



American Indian Cancer Foundation News - Winter 2016  
Featured: Survivorship retreat | Indigenous Pink Day | Spring cancer prevention

**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)-4, Winter 2016



## Winter 2016 Newsletter

Greetings,

What another wonderful year for the American Indian Cancer Foundation. Our organization saw tremendous growth in 2016, and as our capacity grows so does our ability to reach more communities, develop more partnerships and produce more resources.



Kris Rhodes, MPH, CEO

Some of our highlights this year include:

- Our fifth annual Powwow for Hope™ raised \$50,000 and included a healthy Native foods cooking demo from AICAF volunteer, Chef Brian Yazzie
- AICAF was awarded the 2016 Public Health Innovation award at the National Indian Health Board Tribal Public Health Summit
- Our Healthy Native Foods Initiative team produced four new resources encouraging communities and

### In This Issue

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In other news...

### STAY CONNECTED



Powwow for Hope

**Call for teams! May 6 is the 6th annual Powwow for Hope™**

organizations to develop healthy Native foods policies and connect healthy Native foods providers to one another. Resources can be found at

[AICAF.org/HealthyNativeFoods](http://AICAF.org/HealthyNativeFoods)

- Our second annual #IndigenousPink Day reached over 150,000 people with so many participants spreading breast cancer awareness across Indian Country

Thank you for all your support you have shown us throughout the year. Help us celebrate 2016 and five years of creating innovative, community-based interventions with a "High Five!" Please consider making a donation of any amount such as \$25, \$50, \$150, or \$500 to show your support and set us on a path to grow in the next five years. You can contribute to the legacy of the American Indian Cancer Foundation.

Hope you all have an incredible holiday season and well wishes for 2017.

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

Chief Executive Officer

#### Survivorship retreat

### AICAF sponsors scholarship for Minnesota cancer survivor to attend Harmony Hill Retreat Center in Washington state



Harmony Hill. Photo courtesy of Laura Manuel.

In September, AICAF sponsored a scholarship for one cancer survivor to attend the Native American Cancer, Healing, and Survivorship Retreat at Harmony Hill in Union, Washington. This scholarship was funded through money raised by Powwow for Hope™. Laura Manuel, a non-Hodgkins lymphoma survivor from northern Minnesota, was selected to attend. Laura told us she had a wonderful time at the retreat and didn't want to leave, crying tears of joy because of all the good connections she made.

They kept her busy for the three days with music, food, meditation, and meaningful group discussions. A highlight for



Powwow for Hope: Dancing for Life, Love & Hope is a community fundraising event that honors loved ones who have battled cancer or are fighting cancer and provides an opportunity to learn more about cancer prevention and resources.

Calling all teams! Register your team at: [PowwowforHope.CauseVox.com](http://PowwowforHope.CauseVox.com)

Official website: [PowwowforHope.org](http://PowwowforHope.org)

#### Events



### Save the date! Jan. 24 is Turquoise Tuesday

Introducing Turquoise Tuesday, a cervical cancer day of action for American Indian and Alaska Native women.

Cervical cancer can be deadly, and rates are higher among American Indian and Alaska Natives in many regions. Fortunately, cervical cancer is preventable through vaccination and screening. On Jan. 24, we ask all Native women to wear turquoise clothing and jewelry to raise awareness on this day. The best way to celebrate Turquoise Tuesday is to schedule your Pap smear and talk to your friends and family about screening for cervical cancer. Questions about Pap smears? AICAF will be hosting a Twitter chat on Turquoise Tuesday to answer questions with experts in the field. For more information, contact Laura at [lroberts@AICAF.org](mailto:lroberts@AICAF.org)

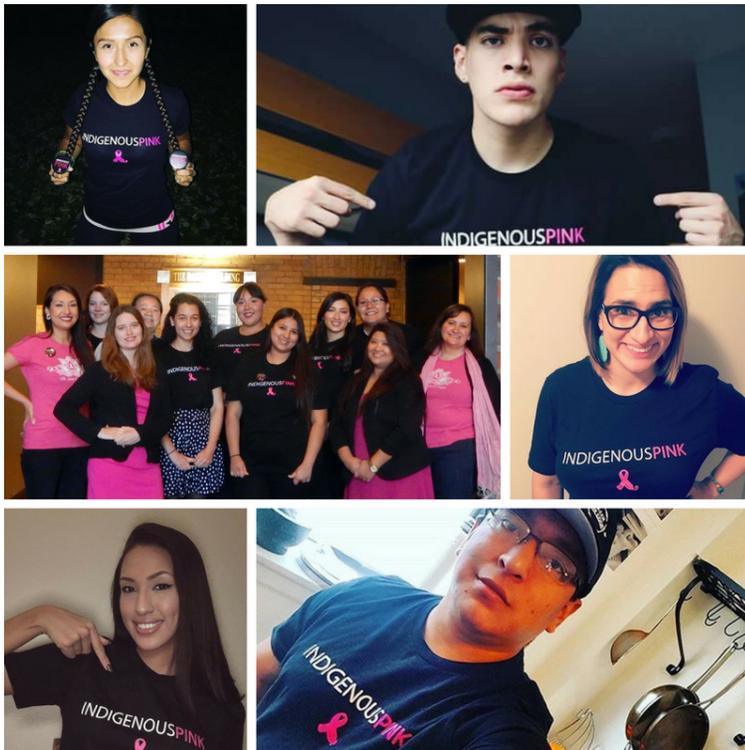
Laura was her experience with Native flute artist Peter Ali who brought flutes to the center and provided lessons to the group. Laura has since ordered a flute as she is interested in playing for cancer patients as they are receiving chemotherapy.

The retreat provided rich, open discussions on topics such as "How do I live well?" "How do I let go?" and "Is there life after death?" which brought out feelings that Laura didn't even know she had. Laura said the conversations made her realize how much more she has to do in this life and there is more for her on this path. She wants to help other people with cancer.

Laura highly recommends the retreat because of its beautiful, peaceful setting and for how much she has learned. "[The retreat] made you think about how when people get diagnosed they think it's a death sentence, but it's not, and there is more to do in this life." We're so glad you had a wonderful time, Laura!

#IndigenousPink

## Indigenous Pink Day 2016



AICAF staff and supporters all participated by sharing #IndigenousPink photos on social media

[#IndigenousPink Day](#), held annually on Oct. 21, is a breast cancer awareness campaign for American Indians/Alaska Natives. This year over 7,000 people on Facebook, Instagram and Twitter shared photos with the #IndigenousPink tag to help educate people on the importance of early detection and remind men and women to keep up-to-date on their screenings. The campaign reached over 20 states and had many high profile supporters.

"The ability to recover and stand strong is a beautiful thing. We Native people are strong and our native women are

Shop AICAF

## Introducing AICAF Winter Hats!



Stay warm and cozy this winter. SHOP AICAF for a selection of styles and colors. NEW Fleece jackets also available. Limited quantities, get yours now!

Shop AICAF

Did you know?

## February is Cancer Prevention Month



Take control of your health with some simple lifestyle changes and by keeping up-to-date with your cancer screenings.

Cancer prevention tips

1. Avoid [commercial tobacco](#) use
2. Eat a [balanced diet](#) with plenty of fruits and vegetables, especially greens and whole grains
3. Limit intake of processed foods
4. [Stay physically active](#) for 30 minutes a day. 2 hours per week of brisk exercise is recommended.
5. [Enjoy coffee or tea](#) in moderation and without sugar
6. Drink plenty of water
7. Use [sunscreen](#) when going outdoors
8. Talk with your family about your cancer history

survivors. To me, #IndigenousPink means 'Resiliency.'" -Yazzie the Chef (Brian Yazzie).

"Indigenous Pink means a great deal to me! I have a very close family member that had breast cancer and beat it. The feeling of relief was one of the most amazing things that has ever happened to our family. Staying strong and and keeping a positive mindset was key. The power of prayer was the main focal point during that time. 'Anyone can make the impossible become possible.'" -Dyami Thomas.

With your support, over 150,000 people saw our messages of awareness! Thank you to all our supporters for a wildly successful #IndigenousPink Day!

## AICAF in Canada

### Joy Rivera travels to Northern Canada



Community health worker Joy Rivera provides educational information on colorectal health during an event in partnership with the Minnesota Department of Health.

Joy Rivera recently traveled to Yellowknife, Northwest Territories for one week in October hosted by the Aboriginal Health and Community Wellness Team. Joy attended focus groups to identify current approaches and possible advancements to increase participation in cancer screening programs. She also lead a discussion on colorectal cancer screening barriers and solutions.

"I was honored to meet some of the Aboriginal Community Health Representatives from the field and have the opportunity to exchange information on our successes and challenges in the health field," said Joy. "There was representation from all levels of the health care system coming together to improve Indigenous cancer care."

The Aboriginal Health and Community Wellness Team provided healthcare workers from across the Northwest Territories an opportunity to meet and share their individual programs and screening guidelines, as well as develop new strategies to address cancer screening issues in our communities.

## Staff updates



### Meggan McCann takes on new role as research programs coordinator

Meggan joined AICAF in 2014 as a research assistant, then as a project coordinator and now as research programs coordinator. In her new role, Meggan is working to develop and implement new research projects at AICAF. She continues to play a supportive role in current research projects, including iQuits clinical systems for treating commercial tobacco addiction. As research programs coordinator, Meggan is helping contribute to the organization's goal of increasing the availability of reliable American Indian cancer data and solutions.



### Sambridhi Shrestha joins AICAF as a public health associate

The newest member of the AICAF team is Sambridhi Shrestha, MPH, who joins us as a public health associate from the Centers for Disease Control and Prevention. Sambridhi will be with AICAF for two years working on cancer prevention and

screening programs. She is coordinating the development of a clinical innovations support program that provides ongoing technical assistance towards the implementation of customized team practices and policies in clinics. Welcome Sambridhi!

## News and resources

### Breast Health Infographic

AICAF's latest [infographic on breast health](#), detailing risks and recommendations, is available for download on our website.



### Reclaiming Sacred Tobacco

[Reclaiming Sacred Tobacco](#) depicts Minnesota's American Indian communities traditional practices in an effort to promote a healthier lifestyle. Produced by ClearWay Minnesota with research and interviews from AICAF staff.



### Daanis Chosa on Native American Calling

AICAF's Daanis Chosa (Bois Forte Band of Chippewa) joined [Native American Calling](#) to discuss Breast Cancer Awareness Month, the effectiveness of awareness campaigns and whether any breast health improvements have been made in Native populations over the last 20 years.



### Laura Roberts on Native American Calling

AICAF's Laura Sioux Roberts (Red Lake band of Ojibwe and Santee Sioux Nation) was a guest on [Native American Calling](#) to discuss why Native American women have higher rates of cervical cancer. This program also discusses the connection between cervical cancer and the human papillomavirus, or HPV.



### iQuits Tip of the Week

These resources are compiled from the [iQuits Tip of the Week](#), a brief weekly e-mail to share tips for treating tobacco addiction in clinical practice. The weekly tips feature resources to help address tobacco cessation at every visit, success stories from clinics and tools for patients who want to quit.



#### iQuits Tip of the Week

Welcome to the iQuits Tip of the Week! The tip of the week is a brief e-mail to share tips for treating tobacco addiction in your clinical practice. It will feature resources to help address tobacco cessation at every visit, success stories from other clinics and tools for patients who want to quit.

#### Week 18: Sacred vs. commercial tobacco

- ClearWay Minnesota has a [Keep Tobacco Sacred brochure](#) outlining basic differences between traditional and commercial tobacco
- Differences outlined in the brochure include:
  - Traditional tobacco is used to welcome and honor guests, to communicate with the Creator, or as an offering to those asked to pray or share wisdom
  - Commercial tobacco is related to 5 out of 6 of the top leading causes of death for Minnesota American Indians
- Practical tip: Using print resources in discussions with smokers can help facilitate conversations about quitting



## Give AICAF a “High Five” to celebrate 5 years

For five years, AICAF has been working as a partner of tribal and urban communities to eliminate the cancer burdens on American Indians.

With your support, we can continue to:

- Mobilize tribal partners to identify cancer priorities and solutions
- Develop and share cancer prevention and screening materials
- Deliver educational webinars for tribal, IHS and urban clinics on cancer prevention topics
- Generate new research findings in partnership with tribal communities
- Engage thousands of people with a supportive and informational network through social media
- Honor cancer survivors and caregivers at Powwow for Hope™

Please consider making a donation in any amount to show your support. Each donor will receive an AICAF High Five window cling to thank you for your contribution. Help set us on a path to grow in the next five years.

Give AICAF  
a High Five!

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).



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