



Stay in

the circle of life...

Greetings

from your friends and partners at Native People for Cancer Control. As a new feature of our monthly newsletter, we will highlight other American Indian and Alaska Native research projects within UW's Center for Clinical and Epidemiological Research as well as continue to share information about ongoing NPCC outreach, education, training and research projects.



Above, Carrie Nass, MPH, CHES, and Assistant Director for Native People for Cancer Control.

If you would like to receive our monthly e-news or if you would like to contribute any news for further issues, please contact:

Steve Charles at
stevec3@u.washington.edu or
 call (206) 543-5342

We wish you a peaceful and carefree summer.

Spotlight: Carrie Nass

Hello! My name is Carrie Nass, and I just recently joined the Native People for Cancer Control (NPCC) team, which I'm thrilled about, as I've partnered with NPCC on projects for the past four years.

Ever since high school, I've had interest in public health — as I have a dear auntie who works at Public Health Seattle-King County (PHSKC) who introduced me to the field. My first public health role was in high school as a PHSKC volunteer tobacco compliance specialist. I've been working in the cancer and public health field ever since, going on over 12 years now. I feel fortunate to have found a field that I truly love!

My initial interest in public health led me to the Community Health Program at Western Washington University, in Bellingham, WA. While there, I fine tuned my skills in health education, program planning, and evaluation. While doing volunteer work in Bellingham with local non-profit groups, I developed a passion for ensuring health justice and equal access to culturally relevant health education, resources, and health care. This passion has been a fundamental part of every job and project I've worked on since.

My first job out of Western was to manage a community health and outreach program at HealthPoint Health Clinics (*formerly known as Community Health Centers of King County*). While there, I formed and managed a diverse team that worked with Russian, Ukrainian, Latino, Vietnamese, and African American communities on breast and cervical cancer screening, diabetes management, and Medicaid outreach.

In 2002, I started working in the Partnership Program for the National Cancer Institute's Cancer Information Service (CIS) — Northwest Region, based at Fred Hutchinson Cancer Research Center, and during that time period completed my Master's in Public Health from the University of Washington. It was through my work at CIS covering projects in Washington, Oregon and Alaska that I started working with NPCC. When I learned that NCI would be eliminating the CIS partnership program effective January 2010, I knew that I wanted to stay in this field and continue working with native communities on health issues. So I am delighted to continue this work, in a new capacity at NPCC.

A little bit more about me...

- The two main loves of my life are my husband Jeff, and two-year old daughter Lauren.
- I'm a fourth generation Washingtonian, so I'm fortunate to have a huge network of supportive relatives in this region that I live and work in.
- I try to be outside as much as possible — hiking, biking, skiing, swimming, walking, and playing on the swings with Lauren!

I look forward to getting to know all of you over the next few months and years!

Upcoming: Seattle Indian Health SpiritWalk

Each year the Seattle Indian Health Board sponsors **SpiritWalk**, a major fundraising event held at the Seattle Center. The day begins with registration and Native entertainment. Those participating in the walk are then led in a light warm-up and stretching session by a celebrity guest. Participants walk individually or form walk teams with their families, friends, or co-workers. There are two walk routes, both beginning at the Seattle Center Mural Amphitheater. The one-mile, level walk proceeds around the Seattle Center grounds, and the four-mile walk proceeds from the Seattle Center to Myrtle Edwards Park at the Seattle Waterfront, and back. After the walk, participants are provided lunch and more entertainment. The afternoon closes with prizes awarded to walkers in various categories and gifts awarded to volunteers.

SpiritWalk raises thousands of dollars annually to benefit American Indian and Alaska Native educational, health, social and recreational programs and services in Washington. In addition to walking, hundreds of participants enjoy Native entertainment, free giveaways, prizes, celebrity and guest speakers, and lunch provided to all walkers. Money raised is received from donations, pledges, and gifts from the community and corporate sponsors, and all proceeds support American Indian and Alaska Native programs promoting healthy lifestyles. In the past, walk funds have supported high school clubs, dances, pow-wows and other recreational activities, leadership conferences, a theatre group, Indian education programs and workshops, graduation functions and elder honorings.

Volunteer! In addition to pledges, volunteers are needed and are welcomed to be a part of this exciting event while helping to strengthen our people. The only requirement of a volunteer is the



Participants in last year's SpiritWalk gather for a group portrait.

desire to help! Volunteers assist with clerical preparation, handing out flyers and brochures, preparing and/or serving food at our community outreach event and during the walk-a-thon guiding and assisting participants as they walk.

If you are interested in volunteering or know someone who would be interested, please call Debbie Baruso at (206) 324-9360 or email debbieb@sihb.org. Our volunteers are valued and appreciated, and the help they extend touches many Native communities.

Saturday, June 13, 2009

8:00 am – 3:00 pm

SEATTLE CENTER MURAL
AMPITHEATRE

8-9:30am Registration; 9:30-11:30am Walk; and
11:30am-3pm lunch, entertainment and awards.

Save the Date...

WA Breast, Cervical, Colon Health Program (WBCCHP)
7th Annual Partner Training Institute
Ensuring Access to Women's Health



Who?

WA State Breast, Cervical & Colon Health Program staff; providers, case managers, outreach workers; Komen grantees, and others dedicated to increasing education around breast, cervical & colon cancer

What?

7th Annual WA Partner Training Institute

Where?

Seattle Airport Marriott (1-800-314-0925)
3201 South 176th St, Seattle, WA 98188

Hotel reservations must be made before August 14, 2009

When?

September 15 - 16, 2009

Tuesday, 11:30 am - 5:00 pm; Wednesday, 8:30 am - 4:00 pm

Why?

To hear updates on breast, cervical and colon cancer prevention, screening, and treatment, gain new tools and knowledge that will help you do your job more effectively, and have the opportunity to share and network with others in the field

The Seventh Annual Cancer Survivorship Series:
Living With, Through and Beyond Cancer, Part III:
Survivors Too: Family, Friends and Loved Ones —
Managing the Fatigue of Caregiving

Topic: Emotional Concerns

Date: June 23, 2009

Time: 10:30pm - 11:30pm PST; 12:30pm - 1:30pm CST; 1:30pm - 2:30pm EST

Presented by:

Joe Sommer

Caregiver, Executive Director, AT&T Intellectual Property

Laurel L. Northouse

RN, PhD, FAAN, Mary Lou Willard French Professor of Nursing, University of Michigan School of Nursing, Co-Director, Socio-Behavior Program, University of Michigan Comprehensive Cancer Center

Shelby L. Langer

PhD, Research Assistant Professor, University of Washington School of Social Work, Affiliate Investigator, Biobehavioral Sciences, Fred Hutchinson Cancer Research Center

Presented in partnership with:
National Cancer Institute
Lance Armstrong Foundation
Intercultural Cancer Council
Living Beyond Breast Cancer
National Coalition for Cancer Survivorship

This program is made possible by the National Cancer Institute and the Lance Armstrong Foundation .

These workshops are free — no phone charges apply. However, pre-registration is required. To register simply go to the CancerCare website, www.cancercare.org/TEW and click on Register for a Telephone Education Workshop.

If you missed Part I of the series, Managing the Stress of Survivorship, or Part II, The Importance of