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**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.*

American Indian Cancer  
Foundation NEWS

Vol (2)-2, Summer 2016



## Summer 2016 Newsletter

Greetings!

As we move into summer, I reflect on a wonderful spring with lots to be proud of with many wonderful partners joining the dedicated AICAF employees and board members across the country. Many of these highlights are included in this newsletter: Powwow for Hope, conferences, awards, events and new initiatives. Our work intentionally weaves together new knowledge and resources with tribal teachings and wisdom. We know this is what our people have done for generations to stay strong and resilient.



Kris Rhodes, Executive Director

Going forward, we continue to listen to the many concerns and challenges faced by American Indian and Alaska Native communities and work to engage and mobilize solutions within each community. We invite you to reach out and share your stories and ideas with us so that we can continue to respond with

### In This Issue

Powwow for Hope celebrates 5 years

Cancer prevention, summer recipe

Skin cancer awareness: 6 facts to know...

Survey shows 59% of American Indians smoke

### STAY CONNECTED



Events

empathy, respect and solutions that make a difference.

Summer is a time for less stress and more time to enjoy life. On a personal note, I am doing this by staying active with daily walks, digging in the dirt and more powwows; eating healthier with fresh fruit and vegetables grown close to home and respecting tobacco for prayers only. I hope you find ways to weave some wellness into your summer days.

With gratitude,

Kris Rhodes (Ojibwe, Bad River and Fond du Lac),  
Executive Director

Powwow for Hope

## Powwow for Hope celebrates 5 years of Dancing for Life, Love & Hope



*AICAF recently held our annual Powwow for Hope, marking five years of successful fundraising for our Native communities battling cancer.*

AICAF's annual Powwow for Hope: Dancing for Life, Love & Hope was held May 7th at the Base Camp Facility in Minneapolis. The powwow opened with sunny skies and warm weather perfect for the outdoor events including creator's game, a mammography unit and rock climbing. With help from the community, we raised over \$60,000 to help provide education on cancer prevention for American Indian communities across the United States and provide resources for those who are actively battling cancer.

We are grateful for our dedicated volunteers who helped staff the event, including drum groups and dancers, who honored us with dancing and healing songs. Fundraising teams sold food and crafts to attendees, shared informational pamphlets, and hosted fun activities. A silent auction and raffle ran throughout the day with goods donated by many local businesses, individuals and teams.

AICAF acknowledges and appreciates every team and individual who contributed their time, goods and services toward making Powwow for Hope another great success this year! We would like to extend a special acknowledgement to our top fundraisers in the following categories:

- Family Team** - Team Rivera Honoring Alberto \$2,604
- Community Team** - DIW Two Steppers \$2,200
- School Team** - American Indian Magnet School \$1,855
- Individual** - Dr. Bret Benally Thompson \$265



## AICAF receives the 2016 Public Health Innovation award

In April, AICAF was awarded the Public Health Innovation award at the National Indian Health Board's Tribal Public Health Summit in Atlanta.

We are honored and excited to accept this achievement. Thank you for supporting us in our work.

## Laying the foundation for policy change at Fertile Ground II

AICAF staff recently participated in Fertile Ground II, a convening of American Indian leaders and advocates to improve health in Indian Country. Executive Director Kris Rhodes spoke on the opening panel, and policy projects manager Melanie Plucinski and project coordinator Amber Cardinal facilitated the youth panel. We look forward to continuing these important conversations and creating lasting change!

SHOP AICAF



**NEW "iQuit" shirts are now available at the American Indian Cancer Foundation online store.**

SHOP AICAF

Did you know?

## Survivorship

### Cancer survivor shares words of wisdom for other survivors

Corinne Florin (Flathead Tribe) is a mother, friend, librarian, and now, a cancer survivor. After a cough that just wouldn't go away, her doctors told her she had a tumor in her diaphragm and diagnosed her with stage III ovarian cancer in June 2014.



Corinne Florin, cancer survivor

Corinne underwent chemo for several months after her diagnosis and now has no evidence of disease. Below are her words of advice for cancer survivors. Thanks for sharing, Corinne!

#### Keep it lighthearted.

"I think it's necessary for people to keep a sense of humor and look for positive signs when they can."

#### Support is important.

"Join a support group. If you can't join one with your own particular kind of cancer, join a general support group. I am in two ovarian cancer support groups."

#### Be honest.

"I never hid my diagnosis. I told everyone. Since I did not hide my diagnosis, it was easy for people to know I had cancer."

#### Stay strong.

"Don't give up! I told my kids I am not ready to leave them yet. So many people give up and that doesn't do any good."

## Cancer prevention

### This summer, take time to explore fresh colorful fruits and vegetables

The colors of produce in the summertime are nature's way of enticing us to eat healthy while providing us with visually pleasing products to cook with.

Studies show that consistently eating a colorful diet is linked to overall better health. Orange, yellow, and leafy green produce are high in the antioxidant beta-carotene, which keeps cells strong and cancer-resistant.

This summer, try using 2-3 different colors in your meals by choosing fresh summertime produce, like this sesame ginger quinoa salad.



### Skin cancer awareness: 6 facts to know

**There is a misconception that people with darker skin will not contract skin cancer, but this is untrue. American Indians tend to develop more aggressive forms of skin cancer than Caucasians.**

1. Mortality rates among American Indian from skin cancer are high because skin cancer is often detected late.
2. American Indians often experience signs of skin cancer on the palm, soles of the feet and under nails.
3. Age is not a factor in developing skin cancer. You can have the cancer at any age, though risk increases with sun exposure.
4. Skin cancer is often downplayed in comparison with other forms of cancer. However, skin cancer can quickly affect a person's lymph nodes and spread throughout the body.
5. One bad day in the sun can double your risk of developing skin cancer.
6. A person's face should be a main concern when applying sunscreen or wearing hats, etc. The head and face is the most common location for basal cell carcinoma.

## Thank you

**Special thanks to Julia Jacobson for her service to AICAF**

## SESAME GINGER QUINOA SALAD

### INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups water
- 1/4 teaspoon salt
- 1 1/2 cups shelled frozen edamame
- 3 medium carrots, peeled and diced
- 1/2 yellow pepper, diced
- 1/2 red pepper, diced
- 1 cup red cabbage, chopped
- 2 tablespoons sesame oil
- 2 tablespoons rice vinegar
- 3 teaspoons fresh ginger, finely minced
- 1 tablespoon sesame seeds



Julia Jacobson served the past year as AICAF's communications specialist through the AmeriCorps VISTA program. Although her service has ended, we're delighted she is able to work with us part time through the summer. "I have learned so much this year, not only about public health and cancer but about my future goals," Julia said. "I look forward to whatever experiences are next!"

AICAF will welcome a new VISTA communications specialist at the end of June.

### DIRECTIONS

1. Place the quinoa, water, and salt in a covered pot. Heat on high until it boils, lower the heat to low, and cook for about 15 minutes or until the quinoa is soft and the water absorbed.
2. Pour the quinoa into a medium-sized bowl, and mix in the frozen edamame, carrots, peppers, and cabbage.
3. In a small bowl, make the dressing by mixing the sesame oil, rice vinegar, minced ginger, and sesame seeds.
4. Pour the dressing over the quinoa and veggies, and mix thoroughly. Enjoy immediately, or store in a covered container for later.

More recipes and information about Healthy Native Foods at [www.aicaf.org/healthynativefoods](http://www.aicaf.org/healthynativefoods)

## News and Resources

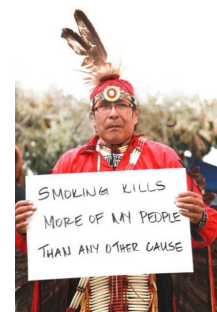
### CDC report shows American Indians smoke at a rate four times higher than the general population

The Centers for Disease Control (CDC) recently published a report indicating that 59% of American Indians living in Minnesota's Hennepin and Ramsey counties smoke, a rate four times higher than the general population. An additional 19% are former smokers and only 22% have never smoked.

The survey also found that smoking was most common among people ages 25-44, with a 72% smoking. People reported high exposure to secondhand smoke and 42% said they were exposed in the workplace.

To address these large disparities, cultural strategies like fostering respect of traditional tobacco should be considered. Community driven data is part of the solution to these challenges, and now that we have this information, we can do better.

[Read the full report](#)



## Returning to Tradition

**Honoring traditional tobacco and health serve as big motivators for some Native Americans to quit commercial tobacco**

By Mallory Black / Native Health News Alliance

SAN DIEGO - A little over a year ago, Pernell-Thomas Begay made a New Year's resolution to stop smoking cigarettes.



"I was 29 at the time and I thought, 'Wow, I'm going to be 30,' so definitely it was kind of an age factor and knowing full well that [smoking] was bad for you," he remembers.

[Read more](#)

**Powwow for Hope, the nation's only cancer awareness powwow, helps cancer survivors and their families**

**Learn how the event promotes cancer prevention and healthy living**

By Julia Jacobson and Daanis Chosa / Native Health News Alliance



MINNEAPOLIS - While many cancer foundations organize 5K walks or relays to raise funds, the American Indian Cancer Foundation (AICAF) does things a little differently - by hosting an all-day powwow called Powwow for Hope™: Dancing for Life, Love & Hope.

[Read more](#)

**AICAF intern featured in University of St. Thomas publication**

**Health education intern Laura Roberts shares why working with the American Indian community matters to her**

By Brittany Stojsavljevic / University of St. Thomas Newsroom

"I really want my work to mean something," Laura Sioux Roberts said. "People really need to have passion in their work for it to mean something and to have impact on the world."



For Roberts, who is Anshinaabe from the Red Lake Nation and Dakota from the Santee Nation, that desire for passion and meaning in her work has culminated in an internship with the American Indian Cancer Foundation (AICAF).

[Read more](#)

**Cancer kills more American Indians than any other disease.  
More than heart disease. More than diabetes.**

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!*

[GIVE NOW](#)

## 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](mailto:communications@aicaf.org).

 [Forward to a Friend](#)

STAY CONNECTED



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