

# OLDER INDIANS NEWSLETTER

## WINTER 2021



## ALASKA TRADITIONAL FOOD KITCHEN NATIONAL RESOURCE CENTER FOR ALASKA NATIVE ELDERNS

Food security among elders is a challenge facing Alaska, as it is among many other states. In late 2019, The National Resource Center for Alaska Native Elders (NRC ANE) initiated planning for the Alaska Traditional Foods Kitchen, the purpose of which is to assist households (and, in the future, personnel offering meal programs) with affordable and nutritious recipes that build on the values and experiences of Alaska Natives, as well as other cultural groups within Alaska. The idea of traditional foods came from the NRC ANE's Traditional Food Chef, Ms. Flora Deacon, who along with Thomas Moore, another staff member of the center, developed the pilot of the Alaska Traditional Foods Kitchen.

The kitchen offers recipes that elders and their families will likely find attractive, tasty, and interesting. For each recipe, there is a suite of visual resources including podcasts, video presentations, and infographics that place little demand on users for reading dense recipes. Mr. Thomas Moore serves as the producer of the visual materials, and Ms. Flora Deacon is the expert in residence who guides users through the preparation process.

Interested readers can access the kitchen by entering National Resource Center for Alaska Native Elders UAA into their browsers and, for a specific video example, they can click the following weblink: [https://youtu.be/LGsoL\\_gxm6w](https://youtu.be/LGsoL_gxm6w). Readers can nominate a traditional foods recipe by sending a brief description via email to Ms. Eva Wilson, NRC-ANE, [egwilson2@alaska.edu](mailto:egwilson2@alaska.edu). Learn more here: <https://www.uaa.alaska.edu/academics/college-of-health/nrc-alaska-native-elders/>.



# Title VI Active Grants & How You Can Spend Your Money

## Active Title VI Grants

### FY19 Grants: Project period ends March 31, 2021

- FY19 Part A/B (Grant number: 17\*\*\*\*T6NS)
- FY19 Part C (Grant number: 17\*\*\*\*T6CG)
- FY19 NSIP (Grant number: 17\*\*\*\*NSIT)

### FY20 Grants: Project period ends March 31, 2023

- FY20 Part A/B (Grant number: 20\*\*\*\*OATA)
- FY20 Part C (Grant number: 20\*\*\*\*OATC)
- FY20 NSIP (Grant number: 20\*\*\*\*OANT)

## COVID Supplemental Grants

- FFCRA Grants: Project period ends September 30, 2021 - Grant number: 20\*\*\*\*NAC2
- CARES Grants: Project period ends September 30, 2021 - Grant number: 20\*\*\*\*NAC3
- Supplement 5: Project period ends September 30, 2022 - Grant number: 21\*\*\*\*NAC5

*\*\*\*We recommend spending your money in the order in which the grant expires\*\*\**

## How can you spend your money?

We are currently under a major disaster declaration (MDD). Because of the MDD you can use your FY19, COVID supplemental funding, and FY20 grants for any allowable Title VI purchase. Meaning, you can use Part A money on Part C services and vice versa. These monies can also be used for COVID response.

## Ideas for spending your money:

Here are some ideas programs have shared about how they are using their money innovatively in these trying times. If you have an innovative idea, but you're not sure it's allowable, please contact the Title VI team so we can discuss your idea!

- New kitchen equipment. Stoves, fridges, grease traps.
- Shelf stable meals and groceries.
- School supplies for grandparents raising grandchildren.
- Buying computers, printers, and office supplies for your Title VI office.
- Making renovations and repairs to your senior center.
- Vehicles
- Increasing the number of meals served on a daily basis.

## Upcoming Title VI Webinars

DATE & TIME	WEBINAR	LINK
March 10, 2021 at 2:00pm ET	Title VI Webinar: Data Submission Training	<a href="#">Webex Link</a> Passcode: 1234
April 14, 2021 at 2:00pm ET	Title VI Webinar: Generating Variances Training	<a href="#">Webex Link</a> Passcode: 1234

For more information on Upcoming Events, visit <https://olderindians.acl.gov/> or contact contact Melissa Szasz at [Melissa.Szasz@teyaservices.com](mailto:Melissa.Szasz@teyaservices.com)

# Tribe of the Quarter

## Cowlitz Indian Tribe

Cowlitz Tribe Elders Program Manager and Cowlitz Tribal Member, Deb Mizner, has a deep and abiding loyalty to meeting the needs of Elders.

The program has grown in 2020 with tribal support to provide congregate meals in Vancouver, Longview, and Tukwila. The services were welcomed at all the sites and the elders were genuinely pleased in feeling supported and in fellowship with each other.

In mid-March, the Coronavirus response from the program was extraordinary – the program staff and volunteers mobilized in a way that is to be admired. The program was previously providing 120 meals per week, and in 10 days that number jumped up to 1,460 meals ready to go.

The meals were frozen in packs of 10. Elders were identified, called by phone number, and resources were rallied. Outreach was provided to Clark, Thurston, Pierce, Cowlitz, and Lewis counties. The Emergency Management Services Team, headed up by Aaron Workman, dedicated a driver to the program needs. The load was distributed to cook and package, rather than cook, package, and deliver.

During a time of great challenge related to COVID-19, many rose to the occasion. Volunteers came into the program offering sacred plants to make tea. Former Tribal Chairman Bill Iyall and Kara Fox-LaRose from Ilani provided food donations from the casino resort. The gift of staples such as toilet paper, cleaning products, and potatoes were all given with good heart and determination to help the tribe.

Amid the pandemic, former Chairman Iyall maintained the position “How can we sustain this great effort?” This perspective was vital in developing funding strategies and local resource lists for Elders, a group best supported by social distance practicing.

The Elders Nutrition Program also works closely with the Community Wellness Garden, also based out of Cowlitz Village (St. Mary’s) in Toledo, WA. What began as a small vegetable garden intended to grow produce for the Elders living on site has grown over the last few years into multiple production gardens, a hoop house, raised beds, and a medicine wheel garden taking up over 20,000 square feet.

The Elders Nutrition Program utilizes garden produce in the meals that they make, offers produce to Elders on site as they come in for meals, and at the onset of COVID-19 began utilizing their new delivery routes to distribute produce alongside meals and other supplies.

The garden also distributes to all registered members of the Cowlitz Indian Tribe as well as food-insecure members of other AI/AN populations. In addition to providing a variety of fresh produce year-round, they work closely with the Natural Resource department and their fish distribution program to offer frozen fish filets alongside the vegetables. The staff also lead educational activities related to cooking, food preservation, and gardening.

