

presents...



The B.E.E.T Newsletter

May 2025/ Vol 5

May is
SKIN CANCER
AWARENESS MONTH

SUN BATHERS BEWARE

With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. 1 in 5 adults will develop some form of skin cancer by age 70 yrs.

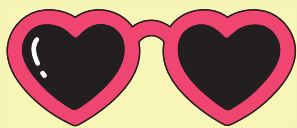
Fortunately, skin cancer is also one of the most preventable cancers.

By sharing facts about the dangers of unprotected sun exposure and encouraging people to check their skin for warning signs, we can and will save lives.

Signs of Skin Cancer:

- New moles or blemishes
- Moles that are now changing size, color, or shape
- Unusual skin growths
- Sores that itch, hurt, crust or bleed for more than three weeks.

PROTECT YOUR SKIN!



Did you know that the skin is the largest organ of the body?

Here are some helpful tips:

Seek the shade, especially between 10 AM and 4 PM.

Don't get sunburned; every sunburn increases risk of Melanoma.

Avoid tanning, and never use UV tanning beds.

Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.

Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 50 or higher.

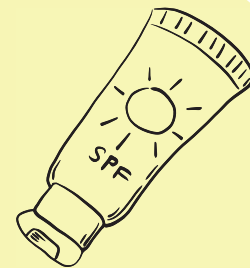
Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside.

Reapply every two hours or after swimming or excessive sweating.

Keep newborns out of the sun. Use sunscreen on babies over the age of six months.

Examine your skin head-to-toe every month.

See a dermatologist at least once a year for a professional skin exam.



Women's Health Week 2025

National Women's Health Week begins each year on Mother's Day and encourages women and girls to prioritize their health. This observance highlights the importance of maintaining physical, mental, emotional, and social well-being. Practicing healthy habits and keeping regular health care appointments are key steps toward getting the care needed to stay well.



A Pound of Prevention...



Regular check-ups are important.

Talk to a healthcare provider about:

- **Regular screenings for cervical, breast, and colon cancer**
- **Routine lab tests to screen for chronic conditions**
- **Recommended immunizations based on your age and other risk factors.**

Take a Pause for Menopause

Menopause is a natural but often misunderstood process. Over 1 million women in the U.S. experience it each year. The average age is 52, though most women reach menopause between 45 and 55.

Menopause is diagnosed after 12 months without a period. Hormonal changes during this time can cause physical and emotional symptoms.

There are three phases:

- **Perimenopause:** Begins 2–8 years before menopause. Symptoms such as hot flashes and mood changes may occur.
- **Menopause:** Estrogen levels drop, increasing the risk of heart disease and bone loss.
- **Postmenopause:** Lasts 4–10 years after menopause. Symptoms may ease, but the effects of low estrogen remain.

Ways to Beat Menopause

Regular exercise, maintaining a nutrient-rich diet, and managing stress through relaxation techniques, such as yoga and mindfulness, can help support symptoms like hot flashes, sleep disturbances, and mood changes.

There are several foods and natural supplements that can support the body with plant based estrogens which can balance the hormones and improve the symptoms such as:

Soy

Black Cohosh

Ashwagandha

Evening primrose oil

Ginseng

St John's wort

Red clover

*** Speak to your doctor if you are considering taking these supplements.

Mental Health Matters

Mental health is a critical part of overall well-being and impacts many aspects of physical health.

- 1 in 5 adults in the U.S. experience a mental illness, yet only 47% receive treatment.
- 1 in 20 adults live with a serious mental illness (SMI). They are:
 - 2x more likely to develop heart disease
 - 4x more likely to have a stroke
 - At risk of dying 10–25 years earlier than the general population
 - Suicide is the 12th leading cause of death in the United States.

Stigma remains a major barrier—many avoid seeking help due to shame, fear, or lack of awareness. Raising awareness and promoting access to care is essential for reducing disparities and improving health outcomes.

The good news is that early detection and intervention can increase the success rates of treatment.

How can we help?

- We can use standard screening to detect mental illness in our clients/patients.
- We can refer those with concerns to mental health professionals and community based organizations for assistance.
- We can offer webinars, panel discussions, and other engaging activities like our current Mental Health First Aid trainings.
- We can share crisis hotlines and encourage patients seek help if they have suicidal thoughts.

Self Care Tips that Support Good Mental Health

Good Nutrition
Healthy sleep habits
Regular physical activity
Opportunities to de-stress
Social Connections

MENTAL
HEALTH
AWARENESS MONTH
MAY



Stroke is the 5th leading cause of death in the United States. It is the leading cause of long term disability.

Common Modifiable Risk Factors for Stroke include:

- High Blood Pressure
- Smoking
- Diabetes
- Obesity
- Physical inactivity
- High Cholesterol
- Atrial Fibrillation
- Excessive Alcohol Intake

Remember the acronym **FAST** to recognize stroke:

F = Facial drooping one side of face droops or is numb

A = Arm Weakness one arm weakness or numbness

S = Speech difficulty slurred/ strange speech

T = Time to call 911 Time is brain, every minute after a stroke 1.9 million brain cells die, call 911 as soon as possible with these signs



Eggplant Bake

Makes 6 servings (1 serving=one 4-inch by 4-inch piece)

- 1 eggplant, cut crosswise into ½-inch thick slices
- ½ cup extra-virgin olive oil, divided
- ½ yellow or Spanish onion, chopped
- 2-3 cloves garlic, minced
- 2 tablespoons sun-dried tomatoes
- 4-6 cups spinach leaves
- 2 tomatoes
- 1 cup tomato sauce
- 1 cup whole milk ricotta cheese
- 1 cup shredded whole-milk mozzarella cheese (4 ounces)
- 4-5 basil leaves, sliced into ribbon-like shreds



Directions

1. Preheat oven to 325° F.
2. Slice the eggplant. Set aside 2 tablespoons of the olive oil. Use the rest of the oil to brush both sides of the eggplant slices. Place the slices in a baking dish (2-quart casserole or 12-inch by 8-inch dish or equivalent), and bake for 20 minutes.
3. Meanwhile, add the remaining 2 tablespoons oil to a large skillet set over medium heat. Add the onion, garlic, sun-dried tomatoes, and spinach and cook until the onion softens.
4. After 20 minutes, remove eggplant from oven. Cut the 2 fresh tomatoes into wedges and distribute these evenly over the eggplant. Spread the cooked spinach mixture evenly over the top. Top the spinach with the tomato sauce.
5. In a medium bowl, mix together the ricotta, mozzarella, and fresh basil. Spread this mixture over the tomato sauce and sprinkle with Parmesan cheese.
6. Bake uncovered until bubbling and the cheese is melted, about 30 minutes.

Dairy-free option: Omit all cheese, or substitute with cashew or almond cheeses, and prepare as directed. Note that the nutritional analysis includes dairy ingredients.



Garlic Mashed Cauliflower

Makes 4 servings

- 1 medium head cauliflower
- 2 tablespoons virgin organic coconut oil
- 3 tablespoons canned coconut milk
- ¼ teaspoon sea salt
- 1 clove fresh garlic (or 1 teaspoon garlic powder)



Directions

1. Cut cauliflower into 4-6 pieces and steam until cooked but not overdone.
2. Place in food processor with remaining ingredients, including herbs of your choice, and blend until cauliflower is the consistency of mashed potatoes. Serve immediately.

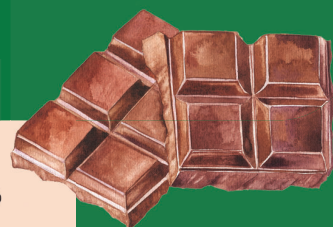
Coconut Chocolate Truffles

Makes 30 truffles (1 serving= 2 truffles)

- ½ cup full fat canned unsweetened coconut milk
- 1 teaspoon almond, orange, vanilla, or hazelnut extract

Directions

1. In a small saucepan, bring the coconut milk to a simmer. Stir in the extract, then pour the mixture over the chocolate in a separate bowl. Let stand a few minutes before stirring until smooth. Allow to cool, then refrigerate for 30 minutes to 1 hour. (Remove mixture from refrigerator while it is still malleable.)
2. Using a small spoon, form 1-inch balls and roll them quickly between your palms. Place balls on a baking sheet lined with a parchment paper. Refrigerate overnight.
3. Roll in cocoa powder or chopped nuts. Store the truffles in an airtight container in the refrigerator for up to a week.



Writing for Wellness

What seeds have you planted this season—literally or metaphorically—and how are they beginning to grow?

Whether it's a project, a relationship, a habit, or a dream, reflect on something you've nurtured recently. What sparked it? What obstacles have tested your patience? What signs of change or progress are finally starting to appear?



Scan the QR code for the May playlist!



MAY BIRTHDAYS

Rima Alkotaid, May 14th
Neville Jemmott, May 22



In the Bronx, we're in bloom.

The planting is done. Roots have taken hold. Now, across the borough, what we've nurtured begins to show—in harvests, in healing, and in each other.

This week, the Bronx is alive with community events that reflect our collective growth:

- May 28 – Reentry Anonymous Community Event at 681 Kelly Street offers support for returning citizens, featuring food, giveaways, and resources. (Center for Justice Innovation)
- May 29 – Amplifying Her Voice at Monroe College brings together girls to explore leadership and empowerment.
- May 30 – Schools Out Celebration at Castle Hill Playground marks the start of summer with activities for families.
- May 31 – South Bronx Culture Festival at Father Gigante Plaza celebrates the rich cultural heritage of our community with music, dance, and art.

This is what it looks like when a borough blooms:
bright, resilient, grounded in care.
In the Bronx, May isn't just a month.
It's a movement.

References:

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<https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month/>

<https://www.cdc.gov/womens-health/features/nwhw.html>

<https://womenshealth.gov/nwhw/menopause>

Shaklee.com recipes



B.E.E.T members

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