

# SOUTHWEST NEWSLETTER

**JULY 2025** 



**Greetings Program Partners!** 

Summer is in full swing! The days are longer, the sun is shining brightly, and communities are bustling with seasonal activities and celebrations. Gardens are growing, summer programs are underway, and the energy of the season is all around us.

As we move through the heat of summer, we get the chance to come together, reflect on the past year, and make plans for the future. This time offers us the opportunity to assess progress, celebrate successes, and continue planning for the months ahead. It's a season not just of growth, but of action, momentum, and shared purpose.

We appreciate your continued partnership and support. To serve you better, we must continue to hear from you. Please share with us your summer plans and initiatives, and we look forward to supporting another impactful season of activities, programming, and success.

From the PWNA Team to you, your team, and your community, we wish you many blessings as we embrace the summer season!

Migwech!

n! John (lic PWNA President & CEO Prairie Band Potawatomi Nation

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# Partner Spotlight

Rough Rock Senior Center has been a Program Partner with PWNA since January 2007. Rough Rock is located on the Navajo Nation and is 31 miles northwest of Chinle, Arizona. Queenie James is the supervisor for the facility.

The senior center provides a variety of services: transportation, meal service, exercise and socialization. The Rough Rock Senior Center currently utilizes several PWNA services. Standard Food, Healthy Living, Summer/Winter Boxes and Christmas Elder Bags. The staff provides hot nutritious meals to elders on a daily basis, serving a total of 85 elders. The Standard Food service supplements the menu and helps the center save money on purchasing staple food items like flour, sugar and pinto beans.

The senior center also provides several classes throughout the month focusing on exercise and wellness with topics such as oral health, personal hygiene, nutrition and health education. The Healthy Living service helps the Senior Center promote those classes. When there is a new class, the staff use the incentives to encourage elders to attend and earn incentives.



**Queenie James**Rough Rock Senior Center Supervisor
Navajo Nation Chinle, Arizona

The Rough Rock Senior Center staff appreciate PWNA for providing products that the elderly like and can use in their homes. They also appreciate the opportunity to provide their seniors with holiday bags at Christmas.

Thank you, Queenie, for your service to your clients and community!

### **Cholla Bud Pasta**

By Freddie Bitsoie & James O. Fraioli



#### **INGREDIENTS**

- Kosher salt
- ½ lb bow-tie pasta
- ½ cup Cholla Bud Pesto
- ½ cup cherry tomatoes, sliced in half
- ¼ avocado, optional, diced
- 1 tbsp chopped fresh cilantro

# Indigenous Recipe

#### **DIRECTIONS**

- 1.) In a large, heavy-bottomed pot, bring water to a boil. Season the water with about 4 tbsp of salt. Add the pasta and cook until al dente. Drain the pasta and place in an ice bath until cool. Drain the pasta well.
- 2.) In a medium bowl, mix the pasta with the Cholla Bud Pesto. Mix in the tomatoes and garnish with the avocado and cilantro.

Cholla Bud Pesto Ingredients: 1 cup cooked cholla buds, 2 tsp roasted pine nuts, 1 clove minced garlic, ¼ cup queso fresco, 1 tsp kosher salt, 1 tsp freshly ground black pepper, ½ cup olive oil.

(Recipe reprinted with permission)



# **COLLABORATION CORNER**

Long-Term Solutions has awarded three Community Investment Projects in the Southwest that support sustainable food sovereignty initiatives. Each project aims to increase access to healthy, affordable foods with an emphasis on health education and ancestral foods. The organizations receiving funding are the Colorado River Regional Crisis Services in Parker, AZ, Day at a Time Club, Inc, in Fort Defiance, AZ, and Zuni Youth Enrichment Program in Zuni, NM. Over the coming months, these organizations will participate in indigenous food sovereignty training alongside community members with a focus on intergenerational engagement.

#### **Zuni Youth Enrichment Project | Zuni**



Day At A Time Club | Navajo



Colorado River Regional Crisis Shelter | Colorado River Indian Tribes





# Service Highlight

# **DISASTER RELIEF**

The purpose of PWNA's Disaster Relief Service is to connect partners with essential resources during emergency situations that pose an immediate threat to health, life, property, or environment. This service supports organizations that respond within their own communities during a crisis, whether to prevent further harm or to aid recovery from a natural disaster, community-wide emergency or health crisis.

Disaster Relief is designed to assist community members by providing essential items. If your organization can distribute resources to community members including Elders, adults, youth and children, then you may be eligible for support through this program.

Examples of emergencies include:

#### **Natural Disaster**

- Wildfires
- Extreme Flooding
- Droughts

### **Community Disaster**

- Water Shortage
- Industrial Accidents
- Environmental

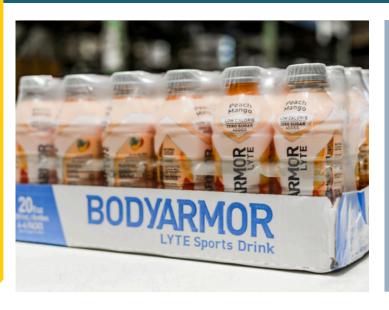
### **Health Disaster**

- COVID-19 Pandemic
- Infectious Disease Outbreak
- Chemical Spills

If you are interested in PWNA's Disaster Relief service, please visit our website at <a href="https://www.swnativepartners.org">www.swnativepartners.org</a> and download the Disaster Relief request form. The information you provide will help us assess whether we can support your request. Please note that submitting a request form does not guarantee assistance, but it allows us to review and prioritize requests systematically, based on service guidelines.

For questions or to confirm your request was received, please call: (602) 340-8050 or toll-free (877) 281-0808.





PWNA recently received new inventory that may be of interest to your participants. Below is a list of items currently available in our warehouse. Please be sure to ask your PDC about these items during your follow-up call.

**Beverages/Drinks:** A selection of water, soda and sports drinks are available.

**Disinfectants:** Various disinfectant sprays, sanitizing wipes and hand sanitizers are in stock.

**Pillows:** A large supply of pillows are available, suitable for a variety of uses.

**Kitchen Tools:** A range of kitchen items including tongs, mugs, basters and drain baskets/strainers are available for use in food demos or nutrition classes.

**Insect Killer:** Bottles of insect killer spray are readily available in the warehouse.



# **IMPACT BY THE NUMBERS**



63,291

**756** 

622,657

MILES DRIVEN

SHIPMENTS

LBS OF SUPPLIES

467

22,702

3,836

14,801

SERVED THROUGH
ANIMAL WELFARE

SERVED THROUGH
HEALTH SERVICES

SERVED THROUGH EMERGENCY SERVICES

SERVED THROUGH FOOD SERVICES



# **EDUCATION UPDATE**

- The American Indian Education Fund (AIEF) received a total of 1,047 undergraduate and 252 graduate scholarship applications for the 2025–2026 academic year. We will fund 120 students for the 2025-2026 academic year, and students will be notified mid-July.
- Thanks to a generous donation from Synchrony, 34 printers were provided to scholarship recipients on a first-come, first-served basis.
- AIEF Graduation pins and congratulatory cards were distributed to 25 students who completed their degrees in Spring 2025, recognizing their academic accomplishments.
- The AIEF Scholarship Review Committee is scheduled to convene for its annual retreat from June 23–26 at the Okana Resort and Indoor Waterpark in Oklahoma City, Oklahoma.





Boozhoo, Miigwech for the wonderful gift to help further my education and very much appreciated. I look forward to my first year experience to my journey to become a Veterinarian. It was with your educational funds and items I never expected to receive, it lets me feel prepared. Also helped with my anxiety as I was worried about needing items and your surprises helped so very much. Miigwech again.



**Kasin F.**Turtle Mountain Band of Chippewa Indians
North Dakota



#### **Material Services**

## SAVE THE DATE

During the 2025 program year, staff revised all the PWNA forms (guidelines, requests, and reports). Please begin using the updated forms. The bottom right corner of each form will indicate the revision date.

The holidays are fast approaching! Please note the specific request windows for submitting Thanksgiving and/or Holiday (Christmas) support:

- Thanksgiving: Requests are accepted from July 1- September 19th
- Holiday: Requests are submitted from August 1- October 17th

Note: Submitting a request does **not** guarantee approval. All requests are reviewed and approved based on established selection criteria and partner standing, including prior reporting. PWNA will notify you in advance of the outcome of your request.

## **Long Term Solutions**

PWNA is offering indigenous Food Sovereignty training for CIP awardees and their community members. The training includes adults and youth and aims to enhance leadership development skills, rebuild relationships with traditional foods, revive culinary traditions and teach traditional methods of growing, foraging, preserving, and creating community meals. Training sessions will take place from June through September.



"I'd like to thank [donors] for the support and for the help that they give to the people in the shelter. It really does come in handy because some of us don't have the funds for it."



If you need help with Material Services or Long-Term Solutions, please call us at 877-281-0808 or 602-340-8050.

### \*\*\* REPORT DEADLINE REMINDERS \*\*\*

### Due 30 days after delivery:

Healthy Living Community Events Food Pantry

### Due 90 days after delivery:

Standard Food Residential Animal Welfare



# **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.

## Cassandra Herrera

Operations Manager | Material Services

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