tribute to those who have lost their lives because of it."

More than 40 people came to First Baptist Church along 6th Avenue to be a part of the event sponsored by Ebenezer, of which Save Our Sisters is a branch.

The event included a memorial tribute, songs, poetry readings and a message of unity for those lives that have been affected by breast cancer, like Vera Bowman, who was one of the keynote speakers at the event.

Bowman said she did not have health insurance when she went to a free clinic at Cabell Huntington Hospital almost five years ago and found out she had cancer.

It was thanks to the efforts of Ebenezer, which partly is funded by the West Virginia Breast and Cervical Cancer Program, that she was able to receive the treatment she needed.

"I felt like this disease was going to take over my body, and there was nothing I was going to be able to do about it," she said. "It was thanks to that program and to these people that I have my life back."

Glass placed emphasis on early detection of cancer during the event. She said getting a mammogram is something that easily can be put to the side, but the sooner the cancer is diagnosed, the more likely the patient is to beat it.

"So many people say to us 'I don't want to know if I have it,' she said. "I hope people take away that cancer is not a death sentence, and with early diagnosis, aggressive treatment and the right support system they can take care of it."

For more information about Ebenezer Medical Outreach, visit [www.emohealth.org](http://www.emohealth.org)

#### Special points of interest:

- **Breast cancer survivors find support, hope at event**
- **Our 7 Favorite Apps for Good Health (and Cancer Prevention).**
- **Warm Up and Mix It Up with Baked Apple-sauce**
- **Save Our Sisters**



BREAST HEALTH OUTREACH PROGRAM

## Our 7 Favorite Apps for Good Health (and Cancer Prevention)



### Find Your Health App

If you want to eat better, move more, or lose weight – for cancer prevention or just to feel good – there's a health app for you. This year, an estimated 247 million smart phone users will download at least one health app, almost double that from 2011. We asked around here at AICR and found seven phone apps that motivate and inspire healthier living of life." **SOURCE:** University of Miami (<http://www.miami.edu>)

**Run 10K** [Run 10K](#) trains you to run 10 kilometers (6.2 miles).

Cost: \$2.99. *How I use it* : I used this app 3 times a week on the treadmill to increase my running to walking ratio. I liked it because it told me exactly what to do. I could also check off each workout as I completed them and sync to my Facebook and twitter accounts.

**Lose It!** [This app](#) helps you manage your weight.

Cost: Free

*How I use it* : I entered everything I ate and drank daily, as well as my exercise. I used it to track calories and stay under a certain daily calorie intake given expenditure.

**Target Weight** [Target Weight](#) tracks your weight.

Cost: Free (also a \$1.99 version).

*How I use it* : I'm trying to get down to my goal weight. At first, I moved the line on the BMI chart to the "healthy" range and it tells me everyday how much weight I need to lose to get there.

**MapMyRun**

[MapMyRun](#) tracks your mileage and finds routes others like.

Cost: Free

*How I use it* : I use it to find new running routes in my area. When I was training for a half marathon I used it every day to find different ways to complete my mileage. I also mapped my own favorite paths.

### Nike Training Club

[This app](#) gives you custom workouts.

Cost: Free.

*How I use it* : I use it about three times a week at home or when I'm on a business trip.

### Fooducate

[Fooducate](#) grades supermarket products to help you find healthier options

Cost: Free (allergy version: \$4.99)

*How I use it*: When I'm planning on buying a food I don't usually eat – like crackers – I search their top products in that category and find one I like. Once I'm at the store, if I see something like a new cereal I'll scan it and see a quick nutritional overview.

### My Fitness Pal

[This app](#) counts your calories.

Cost: Free.

*How I use it* : Every day I log what I eat and how many calories I burn, working towards a net goal of 1200 calories per day.

### Get Going!

For information to help you reach your health goals:

- Move more
- Eat smart
- Stay lean
- Try the New American Plate Challenge
- Successful weight loss strategies



## Warm Up and Mix It Up with Baked Applesauce



With so many apple varieties in the stores and farmers' markets, now is the time to cook up a batch of delicious, naturally sweet homemade applesauce. Blending different varieties gives you a nice mix of flavors and you can adjust for more tartness or sweetness, depending on your preference. And this recipe keeps the mess to a minimum – you can put all your apples in one pot, bake and about an hour later, have a bowl of warm, comforting applesauce.

Apples contain [cancer-fighting phytochemicals](#) like quercetin that show anti-inflammatory properties in lab studies. And they're a delicious way to add more fruit to your diet – whether fresh or cooked into a sauce.

And, if you're looking for ways for you and your family to be more physically active – find a [u-pick farm](#) and gather your own apples. It's a great weekend activity for all ages.

### Baked Apple Sauce

4 lbs. (about 10 medium) assorted apples, such as McCoun, MacIntosh, Golden Delicious, Jonathan, Jonagold or HoneyCrisp, peeled, cored, and quartered

1/3 cup fresh apple cider

4 lemon slices, paper-thin, or 1 Tbsp. fresh lemon juice

1 (3-inch) piece stick cinnamon, or 1 tsp. ground cinnamon, optional

2 Tbsp. sugar, agave syrup, or honey, optional

Preheat oven to 375 degrees F.

Place apples, cider and lemon slices or juice in large Dutch oven or heavy casserole with a cover. Toss apples to coat them with lemon. If using, sprinkle on cinnamon and sweetener and toss again.

Bake apples, covered, for 60 to 75 minutes, until very soft and moist. Stir to combine soft apples and liquid into applesauce. If it is too wet, bake applesauce, uncovered, for 15 minutes longer. Cool to room temperature before serving; applesauce thickens as it cools. The applesauce keeps, covered in refrigerator, for up to 5 days.

**Makes 12, ½ cup servings.**

**Per serving:** 99 calories, <1 g fat (0 g sat fat), 26 g carbohydrates, <1 g protein, 4 g fiber, 2 mg sodium.

<http://www.aicr.org/enews/october-2012/enews-baked-applesauce.html>