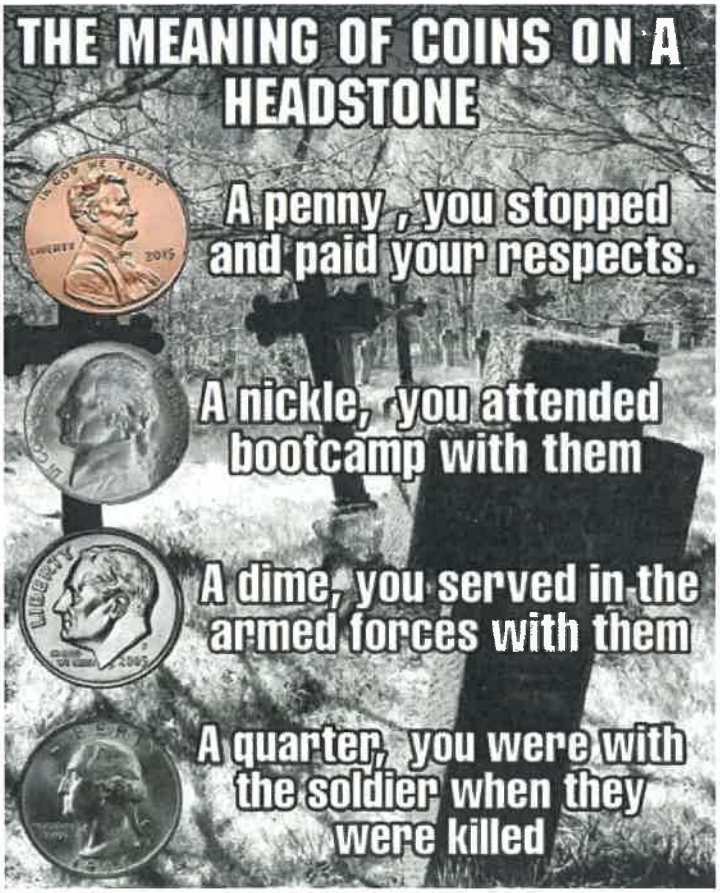
May

Elderly Stream

2021



Stockbridge-Munsee Elderly Steering Committee-
Regular Monthly Meeting
March 2, 2021

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

The Meeting was called to order at 10:05 a.m. by Chair Ellie Kazik followed by a moment of silence. Approval of the Agenda motion was made by Carolie M., seconded by Marsha T., with an addition to needs of Elders all in favor motion carried.
Minutes of February 2, 2021 were given to committee, motion by Carolie M., to approve the minutes seconded Muriel S., all in favor motion carried.
Treasurer Report was reviewed with committee motion to approve treasurer's report by Carolie M., second by Muriel., all in favor motion carried. A question was asked about the BMO Cards and the Bingo $, BMO cards will be used to purchase Bingo Gifts when we resume Activities and the cash is used in our weekly sessions.
Manager's Report – Reviewed with committee
Question on the Policy # ES002 Meal cancellation Inclement weather it was intended for the Elders not the employees. The Policy can be interpreted differently but the intent was written to protect both Elders and employees from dangerous weather conditions. Manager reported that the policy clearly states that congregate and home-delivered meals would be cancelled.
Activities Report – reviewed with committee Activity Coordinator proposed sending Birthday Gift cards to Enrolled Elders in our service area starting March 1, 2021. Motion was made by Marsha Toohey to disregard prior motion made in 8/4/2020 meeting to purchase Birthday Gift cards for all Elders in our service area from March, 2020-September 2020 motion defeated no second.
Needs of Elders- Transportation for Shopping trips
Discussion, Manager will look into and follow the CDC Guidelines, availability of Employees for transport, limited riders and post an interest sheet on our Facebook page and place in our April Elder Stream. Manager reported that across the State Counties and Tribes are looking more towards the Fall of the year to start re-opening services.

Old Business- None
New Business – Ideas for Stockbridge Day on March 15th 2021 no motion made.
Ideas for Easter April 4th 2021 a motion was made by Carolie m., seconded by Muriel S., to purchase 12 Easter Gift baskets all in favor motion carried. The Activity Coordinator will do three drawings daily starting March 29th -April 2nd 2021.

Comment Box: Empty

Motion made by Carolie M., seconded by Laura M., to adjourn the meeting all in favor motion carried. meeting adjourned at 10:50 am

Submitted by: Nikki Bowman

Greetings from the Manager

Hello Everyone! I hope you are all feeling well and able to enjoy the warm days we receive off and on.

Well folks, it is "survey time" again! Thank you to all who are filling out the Input questions that were sent out; I sure appreciate your comments, suggestions and concerns and we will do our best to address them.

Another survey that has come your way is the "Tribal Elder Food Preferences" brief survey. This is an eight-question form that will come with a return envelope to the Great Lakes Inter-Tribal Council, Inc. in Lac du Flambeau, WI. The deadline has been extended to May 15, 2021. Please complete it and mail it out as Stockbridge-Munsee Community Representatives! A nu shiik (thank you)!

We are working on our plan to re-open the congregate meals service and have had our first staff planning session. A plan must be written up and presented for approval and then proper notice sent to our elders. Meal reservations will be crucial to our success! Masks, washing hands and social distancing will be priority! We hope to have everything in place by July 2021. There are a number of safety precautions to consider for you and for us. Look for more information to come!

Currently the Eunice Stick Gathering Place still remains closed to the public. Staff members can be seen by appointment only. We require masks be worn at all times while you are here and your temperature will be taken.

Shopping is available to pick up essential items for Elders from our local stores, and medication pickup from the Tribal Health Center; please call the main line at (715) 793-4236 and request this service

Here at the Eunice Stick Gathering Place we are wearing our masks, practicing social distancing, washing and sanitizing our hands and we thank you for taking good care of yourselves which also helps take care of us!

Have many good days Everyone!

Respectfully,

Kristy

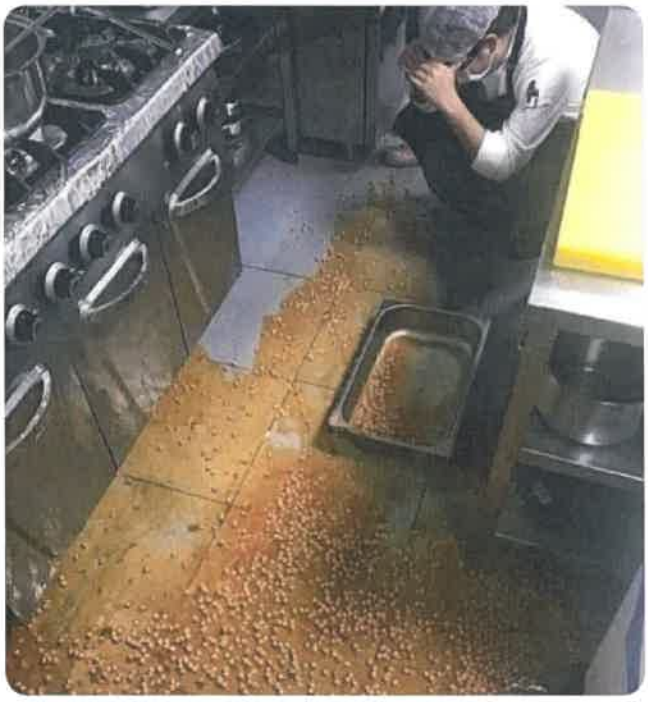
Kristy Malone, Manager
Stockbridge-Munsee Elderly Services

This is hysterical Wisconsin, according to Jeff Foxworthy:
If someone in a Home Depot store offer you assistance and they don't even work there, you may live in Wisconsin.
If you measure distance in hours, you may live in Wisconsin.
If you've worn shorts and a jacket at the same time, you may live in Wisconsin.
If you've had a lengthy telephone conversation with someone who dialed a wrong number, you may live in Wisconsin.
If the speed limit on the highway is 70 mph, you're going 80 and everybody is passing you, you may live in Wisconsin.
If you know all 4 seasons: almost winter, winter, still winter & road construction, you may live in Wisconsin.

Thank you Rod Davids for all that you've done.

Your desserts & cooking will be missed.

Best not tell this guy any secrets



MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 **Milk delivered with every meal**
2	3 Chicken Broccoli Cauliflower Bake Beets Wheat Roll Chocolate Pudding	4 Hot Ham & Cheese Sandwich Sweet Potatoes Fresh Veggies Rocky Road Brownie	5 Chili Con Carne Corn Meal Salad with Cranberries Churro	6 Baked Fish Mac & Cheese Peas & Carrots Wheat Bread Sherbert	7 Breakfast Pizza Tater Tots Tomato Slice Banana Juice	8
9 happy Mother's Day	10 Bacon Tomato Pasta Spinach Wheat Bread Banana Cake	11 Cheesesteak on Wheat Wedges with Peppers Baked Beans Cookie	12 Cheesy Broccoli & Ham Soup Crab Salad Jello with Fruit Cocktail	13 Pork Chop Suey Rice Brussel Sprouts with Tomatoes Egg Roll Berry Pie	14 Scrambled Eggs with Veggies Hash Browns Ham Slice Juice	15
16	17 Cook's Choice	18 Baked Cod Wild Rice with Mushrooms Black & Red Reans Wheat Roll Cupcake with Cherries	19 Chicken Noodle Soup Broccoli-slaw Biscuits Peaches	20 Pizza Bake Side Salad Garlic Stick Oatmeal Bar	21 Hard Boiled Egg Sausage Patties Squash Puree Yogurt Fresh Fruit	22
23	24 Roast Beef Sub Sweet Potato Chips Cucumber Salad Cookie	25 Kielbasa with Peppers Beans Pasta Salad Lemon Bar	26 Pea Soup with Ham Peanut Butter Sandwich Pudding	27 Baked Chicken Breast Smashed Potatoes Normandy Blend Wheat Roll Cake & Ice Cream	28 Scrambled Eggs Bacon French Toast Grapes Tomato Juice	29 ***Menu subject to change**
30	31 happy MEMORIAL day Closed					

Plants

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

ANATOMY
ANNUAL
BARK
BIENNIAL
BULB
CASTINGS
CLONING
COMPOST
CONIFER
CORM
CUTICLE
CUTTING
FILAMENT
FLOWER
FRUIT
GENETIC
GRAFTING
LOAM
MONOCOT
NITROGEN
OVULE
PEAT
PETIOLE
PISTIL
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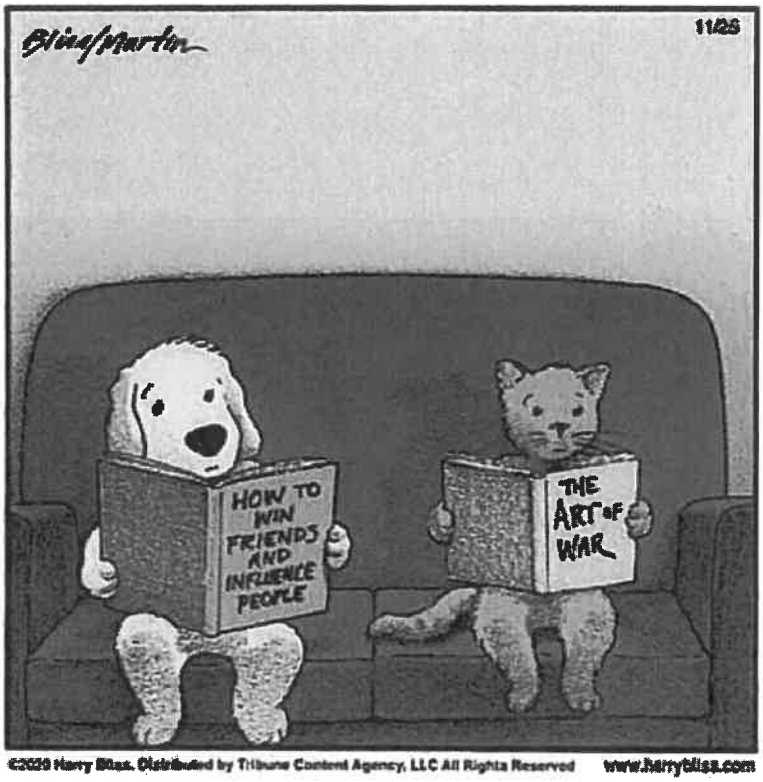
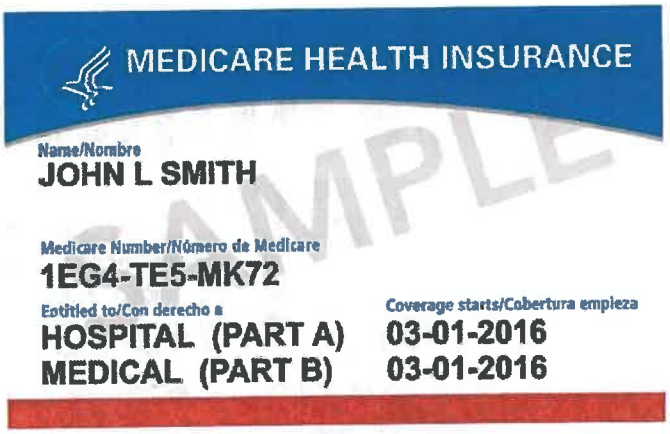
SAND
SEED
STEM
TEXTURE
TUBER



"You can't count your litter box as a deduction just because you do your business there."

Educational Event



Date: 5/21/2021

TIME: 1:00 PM

***Rain Date: 5/28/2021**

Place: Eunice Stick Gathering Place parking lot.

Drive through and visit the booths

You don't have to get out of your car.

Prizes for Attending

Topics: Medicare, Medicaid

Target Group: Those getting ready to apply for Medicare age 64+, but all welcome.

For More information call Bill at 715-793-4237

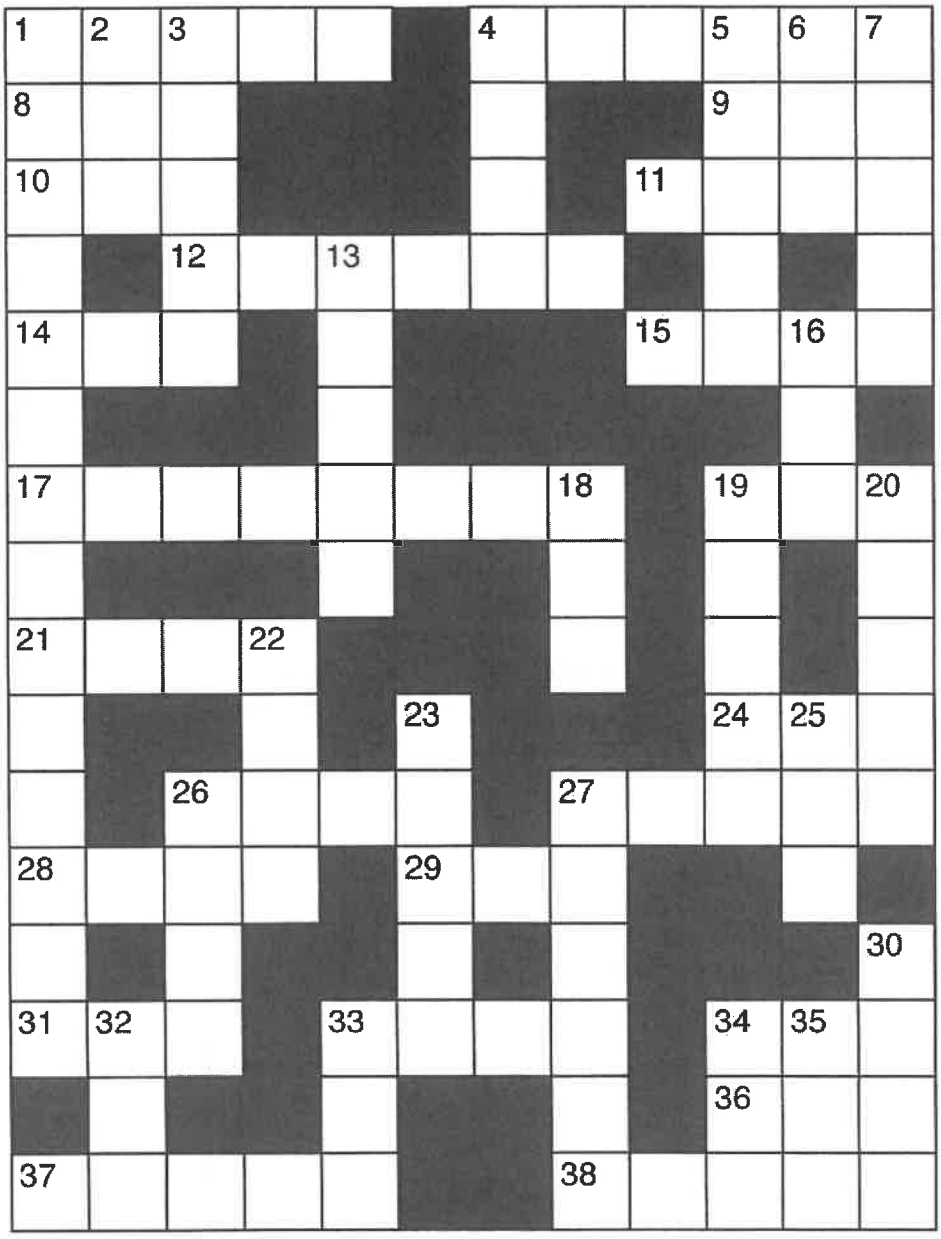
Masks required

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) Give some of what you have to others
4) Imperfect
8) Shoot from the ___
9) Listening organ
10) When you might arrive
11) Location
12) Roll back
14) Allow
15) _____ Levine, singer
17) Agatha _____, mystery author
19) Short message service
21) Captain _____, from Peter Pan
24) Feel ill
26) Back or end portion
27) Arthur Conan _____, mystery writer
28) Unkind
29) Yoko _____, artist
31) Male child
33) Lima is its capital
34) Even in golf
36) Long span of time
37) Connected railway cars
38) The Taming of the _____



DOWN

1) Most famous fictional detective (2 words)
2) ____ the books (or study)
3) Separate
4) Baby deer
5) Odd
6) Have lunch
7) A combination of thoughts and images while sleeping
13) Not as good
16) Connected to your shoulder
18) A kind of tree
19) Animal that doesn't have a home
20) Happy face
22) Would really like to
23) That's all she _____
25) Feel sick
26) As right as _____
27) Desserts that have a hole in the middle
30) Sketch
32) Yours and mine
33) A flash in the _____
34) As ____ usual
35) All the good ones _____ taken

Stockbridge-Munsee Community
COVID-19 Vaccine Event

May 06, 2021
Ages 18 and up
Moderna Vaccine
(28 day booster)

May 12 , 2021
Ages 16 and up
Pfizer Vaccine
(21 day booster)

Phase 3 Population eligible for Vaccination:
Open to Everyone.

Do I need to pre-register?
Yes. Go to www.mohican.com Click on the link to complete the COVID-19 Vaccination Pre-Registration Request Form or call 715-881-2207. Parent's of minors are encourages to call.

Location
Mohican North Star Casino and Resort located at W13817 Cty Hwy A, Bowler, WI.

Who is doing the vaccinations?
The Stockbridge-Munsee Health and Wellness Center.

Types of Vaccines
Moderna Vaccine (two shots - a primary and 28 days later a booster shot)

Pfizer Vaccine (two shots a primary and 21 days later a booster shot).

For general questions about COVID-19, visit www.mohican.com

2021 FREE SPRING CLEANUP - *MAY 10, 2021*

Dear Stockbridge-Munsee Community,

All items collected curbside are NOT RECYCLED, but disposed of in a landfill. Recycling or reusing items by passing them on to others can save landfill space, limit costs and help others. Items to reuse include; board games, clothes, toys, bicycles, construction and home remodeling supplies, music CD's, DVD's, desks and wooden furniture, stacks of paper, toys, rigid plastic playsets, books, etc. Anything that you can donate to Goodwill, Habitat for Humanity or schools can be reused.

RESIDENTIAL CURBSIDE CLEANUP

When? Place items curbside beginning Monday, May 3rd
Have **ALL** items curbside by **5am on Monday, May 10th**

Who? Tribal Curbside Residential Customers in **Bartelme ONLY**

What? No Construction Debris, Hazardous Material, or Tires

Furniture: FREE pickup for ONLY the items listed below during Spring Cleanup:

Bed Frames / Head Boards	**Windows**	**Hard Fiberglass (4ft or less)**
Mattresses / Box Springs	**Cabinets**	**Carpet Rolls (5ft or less)**
Fitness Equipment	**Dressers**	**Chairs / Recliners**
Large Plastic Toys	**Toilets**	**Couches / Sofas**
Bikes	**Grills**	**Doors**
	Sinks	

Volume: Total Volume **MUST NOT** exceed 4 cubic yards per residence (about the size of a 4 ft tall x 5 ft long x 5 ft wide container)

Electronics Recycling

Where? Drop Off at P&E and Roads Department
When? Monday, May 10th from 8:00 am - 4:00 pm
Who? Tribal Members of Bartelme **AND** Red Springs

Electronics: FREE Electronics recycling at P&E and Roads Department during Spring Cleanup:

Computer Accessories	DVDs / VCRs / Blue Ray Players	Mobile Phones
Computer Monitors	Fax / Copiers / Scanners	Telephones
Computer Towers	Radios / Stereos	Televisions
Computer Parts	Microwaves	Laptops
Type Writers		Printers

Appliance Recycling

Where? Drop Off at P&E and Roads Department
When? Monday, May 10th from 8:00 am - 4:00 pm
Who? Tribal Members of Bartelme **AND** Red Springs

Appliances: Appliance recycling at P&E and Roads Department during Spring Cleanup:

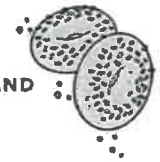
Appliances WITHOUT Freon: FREE
Stoves • Dishwashers • Compactors • Water Heaters • Washers • Dryers

Appliances WITH Freon: $15.00 Each
Refrigerators • Freezers • Air Conditioners • Water Coolers • Dehumidifiers

Stockbridge-Munsee Environmental Department • 715-793-4819
Stockbridge-Munsee Property & Equipment Department • 715-793-4879
Harter's Fox Valley Disposal • 888-804-8556

EASY 2 INGREDIENT DOUGH RECIPES!

Two Ingredient Dough Recipe
1 cup plain, non-fat Greek yogurt
1 cup self-rising flour.
Mix yogurt and dough into a ball. Create into shape of choice. Bake at 350 for 18-20 minutes.Six servings



BAGELS
DIVIDE DOUGH INTO 6 ROPES. SHAPE INTO BAGEL AND BRUSH WITH EGG WHITE. BAKE.

PIZZA CRUST
DOUBLE THE RECIPE. PRESS DOUGH ONTO A COOKIE SHEET. BAKE FOR 5 MINUTES. TOP WITH PIZZA SAUCE, TOPPINGS, AND CHEESE THEN BAKE FOR 15 MINUTES MORE. 16 SERVINGS, 2 POINTS EACH.

SOFT PRETZELS
DIVIDE DOUGH INTO 6 ROPES. SHAPE INTO PRETZEL. BRUSH WITH EGG WHITE AND SPRINKLE WITH SALT. BAKE.

BREADSTICKS
DIVIDE DOUGH INTO 6 BREADSTICKS. BAKE.

BREAD
SHAPE INTO SMALL LOAF. BAKE.

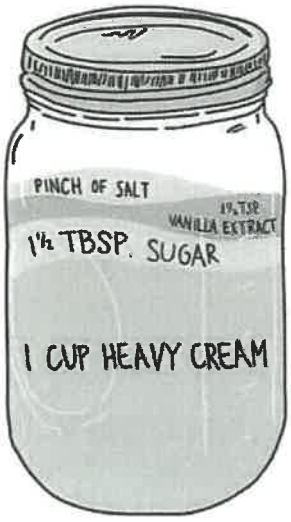
SLOW COOKER BREAD
CREATE DOUGH AND SHAPE INTO SMALL LOAF. PLACE IN CROCK POT ON HIGH FOR 2 HOURS.

CINNAMON ROLLS
ROLL OUT DOUGH INTO A RECTANGLE. SPRINKLE WITH ¼ CUP SWEETENER AND 1 T CINNAMON. ROLL UP AND CUT INTO 16 ROLLS. BAKE. GLAZE IF DESIRED.

LOW CARB OR GLUTEN-FREE DOUGH
COMBINE YOGURT AND LOW CARB OR GLUTEN-FREE BAKING MIX. FOLLOW RECIPES AS DESIRED.

HERE'S HOW TO MAKE

Mason Jar Ice Cream



SHAKE FOR 5 MINUTES, THEN FREEZE FOR 3 HOURS.

RICE KRISPIES TREATS

3 Tablespoons of butter

1 package of marshmallows

6 cups of Rice Krispies cereal

Put butter and marshmallows in a bowl and microwave until melted. Add Rice Krispies cereal and stir. Spray cooking spray in glass baking dish. Then pour in the cereal mixture. Let cool then serve.

5 TIPS to help you stay motivated to exercise

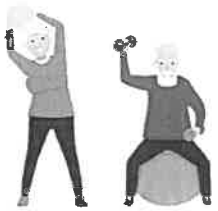
Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1. **Find ways to fit exercise into your day.** You are more likely to get moving if exercise is a convenient part of your day.

2. **Do activities you enjoy to make it more fun.** Be creative and try something new!

3. **Make it social.** Find a virtual "exercise buddy" to help keep you going and provide emotional support.

4. **If there's a break in your routine, get back on track.** Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5. **Keep track of your progress.** Make an exercise plan and don't forget to reward yourself when you reach your goals.

Visit **www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults** to learn more.

NIH National Institute on Aging

"Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?"

Paid on-the-job training and job search assistance for men and women age 55 and older

S.T.E.P.
Senior Training & Employment Program

20 Hours per Week/ Minimum Wage

You may be eligible if you:

- ✓ ***are unemployed***
- ✓ ***age 55+***
- ✓ ***meet federal income guidelines***

Serving counties of: Brown, Calumet, Door, Kewaunee, Lincoln, Manitowoc, Marathon, Menominee, Outagamie, Ozaukee, Shawano, Sheboygan, Waupaca and Winnebago

Wages earned will not be counted when determining eligibility for subsidized housing & food stamps

PART-TIME JOB FOR ELDER
Eunice Stick Family Center- kitchen worker
Duties include: Dishwashing and assistance where needed
Job duties include: standing, lifting, reaching, and crouching
Elder/Youth License required

The Senior Training and Employment Program (STEP) is seeking to hire an older worker in Bowler. The program requires applicants be at least 55 years of age, unemployed and meet federal income guidelines. Shift is Monday through Friday; four hours each day. Position pays $7.25 hour/20 hours per week and may last up to 4 years. Interviews will be conducted in your area. E.O.E. Operated under a grant from the U.S. Dept. of Labor in cooperation with the Center for Workforce Inclusion. Contact our main office in Green Bay at **920-593-3557.**

Easter Basket Giveaway!

We gave out 12 Easter Baskets to these lucky winners:

Molly Miller	Bess Hetzer	George Emerich
Sheila Powless	Floyd Williams	Jeanette Gardner
Muriel Sereda	Harvey Kroening	Keith Welch
Rick Burr	Yvonne Gleason	Carl Miller

Last Month's Elderly Stream Easter Egg Hunt

There was 41 Easter Eggs hidden the newsletter.

We had 8 people guess the correct number.

And the Winners are: Mr. Bingo Leonard Welch & Mike Bucholz

Both receieved a $25 Gift Card for Dollar General

Birthdays

Amber Belzer

Bette Besaw

Mark Church

Mark Doxtater

Yvonne Gleason

Elaine Jacobi

Debra John

Randy Lewis

Bob Little

Viann Matson

William Moore

Wayne Murphy

Spring Clean Your Diet in 7 Simple Steps

Spring is officially here! It's the perfect time to not only spruce up your home but to rethink your eating habits as well.

If your healthy eating goals have fallen by the wayside since the Holidays, don't worry, it's not too late to start afresh. Here are seven dietitian-approved strategies to clean up your diet:

- **Say goodbye to foods that aren't serving you.** This includes items that have stayed past their welcome—think foods that expired a year ago, nearly-empty condiments and stuff you never use. "Once you've cleared out all the extras from your fridge and pantry, restock strategically. Keep items like fruits, vegetables, lean proteins, seafood and your favorite unsweetened beverages front and center," suggests Jaclyn London, registered dietitian and head of Nutrition & Wellness at WW. Also, if you have time to pre-prep ingredients for your meals, do it. Because the truth is, you're more likely to choose healthful bites if they're convenient and in your sightline, says the nutrition expert.

- **Steer clear of detoxes or cleanses.** Despite their massive popularity, there's little to no scientific evidence that juicing and detox diets actually work. "Juice cleanses and detoxes are completely unnecessary as your organs are more than capable of cleansing and detoxing your body on their own," says Jamie Nadeau, a registered dietitian nutritionist based in Rhode Island. "While detox diets may promote eating unprocessed food choices, they don't necessarily make you healthier and oftentimes can lead to more trouble managing your weight and relationship to food," tells Lauren Hubert, registered dietitian and host of The Sorority Nutritionist Podcast. Similarly, juicing doesn't cleanse your body. Instead, it can often make you super hungry because you aren't eating enough calories or fiber (which helps you feel full longer), explains Hubert. The most effective way to help your body function best is by fueling it well with nutrient-dense foods and hydration and moving more, more often, says Nadeau.

- **More veggies, more fruit, more often.** These foods are loaded with vitamins and minerals we all need, plus fiber. And they are high in water-volume—meaning, they also help you meet your fluid needs, says London. One helpful way to include more vegetables in your diet is prioritizing dishes that have veggies mixed in—think stir-fries, soup, chili, casseroles and sauce-based dishes that you can add vegetables into. This can

sometimes feel less daunting than feeling like you always need a 'side' vegetable, tells Nadeau. Moreover, you can pair these dishes with a source of protein like part-skim cheese, nut butter, hummus, a hard-boiled egg or two to stay satisfied and energized longer, suggests London.

- **Look at the labels.** There is a varying degree of processing food products have. That's why it's important to read the nutrition facts labels carefully and understand what are healthy versus not as healthy food items, says Hubert. For instance, plain Greek yogurt in a single-serving container or frozen veggies that are ready-to-cook are technically processed foods but that doesn't mean they are bad for you, tells the dietitian. "It's the heavily processed foods with added sugars, refined grains and additives (think frozen pizzas and desserts) that can impact your weight and gut health over time," she adds.

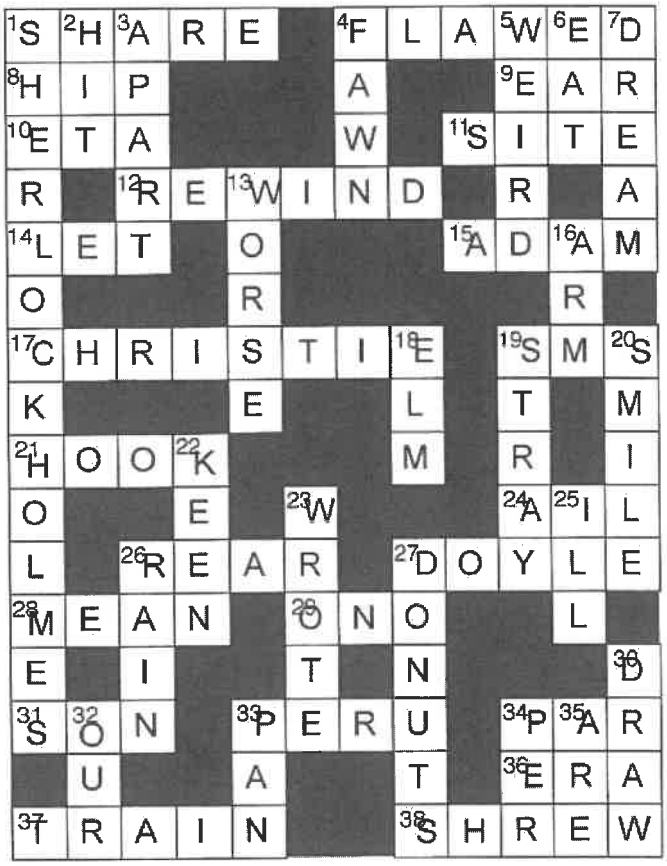
- **Eat more mindfully.** Mindful eating is about being present in the eating experience in a non-judgmental way and using your body's hunger and satiety cues to determine when to stop eating, explains Hubert. "This often means limiting distractions when you're eating, slowing down when eating and really paying attention to how the food tastes, how full or hungry you are and how it makes you feel," adds Nadeau. One simple way to get started is to eat consistently. "The trope holds—'the only thing to restrict is restriction'—aka, going for long periods without meals, which is a recipe that primes you to overdo it later on," says London. Consistency also helps you stay mindful of your body's hunger and satiety cues, so you'll be less inclined to immediately opt-in on a second serving and take a beat to notice if there's something else you need instead, adds the healthy eating guru.

- **Focus on what you can add to your diet vs what you can cut out.** "In traditional 'dieting', the focus is often on cutting foods out which always leaves you feeling deprived at some point or another," says Nadeau. So instead of completely cutting out the less nourishing foods that you like from your diet try to limit their intake by prioritizing healthier food options. A simple way to do that is to start your grocery shopping in the produce and meat section so you can buy your staples for meals from there before going to any other aisles to buy packaged foods, suggests Hubert.

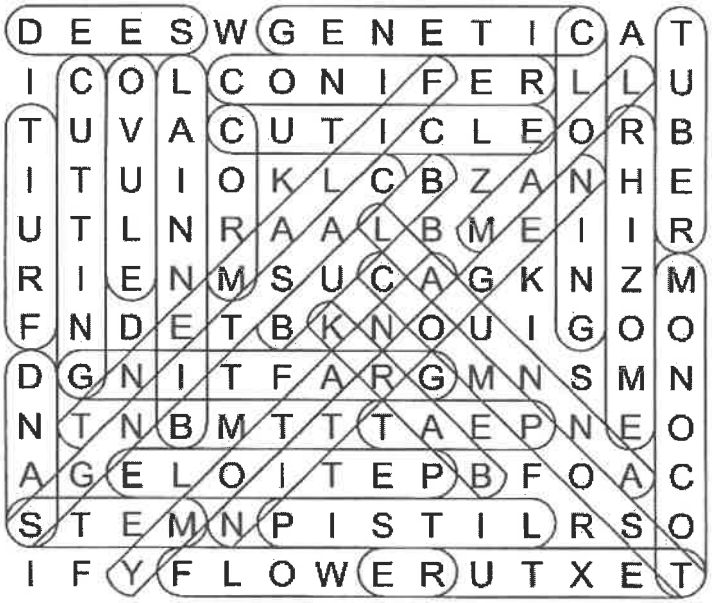
- **Cook more at home.** Don't get me wrong, takeouts are great—they are delish and convenient. But they tend to be higher in calories and with larger portion sizes—leading to overconsumption of calories that you may not even realize, notes Hubert. This is why the diet expert recommends making home-cooked meals the foundation of your diet and considering takeouts as special indulgences.

- **And lastly, be consistent.** But don't beat yourself up if you slip up and fall back into old eating habits. As long as you don't give up trying, you'll never fail.

ANSWERS TO THIS MONTH'S PUZZLES



Plants



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