The United States is seeing an unprecedented increase in the cost of food. Since February of 2021, food prices have risen by more than 7.9 percent. This is a sharp increase from the average, which for more than two decades has stayed around 2.4 percent. Inflation has made food costs unaffordable for many. However, for Navajo Elders in the Adopt-A-Native-Elder Program, inflation is affecting their ability to exist. Not only are the costs of food higher, but now vulnerable Elders are unable to afford to make the journey to get their groceries. Simply traveling to a grocery store poses a new challenge as the cost of gas has risen more than 38 percent in the last year.

Elders need support now more than ever. With the cost of goods and services on the reservation outpacing the inflation in our own local stores and communities, A.N.E. is making some changes so that we may better serve the Elders we all cherish.

As a staff, we exist to facilitate your desire to serve the Elders. For this reason, A.N.E. looks at all options before increasing any sponsor financial commitment when it comes to the cost of supporting an Elder.

Continued on page 2
Price Increase

We understand that people who support the Elders comprise of all socio-economic backgrounds, including many retired sponsors who live on a fixed income. We have tried very hard to keep the cost of sponsoring an Elder affordable, so that anyone who wants to serve can make a difference.

Rainbow Food Box Sets and Rainbow Food Certificates have increased in price to $150.00. A.N.E. utilizes wholesale agreements and in-kind donations to keep the cost of packing the box affordable. A rainbow Food Box Set provides an Elder with more than $220.00 of food at retail prices.

Additionally, other necessary price increases include:

- Medical Box from $35.00 to $40.00
- Grandpa Box from $30.00 to $35.00.
- Firewood vouchers from $100.00 to $200.00

Nearly every Elder in the Adopt-A-Native-Elder Program relies on firewood to heat their homes through the winter. This year, with the 38 percent increase in fuel prices, the cost of a load of firewood has increased dramatically.

All fall 2022 Food Run orders placed before the price changes in May are being honored at the old prices. If you placed your Elder order before the price changes but would like to cover the increased costs, you are welcome to make a general donation to cover the cost increases.

Two Box Limit Per Item

Since the beginning of the Covid-19 pandemic, we have seen a dramatic growth in the number of Elders who need support.

Today, there are 1,069 Elders who receive assistance from us, including 331 Elders who do not live in areas supported by A.N.E. Food Runs. Adopt-A-Native-Elder mails food certificates to these Elders to assist them when we can.

In order to standardize Elder support, Elders will now receive up to two of each box from their sponsors. A.N.E. will convert any additionally ordered boxes to food certificates.
For example, if a sponsor orders a Rainbow Food Box Set ($150.00) a Grandma Box ($40) a Firewood Voucher ($200.00) and three Medical Boxes ($40 Each), their Food Run order would come to $510.00, however their Elder would receive $520.00 worth of assistance because the third Medical Box would be converted into a $50.00 food certificate by the A.N.E. office before the Food Run.

By making these changes, we hope to offer increased food assistance for the Elders and will continue to make strides in growing sustainably into the future.

For all who so generously support an Elder, your commitment makes a real difference in their lives. Your gifts of food, medical supplies, yarn, and firewood help sustain this last generation of traditional indigenous people. These Elder’s needs are simple, however, as they age your support is vital.

Famously, Elder Bessie Begay once said, “Because you bring me food, you wish my life to continue another day, and I will always remember you for that”.

Fall Food Run Drivers Needed

One of the most impactful ways to help serve the Elders is by volunteering on a Food Run.

This year, A.N.E. will deliver more than 824,000 pounds of assistance on the Food Runs. This equates to more than 20 semi-truck loads by volume and weight.

It will take more than 150 volunteers, their vehicles, and their hands, to transport and deliver all the Food Run assistance this fall. Your help is needed. In exchange for your service, you will receive the opportunity to meet your Elders, experience the starkly beautiful land they call home, and spend time in service with the finest group of volunteers in the world. If you are available to help us deliver the Fall Food Run items, please fill out a Driver’s Application either online at www.AnElder.org or in this newsletter.

Thank you for your service to the Elders. We look forward to serving on their behalf alongside you. Every sponsor, donor, and volunteer helps make that wish come true. We are so grateful for each of you.
Zonnie Tsinijinnie was from Rough Rock, Arizona. Her small, two-room home sits on the hillside. The homes of her two sisters were a half of a mile apart. Zonnie was known for her beautiful Yei ceremonial rugs. When she was younger, she loved going to the Navajo Nation Song and Dance. The song and dance derived from a Navajo healing ceremony known as Nidáá’. It is now a social event that brings together the people in which the dancers move in a clockwise rotation in rhythm with drums and Navajo singers. In her home, Zonnie displayed several of the small trophies she had won for her dancing.

On my visits to her home, Zonnie would cry when she saw me. I would sit close to her and hold her hand. She lived alone and depended on her family to come by and bring her firewood and food. She always wanted me to tell her about the other Elders. I would tell her how the other Elders were doing. On several occasions, I took her to Chinle so that she could grocery shop and pick the items she wanted for herself. She always asked me what the prices of things were and always picked up some “pop” for her grandchildren and then hid it under her bed. These are some of the treasured memories I hold of Zonnie.

In her mid 90s, Zonnie lost one of her legs due to diabetes. It became a challenge for her family members to take care of her and they moved her from home to home, often she slept on someone’s couch, with very few items of her own. The Navajo Senior Care Center taught her how to get in the wheelchair on her own and to change her dressings.

I began to hear stories of Zonnie being left alone for days without food or help. Someone told me that Zonnie got in her wheelchair and took herself down the dirt road to wave down a car and ask for help because she was hungry.

I asked the Home Healthcare workers to check on her. One of them sometimes began to drop off meals that she cooked for her own family.
On a visit, I drove down to the Reservation to see Zonnie. I found her alone, very unkept, and her ears were badly infected, causing her great pain. In my many years of helping the Elders, this was one of the saddest situations I have seen.

With the help of our Navajo Coordinator, we asked Aging Services to remove her from the home she was staying in. Zonnie was put in the hospital for treatments and then, through a court hearing, placed in a nursing home.

On my last visit with Zonnie, she handed me a drawing of flowers she had colored with crayons. The following day, the nursing home stopped allowing visitors due to Covid and I was unable to visit her again.

I mailed items she needed to the nursing home. Zonnie passed away in June, 2022, just before 101th birthday. Although she became completely deaf, it was so good to see her healthy again and know that she was well-cared for.

The special moments we shared will always be in my heart.

- Linda Myers

Zonnie Tsinjinnie

Zonnie wove this rug when she was in her 90s so she could make a refrigerator payment.
Your general donations to the Program provide Giveaways for the Elders. Thank you for your donations.

The Giveaway Committee packs large trash bags with each of the items to be given to the elders.

Plastic tablecloths and placemats were given to each Elder.

Alice Van Dorn arranges new flannel shirts for each male Elder.

New towels are given to each Elder.

Sarah Sifers and Sharon Lewis prepare Giveaways of Pinesol, Tide, sponges, dryer sheets, and paper towels for each Elder.

Spam and shampoo, wrapped in a bandana for the Elders.
The Giveaways make a difference.
The Giveaways include clothing, household items, and many other items that the Elders need and use every day.

Coffee, lotion, and a washcloth are Elder favorites.

Three yards of velveteen helps the Grandmas make a new blouse.

Yarn Bundles help the weavers.

Michele Trowbridge carries Giveaways of Spam for the Elders.

School supply kits are given to school age children.

Wheelchairs are a blessing to the Elders.

Bags with Giveaways carried by Layela Gaylord from Ivins, UT
Forgotten Blankets may be ordered for the fall Food Run

We offer blankets in 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. The Elders are very happy when they receive a new blanket.

See Order Form on page 10.

WHEN EAGLES FLY

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

MEMORIALS

Denise Pouliot made a donation in loving memory of her mother

Randi Withers donated a Memorial Blanket in memory of Frank A. Peralta

Karen Dodson made memorial donations in memory of her Aunt Isable Brinati and friend Nora Frala

Sharon Lewis made a memorial donation in honor of Richard Gill

Jane Stone donated in memory of Julius Chavez

Cindy Devers made a donation in memory of Elizabeth Rose

Linda Myers made a donation in memory of Ed Kulsick, Elizabeth Rose, Rick Pole, and David Buchman

The Inner Light Center donated in memory of Frank Musgrave
Your donation of firewood helps keep the Elders warm

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 before the fall Food Runs 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

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
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

Elder at Teesto receives yarn.
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

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

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<th>Item</th>
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<th>Fall</th>
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<td>Med Box @ $40</td>
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<td>Grandma Box @ $40</td>
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SUPPORT FOR YOUR ELDER: FOOD RUN BOXES

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DONATIONS FOR FORGOTTEN ELDERS

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<td>Firewood - suggested $200</td>
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<td>Yarn - suggested $50</td>
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<td>Bluebird Flour (20-lb @ $10.00 ea. bag)</td>
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<td>Children’s Program – suggested $20</td>
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OTHER

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<td>Annual Newsletter Renewal @ $25 (1-year subscription)</td>
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<td>Cedar Bead Necklace @ $10</td>
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<td>T-shirt @ $22 Circle Men’s/Woman’s Size</td>
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<td>Hat @ $15 (one size fits all)</td>
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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 $150.

We will increase 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 $150 Rainbow Food Certificate.

**Rainbow Food Box, $150:**
- 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, $35:**
- 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, $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, mouth wash.

**Forgotten Elder’s Box, $35: (Fall Only)**
- Navajo design fleece blanket (see page 11 for details).

**Yarn Box, $50:**
- See page 9 for details.

Order Online

Please go to www.AnElder.org

Forgotten Elders

Click on “Order for Your Elder” and follow the instructions or see order form on page 10.

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.
We love to see family members attend the Food Runs together!

Megan Prestwich and her father, Paul Prestwich

Mother and Daughter, Rain and Terry Bekis from Dilkon attended most the spring Food Runs.

Father and son, Sam and Joey Aloia from Salt Lake City, UT

Rodger Williams, Park City, UT and his brother Harry Williams, Flagstaff, AZ
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 2022: DUE AUGUST 5TH

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.

___ August 29-September 1: Navajo Mountain-Kayenta-Oljato
   THIS FOOD RUN WILL BE BASED OUT OF KAYENTA, ARIZONA

___ September 14-17: Many Farms-Forest Lake-Tsailé
   THIS FOOD RUN WILL BE BASED OUT OF CHINLE, ARIZONA

___ September 19-22: Sanders-Big Mountain-Teesto
   THIS FOOD RUN WILL BE BASED OUT OF WINSLOW, ARIZONA

___ September 26-30: Dilkon-Leupp-Birdsprings-Tolani Lake
   THIS FOOD RUN WILL BE BASED OUT OF WINSLOW, ARIZONA

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: ________________________________

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

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.
Rugs to look forward to for our November 12, 2022 Navajo Rug Show & Sale Online Event

Marie Nez, Many Farms, wove a handspun Star rug.

William Whitehair, Sanders, wove a raised Saltillo rug.

Betty Lou Begay, Big Mountain, wove a Star Mountain rug.

Dorothy Littleben, Rock Point, wove a Teecs Nos Pos rug.

Virginia Blackwater, Oljato, handspun a Red Ganado rug.

Mae Olson Begay, Many Farms, wove a pictorial Yei Bei Chei rug.
Adopt-A-Native-Elder Presents:
33rd Annual
Navajo Rug Show & Sale
Online Event

“In the quiet of the sacred canyons...we weave.”

Friday, November 4, 2022 ~ 6:00PM MST
Please join us: www.AnElder.org

The weavers were given special yarn bundles to weave rugs for the 2022 Sacred Canyons Rug Show theme. These color combinations & designs are exclusive to the rugs at this event. Sale proceeds directly support the weavers.

CNN Heroes

Adopt-A-Native-Elder is a non-profit 501(c)(3) organization serving Traditional Elders living on the Navajo Reservation.
The fall is our largest Food Run time. Drivers Are Very Much Needed.

We need many drivers to deliver over 400,000 pounds of food and supplies for the fall Food Runs. Please check your schedules and join us if you can.

Preference will be given to Food Run drivers who can load their vehicles at our Salt Lake City warehouse. See page 13 for Driver’s Application or fill out application online: www.AnElder.org

ALL FOOD RUN ORDERS DUE AUGUST 5

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 $150. If you have already pre-ordered a Rainbow Food for your Elder, A.N.E. will fulfill your order at the $125 price. Thank you.

3 Saturday Volunteer Opportunities In August

August 5th: Food Run Order Deadline: ALL AREAS

Saturday, August 6: Food Delivery at 9:00 am at the A.N.E. warehouse

2 Saturdays, August 13 & 20: 8:00 am Food Packing at the A.N.E. warehouse. Families and friends are welcome to help.

Fall Food Run Dates:
August 29-September 1: Navajo Mountain-Kayenta-Oljato
September 14-17: Many Farms-Forest Lake-Tsaiie
September 19-22: Sanders-Big Mountain-Teesto
September 26-30: Dilkon-Leupp-Birdsprings-Tolani Lake

Friday, November 4 at 6:00 pm MST: Navajo Rug Show & Sale Online Event at: www.AnElder.org

Donations for backpacks for school children can be made under Children’s Program. Suggested donation amount is $20. If you wish, you may also mail empty or backpacks with school supplies to Adopt-A-Native-Elder.