5th ANNUAL PARTNERSHIP IN COMMUNITY HEALTH SYMPOSIUM

Disseminating Lessons on Community Outreach and Food Sovereignty

2018
### Day One: Wednesday, August 15

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:00-8:30</td>
<td>Registration</td>
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<tr>
<td>8:30-9:00</td>
<td>Welcome: Dr. Susie John <em>(Auditorium)</em></td>
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<td></td>
<td>Address: Dr. Sonya Shin <em>(Auditorium)</em></td>
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<tr>
<td>9:00-9:30</td>
<td><strong>Keynote Address:</strong></td>
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<tr>
<td></td>
<td>Honorable Amber Kanazbah Crotty, 23rd Navajo Nation Council <em>(Auditorium)</em></td>
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#### Panel One: Community Health Leaders from Generation to Generation

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<tr>
<td>9:30-10:30</td>
<td><strong>Moderator:</strong> Dr. Susie John <em>(Auditorium)</em></td>
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<tr>
<td></td>
<td>• Brennette Pine, Community Health Representative Supervisor for Crownpoint Unit</td>
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<td>• Tonya Bluehorse, Navajo Community Health Outreach Youth Leader</td>
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<td>• Dr. Marla Yazzie, Gallup Indian Medical Center, Medical Officer</td>
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<td>• Ursula Knoki-Wilson, Office of Chief Executive Officer Chinle Service Unit, Community Relations Liaison</td>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10:30-10:45</td>
<td>Break Activity, Asia Yazzie</td>
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#### Morning Breakout Sessions

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<th>Time</th>
<th>Event</th>
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<tr>
<td>10:45-12:00</td>
<td><strong>Creative Leadership</strong></td>
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<td></td>
<td>• Dr. Chip Thomas, Physician to Artists: Artwork in Navajo Nation <em>(Conf. Rm 2)</em></td>
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<td>• Kyle White, Art Therapy <em>(Conf. Rm 1)</em></td>
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<td>• Miss Navajo Nation Crystal Littleben, Art as a Healing Mechanism <em>(Conf. Rm 3)</em></td>
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<tr>
<td>12:00-1:00</td>
<td><strong>LUNCH – Catered by Falling Clouds Catering</strong></td>
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#### Panel Two: Strengthening Food Systems: Linkages Between Retailers, Health Systems & Communities

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<th>Time</th>
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<tr>
<td>1:00-1:45</td>
<td><strong>Introduction &amp; Keynote Address:</strong></td>
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<tr>
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<td>Kevin Aspaas, Weaving, Food, Culture &amp; Community <em>(Auditorium)</em></td>
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<td>1:45-3:00</td>
<td><strong>Moderator:</strong> Dr. Susie John <em>(Auditorium)</em></td>
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<td>• Store Video (Impact Stories), Community Outreach &amp; Patient Empowerment Program</td>
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<td>• JoAnn Lameman, Four Corners Regional Health Center, Health Promotion &amp; Diabetes Prevention</td>
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<td>• Dr. Lydia Kim, Health Promotion &amp; Diseases Prevention, Nutritionist</td>
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<td>• Pam Roy, Farm to Table New Mexico, Executive Director</td>
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<td>• Gloria Begay, Dine Food Sovereignty Alliance</td>
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#### Afternoon Breakout Sessions

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<th>Time</th>
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<tr>
<td>3:00-3:15</td>
<td>Break Activity, Lane Franklin</td>
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<tr>
<td>3:15-4:15</td>
<td>• Katie Sandson, Farm to School <em>(Conf. Rm 2)</em></td>
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<td>• Twila Cassadore, Art Therapy <em>(Conf. Rm 1)</em></td>
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<td></td>
<td>• Grace Tracy, Dine Food Demonstration <em>(Snack Bar)</em></td>
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<td>4:15-4:55</td>
<td>The Bigger Picture/Youth Speaks, Dean Schillinger &amp; Anthony Orosco <em>(Auditorium)</em></td>
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<td>4:55-5:00</td>
<td>Day 1 Reflections and Adjourn</td>
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Day Two: Thursday, August 16

8:00-8:30 Registration
8:30-9:00 Welcome: Dr. Susie John

Morning Skill Workshops

9:00-12:00
- Pharah Morgan, Food Sovereignty Assessment on the Wind River Reservation (Auditorium)
- Janine Hood, Healthy Navajo Store Initiative Toolkit Training (Conf. Rm 2)
- Mary Gaul, Happy Homes Train the Trainer Training (Conf. Rm 1)
- Katie Sandson, Farm Bill Workshop (Conf. Rm 3)

12:00-1:00 LUNCH – Catered by Falling Clouds Catering

Afternoon Skill Workshops

1:00-4:15
- Carol Hansen, CHW Certification Panel-How Do You Get a Certification Program Going? (Conf. Rm 3)
- Gloria Begay, Food Sovereignty Curriculum & Game (Conf. Rm 2)
- Carole Palmer, Food Systems Mapping, Grower Roundtable (Snack Bar)

4:15-5:00 Day 2 Reflections and Closing Remarks
We are delighted to welcome you to our 5th Annual Partnerships in Community Health Symposium! We are thrilled to share a space for exchange, inspiration, and collective action. And, thank you to our many community partners, experts and advocates, supporters and funders, for making this event a reality. With our deepest wishes for wellness and community empowerment, the COPE team!
Keynote Speaker

Amber Kanazbah Crotty is a Navajo Nation Council Delegate and member of the Health, Education and Human Services Committee. Amber is born for the Kinyaa’ áníi Clan, her Cheils are Deeshchíí’níi Clan and from To’Halstoii (Sheep Springs, NM). Amber comes from a long legacy of women leaders, strong weavers, tenacious sheepherders and loving grandmas. Ms. Crotty studied American Indian Studies-Law and History at University of California, Los Angeles. In her spare time, she runs Beauty in Restored Family Farms.

Honorable Amber Kanazbah Crotty
Navajo Nation Council Delegate

Kevin Aspaas is an award winning entrepreneur Diné weaver and fiber artist from Shiprock, NM. Utilizing the traditional Diné sheep to loom weaving process. He is best know for producing the old style Diné wedge weave technique, alongside producing other traditional & contemporary textiles. He currently also serves as the Vice President of the Diné led non-profit organization, Diné Be’íiná, which focuses on promoting and preserving the Diné life ways through weaving, fiber arts, sheparding, food and community outreach.
Dr. Marla Yazzie was born and raised in Fort Defiance, Arizona. At an early age she was fascinated with caring for young babies and children. Marla received a BA in Anthropology from Dartmouth College in 2004. She then did pre-med courses at the University of New Mexico while working as an EMT and a research program assistant for the Johns Hopkins Center for American Indian Health. In 2012, she received her MD from University of Arizona College of Medicine - Tucson. Afterward, she went back to the New England area to complete her Pediatric Residency at Baystate Medical Center in Springfield, MA in 2015. Her dream of being a Navajo pediatrician came true when she returned to the reservation in 2015 to work in her community. Dr. Yazzie is passionate about American Indian healthcare. She is currently a general pediatrician at the Gallup Indian Medical Center. Her hope is to care for and encourage a generation of American Indian children that will be not only be successful in the modern world but carry on the traditions of their ancestors. In her spare time she enjoys spending time with her family, watching movies, hiking, and participating in fun runs.

Tonya Bluehorse
Navajo Community Health Outreach (NCHO) Youth Leader

Tonya Bluehorse is a graduate of Window Rock High School. Tonya is a sophomore at Southwestern Indian Polytechnic Institute. She is an enrolled member of the Navajo tribe. Her major is Liberal Arts. Tonya plans to transfer to Brigham Young University upon graduation.
Ursula Knoki-Wilson serves as Nurse Consultant/Community Liaison Officer for the Office of the Chief Executive Officer (CEO) at Chinle Service Unit (CSU), Navajo Area Indian Health Service (NAIHS), Chinle, AZ. She also served as Chief of Nurse Midwifery Service within the Department of Obstetrics and Gynecology at Chinle Comprehensive Health Care Facility, CSU, NAIHS, from March 1996 to March 2013. From 2000 to 2013, she served as the IHS Chief Clinical Consultant for Advance Practice Nurses. She is certified by the American Midwifery Certification Board and licensed as a registered nurse and advanced nurse practitioner in Arizona. Ursula has worked many years in promoting the integration of Navajo cultural concepts into health care practice for health care professionals. She serves as Chairperson of the Traditional Navajo Medicine Committee at CSU, NAIHS. As a member of the Navajo Cultural Experts Committee, she assisted in developing the Navajo Wellness Model curriculum, funded by the Navajo Area Indian Health Service, and now used Navajo area wide by various human and social service agencies. She has lectured locally, nationally and internationally on various Navajo cultural topics.

Ursula Knoki-Wilson
Community Liaison Officer

Brenette Pine, has a degree in emergency medicine through University of New Mexico led by the National Registered Paramedic. She is appointed to the New Mexico Department of Health Community Health Worker (CHW) Certification Board in 2018. She currently holds Membership office in American Public Health Association in CHW Section and continuing her education at Florida State to obtain a Masters Degree in Business Health Administration along with obtaining her bachelor’s degree in public health. She is also a trainer of the John Hopkins Family Spirit.

Brenette Pine
Community Health Representative (CHR) Supervisor
DAY 1 - Wednesday, August 15, 2018
AM Breakout Sessions

Kyle White, 19, is a college sophomore at the University of New Mexico majoring in Biology. Resides in Crownpoint, New Mexico, currently lives in Albuquerque, New Mexico. Kyle is an indigenous public health activist, an ambassador for the Navajo Community Health Outreach (NCHO), and Native youth in Food and Agriculture summer summit at the University of Arkansas School of Law. He studies biology to fight for Native food sovereignty rights. He has a strong passion for art, and hopes to combine art and biodiversity to explore both scientific and artistic perspectives to understanding the natural world.

Kyle White
Art Therapy

Crystal Littleben, 25, was born in Tuba City, Arizona and raised in Round Rock. She is of the Red House People Clan, born for the Coyote Pass Clan. Her maternal grandfather is of the Deer Springs Clan and her parental grandfather is of the From Under His Cover People Clan. Her parents are Dorothy B. Littleben of Tuba City and Thomas Littleben, Jr. of Round Rock. On her mother’s side, her grandparents are the late Lola Bilagody of Cow Springs and the late Henry Bilagody of Tuba City. On her father’s side, her grandparents are Louise Littleben of Round Rock and the late Thomas Littleben, Sr. of Rock Point.
Crystals is fluent in Navajo and credits her ability to read, write, understand, and speak her Diné language to her time attending Rock Point Community School. As Miss Navajo, she believes mental, physical, spiritual, and cultural well-being are the key to a healthy and thriving Nation. As a silversmith and as an educator, she believes the cultural arts and stories of Navajo people are catalysts for positive social and cultural enrichment. For the Miss Navajo Nation reign of 2017-2018 the platform Crystal has chosen is to improve the holistic well-being of Navajo communities. Crystal received a Bachelor of Arts degree in Psychology from Northern Arizona University and minored in Native American Studies. Prior to NAU she graduated from Diné College with an Associate of Arts in Social and Behavioral Sciences.

Crystal Littleben, Miss Navajo Nation
Art as a Healing Mechanism
Chip Thomas, aka “jetsonorama” is a photographer, public artist, activist and physician who has been working between Monument Valley and The Grand Canyon on the Navajo nation since 1987. There, he coordinates the Painted Desert Project – a community building project which manifests as a constellation of murals across the Navajo Nation painted by artists from all over the rez + the world. These murals aim to reflect love and appreciation of the rich history shared by the Navajo people back to Navajo people. As a member of the Justseeds Artists Co-operative he appreciates the opportunity to be part of a community of like-minded, socially engaged artists. You can find his large scale photographs pasted on the roadside, on the sides of houses in the northern Arizona desert, on the graphics of the Peoples Climate March, climateprints.org, Justseeds and 350.org carbon emissions campaign material.
Lydia Soo-Hyun Kim is a Pediatrician working at Northern Navajo Medical Center in Shiprock, New Mexico. Her main interests include food access, and obesity treatment and prevention. She has been working on the Navajo Nation for three years. Her parents immigrated from South Korea and met in the United States. She was born in San Francisco, California and grew up in San Diego, California with her two brothers. She studied History and Biology at the University of California, Los Angeles, and received her M.D. and M.P.H from Tufts University in Boston, MA. She returned to UCLA for Pediatrics Residency, where she was part of the CHAT (Community Health Advocacy Training) Track. She worked with the Los Angeles Department of Health Services to address overweight and obesity in the foster population for a year after residency. She now lives in Shiprock with her husband and son.

Dr. Lydia Soo-Hyun Kim
Health Promotion & Disease Prevention Program

Gloria Ann Begay is Navajo and a retired Indian educator, professor, and policy advisor. Currently she advocates and educates for healthier Diné families, communities and environment as a core member of the Diné Community Advocacy Alliance who successfully sought passage of the Navajo Junk Food Tax and founding member of the Diné Food Sovereignty Alliance with a collaborative, mission to restore the traditional food system and foods on Navajo based on indigenous values, practices and Dine’ culture and language.
Jo Ann Lameman is a Dine’ woman originally from Shiprock, NM. Her clans are Tachii’nii born for Bit’ahnii, her Maternal Grandfather is ‘Ashiihi and Paternal Grandfather is Todich’ii’nii. Jo Ann is a Registered Dietitian and employed at the Four Corners Regional Health Center in Red Mesa, AZ. As an outpatient dietitian, she meets with patients to help improve their quality of life. Part of her work is to assist patients and community members to have access to nutritious food in struggling remote areas. Her current project is promoting school gardening along with traditional teachings to students at the Teec Nos Pos Community School in Teec Nos Pos, AZ. Furthermore, she continues to emphasize to her people that food is medicine.

Jo Ann Lameman
Health Promotion & Disease Prevention Program

Pam Roy is Executive Director of Farm to Table, a New Mexico non-profit organization working on regional food and farming issues including community capacity building focused on affordable and nutritious food access; Farm to School – linking schools to local farmers for fresh produce and education; and food and agriculture policy. She has over 25 years of organization building experience including farmers’ markets, direct market opportunities, and rural food retail initiatives both domestically and internationally. She works on related policy issues at the local, state and federal levels. She serves as the Coordinator of the Santa Fe Food Policy Council and the New Mexico Food and Agriculture Policy Council, is New Mexico’s Government Relations Director for the Rocky Mountain Farmers Union, serves on the New Mexico Farming and Ranching Resilience Task Force, is a board member of the National Sustainable Agriculture Coalition, and is a founding member of the National Farm to School Network. She is a 2014 New Mexico Community Foundation “Luminarias” lifetime achievement awardee, the 2016 recipient of a special Community Award of the Santa Fe Farmers Market Institute for her dedication to farmers’ market development and support for farmers over the years, 2017 Edible Santa Fe Organization of the Year Awardee, and is a past City of Santa Fe Business Woman of the Year.

Pam Roy
Executive Director of Farm to Table
Katie Sandson joined the Harvard Law School Food Law and Policy Clinic in August 2017 as a Clinical Fellow. Katie first became involved with the Food Law and Policy Clinic as a student in the Food Law and Policy Seminar in the fall of 2015. During law school, she spent three semesters with FLPC as a clinical student, focusing primarily on state and federal food waste and food recovery initiatives, as well as the clinic’s work in Navajo Nation. As a law student, Katie also participated in the Employment Law Clinic and the Tenant Advocacy Project, worked as a research assistant on the Access to Justice Lab’s Intimate Partner Violence Triage Study, and was a member of the Senior Board of the Harvard Journal of Law & Gender. Katie received her B.A. in English Literature from Washington University in St. Louis and her J.D. from Harvard Law School, cum laude, in 2017.

Katie Sandson (with Gloria Begay & Pam Roy)

Farm to School

Grace Tracy is a traditional food presenter from the community of White Cone, Arizona. She grew up with a background of traditional Hatali, ceremonies, herbalist, and storytellers. Grace works to build program and ways of thinking that will encourage improving health and longevity with plant-based nutrition. She instills the importance of Navajo Wellness Model to the community on how important it is to find balance within ourselves, families and community. She strongly believes the creation stories of the past remind us where we come from; our people did everything with prayers, kept moving and working their whole lives, working well into old age. The traditional food; corn, squash, yucca fruits, pinon nuts, wild sumac berries, juniper ash, wild onions help support the standard of living with acceptance of self-worth, spirituality and healing. Reconnecting with mother earth will help us reclaim our ancestor’s diet to win the fight against the epidemic health problems.
Twila Cassadore is a member of the San Carlos Apache Tribe, and is primarily focused on the Traditional Western Apache Diet Project, working with Apache elders to document and analyze the pre-Reservation Apache diet, and to incorporate this knowledge into everyday community life. She works on a number of community health issues, cultural preservation projects, and is a professional caterer and food vendor. She is the founder of the grassroots organization “Native Mothers Against Meth.”
Pharah D. Morgan, MS, MPH is a consultant to the Rocky Mountain Tribal Leaders Council (RMTLC) Good Health and Wellness in Indian Country (GHWIC) program. Prior to her position, Pharah served as the GHWIC Project Director and an Epidemiologist for Rocky Mountain Tribal Epidemiology Center (RMTEC). Before entering the realm of Public Health in Indian Country, Pharah spent many years working on various cancer laboratory projects with publications and academic distinction. Pharah spends majority of her leisure time volunteering for various non-profit organizations, tutoring in the math and sciences for high school students, and going to reservation schools as a Gates Millennium Scholar and Flinn Scholar.

Pharah D. Morgan  
Food Sovereignty Assessment on the Wind River Reservation

Janine Hood is of the Towering House clan, born for the Red Running Into the Water clan, her maternal grandfather is of the Hopi People and her paternal grandfather is Anglo. Janine graduated from the University of New Mexico with her Bachelor’s of Science Degree in Community Health Education, and is now working on her Master’s in Community Health Education. Her passion - when it comes to health is to be an educational outlet for her people, to educate them about various health topics that are impacting the people, and to simply be there as a resource for the Dine people.

Janine Hood (with Shine Salt)  
Healthy Navajo Store Initiative Toolkit
Mary Gaul relocated to Gallup from her hometown of Baltimore, MD, and joined the COPE Program in May 2017 as a Health Education Specialist on the Training and Outreach Team. She manages the Healthy Moms, Happy Babies training curriculum.

Mary Gaul (with Evander Chee)  
Happy Homes Train the Trainer

Katie Sandson’s bio is located on page 11

Katie Sandson (with Pam Roy, Wallace Tsosie & Janene Yazzie)  
Farm Bill Workshop
Carol Hanson is the Program Director of the Office of Community Health Workers (OCHW) in the NM Department of Health. She is charged with implementing the NM CHW Act, promoting the CHW workforce and contributing to NMDOH efforts towards increasing health care and health equity. Ms. Hanson has been with the NM Department of Health/Public Health Division/Health Systems Bureau over twelve years. She is the former coordinator of the NM Dental Support Center in the Office of Primary Care and Rural Health, and a former dental hygienist in the Office of Oral Health. Ms. Hanson obtained her Master of Public Health degree from NMSU in 2011 and her Bachelor of Science in Dental Hygiene in 1993.

Before joining the COPE Program Carole Palmer was the Education Coordinator with the National Wildlife Federation’s Tribal Partnerships Program. She also oversees the Gallup Farmers’ Market. During her travels, she has been fortunate to develop long-standing relationships throughout the region with people who are concerned about food sovereignty, physical health, preservation of culture/language and community empowerment ~ not just members of the Navajo Nation, Hopi and other tribes but also non natives, all with varied interests and backgrounds. Carole believes that improving access to healthy, locally grown foods and establishing culturally appropriate approaches to food security in a “food desert” requires extensive partnerships and creative, flexible, broad-based collaborations.
Gloria Begay’s bio is located on page 9

Gloria Begay
Food Sovereignty Curriculum & Game
Falling Clouds Catering

**Day One:** French Dip, Black Angus Roast Beef, Grilled Corn on Cobb, Roasted Tomatoes, Roasted Advocados. Vegetarian option of Grilled & Marinated Portabella Mushrooms & Onion on French Baguette. Water & Navajo Tea.

**Day Two:** Grilled Chicken, Southwest Salad with Northern, NM Red Chili Ranch Dressing. Black Beans, Fresh Greens, Seasonal Veggies, Roasted Corn served with Blue Corn Tortilla. Three Sisters Stew. Water & Navajo Tea

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### The Bigger Picture/Youth Speaks Performance

**Anthony “Joker” Orosco**, 20, is a Chicano poet born and raised in Stockton, California. Anthony was 14 when he first started writing. “Poetry gave me clarity,” says Anthony, “[it] helped me to view everything with a different kind of perspective, helped me to see the beauty hidden within everything society says could never be beautiful, made me appreciate the smaller things we as human beings usually take for granted.” Anthony has been writing and performing with With Our Words for about five years and when he participated in The Bigger Picture workshop, he was very clear about the purpose of his piece. “My inspiration for writing my Bigger Picture piece came from the needing and wanting to tell the hidden stories of my people, the story a lot of my elders had been a part of.”

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**Dr. Dean Schillinger**, Professor of Medicine in Residence at the University of California San Francisco, and Chief of the UCSF Division of General Internal Medicine at San Francisco General Hospital (SFGH). He is a practicing primary care physician at SFGH, an urban public hospital, where he sees patients, teaches in the primary care residency program, and conducts research. Dr. Schillinger served as Chief of the Diabetes Prevention and Control Program for the California Department of Public Health from 2008-2013. His work focuses on literacy, health communication, and chronic disease prevention and management. Dr. Schillinger is the founding director of the UCSF Center for Vulnerable Populations, whose mission is to carry out innovative research to prevent and treat chronic disease in populations for whom social conditions often conspire to both promote chronic disease and make its management more challenging. Dr. Schillinger currently directs the CVP Health Communications Program. He is the co-founder of TheBiggerPicture.org, a social marketing diabetes prevention campaign to empower minority youth to change the conversation about diabetes and become agents of positive social change. In 2013 he received the Everett M Rogers Award from the American Public Health Association in recognition of his lifelong contributions to advancing the study and practice of public health communication.
Community Outreach & Patient Empowerment (COPE) Staff

Akeemi Martinez ~ FVRx Coordinator
* Asia Yazzie ~ Youth Program Intern
Cameron Curley ~ Data/Tech Manager
Carmen George ~ MEQ Program Manager
* Carole Palmer ~ Food Systems Specialist
* Casey Long ~ Youth Program Specialist
Cori Muskett-Skersick ~ Finance Manager
* Emilie Ellis ~ REACH Program Manager
Evander Chee ~ Training & Outreach Coordinator
Flo Billie ~ Finance and Admin Assistant
Geri Henry ~ Cancer Program Coordinator
Hannah Sehn ~ Cancer Program Manager
* Janine Hood ~ Food Access Coordinator
Jillian Hansen ~ Administrative Assistant
* Leandra Becenti ~ FVRx Specialist
* Mary Gual ~ Health Education Specialist
Olivia Muskett ~ Community Outreach Manager
Rachel Strodel ~ Training & Outreach Intern
* Sarayl Shunkamolah ~ Administrative Director
* Shine Salt ~ MEQ Coordinator
Sonya Shin ~ Executive Director
Tai Silva ~ Food Corps Service Member
Teresa Mecale ~ Grant Administrator
Valentina Chee ~ Food Corps Service Membeber
Hendrick Vilsaint ~ COPE Senior Accountant
Katrina Nelson ~ Research Manager
Micah Lunderman ~ Rosebud Program Coordinator
Sara Selig ~ Associate Director

* Symposium Committee

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The COPE Program would like to recognize the following donors for their generous contributions:

**District 1 McKinley County** provides services, enhancing the quality of life for all citizens of McKinley County. The County aspire to foster an economically vibrant and safe county that embraces and respects cultural diversity.

**Ahéhee’ for Sponsorship to the COPE Symposium**

**Ahéhee’ for Hosting COPE’s Symposium Guests**

**The Navajo Nation Museum** strives to achieve Hózhó through contemporary and traditional exhibits, programs and tours; to promote Diné culture, language, history and sovereignty.

**Ahéhee’ for the Facility**

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SPECIAL THANKS TO:

**Falling Clouds Catering by Ira Vandeever**

**Pottery by Tony Yazzie at Tony’s Native Works**