American Indian Cancer Foundation Mission:
To eliminate the cancer burdens on American Indian families through education, improved access to prevention, screening, treatment and survivor support.

Fall 2015 Newsletter

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Motorcycle fundraiser the ONE Ride benefits AICAF this summer
Retired pharmacist Chuck Furey wanted to make a difference after surviving the 2013 Boston Marathon bombing. He selected
five organizations across the U.S. that help families and those affected by cancer, including the American Indian Cancer Foundation, as beneficiaries of a national fundraising campaign called the ONE Ride. Chuck’s 14,000 mile motorcycle ride around the US has raised more than $10,000 for each organization.

On August 12, Chuck stopped in Minneapolis to meet with the American Indian Cancer Foundation and learn about cancer in American Indian communities. After showing Chuck the cancer screening process at Hennepin County Medical Center, AICAF hosted a motorcycle rally at the Minneapolis American Indian Center to recognize the ONE Ride. Motorcycle riders came to show their support for Chuck and enjoyed an evening of healthy foods from the Tatanka food truck, traditional songs from Hoka Hey drum group, a visit from the Shakopee Mdewakanton mobile mammography unit, and raffle prizes.

**LEARN MORE**

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**Support Services**

**Quit Connections helps smokers find support**

*More than half of American Indians tried to quit smoking last year, but only 1 in 3 know about any quitting support options and fewer use them. The American Indian Cancer Foundation is working to change that.*

Increasing awareness of available cessation options is key to support quit attempts. More significant investments and resources are necessary to truly impact the extraordinarily high smoking rates in a population where the majority of adults smoke cigarettes.

The use of cessation assistance increases quit successes, according to scientific evidence from the US Public Health Services Guidelines for Tobacco Dependence Treatment. Data from the recent Tribal Tobacco Use Prevalence study verified the extremely low use of cessation assistance among American Indians in Minnesota. This study documented that many American Indians want to quit and have tried to quit, but the vast majority are trying to quit again and again without any assistance.

AICAF is increasing awareness of and connections to available cessation services.

Beginning this fall, AICAF is launching a Facebook support group called “Quit Connections” to help American Indians quit commercial tobacco. Our goals are to connect users with existing cessation services, help users find their motivations to quit, offer support for staying quit and share quit success stories. Quit Connections is funded by Clearway Minnesota.

If you are interested in joining the Quit Connections group, please call 612-314-4848, email communications@aicaf.org, or

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**The National Indian Health Board Annual Consumer Conference in Washington DC will feature two AICAF events!**

**9/22 Evening Event: Knowing Ourselves: Native Women Understanding Cancer**

Expert panel presentation and discussion with prizes. Limited to 50 conference registrants. Created in partnership with NIHB, National Ovarian Cancer Coalition & AICAF.

**9/23 Early Morning Event: Walking for Hope**

Prizes for all. Created in partnership with National Native Network for Commercial Tobacco Prevention, NIHB & AICAF.

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**10/8: Paula Baker’s Think Pink Hacky Wacky Wonderful World of Golf**

Grab your clubs and get ready to play the wackiest, most challenging game of golf yet!
Cancer Awareness

Pink Shawls merge tradition and awareness

Cancer diagnosis doesn't have to be a death sentence – early detection increases survival.

The Pink Shawls Project educates American Indian women about breast cancer, encouraging women to keep up to date with their screenings and spread awareness through wearing pink shawls. Pink shawl sessions give women the opportunity to design and sew their own pink shawl. The shawls can be worn by or gifted to breast cancer survivors or caregivers to increase awareness about breast cancer survivors.

October is Breast Cancer Awareness month. Follow us on Facebook for more information about how to get involved and opportunities to spread awareness about activities in your community.

For more information about the Pink Shawls Project, contact Daanis Chosa at dchosa@aicaf.org.

Most cancers American Indians face are caused by the choices we make for ourselves.

Mayo Clinic presents 7 tips to reduce your cancer risk:

1. Don't use commercial tobacco
2. Eat a healthy diet
3. Maintain a healthy weight and be physically active
4. Protect yourself from the sun
5. Get immunized
6. Avoid risky behaviors
7. Get regular medical care


The American Indian Cancer Foundation (AICAF) is hard at work to reverse this devastating trend. AICAF is committed to ending cancer in Indian Country. To do so requires expertise, partnerships and resources. We invite you to become part of the solution.

With you, we can raise awareness, increase early detection and build a network to join together in this #1 health priority for American Indian people.

Your donation supports our efforts to change the cancer story across Indian Country!
Would you like to contribute?

If you have news or resources from the field that you would like to see in our quarterly newsletter, please email communications@aicaf.org.

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