

# Ways to Love Our Elders

**LISTEN** • Hug them • Be **PROUD** of them • Tell them you **LOVE** them • Take them out to eat • Open the door • Steady them so they won't fall • Brush their hair • Have them teach you **TRADITIONS** • Spend time with them • Make them a cup of tea • Cook their favorite food • Take them to a movie • Take them out for a meal • Sing together • Dance • Sweep the floor • Wash their clothes • Take out the trash • Be **PATIENT**, let them take their time • Clean their yard • Talk with them • Spend your own money on them • Make sure they are dressed warmly for the weather • Bring children to **VISIT** • Play games together • Pray with them • **RESPECT** their spiritual beliefs • Give birthday gifts • Remember them on holidays • Tell them the latest news (gossip) • Shake their hands • Make their bed • **HELP** them get dressed for the day • Clean out the stove • Check their windows & doors • Fix the fence or gate • Feed the dogs & horses • Make fry bread • **RESPECT** their history • Ask about their childhood • Ask them to tell you a story • Tell a story • Talk about what you did today • Read the newspaper • Be **KIND & RESPECTFUL** • Include them in your family plans so they won't be alone • Let grandma relax at gatherings instead of cooking • Tell a good **JOKE** • Clean their jewelry • Make jewelry, do bead work, weave or sew • Check to see if they are okay • Chop & haul wood • Offer to pay their utility bill • Buy some groceries, potatoes or flour • Play their favorite song • Wash the vehicle • Take **CARE** of their medications • Let them keep & enjoy their gifts • Bring them your favorite food • Treat grandma like a lady, open doors for her & let her go first • Give their change back, when they ask you to buy something for them • Give a cheerful greeting, say "Hello. Goodnight, I **LOVE** you." • **LEARN** to make traditional foods • Offer to interpret forms • Give them pictures of yourself if they want • Make sure they have a first aid kit • Make sure their house is a **HELP** with farm work • Return belongings after



you use them • opinions • Sit a flashlight with color if they want it flea market or garage lunch when they are watch their diet, less sugar, elders in the nursing homes

**LEARN** Native words • **HELP** them find the restrooms at a restaurant or store • Go for a walk together • Take them to senior centers, special events, fairs, tribal meetings, & pow wows • Weed the garden • Buy them Kleenex, Vicks, eye drops, or Ben Gay • **LEARN** from their teachings • Clean their eyeglasses • **HELP** them remember things, appointments, purse, scarf, or hat • Take them to **VISIT** friends & relatives • Invite them to your class to demonstrate cultural skills • Look at pictures • **HELP** write letters to family or friends • **PRAISE & ENCOURAGE** their skills, weaving, jewelry making, cooking, & butchering • Let them know they are **VALUED**.

**RESPECT** their with them • Buy batteries • Buy hair • Take them to the sales • Make a sack traveling • **HELP** them less fat, & less salt • **VISIT** • Watch a movie together •

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