

# Combating Cancer Volunteers

Part of the Seniors Tackling Cancer Project

**C**ombating Cancer Volunteers have been trained in Winston County to deliver health messages focused on prevention, early detection, and living with cancer. Five dedicated seniors completed the one day training in early March and have delivered health messages to almost 150 people. Extension Area Health Agent, Josephine Tate, (far left in photo) taught the health sessions included in the volunteer curriculum. Volunteers include (from left to right), Christine Waldrip, Bea Sullivan, Ed Truex, Gladys Ward, and Clara McDonald. Millicent Shelby, (far right in photo) serves as program coordinator for the MS Partnership for Comprehensive Cancer Control Program (MP3C) with the MS State Department of Health. MP3C and the Centers for Disease Control and Prevention provided financial support for this program.



Bea Sullivan and Ed Truex volunteered at the Wellness Support Booth during the Red Hills Festival.

The volunteers have shared health messages on breast, prostate, lung and colorectal cancer with friends, family members, faith-based organizations, and also to AARP

## Winston County



members. One volunteer attended her family reunion and, at the “group share time”, took the opportunity to deliver several health messages. She had a captivated audience of over 45 people that benefited from hearing about breast, prostate, and lung cancer prevention and early detection.

This peer to peer teaching and learning model not only affected the forty five plus people, but has the chance to affect many more as those people share what they learn with their friends, relatives, and co-workers. Knowledge is powerful and can be used as a catalyst to motivate people for change. Persuading people to get regular screenings can save lives and increase life expectancy.

The volunteer program requires

that each participant give back twenty hours of community service in exchange for the training. The main objective is for the volunteers to deliver the health messages, but community service hours can be earned via other channels of service. Over 50 community service hours have been contributed in an effort to combat cancer since mid-Spring. Ann Sansing, Extension Community Health Coordinator, provides coordination/facilitation for the volunteer program. Portions of the curriculum are supported by the American Cancer Society. For more information contact: Ann Sansing, Department of Food Science, Nutrition and Health Promotion at 662-325-4043 or [asansing@ext.msstate.edu](mailto:asansing@ext.msstate.edu).

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