



Elder Visions

Fall 2006 Newsletter

The National Indian Council On Aging

NICOA **Board of Directors** **2006-2008**

Steve Wilson Title VI Chair
Muscogee Creek Nation Chairman

James DeLaCruz, Sr. Portland Area
Quinault Vice-Chair

Harriet Rhoades Sacramento Area
Sherwood Band of Pomo Secretary

Janet Guthrie Juneau Area
Tsimpshean Treasurer

Phyllis Antone Phoenix Area
Gila River Indian Community

Ralph Bennett, Jr. Navajo Area
Navajo Nation

Connie Bremner Billings Area
Blackfeet Tribe

Archie Chavez Albuquerque Area
Sandia Pueblo

Sylvester Crowe Central Area
Eastern Band of Cherokee Indians

Clifford Doxtator Minneapolis Area
Oneida Nation of Wisconsin

Gloria Lefthand Aberdeen Area
Spirit Lake Dakota Nation

L. Dean McManus Muscogee Area
Chickasaw Nation

Sandra Toyekoyah Anadarko Area
Comanche Nation

*Traci L. McClellan, Cherokee
Executive Director*

NICOA's 30th Anniversary Celebration: A Huge Success



*Arline S. Wilson and Lodean Starr,
NICOA members from the Choctaw Tribe*

Vans, buses, cars and planes brought NICOA members, caregivers, Title VI staff and other professionals from across the aging network to Tulsa, Oklahoma in mid-September to honor and celebrate the National Indian Council on Aging's 30 years of advocacy and service to American Indian and Alaska Native Elders. With 1,830 attendees, the 30th Anniversary Celebration, held from September 16-19, 2006 at the Tulsa Convention Center, was one of the largest conferences in the organization's history. The celebration started off with a stellar group of speakers at the opening session on Saturday afternoon. After the opening prayer by Rev. Jimmy Alexander, a Muscogee Creek Elder, the Five Tribes Color Guard accompanied by visiting Color Guard from Lac Courte Oreilles and other parts of Indian Country posted the colors for the conference. Then, Kathryn Arviso sang the national anthem a cappella first in English and then in Navajo. Following her beautiful

Continued on page 4

NICOA Staff

ADMINISTRATION

Robert Comer
DEOS Project Director
Clytemnestra Davison, Navajo
Media Specialist
Sharon Hodge
Executive Assistant &
Conference Coordinator
Lucille Kelley, Navajo
DEOS Project Associate
Alvin Rafelito, Navajo
DEOS Training Coordinator

FINANCE

Candice Terry
Finance Director
Jose Duran
Payroll Specialist
Sandra Griffenberg
Accounting Specialist
Lorena Herrera
Bookkeeper
Gerlinde Voorhis
Budget Analyst

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)

Frieda Clark, Chickasaw/Choctaw
SCSEP Director
Jolene Herrera, San Juan/Laguna
Picuris/Santo Domingo Pueblo
Assistant SCSEP Director
Leslie Maly
SCSEP Executive Assistant
Marie Jim, Navajo
Records Manager
Frances Duran, San Felipe Pueblo
Records Compliance Clerk
Margaret Raye, Choctaw
Receptionist Trainee

Greetings from the Chairman's Desk

HENCI!!!! What an incredible 30th Anniversary you helped NICOA celebrate in September! I enjoyed meeting many of the 1,830 Elders, caregivers, Title VI staff and other professionals in the field of aging and acknowledging all those who have been so instrumental in the organization's history. I would like to take this opportunity to give a special MVTO (thank you) to the members of the Oklahoma Indian Council on Aging's Title VI Programs and the NICOA staff for their untiring efforts to make you welcome to Tulsa and to have an enjoyable and memorable conference.

On my many trips to Washington, DC back in 1987 to advocate for the passage of the Indian specific amendments to the Older Americans Act, including Title VI funding, I could not fully appreciate the impact that Title VI or the other Indian specific provisions would have in the lives of our Elders. As the Chairman of the National Title VI Grantees Association and a trainer for new Title VI staff, I have come to understand the impact that Title VI funding

should have in our communities. With the severe under funding for the program by the federal government and a growing Elder population in our communities, we must all advocate for the President to increase his budget request to Congress. I hope you will join NICOA in doing so.

Since we met in Tulsa for the 30th Anniversary celebration, Congress has passed the Reauthorization of the Older Americans Act (OAA). This act provides for the meals, medical transportation, community service, employment training, caregiver support, research, and Elder protection offered across the aging network in this country. In this edition, you'll find an article

Continued on next page



Greetings from the Chairman's Desk



Steve Wilson, NICOA Chairman

detailing what pertains to Tribal Elders in the new law that the President signed on October 17, 2006.

With the OAA reauthorization completed, Congress is now considering the Elder Justice Act, introduced in both the Senate and House, with only a few revisions from the versions introduced in the 108th Congress. The Act focuses on providing resources to States, Tribes and local entities to tackle Elder abuse, neglect and exploitation. It also sets appropriate authorization levels for programs and grants. Unlike the version introduced in the previous session of Congress, the current bills do not create a federal cause of action with civil and criminal penalties for those

found to have committed Elder abuse. Penalties and enforcement will still remain the responsibility of Tribal, State and local authorities. NICOA supports passage of the bill when the Congress returns in mid-November 2006 after the elections to conduct its lame duck session and finish up the remaining spending bills for FY 2007.

As the organization's new Chairman, I want to say MVTO to each of you for your continued support of the National Indian Council on Aging. Your participation at our 30th Anniversary Conference in Tulsa was greatly appreciated. I look forward to seeing all of you again in 2008, if not sooner somewhere in Indian Country. ■

SCSEP Field Staff

ARIZONA

Sharon Dukes
Project Director

Marty Moore, Navajo
Administrative Assistant

CALIFORNIA

Maryann Paredez, Chumash
Project Manager

MINNESOTA, NEW MEXICO, SOUTH DAKOTA, AND WISCONSIN

Lou Greenwood-Boston, Chickasaw
Project Director

OKLAHOMA

Maudean Harden, Choctaw
Project Director

Carolyn Mendoza, Chickasaw
Administrative Assistant

Elaine Noyebad, Comanche
Employment Specialist

NICOA wishes to thank all of its members, Board of Directors, staff, Title VI programs and Tribal communities that donated items to the 2006 conference raffle and silent auction. The organization raised \$3,594.00 to support its continued advocacy and service on behalf of American Indian and Alaska Native Elders. We could not do our work without you!

NICOA 2006 Board Election Results

Several areas held elections during the 2006 NICOA

Conference to elect new representatives to NICOA's Board of Directors. Board Members who retired from the Board and did not seek reelection include: Mrs. Florence Chavez (Taos/Sandia) of the Albuquerque Area; Mrs. Helen Cummings (Chippewa) of the Minneapolis Area; Mr. Sammy Tonekei White (Kiowa) of the Anadarko Area; and Mr. Frank Chee Willetto (Navajo) of the Navajo Area. Continuing members of the Board include: Mrs. Phyllis Antone (Pima/Maricopa) of the Phoenix Area; Mrs. Connie Bremner (Blackfeet) of the Billings Area; Sylvester Crowe (Cherokee) of the Central Area; Mr. James DeLaCruz (Quinalt) of the Portland Area; Mrs. Dean McManus (Chickasaw) of the Muscogee Area; and Mr. Steve Wilson, Chairman of the National Title VI Grantees Association. Following the area caucuses,

NICOA's 30th Anniversary Celebration

Continued from Page 1



Osage Chief Jim Gray and Rep. Dan Boren (OK-2nd District)

been the advocacy focus for Tribal leaders, health professionals, and Tribal members over the past three Congressional sessions.

performance, the Chiefs from the three Tribes whose lands all meet at the borders of Tulsa – the Muscogee Creek Nation, the Osage Nation and the Cherokee Nation – welcomed the conference attendees to Tulsa and to Indian Country in Oklahoma. All three Tribes helped sponsor the conference with the Muscogee Creek Nation serving as the platinum level sponsor.

After the warm welcomes from Tribal leaders, Rep. Dan Boren, a Democrat representing Eastern Oklahoma in the U.S. House of Representatives, spoke about his efforts in Washington, DC to reauthorize the Indian Health Care Improvement Act, which provides for health care for American Indians and Alaska Natives through the Indian Health Service. The Act expired on September 30, 2000. It has

Following Rep. Boren, a number of other important speakers addressed the attendees. First, Robyn Golden, Chair of the American Society on Aging, the largest membership organization in the field of aging with over 5,000 members, congratulated NICOA on its accomplishments and detailed how the two organizations have worked closely over the years. Oklahoma Secretary of Health Dr. Terry Cline offered welcome remarks on behalf of Oklahoma Governor Brad Henry and outlined the ways in which the Governor had worked cooperatively with Tribal leaders throughout the state to address the needs of their citizens. Then, Sue Ward, Grassroots Director for the National Committee to Preserve Social Security and Medicare, debunked the prevailing thought by the

Continued on next page

NICOA's 30th Anniversary Celebration

President that Social Security must be privatized. She cited figures that show Social Security funding is not in crisis. She urged everyone to contact their elected officials in Washington, DC to let them know that they do not want private accounts for Social Security.

Unfortunately, the opening session's much anticipated plenary speaker, U.S. Assistant Secretary of Aging Josefina Carbonell could not appear in person at the last minute, but she sent a video message for the conference attendees. She talked about the continued importance of the Spiritual Message to America developed by the Elders at 2000 NICOA Conference in Duluth, MN and explained a new initiative created by AoA entitled "Choices for Independence," which allows Elders to make more and better choices about their care. Frank Burns, Deputy Assistant Secretary, delivered additional remarks and fielded questions following her taped message.

The conference also featured a number of cultural

events hosted by the local Tribes in Oklahoma. NICOA could not have had such a successful conference and celebration without the commitment and dedication of the local host committee, chaired by NICOA Chairman Steve Wilson and Oneida Winship, the local host conference coordinator. They led groups on local tours, provided transportation between the Crowne Plaza Hotel, the Tulsa Convention Center and area Tribal casinos and sponsored so many aspects of the conference. The Oklahoma Indian Council on Aging, made of the Title VI staff across the state, sponsored the powwow and the traditional feast. Even with the rain, the volunteer staff cooked buffalo burgers to provide

Continued on next page



NICOA Member participating in Traditional Dress Fashion Show

continued...

Election Results

the new Board members seated were: Mr. Archie Chavez (Sandia) of the Albuquerque Area; Mr. Ralph Bennett, Jr. (Navajo) of the Navajo Area, who is serving out the remaining two years of Mr. Willetto's term; Mr. Clifford Doxtator (Oneida) of the Minneapolis Area; Mrs. Janet Guthrie (Tsimphian) of the Juneau Area; Mrs. Gloria Jetty Lefthand (Dakota) of the Aberdeen Area; Mrs. Harriet Rhoades (Pomo) of the Sacramento Area; and Mrs. Sandra Toyekoyah (Comanche) of the Anadarko Area. Following the conference, the newly seated Board of Directors met on Tuesday afternoon, September 19, 2006, and held elections for the Executive Committee positions. The officers for NICOA's Board of Directors from 2006-2008 include: Mr. Steve Wilson, Chairman; Mr. James DeLaCruz, Vice Chairman; Mrs. Harriet Rhoades, Secretary; and Mrs. Janet Guthrie, Treasurer. ■

NICOA Board Feature

Clifford Doxtator

Clifford G. Doxtator joined the NICOA Board of Directors in September 2006 representing the Tribes in Iowa, Michigan, Minnesota, and Wisconsin as the Minneapolis Area Representative. Born in Ashwaubenon, just outside Green Bay, Wisconsin, Mr. Doxtator belongs to the Oneida Nation of Wisconsin. After serving in the military from 1950-52, Mr. Doxtator returned home and resumed employment with the Chicago Northwestern Railroad, serving as a brakeman, trainman, and conductor during his 20 years on the trains.

Mr. Doxtator appreciates the lessons he has learned throughout his life. He shared, "Early in my retirement, I became active in Elder programs in Oneida. I was elected to three terms with the Oneida Nation Commission on Aging and that was the beginning of my advocating for Native American Elder issues." He adds, "Advocating specifically for NICOA began around 1994 when I attended my first NICOA conference. As a NICOA Board Member, I intend to do advocating on the national level in Washington, D.C. with the assistance of Tribal leaders. My goal is to meet with the Tribal groups in the Minneapolis BIA area in order to find out the various needs and concerns. I will expect the groups to prioritize their issues and I then will bring the primary concerns to the attention of NICOA."

Mr. Doxtator stresses that the most important issue facing

NICOA's 30th Anniversary Celebration

Continued from Page 5



Osage Nation Title VI Director, Sue Slinkard and Frank Chee Willetto, NICOA Board Member

dinners to all who attended. They also organized the Prayer Breakfast on Sunday morning, sponsored by the Osage Nation. The Chickasaw Nation helped sponsor the honoring luncheon on Sunday, provided buses and organized the beautiful traditional dress fashion show, sponsored by AARP, which everyone really enjoyed. Volunteers also helped staff the storytelling event, raffle and silent auction booths to assist NICOA. The local AARP Chapter in Oklahoma also sponsored and staffed a Fun Walk at the Convention Center on Monday morning and gave away free water bottles to the first 300 participants.

The Honoring Luncheon on Sunday was the highlight of the conference, showcasing all those who have been so instrumental in

NICOA's history and development. Chickasaw Nation Lieutenant Governor Jefferson Keel, who also serves as the First Vice President of the National Congress of American Indians,

- provided the keynote address.
- Current and former NICOA Board members, former NICOA Executive Directors, and current NICOA staff were all recognized for their hard work on behalf of American Indian and Alaska Native Elders. The Powerpoint presentation from the luncheon that provides the historical overview of the organization and its work is now available on NICOA's website on its "Conference" webpage.
- Following the luncheon, attendees enjoyed informative workshops on topics ranging from how to prevent falls and talk to your doctor to partnerships available to Tribes with AARP state chapters.

Beyond the celebratory and cultural events, the conference

Continued on next page

NICOA's 30th Anniversary Celebration

also put attendees to work in their area caucuses as they debated changes to the organization's bylaws, drafted resolutions for consideration by the entire membership and, if necessary, held elections for a new representative to the Board of Directors. The majority of members decided they would like additional time to revise and update the bylaws within their own areas prior to considering them at the next NICOA Conference in 2008. The only changes approved involved correcting the fiscal year of the organization, which ends on June 30th annually, and requiring an annual financial audit of the organization, which is already a practice NICOA has in place. The revised bylaws are also available on the NICOA website. Aside from the bylaws, the resolutions accepted by the membership are also available on the NICOA website and were also forwarded to the National Congress of American Indians for their consideration during their annual meeting in October 2006.

The other plenary sessions of the conference gave NICOA members the opportunity to hear from other well-known leaders as well. Choctaw Nation Chief Gregory Pyle addressed the attendees at the second general

session and talked about his Tribe's efforts to address the epidemic of diabetes in his community and his efforts in Washington, DC to see the Indian Health Care Improvement Act reauthorized by Congress. Sandy Markwood, CEO for the National Association of Area Agencies on Aging (n4A), spoke about n4A's representation of Title VI programs in Washington, DC, and provided a legislative update for the members on the reauthorization of the Older Americans Act, that Congress had not yet passed at the time of the conference. Dr. Bill Thomas of the Eden Initiative gave the closing session keynote address about how the nation needs to rethink how it looks at aging and provide the services and support that truly will help people age well in place.

Dynamic speakers, wonderful cultural events, and informative workshops all contributed to the successful celebration of NICOA's 30th anniversary. The organization looks forward to its continued advocacy and service in partnership with Tribal leaders, Title VI programs, and other aging organizations for its next 30 years and beyond.

Thank you again for your support and please plan to join us again in 2008! ■

continued...

Clifford Doxtator

Elders in his area is health care and long term care planning. He claims, "My vision for NICOA is to see that all our American Indians and Alaskan Native Elders get the full benefit of governmental assistance through advocacy and support of NICOA for future generations."

Mr. Doxtator's parents had a positive influence on him. Through them, he learned to appreciate and value a strong work ethic. Getting an education was also another important aspect of their teaching. He states, "I would advise anyone to stay in school. There are many opportunities for education. Education is a lifelong learning process."

In his spare time, Mr. Doxtator enjoys his community work. Outside of his community work, he likes to hunt, fish, golf, ski, play cards, snorkel, and walk. On occasion, he enjoys hot air ballooning or playing a game of bingo. ■



*Clifford G. Doxtator,
NICOA Board Member*

Best Practices Showcased at LTC Conference

Making Plans for 2007

American Indian/ Alaska Native LTC Conference

The 2007 American Indian and Alaska Native Long Term Care Conference will be held on September 5-6, 2007, in Albuquerque, New Mexico. The conference expects to attract over 300 participants, representing Tribes, urban Indian programs, and other interested professionals in the field of aging and long term care services.

Norma Merriman, Executive Director of Human Services for the Cherokee Nation, will chair the 2007 Conference with the assistance of a broad-based planning committee representing Tribes, urban Indian programs, AI/AN organizations, and federal agencies. The emphasis of the conference will focus on the best practices of Tribal and urban long term care programs. For more information on the conference including abstract submission, registration, lodging, advertising, and exhibits, please visit www.aianlongtermcare.org. ■

The 2nd Annual American Indian / Alaska Native Long Term Care conference took place in Tulsa, Oklahoma on September 18 and 19, 2006 with over 130 participants from more than 20 Tribes, Tribal programs and 15 states. Participants heard presentations of promising practices in Tribal Long Term Care, including both home and community-based care and facility-based care.

The meeting also featured a virtual site visit of the Cherokee Nation Program of All-inclusive Care for the Elderly (PACE) and a plenary session address by Principal Chief Chad Smith of the Cherokee Nation. Conference attendees were enthusiastic about the meeting and the opportunities it gave them for learning about what others were doing in the field of Tribal long term care and for sharing their own experiences.

The conference was developed by a Tribally-led planning

committee with wonderful support from AARP, the Retirement Research Foundation, the Cherokee Nation, and the Laguna Rainbow Corporation as well as active participation and support from a number of federal agencies, including the Indian Health Service, the Centers for Medicare and Medicaid Services and the Administration on Aging. NICOA served as a conference partner as well as the conference manager.

Plans are already underway for the 3rd Annual conference, to be held in Albuquerque, New Mexico, in September 2007. The conference will again feature exciting and innovative long term care programs developed by Tribes and Indian organizations in support of their Elders. ■



*Alvin Rafelito, LTC Conference Coordinator
and Lucinda Martin, LTC Conference Presenter*

President Signs Older Americans Act Into Law

On October 17, 2006, the President signed the reauthorization of the Older Americans Act Amendments of 2006 into law, extending its provisions until 2011. The Senate passed H.R. 6197 by unanimous consent on September 30 and the House had previously passed the bill on September 28 by voice vote.

Overall, the bill focuses on providing mental health services to seniors, improving transportation services, promoting civic engagement opportunities and assisting Elders in determining what long term care services they need. The new bill also has several provisions affecting American Indian and Alaska Native Elders.

The new law contains very little changes in the Title VI program. It authorizes slight increases in the Title VI Caregiver Support Program, providing \$6,500,000 for fiscal year 2007, \$6,800,000 for fiscal year 2008; \$7,200,000 for fiscal year 2009; \$7,500,000 for fiscal year 2010; and \$7,900,000 for fiscal year 2011. Of course, the President must request these additional monies in his annual request to Congress or Congress must provide them during their appropriations process. The new law authorizes no increases for the nutrition and supportive

services under Title VI, although it does provide increases for Title III, which funds state and community programs on aging. It does allow Tribes or Tribal organizations that were part of a consortium receiving Title VI funding in 1991 to apply for their own separate funding starting with the April 2008 grant year.

Within Title III, language concerning services provided to low-income minority seniors and limited English speaking seniors is woven throughout the new law. The state plans must identify the number of low-income minority older adults and describe the methods the state will use to satisfy their service needs, including those with limited English proficiency. This new language should prompt state area agencies on aging to better address and include the needs of American Indian and Alaska Native Elders who are low-income and limited English speaking in their plans.

The bill also provides for the establishment of a "National Center on Senior Benefits Outreach and Enrollment" that the Administration on Aging shall fund through a contract with an eligible entity. It also provides for

Continued on page 10

NICOA Requests Donations for 2nd Annual Golf Tournament

NICOA is planning a raffle during its upcoming 2nd annual charity golf tournament in April 2007. We would like to invite our members to donate any hand made piece of art or craft for the raffle. Pottery, jewelry, artwork, published writings, and any other craft or projects are welcome contributions. We are excited about our new fundraising efforts and hope that our members will contribute to our growing list of items for this event. If you are interested in learning more about the golf tournament or raffle, please contact Sharon Hodge at shodge@nicoa.org or via phone at (505)292-2001. ■



*Participants from NICOA's
1st Annual Golf Tournament*

Sandra Toyekoyah

NICOA welcomes Sandra Toyekoyah as the new Anadarko Area Board Member representing Tribes in Kansas, western Oklahoma and Texas. Elected by her peers at NICOA's 30th Anniversary Conference, Mrs. Toyekoyah belongs to the Comanche Tribe of Oklahoma and is from Lawton, Oklahoma. She is very interested in helping preserve the Comanche language and culture. She works diligently with her Elders who know the importance of cultural preservation to influence the Comanche Nation leadership by develop a Tribal school and programs that will teach the younger generations about their heritage. Through her position with the Comanche Nation Elders Council, Sandra Toyekoyah fulfills one of her life's passions – a love of learning – by spending time with the Elders and also encouraging the younger Comanches to be all they can be through education and intergenerational activities with the Elders.

Mrs. Toyekoyah not only serves in her community, but she previously worked at the Comanche Nation College through NICOA's Senior Community Service Employment Program (SCSEP). She has advocated for NICOA's SCSEP and has been a long time friend with Elaine Noyebad (Comanche), who heads up the organization's Lawton, Oklahoma office as an Employment Specialist. Although no longer with the program, she advocates for its continued existence and the benefits it provides both the Elders who participate in it as well as the community organizations their work and training benefits.

As a new Board member, Mrs. Toyekoyah hopes to communicate the importance of having organizations like

President Signs Older Americans Act Into Law

Continued from Page 9

the creation of Aging and Disability Resource Centers in every state. Unfortunately, the bill does not specifically mention Tribes or Tribal organizations and how the benefits outreach, enrollment or new resource centers will benefit American Indian and Alaska Native Elders, who often have considerable barriers to accessing benefits programs they are eligible to receive.

Title IV received a new name, now known as "Activities for Health, Independence, and Longevity." This title has funded the National Minority Technical Assistance Centers, including the National Indian Council on Aging, and the National Resource Centers on Native American Aging at the University of North Dakota and the University of Alaska, Anchorage. A new amendment authorizes grants to Tribal organizations and non-profit organizations to develop model aging in place programs.

How Congress would potentially alter the Senior Community Service Employment Program, authorized under Title V of the Act, was a tremendous area of concern in the new law for the National Indian Council on Aging (NICOA), which has operated the

SCSEP since 1989. Fortunately, most of the Senate's language, which was more supportive of the national grantees' participation in the program, prevailed in the final version, including maintaining the eligible age of 55 or older. The provision concerning grants to public or non-profit national Indian aging organizations was retained in the law. Congress also reiterated its support for the dual nature of the program as focusing on community service and employment training. It retained the current structure with national and state grantees operating the program.

Congress did however make changes to Title V in the reauthorization. It renamed the program as the "Older Americans Community Service Employment Program," but NICOA will continue to use SCSEP to refer to its program. A new provision in Title V, Section 502 (b)(1)(M) requires that projects "serve the needs of minority and Indian eligible individuals...at least in proportion to their numbers in the area served and take into consideration their rates of poverty and unemployment."

Continued on next page

President Signs Older Americans Act Into Law

NICOA hopes this will be a measurable outcome included in reports by the state and national grantees to the Department of Labor and Congress. The new law requires the Secretary of Labor to provide a report on the service provided to minority individuals through the program. New language also establishes a cap of 27 months that a participant can be in the program with a waiver that allows up to 36 months. Although the new law emphasizes community service, Congress did raise the unsubsidized placement rate from 21 to 25 percent over the course of the five year reauthorization period, so grantees will still have to ensure participants are placed in unsubsidized employment as well as community service positions. The Department of Labor will offer the SCSEP grants under a competitive process for four years with a possible one year extension for exceptional performance.

The bill also provides extensive language on elder justice, but only tasks one individual in the Administration on Aging with carrying out the responsibilities of this section. Title VII authorizes the Assistant Secretary on Aging to award grants to states and Tribes to

support the development of coordinated state systems to detect and prevent elder abuse and neglect. It also authorizes the use of Title VII funds to carry out public education and outreach to promote financial literacy and prevent identity theft and financial exploitation of older individuals.

Many of the Tribal issues of concern raised at the White House Conference on Aging did not end up in the Older Americans Act reauthorization. There were no authorized increases for the nutrition and supportive services to Tribes in Title VI, only the caregiver program. The elevation of the Director of the Office of Native American, Alaska Native and Native Hawaiian Affairs to the Deputy Assistant Secretary level at the Administration on Aging did not get included as well. As a result, the membership of the National Indian Council on Aging and Tribal leaders will continue to have issues to advocate for in the next reauthorization; but, now we all have to focus on ensuring that these current amendments and the funding provided actually reach Tribal communities and serve our Elders. ■

continued...

Sandra Toyekoyah

NICOA and the National Congress of American Indians to advocate for the needs of Tribal Elders across the country. She recently attended NCAI's annual meeting in Sacramento, California in early October 2006 and will go to Washington, DC, to meet with Members of Congress on Elder issues as needed. She brought 15 Comanche Elders to Tulsa for NICOA's 30th Anniversary Conference and showed them how the organization is doing great work for the Elders. Mrs. Toyekoyah states, "When we stand together, we have a much louder voice and people are going to listen to what we are advocating for. There are people out there trying their best to stop or block devastating things happening to Indians, so we need to support each person's efforts to better their surroundings." With her previous professional experience with the State of Oklahoma and the Indian Health Service, Sandra Toyekoyah brings an array of insight, enthusiasm and practical skills that will greatly benefit NICOA members and the organization in general.

In her free time, she loves to spend time with her 13 grandchildren, as they are the light of her life. She proudly states, "As most of them live around me, I am able to have sometimes as many as 10 over to my house for the weekend. I invest as much of myself into them as I possibly can. Teaching them about pow wows, beadwork, stories and my constant pursuit to help them know that every one of them is so unique and special. I expect each of them to go to college." She herself has a Bachelor's degree in Art History with an emphasis in Museum Studies from Cameron University and plans to complete her Master's in Public Health degree when she retires. ■

Request for newsletter

Reader Feedback

NICOA is interested in hearing from you, our

members. If you would like to contribute feedback about the newsletter, highlight aging issues of interest in your community, or showcase individuals who deserve some recognition for aging services in your area, drop us a line! Include in your article (200 words or less), name, affiliation, and vested interest in the anecdote, issue, or Elder you wish to highlight in your community. Please submit your articles to: the National Indian Council on Aging, Inc., Attn: Elder Visions Newsletter, 10501 Montgomery Blvd. NE, Ste. 210, Albuquerque, N.M., 87111, or e-mail the article to us at: newsletter@nicoa.org. ■



Make the Link! Diabetes, Heart Disease & Stroke

By: Lucille Kelley,
DEOS Project Associate

Having diabetes means that you are much more likely to have coronary artery (heart) disease, a heart attack, or a stroke. The good news is that you can take steps to prevent heart disease or reduce your chances of having a heart attack. Lifestyle changes, such as choosing foods wisely and being physically active, as well as taking medication can help.

What is coronary artery disease? Coronary artery disease is caused by a narrowing or blocking of the blood vessels that go to your heart. It's the most common form of heart disease. Your blood carries oxygen and other needed materials to your heart. Blood vessels to your heart can become partially or totally blocked by fatty deposits. A heart attack occurs when the blood supply to your heart is reduced or cut off.

What steps can I take to prevent coronary artery disease? You can lower your risk by keeping your ABCs of diabetes on target with wise food choices, physical activity, and medication. Losing weight can also help you manage your

ABCs and prevent heart disease. Every step you take will help. The closer your numbers are to your targets, the better your chances of preventing heart disease or cutting your risk for another heart attack. If you smoke, get help to quit.

A is for A-1-C. An A-1-C is the blood glucose (sugar) check "with a memory." It tells you your average blood glucose for the past 2 to 3 months. The American Diabetes Association (ADA) recommends that people aim for an A-1-C below 7.

B is for blood pressure. Your blood pressure numbers tell you the force of blood inside your blood vessels. When your blood pressure is high, your heart has to work harder than it should. The ADA recommends that you keep your blood pressure below 130/80 mmHg (said as "130 over 80").

C is for cholesterol. Your cholesterol numbers tell you the amount of fat in your blood. Some kinds, like HDL cholesterol, help protect your heart. Other kinds, like LDL cholesterol, can clog your blood vessels and lead to heart disease. Triglycerides are another kind of blood fat that

Continued on next page

Make the Link! Diabetes, Heart Disease & Stroke

raises your risk for heart disease. The chart below gives the targets suggested by the ADA.

Type of Blood Lipid	ADA Targets
LDL cholesterol	Below 100 mg/dl
HDL cholesterol for men	Above 40 mg/dl
HDL cholesterol for women	Above 50 mg/dl
Triglycerides	Below 150 mg/dl

What can I do to reach my ABC targets? Making wise food choices, being physically active, and taking medications can help you reach your targets. Make wise food choices. Many people find that changing what they eat can make a big difference in their blood glucose, blood pressure, and cholesterol levels. Below are several strategies for making wise food choices. Determine which ones you would be willing to try. For more information about how to make these changes, talk with your health care team.

- I'll eat less fat, especially saturated fat (found in fatty meats, poultry skin, butter, 2% or whole milk, ice cream, cheese, palm oil, coconut oil, trans fats, hydrogenated oils, lard, and shortening).

- I'll choose lean meats and meat substitutes.
- I'll switch to low-fat or fat-free dairy products.
- I'll eat at least 5 servings of fruits and vegetables each day.
- I'll cut back on foods that are high in cholesterol (such as egg yolks, high-fat meat and poultry, and high-fat dairy products).
- I'll choose the kinds of fat that can help lower my cholesterol, such as olive oil or canola oil. Nuts also have a healthy type of fat.
- I'll eat fish two or three times a week, choosing kinds that are high in heart-protective fat (such as albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon).
- I'll cook using low-fat methods (such as baking, roasting, or grilling foods or by using nonstick pans and cooking sprays).
- I'll eat more foods that are high in fiber (such as oatmeal, oat bran, dried beans and peas like kidney beans, fruits, and vegetables).

Continued on next page

Healthy Recipe

Spinach Lasagna

Number of Servings: 9 servings
Serving Size: 1 serving

Nutrients per serving

Calories 262 - Calories from Fat 105
Total Fat 11.7g - Saturated Fat 6.7g
Cholesterol 90mg - Sodium 1156 mg
Total Carbohydrate 19.8g
Protein 19.4g

Ingredients

- 1 (1.5 oz) package Spaghetti Sauce Mix
- 1 (6 oz) can Tomato Paste
- 1 (8 oz) can Tomato Sauce
- 1 3/4 cups water
- 2 eggs
- 1 (10 oz) pkg. frozen chopped Spinach, thawed and drained
- 1/2 cup Parmesan Cheese
- 8 oz. sliced Mozzarella Cheese
- 8 Lasagna Noodles

Preparation Instructions

1. Preheat oven to 350 degrees. Lightly grease one 13x9 inch baking dish.
2. In a medium sauce pan, combine spaghetti sauce mix, tomato sauce, tomato paste and water. Bring to a boil over medium heat then remove from heat and cool.
3. In a medium bowl, beat the eggs and combine them with the Ricotta Cheese, Salt, Spinach and 1/4 cup Parmesan Cheese.
4. Spread 1/2 cup of tomato sauce mixture into the prepared baking dish. Place half the uncooked noodles over the sauce, spread with half the spinach mixture, half the Mozzarella cheese, and half of the tomato sauce. Repeat layers, using remaining ingredients. Top with remaining Parmesan Cheese.
5. Cover dish and bake in preheated oven for 1 hour. Cool 10 minutes and ENJOY! ■

Tis the season for
The Flu and You

The flu can be life threatening for older adults and those with chronic diseases. A flu shot can lower your chances of getting the flu. The time to get your flu shot is NOW (September through mid-November), before the flu season (late December through early March) begins. Here are some flu facts:

- The flu can be VERY dangerous for people 65 and older.
- The flu can be prevented.
- A flu shot is necessary each fall for people in high-risk groups (those with chronic heart or lung diseases, diabetes, kidney disease, anemia) and also for their caregivers.
- The flu shot is covered by Medicare.
- The flu shot is safe. It cannot cause the flu.
- The flu shot and pneumococcal vaccine can be given at the same time.

If you have any questions, ask your doctor.

From: Information from "What to Do About the Flu", the National Institute on Aging's Age Page. www.nia.nih.gov/agepages/flu.htm ■

Make the Link! Diabetes, Heart Disease & Stroke

Continued from Page 13

- I'll eat less salt and sodium.

Lose weight or take steps to prevent weight gain

- I'll cut down on calories and fat.
- I'll try to be more physically active than I am now.

Be physically active. Before you start a new routine, check with your health care team to find out which activities will be safe for you. Then think about how you can add more activity to your routine. If you're just starting out, begin with 5 minutes a day and gradually add more time. Then work up to doing a total of about 30 minutes of aerobic exercise, such as brisk walking, most days of the week.

Take medications.

Medications are available to help you reach your ABC targets and lower your risk of another heart attack. You may need several medications to stay on track. Some types of blood pressure and cholesterol-lowering medications can protect your heart. Your health care provider can provide information about which medications are best for you. Aspirin can also help lower your risk of heart disease. Ask your

provider whether taking a low-dose aspirin every day would be wise.

The DEOS Program continues its initiative to educate community members by raising awareness about the importance of achieving and maintaining a healthy weight. This is done by collaborating with community programs and offering complementary, community-based, and culturally appropriate lifestyle programs. In addition, the DEOS Program offers support groups for community members, their families, and the community using the group discussion technique so participants can share their common experiences and problems.

For additional information on goal setting for weight loss or physical activity, contact Robert Comer at robert@nicoa.org, Lucille Kelley at lucille@nicoa.org or Alvin Rafelito at alvin@nicoa.org with NICOA's Diabetes Education Outreach Strategies (DEOS) Project funded through CDC's REACH 2010 Initiative.

Article adapted from American Diabetes Association, "Taking Care of your Heart". ■

Are you interested in NICOA Merchandise?

If you want to order any of this great NICOA merchandise, fill in the chart and complete the shipping information below.

NICOA MERCHANDISE			
ITEM	PRICE	QTY	TOTAL
2006 Conference T-shirt S	\$ 12.00		
2006 Conference T-shirt M	\$ 12.00		
2006 Conference T-shirt L	\$ 12.00		
2006 Conference T-shirt XL	\$ 12.00		
2006 Conference T-shirt 2XL	\$ 15.00		
2006 Conference T-shirt 3XL	\$ 15.00		
2006 Conference Tote Bag	\$ 5.00		
Ceramic Coffee Mug	\$ 5.00		
Insulated Travel Mug	\$ 6.00		
Baseball Cap	\$ 10.00		
Insulated Lunch Bag	\$ 2.00 for 1 or \$ 3.00 for 2		
2004 Conference Tote Bag	\$ 12.00		
Clearance T-shirt (previous years)	\$ 12.00		
TOTAL PRICE OF ITEMS			
Shipping, packing, & handling (to be completed by NICOA)			
TOTAL (to be completed by NICOA)			

SHIP TO:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Fax this completed page to (505) 292-1922.

We will contact you with the total price, which will include the shipping charges, and you can mail NICOA a check or money order.

National Indian Council on Aging

PO Box 21070

Albuquerque, NM 87154

(505) 292-2001 phone

(505) 292-1922 fax

Look at these
Great Products



Jolene Herrera

Born in Albuquerque, NM, Mrs. Jolene Herrera is Laguna, San Juan, Santo Domingo and Picuris Pueblo. She has an eighteen year long work history with NICOA, proudly stating "NICOA has been the only place I have worked."

Jolene Herrera is set to become NICOA's Senior Community Service Employment Program's National Director at the end of December 2006 when Frieda Clark retires. Through nearly two decades of hard work and dedication, she has earned this position from her vast experience and knowledge of how SCSEP improves Elders' lives one Elder at a time. Jolene shared that she is "proud to be a part of process that gets Elder trainees to learn new skills that will enable them to find better paying jobs. In fact, the SCSEP program helps low-income individuals better their lives, gain their self-confidence back, and feel good about themselves while knowing that they are giving back a valuable service to the community."

Jolene gets inspiration from her family members, such as her maternal grandmother who always treated everyone with great respect and kindness. She remembers her late grandmother's words fondly, "Always treat people the way you would want to be treated and give with a good heart." Jolene's service to the Elders in SCSEP, her support of her staff and her commitment to her own family shows that her life exemplifies her grandmother's teaching.

In her free time, Jolene enjoys watching her son play football and her daughter play soccer. Jolene is married to Linus Herrera of Cochiti Pueblo, and has two children, Brandon and Jenna. ■

Major Changes for SCSEP

By: Jolene Herrera,
National Director

National Indian Council on Aging's (NICOA) Senior Community Service Employment Program (SCSEP) has experienced major changes in the new Project Year as a result of the grant competition by the U.S. Department of Labor (DOL). The major changes include funding, relocation of field staff, several closures of field offices and reduction in service area.

On July 31, 2006, when DOL announced the results of the competition, NICOA/SCSEP funding was cut by \$1.1 million dollars and reduced from serving Elders in 15 states to only 7 states. Although NICOA wrote letters to the DOL regarding how the competition occurred and the impact it would have on American Indian Elders' ability to participate in the program in the states lost, DOL upheld the competition results.

NICOA/SCSEP staff spent the months of August and September transitioning Elders from the states where NICOA would no longer operate onto the programs of the national sponsors awarded those areas. The competition and funding cut also forced NICOA/SCSEP to

close 4 field offices in Coeur d'Alene, Idaho; Lake Charles, Louisiana; Gross Pointe Woods, MI; and Tulsa, OK on September 29, 2006. As of October 2, 2006, NICOA/SCSEP only serves Elders in Arizona, California, Minnesota, New Mexico, Oklahoma, South Dakota and Wisconsin. The program's field offices are located in Tempe, AZ; Riverside, CA; Albuquerque, NM; and Oklahoma City, OK.

With the transition and closing of offices, staff changes in NICOA/SCSEP also resulted. Ms. Sharon Dukes, who managed NICOA's Michigan office, relocated to Arizona to direct the project there after Ms. Lena Kelly decided to return to school and focus on her studies on Elder nutrition. After the Tulsa, Oklahoma office closed, Ms. Lou Greenwood-Boston relocated to the NICOA Headquarters office in Albuquerque where she oversees SCSEP in Minnesota, New Mexico, South Dakota and Wisconsin. Ms. Maryann Paredes continues to manage the project in California and Ms. Maudean Harden oversees SCSEP's operations in Oklahoma.

Continued on next page

Major Changes for SCSEP

With the president signing the Reauthorization of the Older Americans Act into law on October 17, 2006, the name of the SCSEP has been officially changed to Older American Community Service Employment Program per the wishes of Congress. Since this program is known as SCSEP in NICOA's service area, the organization

will continue to refer the program as SCSEP.

Although there have been major changes in the Senior Community Service Employment Program over the past three months, NICOA will continue to make every effort to serve the targeted population of American Indians in the states where we operate. ■

Santa Ana Tamaya Harvest Celebration

By: Alvin Rafelito,
Project Director

It was a cool autumn Friday evening when the Santa Ana Pueblo Wellness Center hosted their Harvest Celebration on October 13, 2006. Elders and children gathered with staff to celebrate their year of successful gardening as a means for preventing diabetes.

This past year, the National Indian Council on Aging's "Healthy Living for American Indian and Alaska Native Elders" and its partner, Hunger Grow Away, introduced a new method of gardening called Abundant Harvest Gardens to

various Tribal communities in New Mexico. This unique 4'x 4' garden box design uses about 80% less water and a variety of vegetables can be grown organically together in a small amount of space. The self contained gardens can be placed in a convenient place for Elders to access by their homes, requiring that they do not need to go to a distant field as the gardens come to them. They can be placed on the ground or on stands for easier access and protection from rabbits and other animals.

Continued on next page

NICOA Employee Feature Maryann Paredez

Although born in Ventura, California and a member of the Chumash Tribe located near there, Maryann Paredez has called Riverside, California her home from a very early age. She has worked with NICOA for four years in the Senior Community Service Employment Program. She manages SCSEP's California Project, where she oversees two participant staff members located in Riverside and San Diego.

Prior to coming to NICOA, Maryann attained her managerial experience by working in the insurance field for sixteen years. In 2001, Maryann decided to redirect her career when the insurance agency she was at merged with another agency in 2001. By chance, a former NICOA employee, Beverly El Dorado, asked Maryann if she wanted to work for Elders in the Riverside community and the rest is history. Today, Maryann enjoys making a difference, even in a small way, in each Elder's life that is helped by SCSEP. She states, "SCSEP benefits Elders whether they learn a new job skill or receive a paycheck to help supplement their limited income." She also shared, "When an Elder trainee comes and pours their heart out to me, it humbles me tremendously. That makes me want to be the person that they see."

When Maryann is not working, she enjoys spending time at the beach. "My idea of heaven is to be near the ocean, to see it, smell it, and to hear it," she exclaims. When she is not at the beach, she likes to visit casinos in her local area. Ms. Paredez is the proud mother of two daughters and a grandmother to four grandchildren.

Santa Ana

Harvest Photos



Santa Ana Tamaya Harvest Celebration

Continued from Page 17

NICOA's "Healthy Living for American Indian and Alaska Native Elders" Garden Project, funded by a grant from the U.S. Administration on Aging, is making a positive impact on the reducing the prevalence of diabetes rates, with an ultimate goal of stopping diabetes. The Abundance Harvest Gardens provides a means for Native Elders to get fresh vegetables, increase activities, reduce stress, and interact with the younger generations.

With the help of the Santa Ana Wellness Center, fourteen families received Abundant Harvest Gardens. Throughout the year Hunger Grow Away provided technical support and assistance with the gardens by offering a series of training. As the Project Director, I provided diabetes awareness materials and talks for the community. I also linked the Elders to NICOA's Diabetes Education and Outreach Strategies Project, funded by the CDC REACH 2010 Initiative, which helps communities establish diabetes prevention support groups for their Elders.

The Harvest Celebration featured a healthy diet of fresh fruits and vegetable and physical activity throughout the evening. First, Elders and

younger community members participated in the Veggie Walk (aka Cake Walk minus the cakes). The DJ shouted out different exercises for the participants to do while the music played. Instead of just walking, everyone marched, skipped, danced, moved their arms to the beat of music – and even walked backwards! Tiles displaying the images of different vegetables and fruits were used as space makers. The winners took home prize gift bags of colorful vegetables and fruits. The Elders and children enjoyed themselves; and, shouts of congratulations were given to the person who won.

During the Harvest Celebration, the Santa Ana Wellness Center staff provided a tasting menu with samples of various recipes using fresh produce from the community's gardens. They provided hollyhock sun tea that had a hint of nectar in the drink. For the soup course, a hearty tumbleweed soup made with small, green tumbleweed sprouts and other fresh vegetables, was a surprise delight for all. Following the soup, the staff tempted everyone's palate with a

Continued on next page

Santa Ana Tamaya Harvest Celebration

chopped salad of sun choke tubers and carrots on top of swiss chard and drizzled with a vinaigrette dressing. Following the salad, everyone feasted on fresh spinach lasagna, but saved room for the fresh fruit salad topped with a low fat fruit flavored yogurt for dessert.

After the dinner, the Wellness Center Director acknowledged her staff on making the garden project a success. Hank Bruce and Tomi Jill Folk of Hunger Grow Away expressed their appreciation in how the gift of learning from each other in the community has made the garden a success with growers sharing ideas and what worked openly with each other. Santa Ana Pueblo is the showcase community for NICOA's Project of how gardens can again be a way of life for the community.

On behalf of NICOA and as Project Director, I thanked the Wellness Center staff in making their gardens a success and reemphasized the gardens' purpose in preventing or stopping diabetes for Elders and the entire community. I also shared about the benefit of purslanes and the quality of the Omega III oil, which was a plant grown in the Santa Ana gardens.

The beneficial quality of the Omega III oil in Purslanes is significant. Experimenting with this plant my mother who is diabetic was able to keep her A1c level in the normal range for two months. These are the types of positive outcomes that communities can realize as they start growing their traditional foods again. Following my presentation, each of the gardeners received a certificate of appreciation for participating in the first year of the garden project.

The evening's activities then continued with the children playing "kick the can" soccer. This brought back memories for the adults of our younger years when we took simple enjoyment from kicking a can while we walked. The celebration ended with an intergeneration activity of dressing up as a scarecrow and having a relay race.

This is the ultimate of what we want our communities to do in reducing the prevalence of diabetes. A celebration focused on fun, physical and interactive events featuring with a healthy, delicious meal. ■

Santa Ana Harvest Photos



The National Indian Council on Aging would like to thank all those who made its 30th Anniversary Biennial Conference such a huge success!

AARP	: Kickapoo Nation
AARP Oklahoma	: Miami Tribe
American Society on Aging	: Muscogee (Creek) Nation
Cherokee Nation Enterprises	: National Association of Area Agencies on Aging
Cherokee Nation Home Health Services	: Oklahoma Indian Council on Aging
Chickasaw Nation	: Osage Nation
Chickasaw Nation Tribal Legislature	: Pala Casino
Choctaw Nation	: Quapaw Tribe
Choctaw Nation Business Committee	: Quinault Indian Nation
Citizen Potawatomi Nation	: Seneca-Cayuga Tribe
Diagnostic Laboratory of Oklahoma	: Spirit Lake Tribe
Eastern Shawnee Tribe of Oklahoma	: State of Oklahoma Minority Task Force
Eldercare Locator	: Tulsa Convention and Visitors Bureau
Flintco, Inc.	: U.S. Foodservice
Inter Tribal Council of Arizona, Inc.	: Wal-Mart Stores, Inc.
Kaw Nation	: Wyandotte Tribe

National Indian Council on Aging, Inc.
10501 Montgomery Blvd. NE
Suite 210
Albuquerque, NM 87111-3851

Address Correction Requested

NON-PROFIT
ORGANIZATION
U.S. Postage
PAID
Albuquerque, N.M.
PERMIT NO. 901