

JICAMA SALAD

From The Cancer Survivor's Guide:
Foods that Help You Fight Back!

This colorful medley is a tasty and potent cancer-fighting salad high in vitamin C & E.

But what the heck is Jicama?! Also know as the Mexican Turnip, Jicama (pronounced 'HEE-cama') is a juicy fibrous root. Mmmm..



Ingredients

1 large jicama
3 bell peppers (red, green and yellow)
1 cup red onion
1 large cucumber
1 orange
1 avocado
1 cup fresh cilantro
1/2 cup lime juice
pinch cayenne pepper
pinch paprika
salt, to taste

Directions

Julienne the jicama and finely chop peppers, cucumber, onion and cilantro. Chop avocado and orange. In a large bowl, toss together everything but the lime juice and spices. Pour lime juice over all and sprinkle with cayenne and paprika. Season with salt to taste. Let sit for 30 minutes and enjoy!

For more cancer-fighting recipes, visit
thecancerproject.org

Sea Mar Volunteer

S U M M E R 2 0 1 0

UW Service Learning

2010 marks Sea Mar's 2nd year partnering with University of Washington service learning students. 62 students have given nearly 2,000 hours of their time at Sea Mar sites throughout the Seattle area.

Many students, including Janelle Bailey, who recently completed her third service learning term with Sea Mar, work at the care center. The care center houses 98 residents with varying physical and mental abilities. Activities assistants like Janelle work with residents and staff to create meaningful and fun activities. Here's what she had to say about her experience with Sea Mar.



Sea Mar's Community Care Center

"One time I remember was when the residents were decorating these wooden boats. I helped one man decorate the sail. He wanted to decorate it with the flag of his country, Cuba. I thought the patriotism this demonstrated was interesting, and different from that of most people from the United States.

It was a good learning experience. I think that my fluency in Spanish improved and I also learned lots of things about working with the elderly population. I learned how to work with residents struggling with different diseases such as Alzheimer's. I think it was a valuable experience to have this opportunity to work with people different from myself."

Thank you Janelle! And thank you to all of our wonderful service learning students. We hope to continue our partnership with UW's Carlson Center and dedicated service learning students in the future.

Annual Volunteer Survey Results

The results of the annual volunteer survey are in. A big thank you to those of you who participated—we continue to make improvements to the volunteer program based on your feedback.

An overwhelming amount of respondents (86%) felt they gained skills and experience making them more successful in educational and career endeavors. Several students also remarked that their experience at Sea Mar helped them get into nursing and medical programs. 85% felt they made

a worthwhile contribution to the organization—and they most definitely did!

Additionally, over 50% of respondents said that Sea Mar's focus on community health is what drew them in and most all better understood the need for community health centers after volunteering at Sea Mar. Here are some of our favorite quotes from volunteers:

"I wouldn't have found my passion without working with Sea Mar."

Continued on page 2

What makes Latino families healthy?

Before setting foot in a Sea Mar clinic, our patients face a number of barriers to good health. Starting with the most impactful factor of health, employment, to the last line of defense, curative medicine; there's much more involved than you may think.

1. **Employment:** Money equals housing and food. It can lead to success in school and the opportunity to live in a healthier community. For these reasons, employment (or access to funds) tops our list of what makes Latino families healthy.
2. **Education:** More education leads to higher earning potential. Latinos are more likely to enter the workforce after high school than go into educational or vocational programs.
3. **Location:** Place Matters. Many Sea Mar patients live in cancer clusters near airports and freeways because housing is cheaper. Crowded housing makes respiratory illnesses more frequent and increases the risk of tuberculosis and asthma. Cheaper neighborhoods are often unsafe neighborhoods. This means that people don't walk around and kids don't play outside—leaving families indoors not getting exercise or fresh air.
4. **English literacy:** People who can speak English are more able to fill out job applications, communicate with doctors and read signs. A 2006 Kaiser report showed that health outcomes were twice as good among Latino families who spoke English.
5. **Documentation status:** This can limit people physically, mentally, and emotionally. People may fear applying for jobs, going to certain parts of town, calling the police when they need to or seeking educational opportunities. Undocumented kids often can't play outside for fear of being picked up. All of this can lead to anxiety, stress and depression.
6. **Community:** People want to be around people like themselves. It gives them support. This can sometimes be a hindrance though when people don't feel the need to learn English.
7. **Diet:** "Food deserts" mean that fresh, whole foods are not always accessible. Often lower income neighborhoods have many more fast food restaurants than grocery stores or farmer's markets.
8. **Physical Activity:** Safety, weather, and concerns about documentation often keep people inside and from getting the physical activity they need to stay healthy. The American lifestyle tends to promote driving over walking.
9. **Habit modification:** Different habits like smoking, alcohol, drugs, condom use, seat belts, gang involvement, driving, exercising and even voting can affect the health of an individual and their family, for better or for worse.
10. **Genetics:** Some people are more at risk for diabetes, obesity and other ailments simply because of their genetic makeup.
11. **Preventive medicine:** Regular check-ups and public health initiatives can help prevent disease and chronic illness.
12. **Curative medicine:** The chance to visit a healthcare provider is the last item on this list. It is no doubt important to have access to curative medicine like antibiotics and immunizations, but getting to this point is only a small factor in overall health outcomes for families, Latino or not.

Based on a hand-out and training by Dr. Julian Perez from Sea Mar's Burién Medical Clinic

Volunteer Survey Results (continued)

"I know that my time at Sea Mar not only made me a much stronger candidate for medical school, but **it will make me a better provider** to the underserved patients that I see in the near future."

"Sea Mar opened my eyes to the significant need of community health centers and showed me how important they are in providing healthcare services to those that may have obstacles in accessing them."

"Sea Mar puts a compassionate face on the under-served Latino population."

"I was left with a very positive impression of Sea Mar. I look back to my experience at Sea Mar as **one of the most defining experiences** that helped me realize that nursing is the field that I would like to go into."

*Thanks to everyone for making my year as the Volunteer Coordinator amazing! It was great getting to work with such passionate, caring people.
Keep doing what you're doing!*

Alexandra Kain, HealthCorps 2009-2010



SEA MAR
Community Health Centers
Clínica de la Comunidad

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