



# Native Aging Visions

A Resource for Native Elders

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## Boozhoo!

My name is Collette Adamsen, MPA, and I'm excited to have been appointed as interim director for the National Resource Center on Native American Aging (NRCNAA). Both of my parents are enrolled members of the Turtle Mountain Band of Chippewa Indians in Belcourt, North Dakota.

For the last three and a half years, I served as the NRCNAA project coordinator. I enjoy being a part of such an inspiring center. I feel blessed to be able to serve our elders in this capacity.

With the holiday seasons approaching so quickly, I'm reminded of the traditions back home—all of the big feasts that are served and being able to gather with our families. In my family, there always seems to be that one person who tells so many humorous stories your stomach hurts from laughing. I always enjoy listening to my elder family members tell funny and interesting stories about their younger days. It's always nice to hear about the adventures and life lessons that our elders have to share with us.

*Mino Niibaa  
Amani`e Giizhigad  
-Chippewa*

They are our wisdom keepers, and they are important to our lives.

At our holiday meals, I feel so much pride when we show respect for our elders by allowing them to eat first. This is a strong symbol of how much we honor them. When we have holiday meals with our families back home, we always follow the tradition of allowing our elders to be the first to the table.

This holiday season, I hope you all enjoy spending time with your families and elders. Holidays are about gathering with your loved ones and making new memories to pass down to future generations. They will continue our traditions and keep our culture going strong.

Many Blessings! Miigwech.  
- Collette Adamsen



**Collette Adamsen**

*Ya`at`ehh  
Keshmish  
-Dine/Navajo*

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# Heroes



The “Heroes” project was conceived by the late Dr. Alan Allery and was developed through the NRCNAA and the Administration for Community Living. It is a way to recognize people who have made impacts in the lives of Native elders in communities throughout the nation. These individuals have dedicated their time, talent, and energy to helping Native American elders. They have accomplished this through solving local problems, sharing cultural traditions, building stronger communities, and making life better for Native American elders.

Through this project, we would like to recognize and thank the heroes in your community. If you know a local hero, please help us recognize him or her for impacting the lives of Native elders locally or nationally.

Nominations are being accepted on an ongoing basis. For more information, please contact us at **(800) 896-7628** or go to [info@nrcnaa.org](mailto:info@nrcnaa.org) to download the Hero registration form. We will be recognizing the heroes at the 2018 Title VI Training and Technical Assistance Conference.

## WELL – Balanced Training

Wise Elders Living Longer or WELL-Balanced is a culturally sensitive health promotion program designed as a community intervention to address Native elders’ risk of falling. It focuses on encouraging exercise and improving movement, specifically through balance and strengthening exercises. This eight-week course, taught by volunteer instructors/coaches, includes a home safety check, fall risk screening, and a home program to use after the course is completed. The program requires at least two instructors and space for 10 to 12 elders to perform exercises.

The need for the WELL-Balanced program in indigenous communities gained support from data obtained from “Identifying our Needs: A Survey of Elders.” The NRCNAA worked with more than 300 Native American tribes, homelands, and villages throughout the continental U.S., Alaska, and Hawaii to compile information on health status,

chronic disease, functional limitation, access to healthcare, health risk factors, home- and community-based services, housing, and social interaction of their elders. Analysis of this data revealed the prevalence of chronic disease, lack of mobility, and social isolation among this population.

During the last few months, the NRCNAA has received significant interest in the WELL-Balanced program from tribal stakeholders. In October, NRCNAA staff took part in a three-day training with Dr. Laurie Betting, the program developer, to cover all of the exercises WELL-Balanced offers. The training manuals are currently being revised and simplified with the most up-to-date information. For more information about the WELL-Balanced program, and how to get started, contact the NRCNAA at **(800) 896-7628** or [nrcnaa.org](http://nrcnaa.org).

*Mitho  
Makosi  
Kesikansi  
-Cree*

# 2017 National Title VI Conference

In September, NRCNAA staff attended the 2017 National Title VI Training & Technical Assistance Conference in Minnesota. The conference provided resources and presented new information to American Indian, Alaska Native, and Native Hawaiian Title VI offices in a span of four days. Knowledgeable presenters conducted multiple workshops and plenary sessions, covering the unique challenges facing tribal Title VI directors. NRCNAA Interim Director Collette Adamsen and Research Specialist Cole Ward presented on four occasions, utilizing data collected from the Cycle VI survey to highlight topics of interest.

Throughout the conference, general information was provided at our exhibit booth about the five NRCNAA programs. The program we wanted to highlight was the updated Cycle VII Needs Assessment Survey. As we mentioned in the Summer 2017 issue of, "Native Aging Visions," Title VI offices can request surveys at any time. The updated survey includes suggestions from tribal stakeholders

who shared their valuable input when our staff visited several Title VI offices. During the revision process, we were able to include input and address several concerns brought to our attention. The changes should make the survey more user friendly. However, if you have any questions or concerns, do not hesitate to contact our office.

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At the conference, we had the opportunity to reconnect with colleagues and other researchers to discuss the potential for research collaborations. Our staff also connected with tribal stakeholders who could potentially participate in the Cycle VII Needs Assessment Survey. After the weeklong conference, our staff members had new research ideas and ways to improve our research process.

*Yukpa,  
Nitak  
Hollo  
Chito*  
-Choctaw

*Spraasnikam!*

-Alutiiq Alaska

*Danistayohihv & Aliheli`s  
Itse Udetiyvasadisv*

-Cherokee





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# *Merry Christmas* *Wanikiya anpeta waste yuha*

from the  
NRCNAA!

