

# Celebrate National Cancer Survivor Awareness Month

*with American Indian Cancer Foundation*



The American Indian Cancer Foundation invites you to join us in recognizing National Cancer Survivor Awareness Month this June. Cancer is the leading cause of death among Native women and the second leading cause of death among Native men. AICAF's Celebrate Indigenous Life campaign aims to honor, support, and raise awareness of Native cancer survivors. Because this national campaign happens on a digital platform, community members are able to participate from anywhere! Get involved by raising awareness of Indigenous cancer burdens, uplifting the voices of our community, and celebrating the strength and resiliency of survivors everywhere. #CelebrateIndigenousLife

**DON&TE**

## Celebrate Indigenous Life: AICAF's National Cancer Survivor Awareness Month PSA

WATCH NOW!

**Wear Lavender.**

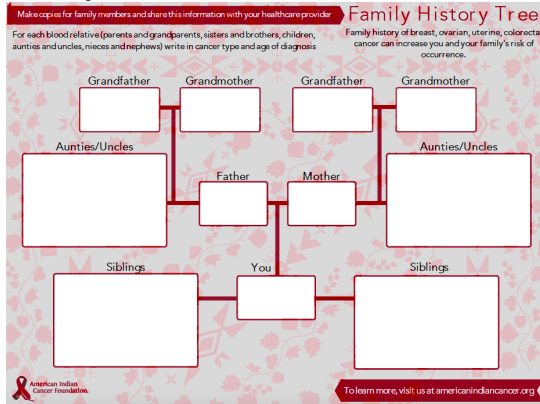
Wear lavender or [shop AICAF's online store](#) for clothing designed in support of Native cancer survivors. 100% of proceeds support the AICAF mission.

## Share.

Start a conversation on Indigenous cancer burdens with members of your community. Share how cancer has impacted you through AICAF's national [Survivor Story Series](#) and the [Survivor Support Survey](#).

Share AICAF's resources and social media posts with your network.

### Family Tree



### Eating Well Together

#### Survivorship: Eating Well Together

Healthy eating, healing and prevention for the American Indian cancer survivor and family

##### Why is it important for a cancer survivor to eat healthy?

Nutrition affects every aspect of cancer, from prevention, to treatment and remission. Maintain a healthy diet before, during and after cancer treatment to help your body heal.

##### 5 HEALTHY EATING TIPS FOR SURVIVORS

- ▶ Drink plenty of water and other low calorie drinks to stay hydrated.
- ▶ Snack every few hours to help give the body energy to heal.
- ▶ Include protein (fish, beans, eggs, peanut butter, etc.) with every meal to help with strength and mood.
- ▶ Eat fruits and vegetables with each meal. The vitamins, minerals and fiber are medicines.
- ▶ Consume good fats (salmon, olive oil, nuts, avocado, etc.) to help your body process nutrients and supports brain health.

##### HEALTHY COOKING METHODS

- Boil, sauté, steam or poach your food to retain nutrients.
- Avoid exposing food to an open flame. Cooking that darkens food, frying, broiling, grilling increases levels of cancer-causing substances.
- Avoid high nitrate foods (ham, bacon, hot dogs, etc.) These can interact with other chemicals in your diet to create cancer-causing substances.

##### FOOD SAFETY

- Wash your hands thoroughly when preparing meals.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs unless the plate has been washed.
- Sanitize utensils, cutting boards and countertops when preparing meals.
- Store foods at the appropriate temperatures (40°F and 140°F).

##### FAMILY: HEALTHY, STRONG AND CONNECTED

- Spend time together and remember to laugh.
- Harvest and grow your own Indigenous foods to experience how our ancestors lived healthy.
- Support your survivor on their food journey by making changes to your food habits with them.
- Learn more about how food can support the family and survivor healing to be supportive of your family.

**What is cancer?**  
Cancer is a disease in which cells in the body grow out of control. Cancer is not one disease. There are many types of cancer that affects each person and their bodies differently.

**What is a cancer survivor?**  
A cancer survivor is any person who has been diagnosed with cancer from the initial time of diagnosis, through treatment and remission until their journey into the spirit world.

AmericanIndianCancer.org



## Using Traditional Healing with Western Medicine



## Learn.

Learn from Indigenous cancer survivors. AICAF's Survivor Story Series is a collection of cancer stories from Native survivors, caregivers and their families. It aims to uplift the voices of our warriors, providing them with a platform to share their experiences while inspiring Native people to be proactive about their health. Visit our [Survivor Story Series](#) page to learn about the experiences of Indigenous cancer survivors.

Join us during the entire month of June by participating in these live webinars:

#### **Circle of Life Treatment Module**

- June 3rd at 2:00 PM CDT
- [Registration](#)

#### **[American Indian/Alaska Native Cancer Survivorship 101](#)**

- June 4th at 12:00 PM CDT
- [Registration](#)

#### **Circle of Life Palliative Care Module**

- June 10th at 2:00 PM CDT
- [Registration](#)

#### **Circle of Life End of Life Module**


- June 17th at 2:00 PM CDT
- [Registration](#)

#### **Circle of Life American Indian and Alaska Native Healing Module**

- June 24th 2:00 PM CDT
- [Registration](#)

#### **[Honoring the Journeys of Cancer Caregivers: An Indigenous Perspective](#)**

- June 25th at 1:00 PM CDT
- [Registration](#)



# JUNE IS NATIONAL CANCER SURVIVOR AWARENESS MONTH

## #CELEBRATEINDIGENOUSLIFE

**THE AMERICAN INDIAN CANCER FOUNDATION** joins the nation in recognizing National Cancer Survivor Awareness Month. Cancer is the leading cause of death among Indigenous women and the second leading cause of death among Indigenous men.

Throughout the month, we will be providing support and raising awareness in a number of ways, including:

- Kicking-off funding for Indigenous communities to create cancer care packages
- Forming support groups & offering virtual activities for Indigenous cancer survivors. Contact: [health@aicaf.org](mailto:health@aicaf.org)
- Continuing the Circle of Life webinar series, with bonus modules on cancer survivorship and caregiving

June 3 2:00 PM CST	<b>Circle of Life Treatment Module</b> Registration: <a href="https://bit.ly/treatmentwebinar">https://bit.ly/treatmentwebinar</a>
June 4 12:00 PM CST	<b>American Indian/Alaska Native Cancer Survivorship 101</b> Registration: <a href="http://bit.ly/survivorship101">http://bit.ly/survivorship101</a>
June 10 2:00 PM CST	<b>Circle of Life Palliative Care Module</b> Registration: <a href="https://bit.ly/palliativewebinar">https://bit.ly/palliativewebinar</a>
June 17 2:00 PM CST	<b>Circle of Life End of Life Module</b> Registration: <a href="https://bit.ly/endoflifewebinar">https://bit.ly/endoflifewebinar</a>
June 24 2:00 PM CST	<b>Circle of Life American Indian and Alaska Native Healing Module</b> Registration: <a href="https://bit.ly/nativehealingwebinar">https://bit.ly/nativehealingwebinar</a>
June 25 1:00 PM CST	<b>Honoring the Journeys of Cancer Caregivers: An Indigenous Perspective</b> Registration: <a href="http://bit.ly/indcaregiving">http://bit.ly/indcaregiving</a>

#CelebrateIndigenousLife #IndigenousCancerSurvivor #IndigenousLifeways



## Engage

Like the American Indian Cancer Foundation on [Facebook](#), follow us on [Twitter](#) and [Instagram](#), and sign up for our [newsletter](#) to stay up to date on upcoming events and cancer awareness campaigns.

Join AICAF's Virtual Support Group. AICAF will be hosting its second support group meeting for cancer survivors on Saturday, June 13, from 12:00-1:00 PM CST. This group is open to all Native survivors, caregivers, and family members who have been

affected by cancer. The support group offers a safe space to meet others who are experiencing similar challenges. You will be able to tell your story, share your fears, and offer support to others on their cancer journey.

Create and deliver care packages to survivors. AICAF is looking to partner with Tribal and Urban clinics to create and provide care packages tailored to local, Native cancer survivors. AICAF will award \$250 to applicants who are looking to increase survivorship support and awareness in Indian Country. Email [mbuffalo@aicaf.org](mailto:m buffalo@aicaf.org) for more information.

Help us reach more of our relatives in Indian Country by translating resources. AICAF is seeking volunteers to help us include additional Indigenous languages throughout our work. Email [health@aicaf.org](mailto:health@aicaf.org) for more information.

### Donate.

A gift to the American Indian Cancer Foundation helps us strengthen our programs, build larger campaigns, and provide more resources to families across Indian Country. While grants and contracts fund specific projects, it's generous donors like you that play a vital role in making this work happen



### To be announced.

- Live food demonstration with Chef Brian Yazzie
- Virtual community smudge and prayer
- Virtual social and craft Hours



American Indian Cancer Foundation | 3001 Broadway Street NE, Suite 185, Minneapolis, MN, 55413 | 612.314.4848

Do not want to receive email updates? [Unsubscribe here](#)