



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

Program Partner Highlight

For about three years, Lillie Begay has served as the Admissions Coordinator at Sunny Day Assisted Living Facilities in Gallup, New Mexico. She enjoys working with the Elders that reside there, inspiring joy when they are admitted and getting to know them. For Lillie, one of the best parts about her job is being able to hear the stories from the Elders in their Native tongue (Navajo).

Sunny Day utilizes PWNA's Residential service and last year our Holiday (Christmas) service. Lillie said the personal hygiene products, toilet paper and paper towels are some of the essential items the residents appreciate most. These incentives bring some monetary relief to the facility as well as the Elders, who have a bit more freedom to get something they usually cannot get or have not had in a while. The distribution of PWNA products also boost morale and overall well-being mentally and emotionally.

Sunny Day is thankful that PWNA has been willing to assist them during the pandemic. For a while, they had to separate everyone and ban visitors from the entering the building. The Elders were isolated and lonely without the daily social interaction, but now with vaccinations in place, visits and activities are restarting.

Ms. Begay is optimistic and appreciative as well. She is thankful for our partnership and for working in a place that makes a difference in the lives of others.

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Lillie Begay
Sunny Day Assisted Living

**PWNA DELIVERS ONLY
NEEDED GOODS AND SERVICES**

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

The Importance of Self-Care

During the pandemic, you or someone you know be experiencing increased stress. Fear and anxiety can be overwhelming and cause strong emotions.

Everyone reacts differently to stressful situations. The changes that can happen because of the coronavirus, or the pandemic or the distancing and ways we try to contain the spread can affect anyone.

During times like this, it is important to take care of your family and friends. But remember, this needs to be balanced with care for yourself.

Even during times of increased social distancing, we should all maintain our social connections and care for our mental health.

Coping effectively with stress during a COVID-19 outbreak will make you, your loved ones and your community stronger – but it all starts with you being strong first. Be sure to take time for yourself.

SELF-CARE bingo
PANDEMIC EDITION

let myself FEEL all the FEELS	tried something new	turned off the news	video chatted a friend	watched something funny
adjusted expectations	Got out of My PJ's	Did The best I could	Helped Someone Else	Binge-Watched mindless shows
Used a Coping Skill	Validated My Emotions	DID NOTHING at all <small>@ ALYSE RURIAN</small>	Made SOMETHING not cookies bread ANYTHING	Taking it minute By minute
escaped to a new world video games DnD	Cried & Cried	Being Gentle with myself	Adapted My Routine	Nourished My body
asked for WHAT I NEED	washed my hands	processed my feelings	Slept In	went for A (socially distanced) Walk

PWNA Staff Spotlight



Donna Benn
Collaboration & Training Specialist

Donna Benn had heard about PWNA’s services long before coming to work with us. In fact, when given an opportunity to assist with a TOMS shoe distribution, she jumped in as a volunteer.

Now, a few years later, she is a Collaboration and Training Specialist with PWNA’s Long Term Solutions (LTS) team. For example, she supports our Four Directions (4D) training program to organize leadership and professional development, Community Investment Projects (CIPs) such as gardens that can have a long-term impact on tribal communities, and our Train the Trainer (T3) Program and S.T.R.I.V.E. (See, Teach, Reclaim, Venture, Endure) forum that focus on indigenized nutrition education.

Donna enjoys working with LTS because she can learn about different tribal cultures and diverse programs, and it has given her chance to visit multiple program partners and tribal communities.

Fun Fact – Donna loves to ride her Harley and can read, write and speak fluent Navajo!

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

Many people are experiencing grief during the COVID-19 pandemic. Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability.

Common reactions to grief include:

- Shock, disbelief or denial
- Anxiety or distress
- Anger
- Periods of sadness

Some ways to cope with feelings of grief:

- Acknowledge your losses and your feelings.
- Consider developing new rituals in your daily routine to stay connected with your loved ones; this will help replace routines you had with those who have been lost.
- If you are worried about future losses, try to stay mentally in the present and focus on the parts of your life that you can control right now.

Grief and Loss During COVID-19

Many people are experiencing grief during the COVID-19 pandemic. Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability. Common grief reactions include:

- Denial
- Anxiety
- Distress
- Anger
- Periods of sadness
- Loss of sleep and loss of appetite

Some people may experience multiple losses during a disaster or large-scale emergency event. Because of the COVID-19 pandemic, you might be unable to be with a loved one when they die, or unable to mourn someone's death in-person with friends and family. Other types of loss include unemployment, or not making enough money, loss or reduction in support services, and other changes in your lifestyle. These losses can happen at the same time, which can complicate or prolong grief and delay a person's ability to adapt, heal, and recover.

Helping children cope with grief

Children may show grief differently than adults. Children may have a particularly hard time understanding and coping with the loss of a loved one. Sometimes children appear sad and talk about missing the person or act out. Other times, they play, interact with friends, and do their usual activities. As a result of measures taken to limit the spread of COVID-19, they may also grieve over loss of routines such as going to school and playing with friends. Parents and other caregivers play an important role in helping children process their grief.



If you have lost a loved one during the COVID-19 pandemic

Grieving the loss of a loved one while coping with the anxiety related to the COVID-19 pandemic can be especially overwhelming. Social distancing, "stay-at-home-orders," and limits on the size of in-person gatherings have changed the way friends and family can gather and grieve, including holding traditional funeral services, regardless of whether or not the person's death was due to COVID-19.

Some actions you can take to help you cope with feelings of grief after the loss of a loved one include:

- Connecting with other people
- Creating memories or rituals.
- Asking for help from others

Here are some ways to cope with feelings of grief

- Acknowledge your losses and your feelings of grief.
- Consider developing new rituals in your daily routine to stay connected with your loved ones to replace those that have been lost.
- If you are worried about future losses, try to stay in the present and focus on aspects of your life that you have control over right now.

Information Sources: CDC, Johns Hopkins Center for American Indian Health www.cdc.gov/coronavirus

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Featured Products

The products pictured here are available in our warehouse in limited quantities. During your follow up call with your PDC, remember to ask about these items!



Pictured at top: No-skid socks, toddler jacket, bib, swaddler.

Pictured at bottom: Poly mailing envelopes and plastic food-handler gloves

- Unisex socks – These socks come in a variety of colors and various sizes, and they have no skid tracks.
- Toddler jackets – These come in varied colors and sizes 2T, 3T and 4T. Bibs – These bibs for infants and toddlers help keep their clothes dry and clean while eating.
- Swaddlers – These unisex night gowns for infants are one size fits all.
- Mailing envelopes – These sturdy plastic bags are lightweight and designed for shipping small products.
- Poly gloves – These quality, loose-fitting, lightweight gloves are generally used in a food-service setting.

Contact Us!

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Reminders

School will be starting before you know it. If you are a school partner and interested in receiving **TOMS shoes** for your students, please contact Denise Suchy in our Phoenix office. She'll send you everything you need to get the process started.

Holidays are right around the corner too! Please keep in mind there is a set window of opportunity for you to submit a Thanksgiving and/or Holiday (Christmas) request.

- **Thanksgiving:** Accepting requests from July 1 through September 17 (i.e., the third Friday of September).
- **Holiday (Christmas):** Accepting requests from August 1 through October 15 (i.e., the third Friday of the October).

If you need help with this, please call us at 877-281-0808.

Submitting a request is **not a guarantee that your request will be approved. ALL requests are reviewed and approved based on established selection criteria and partner standing with reports from prior requests. PWNA will notify you well in advance about the determination for your request.

TOMS



For any PWNA report/request forms, visit www.swnativepartners.org or call 1-877-281-0808.