Your Footprints

by CJ Robb, Assistant Director
Adopt-A-Native-Elder Program

The Adopt-A-Native-Elder Program has always been built upon the labor and dedication of volunteers. It has had to be. If all of the work in support of the Elders was performed by employees, it would require a staff of dozens and a fleet of trucks. During the spring Food Run, Adopt-A-Native-Elder delivered roughly 400,000 pounds of assistance to Elders in need, an amount that equals the capacity of seven semi-trucks.

Although that statistic is mind-boggling, there is an even more practical reason for the reliance on volunteers: you cannot interview a potential employee for their capacity to love the Elders. The greatest giveaways that Adopt-A-Native-Elder distributes on a Food Run are love, respect, kindness, caring, and compassion, these are the gifts that volunteers bring with them every time they step through our door.

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In over a decade of service to the Elders, I have lost count of the heartwarming interactions I have witnessed between Elders and volunteers on Food Runs. Every interaction between an Elder and a volunteer is a connection that helps to heal generations of racism, genocide and abuse.

On the Spring Food Runs, we were joined by 111 volunteers who dedicated a week to help transport food and supplies to the Food Run locations and distribute it to the Elders.

These volunteers made the trip knowing the Food Runs would be drop off only events and they would likely not have any interactions with the Elders.

I watched the volunteers work tirelessly to set up a Food Run that would be torn down immediately as the Elders drove through to receive their boxes.

I thought of Carol Blackhorse, an Elder from Pinion who passed on several years ago. In the early days of the program Carol posed a simple question to our founder, Linda Myers, “how long”? I think that 36 years later, in the middle of a global pandemic, that question has been answered. As long as there is a need.

Nobel Prize winning poet, Rabindranath Tagore, wrote “I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.” I find this quote represents our volunteers and sponsors. Some volunteers make a yearly commitment to dedicate a week of service on a Food Run. Some volunteers dedicate a day every week to volunteering in our warehouse. Some sponsors give an hour every few months to order food and supplies for their Elder, and some donors give a minute on our website to donate a few dollars. All of these people have one thing in common: their hands make a difference in the lives of the Elders.

On the Food Runs the Elders often speak about the volunteer’s “footprints”. The Elders say that when the volunteers come to the reservation they leave their footprints behind. This is a way of saying that the impact you make when you serve is everlasting.

There are many warehouse volunteers who will never be able to travel on a Food Run, there are many sponsors who will never meet their Elder in person, and there are many donors whose engagement is fleeting. Even if you never set foot on the Navajo reservation, when you step into the warehouse to help pack food, when you order for your Elder, when you donate through the website, you leave footprints on the reservation even if you never see them yourself. This fall, Adopt-A-Native-Elder is undertaking a
This spring, Adopt A Native Elder reached a new level of support for the Navajo Elders we serve:

- 408 x 120LB. Rainbow Food box Sets = $40,800
- 902 x $100 Rainbow Food Certificates = $90,200
- 425 x $25 Food Certificates = $10,625
- 274 x $100 Firewood Vouchers = $27,400
- 1200 Cases of Water = $3,780
- 572 x $35 Medical Boxes = $20,020
- 192 x $40 Grandma Boxes = $7,680
- 73 x $30 Grandpa Boxes = $2,190
- 237 x $30 Mother’s Day Boxes = $7,110
- 138 x $35 Forgotten Feather Boxes = $4,830
- Incontinence Supplies x 62 Elders = $4,830

Total Food Run Assistance: $278,535

Thanks to wholesale purchase agreements and in-kind donations, this provides more than $500,000 in value to the Elders.

In addition to Food Run support, Elders received monthly support through the mail in January, February, and March.

- $276,000 in Food Certificates
- $191,000 in Firewood Vouchers
- $9,000 in Yarn Bundles

Total Mailed Support: $476,000

Grand Total Year-To-Date Support: $754,535

monumental task, we will be distributing the most supplies to the greatest number of Elders in program history. In order to achieve this task, we need your hands. Every donation helps to provide needed supplies to the Elders. Every hour of volunteer work in the warehouse helps pack food and giveaways that the Elders need. Every Food Run volunteer helps deliver life sustaining supplies to the Elders before the onset of winter. With your help, we can continue to grow our collective impact and make a lasting difference in the lives of the Elders.

On a Food Run to Many Farms several years ago I walked out of the shade house kitchen and saw a volunteer kneeling in the dirt, feeding an Elder blue corn mush with a spoon. The grandma was blind and wheelchair bound, and she did not speak English. A volunteer simply saw that she could not feed herself and humbly stepped in to lend a hand. That day would be the Elder’s last Food Run before she passed on.

When I think back on that memory I do not see one volunteer’s hand feeding an Elder. I see an entire community’s collective efforts leading to one cumulative moment. That moment to me represents the entire Adopt-A-Native-Elder Program.

Thank you for your contributions on behalf of the Elders. Your dedication, kindness and love, make a difference in the lives of all 850 Elders we serve. I am forever humbled to serve alongside you.
Some dedicated volunteers drove a long way and some others attended more than one Food Run to ensure all the Elders got their food boxes.

Michael Souza drove from California to be a part of the Food Runs.

Nancy and Jeff Joynt drove from California to help.

Steve Bankhead made two journeys to the reservation.

Janet Campbell made two journeys to make sure all the food was delivered.

Renee and Randy Hunter from Wyoming drove to SLC to load their vehicle with boxes.

Ellen and Keith Irwin did two Food Runs to the reservation.

Board Chairman John Burrow once again served at three Food Runs.

A.N.E. photographer John Aldrich attended three Food Runs. He has attended nearly all Runs for years.
One of my first memories of being on the land after a rain storm, was heading off the main road to the dirt road leading to Elizabeth Clah’s homeland. It had rained hard on my journey. I was a little worried about getting stuck in the mud or sliding off into the ditch.

As I slowly approached the split in the road, I saw Elizabeth’s kids and grandkids along with other family members. In the large mud puddles that had formed in the ditches, they were covering their arms, legs, and feet with mud and splashing in the water. Most of the children had mud on their faces.

Their great-grandma Bessie Begay had told them to go out and nourish their bodies with the gift the Holy Ones send to provide for Mother Earth. Bessie instructed them to rub the earth onto their bodies.

There was much laughter and fun. This was new to me, being from the city. But I have not forgotten Bessie’s words about the Holy Ones needing to see and to know that the rain that is provided to nurture all the corn and the animals is appreciated. Buckets had been placed by the edge of the roof of the house to collect the rainwater for the corn and other plants could be watered with the gift of the Holy Ones.

Water Is Life

As we face a severe drought in the west, many of our Elders will have to reduce their livestock and let their horses free to hopefully find water on their own. Several years ago many horses died because the springs dried up.

How do we make the prayers to restore the balance? Many of the Elder’s songs and prayers for their medicinal desert plants and herbs have been forgotten.

One of the Elders told me that, as children, they were told to only use the water they needed. He said, “Water is sacred to all of life.”

I believe we all can use the power of prayer to the Holy Ones to pray for rain.

My prayer is that each of you will make a prayer for the rains to come back. I believe a daily prayer from all of you can bring change to restore Mother Earth.
Thank you to those of you who made colorful masks for the Elders. Although we miss seeing their smiling faces, it has been fun to see the Elders styling the different mask colors and patterns.

Rena Lane
Big Mountain

Eunice Manson
Big Mountain

Willie Begay
Many Farms

Mary Lou Kelly
Birdsprings

Pauline Halwood
Tsaile
Forgotten Blankets may be ordered for the fall Food Run

We offer blankets in five native designs. These can be purchased for your Elder for the fall Food Run under Forgotten Blanket.

You may purchase one for your Elder or one for a Forgotten Elder as a donation.

The blankets are twin size and are very warm. Because the Elders seem to always be cold, they are very happy when they receive a new blanket.

See Order Form on page 10.
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 $100.00. Prices are the best in the early Fall. By late Fall the prices can be more than $150.00 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 Fall Food Run Firewood Orders from you will be given at the FALL FOOD RUN.

If you would like to make a donation for your Elder, please use the support for your Elder order form on page 14 or order online: www.AnElder.org. For a donation to help an Elder in need, please use the “Forgotten Ones” section of the form on page 10.

Yarn Boxes Provide Income For The Weavers

Weaving reinforces culture and preserves traditions in Navajo families. Yarn Boxes can be ordered at any time for your Elder.

Each Yarn Box contains six skeins of wool and one warp which will weave a two foot by three foot rug. The cost for each yarn box is $50. 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.

Chief: Grey heather, onyx, white frost, ruby red, and blue flannel colors
Crystal: Oatmeal, roasted coffee, Turkish olive, bronze patina, and crème colors
Ganado: Deep heather, onyx, white frost, ruby red, and grey heather colors
Greyhills: Charcoal heather, sable brown, crème, roasted coffee, and oatmeal colors
Old Style: Deep charcoal, sable brown, crème, sunburst gold, and oatmeal colors
Traditional: Charcoal heather, onyx, white frost, medieval red, and grey heather colors
**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

| Elder #1: ________________________________ Elder’s Food Run: _______ |
| Elder #2: ________________________________ Elder’s Food Run: _______ |
| Sponsor Name: _________________________________________________________________ |
| Address:_______________________________________________________________________ |
| City/State/Zip:__________________________________________________________________ |
| Telephone:_______________________________ email: ______________________________ |

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

- Food Certificates *(Circle Send to: Elder / Sponsor) @ $25 ea* .... Fall Spring Mail Now $________
- Firewood @ $100................................................................................................. Fall Spring Mail Now $________
- Yarn Box @ $50 (Greyhills, Ganado, Chiefs, Crystal, Old Style, Traditional, ANE Choice) ......................................... Fall Spring Mail Now $________

**SUPPORT FOR YOUR ELDER: FOOD RUN BOXES**

- RB Food Box @ $125 ................................................................................................. Fall Spring $________
- RB Rainbow Certificate @ $125 *(DK, LP, BS, PI)* .............................................. Fall Spring $________
- Med Box @ $35 ........................................................................................................ Fall Spring $________
- Grandma Box @ $40 ................................................................................................. Fall Spring $________
- Grandpa Box @ $30 .................................................................................................. Fall Spring $________
- Forgotten Blanket *(Fall Only)@ $35* ..................................................................... Fall $________
- Child School Box @ $15 .......................................................................................... Fall Spring $________

**DONATIONS FOR FORGOTTEN ELDERS**

- General ...................................................................................................................... $________
- Food - suggested $100 ........................................................................................... $________
- Firewood - suggested $100 ...................................................................................... $________
- Yarn - suggested $40 ................................................................................................ $________
- Bluebird Flour (20-lb @ $10.00 ea. bag) ................................................................... $________
- Children’s Backpack Program – suggested $15 ....................................................... $________

**OTHER**

- Annual Newsletter Renewal @ $25 (1-year subscription) ........................................ $________
- Cedar Bead Necklace @ $10 ................................................................................... $________
- Rug Show Donation ................................................................................................ $________

**TOTAL** $________
Please order Rainbow Food for your Elder

The Rainbow Food Boxes or Rainbow Food Certificates (Kayenta, Dilkon, Leupp, Birdsprings, Forest Lake, Sanders only) for your Elder are $125.

We will increase our giveaway sets of food boxes to Elders who live far away from grocery stores 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/$100 Rainbow Food Certificate.

RAINBOW FOOD BOX, $125: 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, 3 lbs. of onions, 1 can Spam, 2 cases of water

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, lip balm, Ace bandage, triple antibiotic ointment, and tissues

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 BLANKET, $35: (FALL ONLY) See page 8 for details.

YARN BOX, $50: See page 9 for details.

Order Online

Please go to www.AnElder.org
Click on “Order for Your Elder” and follow the instructions or see order form on page

Forgotten Elders

If you wish to provide Rainbow Boxes or other gift boxes for Forgotten Elders, please indicate that on your order form.

If ordering online, when the dialogue box appears asking the Elder’s name, just indicate “FOR THE FORGOTTEN ELDERS” and the Program will take care of getting those items delivered.

Drop Off Boxes

If you pack boxes for the Program to deliver to your Elder during the Food Run, PLEASE clearly mark them as DROP-OFF BOXES and include both Sponsor and Elder Name and Elder’s Food Run Area.

Maximum Size Limit

18 inches long
15 inches wide
12 inches high

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.
June 8, 2021

Dear, Adopt: A Native Elder

This is Priscilla writing for Anna L. Ch. I’m her niece and caregiver.

Anna is always busy caring for her animals (4 dogs and 5 cats). At age 89 and living alone, she says, “My animals give me comfort. They are good companions. It’s like having my parents near.”

Anna gets plenty of exercise during the day. On most mornings, she’s outside doing chores like mowing, hoeing weeds or cleaning after her animals. Also, using her walker she goes up and down the hills around her home.

Lately, the weather has been very dry and lots of wind. We haven’t had any good rain since April. The temperature has been in the 90’s and 50’s early morning. Times are hard for those who have livestock, not much vegetation. They buy hay and bottled water.

Anna expresses her gratitude for your thoughtfulness and providing gift boxes, food coupons and firewood.

Sincerely, Anna L. Ch.
YOU MAY ALSO FILL OUT AND SUBMIT YOUR DRIVERS APPLICATION ONLINE: WWW.ANELDER.ORG

ADOPT-A-NATIVE-ELDER PROGRAM

Food Run Driver’s Application
FALL 2021

NAME:________________________________________ PHONE:________________________

ADDRESS:____________________________________________________________________

CITY:________________________________________ STATE:________ ZIP:____________

EMAIL:_______________________________________________________________________

VEHICLE TYPE:________________________________________________________________

BED SIZE:________________ SHELL _____YES _____NO
(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:____________

EMAIL:_______________________________________________________________________

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.

_____ Oljato-Navajo Mountain-Kayenta     August 23-26     App. Due by July 15 - Space is Limited

_____ Many Farms-Forest Lake-Tsailie      September 15-18  App. Due by August 15

_____ Sanders-Big Mountain-Teesto         September 20-23   App. Due by August 15

_____ Dilkon-Leupp-Birdsprings/Tolani Lake   September 26-30   App. Due by August 15

Please mail application to: Adopt-A-Native-Elder Program 328 W Gregson Ave. Salt Lake City, UT 84115
Alternatively, your Driver’s Application may be filled out and submitted online: www.AnElder.org

UPDATE: At this time, we do not know if the Food Runs will be drop off only. Participants from Utah who can load their
vehicles with food boxes from our Salt Lake City warehouse will be given first consideration for the fall 2021 Food Runs.

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 and sent a Food Run information packet if your application is accepted.
WHEN EAGLES FLY

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

Many Farms

Karen Dodson made a donation in honor and memory of Joan Ungaro and Patricia Dodson.
Dale and Marilyn Boschetto made a memorial donation to help with the funeral costs of Elder Margaret Tsosie.

Jill Smith made a birthday donation in honor of JoAnn Noke. Happy Birthday, JoAnn!
Lauren Donia made a gift donation for her father, Robert Donia.

MEMORIALS

HONORINGS

JULY 20
VOLUNTEER LUNCHEON
12:00 - 1:30 PM

Some volunteers we have seen during COVID, others we have not. We would love to see you all again at the luncheon.
Please RSVP: 801-474-0535
328 W GREGSON AVE.

A.N.E. has worked hard to keep the Rainbow Food Boxes at $100. However increased food prices have made it necessary for us to increase the Rainbow Food Boxes & Certificates to $125. If you have pre-ordered Rainbow Food for your Elder, A.N.E. will fulfill your order at the $100 price. Thank you.

You may have noticed that the Piñon Food Run area is now referred to as Forest Lake. The location is the same. We have held the Piñon Food Run at the Forest Lake Chapter House for many years. To eliminate confusion for the Elders, we changed the Food Run area name to match the location name.
Adopt-A-Native-Elder Presents:

“I have a voice.”
The Weavers’ Stories

“Yá’át’éeh. My name is Marie Nez. I never went to school. I never learned English. I have no teaching. I learned things by watching. That is how I learned to weave...."

Marie’s hand spun and hand dyed rugs, along with many other’s beautiful rugs and jewelry, are available at the event. Learn more of Marie’s and other weaver’s stories when our show goes live on November 12th.

100% Rug Sale Proceeds Go To The Weaver.

Navajo Rug Show & Sale
Virtual Event

NOVEMBER 12, 2021 ~ 6:00pm MST
At: AnElder.org

Adopt-A-Native-Elder is a non-profit 501(c)(3) organization serving Elders living on the Navajo Reservation.
At this time, reservation Senior Centers remain closed. It is not known yet whether the Food Runs will continue to be drop off only for the fall Food Runs.

Preference will be given to Food Run drivers who can load their vehicles at our Salt Lake City warehouse.

Please see page 13 for Driver’s Application or fill out application online: www.AnElder.org

ALL FOOD RUN ORDERS DUE AUGUST 1

Note: Increased food prices have made it necessary for us to raise the cost of the Rainbow Food Box and the Rainbow Food Certificate to $125. If you have already pre-ordered Rainbow Food for your Elder, A.N.E. will fulfill your order at the $100 price. Thank you.

2 Saturday Volunteer Opportunities In August

Saturdays: August 7 & 14

We need volunteers for Fall Food Packing on two Saturdays.

Please join us as we pack all of the food boxes for the Elders for the fall Food Runs.

It takes many hands to pack all of the food we take to the Elders. Please join us for this very special volunteer opportunity.

8:30am-11:00am A.N.E. Warehouse