



Elderly Stream

2020

VETERANS DAY



HONORING ALL WHO SERVED

Stockbridge-Munsee Elderly Steering Committee-
Regular Monthly Meeting
September 1, 2020

Committee members present: Sue Miller, Ellie Kazik, Carolie Miller, Lynne Welch, Laura Moede, and Muriel Sereda. Others present Kristy Malone, Jamie Mattingly and Nikki Bowman.

The Meeting was called to order at 10:03 a.m. by Chair Ellie Kazik followed by a moment of silence. Approval of the Agenda motion was made by Sue M., seconded by Muriel S., all in favor motion carried. **Minutes of March 3, 2020** were given to committee, motion by Carolie M., seconded by Muriel S., to approve the minutes all in favor motion carried.

Treasurer Report Motion to approve treasurer's report by Carolie M., second by Muriel S., all in favor motion carried. Motion made by Laura M., to utilize the unspent \$ in safe to make 16 Fall baskets.

Manager's Report – reviewed with committee discussion on COVID money and a request to share Operating report in our September meeting.

Activities Report – Activity report reviewed with committee

Needs of Elders We are currently doing wellness checks, phone calls, medication pick up, essential grocery pick up, deliver Farmers to Families food boxes and assist their needs if possible.

Old Business- Surveys

New Business –

Motion made by Carolie M., seconded by Muriel S., to purchase 107 Birthday Gift cards for all Elders in our service area following our Program Activities guidelines from March 2020- September 2020 all in favor motion carried. Steering Committee will sign the cards to be sent out.

Virtual Bingo discussion

The Red Skelton show has been re- scheduled for September 14th2020

Motion made by Carolie M., to purchase 300 gift cards to send to each enrolled Elder in our service area following our Program Activities guidelines motion seconded by Lynne W., all in favor motion carried.

Motion made by Muriel S., to draw five daily winners starting Thursday August 6th2020 for the Bingo gifts we have purchased and stored until all gifts are gone. We will follow our Program Activities guidelines seconded by Carolie M., all in favor motion carried.

Motion by Chairman Ellie Kazik to call a special on August 17,2020 at 10:00am seconded by Carolie M., all in favor motion carried.

Comment box- empty

Motion made by Carolie M., seconded by Lynne W., to adjourn the meeting all in favor motion carried. meeting adjourned at 11:28 am

Submitted by: Nikki Bowman



November Notes from the Manager:

Koolamalsi, are you well?

The Staff of the Eunice Stick Gathering Place (elderly center) wish only good things for you and your families!

November is National Caregiver Month, to all of you who give tirelessly to your loved ones and friends, we thank you! Please honor each other this month by being kind to one another and saying thank you! Elderly Services does have a respite program that can provide you, as a primary family caregiver, some time to take a break to pamper yourself or take care of your needs. Please give us a call for eligibility guidelines at (715) 793-4236 and ask for a Manager.

The Holidays are approaching! We all want to celebrate with our families, it is understandable; but please continue to be safe, wear a mask, wash and sanitize your hands and surfaces, social distance (I have now heard this being called “compassionate spacing”) and avoid large gatherings in small spaces. Remember your parents, grandparents, children, and babies who need to be kept as safe as possible from the COVID-19 virus!

The Annual Elder Christmas Party will probably not be held this year. The SM Elderly Steering Committee sponsors the event and the next meeting will be held on Tuesday, November 3rd at 10 a.m. These meetings are held via teleconference and the number to call in and join us is: 1 (602) 580-9406 and when asked the Access Number is 432-598-9. Please let us know if you are on the line so that we can welcome you!

The Protein Bags that the Tribe is giving to members will be distributed two times in November and December of this year. Please look for more information in this printing.

The donation for meals has been lowered to \$1.00 per meal for Elders/Disabled and \$3.00 charge for non-elders (under 55 years old) effective October 6, 2020 by Committee approval. Donations are just that, what you can give, when you can, you will still get your meal. We appreciate your support of the meals program and thank you!

For those of you who don't know, we can deliver a daily meal to you. We have three drivers currently delivering meals to over 100 customers and you are welcome to join in. You must be of age for the programs we sponsor and live in our service area, give us a call for more information.

Remember to thank your driver, they do deliveries with as little contact as possible for your safety and theirs. These staff members are not only delivering meals, but the protein bags, milk boxes and combo boxes as well! Roger, DeAnna and Jamie and those who have stepped up to help us, you rock!

We also offer carry-out meals, you call us and let us know what days you want to pick up a meal, then you drive up to the green kitchen door at noon time Monday through Thursdays, breakfast on Fridays with pick-up time 7:30 a.m. and a meal will be brought out to you.

It is important that you reserve a meal so that enough food can be purchased.

Please, read the Elderly Stream, hang on to it for the information it contains!

It can also be found on the front page of the Mohican.com webpage scroll down to the bottom of the page and it can be found on the right.

Don't hesitate to call us when you have a question or concern, if we can't help you, we will do our best to find out who can! Our number is (715) 793-4236.

Have many good days!

Respectfully,

**Kristy Malone, Manager
SM Elderly Services**





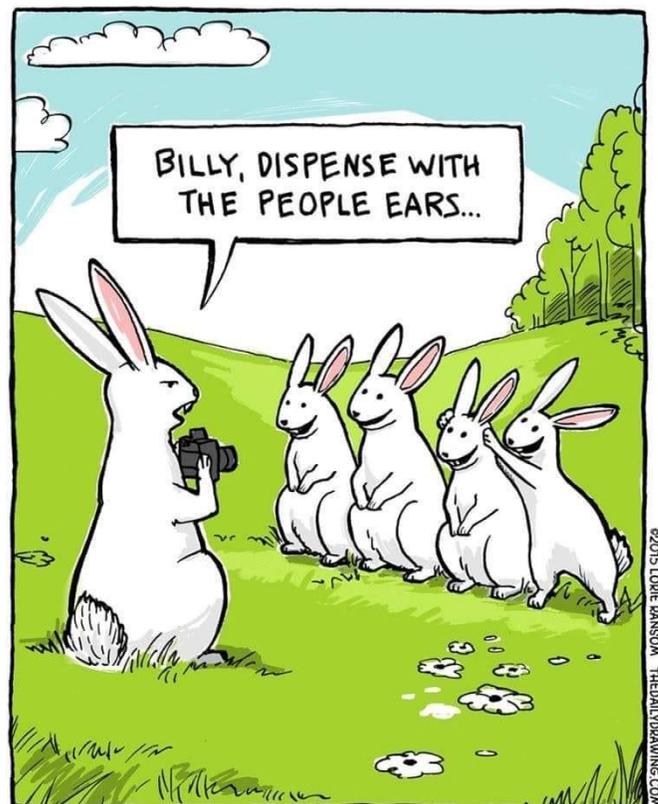
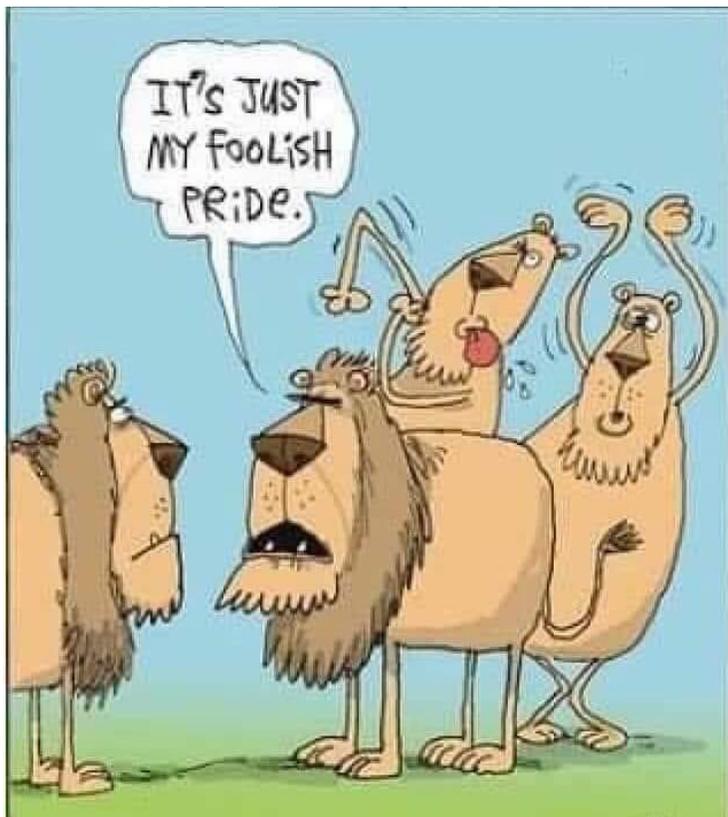
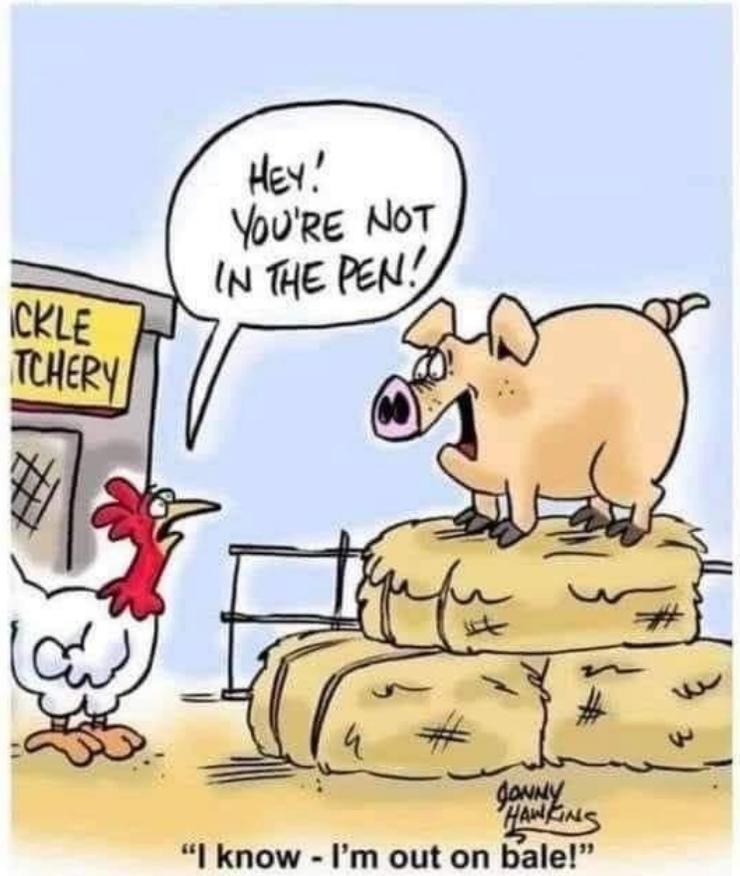
November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Fried Bologna Mashed Cauliflower Sauerkraut Peas & Carrots Pudding	3 Cheesy Ham Potatoes Mixed Veggies Salad Cornbread Applesauce	4 Butternut Squash Soup Egg Salad Sandwich Fruit Cocktail Cherry Pie	5 Roasted Chicken Biscuits Beets Pasta Salad Autumn Spice Cake	6 Veggie Scramble Potatoes French Toast Orange Juice Pears Fresh Fruit	7
8	9 BBQ Beef Coleslaw Chips Pickle Jello with Fruit	10 Taco Dinner Corn salad Black Beans Churro	11 Veterans Day  CLOSED	12 Baked Walleye Filet Normandy Blend Veggies American Fries Fruit Cup Marshmello Bar	13 Eggs Hashbrowns Bacon Whole Grain Muffin Pineapple Juice Fresh Fruit	14 Milk delivered with every meal
15	16 Corned Beef Potato Salad Carrots Rye Bread Pudding	17 Tuna-Pepper Cup Coleslaw Watermelon Salsa Banana Cup with Berries	18 Turkey & Gravy Over Stuffing Red Potato Mixed Veggies Cranberry Sauce Cake & Ice Cream 	19 Beef Barley Soup Sub Sandwich Colorful Veggie Tray Crunchy Bar	20 Boiled Egg Sausage Patty Pancakes Tomatoes Peaches Juice Fresh Fruit	21
22	23 Hamburger Whole Wheat Bun BLT Salad Jello with Fruit	24 Baked Ziti Side Salad Green Beans Garlic Bread Snack Mix	25 Unstuffed Pepper Soup Veggie Salad Applesauce Whole Grain Roll Cinnamon Roll	26 Thanksgiving  CLOSED	27  CLOSED	28 *Menu subject to change
29	30 Cooks Choice 					

AGING

I hit the golf ball any way I can and laugh if it goes in the lake. That's the breaks. I'm just happy I can still hit that golf ball. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging. Whose business is it, if I choose to read, or play on the computer until 4 AM or sleep until noon? I will dance with myself to those wonderful tunes of the 50, 60, & 70's, and if I, at the same time, wish to weep over a lost love, I will. I will walk the beach, in a swimsuit that is stretched over a bulging body, and will dive into the waves, with abandon if I choose to, despite the pitying glances from the jet set. They too, will get old. I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, I eventually remember the important things. Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet passes? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect. I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong. So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been or worrying about what will be. And I shall eat dessert every single day (if I feel like it).



PUMPKIN CHILI

Comforting Pumpkin Chili is a perfect meal for the cold season. This beef chili is made with two types of beans, veggies, and a combination of fresh pumpkin and pumpkin puree.

Prep Time 15 minutes

Cook Time 1 hour 30 minutes

Total Time 1 hour 45 minutes

Servings 8 (Makes 3 quarts)

INGREDIENTS

- 3 tbsp canola oil
- 1 large onion
- 2 tomatoes
- 1 oz garlic (4-6 cloves)
- 1 red bell pepper
- 12 oz diced pumpkin (half of a small (2.5 lbs.) cooking pumpkin)
- 1.5 lbs. ground beef
- 1 cup beef stock
- 8 oz tomato sauce
- 3 oz tomato paste
- 1 cup pumpkin puree
- 15 oz can kidney beans
- 15 oz can white beans
- 2 tsp cumin
- 1 tsp chipotle chili powder
- 1 tbsp white granulated sugar
- salt
- fresh cracked black pepper



INSTRUCTIONS

1. Start by cutting pumpkin and other veggies.
2. Dice pumpkin, onions, bell pepper, and tomatoes. Try to get the cuts as even as possible.
3. Preheat the pot over medium heat and add oil.
4. Add onions and sauté until transparent.
5. Add tomatoes, pumpkin, and bell peppers. Cook for a few minutes.
6. Smash garlic mince it and add it to the veggies. Stir and cook until veggies are softened.
7. Take veggies out of the pot and set aside.
8. In the same pot, cook ground beef until browned, breaking up all the clumps. Season with some salt and pepper as it cooks.
9. Add veggies back to the pot and stir.
10. Increase heat to medium-high and stir in stock, pumpkin puree, tomato sauce and tomato paste.
11. Strain most of the liquid from the beans and add them to the pot. Gently stir everything well. Bring to boil.
12. Lower heat to low and stir in sugar, cumin, chili powder, salt, and pepper. Taste to check if more salt and spice is desired.
13. Cover, leaving a small crack for steam to escape, and cook for about an hour. Remember to stir occasionally to ensure even cooking.

To cut pumpkin: pop the stem off with a large knife (knife always facing away from you) and cut pumpkin in half. Scoop out seeds and membrane. I like to use an ice cream scoop because it easily scoops up the membrane. Cut pumpkin halves in two and peel the tough skin off with a vegetable peeler.

NUTRITION

Amount Per Serving
Calories 436/Calories from Fat 207
% Daily Value*
Fat 23g 35%
Saturated Fat 7g 44%
Cholesterol 60mg 20%

Sodium 499mg 22%
Potassium 1228mg 35%
Carbohydrates 34g 11%
Fiber 8g 33%
Sugar 9g 10%
Protein 24g 48%

Vitamin A 9500IU 190%
Vitamin C 35.1mg 43%
Calcium 114mg 11%
Iron 6mg 33%

* Percent Daily Values are based on a 2000 calorie diet.



Tested positive for COVID-19?
Tell your friends and family to keep them safe.



YOU
STOP THE
SPREAD

Show them you care by letting them know.
#YouStopTheSpread by keeping your close contacts informed and encouraging them to get tested.



Elderly Chair Exercises

1. Hip to the side *



2. Foot Circles *



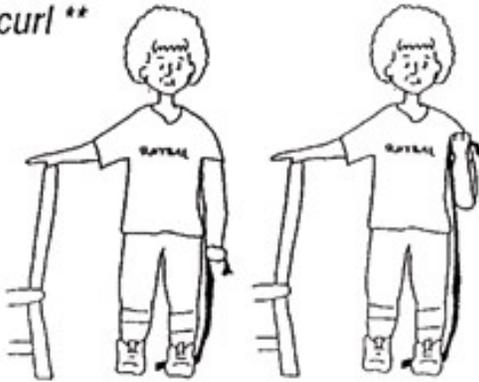
3. Lift leg backwards *



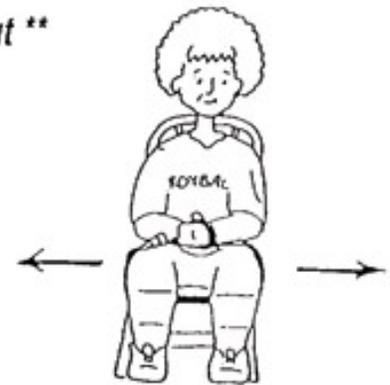
4. Shoulder blade exercises**



5. Arm curl **



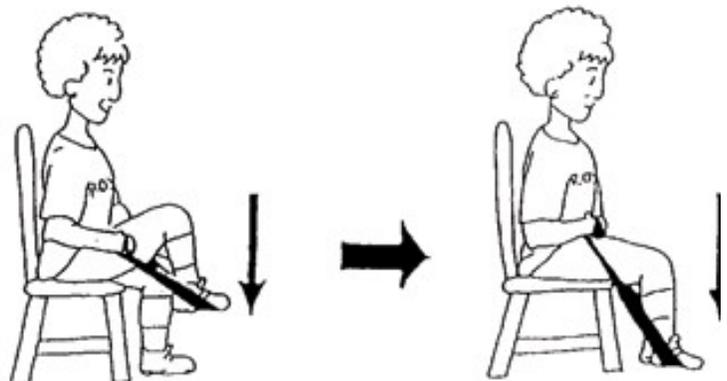
6. Knees in and out **



7. Ankle Pumps **



8. Hip extension **





Fall Basket Giveaway Winners

Roxanne Johnson

Lou Ann Jacobs

Jerry Glisch

Jeanette Gardner

Randy Malone

Bert Davids

Anita Miller

Bev Glisch

Lois Reimes

Willie Sullivan

Jeff Pecore

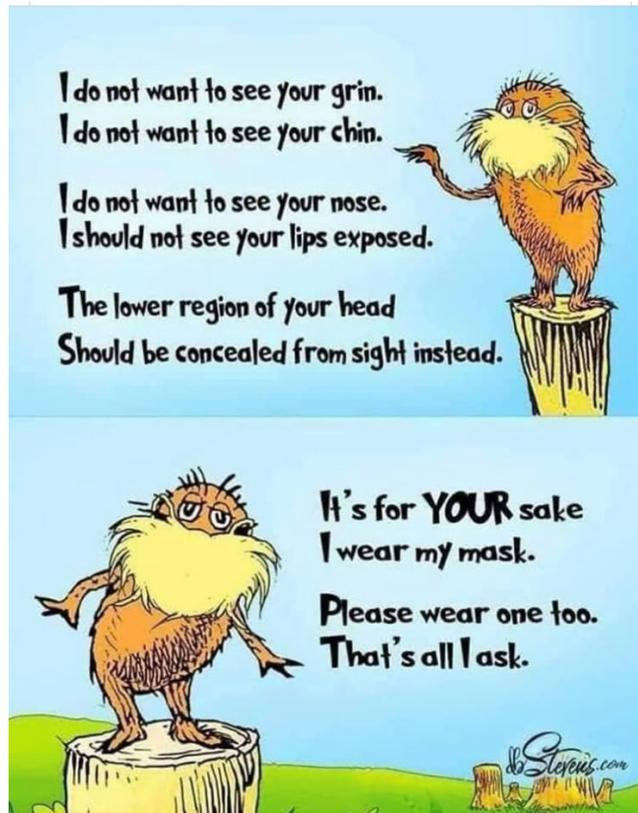
Dick Miller

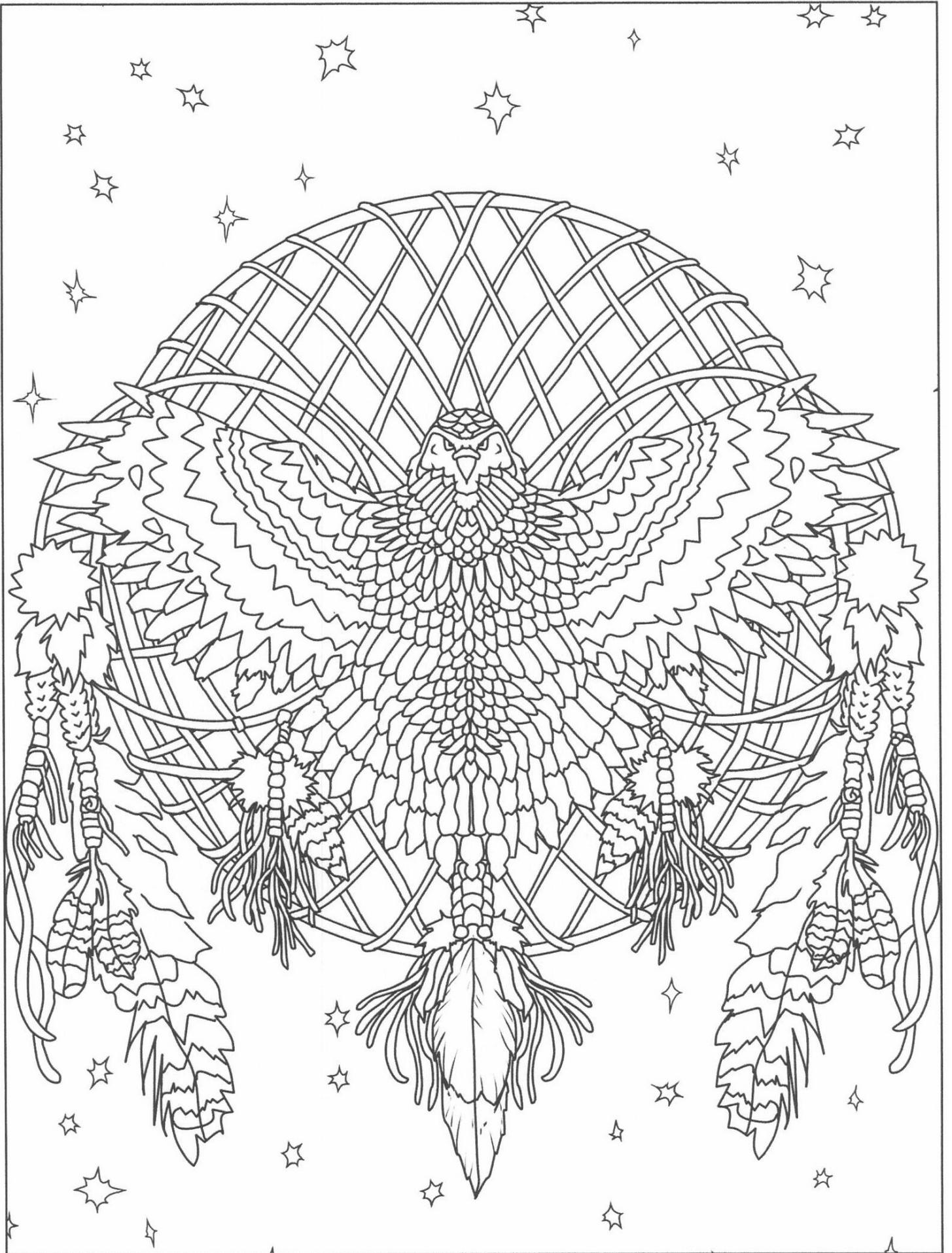
Steve Davids

Clint Miller

Woody Davids

LaiLonnie Kosowski







Northeast Wisconsin Telephone Caregiver Support Group

Presented by:

Alzheimer's Association

Wisconsin

Every Tuesday
10:00 a.m. - 11:30 a.m.

Via Telephone or Zoom

For Zoom link or phone number, please
register by call 800.272.3900

For questions, contact Kristin Waukau
715-799-5270
kwaukau@mitw.org

This virtual support group is facilitated by Dementia Care Specialists Kristin Waukau & Mary Jo Ruleau who serve Oconto, Menominee, Shawano Co., Menominee Indian Tribe & Stockbridge-Munsee Community.

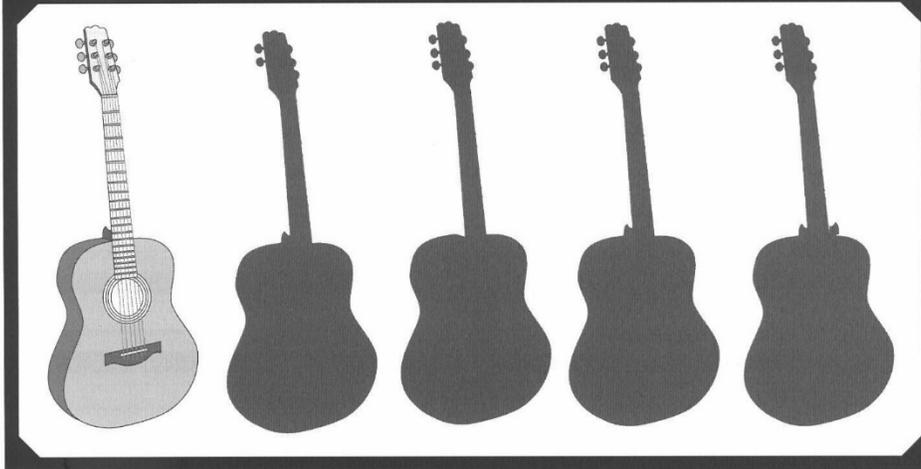
Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

SHADOW FINDER

Find the shadow that fits the picture perfectly.



UNSCRAMBLE

Create words from the scrambled letters that relate to music. Try to use each letter.

1. NMDAOLIN →

2. RVITOOUS →

3. OOSRPNA →

4. YRICSL →

5. RYHAONM →

6. BTOORMNE →

Complete it! Famous Songs

In this trivia challenge, the goal is to fill in the missing word in each of these popular song titles.

1. Blue Suede _____

2. Maybe I'm _____

3. Under the _____

4. Midnight Train to _____

5. Up Where We _____

6. Wouldn't It Be _____

7. Sweet Home _____

8. Hit the Road _____

9. Candle in the _____

10. Jack and _____

11. Spirit in the _____

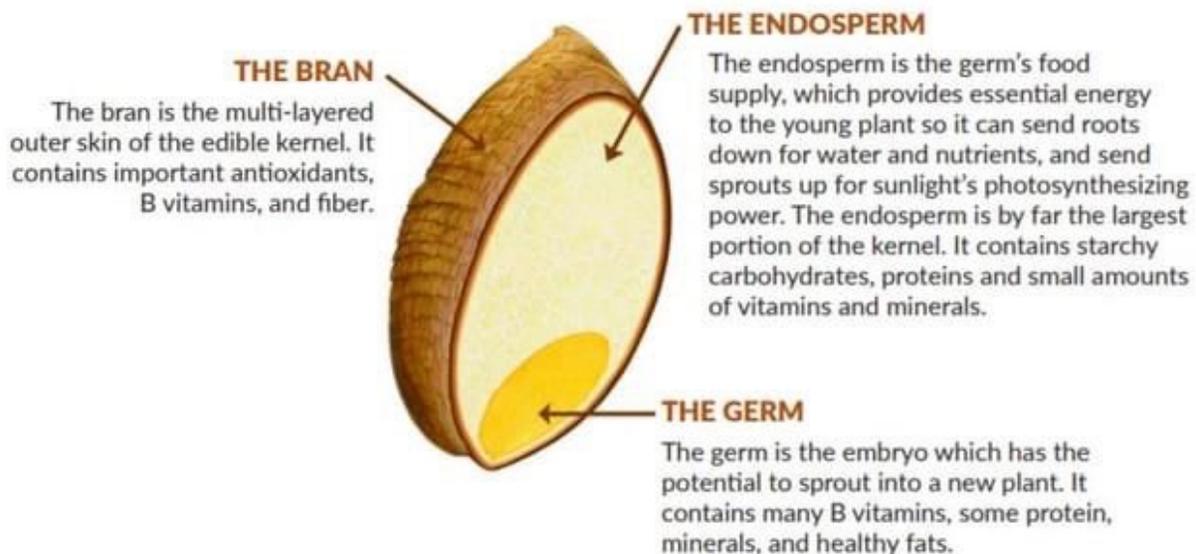
12. Wake Up Little _____

WHAT'S A WHOLE GRAIN? A REFINED GRAIN?

All grains start life as whole grains. In their natural state growing in the fields, whole grains are the entire seed of a plant. This seed (also called a "kernel") is made up of three edible parts—the bran, the germ, and the endosperm—protected by an inedible husk that defends the kernel from assaults by sunlight, pests, water, and disease.

A grain is considered to be a whole grain as long as all three original parts—the bran, germ, and endosperm—are still present in the same proportions as when the grain was growing in the fields.

GRAIN PARTS



WHAT'S A "REFINED GRAIN?" AN "ENRICHED GRAIN?"

"Refined grain" is the term used to refer to grains that are not whole, because they are missing one or more of their three key parts (bran, germ, or endosperm). White flour and white rice are refined grains, for instance, because both have had their bran and germ removed, leaving only the endosperm. Refining a grain removes about a quarter of the protein in a grain, and greatly reduces at least seventeen key nutrients, leaving the grain a mere shadow of its original self.

Since the late 1800s, when new milling technology allowed the bran and germ to be easily and cheaply separated from the endosperm, most of the grains around the world have been eaten as refined grains. This quickly led to disastrous and widespread nutrition problems, like the deficiency diseases pellagra and beriberi.

In response, many governments recommended or required that refined grains be "enriched." Enrichment only adds back a small handful of the many missing nutrients, and does so in proportions different than they originally existed. The better solution is simply to eat whole grains, now that we more fully understand their huge health advantages.

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

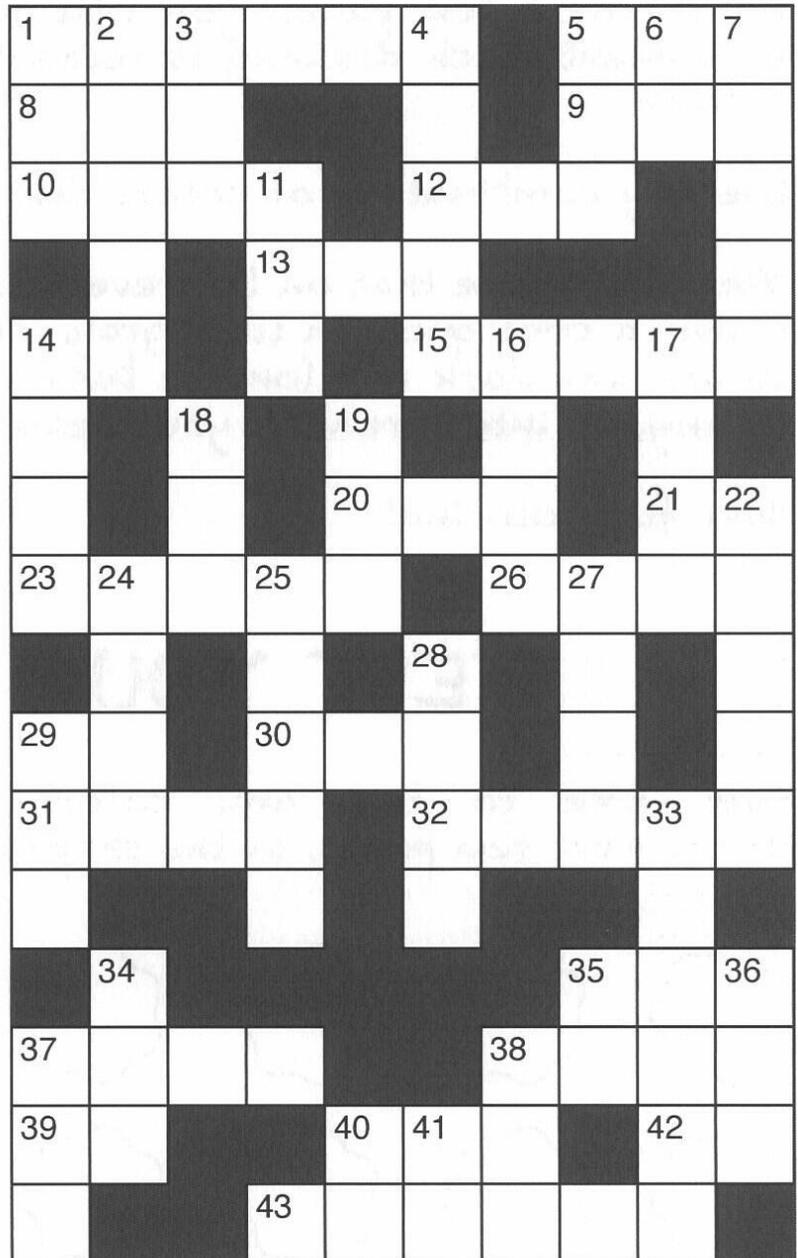
- 1) Tune
- 5) Simple instruction for a dog
- 8) Honest ____ Lincoln
- 9) Out ____ limb (two words)
- 10) Similar to a frog
- 12) Website address
- 13) We jointly own
- 14) Indicates who made it
- 15) Extremely good person
- 20) Opposite of he
- 21) Opposite of yes
- 23) Boat that needs double bladed paddle
- 26) Question about time
- 29) Hello
- 30) ____ -in, to choose to participate
- 31) Animal's home on a farm
- 32) Group of singers
- 35) Time zone in California
- 37) Musical sound
- 38) Past participle of see
- 39) Stubborn as an ____
- 40) A digit found on a foot
- 42) A kind of medical scan
- 43) Famous classical composer

DOWN

- 1) May be placed before a front door
- 2) _____ and ivory
- 3) A tract of grassland
- 4) Not mine
- 5) Fa, ____, La
- 6) Stay ____ tune
- 7) To contaminate slightly
- 11) ____ -to-dot
- 14) Many pages bound together
- 16) Once more
- 17) Twenty minus eleven
- 18) Kids play with this

- 19) Request
- 22) Radio status
- 24) A kind of opera song
- 25) Make up for a mistake
- 27) Person who acted selflessly
- 28) A way to mark metal or glass
- 29) Popular cable channel
- 33) Bug
- 34) Hugs and kisses

- 35) Gym class
- 36) A type of explosive
- 37) Stompin ____ Conners
- 38) The Dead ____, a body of water
- 40) Back ____ the drawing board
- 41) The Wizard of ____





NOVEMBER

BIRTHDAYS

Sandra Burr

Sharon Breitenfeldt

Penny Thomas

Diane Davids

Woody Davids

Joann Davids

Bill Gleason

Nancy Kasten

Dawn Miller

Mabel Miller

James Schulz

Muriel Sereda

Bill Terrio

Cheryl Tiegs

Robert Welch

Doreen West

Karen Gardner

WORD SEARCH

Merry Melodies

Find the words listed below in the letter grid. Words may be hidden in an across, down, or diagonal direction. Also, the words may be spelled forwards or backwards.

WORD LIST:

JAZZ	CONCERT	MUSICAL	COUNTRY	ARIA
FOLK	GUITAR	CHORUS	HUM	BARITONE
MELODY	CHOIR	RADIO	WALTZ	HARMONY
NOTES	LYRIC	PIANO	SCAT	COMPOSER
BLUES	SING	BASS	OPERA	VIOLIN
SONG	PERFORM	BAND	ALTO	SWING
ALBUM	BEAT	POLKA	CHIME	TUBA

O	N	B	F	Z	N	M	Z	P	A	S	D	R	B	L	X	W	V	N	N	Y	S	Y	I	E	C
Z	E	P	Y	W	J	J	W	W	O	I	K	N	V	S	L	N	H	N	M	N	A	R	E	P	O
I	C	H	O	I	R	R	U	N	K	N	A	L	H	U	M	U	E	A	W	I	I	G	O	O	G
F	O	W	Y	Q	B	C	A	L	U	G	I	X	Z	P	G	M	L	S	F	O	T	L	N	Y	A
L	T	P	B	R	Q	I	O	W	O	H	E	M	W	U	I	T	F	C	A	Y	K	A	O	O	O
X	Y	D	J	K	P	F	O	U	O	T	W	D	I	H	O	X	O	F	J	M	D	P	C	I	S
R	W	S	R	R	Y	V	R	W	G	U	E	T	C	K	S	Q	E	G	L	G	H	O	W	S	V
A	D	E	E	G	F	Z	X	Y	U	N	A	W	J	Q	D	O	M	U	S	I	C	A	L	K	U
D	A	U	S	N	T	S	M	N	O	R	G	N	I	W	S	V	B	Y	Y	A	B	U	T	E	K
I	A	L	O	V	P	G	G	T	Y	Z	Q	U	Y	K	A	B	H	H	R	N	L	K	B	P	M
O	K	B	P	Y	Y	X	I	S	N	M	U	B	L	A	C	L	V	A	A	T	O	A	U	Z	D
R	L	A	M	S	S	R	U	W	P	P	E	O	Q	V	N	N	O	T	E	S	N	M	V	R	E
I	O	G	O	X	A	R	U	B	Z	A	T	E	T	R	E	C	N	O	C	D	C	U	R	U	F
Q	P	N	C	B	O	D	E	A	T	C	U	E	I	C	F	V	B	L	Y	R	I	C	O	A	M
R	S	W	A	H	V	T	C	S	L	Z	C	U	T	K	W	A	I	R	A	I	L	X	M	C	H
O	K	B	C	K	T	Q	Q	S	A	A	R	P	E	R	F	O	R	M	P	J	T	R	H	Y	L
X	R	H	H	S	H	R	P	A	W	O	F	K	W	Z	Z	A	J	L	D	W	S	L	N	U	S

Isolation

What's the Difference?

Quarantine

Used for

- People who have been diagnosed with COVID-19
- People who are sick and have symptoms of COVID-19

Why

To keep the person from spreading COVID-19 to others

Where

Could be at home, a health care facility, or an isolation location

If you're sick, you isolate.

For more information:
www.dhs.wisconsin.gov/covid-19/diagnosed.htm

Used for

- People who were potentially exposed to COVID-19 who are not sick
- Close contacts of someone diagnosed with COVID-19

Why

The person could have COVID-19 without symptoms

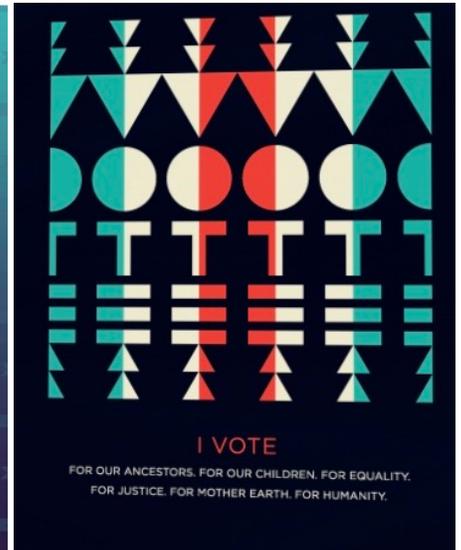
Where

Could be at home or a quarantine location

If you're not sick, you quarantine.



◀ DEMOCRACY IS INDIGENOUS ▶



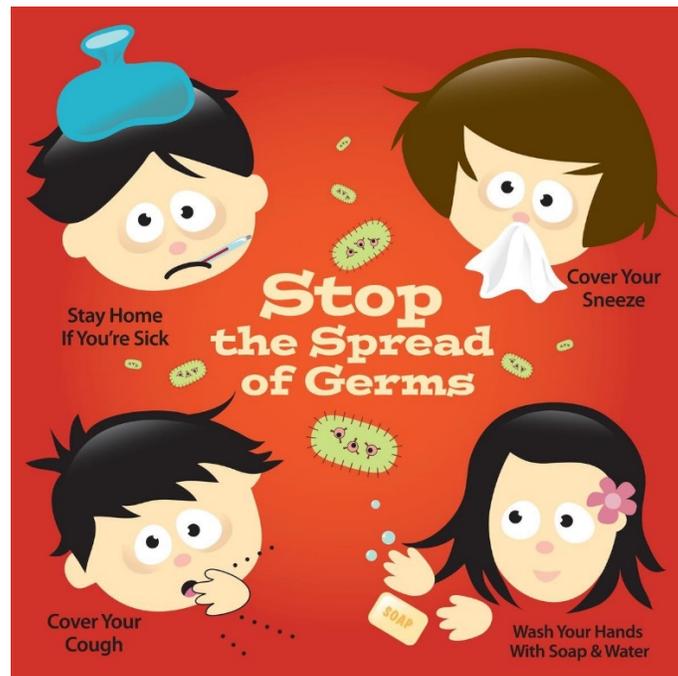
❄️ ❄️ ❄️ ❄️ AVOID ❄️ ❄️ ❄️ ❄️

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for **hypothermia** or **frostbite**.

When going outside be sure to wear:



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.





Gift Card Winners

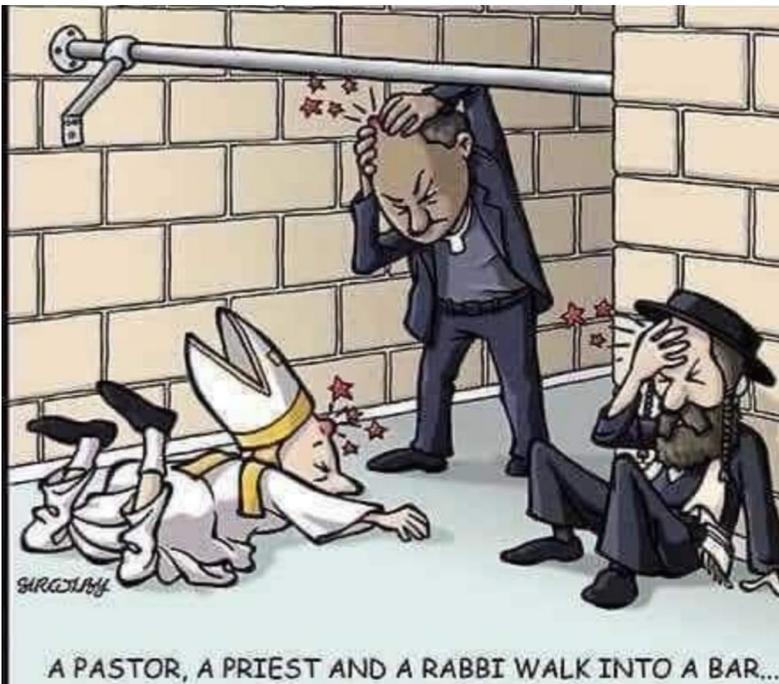
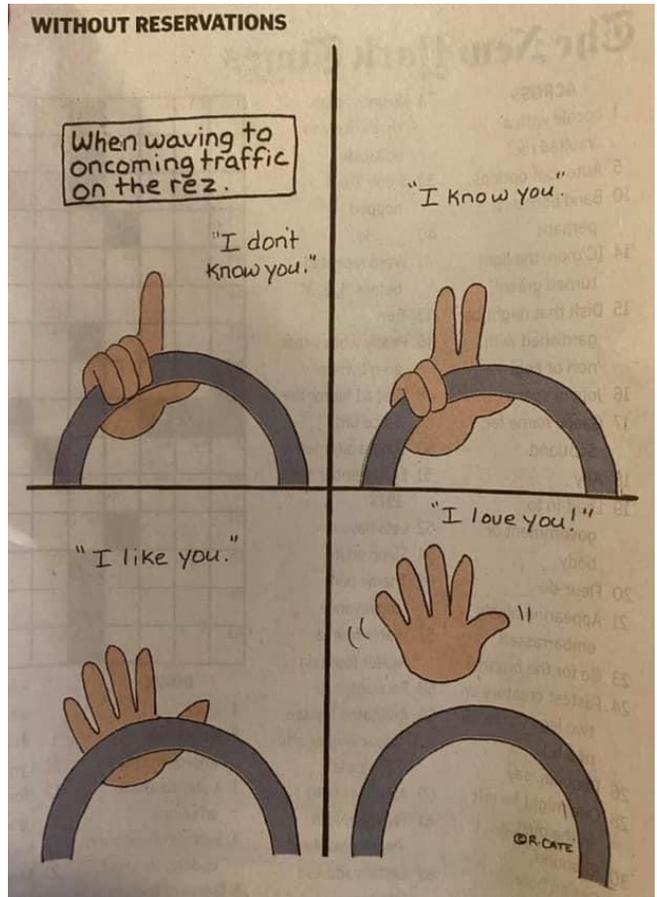
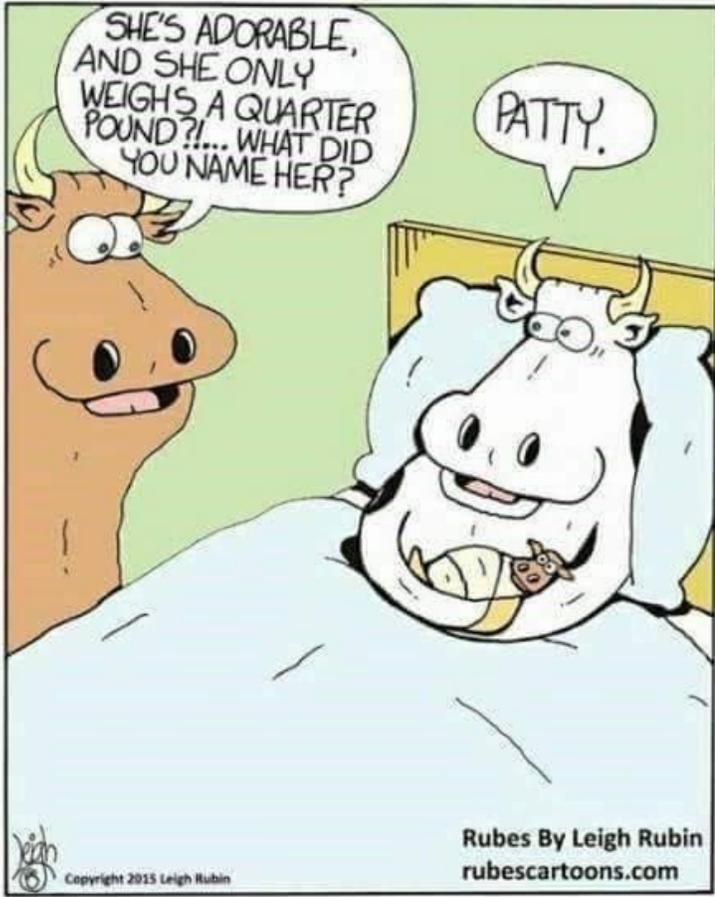
This month we gave away 54 gift cards to the following winners:

Kurt Gardner
Leroy Stick
Leonard Johnson
Jeff Heubel
Dudley Welch
Arnie Tousey
Cresa Vele
Rod Martin
Rhonda Sullivan
Jack Demjen
Maureen Christensen
Kim Duffek
Carmen Cornelius
Jyles Wegee Bowman
Pat Davids
Mark Church
Karrie Mohawk Tucker
Jackie Miller
Jermaine Davids

Kathy Robinson
Carl Church
Margie Reimer
Martin Kosowski
Prena Wollenhaup
Anna Doxtator
Antoinette Davids
Steve Burr
Jackie Miller
Mike Mohawk
Lowell Cornelius
Mary Miller
Marie Denomie
Sharon Davids
Richard Dalve
Brian Coyhis
Mark Doxtator
Jerry Moede
Bette Besaw

Ira Sheperd
Shellie Samuels
Molly Welch
Gregg Duffek
Richard Gardner
Eva Jean Bowman
Wilma Doxtator
Donna Burr
Cheryl Hill
Les Slater
Buzzi Rollins
Jerry Davids
Bruce Miller
Dale Davids
Missy Martin
Lisa Martin





A truck carrying Worcestershire sauce crashes.

Dispatcher: What's the situation?

Deputy: It's hard to say





Stockbridge Munsee
Tribal Member
Protein Package Distribution

When

Tuesday: November 10th

Tuesday: November 24th

Where

Tribal Office Parking Lot

N8476 MohHeConNuck Road Bowler, WI 54416

Time

9:00 AM to 4:00 PM

You will not receive a package without presenting your S/M Enrollment Card.

All presenting themselves for pick up will be required to:

Wear a mask

Present S/M tribal ID

Have your trunk or door open

Remain in your vehicle

One box per enrolled member household

Elders & disabled may request S/M Elderly Services to deliver packages on the above scheduled dates. Please call (715) 793-4236 to make arrangements. Packages are delivered after 2:00 PM.

*Protein Packages funded by CARES ACT funds



PROTECT YOURSELF AGAINST COVID-19 CONTACT TRACING SCAMS

Contact tracing is one of our best tools to track the spread of COVID-19. We need you to pick up the phone if we call you, but you also need to look out for fraudulent calls. **Here's how you can be sure it's really us!**



Contact tracing staff will ask for:

- Your name.
- Your address.
- Your phone number.
- Your email.
- Your gender.
- Your race/ethnicity.
- Your symptoms.



Contact tracing staff will **NEVER**:

- Ask for your credit card, bank account, or social security numbers.
- Send you a text with a link to click.
- Share personally identifiable information.

For more information on how to best protect yourself from COVID-19 scams, visit www.dhs.wisconsin.gov/covid-19/contact-tracing.htm



WISCONSIN DEPARTMENT
of HEALTH SERVICES

Answers to this months puzzles:

1. MANDOLIN
2. VIRTUOSO
3. SOPRANO
4. LYRICS
5. HARMONY
6. TROMBONE

1	M	2	E	3	L	O	D	4	Y	5	S	6	I	7	T
8	A	B	E					O		9	O	N	A		
10	T	O	A	11	D			12	U	R	L			I	
	N			13	O	U	R							N	
14	B	Y		T		15	S	16	A	I	17	N	T		
O			18	T		19	A		N		I				
O		O			20	S	H	E			21	N	22	O	
23	K	24	A	Y	25	A	K		26	W	27	H	E	N	
	R				T			28	E		E			A	
29	H	I			30	O	P	T			R			I	
31	B	A	R	N				32	C	H	O	33	I	R	
O					E			H					N		
		34	X								35	P	S	36	T
37	T	O	N	E							38	S	E	E	N
39	O	X				40	T	41	O	E		42	C	T	
M					43	M	O	Z	A	R	T				

1. BLUE SUEDE SHOES
2. MAYBE I'M AMAZED
3. UNDER THE BOARDWALK
4. MIDNIGHT TRAIN TO GEORGIA
5. UP WHERE WE BELONG
6. WOULDN'T IT BE NICE
7. SWEET HOME ALABAMA
8. HIT THE ROAD JACK
9. CANDLE IN THE WIND
10. JACK AND DIANE
11. SPIRIT IN THE SKY
12. WAKE UP LITTLE SUSIE

O	N	B	F	Z	N	M	Z	P	A	S	D	R	B	L	X	W	V	N	N	Y	S	Y	I	E	C
Z	E	P	Y	W	J	J	W	W	O	I	K	N	V	S	L	N	H	N	M	N	A	R	E	P	O
I	C	H	O	I	R	R	U	N	K	N	A	L	H	U	M	U	E	A	W	I	I	G	O	O	G
F	O	W	Y	Q	B	C	A	L	U	G	I	X	Z	P	G	M	L	S	F	O	T	L	N	Y	A
L	T	P	B	R	Q	I	O	W	O	H	E	M	W	U	I	T	F	C	A	Y	K	A	O	O	O
X	Y	D	J	K	P	F	O	U	O	T	W	D	I	H	O	X	O	F	J	M	D	P	C	I	S
R	W	S	R	R	Y	V	R	W	G	U	E	T	C	K	S	Q	E	G	L	G	H	O	W	S	V
A	D	E	E	G	F	Z	X	Y	U	N	A	W	J	Q	D	O	M	U	S	I	C	A	L	K	U
D	A	U	S	N	T	S	M	N	O	R	G	N	I	W	S	V	B	Y	Y	A	B	U	T	E	K
I	A	L	O	V	P	G	G	T	Y	Z	Q	U	Y	K	A	B	H	R	N	L	K	B	P	M	
O	K	B	P	Y	Y	X	I	S	N	M	U	B	L	A	C	L	V	A	A	T	O	A	U	Z	D
R	L	A	M	S	S	R	U	W	P	P	E	O	Q	V	N	N	O	T	E	S	N	M	V	R	E
I	O	G	O	X	A	R	U	B	Z	A	T	E	T	R	E	C	N	O	C	D	C	U	R	U	F
Q	P	N	C	B	O	D	E	A	T	C	U	E	I	C	F	V	B	L	Y	R	I	C	O	A	M
R	S	W	A	H	V	T	C	S	L	Z	C	U	T	K	W	A	I	R	A	I	L	X	M	C	H
O	K	B	C	K	T	Q	Q	S	A	A	R	P	E	R	F	O	R	M	P	J	T	R	H	Y	L
X	R	H	H	S	H	R	P	A	W	O	F	K	W	Z	Z	A	J	L	D	W	S	L	N	U	S

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 \$1.00 is asked for delivered meals (your spouse is eligible regardless of age.) A donation of \$2.00 is asked for congregate meals. Anyone under the age of fifty-five is required to pay \$3.00 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.