



# Native Aging Visions

A Resource for Native Elders

*A Publication of the National Resource Center on Native American Aging  
located at the University of North Dakota Center for Rural Health  
School of Medicine & Health Sciences*

*Volume 7, No. 2 Summer 2008*

## Director's Column

**H**au' Midakiyapi (Hello My Relatives). I hope the summer is going well for everyone and you are enjoying nice weather. We are pleased and excited to share a variety of current projects related to Native aging in this edition.

I would like to thank those tribes who participated in the third cycle of the Identifying Our Needs: A Survey of Elders social and health needs assessment project. This cycle has produced our greatest number of sites and participants since we began nine years ago. We appreciate your input on how the information was used and how we may better serve you as a resource center. The project has become the cornerstone for our work and will continue to be used to assist tribes in conducting needs assessments and generating ideas on how the community information can be used. Past examples for uses have been the Title VI Native Elder Nutrition and Caregiving application, long-term care development, federal and foundation funding application, and Native aging education and advocacy.

The HEROES project recognizes individuals for their contributions to aging initiatives in their communities (visit [www.nrcnaa.org](http://www.nrcnaa.org) and click the box on the right). We want to thank those who have already nominated HEROES from their communities and encourage others to nominate anyone you feel has improved the lives of Native elders.

The Native Elder Service Locator project provides networking to tribes who are developing long-term care (LTC) services/facilities with tribes having existing LTC infrastructure (visit [www.nrcnaa.org](http://www.nrcnaa.org) and click the service locator tab on the left). The map will assist those tribes who have completed a needs assessment and identified the most appropriate service or facility for their community. The NRCNAA map is access- and flash-based and allows for the user to interactively search LTC topics of interest. A beta version of the map was placed on the NRCNAA web site in February 2008 and is being refined through your feedback and suggestions. We encourage you to visit the site and provide comments on how the site might be improved.

Our staff is excited about the upcoming year's activities. We will continue to focus on sharing statistics from the three cycles and provide ideas on how this information may be used in your community. We have submitted abstracts to present at the National Indian Council on Aging Conference in Tacoma, WA, on September 5-9, 2008 and to the 20th Annual Native Health Research Conference in Portland, OR, on August 25-28, 2008. We hope to see you there. Be well and take care!

— Russ McDonald



**Native Aging Visions** is supported by a cooperative agreement, No. 90-AM-3080-02 from the Administration on Aging, Department of Health and Human Services.



---

---

## Heroes Project

by Ann Miller

Our search for your hometown heroes continues to yield an amazing response. Thirteen extraordinary individuals have already been selected and more nominations are coming in on a regular basis. We do not say, "Thank you" often enough, especially to those who give unsparingly of themselves and ask nothing in return. These special people nourish our communities through their giving spirits and serve as role models for our young people.



**Bill Rossig is a Hero.** He is a member of the Wiyot Tribe in California and a veteran of World War II. He has been giving to his community for most of his 90 years. He coached youth football and baseball teams for 45 years, and built homes

and children's playgrounds. Bill started his own Elder Wood Program where he collects and distributes scrap wood to the elderly on three local reservations. In addition, he has been volunteering for the Blue Lake Rancheria Elder Nutrition Program for over 15 years (continuing even while he was going through cancer treatments).



**Claire Hughes is a Hero.** Dr. Hughes is a respected Native Hawaiian elder. Throughout her career she has sought knowledge and methods to help others enjoy good health. She partnered to develop usage of the traditional

Native Hawaiian Diet (THD). This can modify numerous health problems associated with consuming a westernized diet (high cholesterol, high saturated fat). Through her newsletter column, she has informed and influenced many Native Hawaiian

elders to make personal changes to improve their health. After her retirement in 2002, Dr. Hughes continues her volunteer work with the American Cancer Society in the Hawaiian community.

There are other Heroes among us. **We are accepting nominations through September 30, 2008.** We want to say, "Thank you" to individuals who have dedicated their time, talent, and energy to help our Native elders, solve local problems, share cultural traditions, and build stronger communities. Any individual in your community or across the continental U.S., Alaska, or Hawai'i is eligible to be nominated. Please help us recognize individuals who have impacted the lives of Native elders in your communities or nationally.

Nomination information is available online at [www.nrcnaa.org](http://www.nrcnaa.org) or by contacting Ann Miller at (800) 896-7628 or [annmiller@medicine.nodak.edu](mailto:annmiller@medicine.nodak.edu).

### Other Resource Centers

Hā Kūpuna, the National Resource Center for Native Hawaiian Elders, has a web site: <http://manoa.hawaii.edu/hakupuna>

Don't forget there is also a National Resource Center in Alaska, <http://elders.uaa.alaska.edu/>

**Please visit both sites to learn more!**

### Funding Opportunities

Please visit our web site: [www.nrcnaa.org](http://www.nrcnaa.org) for a new feature on the home page: Funding Opportunities, compliments of the Rural Assistance Center, [www.raconline.org](http://www.raconline.org)

# Native Elder Services Locator

by Kim Ruliffson and Danny Fasteen

There has been an increase in phone requests from tribal communities for information about long-term care development. Therefore, we developed the Native Elder Service Locator Project to increase national networking of tribal communities developing long-term care services and/or facilities. The idea was proposed by our friend and late director, Alan Allery.

The Native Elder Services Locator Project:

- Serves as a resource to assist Native elders, families and service providers to locate services in specific communities.
- Provides a networking resource to tribes seeking a model for the provision of long-term care services.

This is an interactive web site allowing you to:

- Find elder services in a tribal/village/homestead locations
- Print the locations of all elder services located within each state
- Print a list of information available at each tribal location
- Print a list of all tribes participating in the project
- Print a list of all tribes that have specific services such as Emergency Medical Services
- Print a list of the service definitions as defined by the Administration on Aging

Home > Project > NRCNAA > Projects > Native Service Locator > Service Locator Interactive Map [Print Page](#)

Select what service you are looking for:  
Adult Day Care

States with Native American Elderly Service Centers

FusionMaps v3 Evaluation - An InfoSoft Global Creation

12 service centers

1-2 centers 3-4 centers 5-10 centers 10 or more centers

Click the printable version to obtain a listing of all service centers.  
[Printable version](#)

[Click here for summary of the services available.](#)

Home > Project > NRCNAA > Projects > Native Service Locator > Service Locator Interactive Map [Print Page](#)

Scroll over the logo to learn what tribal entity it represents, click the logo for more information.

FusionMaps v3 Evaluation - An InfoSoft Global Creation

Spokane Tribe of Indians

Please visit the Locator at: [www.nrcnaa.org](http://www.nrcnaa.org). Click the Projects tab on the left side of the web site to learn more, or the Service Locator tab to get into the map immediately. Please share your feedback with us at: [nrcnaa@medicine.nodak.edu](mailto:nrcnaa@medicine.nodak.edu) because this is a new project and we would like to know if it is helpful.

*Acknowledgments: Administration on Aging, National Association of Area Agencies on Aging, specifically the Eldercare Locator, Kauffman and Associates, Inc., and individual contributors: Danny Fasteen (lead), Kim Ruliffson (organizer), Brian Barclay (web specialist), Twyla Baker-Demaray (cultural competence trainer), Rick Ludtke (collaboration and survey creation), Pam Ness (caller), & Kaylee Compton (caller).*

---

## Update on the Needs Assessment Project

by Twyla Baker-Demaray, M.S., Mary Gattis, M.P.A., and Kim Ruliffson

The staff members of the NRCNAA are happy to report the overall results of the 'Identifying our Needs: A Survey of Elders III'. The project assisted tribal entities across the nation to fulfill the needs assessment section of their Title VI nutrition and caregiving grants to the Administration on Aging by January 22, 2008. The project completed another successful cycle in the Title VI grant application process and we would like to take this opportunity to thank and congratulate participating tribes, organizations, Alaska Native villages, and Hawaiian homesteads! Our work would not be possible without your support for this important project. Cycle III ended with:

- 298 tribes, Alaska Native villages, and Hawaiian homesteads that participated
- 127 different sites (14,791 elders used the NRCNAA survey instrument)
- 774 elders used the NSAIE (National Society on American Indian Elderly) survey instrument
- 15,565 total elders
- All 12 IHS regions represented in the national file

Forty-four additional sites representing 89 tribes have active tribal resolutions on file with the NRCNAA and are still collecting data. Additional tribes are at various stages of getting their tribal resolutions

passed through their tribal governments to participate in the needs assessment. The tribal resolution is a protection allowing only the tribe, village or homestead to have full ownership of the data. The NRCNAA can only report overall data and regional data.

If your tribe has not completed the needs assessment, the project is ongoing and we encourage you to give us a call! Please contact Mary Gattis or Twyla Baker-Demaray at the NRCNAA to help you get started: 800-896-7628. We will continue to accept and process needs assessments, and are ready and willing to help. The needs assessment survey is available to view on-line at: <http://ruralhealth.und.edu/projects/nrcnaa/cycle3.php>, but please contact the office for the official scan-tron surveys.

### Share Your Success Story

The needs assessment has helped tribal entities to document health disparities for grants, strategic planning, long-term planning, and much more! If you would like to share how this assessment has helped your tribe, village, consortium, or homestead, please send us an e-mail at: [nrcnaa@medicine.nodak.edu](mailto:nrcnaa@medicine.nodak.edu) and we will post success stories on our web page, [www.nrcnaa.org](http://www.nrcnaa.org).

---

## Journal of Native Aging and Health

by Pam Kalbfleisch

We published the fourth issue, Volume 2 Issue 2, of the journal in January 2008. The Journal was sent to universities with gerontology, Indian studies, health and medical programs, tribal colleges, and offices of Indian health services. Currently, we are working on Vol. 3 Issue 1 and the special issue on the Long Term Care conference. Our editorial assistants

are soliciting manuscripts, editing them, and getting them ready for lay out. The reviewers are in the process of reviewing the manuscripts.

### Subscription Information

The subscription of the journal is \$40 for a year (two copies) and \$25 for an individual

(Continued on page 6)

## New Administrative Assistant at the NRCNAA

by Ann Miller

I was hired as the Administrative Secretary for the National Resource Center of Native American Aging in January of this year. My job includes budget tracking, making travel arrangements, assisting with needs assessment and grant applications, and helping in any way I can to keep things running smoothly.

I grew up in Iowa and Missouri and attended the University of Missouri on and off for 4 years (alternating with secretarial work). Then my travels took me to Minneapolis, Houston, Boston, and Oak Ridge, Tennessee. In Oak Ridge, I began taking classes at Roane State Community College. I had worked my way through all but one of the curriculums available when I signed up for a motor cycle riding course. At the end of that quarter I received a letter congratulating me on completing the final requirement for graduation – a physical education credit – so I graduated with an Associate of Science degree.

In Atlanta (oh yes, I moved again) I sold insurance and mutual funds for Jefferson Standard/Jefferson Pilot for a couple of years and then became the Program

Director for the Arthritis Foundation in Georgia. I scheduled and ran their pain management classes, both teaching and training instructors. I also operated a statewide referral service to connect arthritis sufferers with information, equipment, and medical care. After I relocated to St. Paul, Minnesota, I began working for the Minnesota Historical Society at the James J. Hill House. I was there for 15 years scheduling tours, meetings, concerts, and events, assembling reports and payrolls, and occasionally hosting events and/or acting as “hat check person.”

When I moved to Grand Forks I attempted to retire. After moving through my “When I have time” list for a couple of years (which included a lot of traveling and spending time with my four grandchildren) I realized retirement wasn’t for me. I did some temporary work and then was very fortunate to find my current position here at the NRCNAA.



Ann Miller

### REGISTER NOW — Under One Sky: Helping Elders Live Well & Thrive in Their Communities

#### National Indian Council on Aging Biennial Conference

Greater Tacoma Convention & Trade Center  
Tacoma, Washington  
September 5 – 9, 2008

**Register EARLY** - there is only space for 2400 participants and there will be NO on-site registration!

For conference registration forms and overflow hotel information please visit [www.nicoa.org](http://www.nicoa.org) or contact Sharon Hodge at (505) 292-2001 or [shodge@nicoa.org](mailto:shodge@nicoa.org)





Center for  
Rural Health

National Resource Center on Native American Aging  
School of Medicine & Health Sciences Room 4535  
501 North Columbia Road Stop 9037  
Grand Forks, ND 58202-9037

NON PROFIT  
ORG.  
U.S. POSTAGE  
PAID  
Grand Forks, ND  
58201  
Permit No. 10

*Address Service Requested*

---

## **Journal of Native Aging and Health** *(continued from Page 4)*

copy. This information is available within the journal and on the web site <http://www.und.edu/dept/scomm/jnah.html>. Willing subscribers may send their requests along with checks to start their subscriptions. Their records are maintained and updated on time and renewal requests are sent by the end of their subscriptions.

### **Indexing**

We are in the process of getting the journal indexed online with PubMed Central and ERIC database (Education Resources Information Center). Currently, the journal is in the review process at ERIC. It has passed the first stage of acceptance at PubMed Central and going through the second stage. In order for the journal to be indexed online, we have also obtained a separate (electronic) ISBN number.

### **Native Aging Visions Newsletter**

We are in the process of changing our newsletter, *Native Aging Visions*, into an electronic mailing to share information, grant opportunities, and health resources in a more timely fashion.

To assist us, please complete the online form at: <http://ruralhealth.und.edu/projects/nrcnaa/subscribe.php>

It is quick and easy.

Thanks kindly! — NRCNAA staff

If you have any questions, you can reach us at (800) 896-7628 or by email at [nrcnaa@medicine.nodak.edu](mailto:nrcnaa@medicine.nodak.edu)