



Spring 2018 Newsletter



Greetings,

2018 is off to a great start for the American Indian Cancer Foundation! Our team is always coming up with new ways to raise awareness about this preventable disease. March was Colorectal Cancer Awareness month and we've been busy with webinars, twitter chats, Facebook live streams and

resource shares. April is Oral Cancer Awareness month and we are eager to share more prevention resources with you. We continue to grow and expand our reach to more tribal and urban communities, with additional partnerships and resources.

We are excited to see our partners reach higher levels, our staff recognized for their expertise and the new resources developed for our communities. We invite you to participate in upcoming events or activities, such as our 7th annual Powwow for Hope. It's an opportunity for all of us to come together to honor those who have bravely faced cancer by creating a space for healing. We are seeking sponsors, teams, volunteers and participants to ensure a successful event. You can join us from across the country by creating a virtual fundraiser online today.

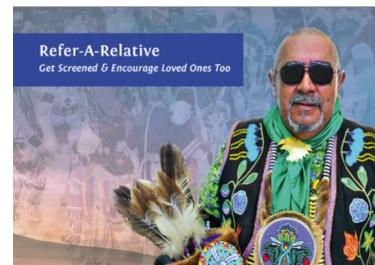
There is room for everyone to join our efforts to eliminate the cancer burdens in our communities. How will you help us make a difference this year?

With gratitude,

Kris Rhodes, MPH

Events/ Campaigns

Refer-A-Relative pilots in MN



(Get Screened & Encourage Loved Ones Too)

“Refer-A-Relative” is an AICAF initiative in partnership with the Minnesota Department of Health and Get Your Rear in Gear Colon Cancer Coalition.

American Indians, ages 50 and above, can receive a \$20 gift card after their colon cancer screening. In addition, anyone can refer loved ones to screening and receive receive a \$15 gift card for up to 2 American Indian people who complete their colon cancer screening. *Currently a pilot for MN residents only.*

Progressive Health Policy Work in the Lower Sioux Indian Community



The Lower Sioux Indian Community (LSIC) were named a Trailblazer by Blue Cross Blue Shield of MN. They are doing groundbreaking, innovative work in Indian Country to make a difference on tribal community health outcomes.

AICAF works closely with the LSIC Health and Human Services Advisory Committee to focus on making positive change happen. A member from LSIC recognized, "We will need cancer treatment for many years to come, but if we can really focus on prevention we'll see the need for treatment decline." AICAF is very proud to see the steps that LSIC has taken to become a healthier community one step at a time.

To learn how AICAF can partner with your community to develop systems change for healthier communities visit our new Prevention & Policy webpage at aicaf.org/policy.

Turquoise Tuesday



AICAF recently celebrated Cervical Cancer Awareness Month in January to recognize the high rates of cervical cancer among American Indian and Alaska Native women.

AICAF hosted the 2nd annual Turquoise Tuesday event on January 23, which is a day to raise awareness for life-saving cervical cancer screenings. Women were encouraged to wear turquoise, schedule their next routine Pap test and talk to the women in their life about the importance of cervical cancer screening.

This year's event engaged 5 times the amount of people as the first year, successfully sharing the message that no Native woman has to die from cervical cancer. Learn more about available resources on cervical cancer for American Indian and Alaska Native women at aicaf.org/cervical.

AICAF Staff Recognized



Anne Walaszek was the 2017 recipient of the Minnesota Department of Health's Lou Fuller Award for Distinguished Service in Eliminating Health Disparities. This award recognizes outstanding commitment to eliminating health disparities in populations of color and American Indians. Anne, (White Earth Band of Ojibwe), is the clinic & community health program manager and is fundamental in providing prevention resources, screenings, and education for cervical, breast and colorectal cancers across Indian Country. Way to go Anne!

We are proud to announce that **Melanie Plucinski**



(Bad River Band of Lake Superior Chippewa), prevention & policy manager, has been appointed to the [MDH Health Equity Advisory and Leadership \(HEAL\) Council](#)! The HEAL council represents the voices of those most severely impacted by health disparities and will advise on policies and programs geared towards activating change across MN.

Fertile Ground Grant Program: Grantees Awarded!

AICAF, Shakopee Mdewakanton Sioux Community and American Heart Association recently awarded \$175,000 in health grants to five Native American

organizations. The Fertile Ground Grant Program was developed in effort to improve nutrition and strengthen food sovereignty for American Indian communities. The funding will help grantees to develop advocacy and policy strategies that address improving health outcomes, access to healthy food, and sovereignty rooted in tradition, culture and Indigenous knowledge. AICAF provides grant administration and technical support, our first grant-making initiative.



Shop AICAF



Shop AICAF Today! Your purchase supports our efforts to change the cancer story across Indian Country.

[Shop AICAF Today!](#)

Congratulations to the grant recipients:

- College of Menominee Nation (Wisconsin) serving Menominee Indian Tribe
- Community Outreach and Patient Empowerment (New Mexico) serving Navajo Nation
- Feed Seven Generations (Washington) serving several tribes in Puget Sound area
- 4-Directions Development (Minnesota) serving Red Lake Nation
- Na'ah Illahe Fund (Washington) serving Pacific Northwest region or Salmon Nation

[Read more and view press release.](#)

Powwow for Hope: Dancing for Life, Love & Hope

You are invited!

Powwow for Hope is brought to you by Blue Cross Blue Shield of Minnesota Center for Prevention. Powwow for hope, the nation's only known cancer awareness powwow, is a community



POWWOW
FOR HOPE™



American Indian Cancer Foundation's 7th Annual Powwow for Hope

SAVE THE DATE | MAY 5, 2018

PowwowforHope.org | Base Camp Facility, 201 Bloomington Rd, Minneapolis, MN 55111

We imagine a world without cancer.

fundraising event that honors loved ones who have bravely faced cancer by creating a space for healing. The event provides an opportunity to learn more about cancer prevention, screenings, survivorship and cancer awareness resources. Proceeds benefit the American Indian Cancer Foundation's work to eliminate cancer burdens on families throughout Indian country. Funds raised have allowed AICAF to create and deliver culturally-relevant cancer

prevention resources to more tribal and urban communities, connect AI/AN cancer survivors and caregivers to healing and supportive services and partner with more tribes so we can change the outcome of cancer in our communities.

LET'S DO MORE! With your help we can continue our work, develop a survivorship support program, deliver cancer care packages to communities and provide more resources to those in need.

Get involved! You can participate from across the country by creating a virtual fundraiser online today. Fundraisers/Teams raise funds virtually or in their community in a variety of ways before, and throughout Powwow for Hope. [Donate or create your fundraiser today!](#) We are still seeking Sponsors, volunteers and silent auction donations. Please visit powwowforhope.org for more information.

Thank you to our current 2018 [Sponsors!](#)



Center for
Prevention

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association





Comprehensive Cancer Center designated by the National Cancer Institute



New Resource Eating Well Together Infographic

Eating Well Together
for the American Indian Cancer Survivor and Family

► **Why is it important for a cancer survivor to eat healthy foods?**
Nutrition has an effect on cancer treatment, remission and the body's ability to heal.

HEALTHY EATING TIPS FOR SURVIVORS

- Drink plenty of water to stay hydrated.
- Snack every few hours to give your body energy to heal.
- Eat indigenous proteins (fish, beans, wild game) to improve strength and mood.
- Eat fruits and vegetables at each meal to fuel your body with vitamins, minerals and fiber medicines.
- Consume healthy fats (salmon, nuts, olive oil) to help your body process nutrients and support brain health.
- Choose foods with whole grains (corn, wild rice, oats) for healthy digestion.
- Avoid highly processed meats (bacon, hot dogs, lunch meats) which may contain chemicals that increase the risk of some cancers.

HEALTHY COOKING METHODS

- Boil, sauté, steam or poach food to keep in nutrients.
- Avoid cooking that chars or blackens meat, because this produces cancer-causing substances.
- Grill healthy foods by avoiding the use of lighter fluid or self-starting charcoal, which may leave toxic residue on food.
- Avoid deep frying foods, as it removes many of the nutrients and increases the risk of some cancers.

HEALTHY FOOD PREPARATION

- Wash your hands with soap and water when preparing meals.
- Keep raw meat, poultry, seafood and eggs separate from cooked foods.
- Clean all utensils, cutting boards and countertops before and after each use.
- Never leave food that spoils easily out of the refrigerator longer than one hour.

Talk to your health care provider to find out which diet is right for you.

AmericanIndianCancer.org

AICAF is pleased to introduce a new infographic that was created with the American Indian cancer survivor and family in mind. It is important for a cancer survivor to eat healthy foods because nutrition has an effect on cancer treatment, remission and the body's ability to heal. This infographic provides healthy eating tips for survivors, healthy cooking methods, healthy food preparation techniques and tips for eating healthy as a family. Help support your cancer survivor and check out the [full resource here](#).

American Indian Cancer Foundation | 612-314-4848 | info@aicaf.org | aicaf.org

STAY CONNECTED

