SEPTEMBER BIRTHDAYS

Marie Demjen
Eileen Steiner
Cindi Church
Pat Davids
Vicki Dalve
Ruthie Eggert
LaNette Kroening
Wayne Martin
Gail Pringle
Sterling Schreiber
Bonnie Slater
Audrey Williams
Greetings Elders!

Hello everyone! It is September, my favorite time of the year when the weather cools down a bit and it is just right to sit outside and enjoy the days and evenings.

I have been able to see a few of you, when I notarized your per cap papers and it was good to see and talk to each other for a bit, some even took a socially distanced hug 😊!

It has been hard to not be able to see each other, but.... We can still pick up the telephone and give each other a call. You may have heard from myself and others from time to time as we reach out to you. Your voices have sounded good and strong and your laughter delightful! We will continue to make these calls just to see how you are doing, so visit with us and let us know what’s happening at your place.

Things you can do to relieve your feelings of loneliness are reach out to others by telephone..

If you have transportation take a ride, stop by the Many Trails Park and listen to the river, it soothes the soul.

Take a walk in your yard, neighborhood or a local park, go fishing the fresh air is good for you and exercise even better.

Reserve and pick up a noon meal here at the elderly; meet a friend and picnic together following the mask and social distance requirements.

Puzzles interest some, old westerns on TV, reading and doing crossword and word searches.

Gardening, planting flowers or feed the birds there are a lot of hummingbirds this year. I even had hummingbird moths in my flowers this year.

My husband finished my “she shed” so beautifully, along with help from my grandchildren, and it has proved to be a place of solitude for members of my family. Visit one of your favorite places!

Remember, to stay safe, wash your hands, social distance when out and about and wear your mask.

‘Till we can gather again,

Sincerely,

[Signature: Kristy]
CROSSWORD

Write the answer to each clue in the crossword grid. The answer should be placed by the corresponding number in the grid. One letter goes in each square.

ACROSS

1) Vacationing using a tent for shelter
7) Do, Re, Mi, Fa, ______
10) ___ de Janeiro
11) Goes with neither
12) Had dinner
13) Referees a baseball game
14) Adequate amount
15) Water snake
17) Give the ______ off his back
19) Author, ___ Stine
20) A dance and a sauce
22) Oh _______, how art thou?
25) Actress, ______ Farrow
26) Lion star constellation
28) The two of us
29) Be obliged to repay
31) ____ playing with a full deck
33) Part of a nose
34) Spy agency
35) Poker bet
39) Going from place to place to see landmarks
40) Take a look

DOWN

1) Vacation on a boat
2) Goal
3) Used to clean a floor
4) Immobile
5) No in French
6) Get bigger
7) Parsley, ______ Rosemary and Thyme
8) Play well with ______
9) Peppy ____ Peu
16) Woolly animal
18) Piece of gold, for example
21) A green fruit
22) Creates thoughts
23) ______ of Troy
24) Violent protests
27) Find common ground with someone
29) Black and white whales
30) A kind of video console
32) Ballet dress
35) ____ the drop of a hat
36) Opposite of yes
37) Emergency room
38) Prefix when means not
**Stockbridge Munsee Elderly Services** will be open 5 days again starting 9/8.

Staff will be working **Monday thru Friday** from **8am – 4:30pm**. Doors will remain locked, but staff can be reached by telephone & seen by appointment.

We also provide a grab & go carryout meal to be picked up at the Elderly Center at lunchtime.

Please call us **24 hours in advance** to reserve a meal.

**(715)793-4236**

We miss you. Please stay safe & take care of yourself.

*S/M Elderly Services Staff*
<table>
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<tr>
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<th>Monday</th>
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*Menu subject to change

**Milk delivered with each meal**
Stockbridge Munsee Elderly Services

COVID-19 Assistance Program Application

Helpful hints for filling out the paperwork

In Section 1 the easiest way to provide documentation is to mark

Other financial hardship (please explain)

- For Elders who live within the reservation boundaries you can use the Isolation Order the Tribal Council ordered as the documentation (Elderly Center has some)

- For Elders who live in Wisconsin you can use the Stay at Home Order that Governor Evers ordered as the documentation (Elderly Center has some)

*If you mark a different hardship, you will need to provide that documentation for that hardship.

In Section 2 the easiest way to provide documentation is to checkmark

I choose reimbursement of expenses (provide receipts)

You provide your receipts here. Receipts can be for food, utilities, or cleaning supplies. Make sure the receipts exceed $500. The receipts should be dated between 3/25/2020 & 12/1/2020.

*Remember you have until December 1st, 2020 to collect receipts.

If you have not saved receipts, you can use a bank statement (if you have one) and highlight the businesses where you used your debit card to purchase food or pay utilities. You can cross out any private information before you send it.

If you choose Payment to Vendor, you must submit an invoice to show the amount you owe. Payment will only be made for the amount owed; for example, if you owe LP $350, only $350 will be paid not $500. If your account shows a credit balance or no amount due-no payment will be made, as this money is for financial hardships. Your application will be returned as incomplete.

Lastly, if you still need help Bill Terrio is here to help you with this process. Just call and set up an appointment, or possibly do it on the phone. (715)793-4237
Updated Farmer’s Market schedule.

THE F.R.E.S.H. PROJECT
FOOD • RESOURCES • EDUCATION • SUSTAINABILITY • HEALTH
www.thefreshproject.org

STOCKBRIDGE-MUNSEE
MOBILE MARKET

Behind the Elderly Center from 11-1 on Thursdays:

July 9
July 23
Aug. 6
Aug. 20
Sep. 3
Sept. 17

For more info: barbara@thefreshproject.org / 715-526-5206
I'm never lonely because, I have four men in my life. I get up with Charlie Horse. I spend the day with Arthur Itis. I dine with Will Power. and I go to bed with Ben Gay.

A priest, a rabbit and a minister walk into a bar. The bartender asks the rabbit "what'll ya have?" The rabbit says "I dunno. I'm only here because of Autocorrect."

This just in! Uneducated experts have begun arguing everywhere about everything.

This post has been removed. Because it might cause a fence.
ELDER ABUSE IN INDIAN COUNTRY

OVERVIEW
According to the National Center on Elder Abuse (NCEA), elder abuse refers to any of the following types of mistreatment that are committed by someone with whom the elder has a special relationship (e.g., spouse, sibling, child, friend, or caregiver).

- **Physical Abuse**
  - The use of physical force that may result in bodily injury, physical pain, or impairment.

- **Emotional/Psychological Abuse**
  - The infliction of anguish, pain, or distress through verbal or nonverbal acts.

- **Sexual Abuse**
  - Sexual contact with any person who has not consented or is incapable of consent is sexual abuse.

- **Financial or Material Exploitation**
  - The illegal or improper use of an elder's funds, property, or assets.

- **Neglect**
  - The refusal or failure to fulfill any part of a person's obligations or duties to an elder. Neglect may include failure of a person who has fiduciary responsibilities to provide care for an elder (e.g., pay for necessary home services) or the failure on the part of an in-home service provider to provide necessary care.

- **Spiritual Abuse**
  - Spiritual abuse among Native American elder adults are actions that damage one's experience and personal practice of the sacred.
  - Such as refusing to take elders to ceremonies and preventing them from participating in spiritual activities that lead to hurt or damaged spirits.

- **Abandonment**
  - The desertion of an elder person by an individual who has assumed responsibility for providing care for an elder, or by a person with physical custody of an elder.

- **Self-Neglect**
  - The behavior of an elder person that threatens his/her personal health or safety.
  - Self-neglect may manifest in an elder as a refusal or failure to provide himself/herself with adequate nutrition, clothing, shelter, personal hygiene, medication, and safety precautions.

ELDER VULNERABILITY
Due to health, cognitive, and social interaction changes with aging, elders are uniquely vulnerable to abuse. Elder abuse often goes unreported because of either lack of resources available to the elder or a hesitancy to report. An elder may be protecting a family member or friend who is the abuser.

NUMBERS & STATISTICS
In 2009, persons age 65 or older made up about 12.9% of U.S. population, and it is estimated that at the current rate by 2030, they will make up 19%. Incidents of elder abuse and/or neglect are expected to increase with growth of elder population.

CALL THE POLICE OR 9-1-1 IMMEDIATELY IF SOMEONE YOU KNOW IS IN IMMEDIATE, LIFE-THREATENING DANGER.
If the danger is not immediate, but you suspect that abuse has occurred or is occurring, please tell someone. Relay your concerns to the local/tribal adult protective services, long-term care ombudsman, or the tribal police.

For more detailed information on elder abuse watch the online educational module at: https://www.nieji.org/training/elder-abuse/

REFERENCES


This document was completed for the National Indigenous Elder Justice Initiative and National Center for Elder Abuse and are supported in part by a grant (No. 90ERC60002 & 90ERC60001-03-02) from the Administration on Aging, U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official Administration on Aging or DHHS policy.
“All you have shall someday be given; therefore give now, that the season of giving may be yours and not your inheritors.”
The Cousin Explainer

Great great grandparent

Great grandparent

Great aunt/uncle

First cousin twice removed

Parent

Great aunt/uncle

First cousin once removed

Third cousin

Child

First cousin once removed

Third cousin once removed

Grandchild

First cousin twice removed

Third cousin twice removed

You

Sister/Brother

Second cousin

Niece/Nephew

Second cousin once removed

Third cousin once removed

Grandniece/nephew

First cousin twice removed

Third cousin twice removed
Fast internet is heading our way. Make sure you call & sign up if you’re interested.

Date: 6-9-2020

From: Scott Nyman
CEO
Wittenberg Telephone Company/Cirrinity

Subject: Your Neighborhood is becoming a “FIBERhood”

To whom it may concern,

In late summer 2020 we will begin construction on Central Wisconsin’s fastest internet in your community. This project will deliver fiber optic cable all the way to your home or business which enables us to deliver superior speeds and bulletproof reliability. Per the Wisconsin Realtors Association having fiber optic connection at your home can increase your home value by a minimum of $5000.

Contact us to sign up today so when construction rolls through your area you are able to hook up to our top-notch internet and TV... making your neighborhood a “FIBERhood”.

Please call us at (715)623-0558

Thank you,
Scott Nyman
snyman@cirrinity.net
(715)623-0558
HOW TO FREEZE BELL PEPPERS

PREPARING & FREEZING BELL PEPPERS

Wash and dry the peppers, then cut them for use in recipes. Most recipes call for either sliced or chopped, so you can make some of each (sliced and chopped) in any each color.

Then it’s just a matter of putting the peppers in zip top freezer bags, labeling the bags, and placing them in the freezer.

HOW LONG WILL THEY LAST IN THE FREEZER?

These will last for 2-3 months in the freezer, potentially longer, especially if you are going to use them in something where they are going to cook down very soft.

USING YOUR FROZEN BELL PEPPERS

Peppers can be handy to have already cut and prepped so you can just pull them out and add them to meals. They also come in handy when preparing freezer meals, you can just add the frozen peppers right into the zip top freezer bag with the other meal ingredients and freeze as normal.

Don’t thaw them first if you’re going to use them in a meal that will go into the freezer – you’ll have too much damage from the freeze and thaw and re-freeze. But there’s no problem adding frozen peppers in with the rest of the meal ingredients and then freezing the whole meal, simply get the meal into the freezer quickly.
### PRESEASON

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<tr>
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<th>TV</th>
<th>RESULT</th>
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<td>Bob Hope's Classics Game ARIZONA CARDINALS</td>
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<td>at New York Giants</td>
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<td>Thursday, September 3 7 p.m.</td>
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### REGULAR SEASON

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<td>NBC</td>
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<td>at San Francisco 49ers</td>
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*Start time and broadcast are subject to change.*
Be kind to everyone!

Wait, even Gary?

Yeah, Gary’s the worst.

Look, we’ve been through this.

Ha! Suck it, losers!

Yes, be kind to Gary as well.

Not now, Gary.

What?

Def Leppard

Both blocks are grey in color. Use your finger to cover the middle line. Light plays an important role in colors!
GREEN BEAN ALMONDINE

Prep Time: 10 mins
Cook Time: 15 mins
Total Time: 25 mins
Fresh green beans sautéed in a light butter and lemon sauce.
Servings: 6 people

INGREDIENTS
- 1-pound fresh green beans washed and trimmed
- 1/4 cup butter
- 1/4 cup sliced almonds
- 2-3 cloves garlic minced
- 1/2 lemon
- salt and pepper

INSTRUCTIONS
1. Cook beans for 2 minutes in boiling water. Water should be at a rolling boil before you add beans.
2. Drain beans in a colander and then cool in a bowl of cold water. Once cooled drain beans again.
   Remove all excess water from beans.
3. In a large sauté pan, melt butter. Once melted add almonds.
4. Cook over low heat until slightly browned. 3-4 minutes. Remove almonds.
5. In same pan add garlic and beans.
6. Continue cooking until beans are heated through.
7. Add almonds and stir.
8. Turn off heat, squeeze 1/2 lemon over top.
9. Add salt and pepper to taste.
10. Serve immediately

RECIPE NOTES
To make ahead:
- Wash and trim beans
- Blanch beans in boiling water and then place into an ice bath
- Drain beans
- Place beans in a covered container and refrigerate until needed
- Follow remaining steps in recipe

NUTRITION:
Amount Per Serving
Calories 147
Carbohydrates 8g3%
Fiber 3g13%
Sugar 3g3%
Protein 3g6%
Vitamin A 760IU15%
Vitamin C 14.3mg17%
Calcium 58mg6%
Iron 1.2mg7%

* Percent Daily Values are based on a 2000 calorie diet
HOW TO IDENTIFY A CENSUS TAKER

TIME OF DAY
Census takers will visit between 9AM - 9PM LOCAL TIME

ID BADGE
Ask for official Census Bureau identification

VEHICLE IDENTIFICATION
An "Official Business" notice will be placed on the vehicle

WEAR A MASK
Census takers are required to wear a mask and maintain 6ft social distancing

SMART DEVICE
Census takers will carry an iPhone to record information

Fill out your form online or by phone!
www.my2020census.gov | 844-330-2020

DO NOT BRING DOWN YOUR MASK TO THE CHIN

Exposed area

The inside of the mask will be contaminated

Mouth and nose will be infected by bacteria or virus or germs

When you want to eat, drink or do any activity where you have to remove your mask, just remove it completely.
The New Coronavirus (COVID-19) and its Potential Effects on the Body

Most people with COVID-19 disease will have no symptoms or will have mild-to-moderate symptoms. Severe disease is uncommon. Talk with your health provider if you have symptoms or think you have been exposed.

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>SYMPTOMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHOLE BODY</td>
<td>Common: Tiredness, muscle aches</td>
</tr>
<tr>
<td>BRAIN</td>
<td>Common: Headache Uncommon: Some patients have strokes, seizures, and confusion</td>
</tr>
<tr>
<td>EYES</td>
<td>Uncommon: Pink eye (conjunctivitis)</td>
</tr>
<tr>
<td>NOSE AND TONGUE</td>
<td>Common: Loss of the senses of smell and taste</td>
</tr>
<tr>
<td>THROAT</td>
<td>Common: Sore throat</td>
</tr>
<tr>
<td>LUNGS</td>
<td>Common: Cough, mild shortness of breath Uncommon: Difficulty breathing. Some patients will have serious difficulty breathing and will need a ventilator.</td>
</tr>
<tr>
<td>HEART</td>
<td>Uncommon: Infection can lead to blood clots, heart attacks, and cardiac inflammation</td>
</tr>
<tr>
<td>LIVER</td>
<td>Uncommon: Some hospitalized patients suffer liver damage</td>
</tr>
<tr>
<td>KIDNEY</td>
<td>Uncommon: Kidney damage occurs in most severe cases. Patients may need dialysis.</td>
</tr>
<tr>
<td>INTESTINES</td>
<td>Common: Loss of appetite, diarrhea</td>
</tr>
<tr>
<td>FINGERS AND TOES</td>
<td>Uncommon: Decreased blood flow can lead to swollen, painful fingers and toes. This is more common in children and young adults.</td>
</tr>
</tbody>
</table>

Older Age and Pre-Existing Conditions
Increase Risk for Severe COVID-19 Disease

Older adults are at a higher risk for serious complications or severe disease. Adults over the age of 60 years old account for the majority of deaths from COVID-19. In addition, patients with diabetes, obesity, or high blood pressure are more likely to develop serious disease.

Source: UpToDate: Coronavirus disease 2019 (COVID-19). Clinical features and diagnosis (Referenced June 2, 2020). UpToDate.com
Getting Groceries During Quarantine

Reviewed by Sarah Klemm, RDN, CD, LDN
Published February 29, 2020
Reviewed March 2020

There may be times when you need to limit your trips to the grocery store. Here are some tips to help you make healthful decisions and reduce your trips to the store.

Keep a Well-Stocked Pantry

Planning out a menu for a week or two in advance can be helpful, but if you don’t have time to plan meals, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf-stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as tomatoes, green beans and corn)
- Dried or canned fruit in 100% fruit juice
- Whole grains (such as brown rice, quinoa, oats, millet and whole-wheat pasta)
- Pouches or cans of fish and chicken
- Nuts, seeds, and nut butters
- Olive, canola or other vegetable oils
- Dried herbs and spices
Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and Brussels sprouts)
- Fruit (such as berries and cherries)
- Whole wheat pizza dough
- Poultry
- Seafood

When thinking about what to make at home, consider foods that also freeze well. Casseroles, soups, muffins and breads are easy to portion out and store in the freezer in individual containers. These foods can be frozen for 2 to 3 months without significant loss to quality.

Plan Meals Based on the Foods You Already Have

Looking for healthful ways to reduce your trips to the store? Get creative with what you have on hand.

Check the refrigerator, freezer and pantry for foods that need to be used up. Leftover meats and veggies can easily be transformed into meals by cutting them up and adding to soups, salads or sandwiches. Ideas may include using meats and veggies as:

- Toppings for salads or cooked grains like rice or pasta.
- Filling for a tortilla or stuffed into a pita for a satisfying sandwich.
- Ingredients to make soup, then enjoy or freeze for future use.
- Or simply save leftovers for lunch or a meal later in the week. However, keep in mind that leftovers should be used within three to four days and reheated to a minimum internal temperature of 165 degrees Fahrenheit.

Freeze leftovers or perishables you know you won’t eat before they spoil and be mindful of portion sizes. Choose smaller portions to stay within your calorie needs, as MyPlate recommends. Use smaller plates, bowls and glasses to help keep portions under control. Being mindful of portion sizes can also help food last longer.

Master the Shelf Life of Foods

Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product’s quality, it doesn’t necessarily mean they should be thrown out.

For products that don’t require refrigeration until after opening, such as mustard, salad dressing and ketchup, it’s often safe to eat these beyond the date on their label as long as they have been stored properly. Perishable foods, such as meats and dairy products, may be used a few days after that date, as long as they were stored at a safe temperature.

When in doubt, check the FoodKeeper App online and discard any foods that have developed an off odor or texture.

When You Have to Go to the Store

To help you reduce the amount of time you spend at the store, create a plan before you go. Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have on hand and make a list for what you still need to buy.
Organize your list according to the section of the store these items are located in. This will prevent you from having to run from one end of the store to the other. Try to buy perishable items, such as meat, poultry, fish, eggs, dairy and frozen foods, toward the end of your shopping trip to reduce the amount of time they spend at room temperature.

Many stores offer disinfectant wipes to clean your hands and wipe down cart and basket handles before shopping, or you can use your own personal hand sanitizer. And remember to wash your hands when you return from your grocery trip and to put the perishable foods in the refrigerator or freezer right away.

For family or friends that are unable to leave their homes to shop for themselves, ask if food or meal delivery is an option or offer to shop for them.

Can COVID-19 live on fresh fruits and vegetables or food packaging?

According to the U.S. Food and Drug Administration, the Centers for Disease Control and Prevention and the U.S. Department of Agriculture, there is currently no evidence to suggest that COVID-19 can be transmitted through food or food packaging. It is believed that the virus spreads from person-to-person through close contact or respiratory droplets, for instance when a person coughs or sneezes. However, it may be possible for viruses to survive on surfaces and objects, reinforcing the need to observe proper hygiene and food safety practices.

Fruits and vegetables, even if their peel will not be eaten, should be rinsed under running water and dried with a clean cloth or paper towel. It is recommended that firm produce, such as melons or cucumbers, be scrubbed with a clean produce brush. Soap, bleach or commercial cleaning products should never be used when washing fresh produce.

Regular handwashing, along with routine cleaning and disinfecting, especially all frequently touched surfaces, remain the most effective ways to reduce the spread of COVID-19. Get more tips on running essential errands, like going to the grocery store, from the CDC.
If you are organizing a small gathering or event, take precautions to prevent the spread of COVID-19 among guests

**MINIMIZE CROWDING BY...**

- Staggering arrivals and departures
- Designating seat places at least 1 metre apart
- Numbering entries
- Marking the floor

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**THE VITAL IMPORTANCE OF SOCIAL DISTANCING**

How a reduction in social contact can reduce the spread of Coronavirus

<table>
<thead>
<tr>
<th></th>
<th>5 DAYS</th>
<th>30 DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal Behaviour</td>
<td>1 person infects</td>
<td>2.5 people</td>
</tr>
<tr>
<td>50% Less Contact</td>
<td>1 person infects</td>
<td>1.25 people</td>
</tr>
<tr>
<td>75% Less Contact</td>
<td>1 person infects</td>
<td>0.625 people</td>
</tr>
</tbody>
</table>
STUDENT OR EMPLOYEE FEELS SICK
COVID-19 Response

Student or Employee Feels Sick at Home
- Student or Employee stays home.
- Parent/Guardian informs school of absence.
- COVID-19 testing encouraged.

Student or Employee Feels Sick at School
- Student reports or staff observes symptoms.
- Nurse/Health Office asks student about COVID-19 symptoms in a confidential setting.
  - Is the student experiencing 1 or more of the following outside of their normal?
    - Cough
    - Shortness of Breath
    - Difficulty Breathing
    - New Loss of Smell or Taste
  - OR
  - Is the student experiencing 2 or more of the following outside of their normal?
    - Fever (measured >100.4 or feeling feverish)
    - Chills
    - Congestion or Runny Nose
    - Sore Throat
    - Muscle or Body Aches
    - Headache
    - Fatigue
    - Nausea or Vomiting
    - Diarrhea

Student is sent to the isolation room.
- Review list of symptoms.

Stay home while waiting for test results.
- Parent/Guardian picks up student. COVID-19 testing encouraged.

Positive COVID-19 Test Results
- Remain home isolated from other people until...
- 10 days have passed since symptoms started AND...
- Symptoms are improved and no fever (100.4 or greater) for at least 24 hours without the use of medication.

Negative COVID-19 Results and a Different Illness Identified
- Remain home until feeling better AND...

No COVID-19 Test and/or waiting for test results
- Remain home until...
- 10 days have passed since symptoms started AND...

Notify parent/guardian (if student). Staff go home.

YES

NO

Notify parent/guardian (if student). Staff go home.

Remain home until feeling better.

Student or employee returns to school.

SHAWANO-MENOMINEE COUNTIES HEALTH DEPARTMENT
Adapted from School District of Baraboo and Fond du Lac County Health Dept.

Page 1 of 1
8/20/20
Answers from August puzzles.

Slogans that Deal with Sound

1. His master's voice
2. It takes a licking and keeps on ticking.
3. Snap, crackle, pop
4. Plop, plop, fizz, fizz. Oh, what a relief it is.
5. It keeps going and going . . .
6. Can you hear me now?
7. America's storyteller
8. Away go troubles down the drain
9. Nothin' says lovin' like somethin' from the oven.
10. Sweet as the moment when the pod went "pop."
11. Splash it all over.
12. Where the rubber meets the road
13. Not a cough in a carload
14. The instrument of the immortals
15. Put a tiger in your tank.
16. Zoom, zoom, zoom
17. Say it with flowers.
18. Tastes so good, cats ask for it by name.

Answers:
j. Timex
m. Rice Krispies
k. Alka-Seltzer
h. Energizer
l. Verizon
d. Kodak
r. Roto-Rooter
n. Pillsbury
p. Birds Eye Peas
a. Brut after-shave
i. Firestone Tires
o. Old Gold Cigarettes
g. Steinway & Sons
e. Esso/Exxon
q. Mazda
f. FTD (Interflora)
b. Meow Mix
Vegetables and Fruits

1. Which tropical fruit, which grows on trees, will read your name?
   Coconut

2. Which ideas snack consists of peanut butter and jelly? (You probably had it as a child.)
   Ants on a log

3. Which fruit per day will keep the doctor away?
   Apple

4. Which sweet fruit is high in Vitamin C and is also a citrus fruit?
   Orange

5. Sometimes mistaken for a vegetable, which red fruit is often paired with mozzarella and basil?
   Tomato

6. Which red, seeded fruit has a tough skin and is sometimes called "nature’s most labor-intensive fruit"?
   Pomegranate

7. Native to tropical America, which fruit is black and tough on the outside and green and soft on the inside?
   Avocado

8. Which leafy vegetable, a favorite of Popeye, is high in iron and packed with vitamins?
   Spinach

9. Many people prefer to eat what kind of vegetables and fruits, which are grown without chemical pesticides or fertilizers?
   Organic

10. Which starchy root vegetable is the second most consumed food in the United States and can be eaten baked, fried, stuffed, or mashed?
    Potato

11. The leaves of which vegetable are delicious dipped in butter or mayonnaise? Hint: Keep eating down to the fleshy heart for the real treat!
    Artichoke

12. The presence of what differentiates a fruit from a vegetable?
    Seeds

13. Many fruits and vegetables taste best without their skin; however, there are quite a few that you can eat with the skin on. List at least five:
    Apple, berries, carrot, cherry, cucumber, grape, nectarine, peach, pear, plum, potato, radish, tomato, yam

14. Which tart, red fruit might you find on top of a hot fudge sundae or in a delicious pie?
    Cherry
The Stockbridge-Munsee Meal site is supported through State, Federal and Tribal funding as well as donations received by you, our Elders. State Grants recognized an elder at age sixty (60) years or older and Federal grants allow tribes to specify Native Elder status; which the SM Tribe recognizes at the age of fifty-five (55) years or older.

A donation of $3.00 is asked for meals (your spouse is eligible regardless of age.) Anyone under the age of fifty-five is required to pay the current cost of $5.00 per meal.

We ask that you call at least 24 hours in advance to reserve your meal.

No Elder will be turned away, regardless of ability to pay.

Stockbridge-Munsee Elderly Services is also a satellite office of the Aging & Disability Resource Center of the Wolf River Region, which also includes the counties of Shawano, Menominee and Oconto. The ADRC offers information and assistance on issues affecting older people and those with disabilities regardless of their income. For more information call Toll Free:

1-855-492-2372 or visit www.adrcwrr.org

The Elderly Stream monthly newsletter is available online at www.mohican.com. Links to the Elderly Stream & lunch menu are on the home page.