



Share Health
SOUTHEAST GEORGIA

December 2021

Board Newsletter

Insights for the Quarter

This month's newsletter for the Share Health Board of Directors focuses on training and community events, public health scholarship highlight and a highlight of the Hazlehurst Capacity-building training. Share Health continues its mission by partnering with the Southeast Health District to support the 16 counties by providing resources and improving healthcare access to make communities healthier. Share Health staff meetings are held once a month to discuss projects and upcoming events to collaborate and get insight or assistance with tasks. Phone calls were made to the food banks and pantries in the 16 counties to see if any PPE items (masks and hand sanitizers) were needed. Additionally, PPE were provided to two partnering organizations, Southeast Georgia Communities Project and Evans Community Center, to distribute at their monthly food distribution events. CHAC hosted a Diabetes Awareness Day event in Baxley, GA to spread awareness about Diabetes. The 2021 theme was Access to Diabetes Care. Local partners, including the Sheriff's Department and Anytime Fitness, were in attendance. The Sheriff's Department collected unused prescription drugs in honor of Drug Take back Day and Anytime Fitness hosted a 20-minute workout session.

Board Member for the Month:

Dr. Rebecca Spahos



Share Health's Board Member Dr. Rebecca Spahos was featured on the news in November! This interview featured a cancer survivor who was one of 19 patients diagnosed with breast cancer at Evans Memorial Hospital (EMH) this past year. The patient was also one of the first to complete her entire treatment regimen at EMH since it expanded its Breast Cancer Program last year. Rebecca Spahos is a general surgeon in Claxton, Georgia and is affiliated with Evans Memorial Hospital. Dr. Spahos spoke about some other patients' appreciation for the local care they receive and the relationship with the team. She also spoke about future growth for Evans Memorial's Breast Program. Thank you Dr. Spahos for your work! Rebecca Spahos is a general surgeon in Claxton, Georgia and is affiliated with Evans Memorial Hospital. Thank you Dr. Spahos for serving as a Board Member and we look forward to the work we will do in Evans through the Breast Health Initiative. View the interview here: <https://www.wjcl.com/article/statesboro-woman-chooses-evans-memorial-for-breast-cancer-treatment/38134622#>

Quarterly Share Health Events

Listed below are the GUIDE (Gwinnett United In Drug Education), Inc trainings and community events held this quarter:

GUIDE Inc. Trainings:

- **October 12th**

Cultural Competency for the Prevention Professional

- **October 21st**

Youth Voice

- **October 28th**

Ethics in the Prevention Field

- **November 2nd**

Communication Skills for the Prevention Professional

- **November 9th & 18th**

Fundamentals of Prevention

Community Event:

- **November 14th**

Diabetes Awareness/ Drug Take Back Day



11 coalition partners attended the GUIDE, Inc. trainings. There were 25 community members in attendance at the Diabetes Awareness event including partners from the Sheriff's Department, Anytime Fitness of Baxley, and the Appling County Health Department.



Public Health Scholarship Recipient:

Lutrenda Clay, RN, BSN, CLC

One of the Share Health Public Health Scholarship recipients is Lutrenda Clay. She is a Nurse Manager at the Evans County Health Department. Lutrenda's hometown is Claxton, GA. She received her Associate of Science in Nursing from Albany State University (formerly known as Darton State College), her Bachelor of Science in Nursing at Chamberlain University and is currently attending Chamberlain University to obtain her Master of Nursing. She is expected to complete her degree in February of 2023. Lutrenda grew up in this rural town in public housing so it is her belief that no matter your background, with the help of God, the sky's the limit if you are willing to put in the work to meet and exceed any goal you may have. She enjoys shopping, meals and having fun with her family and friends. Congratulations Lutrenda and Good luck completing your Master of Nursing program!

The Prevention Capacity-building Training

Share Health contracted with A&E Consulting to provide the prevention capacity building training to our coalition partners in Jeff Davis and Wayne Counties and to prepare to submit a federal Drug Free Communities Support Program grant for Jeff Davis County in 2022. Partners in Ware and Coffee Counties also attended this training. Kristy Bennett, System Social Worker for the Jeff Davis County Schools, highlighted her experience from the Prevention Capacity-building training in Hazlehurst, GA on October 4th and 5th. She is from Baxley, GA, and obtained her Bachelor of Business Administration (BBA) in Human Resource Management from GA Southern University and her Master of Education in Counseling and Psychology from Troy University. A fun fact about Kristy is that she is the youngest of 15 siblings! Share Health has contracted with A&E Consulting to provide prevention capacity building training to our coalition partners in Jeff Davis and Wayne Counties and to prepare to submit a federal Drug Free Communities Support Program grant for Jeff Davis County in 2022. Partners in Ware and Coffee Counties also attended this training.

"I really, really enjoyed the prevention training. They presented a wealth of information, not only in regards to what's needed for the Drug Free Communities Support Grant application. They were very knowledgeable about the grant process and engaging youth in the community. Hearing them talk about how they engaged youth gave me insight on how we can engage youth by forming a Youth Action Team here in Jeff Davis County. Reviewing all the information about Cultural Competency and the and the Strategic Prevention Framework (SPF) really helped me obtain more knowledge regarding these two areas. The SPF can be used in schools, organizations, and in several different ways to help plan projects and as a guide during the planning process."

- Kristy Bennett, M. Ed.



Health Observances for the Quarter:

Share Health's social media posts focused on Diabetes, Lung Cancer Awareness, Pancreatic Cancer Awareness, Metastatic Breast Cancer and National Mammography Day. We also highlighted Great American Smokeout and International Survivor of Suicide Loss Day. Information regarding these topics were posted on Share Health's Facebook and Instagram pages weekly. Diabetes, Lung Cancer, and Pancreatic Awareness Day posts included information about prevention tips, signs and symptoms and risk factors.

Great American Smokeout Day is a challenge for smokers to give up smoking for 24 hours on the third Thursday of the month of November. The goal is for this day to be day one for quitting smoking. Posts highlighted smoking related statistics and steps to help smokers participate on this day. International Survivor of Suicide Loss Day supports survivors of suicide loss by coming together to find connection, understanding and hope through their shared experiences. Information about support groups offered to survivors were shared