



# Spirit of EAGLES newsletter

Summer 2009

*American Indian/Alaskan Native Leadership Initiative on Cancer*

*American Indian and Alaska Native (AI/AN) populations have very high incidence rates for specific cancer sites and poor survival rates for most cancers. The AI/AN Leadership Initiative on Cancer addresses comprehensive tribal cancer control.*

## Supporting

**E**ducation

**A**dvocacy

**G**rants

**L**eadership

**E**lders

**S**urvivors

**S**cholarships

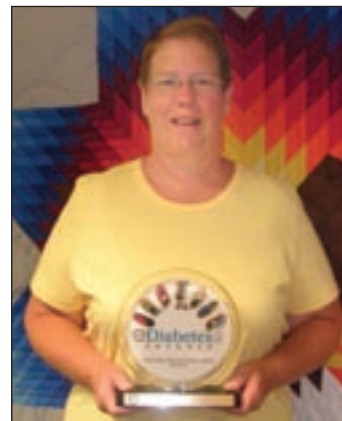
*in Indian  
Country*

## Director's Corner

Greetings from Rochester, Minn., where occasionally it has felt like summer. Paulette and I have been travelling to conferences so much lately that it doesn't matter what the outside temperatures are — we are getting warm receptions and that's what counts. We are into Year 5 of our Community Networks Program (CNP) and collecting all the things necessary to make us competitive for a CNP2 application. Soon we should know what parameters will be required. We know we have accomplished a lot through all of our supporters and their creative ideas!

Recently we held the competitive community grants process and were very pleased with the quality of those projects. I wish we could have funded even more! There are so many wonderful things going on out there in Indian Country!

I recently attended the 38th annual meeting and health conference of the Association of American Indian Physicians (AAIP) in Alexandria, Va. I had a chance to talk with the new Indian Health Service (IHS) Director, Dr. Yvette Roubideaux. She said she is getting an ear-full from tribes about their cancer concerns and I promised her we would be strong partners in her efforts to address these concerns.



Also at the AAIP meeting, our own Dr. Marilyn Roubidoux (note different spelling from the new IHS Director's name) won the top prize in the poster contest for her

presentation on the Mobile Women's Health Unit of the Aberdeen Area IHS.

Native Circle was also honored – for our support of AAIP's diabetes program. I also gave presentations on "Diabetes and Cancer," a growing research area.

Our Network for Cancer Control Research Among American Indians and Alaska Natives will hold its next meeting in Rochester, Sept. 17-19, 2009. A major part of the meeting will include time for planning the 2010 Changing Cancer Patterns conference in Seattle, Wash. Save the date — Sept. 11-14, 2010, and start spreading the word!

Wishing you a wonderful rest of summer and fall ahead.

Judith Salmon Kaur, M.D.

## Table of Contents

**2** Community Perspective

**3** A Student's Perspective

**4** Native Circle

**4** Wellness/Prevention Workshop

**5** Community Network Programs

**6** SOE Update

**7** A Partner's Perspective

## Community Research Perspectives

### The Cherokee Nation Breast and Cervical Cancer Early Detection Program

*By Barbara Neal, Health Educator, Cherokee Nation Cancer Programs*

The Cherokee Nation Breast and Cervical Cancer Early Detection Program is busy sending out free 18-month calendars to eligible patients. Featuring 16 Cherokee breast cancer survivors sharing their personal stories, the calendar 'reward' is part of an ongoing project using a number of outreach strategies to increase the number of women 50 years and older screened for breast cancer.

The project also incorporates one-on-one educational strategies in Cherokee communities within certain counties to examine the effectiveness using targeted mailings, annual reminder letters, and follow-up phone calls.

Using the Resource and Patient Management System (RPMS), patients are identified when they are due to receive their annual screening reminder letter for mammogram. Two subsets of patients are identified.

The first set of patients receives the traditional reminder letter and a Cherokee Nation Breast Care Guide, as well as information about the importance of mammograms and a card introducing case manager for their specific county. These patients receive a letter inviting them to make their appointment for the mammogram and are informed they will receive the 18-month calendar when their mammogram is completed.



Set 2 of patients receives the reminder letter, the Cherokee Nation Breast Care Guide, information about the importance of the mammogram, the card introducing their specific case manager and the 18-month calendar — before their appointment is made. We expect that the highly-personal aspect of the Breast Cancer survivor calendars will encourage a quicker response for mammogram appointments.

Unresponsive women in both groups will receive a follow-up phone call after 30 days if they have not made contact with their case manager or set up a mammogram appointment. The mammogram appointment will be made at that time if possible.

Evaluation for each subset of women will be followed in the RPMS to monitor short-term outcomes such as length of time to schedule appointment and length of time to receive mammograms. This project will examine which process was most effective to increase mammography in these subsets of women. We will also perform a follow-up survey to determine why a woman did or did not receive a mammogram.

Over the years, we've recognized that our program and message are recognizable by program-branded incentive items. In these difficult economic times and tighter purse strings, program-branded items are harder to obtain. With this project we are seeking to demonstrate that program-branded items do have an impact on the decision of a woman to be screened. In this particular case, we hope that by featuring Cherokee women who have faced breast cancer and won, other women will be empowered by their stories and will choose to have a mammogram. The decision to have a mammogram would be a life saving decision.

To date the Cherokee Nation Breast Cancer Survivor calendar has been well received by individuals, and we are hoping for a successful outcome from this project.

## Community Research Perspectives

### “Men’s Health Screening Days”

We are gearing up for the fall “Men’s Health Screening Days” on the Standing Rock Reservation. Our next screening day is August 27, 2009 in Fort Yates, N.D. We will schedule thirty-three men with three providers for the day. Each man will have a physical examination including a digital rectal exam, Prostate Specific Antigen (PSA), cholesterol and blood sugar. Additionally, he will go home with a 3-day fecal occult blood collection kit. Education stations for the day will include diabetes education by the Tribal Diabetes Program, colorectal cancer education by a public health nurse, “4 Steps to Food Safety” by the local extension service, “Stress and Coping” by an Indian Health Service counselor and “Rate Your Fiber” by a Women, Infants and Children (WIC) educator.

Working together with the Indian Health Service and the Tribal Health – Community Health representa-

tives, we have five events scheduled for men’s health in 2010. There will be three days in Fort Yates, and two days in McLaughlin, S.D. We will continue to try to reach men that have never attended screening days in the past, and also invite the men that have participated in the past screenings to come for their annual exams.

We are excited to be funded by Spirit of EAGLES for another grant cycle. If you have any questions about our program please contact us:

Jodie Fetsch, R.N.  
Custer Health  
210 2nd Ave NW  
Mandan, ND 58554  
jfetsch@custerhealth.com.

## A Student’s Perspective

*Andrea Garcia and Lauren Smith*



Andrea Garcia (Mandan, Hidatsa, and Arikara) and Lauren Smith (Upper Mohawk of the Six Nations Reserve) are interning together for summer 2009 with the American Indian Research Program, UCLA

Center for Health Policy Research, thanks to the generous funding of Spirit of EAGLES, Mayo Clinic Native Programs. Together they are working with Director Delight Satter, M.P.H. (Grand Ronde), and Professor Steven Wallace, Ph.D., to examine the health status of California American Indian elders, using the California Health Interview Survey.

A dual degree candidate (M.D. /M.S.) in the UC Berkeley-UCSF Joint Medical Program, Andrea is extremely grateful to intern a second summer. She is working on a project relevant to her Master’s studies examining American Indian health disparities. Andrea feels that Spirit of EAGLES has greatly impacted her professional development throughout the years. As a Hampton Scholar she received funding to help mitigate medical school application and testing fees. She has also received

travel scholarships to attend meetings such as the Association of American Indian Physicians Annual Meeting, the Cross Cultural Medicine Workshop, and the Native Research Network Conference. Were it not for these opportunities, Andrea feels it would have been difficult to connect professionally, and also benefit from the invaluable mentorship of physicians, researchers, spiritual leaders, and fellow students.

Lauren is currently pursuing a Master of Public Policy at the UCLA School of Public Affairs. In addition to conducting research for the American Indian Elder Health in California project, she is examining tobacco control policy for the American

Indian Cost of Smoking Report. Receiving the Hampton scholarship has opened the doors for Lauren to a community of researchers and mentors interested in Native health policy that she would not have been exposed to in her current policy program. With scholarship support from the Spirit of EAGLES, Lauren is looking forward to presenting on the American Indian Elder Health in California project at the 2009 Native Research Network Conference. In addition to her presentation, she will have the opportunity to network for the first time with Native scholars, community members, and students committed to improving the overall health of the Native community.

## Native CIRCLE

### *Cancer Information Resource Center and Learning Exchange*

Native CIRCLE has been a national clearinghouse for cancer education materials specific to American Indian and Alaska Native communities since September 1998. The Resource Center is part of the National Cancer Institute's (NCI) effort to disseminate the results of community-based research, including the culturally appropriate educational materials developed as part of the research endeavor. It is a collaborative effort with the Mayo Clinic and the NCI-supported Network for Cancer Control Research Among American Indian and Alaska Native Cancer Populations, the oversight body for the Native CIRCLE.

"There is such a great need for Native-specific cancer information and resources," said Lisa Baethke, Program Coordinator for the Native CIRCLE. "We are thrilled to be able to work with and serve Native American communities as we attempt to lessen the cancer burden."

Over the years, Native CIRCLE has evolved to become the educational arm for the American Indian/Alaska Native Community Networks Program – Spirit of EAGLES. The reputation of Native CIRCLE extends nationally as a central resource for dissemination of research results and distribution of materials proven effective through research. The Network's connection to Native

American researchers and tribal organizations provides a unique opportunity to provide outreach in this manner.

For more information about Native CIRCLE, call toll-free at 877-372-1617, or visit the Web site at: <http://www.nativeamericanprograms.org>.

### Northeast Tribal Wellness & Cancer Prevention Workshops

Refresher training course for Connecticut and Rhode Island Native cancer survivors and advocates on Monday, Sept. 21, 2009. Hosted by Mashantucket Pequot Tribal Nation, this workshop will prepare Native community educators and project team members to conduct intergenerational cancer education events in October and November. Events in October will focus on early and repeat detection and prevention services and resources.

#### **For further information please contact:**

Mark Samos, Labor Relations Specialist  
Foxwoods Resort Casino  
PO Box 3777, 39 Norwichee Westerly Road  
Mashantucket, CT 06388  
Phone: 860-312-3473  
[msamos@foxwoods.com](mailto:msamos@foxwoods.com)

## AI/AN Regional Community Network Programs

### *Northwest Region*

#### **Innovative and Creative Methods for Improving Cancer Health Communication and Health Literacy in Indian Country**

Native People for Cancer Control has reached broadly across our Native communities, finding artists and cartoonists and more – elders and youth, to tap into longstanding traditions like art and storytelling in the drive to reduce cancer health disparities across the Northwest region. We have developed a variety of innovative methods that bring our own voice, experience, and creativity to the field of cancer health communication and health literacy. By targeting diverse Native communities with materials that are visually attractive, that appeal to younger audiences, or that capture intertribal differences in language, place and culture; we are able to broaden and deepen the dialogue about cancer, discuss the importance of early screening and detection, advocate for smoke-free tribal nations, and promote other health-related concepts.

**Native Art for Cancer** has disseminated over 19,000 posters, collaborating with seven contemporary American Indian/Alaska Native artists to develop visually attractive information on nine cancer topics. The posters are distributed free of charge through mailings, tribal health fairs, national conferences and cultural events. We are currently developing three new posters focused on men's health and youth wellness issues. Our **Native Comic Book Project** will provide a third train-the-trainer workshop on Aug. 24-25, 2009, at the Seattle Indian Health Board. The curriculum includes 16 lesson plans for teaching youth and children how to plan, draw, and create a comic book. Throughout the workshop, youth will be encouraged to better understand healthy decision-making by exploring traditional Native stories and learning about Stanford University's Decision Education Foundation methods and theory. The **Center for Native Digital Storytelling** provides three-day train-the-trainer workshops to our community partners using a new curriculum developed for Native audiences. More than 100 digital stories in our library cover a broad range of health and wellness topics with an emphasis on

cancer-related stories and we provide participatory media training to tribal health professionals and communities in our region.



For more information, please contact Brenda Manuelito, Program Director, at bkay4@u.washington.edu or 206-543-3939.

#### **Survey of Cancer Screening Barriers in American Indians**

*David Wharton (Choctaw Nation) and Janis Campbell (University of Oklahoma)*

The aim of this project was to design and validate a survey instrument to identify patient and community perceptions of barriers to obtaining cancer-related health screenings in three American Indian communities. This survey was designed by three American Indian (primarily Choctaw) focus groups of approximately 20 members each. These groups were comprised of approximately half men and women, ranging in age from the early 20s to the 90s, from rural Choctaw Nation communities.

In the first focus groups, the team listened to the groups describe what they perceived as the barriers to cancer screening, and assisted in the development of a base layout for the survey and overall content areas, individual perceptions of cancer and cancer screening, and access to services. The team then reviewed current literature and similar surveys. An initial survey was developed and then reviewed by each of the three focus groups. From that community input the draft survey was developed, and subsequently finalized by an expert review panel cancer and health professionals to finalize.

We expect to send it out in late summer to 400 Choctaw citizens as a field test of the survey. It will then be available to tribal partners. Please contact Janis Campbell (janis-campbell@ouhsc.edu) or David Wharton (dfwharton@cnhsa.com) for more information.



## Spirit of EAGLES Update

Julie Fjetland, Administrative Assistant to Paulette Baukol



Julie Fjetland

I would like to take this opportunity to introduce myself. On May 20, 2009, I started supporting Paulette Baukol, Operations Director for the Spirit of Eagles (SoE) here at Mayo Clinic in Rochester, Minn. These past two months have been very busy and also very rewarding. It is great to be working with Paulette, Dr. Kaur and the SoE and to be a part of something so worthwhile. It is amazing how much can be accomplished when we all work together, and I am very proud to be a part of it all.

Paulette has been very busy wearing many different hats these days, as is usual for this time of year, I understand. Being so new here at SoE it is sometimes hard to keep up with her and all her energy but be assured that I will do my best. With the rest of this article I will try to update you on all the awesome things happening.

We have recently funded six Community Grants:

- Standing Rock Reservation, Custer Health, Mandan, N.D. — *“Standing Rock Men’s Prostate and Colorectal Cancer Screening Program”*
- Northern Plains Tribal Communities, Aberdeen Area Tribal Chairmen’s Health Board, Rapid City, S.D. — *“Northern Plains Native American Cancer Screening Initiative”*
- Alabama-Coushatta tribe, University of Texas M.D. Anderson Cancer Center, Houston, Texas — *“The Circle of Sisters”*
- Mashantucket Pequot Tribal Nation, Mashantucket, Conn. — *“Native American Cancer Prevention and Wellness Education Circles”*
- Alaska Native cancer survivors statewide, Alaska Native Tribal Health Consortium Comprehensive Cancer Control Program, Anchorage, Alaska — *“Post-treatment Navigation: Revising the ATHS Cancer Plan to Meet the Needs of Alaska Native Cancer Survivors in Rural Alaska”*
- Suquamish Tribe, Port Madison Indian Reservation, Suquamish, Wash — *“Suquamish Tribe Traditional Plants for Cancer Prevention Education Project”*

Congratulations and thank you for your contributions!

Paulette has been wearing her meeting attendance hat lately. In June she attended the Minnesota Cancer Alliance meeting in St. Paul, met with the Indians into Medicine (INMED) program at the University of North Dakota in Grand Forks, and attended the American Cancer Society steering committee meeting in Seattle. In July she attended the Urban Initiative meeting in New York City, and went to Washington, D.C., to the annual meetings for Community Network Programs and the Association of American Indian Physicians (AAIP). In addition to Paulette’s trips, SoE funded several travel scholarships for students to attend the AAIP conference and the Aug. 3-6 Native Research Network conference in Portland, Ore.

Paulette has been very busy wrapping up Year 5, and anticipating request for proposals for CNP2. If that isn’t quite enough, keep your eyes open – we are also planning the 2010 SoE national conference. This will be one event you won’t want to miss, so mark your calendars now!

It is a good thing that Paulette has a lot of energy as it is surely needed to do the job and to do it as well as she does. Thanks for all you do, Paulette, and keep on running!



### SAVE THE DATE!!

Mayo Clinic Spirit of EAGLES 2010 Conference:  
**“Changing Patterns of Cancer in Native Communities”**

Sept. 11-14, 2010

The Westin Hotel, 1900 Fifth Avenue  
 Seattle, WA 98101

Watch for details coming soon at:  
[www.nativeamericanprograms.org](http://www.nativeamericanprograms.org)

## A Partner's Perspective

### The Spirit of EAGLES Southeast Alliance VI

By Dana Kontras, R.N., Mayo Clinic, Spirit of EAGLES, Jacksonville, Fla.

The Spirit of EAGLES Southeast Alliance VI conference was held in Jacksonville, Fla., Mar. 12-13, 2009. Convening after several months of planning, the diverse group met to discuss and further develop ideas for the American Indian and Alaska Native community members in the region.

Representatives of the group referred to as 'SEA' gathered to reaffirm their commitment to the importance of strategic relationships. SEA members seek to join in a united front as they build stronger ties with southeast tribal communities, and specifically with those which were represented at SEA VI.

During the conference, the new goals for the Spirit of EAGLES were presented. Resources such as the Native CIRCLE catalogue were distributed, and attendees were encouraged to apply for funds through the Spirit of EAGLES 'Request For Award.'

A roundtable discussion focusing on 'Needs of our Communities' resulted in several action items such as:

- Creating a Cancer Awareness Program for Children and Children with Needs (Dr. Edith Ortega, community physician in Jacksonville)
- Increasing cancer awareness at our annual Jacksonville, powwow including "Tobacco Cessation and Youth" results and making this a "Smoke Free" event. This will expose Jacksonville to our largely-unknown Native culture (Dr. Dewey Painter, Chief of the Flying Eagle Clan, Jacksonville)
- Have a face to face discussion with Tribal Directors and leaders of the United and Southeastern Tribes (USET) – (Christy Duke, USET)
- Travel to all the federally recognized Tribes in the Southeast to speak to community members about the Spirit of EAGLES and present cancer statistics. Use trips to encourage them to engage in ongoing programs (Dean Seneca, Centers for Disease Control and Prevention)
- Find ways to assess Tribal community needs in Florida counties (Dr. Melanie Duckworth, Centers for Disease Control/Health and Human Services)

- Identify those accountable for community resources for American Indian/Alaska Native health care needs
- Formalize a grant for 'Native American Music and Palliative Care' (Carol Ann Para, Waccamaw of South Carolina)

Dr. Painter discussed his collaboration with Mr. Jerry Lang, a member of both the Tribal Advisory Group for the National Indian Health Board and the Cultural Diversity Advisory Committee of the National Council on Disability. Their research project, studying ways to reduce tobacco abuse among youth in Georgia, is called "Georgia Summit on Anti-Smoking."

Already this conference is producing results. One outcome of SEA VI has been a number of very successful strategic planning meetings between Dr. Ana Viamonte Ros, Florida Surgeon General, and Drs. Duckworth and Painter. The Florida Department of Health has invited Spirit of EAGLES to participate in discussions regarding HIV/AIDS and cancer with members of the Florida Breast and Cervical Cancer Early Detection Education Program.

The Florida Department of Health and the American Indian Advisory Council began a new initiative July 8, specifically targeting American Indian women. "The Shawl Circle" is a collaborative effort between the Bureau of HIV/AIDS and the Breast and Cervical Cancer Program.

Additionally, Spirit of EAGLES Program Manager Paulette Baukol spoke to USET in May, opening the door for future collaborations. These and other happenings encourage SEA membership. Everyone expects a successful year and new and sustained relationships born of the cancer initiative.

"Thanks to Joel Stokka, Indian Health Service, and Deric Gilliard, Centers for Disease Control and Prevention, for helping plan SEA VI; Maggie Peterson, Research Administration, Mayo Clinic, Jacksonville, Fla., for helping create an online registration form; Dr. Painter for 'goodies' and the door prize."

**Spirit of EAGLES**

**Mayo Clinic**

Rochester, Minn.

<http://www.mayoclinic.org/nativeprograms>

Subcontractor - Seattle

**Fred Hutchinson Cancer Research Center**

Teresa Garret-Hill

(206) 667-7593

tguthrie@fhcrc.org

Subcontractor - Portland

**Oregon Health and Science University**

Tom Becker, M.D., Ph.D., (P.I.)

(503) 494-1175

beckert@ohsu.edu

Subcontractor - Denver

**Native American Cancer Research**

Linda Burhansstipanov,

M.S.P.H., Dr.P.H.

(303) 838-9359

LindaB@NatAmCancer.net

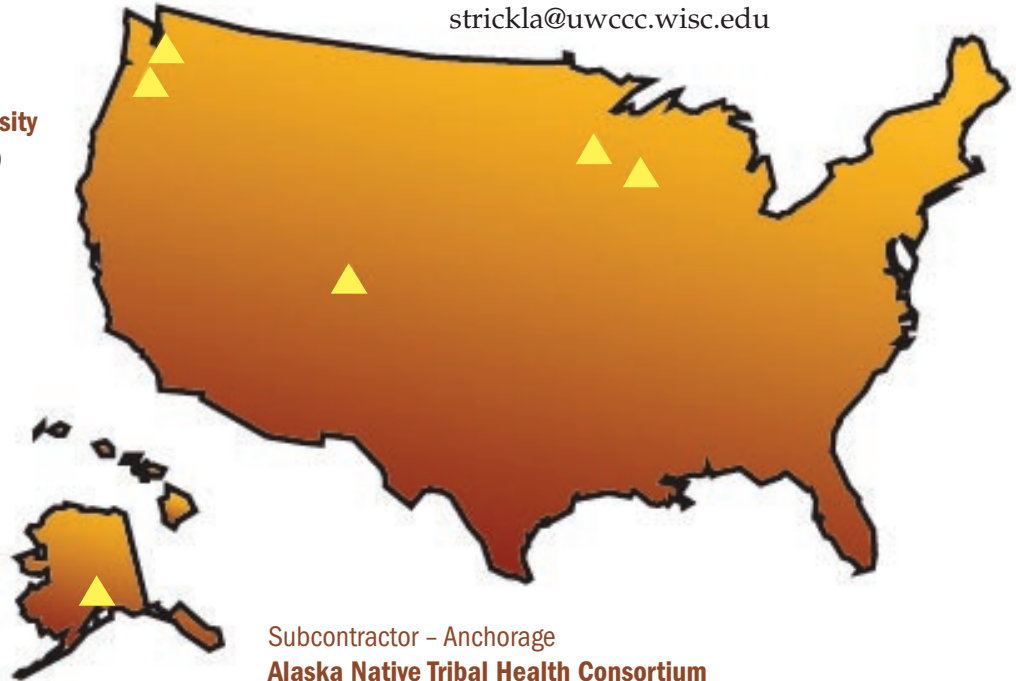
Subcontractor - Madison

**University of Wisconsin Comprehensive Cancer Center**

Rick Strickland

(608) 262-0072

strickla@uwccc.wisc.edu



Subcontractor - Anchorage

**Alaska Native Tribal Health Consortium**

Ann Lanier, M.D., (P.I.)

Caroline Renner

(907) 729-2925

ccrenner@anthc.org

**Acknowledgements**

Judith Salmon Kaur, M.D.

Principal Investigator

kaur.judith@mayo.edu

Paulette Baukol, B.A.

Operations Director of SoE

baukol.paulette@mayo.edu

(507) 266-3064

Elizabeth Zimmermann

Editor

zimmermann.elizabeth@mayo.edu

(507) 284-2590

Contributors:

Jodie Fetsch

Barbara Neal

Andrea Garcia & Lauren Smith

Lisa Baethke

Brenda Manuelito

Janis Campbell & David Wharton

Julie Fjetland

Dana Kontras



200 First Street SW  
Rochester, Minnesota 55905  
[www.mayoclinic.org](http://www.mayoclinic.org)

MC5525-85rev0809