



PARTNERSHIP WITH  
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Serving immediate needs,  
supporting long-term solutions.

# SOUTHWEST NEWSLETTER

OCTOBER 2023



## MESSAGE FROM THE PRESIDENT JOSHUA ARCE, PWNA PRESIDENT & CEO

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### PARTNER SPOTLIGHT

Mike, a member of the Tohono O'odham Nation, has worked at the Pisinemo District Senior Center for 12 years. Now the Supervisor, he utilizes many PWNA services such as Healthy Living, Standard Food, Thanksgiving Meals, and Holiday Stockings for Elders. The Senior Center motivates Elders to participate in weekly exercises using incentives from the Healthy Living service. The homebound Elders are grateful for the meals they receive from the center, too. Thank you, Mike, for your continued partnership and collaboration - and for serving your community!

Greetings Partners!

Our teams have worked hard to put together a redesigned newsletter for your viewing pleasure. We appreciate your partnership with us, your role in serving the community and want to acknowledge your efforts by sharing it with others.

Each time I get to visit one of your organizations, I am recharged, inspired, and amazed with the work being carried out. Every community has stories of success, empowerment, and achievement, which is why we want to use this newsletter to highlight the community you represent, the work you've accomplished, and the challenges you've overcome.

Additionally, I'd like to share where I will be visiting and hope that we can cross paths. I'll be in Rapid City for our Board of Directors meeting, visiting our partners at Sisseton Wahpeton Oyate, and attending the 4D Cohort in Phoenix during the month of October.

Thank you, we look forward to doing great things together!

*Joshua Arce*

Joshua Arce  
PWNA President & CEO  
Prairie Band Potawatomi





## COMMUNITY EVENTS INDIGENOUS FOOD DEMONSTRATION

Navajo Elders from Kaibeto, Arizona were provided food boxes containing some Indigenous foods such as mutton/lamb, squash, green chili, blue cornmeal, and juniper ash. To give the Elders different ideas for cooking the mutton and produce besides the traditional stew, we had a Navajo Chef, Denella Belin from Nella's Innovative Kreation LLC, conduct a food demonstration. Chef Denella demonstrated three unique recipes, and the biggest hit with the Elders was the Mutton Squash on Blue Corn Mush Casserole. All the Elders stated they never had paired the blue corn mush with fresh vegetables. They were all thankful for sharing and providing a different taste. You can create this delicious meal with your loved ones – just follow the recipe below!



**I like learning what you taught today and gives me a lot of ideas instead of just making a soup. And seeing the demonstration – now I know what to share with my babies.**

- Navajo Elder

## REPORT DEADLINE REMINDERS

### Due 30 days after delivery:

- Healthy Living
- Community Events
- Food Pantry

### Due 90 days after delivery:

- Standard Food
- Residential
- Animal Welfare



## INDIGENOUS RECIPE MUTTON SQUASH ON BLUE CORN MUSH CASSEROLE

*Recipe and photo property of Chef Denella.*

### INGREDIENTS

- 1 lb mutton, cubed
- 3 squash, cubed
- 1 whole cabbage, strips
- 1 onion, strips
- 1 tbsp Paprika
- 1 tbsp onion powder
- 1 tbsp black pepper
- 1 cup water

### INSTRUCTIONS

1. Cook blue corn mush to a firm consistency following the traditional steps in making your own blue mush.
2. Sear mutton with onions and squash.
3. Add spices.
4. Sauté cabbage strips separately until very soft.
5. Spread the blue corn mush at the bottom of the pan. Spread up to 1.5 inches in height.
6. Top with mutton, onions, and squash.
7. Top with the sautéed cabbage.





## FEATURED PRODUCTS

**This quarter, featured products include:**

### **Emergency Meal Kit**

Assorted meals include 3/4 lb entrée of pasta with meat, protein bar, powdered drink mix, candy treat. No refrigeration required. Add water when ready to eat and the product will self-heat in 10-12 minutes.

### **Soccer Training Net (3 ft. x 2 ft.)**

Does not come with a frame but can easily be attached to fencing or poles you may already have. Can also be used to store stuffed animals in a child's bedroom or as netting for cargo/activities.

Other items include Ready Meals (apples), all purpose disinfectant wipes (75 count), hand soap, hand sanitizer (1-3 oz). Do you have any special uses or tips and tricks for these items? Let us know - we're always interested in your feedback!

## CONTACT US

PWNA only delivers needed goods and services. We want to ensure the products we send fit your needs. If they do not, please call us so that we may better serve you.

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## SERVICE HIGHLIGHT ANIMAL WELFARE

Did you know that PWNA offers an Animal Welfare Service? This service is designed to support organizations committed to animal welfare with the supplies they need to encourage participation in their rescue, foster, and adoption activities. To qualify for the Animal Welfare service, your organization must:

- Be a 501c3 organization that offers domestic animal adoptions
- Have a foster home network, or transport animals off the reservation to other no-kill shelters
- Have at least 1 year of experience working with reservation animals
- Preferably have a focus on the rescue of animals versus control of the animal population
- Provide a report with sign-out sheets at the end of a 90-day service period

With incentive items such as pet food, collars, leashes, bowls, treats, blankets, and more, you can encourage your community to adopt, become foster families, or volunteer to help transport animals to other no-kill shelters. You may also receive personal hygiene items for your volunteers. The Animal Welfare service supports recurring spay/neuter and vaccination services through grants. For one-time spay/neuter or vaccination clinics, you may request incentives under the Community Events service. If you know of an organization that may benefit from the Animal Welfare service, have them give our office a call.





March 2023 Boeing 4D Graduation  
White Mountain Apache



## IMPACT BY THE NUMBERS SEE THE DIFFERENCE YOU ARE MAKING

Collaborating with amazing Program Partners like you has helped us work efficiently and effectively for more than 30 years in Indian Country. Here's how partnering with dedicated friends like you continues to make a positive impact in tribal communities in 2023:

### SAVE THE DATE



**Daylight Savings Time Ends –**  
Sunday, November 5th, 2023

**Last day to submit a PWNA  
Report/Renewal Form or  
Request Form for one last  
2023 delivery –**  
Friday, November 17th, 2023  
by 12:00 Noon

**792**

**SHIPMENTS**

**57,698**

**MILES DRIVEN**

**752,467**

**LBS OF SUPPLIES**



**6,831**

SERVED THROUGH  
EMERGENCY SERVICES



**2,145**

SERVED THROUGH  
EDUCATION SERVICES



**24,327**

SERVED THROUGH  
HEALTH SERVICES



**719**

SERVED THROUGH  
ANIMAL WELFARE



**13,778**

SERVED THROUGH  
FOOD SERVICES



The families who are provided with incentives are more motivated to actively participate in the program, therefore helping the program to reach individual and program outcomes.

- Priya, Avenues Early Childhood Services  
Gallup, New Mexico

## EDUCATION UPDATE

**270**  
SCHOLARSHIPS

Undergraduate and graduate students were awarded for the Fall 2023-Spring 2024 school year!

2024-2025 scholarship applications will be available by mid-October on our website: [www.aiefprogram.org](http://www.aiefprogram.org). We encourage all Undergrad, Grad, and Vocational students to apply! (Funding varies from \$500 to \$2,000 per year.)

