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Community Research Forum

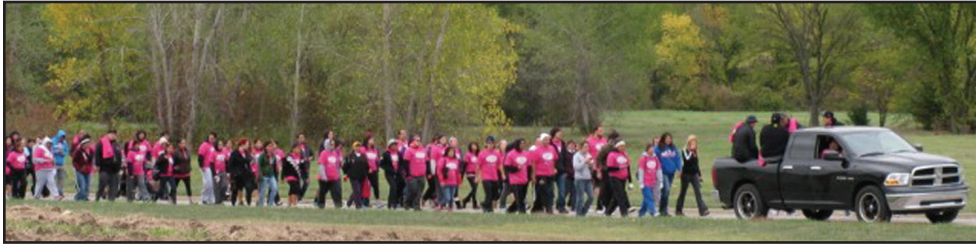
On August 11th, we held a small pow wow with our annual Community Research Forum (CRF). The event was held at the Eagle Lodge in Lawrence, Kansas. A CRF is a community event that we hold to showcase the work we have done in the community. We present results of ongoing or recently completed research and introduce current and future projects. We share the work we do with the community in many different ways, including posters, brochures, computers, presentations, and the stories of team members. The CRF also gives the community a chance to ask us questions and make suggestions for future research.



At our most recent CRF, we held a healthy food contest. The entries were all very different, but all delicious. It was heart warming to see our youngest contestants, Shelby and Sarah Bointy, both in elementary school, involved in the healthy food contest. You can see a picture of the grand prize winner and also a copy of the winning recipe (a delicious peanut soup from Kevin Pacheco) in our Healthy Living section of this newsletter. We also had a prize for the best use of traditional ingredients, which was won by a pumpkin soup recipe submitted by Freddy Pacheco (father of the grand prize winner – that’s a talented family!).

The CRF also had a competition pow wow and a short Gourd Dance session. During the pow wow breaks, our team members gave updates about our projects. These announcements gave community members a chance to hear about our projects and service activities. Each community member who viewed our posters and talked to our team members about them and our other research received a free t-shirt, designed by Lance Cully. It was a great turnout and we have learned that we will have to find a bigger venue for the next one! We would like to thank all of you who attended the event and look forward to seeing all of you at our 2013 CRF!

From the Director



As many of you know, October was Breast Cancer Awareness Month. In honor of this, our Susan G. Komen for the Cure Scholars in our MPH program had an awareness walk at Haskell Indian Nations University on October 4, 2012. This walk was named "Steps to Saving Lives" and drew over 150 participants! We began the evening with an inspiring talk from Kristy Darnell, a breast cancer survivor from the Kickapoo Tribe in Kansas. Kristy showed all of us what it means to be a strong woman and that a positive attitude can help get you through the most difficult of times. To honor Kristy and help bring attention to this important issue, Kickapoo Chairman Steve Cadue gave the tribal offices administrative leave for the afternoon to come down to Haskell to show their support. He then presented AIHREA with the flag of the Kickapoo Tribe in Kansas; we were truly honored to accept this gift. After Kristy's speech, the walk began, lead by singers Leroy Chouteau, Charley Lewis, Nate Taylor, and DJ Whitehouse. The group made its way around part of Haskell's campus and then returned to the pow wow grounds, where Keewah Rebecca Parker, a jingle dress dancer, performed. Many thanks to all those who participated to help us bring awareness to the Native women affected by breast cancer. Unfortunately, though Native women have lower rates of breast cancer than other ethnic groups, more Native women who get breast cancer die from it. The way to help change

this is to encourage more Native women to talk to their doctors about how they can get tested so the disease can be caught early, when it is most treatable. A big thank you to our Komen Scholars who organized this event, Ruth Buffalo, Tara Hammer, and Joseph Pacheco.



AIHREA Youth Ambassadors

One of our newest programs at AIHREA is our Youth Ambassadors. These are young people who will help promote our health and educational programs throughout the country through giving presentations and otherwise representing us. We have 11 Youth Ambassadors representing us this year: Marcell Grant, Omaha - Haskell Indian Nations University, Toshaway Mihesuah, Comanche, Choctaw, and Chickasaw - Baker University, Curt Pahamahmie, Citizen Potawatomi Nation - Haskell Indian Nations University, Jason Hale, Prairie Band Potawatomi - University of Kansas, Terry Thomas, Mille Lacs Band of Ojibwe - Roosevelt High School, Byllye Clendon, White Mountain Apache - Haskell Indian Nations University, Doris Watts, Seminole and Creek - Haskell Indian Nations University, Holly Dunn, Muscogee Creek Nation of Oklahoma - University of Oklahoma, Von Villarreal, Omaha - Haskell Indian Nations University, Bambi Bevill - West Virginia University. Youth ambassadors are selected through a competitive process and receive compensation for their time.

For more information please contact Julia White Bull | University of Kansas Medical Center, CAICH | 3901 Rainbow Blvd., MS 1030, Kansas City, KS 66160 | (913) 945-7097 | jwhitebull@kumc.edu

Youth Ambassadors



- One of our newest programs at American Indian Health Research and Education Alliance (AIHREA) is our Youth Ambassadors. These are young people who will help promote our health and educational programs throughout the country, giving presentations and otherwise representing us. We will be accepting applications for our second group of ambassadors beginning November of 2012.
- Youth ambassadors will receive a yearly stipend. 4 High School students, 4 College students, and 4 Graduate students, 2 male and 2 female in each age group at the national level. Deadline is January 31, 2013.



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AIHREA Partner News

American Indian Health Student Association (AIHSA)

The American Indian Health Student Association (AIHSA) is working hard to engage the younger generations in education. We are working on creating relationships with Lawrence, Kansas, elementary schools to help provide assistance for tutoring American Indian/Alaska Native students. We have heard from community members that there is an interest in presenting science and health related projects to further engage students and make learning fun and interesting.

This semester will be full of volunteer projects and time spent in the community. We hope to receive grant funding to provide families food for Thanksgiving dinners and gifts for the holiday season. It is important to be a part of the community and contribute in any way that we can, especially by being role models for the younger generations. We are all one family and support each other in any way that we can.



Center for American Indian Studies (CAIS)



CAIS is completing the final revisions to *Naz Bah Ei Bijei: The Heart of A Warrior*, a video documentary focusing on the life of Samuel F. Sandoval, a Navajo Code Talker from Shiprock, New Mexico. CAIS faculty and staff, as well as CAICH staff, have been working with the JCCC Video Production Department on the video for the past two years. The documentary premiered on Wednesday, November 14th at 7pm in Yardley Hall at the Carlsen Center on the JCCC campus before a crowd of several hundred people. Mr. Sandoval and his family were at JCCC for the release. You can find more information on this event at <http://www.jccc.edu/foundation/eve>

[nts/polsky-series/](http://www.jccc.edu/foundation/eve). If you would like more information about the video, please contact edsmith@jccc.edu.

Stan Herd's "Kansa Man" earthwork art project is back underway as students and volunteers returned to the JCCC campus for the fall semester. Stan Herd, a crop and earthwork artist, also constructed the "Medicine Wheel Earthwork" on the Haskell Indian Nations University campus in Lawrence. "Kansa Man," sponsored by the JCCC Kansas Studies Institute, is being created from native Kansas stones and plants. It will be a 90-foot earthwork sculpture when completed. More information on this project, visit http://www.jccc.edu/photo_stories/2012/0130-stan-herd.html

CAIS will celebrated American Indian and Alaska Native Heritage Month in November with several events, including several talks on Native works of art in the JCCC Nerman Museum of

Contemporary Art, a stickball demonstration, and an Indian taco and meat pie booth.

CAIS would like to announce the development of several new American Indian focused courses at JCCC, including "The Archaeology of Ancient North America," to be taught by Dr. William McFarlane of the Department of Anthropology and "North American Indigenous Peoples History" to be taught by Dr. Tai Edwards of the Department of History. These courses will be offered starting in the fall of 2013. "Contemporary American Indian Cultures and Societies" is currently in development as well, and if approved by the college, will be offered by the Department of Anthropology beginning in the spring of 2014.

The official CAIS website is now up at www.jccc.edu/cais. Please visit or on-line, or in person; we are located in the Carlsen Center, Room 223, on the Johnson County Community College campus. We can be reached via phone at (913) 469-8500 ext. 4570.



Healthier Haskell

Healthier Haskell, the community wellness program at Haskell Indian Nations University, has the following program highlights to share:

1. From January to August 2012 there were over 18,305 visitors to Thorpe Fitness Center
2. HH assisted with events for Fall 2012 New Student Orientation that included:
 - A Campus block party
 - Wellness night - student basketball games, scavenger hunt, volleyball games



Healthier Haskell will lend support to the Four Winds American Indian Center for a health related event they are planning in November.

Come to Thorpe Fitness Center and join the community in getting healthy!

Kansas City Indian Center (KCIC)

Join us for Culture Night! Culture Night is held on the 1st Wednesday evening of every month from 6-9 pm. Join us for a potluck dinner, drumming and dancing, and various guest speakers and activities. Please bring your favorite dish to share. Culture Night is free and everyone is welcome.

In October, 2012, we hosted a presentation by Mark Charles, Diné (Navajo). Mark Charles provided a presentation at KCIC regarding an event he is hosting in Washington D.C. On December 19, 2009, the United States government officially apologized to Native Peoples, but didn't tell anyone. On the 3rd anniversary of the apology, a diverse group of citizens, led by Mark Charles, will host a public reading of the **apology to Native peoples of the United States**, which is buried on page 45 of the 67 page 2010 Department of Defense Appropriations Act (H.R. 3326). The hope of this national event is to publicize this apology, and to establish safe and honest common ground where a national conversation for reconciliation between the U.S. and Native America can begin. For more information, please visit www.wirelesshogan.com.

In September, KCIC was honored to host runners from Peace and Dignity Journeys. Every four years Indigenous communities all over North, Central and South America witness and partake in the tradition of receiving runners with ceremonies unique to their community, sharing stories, song, dance, and the wisdom that comes from community elders and ceremony. Peace and Dignity Journeys runners start simultaneously from both ends of the continent in Chickaloon, Alaska, and Tierra del Fuego, Argentina, traversing the entire continent by foot from community to community and joining together for a final gathering in Panama, Central America. The 2012 run is dedicated to Water, reminding all who have forgotten that water is an important resource and a shared resource for all.

The holiday season will soon be upon us. Please consider donating to our food pantry for Holiday Baskets. Thank you in advance for your generosity.

For more information about events and programs at KCIC, please visit our webpage www.kcindiancenter.org and like us on Facebook at www.facebook.com/kcindiancenter.

If you would like to become a volunteer, please email: information@kcindiancenter.org or call 816-421-7608.



Community Advisory Board News

On July 12th, we held our Community Advisory Board (CAB) meeting at KU Medical Center. The evening started with a community dinner. Joe Pacheco and Tara Hammer gave a healthy home presentation. In this presentation, they talked about looking for environmental problems and how to have a healthier environment. This is part of our GreeNation environmental grant that we were awarded in 2011. All who attended the presentation received a smoke detector, fire extinguisher, or a carbon monoxide detector. Angel Cully followed with an

update from the pow wow in May and also talked about the Community Research Forum. Julia White Bull gave an update on the Youth Ambassadors and the Building Healthy Communities grantees for 2012. We appreciate all of the community members who come and take part in our meetings.

2013 CAB meetings are set for January 10th, April 11th, July 11th & October 10th. Please contact Angel Cully at acully@kumc.edu or toll free at 855-55CAICH, ext. 1191, for more information.



Executive Steering Committee

On August 24th, we held our second in-person meeting of the Community Executive Steering Committee for the Kansas Communities Cancer Disparities Network (KCCDN) in Garden City, Kansas. We had the honor of having Bobbi Darnell, Kickapoo, and Jason Hale, Prairie Band Potawatomi, in attendance, who both drove about 11 hours round-trip to be with us. Now that is dedication!

In addition to Bobbi and Jason, in attendance were Itzel Rodriguez and Arturo Ponce from Southwest Kansas. During this meeting, we had the pleasure of welcoming Dr. Martha Hare, Program Director, from the National Cancer Institute in Washington D.C. She stated that she was thrilled to be able to meet with this committee and hear their reflections about their communities. The committee members offered ideas regarding cancer care and treatment options in their communities, as well as cancer prevention. This grant program on cancer disparities is a national effort, with 23 Community Network Program Centers (CNPCs) funded at the local/state level. It was a

rare and great honor to have a national director to interact at the local level and hear the community's concerns and ideas.

Following up this meeting, our committee members and Dr. Hare were invited to our large outreach event, a Latino-focused Ventanilla de Salud health fair at Garden City Community College in partnership with the Mexican Consulate. At this large-scale health fair, we offered diabetes and blood pressure screenings, body mass index measurement, and a variety of health education tools and materials. The event also included recruitment for a KCCDN research project for breast health. Women aged 40 and over were invited to participate in a study about mammograms and breast cancer prevention, along with receiving educational materials about



age-appropriate cancer screenings and healthy lifestyles.

The Friday evening meeting and the health fair the next day were a great success and we plan to hold the next committee meeting in Spring, 2013, in Northeast Kansas. Many thanks to all involved for their participation! Please contact Alicia Brooks at 913-588-0592 if you wish to participate or learn more about this committee.



Healthy Living

Winning Recipe from Our Community Research Forum

Peanut Soup, submitted by Kevin Pacheco (Quechua from Bolivia and Cherokee)

There are many parts to living a healthy lifestyle and you do not have to do them all to gain the benefits of engaging in just one of them. Some of benefits of making healthy lifestyle choices are: preventing diseases like type 2 diabetes and cardiovascular disease, extra energy and stamina, weight loss, and the chance of extending your life. One step you can take toward achieving a healthy lifestyle is through your diet. At our Community Research Forum, we had a healthy cook-off competition. The competition called for healthy dishes that use traditional ingredients. Our winner was Kevin Pacheco. Kevin made "sopa de maní", or "peanut soup" which is traditional to Cochabamba, Bolivia. Cochabamba is the culinary center of Bolivia and is famous for its enchanting traditional recipes that use healthy natural ingredients. Sopa de maní is most often made with chicken or beef, but you can use all vegetables for a delicious vegetarian meal.



Sopa de Maní (Peanut Soup)

Ingredients:

- Pam cooking spray
- 1 large onion, diced
- 2 carrots, cut into thick rounds
- 1/2 cup green peas (frozen are ok)
- 1/2 cup tomatoes, skinless and diced (canned are ok)
- OPTIONAL 1/2 lb. beef sirloin (cut into bite size pieces) or 1/2 lb. chicken (cut into bite size pieces)
- 4 cups beef stock
- 1/2 cup **raw** peanuts, ground in a blender – no piece should be larger than a peppercorn
- 1.5 medium potatoes, peeled and diced
- Salt and pepper to taste
- Hot pepper sauce to taste
- 2 Tbsp parsley, minced for garnish

Preparation:

Spray a pot with Pam cooking spray and sauté onion and carrots. Cook slowly until the onions and carrots are soft, about 10 minutes. Stir in the peas and diced tomatoes (and optional beef pieces); let them cook slowly for another 10 minutes. Stir from time to time. Pour in the beef stock, the ground raw peanuts, and the potatoes. Bring to a boil, then reduce to simmer. Partially cover your pot and cook without stirring for 30 minutes.

When ready to serve, season the soup with salt, pepper, and hot pepper sauce to taste. Ladle into bowls and top with sprinkling of minced parsley.

Perfect for fall and winter pow wows. Prep ahead of time and cook in crock pots on site.

Spotlight: AIHREA Member

Travis Brown



Travis is a member of the Sac & Fox Tribe of Oklahoma and of the Kiowa tribe, and has lived in the Lawrence community for over 8 years. He graduated from Haskell

Indian Nations University in 2010 with BA in American Indian Studies. He has been a very active community leader and organizer for numerous clubs and organizations within the Haskell and Lawrence community, and continued this trend with the CAICH internship after graduation. Although it was his intention to do the internship just for the summer after graduation in 2010, a community member changed his focus with the CAICH organization. It was during a GIS project that he was working on for the internship that he crossed paths with this community elder. This elder encouraged him

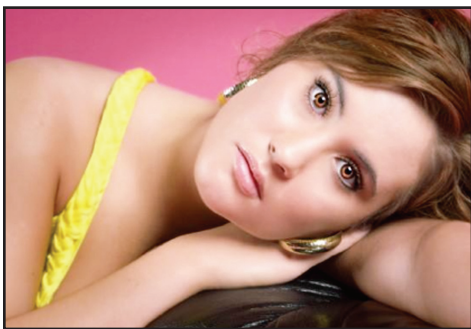
to continue his work with the CAICH team and see how the work CAICH does not just helps change lives, but saves lives. The elder shared her experience with CAICH that helped save her life and how she felt that the team members were dedicated to addressing health disparities in tribal communities and its members. It was after this personal experience in a Walmart (of all places) that his focus shifted. Through his job and efforts at CAICH, he works to improve tribal health disparities by working with the communities to educate and help improve the conditions that most Indian communities face across the Nation. Since this experience he has learned the misunderstandings that occur between the research community and tribal communities, and the trust that is necessary to bridge these gaps of misunderstanding between the two. He has dedicated himself to improving these relationships and helping tribal communities improve their quality of life through education and communication while working with CAICH.

Since he has worked with CAICH,

Travis has had family members struggle with the same health issues with which he works, including diabetes, obesity, and cancer. This personal connection has helped him maintain this focus for friends and family, and it is this dedication that helps him stay active in local communities and help recruit for programs within CAICH that focus on these health issues. He feels that these life changing experiences provide him with a great sense of pride and accomplishment because he knows that a healthy lifestyle will improve both individual and community wellbeing. Furthermore, he feels that it is the growth the community shows that is most rewarding. It is this sense of accomplishment, from the work of an individual with a team that has the same focus, that all members help make changes for the better and we all shine together. He feels that this sense of accomplishment is something that nobody can take from you; and that nothing is more rewarding than changing and saving the lives of Elders and community members.

Spotlight: AIHREA Student

Jordyn Gunville



Jordyn Gunville is an enrolled member of the Cheyenne River Sioux Tribe from Eagle Butte, South Dakota. She is a pre-medical student at the University of Kansas studying applied behavioral science - health communities and development, with minors in chemistry and sociology. Her future plans are to apply for the MD/Masters of Public Health program at KU-Medical Center. Jordyn's long term goal includes becoming a family practice physician and working with American Indian and rural communities. Jordyn is member of Delta Epsilon Mu (profes-

sional academic pre-health fraternity), KU Senate, First Nations Student Association, Pre-med Society, and is involved with the Multicultural Center. She has been able to make the Deans List while in school. When not studying, she volunteers in the community. Her interests include traveling, spending time with family and friends, and working with Native people. Jordyn also works at the Johnson County Community College Center for American Indian Studies.

Spotlight: CAB Member

Jason Hale



Jason Hale is from the Prairie Band Potawatomi Nation near Mayetta, Kansas. He is delighted to serve on the Executive Community Advisory Board repre-

senting his tribal Nation in advising the endeavors and initiatives of AIHREA and CAICH. Jason feels it is important for Northeast Kansas Tribal Nations to have a voice in the programs that impact their tribal commu-

nities. Jason, who is also known by his Potawatomi Nishinabe name "Naseka", obtained a Bachelor of Arts degree in anthropology from Washburn University in Topeka, Kansas. This past summer he completed a Master's of Arts degree in indigenous studies from the University of Kansas. His Master's thesis focused on historical and contemporary trauma and other stress factors on the American Indian diabetes and obesity epidemics, and the need for acknowledgement of these factors to be included in prevention efforts among American Indian adolescents. Jason feels AIHREA and CAICH are a benefit to American Indian communities because they are attempting to address

the health disparities that plague American Indian Nations. Jason hopes by serving on the board that he can help to inform American Indian communities on both the immediate and long-term benefits of participating in research efforts to heal tribal nations and communities. Jason is currently working as an intern at CAICH and hopes to continue to assist with the Native American Weight Loss Movement (NAWLM) project. He has deep ties to the traditional teachings and ceremonies of the Anishinabe People and also enjoys powwow singing. Jason wishes AIRHEA and CAICH continued success.

Cultural Health through Language

We are starting a new column in this newsletter focused on sustaining cultural health through keeping Native languages alive. Each newsletter, we will ask people to send us the translation for various terms in their Native language. To begin, we asked community members to provide us with the word for "Health" or "Well-Being" in their Native Language.

- Cherokee word for good health or healthy or well-being is tohi (which also means peace) or a-ye-lv-nu-dv-hna-de-gv (the pronunciation is: ah-yeh-luh-noo-duh-nah-deh-guh).

- Lakota word for health or well-being is wicozani (pronounced WEE-CHOZA-NEE) or Well (in health) zaniya (pronounced zah-nee-yah)
- Ojibway – the word for health is Ganandawisiwin
- Omaha – the word for good health or healthy is niye thinge
- Prairie Band Potawatomi - the word for health is Mno bmadzewen
- Diné (Navajo) – the word for harmony or well-being is Hozhoó

In our Winter 2013 issue, we would like to include the translation for "community". If you know the translation for "community" in any Native language, please send it to Angel Cully at acully@kumc.edu.

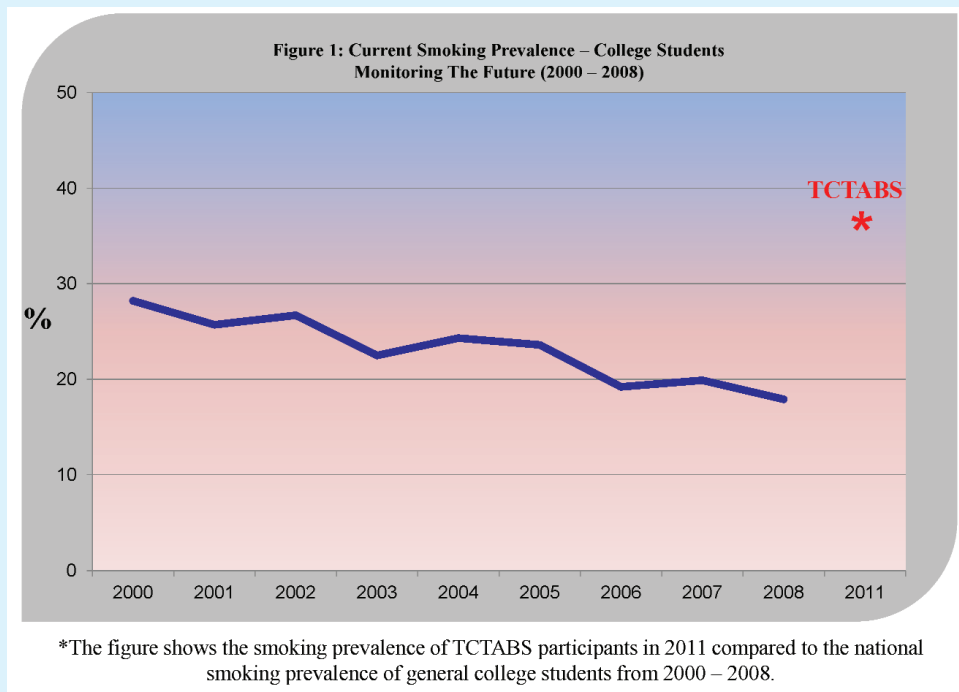
CHEROKEE Tohi
LAKOTA Wicozani
OJIBWAY Ganandawisiwin
OMAHA Niye thinge
PRAIRIE BAND POTAWATOMI
Mno bmadzewen
DINÉ (NAVAJO) Hozhoó

Research Results:

Tribal College Tobacco and Behavior Survey

The Tribal College Tobacco and Behavior Survey is a five-year study aimed at determining the predictors of smoking initiation (non-use to experimentation), progression (experimentation to established use), and cessation (established use to quitting). A lot of what is known about the process of smoking initiation and progression comes from studies with non-Native populations. Information related to smoking use among American Indian tribal college/university students is entirely unknown and needs further investigation. In order to achieve our goal, we administer the Tribal College Tobacco and Behavior Survey (TCTABS) twice a year to incoming freshman at two tribal colleges and continue to survey them for up to four years. The information gathered from this survey will be used to create future programs to help students quit smoking. Here we present the baseline data from the first 230 survey participants.

- The average age of students who took the survey was 26 years and 62.2% were female.
- Seventy-two percent (72%) of students who took the survey were enrolled in a 4-year Bachelor's degree program at their college and 27.9% of the students grew up on a reservation.
- Majority (81.1%) of the students who took the survey answered "Yes" when asked if they had ever smoked a cigarette recreationally.
- Thirty-eight point eight percent (38.8%) of the students identified as current recreational cigarette smokers.
- The average age that students smoked their first cigarette was 13.2 years old (± 3.16 years).



- The average number of cigarettes smoked (recreationally) by students the day before taking TCTABS was 2.5 cigarettes (± 1.36).
- Fifty point seven percent (50.7%) of the students use tobacco for ceremonial, prayer or traditional purposes.
- When asked, "How many of your 5 closest friends smoke cigarettes", 40.9% reported that 1-2 of their friends smoke, 32.3% reported that 3-5 of their friends smoke, and 22.7% reported that none of their 5 closest friends smoke.

The smoking prevalence of tribal college students in our sample (38.8%) was 18.7% higher than the young adult (ages 18-24) national average (20.1%) and 16.8% higher than the adult (ages 25-44) national average (22%) in 2010. Our data show that the smoking prevalence of our college sample is more than double that of the smoking prevalence of the general college student (17.9%) population in 2008 (see Figure 1).

For more information or questions about the Tribal College Tobacco and Behavior Survey, contact the Center for American Indian Community Health at 913-945-7047 or visit us at www.caich.org.

Understanding Research:

What are your rights as a research participant?

Researchers have made great strides toward improving the health of many communities. Without research, it would be impossible to find cures for diseases, create new and more effective programs aimed at reducing unhealthy behaviors, and increase disease survival rates, etc.

However, the choice to participate in research is a personal one. The decision to participate in research should be INFORMED and VOLUNTARY. Before participating in research, you should ASK QUESTIONS. Remember, there is no such thing as a bad question. Researchers should be happy to answer any questions you have. TALK TO FAMILY AND FRIENDS about the research study in which you are considering participating. They may be able to help you come up with questions you should ask before agreeing to participate.

If the study involves giving biological samples, such as blood, saliva, urine, etc., ASK, "What happens to those samples after testing is done?"

As a research participant or a person thinking about participating in research, you have several rights of which you should be aware.

All research participants have the following rights:

• **Right to Participate**

You have the right to take part in a study or not take part in it.

Participation is VOLUNTARY. You should never feel pressured to participate in a study. If you do feel pressured, that is a good sign that you may not want to participate in that particular study, with that particular research team.

• **Right to Ask Questions**

You have the right to have all questions answered and all information

presented in a way that you can understand it.

You have the right to ASK ANY QUESTION about the research study and to have that question answered to your satisfaction.

• **Right to Confidentiality**

You have the right to be informed about how the researcher will ensure your CONFIDENTIALITY. You have the right to be informed if there are any limits on confidentiality.

• **Right to get a copy of the Consent Form**

You have the right to take the consent form home. This enables you to think about whether or not you want to participate in research with no pressure. You have the right to have the consent form read to you. You have the right to have the consent form presented to you or translated into your language. If you want the time, you should have at least a day to decide if you want to participate in the study or not.

• **Right to know the Risks and Benefits**

You have the right to know the benefits and any potential risks that are associated with taking part in the study, including being asked questions that may make you feel uncomfortable or upset.

• **Right to Compensation**

You have the right to ask if, when, and how you will be compensated for participating in the study.

• **Right to Refuse**

You have the right to refuse to



answer any question with which you are not comfortable.

• **Right to Withdraw**

You have the right to withdraw your consent or stop participating in the study at any time, even if you have already given your consent and/or received payment.

• **Right to Respect**

You have the right to be treated with respect and have your opinions respected.

• **Right to Get Copies**

You have the right to get a copy of anything that is produced that includes information you have given to the researchers.

• **Right to Contact**

You have the right to receive the researchers' contact information and also the Institutional Review Board's contact information. If, at any time, you have questions or feel you have been harmed during a study, you have the right to contact them.

Remember, participating in research is your decision. For more information or questions about your research rights, contact the Center for American Indian Community Health at 855-55CAICH (toll free) or visit us at www.caich.org.



To partner and collaborate with American Indian peoples, nations, communities, and organizations to improve the physical, mental, emotional, and spiritual well-being of American Indians throughout the U.S. through quality participatory research and educational programs.

Upcoming Events

Mark your calendars now for the 7th Annual AIHREA Our Nations Energies (ONE) Health and Wellness Pow wow to be held the first weekend of May at Johnson County Community College. The pow wow will be held on Friday, May 3rd, and Saturday, May 4th, in the JCCC Gymnasium. As always, we will be providing free health screenings throughout the event.

If you would like us to attend your event please contact our Community Outreach Manager, Angel Cully at acully@kumc.edu or 855-55CAICH ext 1191.

**Please check our website for Upcoming Events:
www.aihrea.org**

Would you like to participate in our research?

Tell us what Native identity means to you:

Native 24/7 is a research project that we are currently looking for people to participate in. In Native 24/7 we conduct interviews over the phone with participants from around the country in an effort to understand the diversity of Native identity. Participants in these interviews must be 18 years of age or older and must self-identify as American Indian or Alaska Native. Participants will receive a Native 24/7 hooded sweatshirt for their time. For more information about participating in these interviews, contact the Center for American Indian Studies at (913) 469-8500, ext. 4823 or sign up online at www.native247.org.



Would you like to participate in our service programs?

Healthy Homes: Would you like to know if there is anything in your home that can harm you? As a service to the Native community, we provide FREE healthy home inspections. We will send our trained staff to your home to show you things that may be harmful and what you

can do to correct any problems. If we find major problems, we can help you get into programs that will correct the problems at low or no cost. If you are interested, please go to our website to sign up: www.caich.org/greenation or call us at 1-855-55CAICH, ext. 1212.