The Elderly Nutrition provides activities for tribal elders who congregate at the center daily to encourage them to remain active and socialize with other elders around the community!

- Sewing
- Beading
- Bingo
- Puzzles/card games
- Exercising routines
- Dietary tips for healthy eating
- Birthday Celebrations
- Puzzles/card games
- Etc.

“Our Goal is to Provide Quality Assistance to Tribal Elders in living a HEALTHY, INDEPENDENT lifestyle”

Contact Us for more Information on C&A Programs

**Elderly Nutrition Program**

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**Cheyenne & Arapaho**

Elderly Nutrition & Native American Caregiver Program
(TITLE VI)

“Providing support for our Tribal Elders and their Caregivers”
Administration on Aging

The AOA established by the Older American Act (OAA) is one of the nation's largest providers of home and community-based services for elders and their caregivers. AoA's mission is to develop a comprehensive, coordinated, and cost-effective system of long-term care that helps elders to maintain their dignity in their homes and communities.

Title VI - Older American Act

The OAA is divided into sections, called "Title," that are like chapters in a book, with each title covering a different area. The most widely used title for tribal programs is Title VI, which establishes grants to Native Americans for nutrition services, supportive services, and family caregiver support services.

ELDERLY NUTRITION PROGRAM

The Cheyenne and Arapaho Tribes Elderly Nutrition Program provides healthy nutritious meals, to Native American elders 55 and older in a dine-in home style setting.

Tuesdays- Fridays from 12:00pm-1:00pm at the Elderly Nutrition Center located at 10331 N 2274 Rd in Clinton, Ok 73601.

Home Delivered Meals

Home deliveries are taken to homebound elders who are physically unable to dine – in at the Nutrition center due to physical disabilities or health issues. Homebound deliveries are to ensure tribal elders received a nutritious meal each day.

Who is Eligible for Homebound meals?

- Native American 55 or Older
- Elder who needs assistance with at least 2 daily activities ( Dr. statement required)
- Spouse/caretakers of homebound elder can also receive a meal

Native American Caregiver Program

- Respite Care to temporarily relieve caregivers from their duties through Stipends allowing the caregiver to hire individual to assist with elder 2 hours per day.
- Information and Assistance to caregivers in gaining access to services.
- Transportation (Limited)

Who is Eligible for Family Caregiver Support Services?

- Informal, unpaid family caregivers of tribal elder 55 or older
- Tribal Elder providing care to individual with severe disabilities, including children with severe disabilities.

(Program covers 11 counties in Oklahoma to Respite Care Applicants)