



**OUTCOMES:**

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

**KEYS TO SUCCESS:**

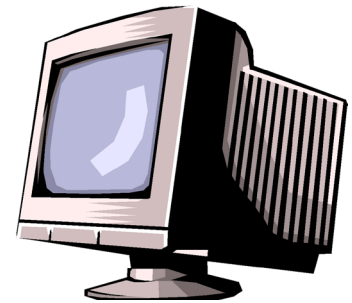
- Feature Native women cancer survivors (warriors).
- Include breast and cervical early detection and prevention messages with survivor stories.
- Use culturally appropriate, graphics and layout to create an appealing material.
- Honor urban AI/AN women who have journeyed through cancer.

**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.

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THEWEAVINGPROJECT  
.ORG

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