



## OUTCOMES:

Calendars can be used for gifts after screenings, distributed at community events, and used for scheduling future screening appointments.

## KEYS TO SUCCESS:

- Feature Native women cancer survivors (warriors).
- Include breast and cervical early detection and prevention messages with survivor stories.
- Use culturally appropriate, graphics and layout to create an appealing material.
- Honor urban AI/AN women who have journeyed through cancer.

## WOMEN CANCER WARRIOR CALENDARS

*If you would like to produce a calendar for the women in your community, start planning by October. It could take a month or two to collect photos and quotes, then you will still need to layout your calendar and have it printed. The calendars make great gifts for the holidays, and continue with messages of honor, wisdom and good health throughout the year.*

## INGREDIENTS:

- 12 Photos and quotes of women cancer survivors from your community (with signed permission forms for use and publication)
- Computer with Microsoft Publisher 2000 or similar computer program
- Calendar templates available in Microsoft Word, Publisher or similar programs
- Color printing: work with a local printer if you have the resources



## PREPARATION:

Step 1: Gather photos and quotes from participating survivors. Make sure you inform them about the use of their photo (maybe show them an example) and get their signed consent. Use a digital camera with at least 6.0 megapixels capability.

Step 2: Select your calendar template.

Step 3: Place your photos in the areas marked for "photo".



A FRAMED PORTRAIT OF EACH PARTICIPANT IS A NICE GIFT TO HONOR THEIR CONTRIBUTION.

SPECIAL THANKS TO NARA WOMEN'S WELLNESS PROGRAM, PORTLAND OR, AND AMELIA MAINORD, PROGRAM DIRECTOR, FOR SHARING INFORMATION ON CALENDAR DEVELOPMENT.

CANCER SURVIVORS CAN BECOME ADVOCATES FOR  
EARLY DETECTION.

The Women's Wellness Program would like to thank  
the Center for Disease Control and Prevention, the  
Native People's Circle of Hope, and Maisie Mackinnon  
for making this calendar possible.

February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday
				1
5	6	7	8	
12	13	14		
19	20			

Step 4: Pick 2-4  
choice sentences from  
the survivor to use as her  
quote. Type the quote in the area  
designated. Add her name and tribal  
affiliation.

Step 5: Customize the cover and back page  
to fit your program's name and your calendar's  
title.

Step 6: Include two extra pages in the front of the calendar  
that can be edited to include information about your program  
services, contact information or other clinic services.

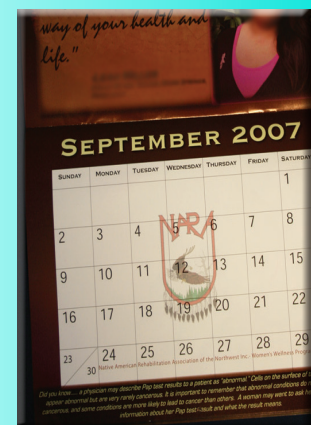
Step 7: If you feel creative and want to extend messages to your  
community, events and holidays can be added to corresponding days  
in the "grid" of the calendars.

Step 8: Print the final calendar on both sides of letter size paper in  
full color, then bound by using a spiral or comb binder. Use heavier  
paper (at least 80lb) if possible. It is great if you are able to print and  
bind the calendar in your clinic, but many will need to work with a  
local printer/copy shop to get a nice quality calendar.

## SHARING THE RESULTS:

Calendars featuring the wisdom of your Native women cancer  
survivors will be a hot commodity. Your program may want to be  
deliberate about how you give these away. It is best to distribute  
the calendars in time for use as a calendar starting January 1. Some  
clinics may want to use the calendars as incentives for women to  
schedule their annual exam.

Collect feedback on the calendar, such as number distributed, how  
people use them and whether they influence women scheduling their  
annual women's exam or mammogram. This information is great for  
planning a future calendar and for seeking funding for the next one.



NARA USED A  
CALENDAR TEMPLATE WITH  
NATIVE BASKETS IN THE  
BACKGROUND.

UIHI  
WEAVING PROJECT  
WWW.  
THEWEAVINGPROJECT  
.ORG