The spring 2023 Food Runs saw the long awaited and much anticipated return of in-person Food Runs with the Elders at several Food Run locations. The opportunity to spend time in the same room with the old ones we cherish for the first time in four years was special for every volunteer and each Elder in attendance.

This fall every Food Run will be in-person and for many sponsors and Elders who joined the program in the last four years, this will be the first opportunity for you to share time and a meal in each other’s company. I have always found one of the most important reminders that Linda gives to

Continued on page 2
volunteers on the Food Runs to be, “you may be the last volunteer to touch an Elders hand”. Frequent loss is the nature of working with the old ones, but during the last four years when we lost more than 200 Elders in the program, the opportunity to once again share time and touch an Elder’s hand is more meaningful than it has ever been.

Things are very different from the last time we held in-person Food Runs. Today A.N.E. delivers more than four times as much assistance as we did in 2019. We now serve more than 150 new Elders including a new Food Run at Tolani Lake.

In 2019, there was one Food Run location, Big Mountain, with over 50 Elders. Today Big Mountain, Navajo Mountain, Many Farms, and Tsaile all have more than 60 Elders enrolled in the Program.

This fall, A.N.E. plans to deliver more than 440,000 pounds of assistance to the Elders in the program and this effort will require an enormous amount of volunteer support. We will need more volunteers to drive from Salt Lake City in order to transport food and supplies to the Food Run locations, and we will need more hands at each location to unload, organize, and reload all of the Elders vehicles. Your reward for committing to serve the Elders is the opportunity to spend time with them on their land and touch their hands before they attempt to endure the long winter ahead.

If you are unable to join us on a Food Run this fall, there are still vital ways that you can contribute to sustaining the traditional lives of the Elders. For everyone who sponsors an Elder, consider ordering a firewood voucher for your Elder to be delivered on the fall Food Runs. The firewood voucher gives your Elder the ability to heat their home during the freezing winter months.

Purchasing the first load of wood in September is very important for the Elders because prices start to go up once the weather turns cold. Adopt-A-Native-Elder will be providing a new axe to every Elder this fall, and they will be looking forward to getting started on their wood piles.

If you do not currently sponsor an Elder, you can donate directly to a fund that makes a difference in the Elders lives. Maybe you’d like to contribute to the firewood fund and help provide the gift of warmth to Elders in need, or maybe you’d like to donate to the yarn fund and help provide wool to the weavers during the winter so that they are able to continue sustaining their families through
their artwork. We are always looking for donors who are driven to donate to the general fund to help sustain program operations, and to help the program distribute monthly food certificates to more than 800 Elders. Donating through the website and making a monthly recurring donation makes a huge difference in the program’s ability to adapt to the Elders needs and help out in emergency situations, even a recurring donation of $10 per month when multiplied by several hundred donors makes it possible that every Program Elder in need has access to life-sustaining food.

We understand that many supporters are unable to make a financial contribution to the Elders, and do not have the luxury of time to spare to travel to Arizona and volunteer on a Food Run. There are other impactful things you can do everyday that make a difference in the lives of the Elders.

Sharing A.N.E. Facebook and Instagram posts helps to reach new communities. Speaking to your friends, family members, and neighbors about Adopt-A-Native-Elder and our mission spreads awareness of our work, and sharing your newsletters with your civic groups, churches, and book clubs helps reach out to new potential donors around the country. When you are shopping for a birthday or holiday gift for a friend or loved one, remember to checkout the Elders weavings, jewelry, and crafts on the website, every purchase you make helps an Elder to sustain themselves and care for their families in their traditional way.

I am perpetually motivated by every person who chooses to give a part of themselves in service to the Elders. Whether it is your time, your physical strength, your financial donations, or the gift of your voice, your work on behalf of the Elders is what allows them to continue living their traditional lifestyle on their ancestral homelands as they age. Every minute of time you give in service to the Elders makes an incredible impact. and I am eternally grateful for each of you that makes the plight that the Elders face to sustain themselves and hold onto their culture and traditions a cause that you are passionate about. Caroline Myss wrote that “being of service is not an option, it is a biological necessity. Every kind of action that we do for someone is a reanimation of our own life force – and of the other person’s”.

I look forward to joining you in service this fall. Thank you for your commitment to the Elders we cherish.
A Tribute to Mary Sells Yellowhair

by Linda Myers, Founder & Director of Elder Care, Adopt-A-Native-Elder

Grandma Mary Yellowhair was in her late nineties when I first visited her at her homeland in Chilchinbito, Arizona. She was the only Elder from this area who was in the program. The distance to her homeland made each visit very special. She lived in a small two-room house that sat back, close to the large mesas. Her home was simply furnished with a daybed, a kitchen table from the 1940’s with two chairs and a couple of cots for family members who stayed with her on occasion. The walls of her home were painted a green color that was popular in the 1950’s.

Grandma Mary was sitting on her bed when I arrived. She was very small. Her hair was black and she explained that in the traditional way, Creator gifted her with black hair that denotes a long life and a strong mind. She was working on a children’s puzzle of three kittens. Being very hard of hearing, her granddaughter had to sit right next to her and speak very loudly in Navajo for her to hear why we had come to visit her.

Mary was told about the program and how we would find a sponsor for her who would write to her and send her items she might need. Grandma Mary nodded and smiled. Though her understanding was limited, she was very interested in telling us what her needs were.

She asked us to get a box out from underneath her bed. In the box were 5” pieces of old fabric she had cut up and stitched together by hand. She had taken a larger piece of fabric and used it as backing. They were her small quilts that
kept her busy sewing each day. Mary also had a box of cedar beads and glass beads that she strung together to make necklaces. She was hoping that we would give her some fabric and some beads. Her granddaughter explained that even though Mary was very old, she could still weave rugs. We asked her what colors of Navajo yarn she would like to have. Mary made it very clear to us that she wanted us to send lots of black yarn, some red, white, and grey colors for her to weave with.

In the early fall I returned to Grandma Mary’s house. She was busy at her loom, trying to finish a rug. The rug was mostly black with white and grey mountain designs. In the middle of the rug she had used red and turquoise yarn. It was small, measuring about 2’ x 3’.

I told her that I would like to buy her rug for $100. I could see that Mary was quite surprised and happy as I handed her a $100 bill. She would have her son mail the rug to me in a few weeks when it was finished. I left Mary with more yarn, fabric, and some puzzles and told her I would return in the early part of the next year.

Grandma Mary lifted her blouse up to safely tuck the money inside her thermal undershirt. She took several safety pins and pinned the undershirt so that it made a little pocket for the money. Mary thanked me very much and kept patting her shirt where her money was safely kept.

As the years passed, Grandma Mary continued to weave as long as I provided her with yarn. The designs were all very much the same. At each visit, I continued to give her $100 for each rug. When Grandma Mary got to be 103 years old, her son told me she should probably stop weaving because of her heart. But, Grandma Mary did not feel that way at all. Every time I visited, she would hand me small pieces of the colors of yarn she wanted for her next rugs. I gave her smaller amounts of the yarn over the next few years. Each visit, she would have one or two rugs for me.

On one of my last visits to Grandma Mary, her children estimated that she was 105 years old. Mary did not recognize me and when I asked if she had a rug to sell. She replied she only sold her rugs to a Bilagaana (white lady). I told her it was I and she was very happy that I had come. I put the money in her hand. Mary again tucked the $100 bill safely in her shirt and thanked me and smiled.

Mary lived to be 106 years old. The day before she passed, she was busily packing some of her things when her children checked on her. Mary told them she was going on a trip. The next day she had a heart attack. Before she died, she instructed her son to take care of her sheep and her homeland. Grandma Mary was an inspiration to her family and to the weavers who saw her rugs. The program bought at least twelve rugs that Mary wove because we provided her the yarn. Mary wove these rugs when she was between 98 and 105 years old. In my heart are many special memories of my visits with Grandma Mary Yellowhair.
Many of the Food Run volunteers prepare their own special Giveaways for the Elders.

**THE GIVEAWAY**

Sarah Sifers brought handmade bracelets as a Giveaway. Pictured above with Grace Smith Yellowhammer at Big Mountain.

Rita Clark handed out oranges to the Elders.

Susan Rayburn brought special Giveaway bags.

Liz Close shared her Giveaway with Martha Schultz at Birdsprings.

Gloria McCabe shared her Giveaway with Dolly Monroe.

Mary Jane handed out matches to the Elders at Birdsprings.
Betty Begay, Big Mountain, donated a beautiful Star Rug.

It is heartwarming to see the Giveaways the Elders bring for the volunteers and for their sponsors.

Helen O. Chee, Many Farms, donated a blanket and Turquoise Necklace.

Tommy Chase, Big Mountain, donated a rug.

Marylou Blackrock, Big Mountain, donated her rug.

Ruby Benally, Birdsprings, donated a sandpainting picture.

Alice Smith, Leupp, loves to crochet, and she brought many pillows to give to the volunteers.

Clara Begay, Big Mountain, donated several rugs.
When you provide yarn, you provide income

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.

Marie Joe, Teesto chooses an Old Style yarn bundle.

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

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 full-size and are very warm. The Elders are very happy when they receive a new blanket.
See Order Form on page 10.
Firewood is needed for warmth & for cooking

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.

BACKPACKS

Donations for backpacks for school children can be made under The Children’s Program on our website. Suggested donation amount is $20. If you wish, you may also mail empty or filled backpacks with school supplies to Adopt-A-Native-Elder.
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: ________________________
Check# _____________________________ Card# _____________________________

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........ Spring Fall Mail Now $________
____ Firewood @ $200........................................................................ Spring Fall Mail Now $________
____ Yarn Box @ $50 (Greyhills, Ganado, Chiefs, Crystal, Old Style)........................................................................................................... Spring Fall Mail Now $________

SUPPORT FOR YOUR ELDER: FOOD RUN BOXES

____ RB Food Box @ $150.......................................................................... Spring Fall $________
____ RB Rainbow Certificate @ $150 (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 $________

DONATIONS FOR FORGOTTEN ELDERS

____ General ................................................................. $________
____ Food - suggested $150................................................................. $________
____ Firewood - suggested $200 ......................................................... $________
____ Yarn - suggested $50 ................................................................. $________
____ Bluebird Flour (20-lb @ $10.00 ea. bag) ........................................ $________
____ Children’s Program – suggested $20.............................................. $________

OTHER

____ 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) ........................................................... $________

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 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 $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 Jell-O, 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, 1 flannel jacket, 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 sherpa-lined jacket, 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

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.
Thomas Wasson's elementary school offers an optional program called University of Learning. Students can choose what they want to do throughout the school year to earn various degrees/awards: technical, associates, bachelors, masters and doctorate. For each degree, Thomas chose what he wanted to study or do. For one, he chose woodworking, another he decided to learn guitar. Thomas elected to earn money to donate for his doctorate.

Thomas looked at the Adopt-A-Native Elder website and decided he would use his newly learned guitar skills to try and earn money to donate to the Elders. He put together a flyer full of information on the program. Thomas wasn’t expecting to get enough money to adopt an elder, but was hoping to be able to purchase a few things to make a difference.

As a thank you to those who donated, Thomas decided to send them a video of him playing the guitar. He told them they could choose between three songs: Seven Nation Army, More Than a Feeling, or Blackbird.

As donations began to come in, a few donors requested all three songs and sent extra money so they could receive a recording of all three.

In one day, Thomas made seven thank you videos! And, he earned enough to adopt an Elder.

Thomas is excited to be making a difference in someone's life and will continue to do his best to support his elder and encourage others to find ways to do the same.

WAYS YOU CAN HELP RAISE AWARENESS

**Fundraising**

- Do you have contacts at work or belong to a book club, knitting group, or social civic group that would allow you to share information brochures about our work?
- Are you good at writing and can share letters to the editor or write a 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?

**Schools & Church Groups**

- Educate students about Navajo culture and ways to help elderly
- Put together hygiene kits
- Boy Scout and Eagle Scout projects
- Donate backpack supply kits
- Sponsor an Elder
- Sign up as a group to serve in a compassion service on a Food Run or to volunteer at our warehouse
You may also apply online: www.AnElder.org
Please, only apply if you are sure you will attend.
We plan the logistics of transporting the food and supplies to the Food Runs based on the applications received. Every person counts!

THE ADOPT-A-NATIVE-ELDER PROGRAM

Food Run Drive Application
FALL 2023

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.)
T Shirt Size: _____S _____M _____L _____XL _____2XL _____3XL

PASSENGER NAME: ______________________________ PHONE: ______________________________
ADDRESS: ______________________________
CITY: ______________________________ STATE: ______ ZIP: __________
EMAIL: ______________________________
T Shirt Size: _____S _____M _____L _____XL _____2XL _____3X

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 August 1, 2023.

_____ August 28-31: Navajo Mountain-Kayenta-Oljato  Based in Kayenta, Arizona
_____ September 27-30: Many Farms-Forest Lake-Tsailie  Based in Chinle, Arizona
_____ October 2-5: Big Mountain-Sanders-Teesto  Based in Winslow, Arizona
_____ October 9-13: Leupp-Dilkon-Birdsprings-Tolani Lake  Based in Winslow, Arizona

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 submitted online: www.AnElder.org under the Food Run Application Tab.
An itinerary will be mailed to you before your Food Run if your application is accepted. Your itinerary will indicate whether the Food Runs will be in-person or drive-through. Applications are considered based on a variety of factors such as vehicle size, the number of volunteers needed for each Food Run, and a volunteer’s ability to participate in Food Run activities.
WHEN EAGLES FLY

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

Memorials
Adam Cabell donated in memory of Sara Wilmesher
Michele Appel donated in memory of Michael Dean
Andrea Barrish donated in memory of her father, Philip Barrish
Jennifer Heuson donated in memory of her grandmother, Kathleen George Allen
Anne Marie Gibbons donated in memory of Ann Maire Sweeney

In Honor
John Del Campo donated in honor of his Elder Jane Begay
Leslie Lawrence donated in honor of her mother, Lillian’s 98th birthday
Richard Mele donated in honor of Frank and Bernadette Mele’s 53rd wedding anniversary

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 John Burrow: (503) 312-5655 or jburrow5@aol.com

Thank you to JL Collins for your continued support of the Program through your generous donation for the newsletter.

The Gail Miller Foundation: Support For The Elders
Thank you to Carisa Miller, Alex Krambule, and the Larry H. and Gail Miller Family Foundation for their generous contribution in support of the Navajo Elders. Donations from foundations and individuals make everything Adopt-A-Native-Elder does possible. This spring we delivered 137 pallets, roughly the equivalent of six semi trucks, and 428,000 pounds of needed food and supplies to the Elders. With the help of our partners, foundations, and supporters like you, we will deliver even more support on our fall Food Runs beginning in August.
Adopt-A-Native-Elder 34th Annual
Navajo Rug Show & Sale

Online Event At: www.AnElder.org
FRIDAY, NOVEMBER 10, 2023
6:00 pm MST

Proceeds go directly to the weavers.
Presenting Sponsor: George S. and Dolores Doré Eccles Foundation
Interested In Attending The Fall Food Run?

Many drivers are needed to deliver over 400,000 pounds of food and supplies for the fall Food Runs. The Elders depend on the food and supplies you will take to them. 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

Thank you!

Volunteer Opportunities

Craft Day: Saturday, July 15: 10:00 am—1:00 pm

Fall Food Run Order Deadline: August 1

Food Delivery: Saturday, August 5: 9:00 am—11:00 am

Food Packing: Saturday, August 12: 8:00 am—noon

Food Packing: Saturday, August 19: 8:00 am—noon

Fall Food Run Dates

August 28-31: Navajo Mountain, Kayenta, Oljato

September 27-30: Many Farms, Forest Lake, Tsaile

October 2-5: Big Mountain, Sanders, Teesto

October 9-13: Leupp, Dilkon, Birdsprings, Tolani Lake

Rug Shows

November 10, 2023 at 6:00 pm MST: Virtual Rug Show & Sale at: www.AnElder.org

February 16, 17, 18, 2024: Scottsdale Rug Show