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### AIHREA contact info:

**Center for American Indian  
 Community Health**  
 University of Kansas  
 Medical Center  
 913-588-0866

**Center for American  
 Indian Studies**  
 Johnson County  
 Community College  
 913-469-8500, Ex. 4570

[www.aihrea.com](http://www.aihrea.com)



## Two New Centers Focused on American Indian Health & Education Created



*Pictured (left to right): Haskell Indian Nations University Registrar Manny King and singers Nate Taylor, Charlie Lewis, and Micah Swimmer at the press conference.*

The National Institute on Minority Health and Health Disparities recently awarded AIHREA a \$7.5 million grant that creates the Center for American Indian Community Health at the University of Kansas Medical Center (KUMC) and the Center for American Indian Studies at Johnson County Community College. This 5-year grant builds infrastructure for all of the exciting changes happening at AIHREA.

A press conference was held at Stidham Hall on the campus of Haskell Indian Nations University on July 30, 2010, to announce the grant. Dr. Barbara Atkinson, Executive Vice

Chancellor of KUMC, was on hand to talk about the impact the grant will have on research being conducted at KUMC. Dr. Christine Daley, Associate Professor of Preventive Medicine & Public Health at KUMC and the Director of the Center for American Indian Community Health, and Dr. Allen Greiner, Associate Professor and Research Division Chair of Family Medicine, are co-principal investigators on the grant and discussed the infrastructure the grant builds and the partnerships it solidifies. Shelley Bointy, MSW, (Ft. Peck Sioux/Ottawa tribes), serves as the Project Director for the



*CAICH summer intern and current Research Assistant Travis Brown demonstrates chicken dancing for the attendees at the press conference.*



*Iowa Nation of Kansas and Nebraska Vice Chairman and CAICH Community Advisory Board member Alan Kelley watch the dance demonstrations at the press conference with KUMC Executive Vice Chancellor Dr. Barbara Atkinson.*

grant. She emphasized the importance of the community in all of our work and the fact that this grant is unlike many others because it is not just about researchers telling the community what is needed; it is about the community telling researchers what they need and then working together to make it happen. Mr. Chet Eagleman, Chair of our Executive Community Advisory Board, and summer interns Travis Brown and Tina Tourtillot talked about the importance of their roles. Over 150 guests attended the press conference, including representatives from KUMC, the University of Kansas – Lawrence, Johnson County Community College, Haskell Indian Nations University, and many community members from Kansas and Missouri. Dancer demonstrations, an informational poster session describing our work, and lunch were held immediately following the press conference.



*Project Director for CAICH Shelley Bointy speaks at the July 30 press conference at Haskell Indian Nations University.*

# From the Director

## *Greetings from the American Indian Health Research & Education Alliance!*

It is my pleasure to introduce the new AIHREA Newsletter: Native Health in the Heartland. We plan to bring you up-to-date information quarterly on our activities, research, and education. We will also offer tips on healthy living and provide a list of upcoming community events.

This is an exciting time at AIHREA! We have just completed our first summer with high school, college, and graduate-level interns. We hosted 21 students from both the local area and around the country, 10 of whom have stayed on to continue working with us. Our two primary partners have each become a center at their respective institutions, with the creation of the Center for American Indian Community Health at the University of Kansas Medical Center and the Center for American Indian Studies at Johnson County Community College. Our team is growing at an exponen-

tial rate! At the Center for American Indian Community Health, we have 31 staff members and plan to hire an additional two in the next month. We also have 21 faculty members working on our projects. At the Center for American Indian Studies, we have one faculty member and four staff. We also employ one full-time person at the Kansas City Indian Center (formerly the Heart of America Indian Center), running our All Nations Breath of Life quit smoking program. We have an additional office at the Four Winds Center (formerly the Pelathé Center) in Lawrence, KS.

Since our annual Health & Wellness Pow Wow in May 2010, we have been able to provide scholarships to 9 Native students pursuing higher education. Three of our students have received full scholarships to the KUMC Master's in Public Health program through our new Susan G. Komen for

the Cure Scholars Program. This year's scholars are Stephanie Joseph (White Mountain Apache), Joseph Pacheco (Cherokee of Oklahoma), and Julia White Bull (Standing Rock Sioux). Our other six scholarship recipients received funds to help with the cost of undergraduate education.

We now have grant opportunities for Native high school and college student organizations, as well as for community organizations, tribes, or others who would like to do something healthy for the Native community, such as a health fair, cooking classes, an activity program, or anything else they can think of!

We would like to thank all of our community partners and others who support us in our efforts to improve the health of Native people. We look forward to continued and expanded partnerships! If you would like to learn more about the exciting changes at AIHREA discussed in this newsletter, please visit our website at [www.aihrea.com](http://www.aihrea.com).

## Community Ambassadors Program Graduates 12

The Community Ambassadors to Cancer Research project, funded by the National Cancer Institute, is a collaborative effort among KUMC, the Kansas City Indian Center, and el Centro, Inc., to facilitate cooperation and communication between community members and researchers by creating a model of community-based participatory research to be used at KUMC. The primary goal of this program is to bring members of the American Indian and Latino communities together and educate them about the research process. The program provides participants with tools that will enable them to submit a competitive application for a grant focused on cancer research. Another goal of this project is to educate researchers about the health needs of the American Indian and Latino communities. This program began in April of 2009 with participants meeting

on a monthly basis. Three groups of participants competed in a grant writing competition; the winners were Angel Talawyma, Erica Andrade, and Ed Smith. Their grant was titled, "Perceptions of HPV Vaccine among American Indians and Latinos," and will be revised and submitted to an external funding agency. Ten participants received certificates as Community Ambassadors to Cancer Research at a graduation on June 25, 2010. In addition to our three grant competition winners, graduates included Nancy Blue, Jorge Cormorac, Lance Cully, Jesse Etheridge, Susan Garrett, Stephanie Joseph, Lisa Lopez, Irazema Mendoza, and Elizabeth Reynoso. The program will continue in the future



*Pictured (left to right): Dr. Paula Cupertino (co-investigator), Dr. Christine Daley (principal investigator), and CACR graduates Angel Cully, Erica Andrade, Elizabeth Reynoso, Lisa Lopez, Irazema Mendoza, Lance Cully, Susan Garrett, Ed Smith, and Jesse Etheridge.*

without a specific focus on cancer. If you have questions about the program or would like to participate in the future, please contact Lance Cully at [lcully@kumc.edu](mailto:lcully@kumc.edu) or 913-945-7097.

## 4th Annual AIHREA Pow Wow a Huge Success!

The 4th Annual AIHREA Our Nations Energies Health and Wellness Pow Wow was held on May 1, 2010, at Johnson County Community College. Participants came from all over the United States for a competition pow wow with over \$10,000 in prizes and free health screenings. We provided over 800 free health screenings to community members, including cholesterol, diabetes, vision, blood pressure, lung function, body mass index, HIV testing, and cancer risk assessments, among others. We also had doctors available for anyone to speak to. All people who had positive tests were referred to their own doctor or provided information about where they can see a doctor for low cost or no cost.



**Save the Date:  
2011 ONE Pow Wow,  
May 6-7 at JCCC!**

### 2010 WINNERS:

- Men's Platinum - **Chet Eagleman, Sr.**, Fort Peck Sioux
- Men's Golden Age - **Lee Two-Hatchett**, Kiowa/Papago
- Men's Northern Traditional - **Tony Wattweotten**, Prairie Band Potawatomi Nation
- Men's Straight - **Eagleboy Whiteshield**, Kiowa
- Men's Grass - **Micah Swimmer**, Eastern Band Cherokee
- Men's Fancy - **Joe Bointy**, Kiowa/Comanche
- Men's Chicken - **Charley Lewis**, Paiute
- Women's Golden Age - **Liz Two-Hatchett**, Ogala Lakota
- Women's Cloth - **Jancita Warrington**, Menominee/Potawatomi/Ho-Chunk
- Women's Buckskin - **Denise Todome-Lawrence**, Kiowa/Comanche
- Women's Jingle - **Sharon Eagleman**, Fort Peck Sioux/Ottawa
- Women's Fancy - **Shelley Bointy**, Fort Peck Sioux/Ottawa

## Community Advisory Board News

### Executive Community Advisory Board

Community Advisory Board (CAB) members and CAICH staff nominated community members for our Executive Community Advisory Board (ECAB). Nominees went through an application process; ECAB members were selected by an 11-member AIHREA committee. The purpose of the ECAB is to provide guidance to AIHREA as we address health disparities in Native populations. The ECAB meets monthly and includes representatives from Lawrence, Kansas City, Wichita, Haskell Indian Nations University, and the Four Tribes of Kansas. Our next newsletter will explain more about our ECAB and will introduce you to its members.

### Community Advisory Board

In 2006, AIHREA established a Community Advisory Board (CAB) to address health issues in the Native community. This board assures that research conducted in the Native community is guided by input from Native people. The CAB is a group of approximately forty Native individuals who represent their community and assist AIHREA in designing screening programs and initiatives that have direct relevance and benefit to Native people. The CAB includes men and women of many different ages and meets quarterly. Contact Angel Cully at [acully@kumc.edu](mailto:acully@kumc.edu) or 913-945-7049 if you are interested in serving as a member of the CAB.

### Native American Student Community Advisory Board

On July 12, 2010, AIHREA started a new Native American Student Community Advisory Board (NASCAB). Ed Smith (Osage) and JB Kinlacheeny (Diné) facilitated the NASCAB meeting and will work with the board to identify and address issues concerning American Indian youth and students. Five NASCAB members and several summer interns contributed to the discussion and completed preliminary surveys. We plan a 10-12 member NASCAB. If you have any questions about our youth projects, contact JB Kinlacheeny at [jkinlacheeny@kumc.edu](mailto:jkinlacheeny@kumc.edu) or 913-588-3971 or Ed Smith at [edsmith@jccc.edu](mailto:edsmith@jccc.edu).

# AIHREA Partner News

## Four Winds Indian Center

In June 2010, Four Winds Indian Center (formerly known as the Pelathé Center), and AIHREA, formed a partnership to serve the Native community in Lawrence, Kansas. Bobbi Rhader, consultant to Four Winds Indian Center, wants to address food injustices and health issues in the Lawrence Native community by creating a community garden and promoting organic foods. Four Winds Indian Center also plans to offer traditional Native food and medicinal plant classes. Instructors at Haskell Indian Nations University and local community members will teach these classes. In addition, the American Indian Reparatory Theater, a non-profit organization, will offer theater arts classes. Four Winds also plans to work with Native youth in middle and high schools.

## Johnson County Community College Student Organization

The American Indian Studies Association (AISA) is an open door for students who have a desire to exchange ideas and knowledge on any issues of concern in Indian Country and who actively seek solutions and resources to affect positive change in the community. Students have an opportunity to interact with the American Indian community, community organizations, and other AIHREA partners. This interaction will also give students an opportunity to understand the dynamic cultures of Indian Country. AISA lead multiple projects for American Indian Heritage Month in November, including a library exhibit, an art exhibit with presentations, and a presentation from a Navajo code talker, among others, to increase awareness and understanding of American Indian culture.

## Kansas City Indian Center

The Kansas City Indian Center (formerly Heart of America Indian Center) has hired Stephen Jackson, Jr., as Executive Director. Mr. Jackson is Sisseton Wahpeton Sioux and is a veteran of the U.S. Marine Corps. He is also a graduate from Northern Arizona University with a Bachelor of Science degree. Mr. Jackson most recently held the position of Water Quality Coordinator for his tribe where he secured grants to assist in protecting and promoting the health of tribal members. Additionally, Mr. Jackson has experience in the administration of new programs and human resource administration. He also has experience in coordinating public outreach activities in schools and special community events. Mr. Jackson's desire to support and promote Native Americans families and the breadth of his experience serving Native populations is a valuable asset to the Kansas City Indian Center.

## Haskell Indian Nations University Student Organization

The AIHREA Club at Haskell Indian Nations University wants to promote healthy lifestyles of American Indians throughout the Haskell Community and Indian Country. They will seek out scholarships for students who are interested in health careers and will raise funds to sponsor events/sports advocating healthier living for American Indians. They will be active in the community and attend gatherings that promote the well-being of American Indians. Club members will develop a broad network of American Indian health related resources. They hope to bring awareness to American Indian people about the health disparities that plague the community.

## University of Kansas Medical Center Student Association

The American Indian Health Student Association (AIHSA) is the first Native organization on the KUMC campus. AIHSA was created by Native students at KUMC to bring their ideas together and to offer support to one another. AIHSA is open to anyone who has an interest in improving the lives of American Indians and Alaska Natives and to all Indigenous peoples of the world. AIHSA was established to foster Native students' education and provide a support system for them, as well as to develop leadership and recognition of Native people at KUMC. AIHSA will work to recruit Native students to the health professions and work collaboratively with them to reduce health disparities for Native people. The 2010-2011 officers of AIHSA are President JB Kinlacheeny (Navajo) KUMC student, Vice President Amber Ashley (Navajo) KUMC Student, Secretary Elaheh Mohazeb KU Student, and Treasurer Nicole McReeves (Kickapoo/Navajo) KUMC student.



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## Spotlight: AIHREA Member

**Team Member:**  
**Shelley Bointy, MSW**  
Ft. Peck Sioux/Ottawa tribes

Shelley Bointy is the new Project Director for the Center for American Indian Community Health (CAICH). Ms. Bointy earned her BA and MSW at the University of Kansas. She has worked in the field of type 2 diabetes in American Indian populations for the last 7 years, first serving as the Coordinator of the Diabetes Prevention Program at the Haskell Health Center

in Lawrence, KS, then as the Project Director of the Diabetes Education in Tribal Schools program within the School of Education at Haskell Indian Nations University. She has won numerous awards for her work in the health promotion/disease prevention field including the First Moves Award in 2004 from Indian Health Service-Oklahoma City Area Office for her work with developing an adolescent weight management program, and a STAR award at Haskell Indian Nations University for her work as the Nutrition Coordinator in the food serv-

ices department. She has also done numerous workshops and presentations focusing on diabetes prevention and Native health. Shelley lives in Lawrence, KS with her husband of 15 years, Joe, and her two daughters Shelby and Sara.



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## Spotlight: Community Advisory Board Member

**John Kreitzer**  
Ioway Tribe of Kansas & Nebraska

One of our board members, John Kreitzer, lives in White Cloud, KS. He is the proud father of five children and grandfather of thirteen grandchildren. John served in the U.S. Air Force and was an Air National Guard technician for twenty-five years. He is currently employed at Burlington Northern Railroad. John has served on the Community Advisory Board for almost three years and is well aware of the health needs of the Native population. He remembers when the Four Tribes of Kansas all shared a health clinic in Horton, Kansas. Many tribal members

who lived in the rural area were not able to access health services because they did not have transportation. Eventually, Indian Health Services instituted Community Health Representatives to travel to the rural communities and provide health services, but these services were limited. John explains, "Although some things have become better, there is still a need for better health care for Natives. The elderly should be the people that get priority care." To improve the health of Native people, John stresses that Native youth need to know the health consequences of tobacco and alcohol abuse and that more health education needs to be provided to the Native community. Importantly, John also

reminded us that most researchers take from the Native community and do not give anything in return. Therefore, he feels it is important that (CAICH) demonstrates how we are contributing to the Native community.



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## Spotlight: AIHREA Student

**Amber Ashley**  
Diné

Amber is Navajo from Tuba City, Arizona, located on the Navajo reservation. She is Blacksheep clan born for the Towering House clan. She graduated from Northern Arizona University with a B.S. in Community Health in 2007. During the summer of 2007, she had the opportunity to study abroad in

Kenya for five weeks among the Maasai people. This eye opening experience changed her life. She decided to return to school and seek a second degree with the support of her family who hold education with high esteem. Amber learned about the Masters of Public Health degree at KUMC and met with Dr. Won Choi and Dr. Christine Daley. Dr. Choi's and Dr. Daley's humble yet compassionate demeanor inspire her. She feels they

both possess a strong desire to collaborate and improve the health of Native communities. Currently, Amber works as a graduate research assistant for CAICH. Eventually, she hopes to return to the Navajo Nation and help her people.



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# Understanding Research

## What is community-based participatory research?

AIHREA uses community-based participatory research (CBPR) for all of our studies. In CBPR, academic researchers partner with community members and organizations to conduct research. Both academics and community members bring their strengths to the table and

work together to conduct the best research possible so that together, they can make a difference. Academics and community members are involved in every step of the research process together. Academics provide expert advice on how to conduct research and

community members provide expert advice on their community, what health issues need to be addressed, and how to best address them in their community. If you would like to learn more about CBPR, visit our website!

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# Healthy Living

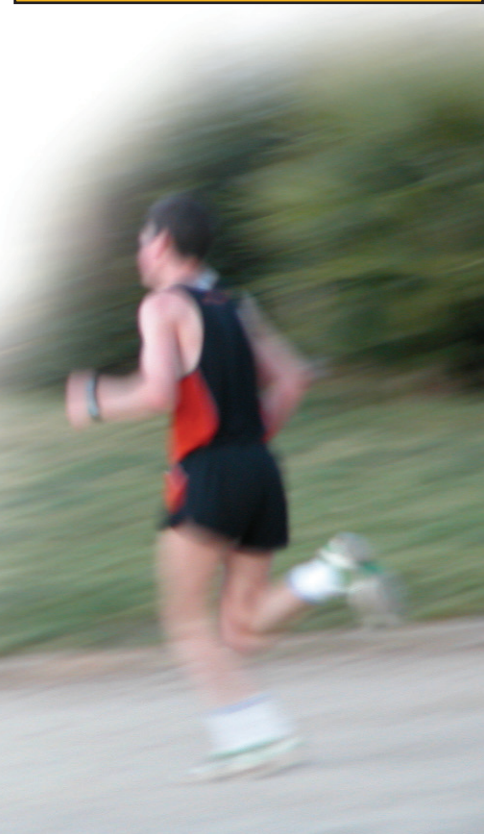
## Healthier Haskell

Healthier Haskell is a community wellness initiative at Haskell Indian Nations University. It is primarily a walking program where participants log miles accrued by walking/running/biking/swimming/elliptical and other exercise equipment. Incentives are awarded to participants reporting miles at 100, 250, 500, 750, and 1000-mile intervals. Participation is open to Haskell's staff and student body, alumni, and any community member (local or distant) interested in improving his or her health. Healthier Haskell hosts monthly events on different topics and targets different age groups for each activity. Monthly events include fun runs/walks, basketball tournaments, men's night/women's night/elder's day at Thorpe Fitness Center, and events for children and honoring veterans.

The goal of the first year of Healthier Haskell was for participants to walk miles that totaled the circumference of the earth (Walk Around the World). Total miles walked by participants at the end of the first year equaled walk-

ing around the world 2.5 times. The 2nd year was walking through Indian Country (walking the miles equal to the distance of the reservations in the United States). The 3rd and 4th years are dedicated to Walking to the Moon and Back.

Healthier Haskell is a fun, community-building event. Participants can register individually or as part of a team. Registration is on-going and continuous; anyone can register and begin having fun being healthy at any time. Potential participants can go to the Haskell Indian Nations University website ([www.haskell.edu](http://www.haskell.edu)) and click on the "Healthier Haskell" link on the homepage. Registration forms can be printed off and faxed or mailed to the Healthier Haskell team. Registered participants will receive a t-shirt, and a calendar of Healthier Haskell events. Mileage checks are listed on the calendar. For participants unable to attend mileage check events, mileage can be emailed to Al Gipp, Director of Healthier Haskell, at [agipp@haskell.edu](mailto:agipp@haskell.edu).



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## Upcoming Events

January 2011: New Year's Resolution Time!! Multiple quit smoking groups through the All Nations Breath of Life program, will be starting in Kansas City, Lawrence, White Cloud, and Wichita to help any Native person who wants to quit! This is a program designed specifically to honor Sacred Tobacco by helping people stop smoking recreationally. For more information about how you can join one of these groups, contact CAICH at 913-588-0866 or CAIS at 913-469-8500, ext. 4570.

March 2011: Kansas City Indian Center Football clinic in mid-March for Native youth. Youth can pre-register by calling 816-421-7608.

May 6-7 2011: 5th Annual AIHREA Our Nations Energies Pow wow at Johnson County Community College. For more information, contact Ed Smith at edsmith@jccc.edu or 913-469-8500, ext 4570.

Summer 2011: AIHREA 2nd Annual Community Research Forum. Details to follow!

Do you have an event you would like to advertise or have us attend? If so, contact our Community Outreach Coordinator Angel Cully at acully@kumc.edu or 913-945-7049.

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## Would you like to participate in our research?

We are currently recruiting for the following:

- All Nations Breath of Life quit smoking program
- Group discussions about improving the experience of getting tested for breast cancer
- Group discussions about tobacco use among college students at Haskell Indian Nations University
- Interviews about what American Indian identity means to you

If you are interested in participating in one of the studies listed above, please call AIHREA at either the Center for American Indian Community Health or the Center for American Indian Studies.

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