



GMAP Region 2

May 2020 Newsletter



Coping with COVID: Identifying Strategies to Manage Stress

By **Z'Kera Sims, MPH**

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Nearly every facet of day-to-day life has changed as a result of the COVID-19 pandemic. Schools have transitioned to virtual learning platforms and graduation ceremonies have been canceled. Millions have been furloughed or laid off from their jobs, while others now work 100% remotely.

Now more than ever, it is important to identify ways to manage stress, fear, anxiety, and the host of other feelings and emotions that may surface as a result of living through a global pandemic.

May is National Mental Health Awareness Month. In support of mental health awareness during the coronavirus pandemic, The National Institute of Mental Health (NIMH) has outlined strategies for coping with stress related to COVID-19.

Take breaks from the news

- Limit yourself to one or two credible news sources and check them no more than once a day
- Turn off notifications for news media posts on all your electronic devices
- Instead of the news, try writing down your thoughts or participate in another activity you enjoy



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Make time to unwind

- Do an arts and crafts project
- Watch your favorite TV show or movie
- Listen to music



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Take Care of Your Body

- Go for a walk , run or bike ride
- Take a nap
- Eat well and stay hydrated
- Meditate through deep breathing exercises



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Connect with others

- Schedule regular audio or video conference calls with friends and family
- Have a social distancing drive-through parade
- Participate in a group exercise class online
- Play a board or card game with family or roommates

For additional information, please visit this website.



Graphic Courtesy of [Andrea Lagunas \(dribbble.com\)](http://Andrea Lagunas (dribbble.com))

Meet Your GMaP Region 2 Team!



Z'Kera Sims is the GMaP Region 2 Coordinating Director.

What do you do in your role with GMaP Region 2?

Z'Kera: As the Regional Coordinating Director (RCD), I support the academic and professional development of students, trainees, and Early Stage Investigators (ESIs) interested in conducting cancer and cancer health disparities research. This support comes through programs and activities such as travel scholarships, expert grant reviews, training workshops, etc. I also conduct targeted outreach to prospective cancer and cancer health disparities (CHD) researchers that could benefit from the programs and activities we offer.

Vivekka: I work alongside Z'Kera to support cancer and CHD researchers from a variety of educational and professional backgrounds. I am primarily involved with information dissemina-

tion via our website, social media channels, monthly email blasts and quarterly newsletters.

What is most challenging about your role?

Z'Kera: I'd say connecting with all underserved trainees across the region. I would love to have every single cancer/CHD researcher plugged into the resources GMaP Region 2 offers. However, we continue to expand our outreach efforts and it is great to see the positive impact GMaP has on the career trajectories of our scholars.

Vivekka: Cancer and CHD research encompasses several unique subjects. It is challenging to ensure that our resources are diverse enough for our large scientific community. If you are aware of opportunities we can share through our network, feel free to tweet, tag or email us!

What is the best thing about your role?

Z'Kera: Meeting and interacting with GMaP scholars especially underrepresented scholars that have overcome many, many challenges to succeed academically and in research. They have such powerful testimonies and I see myself and GMaP Region 2 as a vessel to help them reach their optimal potential and to brag about them to the world!

Vivekka: It is always a pleasure to speak to dedicated, hard-working GMaP scholars. Learning about their journey through life and research nev-

er fails to inspire me. Did you know that some of our scholars have already modified their research focus to include COVID-19 health disparities? Way to go!

How are you managing your stress load during this pandemic?

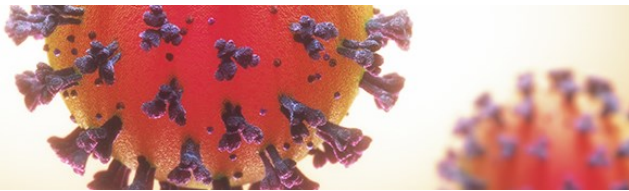
Z'Kera: I enjoy things that get me moving and active. I take mid-day walks or runs as often as I can. I have started to limit how much news/media I consume – and have turned off all news/media notifications. In addition to my role as RCD, I am also a fitness instructor. I love being able to still motivate my class to move!

Vivekka: The overall uncertainty surrounding the pandemic has been difficult to cope with, but I find that spending time learning from my mom and grandma in the kitchen has helped lift my spirits!

Vivekka Suppiah is the GMaP Region 2 Research Coordinator.



Upcoming Events & Resources



COMMUNITIES IN PARTNERSHIP:

Ensuring Equity in the Time of COVID-19

Webinar Series Every Wednesday at 1pm EST Starting on April 15
Sponsored by the Clinical Scholars

ccphealth.org/covid-19-equity



Navigating the NIH: A Webinar
For Researchers Interested in DSD & Intersex Populations

June 1, 2020
11:00 a.m. - 3:00 p.m. ET

COVID-19 News & Resources for Researchers

- [Coronavirus Update: Guidance for NIH Reviewers](#)
- [NIH to launch public-private partnership to speed COVID-19 vaccine and treatment options](#)
- [New NIH Resource to Analyze COVID-19 Literature: The COVID-19 Portfolio Tool](#)
- [At NCI, A Robust and Rapid Response to the COVID-19 Pandemic](#)
- [NIH Director's Blog](#)
- [Emergency Competitive Revision FOA](#)
- [Notice on Late Applications](#)
- [Notice on NIH FAQs](#)
- [Notice of Special Interest - Competitive and Administrative Supplements for the Impact of COVID-19 Outbreak on Minority Health and Health Disparities](#)
- [Notice of Special Interest \(NOSI\) - National Cancer Institute Announcement Regarding Availability of Urgent Competitive Revision and Administrative Supplements on Coronavirus Disease 2019 \(COVID-19\)](#)
- [Notice of Special Interest \(NOSI\) - National Cancer Institute Announcement regarding Availability of Competitive Revision SBIR/STTR Supplements on Coronavirus Disease 2019 \(COVID-19\)](#)
- [Extension of Diversity Supplement Submission Period](#)
- [Extension of Re-Entry Supplement Submission Period](#)
- [Application Extension for NCI Provocative Question #7 & #8 \(R01\)](#)
- [Application Extension for NCI Provocative Question #7 & #8 \(R21\)](#)
- [COVID-19 More Prevalent, Deadlier in U.S. Counties with Higher Black Populations](#)
- [Survey: COVID-19 Affecting Patients' Access to Cancer Care—Delays and Financial Strain Dominate Cancer Patients' Experience in Pandemic](#)
- [American Cancer Society Podcast with Dr. Sharpless](#)
- [Understanding the COVID-19 Pandemic: Insights from Johns Hopkins University Experts](#)

Click on each picture to learn more!

Interested in more opportunities like these?

Join our listserv by emailing gmap.region2@moffitt.org

Announcements

Farewell Dr. Liz Perruccio!

Farewell to our NCI Program Director Dr. Elizabeth Perruccio! Since 2011, Dr. Perruccio has provided valuable guidance and insights to the Geographic Management of Cancer Health Disparities Program (GMaP), the Community Networks Program Centers (CNPC), and the Comprehensive Partnerships to Advance Cancer Health Equity (CPACHE U54) program.

We wish Dr. Perruccio the best in her new role as Scientific Review Officer (SRO) at the National Institute of Dental and Craniofacial Research (NIDCR). Thank you for many years of dedication and commitment to GMaP! We will miss you!



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GMaP Region 2 EXPERT GRANT REVIEWS ARE AVAILABLE!

The Expert Grant Review award is intended to assist New Investigators and Early Stage Investigators who are applying for funding awards with feedback from senior researchers in the region. Region 2 is comprised of a variety of Cancer and CHD researchers who are experienced with the grant writing process and successful grant funding outcomes and are ready to help you!

Thank you for Joining GMaP Region 2!

The Geographic Management of Cancer Health Disparities Program (GMaP) — consists of 7 regions and engages more than 1,200 disparities researchers, diversity trainees, and community health educators — employs a systematic and comprehensive strategy for building networks for the support and efficient management of cancer and cancer health disparities (CHD) re-search, training and infrastructure. **GMaP Region 2** is comprised of Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Missouri and Puerto Rico and is based at Moffitt Cancer Center in Tampa, Florida. GMaP provides enhanced access to career development resources, such as job openings, travel/scholarship funding, grant writing workshops, connections to the Training Navigator at the National Cancer Institute, and so much more!



***Don't forget to follow
us on social media!***



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