Ways to Love Our Elders

**LISTEN** • Hug them • Be PROUD of them • Tell them you LOVE them • Take them out to eat • Open the door • Steady them so they won’t fall • Brush their hair • Have them teach you

**TRADITIONS** • Spend time with them • Make them a cup of tea • Cook their favorite food • Take them to a movie • Take them out for a meal • Sing together • Dance • Sweep the floor • Wash their clothes • Take out the trash • Be PATIENT, let them take their time • Clean their yard • Talk with them • Spend your own money on them • Make sure they are dressed warmly for the weather • Bring children to VISIT • Play games together • Pray with them • RESPECT their spiritual beliefs • Give birthday gifts • Remember them on holidays • Tell them the latest news (gossip) • Shake their hands • Make their bed • HELP them get dressed for the day • Clean out the stove • Check their windows & doors • Fix the fence or gate • Feed the dogs & horses • Make fry bread • RESPECT their history • Ask about their childhood • Ask them to tell you a story • Tell a story • Talk about what you did today • Read the newspaper • Be KIND & RESPECTFUL • Include them in your family plans so they won’t be alone • Let grandma relax at gatherings instead of cooking • Tell a good JOKE • Clean their jewelry • Make jewelry, do bead work, weave or sew • Check to see if they are okay • Chop & haul wood • Offer to pay their utility bill • Buy some groceries, potatoes or flour • Play their favorite song • Wash the vehicle • Take CARE of their medications • Let them keep & enjoy their gifts • Bring them your favorite food • Treat grandma like a lady, open doors for her & let her go first • Give their change back, when they ask you to buy something for them • Give a cheerful greeting, say “Hello. Goodnight, I LOVE you.” • learn to make traditional foods • Offer to interpret forms • Give them • Let them be by want • Make sure • kit • Make sure • safe place to be • work • Return

**Batteries** • Buy hair • Take them to the sales • Make a sack traveling • HELP them less fat, & less salt • VISIT • Watch a movie together • Find the restrooms at a restaurant or store • Go for a walk together • Take them to senior centers, special events, fairs, tribal meetings, & pow wows • Weed the garden • Buy them Kleenex, Vicks, eye drops, or Ben Gay • LEARN from their teachings • Clean their eyeglasses • HELP them remember things, appointments, purse, scarf, or hat • Take them to VISIT friends & relatives • Invite them to your class to demonstrate cultural skills • Look at pictures • HELP write letters to family or friends • PRAISE & ENCOURAGE their skills, weaving, jewelry making, cooking, & butchering • Let them know they are VALUED.

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