

AoA Older Americans Month 2008 Program Champion



Project: Spirit Lake Nation Senior Services

Organization: Spirit Lake Nation

Project Description:

The Spirit Lake Sioux Tribe Senior Service Program is a non-profit organization whose intent is to provide services to the senior citizens on the reservation. A primary goal of the program is to improve the quality of life for elders on the reservation, with special emphasis placed on low-income, frail, isolated, and non-English speaking older adults.

The elder's wisdom is a precious resource on the Spirit Lake Nation reservation, and they are encouraged to participate in managing the program. Every month, the Elders Governing Board meets to discuss issues affecting their population and hash out solutions on how the Senior Services program can best meet their needs. The Spirit Lake Nation Senior Services effectively coordinates with other programs throughout the reservation to expand services to the elders. The Tribe works together to raise money for services and to honor the elders.

Nutrition is a big issue among the seniors of Spirit Lake reservation. Often elders are not able to prepare their meals and in many situations cannot afford food. By serving over 25,000 healthy meals a year, the Spirit Lake Senior Services program ensures that elders maintain proper nutrition. The program also encourages older Indians to exercise and move more by attending the "Elders Day Out" that occurs each month at the Spirit Lake Casino and Resort Bingo Hall. An exercise day is set aside at the Spirit Lake Casino so elders can exercise and use the swimming pool.

The Spirit Lake Sioux Tribe Senior Service Program and the community have banded together to support their elders and ensure a healthy lifestyle for the wisest among them.

For more information on the program contact Myrna Greene at 701-766-1211 or via e-mail at mygreenesltcsc@yahoo.com