

**OUTCOME:**

Increased breast and cervical screenings, targeting women over 50 years of age.

KEYS TO SUCCESS:

- Offer clinical breast exams and mammography on same day.
- Provide services for women who are unable to schedule an appointment during traditional clinic hours.
- Provide an opportunity to create informal support between women who may be living away from their families and reservation-based services.

SATURDAY OR EVENING SCREENINGS AND CULTURAL DAYS

A quarterly Saturday Screening event could be combined with Saturday Cultural Days to include: breast and cervical wellness screenings, transportation to and from mammography screenings, cultural activities, visiting, games, early detection and prevention education, guest speakers, and food all in one day. Women get their scheduled screenings, but also can look forward to making a craft, eating, and visiting with other Native women.

INGREDIENTS:

- Food
- Scheduled “Annual Women’s Exams”, including Mammograms (if available)
- Transportation service and/or mobile mammogram van
- Art or craft
- Games (Bingo, Breast Cancer Jeopardy, other)
- At least one women’s health provider
- At least one support staff such as an MA or RN
- Outreach staff, and other volunteers or support staff

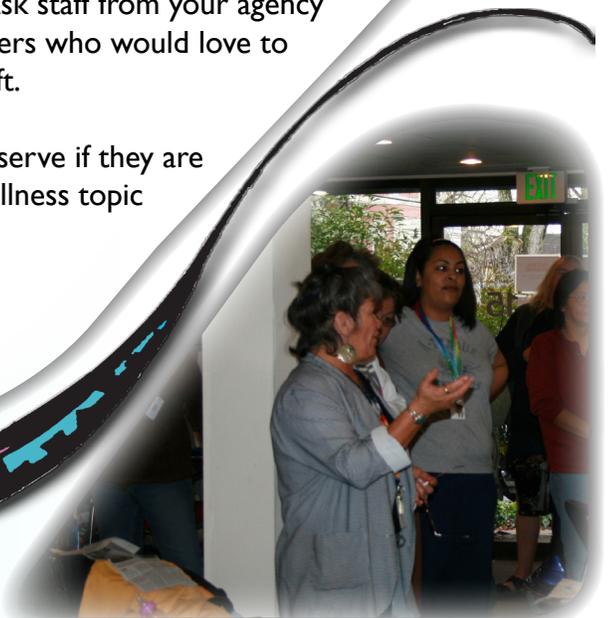
PREPARATION:

Step 1: Schedule women’s exams and mammograms during this day. If it is not possible or practical to provide annual exams and mammograms on the same day, offer annual exams in advance of the Saturday mammogram day.

Step 2: Pick a craft event. Ask staff from your agency as you may have great teachers who would love to volunteer to teach their craft.

Step 3: Ask the women you serve if they are open to learning about a wellness topic during their day or evening.

SATURDAY “WOMEN’S DAYS” ARE A UNIQUE CHANCE FOR URBAN AI/AN WOMEN TO GET TOGETHER, SHARE A MEAL, AND HAVE FUN.



CRAFT PROJECTS, LIKE BASKET WEAVING, ARE A POPULAR DRAW FOR WOMEN'S SCREENING EVENTS. THE WOMEN GET TO MAKE AND TAKE HOME A PIECE OF ART.



Step 4: Prepare a mini-educational event, if appropriate. This day or evening may be a great opportunity to show the new video on Native Women's Wellness from Alaska or give an interactive presentation such as Native Breast Wellness.

Step 5: Invite partnering agencies such as the state BCHP or local Komen foundation to join in your event, if appropriate.

THE EVENT:

Start off the morning with fresh coffee, yogurt, fruit and healthy snacks (ask Starbucks or local grocery store if they will donate coffee and food).

Crafts can be offered throughout the day. Consider basket making/weaving, pottery classes, knitting, shawl making, beading or "bring your own project". Women get their mammogram from the mobile mammography or are transported to a radiology clinic and returned in time to continue crafting and lunch.

Serve lunch around the provider's schedule. Consider partnering with your diabetes program to develop a healthy menu for lunch and snacks.

Games are always a fun way to end the day. Consider playing Breast Cancer Bingo, hosting a drawing or other fun and interactive events.

There are so many reasons why some women are unable to be screened for breast and cervical wellness. Hosting events such as Saturday Screenings combined with traditional crafts, food and visit time will help in reaching these women.



NARA does not have a local mobile mammography service, so they use a local taxi service to transport women to a radiology center.

KEYS TO SUCCESS:

- Honor women by following their suggestions for wellness care for AI/AN women.
- The venue creates an opportunity for urban women to share traditions, learn about early detection and prevention and to get screened for breast and cervical wellness.

Since 2006, NARA's Women's Wellness Program has hosted a quarterly Saturday Cultural Day/Screening Day. What has made this mode of delivery a success is the concept of "A Woman's Day," complete with fun activities just for women and topping it off with lunch. In the past, women have been treated to free haircuts, manicures, make-up tips by a former Hollywood make-up artist and massages.

UIHI
WEAVING PROJECT
WWW.
THEWEAVINGPROJECT
.ORG