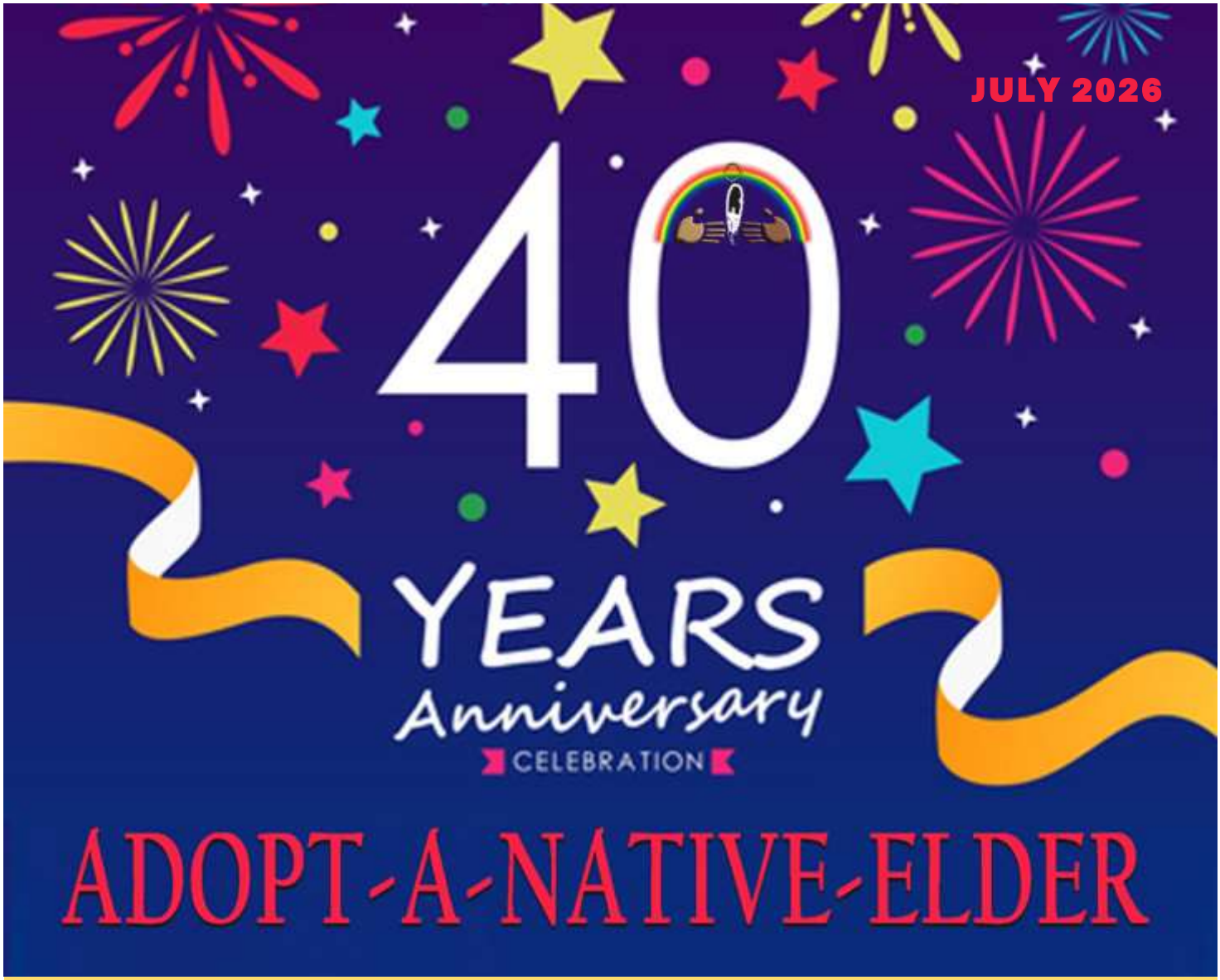


by Linda Myers, Founder, Director of Elder Care

How did we reach 40 years of serving the Elders? We reached it through the great kindness of many volunteers who have given so much time in their lives to come and assist the Elders. We reached it with the many support people who adopted the Elders into their hearts. And we reached it with the support from foundations who made it possible for us to help with firewood, food, medical supplies, and the Navajo Rug Shows.

As I visit with many volunteers, some have been helping the Elders for 30 years themselves. And many sponsors of Elders who adopted them years ago. At the Food Runs, I watch the volunteers during the Giveaway with such love and respect for the Elders, and I see myself many years ago.

The volunteers on the Food Runs form a special relationship as they connect to each other and share in the same vision of serving the Elders.

Many years ago, the volunteers gave me the name: "Well-Worn Woman of Many Miles". The roads behind me have taken me into the hearts and homes of the Elders.

Continued on page 2



Photo of the original Elders who received support in the 1980's.

Today I am very proud of what Adopt-A-Native-Elder has done and the ways we have touched the hearts of the old ones.

I recently asked many of the old ones, "What can I do to help you now? " They didn't answer at that moment. But later when they saw me by myself they would come up to me and say, "You have fed me for many years. You have kept me warm and you have given me all the supplies to help me and my children.

"All I can give you are my prayers. You are in my thoughts like family. I pray for you and all your kind people will continue to come and share your hearts and kindness with us."

Another Elder told me, "You have brought us together. We see relatives and friends at the Food Runs. We are old and don't get to visit with many people and you bring us together."

Still another Elder said, "The things you bring us are wrapped with ribbon and it makes us think of it being a little Christmas. I am able to share these things with my family who take care of me now. They are excited to see what I receive."

People will say to me, "Linda, so many years you have served them." And my reply is, "I love the land, the Elders and the stories I have learned from them." I know it's just a window of time left with these very old traditional Elders. I call them the wisdom keepers. They have lived close to the land and continue with their songs and ceremonies.

Many of the new Elders in the program are the boarding school Elders. The stories they share of how much abuse and tears from being taken from their families and sent far away are heartbreaking.

(Continued from page 2)

To be able to give back in kindness and caring to show the way to help them heal comes from the people who adopt them and the volunteers who pack supplies at the warehouse and who attend the Food Runs.

Some Elders still refuse to look at you and it takes time to gain their trust. These are very challenging times on the reservation. They have to travel so far for medical care. Gas prices are very high and the food costs on the Reservation are much higher.

Bessie Begay said to me, "Because you give me food, I will always remember you." Mae Shay knew me from the very beginning of the program when I came by myself. She said to me, "Linda, you have so many friends from all over the country. How did you meet them all?"

Mae Tso once asked me, "How did these people adopt me? I have never met them. I don't read or write. What can I do for them?"

My only request to the Elders questions about their sponsors and people they meet on the Food Runs is to pray for them in your ceremonies. They will be blessed. That is what we all need.

There are more roads behind me now than in front of me as the years have passed by. My footprints are on the land.

Always,
Linda



Join Us for the Celebration!

Please join us as we look back on forty years of "walking in beauty" and look forward to the future of the Program.

- **Date: Friday, July 17, 2026**
- **Time: Noon**
- **Location: ANE Warehouse**
  328 W Gregson Ave
  Salt Lake City, UT 84115

We will share a meal, exchange memories, and honor the long-standing relationships that have made this work possible!

PLEASE LET US KNOW IF YOU PLAN TO ATTEND: heather@anelder.org

This milestone belongs to a village. While we can't name everyone who packed boxes, attended Food Runs, volunteered at the Rug Shows and believed in our mission along the way, please know we are deeply grateful for your impact on our journey.



1988: Rose Hulligan and Linda Myers share the meaning of the program.



1988: Grace Smith Yellowhammer and Linda in the early days.



1990: Jeannie Patton helped Linda co-found The Adopt-A-Native-Elder Program.



2000: Linda with Sally Claw– the gift of bread.



2000: Nona Yazzie gives Linda a blessing for all of her support.



2026: CJ Robb, Linda Myers, Rodger Williams, Jane and Daniel Manygoats at the Leupp spring Food Run.



Oscar Merz and Linda pausing for a photo together.



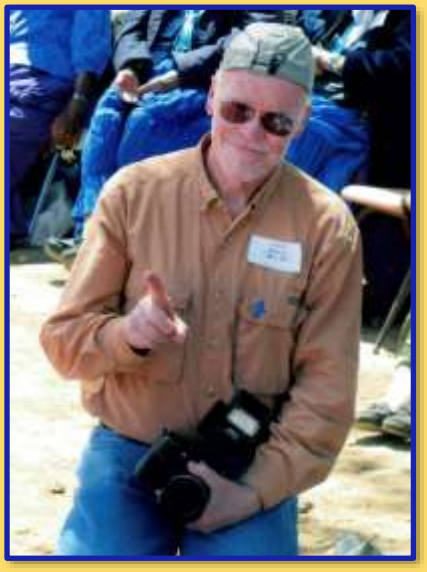
Early Food Run on Mae Tso's homeland with no chairs or tables.



Big Mountain Food Run at Mae Shay's hogan.



Linda with Jay Hill at Many Farms.



John Aldrich has dedicated many years of photos of Elders and rugs.



Linda and Mary R. Begay. Mary serves as a Food Run coordinator, translator and as a board member.



Ed Keane and his famous clipboard kept the Food Runs organized for many years.

40-Year Celebration Hats Were Given To All Of The Elders



Lillie Begay, Many Farms



Pauline Allen, Tsaile



Effie Williams, Tolani Lake



Alfred Yazzie, Sanders



Mary Slim, Forest Lake



Roy Billie, Dilkon



Elders in their hats at Sanders

Rainbow Food Box and Rainbow Food Certificate Pricing Increasing to $200

Dear Sponsors,

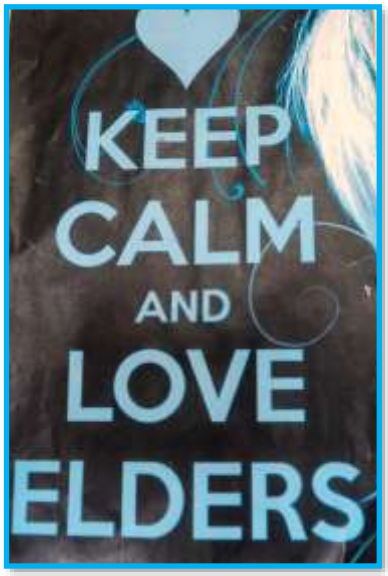
Your decision to adopt an Elder and commit to donating so they may sustain themselves on their homelands is why Adopt-A-Native-Elder exists. We cherish every Elder in the Program and your partnership in serving them is a great honor to our staff and directors. Your generosity in supporting the Elders helps ensure every Elder enrolled in the program receives nutritious food, essential household items, and the care and connection that are so important to their well-being.

To continue providing meaningful support and maintain the effectiveness and quality of our Food Boxes and Food Card program, we must adjust our sponsorship level. Beginning immediately, the cost to sponsor an adopted Elder will increase to $200 per Food Run, or $400 annually. This will allow the Rainbow Food Boxes, that so many Elders rely on, to continue to provide needed food security without cuts to their contents. For our Elders who receive Basha's Food Cards on the Food Runs instead of Food Boxes, the increase to $200 will mean those Elders will be able to continue to purchase the nutritious food and needed supplies they require for survival.

Over the past several years, the cost of food, fuel, transportation, medical costs, and basic necessities has increased significantly. Prices for groceries and everyday essentials remain substantially higher than they were just a few years ago and this increased cost of survival disproportionately affects the most vulnerable among us. In addition to the cost of survival, the resources available to the Navajo Elders enrolled in the program continue to dwindle. As Senior Centers on the reservation fall into disrepair and are closed, budgets for assistance are cut, and healthcare available through Indian Health Services faces an uncertain future, the Elders face a more difficult life today than they did in the past, and a future where your assistance is more important than ever.

We understand that any increase represents an additional commitment, and we are deeply grateful for your partnership. Your sponsorship does much more than provide food—it offers dignity, comfort, and reassurance to Elders who may otherwise face isolation and food insecurity. Thank you for giving your time, hands and generous support to ensure that the Bridge of Hope continues.





Sign in Tolani Lake Senior Center



Kenneth Jensen greets Polly Todicheeney, Teesto



Tony McCabe and Louise Tolie, Birdsprings

The Elders love these moments together at the Food Runs



Like schoolgirls, the Elders are excited to see each other



Betty Yazzie greets her sister Ruth Ann Begay, Birdsprings



Etta Paddock and Rose Ann Begay, Teesto



Frieda Edd, Leupp, gets a new walker with a seat



A new wheelchair for a grandma in Birdsprings



Ilene Mitchell, Dilkon, gets a new shower chair

As the Elders age, their need grows for medical assistance in the form of wheelchairs, walkers, shower & potty chairs



Rose Zilth, Sanders, gets a new walker with a seat



Lucy David, Leupp, lives alone and is afraid of falling in the shower. She received a new shower chair



Alta John, Teesto, with her new walker with a seat

The gift of yarn helps the Elders sustain themselves in their traditional ways



Nellie Lewis, Teesto, chooses a bundle in turquoise, blue and red



In Dilkon, Cleo Keams chooses two yarn bundles



Betty Begay, Big Mountain, chooses a colorful yarn bundle



Lena Whitewater, Forest Lake, chooses a traditional bundle



At Big Mountain, Alice Begay chooses an autumn bundle



Alice Yazzie picks a Two Greyhills yarn bundle at Forest Lake



Zoe Crandell from Boulder, CO at Many Farms



Sheri Peterson and Karen Christensen from Salt Lake City, UT greet the Elders

Many volunteers came from all over the country to serve the Elders with helping hands and big smiles



Janet Reffert from Santa Few, NM gives flowers to Elders at Leupp



John Deal from Harrisburg, NC helps unload water bottles at Forest Lake



Mellissa Thomas and her daughter Avery travelled from Lewisberry, PA



Jamie Schoen from Victor, ID unloads flour at Many Farms,



At Many Farms "The Escalante Girls" Melyssa Holbrook, Louise Eutropius and Jesse Kraettli



Trudy Jaycox, Port Townsend, WA, prepares the giveaways at Tsaile







The Adopt-A-Native-Elder Program supports the Birdsprings Veterans Association with gifts to distribute to the veterans in the area including many of the veterans in our Program.

We have been deeply shaped by the stories of resilience and profound legacy of military service within the Diné community. It is a privilege to stand in the Giveaway Circle and say Ahéhee' (thank you) for your service.







Backpacks with supplies were given to kids at Tsaile



Kids at Big Mountain with their backpack boxes



Preschool bags were given to the kids at Tsaile



Alice Smith's grandson gets a Preschool Bag at Leupp

Children's School Boxes And Preschool Bags Donations Are Needed For The Fall Food Runs



The school boxes are packed full of useful supplies



Linda hands a little girl a preschool bag



She opened her box at Teesto to show what's inside



This boy was happy to get a new filled backpack at Tsaile

A huge thank you to all the incredible volunteers who participated in the spring Food Runs!



Oljato, Navajo Mountain, Kayenta



Many Farms, Forest Lake, Tsaile



Dilkon, Leupp, Birdsprings, Tolani Lake



Sanders, Big Mountain, Teesto

THE ADOPT-A-NATIVE-ELDER PROGRAM



Food Run Driver's Application

FALL 2026



NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

VEHICLE YOU ARE DRIVING: MAKE_____ MODEL _____

ESSENTIAL FOR US TO KNOW IF YOU ARE DRIVING A PICKUP: SHELL _____ ROLLTOP _____ OPEN _____
(Note: Vehicles need to be able to carry at least 16 food boxes. Each food box weighs 45 lbs.)

PASSENGER NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

____ Please check to indicate if you are able to lift **40 Pounds**. Volunteers who do not check this box will be assigned roles on the Food Run that do not require heavy lifting. Volunteers who are not able to lift 40 pounds are still needed for the Food Runs.

____ Please check to indicate if you are a certified emergency medical responder, nurse, or physician.

____ Please check if you will be meeting the Elder you sponsor on the Food Run.

I AM INTERESTED IN THE FOLLOWING FOOD RUN(S):

Please do not apply if you cannot be present for the entire Food Run area you have selected.

All Driver Applications due by July 20, 2026.

____ **Aug 24-27: Navajo Mountain-Kayenta-Oljato** *Based in Kayenta, Arizona*
Vehicle loading at the A.N.E. warehouse on Friday, Aug. 21

____ **Sept 23-26: Many Farms-Forest Lake-Tsaile** *Based in Chinle, Arizona*
Vehicle loading at the A.N.E. warehouse on Monday, Sept. 21

____ **Sept 28-Oct 2: Leupp-Birdsprings-Dilkon-Tolani Lake** *Based in Winslow, Arizona*
Vehicle loading at the A.N.E. warehouse on Friday, Sept. 25

____ **Oct 5-8: Big Mountain-Sanders-Teesto** *Based in Winslow, Arizona*
Vehicle loading at the A.N.E. warehouse on Friday, Oct. 2

SCAN
To Sign Up For A Food Run

Please mail application to: Adopt-A-Native-Elder 328 W Gregson Ave. Salt Lake City, UT 84115.
Alternatively, scan the QR code on the right to sign up online.

Applications are considered based on a variety of factors. Priority is given to those who can transport product boxes from our Salt Lake City warehouse to the Navajo Reservation. You will be mailed a Food Run itinerary if your application is accepted. Your packet will arrive 2-4 weeks before your Food Run.

WHEN EAGLES FLY

In special remembrance to the Elders we loved and the joy we all shared together.

BIRDSPRINGS



Chee Scott

DILKON



Lorraine Nez

LEUPP



Juanita Morgan

FOREST LAKE



Daisy Tsosie



Roy James

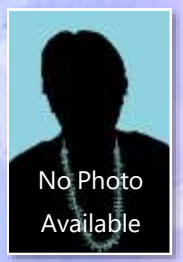
KAYENTA



Zonnie Bowsley



Rena Cly



Marjorie Parrish



Thora Yazzie

NAVAJO MOUNTAIN



Johnny Graymountainn



Ray Tomasyo

TOLANI LAKE



Martha Yazzie

TSAILE



Rita A Perry



Mildred Silversmith

In Honor

Janet Daum donated in honor of Michael Copeland.

James Silliman donated in honor of Leah Rocha and Zachary Rodrigues High School Graduations.

Susan Durnford donated in honor of Mike Gacnik.

Jessica Shiflett donated in honor of her King.

Frances Hill donated in honor of St. Jude and St. Anthony.

Mark Holloway donated in honor of Hannah Manetta.

Michael Goldstein donated in honor of All First Peoples.

Tim and Laurie Soule donated in honor of Tom Koehler.

Linda Robinson donated in honor of Emily Begay.

Kathleen Barrows donated in honor of Vickie Thun.

Leslye Mann donated in honor of Carol Glayre.

Carol Van Why donated in honor of Liz Rose.

Russell Krone donated in honor of Judith Krone.

Cathy Lin Falkner donated in honor of Valeree Phipps.

Firewood is needed for warmth & for cooking



An Elder's wood pile provides her with warmth and safety.

As the Fall approaches, many Elders will need firewood. In several areas, local tribal chapters are willing to help us see that Elders in need get the firewood. Many of the Elders depend on the wood for cooking and staying warm in the winter. Each truckload of firewood costs **$200.00**. Prices are the best in the early Fall. By late Fall the prices can be more than $200.00 a load. Most of the Elders use firewood October through April. A truckload of wood can last a family 3-6 weeks.

PLEASE NOTE—All *Firewood Orders placed a month before your Elder's Food Run* will be given at the FALL FOOD RUN.

In Memory

Penelope Valentine donated in memory of her husband William.

Janet Daum donated in memory of Katy Hiles.

Gina Vigil donated in memory of Alfonso Robert Vigil.

Mary Cassatt donated in memory of Alta Cassatt.

Gloria Rady donated in memory of Ruby Goldtooth.

Mary Jo Clark donated in memory of Andy Clark.

Paul Rosier donated in memory of Katherine Rosier.

Alfred Beers donated in memory of Tony Hillerman.

Serana Hunt-Hughes donated in memory of Meta Atene.

Mark and Diana Gogan donated in memory of Ruby Goldtooth.

John Richards donated in memory of Nancy Lynn McFadden.

Kenneth Meersand donated in memory of His Family.

Margaret Clair donated in memory of John Clair.

Jo Clark donated in memory of Andy Clark.

Terry Lone donated in memory of Gilbert and Myrna Jensen.

Jack Murillo donated in memory of Robert Ibalio.

Denise Pouliot donated in memory of mother, LaVerne Guerraro.

Phyllis Hazell donated in memory of Marty Zuckerman, who will always be remembered fondly.

Paul Reed donated in memory of Cheryl Ann Reed.

The Adopt-A-Native-Elder Program donated in memory of Jean R. Foulks, one of our first volunteers for Adopt-A-Native-Elder. She is survived by her husband Harv and her family.

Kathryn De Luccia donated in memory of Karen Fialko.

Diane Fedorchak donated in memory of Kathleen Deneris.

Wills and Estate Planning

Supporters of Adopt-A-Native-Elder (A.N.E.) have expressed an interest in naming A.N.E. as a beneficiary in their will or estate plan. If you would like more information on how you may help in this important legacy-building way, please contact CJ Robb: 801-474-0535

FOOD RUN ORDERS DUE AUGUST 1

Please adhere to the August 1 deadline for ordering. This allows A.N.E. the time it takes to prepare all of the items perfectly for your Elder. Thank you!

Food Run Order Form & Donations

Mail your order along with your check to: Adopt-A-Native-Elder, 328 W Gregson Ave, Salt Lake City, UT 84115

For quicker processing, order online: www.AnElder.org or by phone: 801-474-0535

Order Form

Elder #1: _____ Elder's Food Run: _____

Elder #2: _____ Elder's Food Run: _____

Sponsor Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____ email: _____

CC/Check# _____

SUPPORT FOR YOUR ELDER: (May be ordered throughout the year or you may specify delivery at Food Runs)

_____ Food Gift Card **(Circle Send to: Elder / Sponsor)** @ $25 Spring Fall Mail Now $_____

_____ Firewood @ $200 ..... Spring Fall Mail Now $_____

_____ Yarn Box @ $50 (Greyhills, Ganado, Chiefs, Crystal , Old Style, Traditional) ..... Spring Fall Mail Now $_____

SUPPORT FOR YOUR ELDER: FOOD RUN BOXES

_____ RB Food Box Set @ $200 ..... Spring Fall ..... $_____

_____ RB Food Gift Card @ $200 **(KA, DK, LP, BS, TL, FL, SA)** ..... Spring Fall ..... $_____

_____ Med Box @ $40 ..... Spring Fall ..... $_____

_____ Grandma Box @ $40 ..... Spring Fall ..... $_____

_____ Grandpa Box @ $35 ..... Spring Fall ..... $_____

_____ Mother's Day Box ***(Spring Only)*** @ $30 ..... Spring ..... $_____

_____ Forgotten Box ***(Spring Only)*** @ $35 ..... Spring ..... $_____

_____ Forgotten Blanket ***(Fall Only)*** @ $35 ..... Fall ..... $_____

_____ Newsletter @ $40 ..... $_____

DONATIONS FOR FORGOTTEN ELDERS

_____ General ..... $_____

_____ Food - *suggested $200* ..... $_____

_____ Firewood - *suggested $200* ..... $_____

_____ Yarn - *suggested $50* ..... $_____

_____ Bluebird Flour (20-lb @ $10.00 ea. bag) ..... $_____

_____ Children's Program – *suggested* $20 ..... $_____

OTHER _____ $_____

TOTAL $ _____



Rainbow Food Boxes



Rainbow Food Cards ($200) and $25 & $50 Bashas' Food Cards have replaced Bashas' Food Certificates.



Grandma Box



Grandpa Box



Medical Box

AUG 1 ALL FOODRUN ORDERS DUE

Please order Rainbow Food for your Elder

The Rainbow Food Boxes or Rainbow Food Cards (Kayenta, Dilkon, Leupp, Birdsprings, Tolani Lake, Forest Lake, Sanders only) for your Elder are $200

We have increased our giveaway sets of food boxes to Elders who live far away from a grocery store and to Elders who are homebound. We ask you to walk the Circle of the Giveaway by helping us to see that each Elder receives a Rainbow Food Box Set or $200 Rainbow Food Card.

RAINBOW FOOD BOX, $200: coffee, tea, toasted oats cereal, 2 cartons oatmeal, cornflakes, shortening, 2 baking powders, salt, 4 cans Vienna Sausages, 2 cans pork and beans, 2 cans corn, 2 cans carrots, 2 cans mandarin oranges, applesauce, pears, 2 cans peaches, 2 cans fruit cocktail, 2 cans chicken noodle soup, 1 case Ramen noodles, 2 boxes graham crackers, sugar, spaghetti sauce, noodles, macaroni, 20 lbs. Bluebird flour, 4 pkgs. sugar free Jell-O, honey, 10 lbs. potatoes, 2 cans of veggie beef stew, 2 cans evaporated milk, 2 cans green beans, 2 boxes of pudding mixes and 3 lbs. of onions

GRANDMA BOX, $40: 3 yards Panne velvet fabric for blouse, 4 yards cotton print fabric for skirt, matching thread, 2 pairs socks, white yarn for hair ties, safety pins, and sewing needles

GRANDPA BOX, $35: 1 sweatshirt, 2 t-shirts, 2 pairs of socks, bandana, 1 flannel shirt, beef jerky, peanut butter crackers and 1 can of Spam

MEDICAL BOX, $40: Ace bandage, Acetaminophen, chest rub, cough drops, Pepto-Bismol, antibacterial wipes, lotion, petroleum jelly, Band-Aids, 2 Ben-Gay, 3 Chapstick, triple antibiotic ointment, hand sanitizer, soap, eye drops, tooth brush, tooth paste

FORGOTTEN ELDER'S BOX, $35: ***(FALL ONLY)***

Navajo design fleece blanket (see page 10 for details)

YARN BOX, $50: See page 10 for details

Notice: Reasonable efforts will be made to use donations for the specific purpose designated. All donations become the property of Adopt-A-Native-Elder and will be used at the discretion of the organization to further the mission of the Adopt-A-Native-Elder Program in delivering materials and services to the Elders.

Adopt-A-Native-Elder
328 West Gregson Ave
Salt Lake City, UT 84115



Miss Navajo Nation serve her Elders at the Many Farms Food Run.

UPCOMING EVENTS

Saturday, July 11: Craft Day 9:00 am-1:00 pm
Friday, July 17: 40th Year Celebration Luncheon: 12:00 pm-4:00 pm

August 1: Fall Food Run Order Deadline
Saturday, August 2: Food Delivery 9:00 am—11:00 am
Saturday, August 9: Food Packing: 8:00 am—noon
Saturday, August 16: Food Packing 8:00 am—noon

Fall Food Run Dates
August 24-27: Navajo Mountain, Kayenta, Oljato
September 23-26: Many Farms, Forest Lake, Tsaile
September 28-October 2: Leupp, Birdsprings, Dilkon, Tolani Lake
October 5-8: Big Mountain, Sanders, Teesto

Rug Shows
November 6-8, 2026: 37th Annual Navajo Rug Show & Sale: Park City, UT
February 19-21, 2027: 5th Annual Navajo Rug Show & Sale: Scottsdale, AZ

This newsletter is brought to you through a generous donation by jlcollinsnh.com