



How are Title VI Tribes Combating Social Isolation?

Kiowa Tribe AOA

Kiowa Tribe AOA conducted a contest with the theme: "Covid-19 Awareness & Safety" for the Homebound contestants who decorated their front doors and porch area. The Curbside Contest consisted of a small parade of contestants driving through in single file with their vehicles decorated with the same theme. It was fun. One of our elders cried because she was a retired school teacher and when the Corona hit she never received a formal retirement ceremony. It brought back good memories for her decorating her classroom door.

One of the things we did this past summer was make gardens for our elders. It gave the elders the opportunity to get outdoors and get some sunshine, exercise and homegrown, organic vegetables where they would feel safe without being exposed to the Coronavirus.

We conducted a Halloween Contest for Homebound Participants with a "Best Door" Halloween decoration contest and a Curbside contest for the "Best Dressed" Halloween costume with 1st, 2nd, & 3rd winners for both categories.

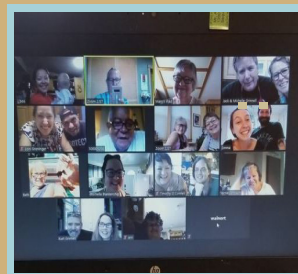
Other ideas we are working on include: Conducting a Pedometer Contest for our Qualified Participants where whoever has the most steps accrued within a designated timeframe will win with 2nd and 3rd place contestants. The other idea we hope to have ready by early spring is a small low-scale drive-in theater as a safe and social activity for our participants which will include fruit snacks and popcorn and soft drinks along with their viewing pleasure. Elders will be able to tune in either through Bluetooth or by radio or speaker will be provided for audio. Using this set up we will also endeavor to play bingo with the numbers shot up on the wide screen for all the participants to see.



Jamestown S'Klallam Tribe

The Jamestown S'Klallam Tribe has conducted a number of activities to help combat social isolation for elders.

- Drive-By Happy Birthdays- A small group of singers stop by the homes of elders in Port Angeles and Sequim to sing a quick Happy Birthday in our native language, nəxˈsɫəy'əmúçən ("S'Klallam"), and then in English. We then say quick hellos and then disperse. We do this by staying outside, following social distance, and wearing masks.
- Monthly q'pəct ?i? k'wúkˈw ("Gather & Cook") - The Tribe's Traditional Foods Program hosts monthly cooking events where a Tribal Citizen leads a group in cooking a healthy meal using at least one traditional food. When COVID hit, the program immediately switched to the Zoom platform and it has been a hit!



- Soup Delivery - With COVID, the Program wanted a culturally relevant way to connect with elders--and bringing food warms the tummy and the heart! While delivering, staff and volunteers make small talk with the elders while providing a healthy meal.
- Home Visits - The Tribe's Case Management Team is making home visits to elders more regular. Many of our in-area elders get weekly visits. Our Case Managers also help elders get connected and familiar with Zoom for the other appointments they need, and in connecting with family and friends.



Newe-Numa Tukka Nobi from the Duck Valley Shoshone-Paiute Indian Reservation



We continue to look for ways to engage with our elders and keep them connected with each other by having positive activities during this pandemic. Our Program sponsored Him and Hers Raffles for the Elders

who participate in our daily nutritious meals. Names of all Elders who come through our curb-side services and Homebound Elders names were entered in a bi-weekly drawing and for the Special Holidays.

Another activity our elders enjoyed and loved was multiple Coloring Contest/Activities. We had a few coloring contests which we were able to not only brighten up the Elders but we were able to have our community involved. Our community was able to vote for our Coloring Contest winners on Facebook. It was an activity our community was able to join in and admire the beautiful colorings that their very own elders had colored.

Our 2020 Social-Distancing Halloween Activities for our Elders included Curb-Side Elders decorating their vehicles or dressing up in their Halloween costumes and coming through our line. Our Homebound decorated their front porch with their spookiest Halloween costumes. All elders were awarded with a prize for their participation. We also did a pumpkin carving contest which involved our community as they voted for the pumpkin of their choice.

ALU LIKE, inc.

ALU LIKE, Inc. has done various activities to combat social isolation of our kupuna, similar to many of the other Title VI service providers. Activities have included:

- Bingo at home
- Seed gathering for activities (extremely small group with appropriate distance and sanitation)
- Craft Projects using the seeds gathered when doing home visits
- Distributing crafts and treats made by kupuna to one another to spread aloha and well wishes
- Home visits
- Offering activities virtually – education activities, recreation
- Sending videos to kupuna who are able to access that type of technology
- Group phone calls



We are always looking for additional ways to combat social isolation. Our kupuna long for the time when they can come together, look at people eye to eye, and most important to be able to touch and be touched.

Upcoming Title VI Webinars

DATE & TIME	EVENT	LOCATION
November 18, 2020 2:00 PM ET	Title VI Webinar: Title VI LTSS Survey: Highlights from the 2017 Report and the 2020 Update	Join the WebEx Passcode: 1234
December 9, 2020 2:00 PM ET	Title VI Webinar: Financial Tools to Support Grandparents Raising Grandchildren	Join the WebEx Passcode: 1234
January 13, 2021 2:00 PM ET	Title VI Webinar	Join the WebEx Passcode: 1234
February 10, 2021 2:00 PM ET	Title VI Webinar	Join the WebEx Passcode: 1234
March 10, 2021 2:00 PM ET	Title VI Webinar: Data Submission Training	Join the WebEx Passcode: 1234
April 14, 2021 2:00 PM ET	Title VI Webinar: Generating Variances Training	Join the WebEx Passcode: 1234

All upcoming in-person Cluster Trainings have been cancelled. For more information on cancelled Cluster Trainings or Upcoming Events, visit <https://olderindians.acl.gov/> or contact contact Melissa Szasz at Melissa.Szasz@teyaservices.com

Tribe of the Quarter

Southcentral Foundation Elder Program



For decades, the Southcentral Foundation Elder Program has provided services for Alaska Native and American Indian Elders living in the Anchorage area. The program, rooted in cultural tradition, fosters an environment of dignity and pride while promoting independent living.

Many Elder Program services have been suspended due to the COVID-19 pandemic. Exercise and nutrition classes, beading and sewing groups, potlucks, and outings for vegetable and berry picking have been on hold since March. While in-person services are not available, Southcentral Foundation recognizes the importance of maintaining relationships.

Prior to the pandemic, hundreds of Elders would gather each day to share story and enjoy a congregated meal that featured traditional foods. Making the meals even more enjoyable was the connection with the employees of the Elder Program.

Southcentral Foundation ensured this service continued. Elder Program employees began delivering hot meals in April. For many Elders, this is the highlight of their day – being able to connect with familiar faces. The same is true for the employees who hold Elders in the highest regard.

The program now delivers 200 meals each day. Elders also receive fresh produce, bread, canned goods, art supplies, and games along with traditional foods including fresh hooligan, and wild bird eggs.

A highlight for many Elders this summer was the delivery of salmon. Through generous support from the First Nations Development Institute, the Elder Program was able to procure and distribute over 1,000 pounds salmon. In many cases, because of the pandemic, this was the only salmon Elders received this year. Approximately 20,000 meals were delivered through pandemic response.

Reaching out to Elders and providing the needed services remains a top priority for Southcentral Foundation. In response to the pandemic, the Elder Program shifted quickly to continue supporting Elders while maintaining physical distancing and adhering to health mandates.

Phone calls and check-ins are another way Elder Program employees connect during this time of increased isolation and physical distancing. Under normal circumstances, employees focus on in-home and community support for Elders. Efforts now focus on maintaining connections to combat loneliness and providing service coordination. For some Elders, the phone call from an elder resource specialist is the only call they receive regularly. This call, especially for those who live alone, gives Elders the opportunity to connect with someone familiar and share their concerns. Many resource specialists communicate with Elders in their Native languages.

In previous years, approximately 5,000 phone calls were made. During FY2020, and specifically the last half of the year, SCF's Elder Program made over 10,000 phone calls to connect with Elders.

The SCF Elder Program acknowledges the outpouring of community support during the pandemic. Caring for the Elders we treasure is truly a community effort.