

January

*Elderly
Stream*



The Positive Side of Life

Living on earth is expensive, but it does include a free trip around the sun every year. 

How long a minute is depends on what side of the bathroom door you are on. 

Birthdays are good for you; the more you have, the longer you live. 

Happiness comes through doors you didn't even know you left open. 

Ever notice that the people who are late are often much jollier than the people who have to wait on them? 

Most of us go to our grave with our music still inside of us. 

If Wal-Mart is lowering its prices every day, how come nothing is free yet? 

You may be only one person in the world, but you may also be the world to one person. 

Some mistakes are too much fun to only make once. 

Don't cry because it's over; smile because it happened. 

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors...but they all exist very nicely in the same box.



A truly happy person is one who can enjoy the scenery on a detour. 



January Greetings!

Well folks, 2020 is behind us, but, unfortunately, the COVID-19 Pandemic is not. Vaccines are now available and the Stockbridge-Munsee Health & Wellness Center is working hard to get the vaccinations completed. Please read any and all information given to you and shared in our newsletter and newspaper the "Mohican News" to stay informed; also, if you have computer technology and/or smart phones check out the mohican.com webpage for COVID-19 updates. If you have any questions regarding the vaccine please call the clinic line 715-793-5087 for more information. Please continue to wear your mask, wash & sanitize your hands, and social distance to keep yourself safe and well.

With Old Man Winter upon us there may be days the Elderly Center will close early or not open at all due to bad weather. A copy of our 'Meal Cancellation/Inclement Weather' Policy is printed in this newsletter for your information. The highlighted areas pertain to home-delivered meal (HDM) delivery and during this pandemic HDM and pick-up are the only way a meal is given. An alternate meal (frozen) will be delivered/given to you the day before a bad weather day has been predicted.

As you aware, the Chore workers are working under the Housing Division and you must call (715) 793-4219 to place your chore request, a work order will be done and they will assist you where they can; as soon as possible.

Best Wishes for a Healthy & Happy New Year to you all! As always, please do not hesitate to call our office, (715 793-4236) if you ever have a question on what services we provide, if we cannot help you we will do our best to find out who can. Stay warm and be careful when outdoors this winter!

Sincerely,

Kristy Malone, Manager
SM Elderly Services

Section: Elderly Services	Department Manager: Kristy Malone
Subject: Meal Cancellation Inclement Weathers	Administrator: Gregg Duffek
Policy #: ES002	Legal: 09/16/09
Supersedes: None	Steering Committee: 2/10/09
Pages: 1	Tribal Council: 10/06/09
Effective Date: 10/07/09	Review Date:

Title: Stockbridge-Munsee Elderly Services Meal Site Cancellation Policy & Procedure

Policy: The Stockbridge-Munsee Elderly Services will cancel congregate and home delivered meals under certain inclement weather conditions.

Purpose: Canceling meals served (congregate and home delivered) in inclement weather to safely protect our Elders from the dangers of exposure (injuries due to car accidents, falls, frostbite, etc...) in extreme conditions.

This policy will ensure consistency in delivery of service due to threatening road conditions or unforeseen circumstances.

Procedure: When inclement weather (severe wind chill factor (-30 below & greater), icy road conditions, blizzard conditions and fog) is predicted and expected the Stockbridge-Munsee Elderly Services will close the meal site.

In the event that inclement weather has been predicted and expected, a substitute meal (frozen) will be delivered to the home delivery meal participants and only to those elders who signed up in advance for that day's congregate meal. Meals will be delivered only to those elders who reside in the service area.

In the event meals are canceled due to inclement weather conditions, Stockbridge-Munsee Elderly staff will personally contact, by home visit, our ** frail elders to ensure that they are safe and protected; those who live alone will also be contacted by phone and if cannot be reached, a staff member will be directed to go to the home for a safety check..

Closing of the meal site for congregate meals and home delivered meals will be announced on

WTCH radio 960 AM

WOWN radio 99.3 FM

WLUK TV Channel 11 by 6:00 a.m.

Announcements on radio and TV will clearly state that congregate and home delivered meal programs are cancelled

Employees will be required to report to work in accordance with Tribal employment policies on days when there is inclement weather.

**Please note: frail – the physically weak

Section: Elderly Services	Department Manager: Kristy Malone
Subject: Alternate Meals Policy	Administrator:
Policy #: ES005	Legal: 08/31/2016
Supersedes: None	Steering Committee: 09/06/16
Pages: 1	Tribal Council: 09/15/16
Effective Date: 09/15/16	Review Date:

Title: Stockbridge-Munsee Elderly Services Alternate Meals Policy

Policy: The Stockbridge-Munsee Elderly Services delivers alternate meals (frozen) when congregate and home delivered meals are cancelled due to inclement weather conditions forecast.

Purpose: To provide an alternate meal (frozen) to home-delivered meal and reserved congregate meal participants when closing of the meal site is predicted and expected.

Procedure: Alternate meals are delivered the day before expected closing date. The inclement weather policy is posted annually in the monthly newsletter and on the Elderly Services website to provide notice to elders in our service area. Alternate meals shall meet the requirement of at least 1/3 recommended dietary allowance of (RDA) for nutrients.

LEAVING THE HOUSE IN EXTREME WINTER WEATHER

A Checklist to Keep Seniors Safe.

- 1: Bring a cane or walking aid if necessary.
- 2: Remember any medications you might need in the next 24 hours.
- 3: Bring enough extra cash for bus or taxi rides.
- 4: Wear anti-skid shoes and boots with the laces tied.
- 5: Tell someone where you are, expect to arrive and return.
- 6: Pack water and a snack. If there is a delay, it's important to stay hydrated and energized.
- 7: Make sure you are wearing several layers and include a wool hat, gloves/mittens, a coat and a scarf.
- 8: Know your transportation options to and from the destination. Don't drive unless it's an emergency.
- 9: Only walk on clear and dry sidewalks and use any available handrail.
- 10: Charge your cell phone and keep a list of emergency contacts.

I'll be back around 4. Call me on my cell if you need anything.

ACROSS

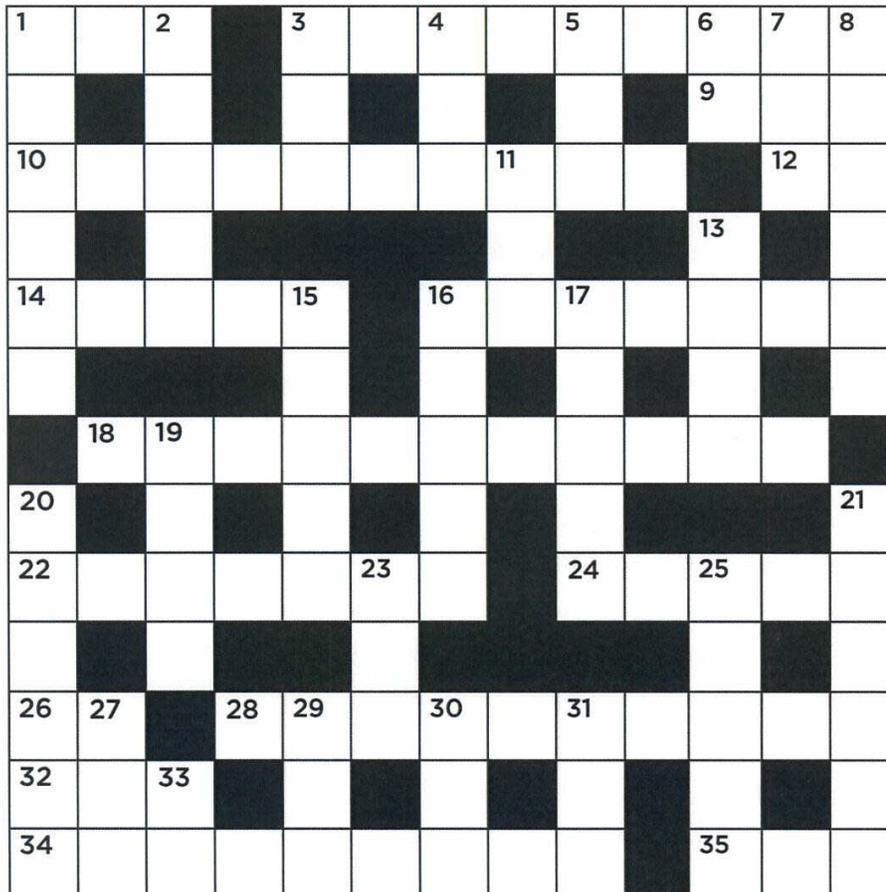
1. Half-pint
3. Sleepy
9. Sean Lennon's mom
10. Sneezy (phrase)
12. "___ apple a day ..."
14. Bloom of the Netherlands
16. Dopey
18. Grumpy
22. Happy
24. Cheap and showy
26. Physician's request
28. Doc
32. ___ Mahal
34. Bashful
35. Suitable

DOWN

1. Unsullied
2. Flower part
3. August baby, probably
4. Tic-___-toe
5. Hubbub
6. Monopoly starting space
7. Barefoot Food Network star
8. Communicate
11. Santa syllables
13. Clean with a cloth
15. Concise
16. Don Draper, for example
17. Unfit
19. Compatriot

20. What a swindler does

21. Young swan
23. Unusual
25. Pause mark
27. "So there!"
29. Forever and a day
30. Shakespeare classic: Richard ___
31. *Life of Pi* director Lee
33. *Dallas* villain





January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Year's Day 1  CLOSED	Milk delivered with every meal
3	4 Spagetti with Meat Sauce Whole Wheat Pasta Green Beans Garlic Bread Gelatin with Fruit Cocktail	5 Chicken Drumsticks Macaroni Salad Squash Wheat Bread Banana Cream Pie	6 Hominy Soup Side Salad Watermelon Wedge Cornbread	7 Baked Fish Red Potatoes Cabbage Mix with Apples Cranberry Bar	8 Ham, Bacon, Cheese & Eggs Wheat Bread Hashbrown Yogurt Fresh Fruit	9
10	11 Spanish Rice Cauliflower Refried Pinto Beans Ice Cream	12 Chicken Party Whole Wheat Bun BLT Salad Butter Beans Pickle Blueberry White cake	13 Wild Rice Soup Ham Sandwich Lettuce, Tomato Grapes, Pears Brownie	14 Turkey with Gravy Brown Rice Peas & Carrots Whole Wheat Roll Applesauce	15 Veggie Scramble Tater Tots Cucumber Tomato Salad Apple Juice Fresh Fruit	16
17	18  CLOSED	19 Cheeseburger Lettuce, Tomato, Onion, Pickle Baked Potato Beans Chocolate Cherry Bar	20 Bean & Brat Soup Spinach Ranch Wrap Sweet Potato Chips Pudding	21  Cook's Choice	22 Eggs Pancakes/French Toast Sausage Patty Orange Juice Applesauce Fresh Fruit	23
24	25 Turkey Hot Dish White Rice Broccoli Gelatin with Fruit	26 Beef Casserole Side Salad Fresh Salsa Fried Ice Cream	27 Vegetable Soup Grilled Cheese French Fries Pickles Pudding	28 Ham Potatoes Baked Beans Wheat Bread Cake & Ice Cream 	29 Sausage Cheese Egg Muffin Diced Potatoes & Onions Yogurt Fresh Fruit	30 *Menu subject to change
31						

Wisconsin has 580,000 family caregivers across the state

Are you one of them?



Get access to **FREE** online educational resources to help caregivers:

- Develop essential skills
- Learn about health issues
- Manage care for loved ones
- Take care of yourself

Register at wisconsincaregiver.org



WISCONSIN DEPARTMENT
of HEALTH SERVICES



Greater Wisconsin
Agency on Aging Resources, Inc.



Wisconsin
Family and Caregiver
Support Alliance



**LOOKING FOR ELDERS WITH
HANDY MAN/WOMAN SKILLS**

WHO ARE WILLING TO HELP OUT ELDERS AND THE DISABLED?

WITH

Carpentry needs – small fix its jobs, loose handrailing or step, table, or dining chair.

Plumbing – leaking faucet or sink pipes, toilet won't stop running, handle broken; stuff like that

Cars – need a jump start or stuck in the driveway, towing?

Cleaning – some would like help with deep cleaning like showers & bathtubs, cupboards, furniture vacuumed, etc.

Painting - in- home walls, small furniture pieces.

Sewing – patching, hemming, make small items

We understand that during this time in-house help may not be safe, but looking to the future, we are working on this list of handy persons now.

We are asking If you are willing to give your information to be called when an elder has a need (that the Tribal Chore Worker services does not provide).

We would like to create a resource page for Elders with contact names and telephone numbers and include what handy man services you can offer, during reasonable hours of course.

Or

We would keep your information on file here at the Elderly Services and when a request comes in we, Elderly Office, would contact you to see if you could assist, if the Chore Workers cannot.

Please call Kristy Malone, Manager, at 715 793-4236 if you are willing and able to be part of this service. Please offer any ideas and suggestions to help make this a success!

Thank you and have many great days!

Kristy Malone, Manager
SM Elderly Services

UPDATE: We have 3 volunteers, who called in, that are willing to help out elders in need.

One is willing to do handy man jobs.

We have a seamstress who will do patching and hemming.

And another who is willing to help elders get cars started or unstuck.

Please call the Elderly Office (715) 793-4236), talk to Kristy or Nikki, let us know what you need; we will contact the volunteer and let them know what kind of help you need.

If agreeable by you, we will give the volunteer your phone number and they will contact you to make arrangements for the service.

THANK YOU TO OUR AWESOME VOLUNTEERS!

Important COVID-19 Information for Stockbridge-Munsee Community Elders



These FAQs contain up-to-date information for Elders. For general questions about COVID services or guidelines, please call the COVID Community Helpline (1-833-679-0136), which is staffed M-F during normal business hours. When you call, a staff person will respond to your concerns and direct you to the appropriate contact. Because the helpline is not monitored 24/7, if it's an emergency call 911.

How do you get COVID?

COVID spreads through tiny droplets that are created when someone with the virus coughs, sneezes, sings, talks, or breathes. These droplets can land on surfaces or they can hang in the air. Someone can get COVID through breathing in these droplets. Someone can also get COVID by touching a surface with droplets on it and then touching their eyes, nose, or mouth.

How can I avoid getting COVID?

- Staying home as much as possible
- Wearing a two-layer, tight-fitting mask over your nose and mouth AND keeping at least 6 feet distance between yourself and others outside of your home
- Washing your hands for at least 20 seconds (or using hand sanitizer) frequently
- Disinfecting surfaces in your environment daily (like light switches, phones, doorknobs, tables, counters, faucets, and computer keyboards)

What are the symptoms of COVID?

Common symptoms of COVID include fever, cough, congestion, runny nose, headache, fatigue, sore throat, muscle or body aches, loss of taste, loss of smell, nausea, and diarrhea. Severe symptoms of COVID include trouble breathing, pain or pressure in the chest, inability to wake up or stay awake, bluish lips, and confusion. If you experience *any* severe symptoms, seek immediate medical attention.

What should I do if I have symptoms of COVID?

Stay home, isolate yourself, and immediately contact the Stockbridge-Munsee Health & Wellness Center Triage line at 715-793-5087. After calling the triage line, individuals will be evaluated by medical staff. Medical staff will share step-by-step instructions for staying well, keeping your household safe, and stopping the spread of the virus. * If the SMHWC Triage line is not available, and you are experiencing severe symptoms, call 911 or go to the Emergency Room.

Do masks really work?

Yes. As was mentioned above, COVID spreads through tiny droplets. One of the ways someone can get COVID is through breathing in these tiny droplets. When you wear a mask, you gain *some* protection from breathing in large amounts of other peoples' droplets. You also prevent others from breathing in large amounts of your droplets. *Keep in mind though, masks are not 100% effective. Why? When people are close (less than 6 feet), there is still a chance of sharing small amounts of droplets. This is true even when everyone is wearing masks. That's why we should all BOTH wear masks AND keep our distance from others outside of our homes. The more distance you create between you and people outside of your house, the safer you will be.

Can you get COVID more than once?

Yes, you can get COVID more than once.

When should I wash my hands (or use hand sanitizer)?

- Before and after touching your mask
- Before eating or touching your food
- Before touching your face
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After leaving a public place
- After changing a diaper
- After caring for someone sick or touching animals or pets

When and where should I get tested for COVID?

You should get tested if you are experiencing *any* of the symptoms of COVID (see above). You should also get tested if you think that you have been exposed to someone who was infected with COVID. There are regular free testing events for Stockbridge-Munsee community members. Also, the clinic provides free COVID testing by appointment. To set up an appointment, call the Stockbridge-Munsee Health & Wellness Center Triage line at 715-793-5087.

What will happen if I test positive for COVID?

If you test positive for COVID at a community testing event or at the Stockbridge-Munsee Health and Wellness Center, you will be contacted by one of the tribe's contact tracers. The contact tracer will ask you questions about whom you have been in contact with. If you test positive, you will also be asked to quarantine, and your household will be asked to isolate.

When someone is asked to quarantine, what does that mean?

If you test positive for COVID, you will be required by tribal law to quarantine. Your household will be required to isolate. Quarantining means that the person who tested positive for COVID must:

- Stay at home at all times
- Not have any visitors to your home
- *Only leave your home for medical purposes*
- Have others drop off medicines, food, and other essentials on your porch (no contact)
- Avoid all contact with people outside of your home

While you are quarantining, and your household is isolating:

- If possible, have the person who tested positive use a separate bathroom and bedroom
- Avoid sharing items, such as toothbrushes, cups, and other personal items
- Open your windows as much as possible to reduce virus particles in the air
- Keep pets away from the person who tested positive
- Everyone should regularly wash their hands and hand sanitize
- Disinfect high touch surfaces daily

If I need to quarantine, who will check in on us from the tribe?

The tribe will provide a box of equipment which includes thermometers and a pulse oximeter (which measures your oxygen levels). Every 1-2 days a contact tracer will speak with the individual who tested positive. During these calls the contact tracer will gather important information about how you are feeling. They will also provide you with step-by-step guidance for how to best care for yourself and your loved ones. Finally, they will connect you with any services you might need, such as medicine drop.

Who is required to isolate?

Those who live on the reservation are required to isolate if *any one* of the following are true:

1. You have two or more symptoms of COVID
2. You live with a person who tested positive for COVID
3. You believe you had close contact* with someone who tested positive for COVID

4. It is confirmed by a contact tracer that you had close contact with someone who tested positive for COVID (but you tested negative)

If you meet any one of the first 3 criteria above: in addition to isolating at home, you must immediately notify the tribe's Lead Contact Tracer at (715)-793-5616. If you are a tribal employee, you must immediately notify Occupational Health.

*A person is considered to be a close contact if any one of the following are true:

1. The individual had direct physical contact with a person who tested positive (through for example hugging, shaking hands, or kissing the person)
2. The individual was within 6 ft of a person who tested positive for more than 15 minutes within 24-hours
3. The individual could have had contact with any of the droplets of the person who tested positive (for example through having contact with their sneezes, coughs, or dirty tissues).
4. The individual stayed overnight for at least one night in the same house/cabin/hotel room with the person who tested positive

When someone is asked to isolate, what does that mean?

Isolating means that you must:

- Stay at home at all times, *except* to leave for essential food and medical supplies and to attend in-person medical visits to treat your condition
- Not have any visitors to your home
- Avoid contact with people outside of your home whenever possible

While you are isolating:

- Avoid sharing items, such as toothbrushes, cups, and other personal items
- Everyone in the home should wear a mask
- Open your windows to reduce any potential virus particles in the air
- Everyone should regularly wash their hands and hand sanitize
- Disinfect high touch household surfaces daily

If you must leave the home for *essential* supplies while you are isolating, you must:

- Wear a mask in public AND keep 6 feet or more distance from others
- Wash your hands or hand sanitize frequently

*Note: Anyone who tests positive for COVID-19 and is under *quarantine orders* should not leave the home for essential supplies. They can *only* leave for medical services to care for their condition.

If you develop symptoms of COVID while isolating, you must:

- Contact the tribe's Lead Contact Tracer at (715)-793-5616. If symptoms become severe or life-threatening, call 911 or go to the Emergency Room. Tell medical personnel you were in isolation.

What happens if someone breaks their quarantine or isolation early?

Anyone who resumes normal daily activities without being officially released from quarantine or isolation is breaking tribal law and is subject to prosecution to the full extent of the law. If you are aware of someone breaking quarantine or isolation unlawfully, please contact Detective Clint Gourley at (715) 793-4501 (phone) or (715) 881-0585 (cell).

Who is considered an "indirect contact?"

We know this gets confusing, so here is an example:

Sam tested positive for COVID-19. Bob met the criteria for being a close contact of Sam's. Bob has not tested positive.

Tam met the criteria for being a close contact of Bob's. Tam is considered to be an *indirect* contact of Sam's (even though she never met Sam).

If Bob tests positive, Tam's status changes. Tam is now considered to be a *close* contact of Bob's.

If I had indirect contact with someone who tested positive for COVID, what should I do?

You should notify the Stockbridge-Munsee Health and Wellness Center at 715-793-5087 and request to be tested for COVID-19. If you are an employee of the tribe, you must notify Occupational Health. Employees will be *required* to get tested for COVID-19.

Which COVID vaccines are closest to being available?

Two vaccines - produced by Pfizer and Moderna - are closest to being available. Large studies of these two vaccines have been completed. Initial results of studies of the Pfizer and Moderna vaccines show that the vaccine decreased the risk of getting sick with COVID-19 by about 95%.

How many doses of the COVID vaccine are needed and how far apart?

The Pfizer and Moderna vaccines both require 2 doses administered about 3-4 weeks apart.

What are the side effects of these vaccines?

In the Pfizer and Moderna studies, the most common side effects included soreness, redness, or swelling around the injection site, fatigue, body aches, or headache. These are similar side effects to the flu shot. There were no serious adverse events in these studies. And these studies included people of different ages and races.

Are the vaccines safe?

There were no serious adverse side effects reported in the ~75,000 participants in the Pfizer and Moderna vaccine studies. So, even if you are one of the first people to get the vaccine in this community, there have been many generous people who have been a part of testing the vaccine before it came to us.

Can the vaccines cause COVID-19? How do they work?

The Pfizer and Moderna vaccines do not contain whole virus, so they cannot cause COVID-19. The vaccines consist of small chopped up parts of the virus. When your body sees these small parts of the virus, it makes fighter anti-bodies that attack COVID if it gets in your system later.

When will the vaccine be available for us?

Once one or both of these vaccines are approved and guidelines are set, we expect to receive the first shipments of vaccine a little before or a little after Christmas. But we don't know for certain. We will have very limited supplies at first. Likely, healthcare and essential workers, Elders, and other who are at high risk for getting sick from COVID will be initially prioritized for vaccination. The specifics of the vaccine distribution process are being developed. We will keep everyone updated as best we can.

I am not sure if I should get the vaccine, who should I contact?

We know a COVID vaccine is on the way. If you have questions about whether or not you should get the vaccine, contact the Stockbridge-Munsee Health and Wellness Center now at 715-793-5087. Our providers can help answer your questions, so you are prepared when the vaccine becomes available, which may be very soon!





Students at the Lutheran Mission (1918). Front Row, L.to R.: Adelaide Martin Jacobs, Grace Ware, Glen Bostwick, Kenneth Davids, Gerdolen (Chum) Tousey, Marvin Cuish, Perry Bowman, Albert (Bum) Davids, Floyd Tousey, Edwin Martin, Alvin Bostwick, Edgar Cuish, Gerwin (Cracker) Tousey. Second Row: Geraldine Tousey, Naomi Johnson Williams, Angela Martin Gardner, Isabell Ware, Iva Coyhis, Nancy Cuish LaBarge, Electa Johnson, Iva Gardner Aaron, Marley Miller Munson, Priscilla Jacobs Marr, Judy Aaron, Ida Church, Lila Sears, Rev. Otis Lange. Third Row: Hazel Ware Richardson, Hilda Miller Little, Wilde Cuish, Francis (Bub) Bowman, Bernard Besaw, Adrian (Cobby) Gardner, Gerald (Sy) Tousey, Charley Johnson, Leonard (Jack) Miller, Elmer Church, Marion Robinson, John (brim) Tousey, Dudley Davids, Laurence (Trust) Bowman. Fourth Row: Miss Kempf, LuAnne Tousey Miller, Oleyna Miller Moede, Ora Huntington Jones, Tena Gardner Williams, Ruth Putnam, Vida Putnam Blanche Jacobs, Grace Miller Hammer, Averil Abrams Putnam, Hazel Gardner. Back Row: Victor (Late) Aaron, Norbert Besaw, Merrill Miller, Ambrose Metoxen, James Davids, Mr. E. A. Peetzke, Edgar Doxtator, Arthur Malone, Joseph Besaw, Winifred Huntington, Edward Robinson.

WORD SEARCH

It's a Mystery

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:

HERO	CHASE	FEAR	POLICE	PLOT
SCENE	TIME	WHY	VILLAIN	DETECTIVE
TRIAL	DARK	ESCAPE	CRIME	QUESTION
SLEUTH	MISSING	CAPER	MOTIVE	GHOST
SHOCK	CLUE	ANXIETY	SUSPENSE	DEDUCTION
WHO	SEARCH	CRISIS	PUZZLE	DNA
TRAGIC	STOLEN	INSIGHT	FOLLOW	UNKNOWN

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

Important COVID-19 Vaccine Information for Stockbridge-Munsee Community Elders



These FAQs contain up-to-date information for Elders. For general questions about vaccination services or guidelines, please call the COVID Community Helpline (1-833-679-0136).

What are the side effects of these vaccines?

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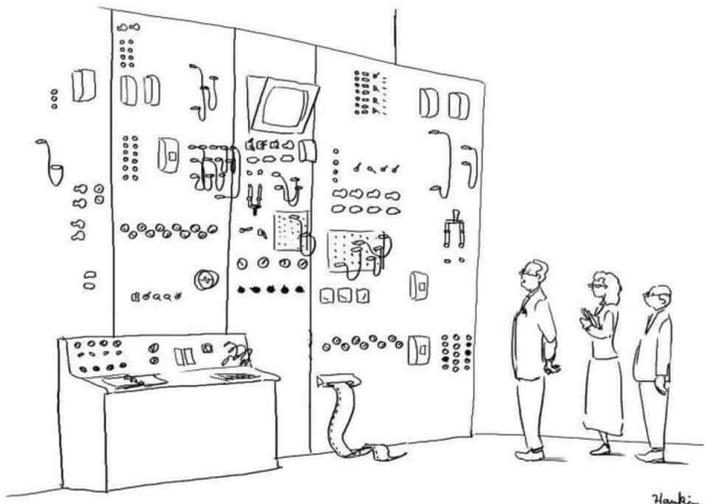
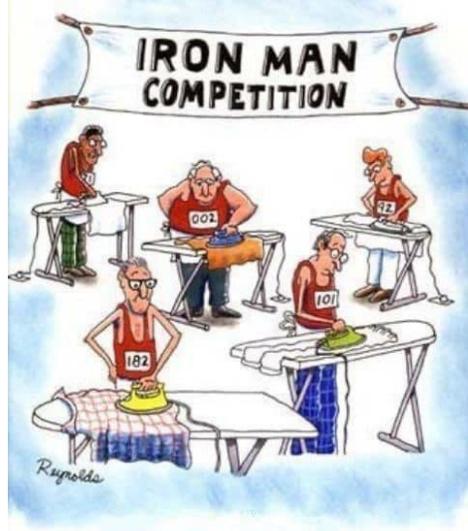
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We know a COVID vaccine is on the way. If you have questions about whether or not you should get the vaccine, contact the Stockbridge-Munsee Health and Wellness Center now at 715-793-5087. Our providers can help answer your questions, so you are prepared when the vaccine becomes available, which may be very soon!





"Someday, you'll be able to hold one of these in the palm of your hand while you poop."

7 HOLISTIC TIPS TO BEAT THE WINTER BLUES

SEASONAL AFFECTIVE DISORDER

NATURAL & HOLISTIC TIPS TO TREAT SEASONAL AFFECTIVE DISORDER

SAD is a type of depression, but is seasonal, meaning that it comes usually during fall and winter and goes away in spring and summer. While SAD is a type of depression, its symptoms are usually not as long-lasting as major depression. The winter blues is another condition related to SAD, but its symptoms are usually less intense than true cases of seasonal affective disorder.

Try Light Therapy

Since the causes of SAD or the winter blues are thought to be related to lower levels of light during the fall and winter months, it makes sense that using artificial sunlight might help. And studies show that it does!

Use Cognitive Therapy

Cognitive therapy, or talk therapy, involves seeing a qualified therapist who will talk with you and offer coping strategies for what you're going through. You might even find that your health insurance will pay for some of your treatment.

Take Herbal & Vitamin Supplements

The supplements 5-HTP and St. John's Wort have evidence showing their effectiveness in preventing and treating prevention. It's a good idea to discuss any new supplement with your healthcare provider to make sure it's right for you.

Functional Medicine Lab Testing

You wouldn't believe the amazing tests that are available in functional medicine these days. You can test everything from your neurotransmitters to the integrity of your gut lining, both of which can impact your mental health. It's much easier to fix the problem instead of just addressing the symptom.

Increase Your Vitamin D Supplementation

Most Americans are deficient in Vitamin D throughout the year, but it gets even worse in the winter when sunlight is low. You can ask your doctor to order a vitamin D blood test for you, or you can just make sure you're taking at least 2,000 I.U. a day.

Exercise

Yoga in particular has evidence that shows it can fight depression, but any activity will likely help. Some people benefit from cardiovascular exercise and the endorphins that it produces, but even a gentle, 20-minute walk (outside, if possible) can do wonders.

Eat A Real Food Diet

You've heard it before, but you are what you eat. I can't think of a better reason to eat real, whole foods than because they make you feel good. If you're eating a clean eating diet, then you're probably already eating most of these foods.

National Suicide Prevention Lifeline 1-800-273-8255

Getting the Moderna COVID-19 Vaccine

What to Expect During & After Your Injection

EMERGENCY USE AUTHORIZATION

The Moderna COVID-19 Vaccine has not been approved or licensed by the US Food and Drug Administration (FDA), but has been authorized for emergency use by FDA, under an Emergency Use Authorization (EUA), to prevent Coronavirus Disease 2019 (COVID-19) for use in individuals 18 years of age and older. There is no FDA-approved vaccine to prevent COVID-19.

The EUA for the Moderna COVID-19 Vaccine is in effect for the duration of the COVID-19 EUA declaration justifying emergency use of the vaccine, unless terminated or revoked (after which the vaccine may no longer be used).

Before you get the vaccine

Tell your vaccination provider if you:



- Have any allergies
- Have a fever
- Have a bleeding disorder or take blood thinners
- Are immunocompromised or are on a medicine that affects your immune system
- Are pregnant, plan to become pregnant, or breastfeeding
- Have received another COVID-19 vaccine

For more information, visit [modernatx.com/covid19vaccine-eua/recipients/](https://www.modernatx.com/covid19vaccine-eua/recipients/)

After you get the vaccine

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

Talk to your vaccination provider if you have side effects that bother you or do not go away.

If you think you're having an allergic reaction to the vaccine, call 9-1-1.

Signs of a severe allergic reaction can include: Difficulty breathing, swelling of your face and throat, a fast heartbeat, a bad rash all over your body, dizziness and weakness.

A second dose of the Moderna COVID-19 Vaccine is REQUIRED

Complete vaccination **1 month** after your first dose of the Moderna COVID-19 Vaccine. To help remember that appointment:

Immediately schedule your next appointment **after the first dose of your vaccine**



Ask for a **2nd Dose Reminder Card** to display prominently at home



Set a reminder on your mobile phone or calendar



For more information, talk to your vaccination provider or call Moderna Customer Care at: 1-866-MODERNA (1-866-663-3762)

What is the Moderna COVID-19 Vaccine?

The Moderna COVID-19 Vaccine is an unapproved vaccine that may prevent COVID-19. There is no FDA-approved vaccine to prevent COVID-19. The FDA has authorized the emergency use of the Moderna COVID-19 Vaccine to prevent COVID-19 in individuals 18 years of age and older under an Emergency Use Authorization (EUA).

Please see next page for additional Important Safety Information and Fact Sheet for Recipients and Caregivers beginning on page 3 of this document.

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IMPORTANT SAFETY INFORMATION

What should you mention to your vaccination provider before you get the Moderna COVID-19 Vaccine?

Tell your vaccination provider about all of your medical conditions, including if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

Who should not get the Moderna COVID-19 Vaccine?

You should not get the Moderna COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine

How is the Moderna COVID-19 Vaccine given?

The Moderna COVID-19 Vaccine will be given to you as an injection into the muscle. The Moderna COVID-19 Vaccine vaccination series is 2 doses given 1 month apart. If you receive one dose of the Moderna COVID-19 Vaccine, you should receive a second dose of the same vaccine 1 month later to complete the vaccination series.

What are the risks of the Moderna COVID-19 Vaccine?

Side effects that have been reported with the Moderna COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

There is a remote chance that the Moderna COVID-19 Vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the Moderna COVID-19 Vaccine. For this reason, your vaccination provider may ask you to stay at the place where you received your vaccine for monitoring after vaccination. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

These may not be all the possible side effects of the Moderna COVID-19 Vaccine. Serious and unexpected side effects may occur. The Moderna COVID-19 Vaccine is still being studied in clinical trials.

What should I do about side effects?

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.

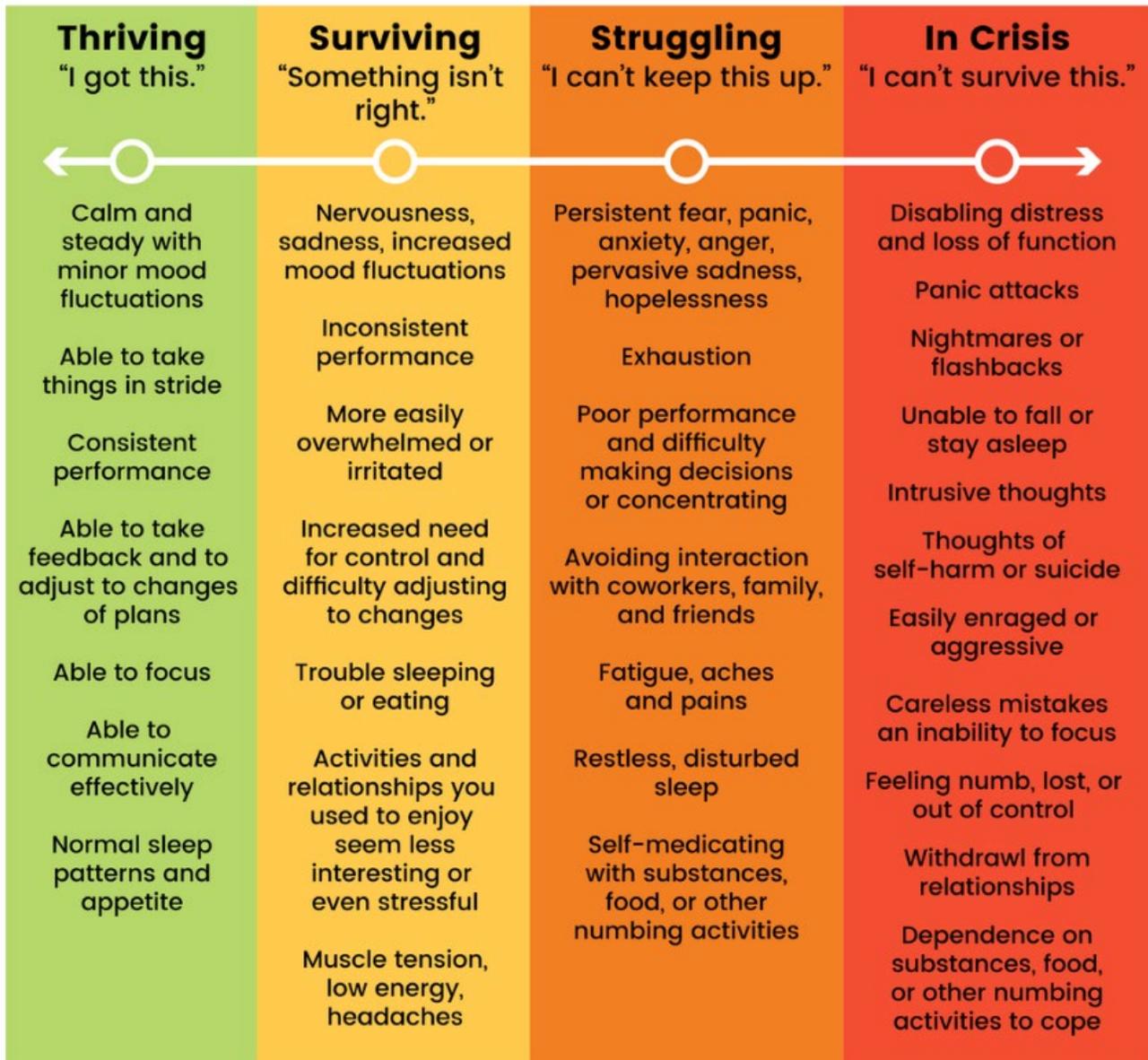
Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away.

Report vaccine side effects to **FDA/CDC Vaccine Adverse Event Reporting System (VAERS)**. The VAERS toll-free number is 1-800-822-7967 or report online to <https://vaers.hhs.gov/reportevent.html>. Please include "Moderna COVID-19 Vaccine EUA" in the first line of box #18 of the report form. In addition, you can also report side effects to ModernaTX, Inc. at 1-866-MODERNA (1-866-663-3762).

See Fact Sheet for Recipients and Caregivers beginning on page 3 of this document.

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This is SO COOL!!!! Do you see animals or people first?





Patrick Bailey
Nikki Bowman
Bill Doxtator
Marianne Higgins
Nathalee Kristiansen
Roger Malone
Anita Miller
Dick Miller
Gregory Miller
Sue Miller
Kathy Robinson
Keith Rudesill
Leroy Stick
Keith Welch
Leonard Welch
Cindy Jungenberg
Molly Welch
Larena White
Denise Fye

Please remember we need your permission to be included in the Elderly Stream. You need to fill out this form & fax or send it to us for us to share pictures, birthday greetings, Thinking of You's & the like. Most of you have already done this but if you notice yours or a loved one's name not included please fill this out.



Stockbridge-Munsee Community

Elderly Office
PO Box 70
Bowler, WI 54416

Telephone: (715)793-4236
FAX: (715)793-4238

PERMISSION TO SHARE INFORMATION

The Stockbridge-Munsee Community operates an Elderly Services Program that includes providing meals, transportation, and recreational activities. As part of its operations, the Elderly Services program uses a newsletter and has onsite postings to promote information about its Program and build community between Program participants.

I grant the Stockbridge-Munsee Elderly Services Program permission to share pictures and information about me as part of its operations, such as my name, the month of my birth, my participation in various activities, and "thinking of you" notes. I understand that this information may be shared as part of paper documents as well as electronic documents that may be emailed or posted on the Program's webpage.

Printed Name: _____

Date of Birth: _____

Signature: _____

Date: _____

Answers to this month's puzzles:

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

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

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.

Eunice Stick Gathering Place mailing address is:
PO Box 70, **Bowler**, WI 54416