The irreplaceable part of the Adopt A Native Elder Program, the thing that makes our program great, is the relationship between sponsor and Elder. That relationship forms the bridge of hope that is the bedrock of our work. For the Elders we serve, that relationship means that someone they may have never met, who comes from a world foreign to them, cares about them and thinks of them often.

For our sponsors, the relationship means that they have a personal connection to the Elder they support. They can help to meet the Elder’s specific needs and if they choose to volunteer on a Food Run, they can

Continued on page 2
meet their Elder in person and see their needs and where they live with their own eyes. From an A.N.E. staff perspective we tend to consider all 700 Elders in the program “our Elder”, and with that perspective we always endeavor to do our best to meet the needs of the Elders that we serve.

Our attempts to best meet the needs of the Elders takes many forms. Many Elders now have more than one sponsor. Having multiple sponsors means that if a sponsor is no longer able or willing to support an Elder, the Elder will still receive the life sustaining support that they need.

It also means that if two sponsors are able to provide food boxes or food certificates to an Elder, we as a community are doing a better job of meeting that Elders needs. Our program constantly reevaluates the assistance we provide to the Elders, from the contents of the food boxes to the amount of daily necessities that we pass out as giveaways on Food Runs. By making sure that what we provide is what is most needed by the Elders, we always ensure that we are doing the greatest amount of good. Many of our longtime sponsors are familiar with the different types of assistance offered to sponsors to help support their Elder throughout the year.

As our program has grown, we have added many new sponsors who have less experience with the program.

A.N.E. offers food certificates that can be mailed to your Elders to help them purchase fresh and healthy food. Firewood vouchers can be mailed to your Elders to help them purchase the wood needed to heat their home and to cook over. Yarn bundles can be mailed to your Elder to support her weaving of traditional Navajo rugs that help her earn income to support herself and her family.

Available for delivery on Food Runs are boxes curated based on the Elders needs and frequent requests; from the Rainbow Food Boxes that provide Elders with nonperishable food essentials, the Grandma and Grandpa Boxes that provide Elders with culturally appropriate and traditional outfits, the Forgotten Feather Box that provides Elders with a new blanket and special traditional food, to the Medical Box that provides the over-the-counter medical essentials needed and the Mother’s Day box, available only in the Spring that provides our female Elders with a special box.

Faye Black from Navajo Mountain said, “We don’t know you, but when we need firewood you send it to us and when we need food, you bring it to us. You are like our children and we are grateful for everyone of you.”
designed to make them feel cared for. A.N.E. passes on the value achieved through wholesale agreements and bulk purchasing to our sponsors. A $100 Rainbow Food Box set contains food with a $180 retail value, and the forgotten blankets contained in a fall Forgotten Box retail for $80, while they are available to an Elder for $35.

In addition to the boxes available for sponsors to provide to their Elder, Adopt-a-Native-Elder writes grants to provide Elders in need with mobility devices and various incontinence items valued at more than $40,000 annually. A.N.E. also takes gently used and appropriate items of clothing to the Food Runs for Elders to select the items they need to survive the hot and dry summers and brutal winters they endure.

The A.N.E. staff takes great pride in facilitating your support of the Elders. This year we plan to distribute more than 397,000 pounds of Elder assistance on the Food Runs at a cost of more than one million dollars, and we know that everything that we deliver on the Food Runs is important.

As you prepare to send in your Food Run order for the spring Food Run, we ask that you please consider ordering several additional boxes that are available for your Elder. They are our grandmas and grandpas and they deserve our best and our respect.

In gratitude, CJ Robb

Any assistance that you order for your Elder is treated as a restricted donation by Adopt-a-Native-Elder. If you order a $100 firewood voucher for your Elder, $100 is provided to your Elder to purchase the firewood that they need.
The Elders enjoying time with each other

Louise Littleben and Norma Francisco visit at Tsaile.

Rena Tsosie, Pinion, greets each elder by going around shaking their hands.

Helen Lee and Rena Tsosie enjoy a moment together at Pinion.

Louise Ann Begay of Teesto shares moments with Katie Bedonie Yazzie.

Annie Tso and Marie Claw share a warm greeting at Many Farms.

Ella Tsosie gets a hug from one of the elders’ daughter at Many Farms.
Rose Y. Yazzie is dressed traditionally and ready for the Food Run in Tsaile.

Danny Curly makes his way to the shade house at Many Farms.

Ellen Curly is helped by her grandson at the Leupp Food Run.

Birdsprings Coordinator Donna Begay and Betty Yazzie.

Rita Perry is helped by her granddaughter at the Tsaile Food Run.

Betty Crank, Kayenta, gets her name tag pinned on.

Rose M. Charley arrives at the Tsaile Food Run.

Food Runs are a special day for the Elders
A Yarn Box can be ordered in these color combinations:

- **Chiefs**—Red, black (onyx), blue, grey heather, and white colors
- **Crystal**—Beige, coffee, olive, bronze and cream colors
- **Ganado**—Black (onyx), red, white, charcoal, and silver-grey heather colors
- **Greyhills**—Heather grey, sable brown, crème, rust brown and oatmeal colors
- **Old Style**—Deep charcoal, sable brown, cream, gold, and oatmeal colors
- **Traditional**—Medieval red, charcoal heather, white, black and light grey heather colors.

In order to gift yarn boxes to the weavers year round, boxes may be ordered at any time for your Elder.

We have chosen the most weaver-requested combinations. Each box will contain six skeins of wool and one warp, enough to weave a 2’ x 3’ rug. The cost for each yarn box is $40 which includes shipping.

If you are ordering more than one box, we recommend that you order at least two of the same color. This will allow the Elder to weave a larger rug.

Please refer to page 11 to place your order or order online: www.AnElder.org

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Helen Benally, Kayenta, receives a yarn bundle.

Barbara Ranger of Pinion receives a yarn bundle in Chief Blanket colors.

Cleo Keams receives a Greyhills yarn bundle at the Dilkon Food Run.

Lillie Nez of Pinion likes the Greyhills bundle.

Irene Bedonie of Teesto is happy to choose a traditional yarn bundle.

Rena Lane of Big Mountain receives two yarn bundles.
THANK YOU!

We ask you to please place your Food Run orders early and, if possible, to donate for both the spring and fall Food Runs at the same time. Thank you so much for helping us to make the Food Run process a little smoother with early orders. If you haven’t made your Food Run donation yet, please do so today at: www.AnElder.org

In the Salt Lake City area and looking for a great volunteer opportunity?

Do you have a few hours each week to support our program? Please join us Tuesdays and Fridays between 9:00 am and 11:30 am at 328 West Gregson Ave. (approx. 3100 South) in Salt Lake City.

Your help is needed to pack food and gift boxes, sort clothing, prepare mailers, shop for food and other items, and transport food to the Navajo Reservation.

WILLS & ESTATE PLANNING

Supporters of the Adopt-A-Native-Elder Program (ANE) have expressed an interest in naming ANE 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 John Burrow: (503) 312-5655 or jburrow5@aol.com.
RAINBOW FOOD CERTIFICATES

Rainbow Food Certificates are gifts of food in the form of a $100 Bashas’ ‘Rainbow Food Certificate’ that can be given to the Elders at the Food Run.

Sponsors for Elders at Kayenta, Dilkon, Leupp, Birdsprings, and Pinion should purchase this item as part of their semiannual obligation. Elders at these locations have chosen to receive ‘Rainbow Food Certificates’ instead of ‘Rainbow Food Box Sets’.

These certificates are purchased on page 15 as ‘Rainbow Food Box Set/Rainbow Food Certificates’.

If you are not a Sponsor but would like to send a food certificate to an Elder in need, food certificate donations in increments of $25 may be ordered throughout the year.

MAKE IT A BLUEBIRD FLOUR DAY

Each spring and fall, the Adopt-A-Native Elder Program purchases more than 400 bags of flour. Each bag currently costs $10.00. We are asking for your help to buy bags of flour for the Elders as we prepare to go to the reservation this spring. Bluebird Flour is a special flour the Elders use for making their traditional fry bread.

Because many of the Elders are used to having only bread to eat when the other foods are gone, the flour is especially important so the Elders can use the flour to make bread. We deeply appreciate your support for the Program and the Elders.

GRANDMA BOXES

When you order a Grandma Box it’s like taking an elder shopping. They love to open the box and see what color their outfits will be. In each box is 3 yards of Panne velvet for a blouse and 5 yards of print fabric for a skirt.

They mostly prefer the blues, burgundies, browns, and purples. Enclosed they also get new socks, needles, thread, and yarn for their traditional hairbow ties.

Meta Bitsinnie wears an outfit she made from the grandma box.
ADOPT-A-NATIVE-ELDER PROGRAM
FOOD RUN DRIVER’S APPLICATION
SPRING 2020

You are entering NAVJOLAND

NAME: ________________________________

PHONE: (H) ________________________ (C) ________________________

ADDRESS: __________________________ EMAIL: _______________

CITY: ___________________________ STATE: _______ ZIP: _______

VEHICLE TYPE: SUV MODEL: _______________ VAN MODEL: _______________

PICKUP MODEL: _______________ (BED SIZE): _______________ (SHELL?) _____YES_____NO

OTHER: _______________ NOTE: Vehicles need to be able to carry at least 16 food boxes

PASSenger: NAME: _______________________ PHONE: (H) ________________________ (C) ________________________

ADDRESS: __________________________ EMAIL: ______________________

CITY: ___________________________ STATE: _______ ZIP: _______

I AM INTERESTED IN THE FOLLOWING FOOD RUN(S):
(Please do not apply if you cannot be present for the entire food run.)

FULL Oljato-Navajo Mtn-Kayenta: March 23 - 26 (App. due by March 1st, Space is Limited)

___ Dilkon-Leupp-Birdsprings: April 28 - May 1 (Application due by April 1st)

___ Many Farms-Pinon-Tsail: May 5 - 9 (Application due by April 1st)

___ Sanders-Big Mountain-Teesto: May 10 -14 (Application due by April 1st)

Please mail to: Adopt-A-Native-Elder Program, P.O.Box 3401, Park City, UT 84060

___ Please indicate if you are a certified emergency medical responder, nurse, or physician.

If you have questions please call Linda Myers at 435-649-0535.

Preference will be given to drivers leaving from Utah so that food boxes can be transported from the warehouse.

If you would like to participate but do not live in Utah you may fly into Salt Lake City and rent a pick-up truck, van or SUV. Or you could fly to Albuquerque or Phoenix, rent a suitable vehicle and meet us in Arizona.

Applications will be considered based on a variety of factors such as vehicle size and the number of volunteers needed for each food run. You will be notified by Linda Myers if your application is accepted.
MARCH 1: ALL FOOD RUN MONEY DUE FOR UTAH FOOD RUNS
(Oljato, Navajo Mountain & Kayenta)
APRIL 1: ALL FOOD RUN MONEY DUE FOR ARIZONA FOOD RUNS

Please order Rainbow Food for your Elder

The Rainbow Food Boxes or Rainbow Food Certificates (KA, DK, LP, BS, PI only) for your elder are $100.

We ask you to walk the Circle of the Giveaway by helping us to see that each Elder receives a Rainbow Food Box Set/$100 Rainbow Food Certificate.

**Rainbow Food Box, $100:** coffee, tea, toasted oats, 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, 2 cases Ramen noodles, 2 boxes graham crackers, sugar, spaghetti sauce, noodles, macaroni, 20 lbs. Bluebird flour, 4 pkgs. sugar free Jello, strawberry jam, 10 lbs. potatoes, 2 cans of veggie beef stew, 2 cans evaporated milk, 2 cans green beans, corned beef, 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, $30:** 1 sweatshirt, 2 t-shirts, 2 pairs of socks, bandana, 1 golf shirt, beef jerky, peanut butter crackers and 1 can of Spam

**Medical Box, $35:** Vaseline, Vicks, Antibacterial Wipes, cough drops, Band-Aids, Pepto Bismol, Bengay, hand lotion, chapstick, Ace bandage, triple antibiotic ointment, and kleenex

**Mother’s Day Box, $25: (Spring only)** Cottonelle wipes, Kleenex, wash cloth, bath towel, hair brush, bobby pins, hand lotion, shampoo, hand sanitizer, emery boards, and bandana

**Children’s Box, $15:** 2 spiral notebooks, wide rule filler paper, book: ‘Illustrated Classics’, facial tissue, markers (8), colored pencils (12), pencil case, crayons (24), 2 glue sticks, 2 erasers, scissors, 12” ruler, Rice Krispy treat, fruit snacks and Vienna Sausages

**Forgotten Elder’s Box, $35: (Spring only)**
1 can Spam, Honey Bear, 1 can beef stew, 3 lbs. blue corn meal, tea, peanut butter crackers, 2 cans of fruit, baked beans and a fleece blanket

**Yarn Box, $40:** See page 6 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.
## 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 you may order online: [www.AnElder.org](http://www.AnElder.org) OR by phone: 801-474-0535

**Date:** ____________  **Elder #1:** ________________________________  **Elder’s Food Run:** ________

**Elder #2:** ________________________________  **Elder’s Food Run:** ________

**Sponsor Name:** ________________________________________________  ________________________________________________

**Address:** ______________________________________________________

**City/State/Zip:** ________________________________________________  ________________________________________________

**Telephone:** ____________________________________________________  **email:** ________________________________________________

**MAR 1:** **FOOD RUN MONEY DUE for UTAH Food Run / APR 1:** **FOOD RUN MONEY DUE for ARIZONA Food Runs**

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

- Food Certificates *(Circle Send to: Elder / Sponsor)* @ $25 ea. . . . . . . . . Spring  Fall  Mail Now  $__________
- Firewood @ $100 .............................................................. Spring  Fall  Mail Now  $__________
- Yarn Box @ $40 (Greyhills, Ganado, Chiefs, Old Style, Traditional, A.N.E. Choice) ..................................... Spring  Fall  Mail Now  $__________

### SUPPORT FOR YOUR ELDER: Food Run Boxes

- RB Food Box @ $100 .............................................................. Spring  Fall  $__________
- RB Rainbow Certificate @ $100 *(KA, DK, LP, BS, PI)* .......................................................... Spring  Fall  $__________
- Med Box @ $35 ................................................................. Spring  Fall  $__________
- Grandma Box @ $40 .......................................................... Spring  Fall  $__________
- Grandpa Box @ $30 .......................................................... Spring  Fall  $__________
- Mother’s Day Box *(Spring Only)* @ $25 .................................. Spring  $__________
- Forgotten Box *(Spring Only)* @ $35 .................................... Spring  $__________
- Forgotten Blanket *(Fall Only)* @ $35 ..................................... Fall  $__________
- Child School Box @ $15 .......................................................... Spring  Fall  $__________

### DONATIONS FOR FORGOTTEN ELDERS

- General .................................................................................. $__________
- Food - suggested $10 .......................................................... $__________
- Firewood - suggested $10 ...................................................... $__________
- Yarn - suggested $40 .......................................................... $__________
- Bluebird Flour (20-lb @ $10.00 ea. bag) ..................................... $__________
- Childrens Program – suggested $15 ........................................ $__________

### OTHER

- New Adoption @ $225 *(Includes 1-year newsletter subscription)* .......................................................... $__________
- Annual Newsletter Renewal @ $25 (1-year subscription) .......... $__________
- Cedar Bead Necklace @ $10 ..................................................... $__________
- T-shirt @ $22 Circle Men’s/Woman’s  Size____ ................................ $__________
- Hat @ $15 (one size fits all) .......................................................... $__________
- Rug Show Donation ................................................................................................................................. $__________
- Memorial Blanket *(Choose: Mail Now $35 + $12 shipping/Deliver at Food Run $35)* ....................... $__________

**In Memory of:** ________________________________________________

**TOTAL**  $ ____________
Eight year old Alec Allen attended the Sanders/Big Mountain/Teesto spring Food Runs last year with his father Derik Allen. Alec wrote about his experience below:

We had a ceremony sitting in a circle and sharing who we are and why we were there. I shared with others that I was there to help the elders. A nice Navajo family then provided dinner.

Rock Art Ranch: I went bouldering and rock-hopping in nature. I saw a lot of cacti and beautiful wildflowers. We visited the pictographs along the river in the rocks. While exploring areas my dad didn’t think I could go, I discovered pictographs others didn’t get to see.

Sanders: We started with unloading boxes and putting them into piles. Linda helped me shake all the elder’s hands. I liked that just shaking their hands made me happy. I liked meeting them and I think one of them even fought in WWII. I brought seeds as a giveaway and I handed them out to the eldest elders because they probably need them the most.

Big Mountain: I got to ride in Linda’s car all the way to Big Mountain, which I thought was cool. She stopped places to show me things which I thought was pretty cool. There were some amazing places to see out there. At Big Mountain, we unloaded boxes again. After we finished unpacking the boxes it started to rain so we had to put tarps over all the boxes. While it was raining I even took shelter under one of the box tarps. Then me and my dad gave a wheelchair to an old lady who couldn’t walk. Then Linda started giving out things. There was a birthday celebration where the oldest person got a box of Cracker Jacks. I got to be the one to hand out the Cracker Jacks. While I was delivering them I tripped over a root to make the elders laugh on purpose and it worked. My hat and glasses went flying off. Then we gave out yarn to the elders that could weave. After that we gave out cloths. Then we gave out school supplies to the little kids. The little kids got crayons and markers and for some reason there was toothpaste inside also. The older kids got a school kit. It made the kids so happy to receive them.

Teesto: We all went to work putting out the boxes. We unloaded our extra carrots and celery boxes and took them to the kitchen to share with others. I climbed in back of a truck to unload boxes and also put empty boxes back into truck. I did this for a long while. During the break I had thumb wars with other volunteers and I even beat CJ.

The most important thing I felt at the food run was when the elders smiled and held my hand. I remember hearing we may not see some of these elders again and that made it special.
Fundraising

- Do you have contacts or work at companies that have a giving program?
- Do you belong to a book club, knitting group, social civic group that would allow you to share information brochures and video about our work?
- Are you good at writing and can share letters to the editor or guest editorial about your involvement with the Program?
- Do you work at a media organization such as a magazine, newspaper, radio, or social media company?
- Do you belong to a Rotary Club or Chamber of Commerce that invites opportunities to serve or support Native People?
- In-Kind Donations are needed to help us.
- People can donate their time to come out and help at our Food Runs.

Schools

- To educate about Navajo culture and ways to help elderly
- Putting together hygiene kits
- Bake sales
- Writing letters
- Boy Scout and Eagle Projects
- Making school supplies bags

Church Groups

- To sponsor an Elder
- To come as a group to serve in a compassion service to a Food Run or to volunteer at our warehouse
- Church bulletins of needs or donations
The Adopt-A-Native-Elder Program’s Winter Stories enjoyed a big turnout of 150 people. Winter Stories honors the native tradition of storytelling, songs, dances, and good food. Special thanks to Rodger Williams and all of our guest speakers and performers.
2020 UPCOMING SPRING EVENTS & DEADLINES

(Reminder: Oljato, Navajo Mountain & Kayenta Food Run Deadlines are Earlier than the others)

FEBRUARY

Feb 29  **VOLUNTEERS NEEDED:** Food Delivery To The Warehouse 9:00 am—11:00 am
CJ Robb or Ed Keane 801-474-0535

MARCH

Mar 1  **DRIVER APPLICATIONS DUE FOR OLJATO /NAVAJO MOUNTAIN/KAYENTA**
CJ Robb 801-474-0535  Application available online: www.AnElder.org

Mar 1  **ALL FOOD RUN MONEY DUE FOR UTAH SPRING FOOD RUN** (Oljato/Navajo Mountain/Kayenta)
Online: www.AnElder.org  OR Phone in Order: 801-474-0535

Mar 7 & 14  **VOLUNTEERS NEEDED:** Food Packing  8:00—11:00 am 328 W. Gregson Ave., SLC
ALL RAINBOW FOOD BOXES WILL BE PACKED THESE 2 SATURDAYS

Mar 20  Load Vehicles for Oljato, Navajo Mountain, Kayenta Food Run—Friday Only
CJ Robb or Ed Keane 801-474-0535

Mar 23 - 26  **OLJATO, NAVajo MOUNTAIN, KAYента FOOD RUNS—Tue, Wed, Thur**

APRIL

Apr 1  **ALL FOOD RUN MONEY DUE FOR ARIZONA SPRING FOOD RUNS**
Online: www.AnElder.org  OR Phone in Order: 801-474-0535

Apr 1  **DRIVER APPLICATIONS DUE FOR ALL REMAINING (ARIZONA) SPRING FOOD RUNS**
Application available online: www.AnElder.org

Apr 24  **MANDATORY DRIVERS MEETING** Friday, 5:30 p.m. (Utah Drivers Only)

ARIZONA FOOD RUN DATES

**DILKON, LEUPP, BIRDSPRINGS:** April 28th - May 1st
**MANY FARMS, PINION, TSAILE:** May 5th - 9th
**SANDERS, BIG MOUNTAIN, TEESTO:** May 10th - 14th
Please place your order for the spring Food Runs

Willie Begay looks for his Rainbow Food Boxes from his sponsor.

Online is the quickest way to place your order for the spring Food Run: www.AnElder.org

**MARCH 1: ALL FOOD RUN MONEY DUE FOR UTAH FOOD RUNS (OLJATO, NAVAJO MOUNTAIN & KAYENTA)**

**APRIL 1: ALL FOOD RUN MONEY DUE FOR ARIZONA FOOD RUNS**

Drivers are still needed for the Arizona Food Runs. A Driver Application is on page 9 or you may fill out and submit an application on our website.