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American Indian Cancer Foundation News - Winter 2015
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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 (1)-4, Winter 2015



Winter 2015 Newsletter

Letter from the Executive Director

Greetings!

As I reflect on all the American Indian Cancer Foundation has accomplished in the five years since we began, I am struck with gratitude and awe. We have elevated awareness of cancer as a priority health issue for American Indian people. We focused on making a difference in cancer prevention, early detection and access to care. And, together with our many partners, we are making a



Kris Rhodes, Executive Director

STAY CONNECTED



American Indian Cancer Foundation Store

Shop AICAF! Introducing our new online store. Visit now and find perfect gifts for the holiday season. *All proceeds go to AICAF to help achieve our mission.*

difference.

Over the past five years, we have:

1. Hosted cancer awareness events, social media campaigns, presented at conferences and built community partnerships to bring attention to American Indian cancer burdens and solutions.
2. Established and implemented model frameworks on prevention, screening, policy and survivorship for tribal communities and health systems to advance capacity through training, technical assistance and resource efforts.
3. Facilitated community conversations to identify needs and priorities as well as establish community-based research and evaluation support to increase availability of reliable and relevant American Indian data and solutions.

Even with this incredible success, there is still much to do and we need your help. In our commitment to end cancer burdens in Indian Country, we invite you to join us as part of the solution. Today is [Giving Tuesday](#) and the start of the giving season. Please give any amount you feel comfortable with as we continue to change the cancer story across Indian Country.

I can't thank you enough for being part of our American Indian Cancer Foundation community. In the language of my tribe, I say "Chi miigwech nindinaway maakgaanidook (Deepest thanks to my friends and relatives)!"

Wishing you a wonderful 2016,

Kris Rhodes

2015 Year in Review

American Indians are now part of national conversations on cancer where we were not before, representing a major achievement.

Wow! AICAF has been busy in 2015. We hosted our fourth Powwow for Hope, engaged new partners across the country, developed new programs, and grew to a staff of [14 passionate and talented individuals](#). We are proud to have effectively engaged partners on cancer prevention and screening to improve cancer survivorship across Indian Country. Here are a few highlights of 2015...

- Hosting community engagement cancer awareness events in Minneapolis, Las Vegas, and Washington D.C.
- Leading social media awareness campaigns like #IndigenousPink, which gained national attention by engaging thousands to recognize the burden of breast cancer among Native women
- Leading breast and colorectal cancer prevention and



SHOP AICAF



Events

12/1: Giving Tuesday

Giving Tuesday is a day for charitable giving across the world. Consider making a donation to the American Indian Cancer Foundation on Giving Tuesday or during the month of December. Any amount helps us reduce the cancer burden in Indian Country.



- screening efforts across the Northern Plains
- Pursuing effective policy changes with tribal entities around commercial tobacco and healthy foods
- Developing culturally appropriate resources on HPV vaccination and tobacco cessation

GIVE NOW

Winter Tips

Physical activity in the winter



It's harder to get physical activity every day in the cold weather, but not impossible. Try these winter-friendly activity tips to stay healthy until the spring.

1. Go outside for fun winter activities. Sledding, skating, or snowshoeing can help you stay active and healthy, and they're fun, too!

2. Clean the house. Physical activity doesn't have to be exercise. Moving around your house can help you get 30 minutes of physical activity per day.

3. After a big meal, take a walk. Ask your family or friends to put on their boots and hats and take a 20 minute walk.

Healthy Native Foods

Introducing a community-driven Healthy Native Foods Initiative

We are excited to announce the new Healthy Native Foods Initiative. We are organizing community activities to promote the importance of traditional food systems and to normalize healthy eating in our communities.

As a capacity building partner, we partner with individuals and organizations who work with food and American Indian populations to develop a supportive network to connect all individuals and organizations identified. We are also creating culturally appropriate resources to support growing traditional foods and normalizing healthy eating in our communities.

If you are involved in this kind of work, we would love to connect with you. Please contact [Amber](#) to learn how you can improve the health of our tribal communities and urban American Indian populations.

Funding for this project is provided by the Center for Prevention at Blue Cross and Blue Shield of Minnesota, as part of Blue Cross' long-term commitment to tackling the four leading causes of heart disease and cancer: tobacco use, obesity, lack of physical activity and unhealthy eating.

Healthy foods for holiday meals



Photo: Multi Bean Salad. Courtesy of Roxanne Johnson.

Resolutions for cancer prevention



Don't wait until New Year to commit to better habits! Start making small changes today to work towards these cancer prevention goals:

1. Quit Smoking. To start, try writing down reasons you want

As part of the initial movement of the Healthy Native Foods Initiative, we want to remind everyone to incorporate healthy foods into holiday meals. By doing so, we are helping to take steps toward healthy eating which is part of cancer prevention.

[Here are six recipes you can share with your loved ones this winter season.](#)

Happy Holidays!

Partnerships

AICAF works with national partners to increase awareness and action for cancer prevention and survivorship. If you know of a child with a cancer diagnosis, Make-A-Wish can make a difference in their life.

Bois Forte tribal member with non-Hodgkin's lymphoma has her wish granted by Make-A-Wish Minnesota



Photo: Bridget with team.

Bridget loves hockey. She watches as many Minnesota Wild games on TV as she can, learning the players and picking up on the game and rules. She gets excited during each game, celebrating every goal. Hockey keeps her mind occupied, a welcome distraction from the challenges of battling non-Hodgkin's lymphoma.

Hooked on hockey, Bridget wished to be a Minnesota Wild player for the day. Last month, Make-A-Wish® Minnesota and the Minnesota Wild teamed up to help grant her wish, signing Bridget to the team with a one-day contract.

The day of Bridget's wish was more than she could have imagined. The Minnesota Wild welcomed the latest addition to the roster with a personalized jersey and spot in the locker room. Bridget

to quit. Which is the most important? Focus on the positives of quitting when you want a cigarette.

2. Eat healthier. Start by making small changes to work towards bigger ones. Instead of focusing on cutting foods out, first try to add more fruits and vegetables to your diet.

3. Get screened. Check with your doctor to see if you are up-to-date with your cancer screenings and make an appointment if you're not!

was awed to learn her locker stall belonged to her favorite player, Mikael Granlund. She got to spend time hanging out with her new teammates, including Mikael Granlund, Mikko Koivu and Zach Parise. They posed for photos with her and signed autographs. Soon after, Bridget received a tour of the arena and watched the Wild warm-up for the game against the Edmonton Oilers.

And then, the puck dropped. Three periods later, with Bridget cheering from a suite, the Wild walked off the ice with a hard-earned win beating the Oilers 4-3. It was a wish that turned out to be a big win for everyone, especially Bridget, who is currently in remission.

To refer a child for a wish, volunteer or donate, visit Make-A-Wish online at www.wish.org and find a chapter in your area.

In other AICAF news:

Released 11.23.2015

[Save the cold turkey for Thanksgiving: Other ways available to quit smoking](#)

Released 10.21.2015

[Breast cancer campaign puts the pink in October for indigenous women](#)

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.

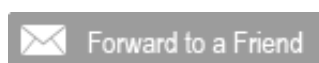
With you, we can raise awareness, increase early detection and build a network to join together in this #1 health priority for American Indian people.

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.



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