When you listen to Adopt-A-Native-Elder speak about serving the traditional Navajo Elders, you often hear about the “window of time” with the old ones. We talk about serving the last generation of traditional indigenous people and about the importance of helping them to age in place on their homeland with respect for their culture, traditions, and way of life. In the last newsletter, Linda wrote about the growth of the homebound program and the old ones who could no longer attend the in-person Food Runs. These traditional Elders are the wisdom keepers. As Linda wrote “with them go the many beautiful prayers and songs and traditional teachings of a simple life and living close to Mother Earth. They are the guardians of the many ceremonies

Continued on page 2
that restore balance and harmony in our bodies”. The loss of these Elders, of their grace, humility, and knowledge, will be felt immensely by all who experienced the blessing of knowing them. One of the great teachings of working with the Elders is the teaching of balance. That we must accept the bad with the good, light with darkness, giving with receiving, and gain with loss. As we lose many of the original Elders who shaped the Adopt-A-Native-Elder Program, whose prayers blessed the volunteers, and whose offerings and teachings made our work possible, a new window in time is opening, a window of transition.

In this new window, Food Run volunteers will experience some subtle changes. We still see many traditional Elders in their late 80’s and 90’s at the Food Runs. Many of these Elders continue to only speak Navajo, dress traditionally, practice their traditional ceremonies and teachings, and live the simple life of their ancestors. In addition to these traditional Elders, you will meet the next generation of Elders in the Adopt-A-Native-Elder Program. These Elders, in their late 70’s and early 80’s, were often forced into boarding schools. A majority of them speak and write some English and dress in modern clothing. Most of these Elders still have their Navajo language and the traditional teachings of their people. In many cases, they have been the caretakers for traditional Elders in their own families, and they have experienced the loss of their own Elders and all the wisdom that they carried. This new generation of Elders lives a life that is very similar to the old ones that Adopt-A-Native-Elder has been serving for nearly four decades. They continue to live remotely on the reservation, they need assistance in the form of food and firewood to overcome daily hardships, and they struggle against generations of subjugation and abuse that has stripped them of the resources of their culture and homelands.

Serving these Elders is vital. For almost 40 years, Adopt-A-Native-Elder has touched the hands of the old ones. We have endeavored to learn how to serve them and how to give our time and hands in the spirit of the giveaway. We have built a bridge between the Navajo Elders and other cultures, and we have given of ourselves to show them respect as they have aged in place while the world has changed around them. As we continue to learn and grow, it is also time that we use all that we have been taught to become the hands of the...
traditional Elders as we serve their next generation.

This fall, we invite you to join us on a Food Run. Not only will you get the fleeting chance to spend time with the remaining traditional Navajo Elders in the program, but you will have the opportunity to meet the next generation of Elders that our community will serve. Although the perspective and bond shared with a traditional Elder while you wordlessly touch their hand is irreplaceable, the relationships that will be built between sponsors and the next generation of Elders offer new possibilities for sharing and communicating in ways that were not possible in the past.

On the spring Food Runs I was fortunate to watch many interactions between sponsors and Elders. One of the things that stuck with me was the gratitude and connection shared between younger Elders and their sponsors who could communicate verbally with each other. Listening as an Elder told his sponsor that what he did for him made such a difference in his life, that he received food certificates when he was out of food, and firewood vouchers when he was out of wood. The Elder laughed and said, “you even brought me an axe and I used it every day”. Watching the Elder’s joy at being able to meet and share his gratitude with his sponsor, and watching the sponsors recognition that their commitment made a daily difference in the life of this Elder has stuck with me because it was an interaction that for many years of the Adopt-A-Native-Elder Program would not have been possible. Throughout the Program’s history, Bessie Begay’s remarks to Linda, “Because you bring me food, you wish my life to continue another day and I will always remember you,” has been looked at as a beacon of the hope and connection that volunteers and sponsors would make possible for the Elders. Today, every volunteer has the opportunity to form that kind of relationship with an Elder.

I hope you’ll seize the opportunity to join us during this window of transition. Invite your family and friends and come on a Food Run. Touch the hands of the old ones while they are still with us; and meet the next generation of Elders as we seek to build a bridge of connection between them and other cultures. Your time, your hands, and your service will make a lasting difference. In the words of the Elders, “When you come on Food Run, you leave your footprints behind, and your footprints show us who you are.
Volunteers attend Food Runs as families and as friends

Karen and Ryan Liles, Buena Vista, CO
Sharon and Allen Lewis, Albuquerque, NM

Lucia and Hank Wheele, Phoenix, AZ
Jesse Child and Beth Stagg, Salt Lake City, UT
Dirk and Carol Beal, Park City, UT

Karen and Ryan Liles, Buena Vista, CO
Sharon and Allen Lewis, Albuquerque, NM

Lucia and Hank Wheele, Phoenix, AZ
Jesse Child and Beth Stagg, Salt Lake City, UT
Dirk and Carol Beal, Park City, UT

Jerrica Thomas and Tylissa Swan, Salt Lake City, UT
Barbara Soulier, Jesseie Anderson, and Art Swindle, Salt Lake City, UT
Anne Mcsorley, Atlanta, GA and Patricia Daly, Wallingford, PA
Volunteers love getting their hair tied into a bun like the Elders

Mary Owen gets her hair tied in a bun by Grace Brown at Tsaile.

Delores Curley ties Janice Dunn’s hair in a bun.

Mary Robertson, Bobbie Ikegami, Janice Dunn, Delores Curley, and Susan Shiring with their hair buns.

Photo of the women in their traditional hair buns.
95% Elder attendance at the Food Runs shows the need we fill on the Reservation

Sisters Grace Brown and Bernice James at Tsaile.

Sisters Cora Mae Yoe and Mary Lee at Many Farms.

Clan relatives always give each other a big hug.

Elders at Tsaile.

Elders at Teesto.

Some of the men at Many Farms.

Elders at Navajo Mountain.
The Elders love it when their black bags are filled with Giveaway items.

Before the Elders arrive, the Giveaway Boxes are unloaded at Kayenta and brought inside for set up in preparation to be handed out to the Elders.

Donations provide funds for much-needed items for the Giveaways.

Linda Myers hands out panne velvet for Elders to make traditional clothing.

Stephanie Hartung hands out coffee creamer at Tsaile.

Beverly Benally carries a box of new hooded jackets for the Elders.

Antone Frandsen hands out dish soap at Navajo Mountain.

Lauren Bolte and Janice Dunn with their giveaways for the Elders.
Onions and potatoes fill Ed Kelly’s truck.  

Rainbow Food Boxes are unloaded and ready for set up in alphabetical order at Big Mountain.

It takes many volunteers from Utah to bring all or the Rainbow Food Boxes, Giveaways, produce and water to the Food Runs.

Sponsor-ordered boxes are ready for each Elder to drive though and have loaded for them.

The last set of boxes waiting for the Elder to pick up at Oljato.

The A.N.E. van is filled to the top as it leaves for the Reservation.

Scott Hartung gets inside the back of the pickup truck to unload boxes at Tsaile.

Bluebird Flour is picked up in Cortez, CO and brought to the Food Run.
THE ADOPT-A-NATIVE-ELDER PROGRAM’S 35TH ANNUAL
NAVAJO RUG SHOW AND SALE

Native Lands Collection

In addition to the one-of-a-kind Native Lands Collection, hundreds of traditional and contemporary Navajo weavings and a stunning collection of Navajo jewelry will be available. Prices are set by the artists and sales proceeds go to the weavers.

ONLINE EVENT
FRIDAY
NOVEMBER 8
6:00 pm MST
www.AnElder.org

Presenting Sponsor: George S. and Dolores Doré Eccles Foundation
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.

Cleo Keams, Dilkon

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

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 13.
As the Fall approaches, many Elders will need firewood. In several areas, local tribal chapters are willing to help us see that Elders in need get the firewood. Many of the Elders depend on the wood for cooking and staying warm in the winter.

Each truckload of firewood costs $200.00. Prices are the best in the early Fall. By late Fall the prices can be more than $200.00 a load. Most of the Elders use firewood October through April. A truckload of wood can last a family 3-6 weeks.

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

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.

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

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.
Please order Rainbow Food for your Elder

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

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, honey, Cream O’ Wheat, 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 henley 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 10 for details)

YARN BOX, $50: See page 10 for details

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

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

____ Food Gift Card (Circle Send to: Elder / Sponsor) @ $25 ea. .......... Spring Fall Mail Now $ _______
____ Firewood @ $200………………………………………………………… Spring Fall Mail Now $ _______
____ Yarn Box @ $50 [Greyhills, Ganado, Chiefs, Crystal, Old Style, Traditional] ……. Spring Fall Mail Now $ _______

SUPPORT FOR YOUR ELDER: FOOD RUN BOXES

____ RB Food Box Set @ $150 ........................................................................ Spring Fall $ _______
____ RB Food Gift Card @ $150 [KA, DK, LP, BS, TL, FL, SA] ……………….. Spring Fall $ _______
____ Med Box @ $40 ................................................................................................... $ _______
____ Grandma Box @ $40 .................................................................................. $ _______
____ Grandpa Box @ $35 ................................................................................... $ _______
____ 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 ........................................................................................................... $ _______

TOTAL $ _______
Memorials
Joseph Trotta donated in memory of Rust Pappathanasi,
Mary Hunt donated in memory of Rust Pappathanasi.
Terrie Leake with Tedseco 18-WGA donated in memory of Rust Pappathanasi.
Charles Speleotis donated in memory of Rust Pappathanasi.
James Roberts and Marilyn Hrbek donated in memory of Tom Sklodoski.

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. jjcollinsnh.com

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
The Adopt-A-Native-Elder Program

Food Run Driver’s Application
FALL 2024

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.

All Driver Applications due by July 20, 2024.

___ Aug 26-29: Navajo Mountain-Kayenta-Oljato  Based in Kayenta, Arizona
___ Sept 25-28: Many Farms-Forest Lake-Tsailé  Based in Chine, Arizona
___ Sept 30-Oct 3: Big Mountain-Sanders-Teesto  Based in Winslow, Arizona
___ Oct 7-11: Leupp-Birdsprings-Dilkon-Tolani Lake  Based in Winslow, Arizona

Please mail application to: Adopt-A-Native-Elder  328 W Gregson Ave. Salt Lake City, UT 84115
Alternatively, your Driver’s Application may be submitted online:
www.AnElder.org under the Food Runs Tab.

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. You will be mailed a Food Run itinerary if your application is accepted.
Adopt-A-Native-Elder  
328 West Gregson Ave  
Salt Lake City, UT 84115

From the Salt Lake area and want to attend a Food Run?  
Food Run Drivers are needed to deliver goods for the fall Food Runs from our Salt Lake City warehouse. If interested, please fill out and application on page 15 or online: www.AnElder.org

UPCOMING EVENTS

August 5: Fall Food Run Order Deadline  
Saturday, August 3: Food Delivery 9:00 am—11:00 am  
Saturday, August 10: Food Packing: 8:00 am—noon  
Saturday, August 17: Food Packing 8:00 am—noon  
Fall Food Run Dates  
August 26-29: Navajo Mountain, Kayenta, Ojato  
September 25-28: Many Farms, Forest Lake, Tsaile  
September 30-October 3: Big Mountain, Sanders, Teesto  
October 7-11: Leupp, Birdsprings, Dilkon, Tolani Lake  
Rug Shows  
November 8, 2024 at 6:00 pm MST: Online Rug Show & Sale at: www.AnElder.org  
February 21, 22, 23, 2025: Scottsdale Rug Show

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