



PARTNERSHIP WITH NATIVE AMERICANS®

Vision: Strong, self-sufficient Native American communities
Mission: Serving immediate needs. Supporting long term solutions.

Program Partner Highlight

The Navajo Nation Community Health Representative (CHR) and Outreach Program was established in 1968. The goal of the program is to improve the general health status of the Navajo people through direct home health care, community health care and health education in coordination with tribal and I.H.S. (Indian Health Services) programs. CHRs serve all ages but mostly Elders, for medication checks, adequate food and heating, exercise and health education.

Two of their CHRs in New Mexico, Marlene Montoya and Marsandra Tsosie, have been working with PWNA since 2014. Marlene serves the Newcomb area while Marsandra serves Two Grey Hills about 15 miles away. They utilize several PWNA services: Healthy Living, Community Events and Holiday/Christmas.

The COVID-19 pandemic and need for social distancing has made it difficult to carry out their normal tasks. Both of them are now assigned to the COVID-19 Case Management team, Marlene and Marsandra are now calling individuals who tested positive for the virus. They ensure the patients are educated about the virus and receive critical support such as food, hygiene items, and in some cases mental health care.

Marlene and Marsandra are appreciative of PWNA because they are able to use incentives to promote health education, which literally open doors to conduct home visits and develop relationships with their clientele looking forward to their visits.

In This Issue

Page 1:
Program Partner Highlight

Page 2:
A Word from our VP of
Programs
Report Deadlines

Page 3:
New in Your Delivery Packet
2020 Reflections

Page 4:
Save the Date: Reminders



PWNA DELIVERS ONLY NEEDED GOODS AND SERVICES

We want to make sure the products we send fit your needs.
Please call us if they don't so that we may better serve you.

Marlene Montoya,
Newcomb CHR
Marsandra Tsosie
Two Grey Hills CHR

A Word from our VP of Programs

Greetings to All!!! On behalf of Partnership With Native Americans (PWNA), I want to thank all our community partners and supporters for helping us to make the best of this year. 2020 has been one of the most challenging times that our families, communities, country, and world have faced since the Spanish Flu pandemic of 1918 – and now we know the current pandemic will carry on into 2021.

In reviewing our services this year, PWNA provided 31 tribal nations with \$3.7 million in food, household products and Personal Protective Equipment (PPE) to provide coronavirus (COVID-19) emergency response. Our deliveries, training and support benefited approximately 52,069 Native citizens. As tribal government-imposed shelter-in-place orders, curfews and border closures, the critical supplies we delivered helped tribal citizens stay at home to avoid spread of the virus. The pervasive impacts of the lethal coronavirus changed almost every aspect of our lives. To walk out the door, we had to wear face masks, carry hand sanitizer, wash our hands, social distance and avoid large crowds. Many of us had family and friends contract the virus or sadly die from it. Our hearts go out to all of you who have been affected by COVID-19.

Let's remember too though that COVID-19 is just one of major events from this year. The unemployment, Coronavirus stock market crash, Black Lives Matter, the Presidential election, the Murdered and Missing Indigenous Women (MMIW) epidemic in the US, and other significant events all took a toll on our well-being.

This year PWNA invested in an online software that allows us to create virtual courses. We will be using this tool to engage our partners, provide timely and relevant information and support education/training. We've already started creating training videos related to food as medicine and will expand to other topics as well. Stay tuned and stay healthy! We look forward to serving you and your communities in the New Year!

Rafael F Tapia, Jr.

Video Resources



Rafael F. Tapia, Jr.
Vice President of Programs

PWNA would like to share some resources that help with taking care of one's self. Self-care is holistic, embedded in many of our cultural practices and Indigenous lifestyles. Please check out these videos discussing self-care, food as medicine and tips for healthy living.

Percy: <https://youtu.be/DBuai5oWu-s>

Tina:

<https://www.youtube.com/watch?v=NX9IaBGR88s>

Felicia: <https://youtu.be/FPfHO4wfVbs>

Report Deadlines

**Due 30 days after
delivery:**

Healthy Living
Community Events
Food Pantry

**Due 90 days after
delivery:**

Residential
Standard Food
Animal Welfare

New in Your Delivery Packet

Coronavirus, Mental Health & Indigenous People

In your delivery packet this quarter, we are including some new information about COVID-19 and mental health.

How is COVID-19 affecting Indigenous People?

Because of long-standing inequities in the systems and structure of the U.S., Indigenous people and other communities of color are at higher risk for physical, mental, and financial problems due to the COVID-19 pandemic.

What are the signs of stress and mental health issues?

- Trouble sleeping, sleeping too much, or a lack of energy
- Feeling unsafe or anxious
- Increased use of alcohol, tobacco or other substances

What can you do to manage stress and mental health issues caused by COVID-19?

- Take a break from watching, reading or listening to the news. Make sure you're getting your information from trusted sources, such as the Centers for Disease Control.
- Stay in touch with family and friends by phone, video call or other technology.
- Use hotlines and other resources when needed, such as the **National Helpline (800) 662-4357** or the **National Suicide Prevention Hotline (800) 273-8255**.

Partnership With Native Americans (PWNA) has compiled a list of things to remember and possibly do for Native Americans during the pandemic. We want to remind our Program Partners and the people in their communities that they are not alone.

How is COVID-19 affecting Indigenous People?



Because of long-standing inequities in our country's systems and structure, Indigenous People and other communities of color are at higher risk for physical, mental, and financial problems due to the COVID-19 pandemic.

What are the signs of stress and mental health issues?

- ✓ Trouble sleeping, sleeping too much, or a lack of energy
- ✓ Feeling unsafe or anxious
- ✓ Increased use of alcohol, tobacco, or other substances
- ✓ Strained relationships with family members
- ✓ Irritability and blaming others
- ✓ Unexplained aches and pains



What can you do to manage your stress and mental health issues caused by COVID-19?

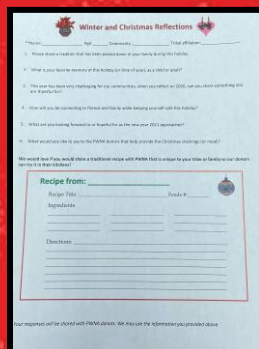
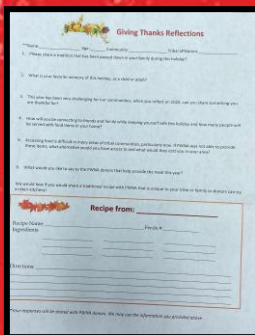


- ♥ Follow "social distancing" and other steps to prevent COVID-19 as best you can in your situation.
- ♥ Take a break from watching, reading or listening to the news. Make sure you're getting your information from trusted sources, such as the [Centers for Disease Control](#).
- ♥ Stay in touch with friends and family by phone, video calls or other technology.
- ♥ Reach out to churches and other community organizations as many offer online and other opportunities for connection.
- ♥ Try to maintain a healthy diet, exercise and sleep routine.
- ♥ Do not put off urgent and emergency health care for new or chronic illnesses.
- ♥ Use prayer, meditation or other spiritual practices to find peace in difficult times.
- ♥ Share stories of resilience and survival from your past or your cultural heritage, as connecting to traditions and heritage can provide strength in difficult times.
- ♥ Use hotlines and other resources when needed, such as the National Helpline (800/662-4357) or the National Suicide Prevention Lifeline (800/273-8255).

The following was taken from the American Psychiatric Association (APA). It was prepared by the APA's Council on Minority Mental Health and Health Disparities and the Division of Diversity and Health Equity. It was authored by Emily Paulsen and reviewed by Vabren Watts, Ph.D. and Eric Yarbrough, M.D.

Source: American Psychiatric Association (APA)

PWNA Reflections on 2020



This year has been a challenging and scary year for a lot of us. We wanted to reach out to you all to let you all know that we would very much like to hear from you.

Every year at PWNA, we ask you all to please share any reflections you have learned throughout the year. We are thankful to you all for the work that you all continue to do during this pandemic. We hear you and would appreciate any comments you might want to share with us. If you have not received your reflections form, please contact the office at (877) 281-0808 or email Denise (dsuchy@nativepartnership.org). Feel free to include pictures if you would like.



Contact Us

Southwest Office
1310 E. Riverview Drive
Phoenix, AZ 85034
(602) 340-8050 phone
(602) 340-8055 fax

Richard Miller
Program Manager
rmiller@nativepartnership.org

Denise Suchy
Special Projects Coordinator
dsuchy@nativepartnership.org

Questions about PWNA services or requests:

Andrew Yellow Bird
Partner Development Coordinators
ayellowbird@nativepartnership.org

Questions about your reports:

Cassandra Herrera
Assistant Program Manager
cherrera@nativepartnership.org

Save the Date: Reminders

Our **2021 PWNA Delivery Calendar** will be in your delivery packet and can also be downloaded from the Program Partner website. Keep in mind that we are not on a “normal” delivery schedule in January.

Please be on the lookout for an email with a link to the annual **Program Partner Survey** – **it will be online this year** instead of in the mail. The deadline to complete the survey is **January 31, 2021**. We really need to hear from you!



American Indian Education Fund scholarship application deadline is April 4.

PWNA awards scholarships for undergraduate and graduate students and traditional and non-traditional students such as those returning to college after a long absence, GED students and older people attending college for the first time. You can download Undergraduate and Graduate Scholarship Applications on our website at www.aiefprogram.org. If you have **any** questions, please contact RaeAnne Schad, AIEF Collaboration & Training Specialist, at rschad@nativepartnership.org or (800) 881-8694.



For any PWNA request form, visit www.swnativepartners.org or call 877-281-0808.