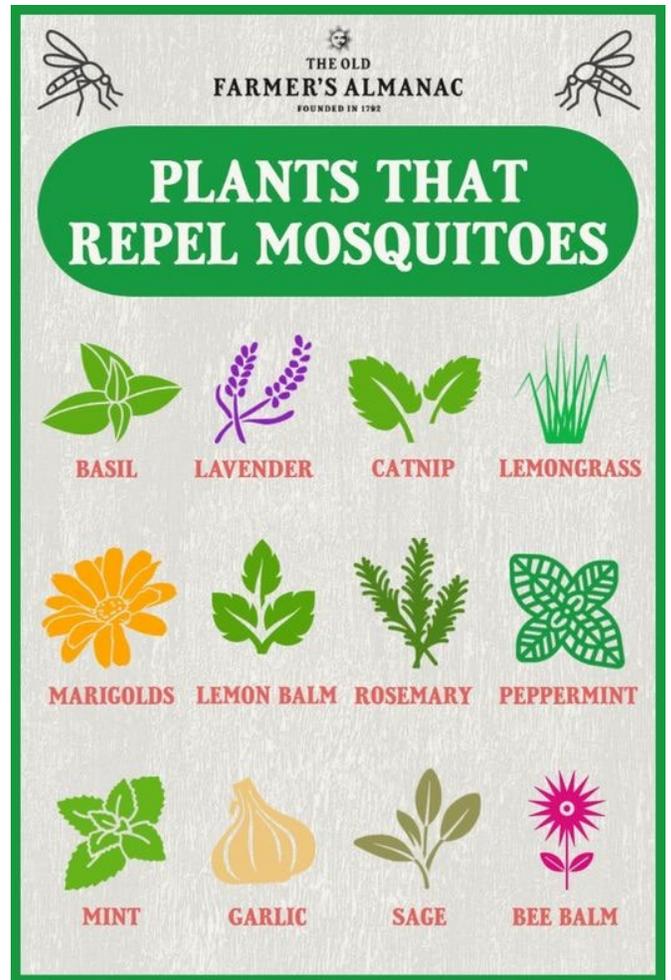
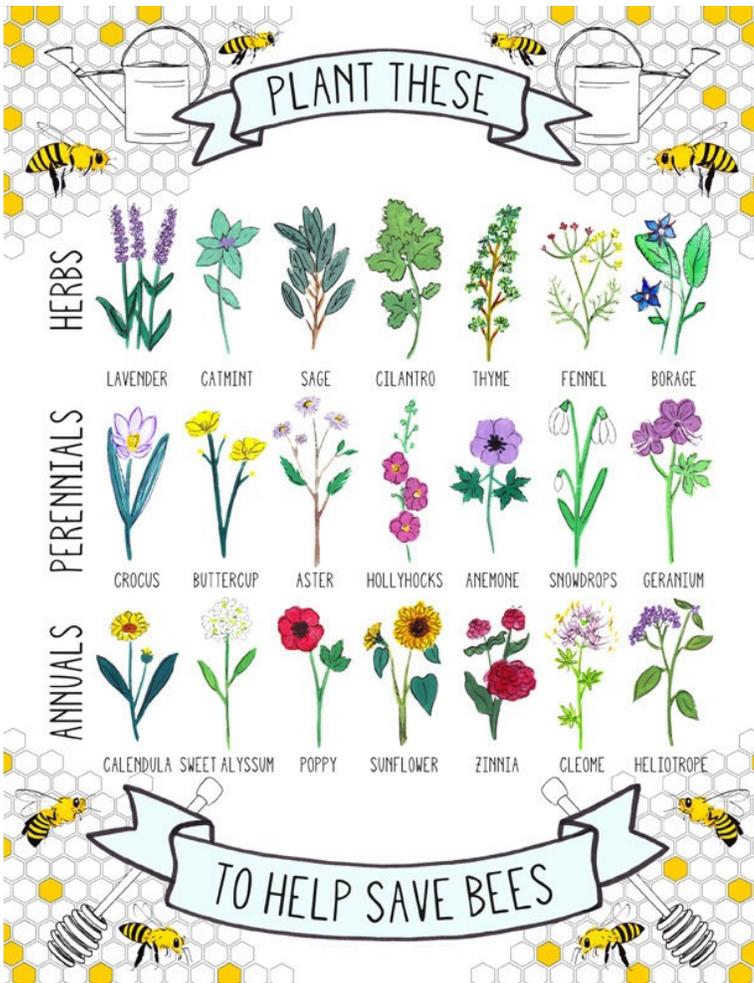




# Elderly Stream



Stockbridge-Munsee Elderly Steering Committee-  
Regular Monthly Meeting  
April 6, 2021

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

The Meeting was called to order at 10:01 a.m. by Chair Ellie Kazik followed by a moment of silence. approval of the Agenda motion was made by Carolie M., seconded by Muriel S., with an addition to needs of Elders all in favor motion carried.

**Minutes of March 2, 2021** were given to committee, motion by Lynne W., to approve the minutes seconded Marsha T., all in favor motion carried.

**Treasurer Report** motion to approve treasurer's report by Carolie M., second by Muriel., all in favor motion carried.

**Manager's Report** – Reviewed with committee

**Activities Report** – reviewed with committee Activity Coordinator has sent out 65 Birthday Gift cards for the months of March 2020- May 2020 to Elders in our service area.

**Needs of Elders- Meals**

Discussion: would like to see more traditional meals and home- made desserts. We will be having interviews for another cook on Tuesday April 13<sup>th</sup>2021. The Elder visitor began home visits on April 5, 2021 only a few a day as she still does home delivered meals.

**Old Business-** Need a motion to purchase more Birthday gift cards for all eligible Elders since 2020. Motion made by Lynne W., to approve the purchase of 250 gift cards seconded by Muriel S., all in favor motion carried.

**New Business** – Input Survey for 2022-24 Title III Aging plan review was shared with Committee all Home Delivered recipients will receive a Survey.

**Comment Box:** Question why were no Operating statements included in the packet? We received them after the packets were sent out to Committee members will be included in May's packet.

Received a Thank You card from an Elder very thankful for the Birthday gift card 😊

**Motion made by Carolie M., seconded by Marsha T., to adjourn the meet**

**ing all in favor motion carried. meeting adjourned at 10:33 am**

Submitted by: Nikki Bowman



**Happy Summer Elders!**

**Well, that warm weather that we've been craving is finally starting to come around, off and on ☺!**

**Remember on hot, humid days to drink plenty of water, stay cool and relax, especially when it's just too hot to do anything else!**

**Mowing season is in full swing, trees are in full bloom and so are allergies!**

**Staff members and I am working on a re-opening plan and if all goes well a tentative date of July 6, 2021 is our goal. We will give you all thirty days' notice of re-opening plans and how we will proceed. Procedures will be different but it will be great to start seeing you again!**

**Please let us know if you are enjoying the monthly newsletter and what we can add or take out to make it more enjoyable. The Elderly Stream can be found on the mohican.com website front page, on the bottom right hand corner. You can find us on Facebook under Stockbridge Munsee Elderly.**

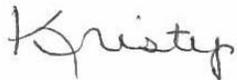
**Also, please remember to call the Main phone number (715) 793-4236 to leave messages or get answers to questions because**

**the staff member you wish to talk to may not always be available. Thank you.**

**We look forward to re-opening and serving you meals here at the center. In the meantime, please continue to be safe, wear your mask when out and about, social distance and ask for our assistance whenever you may need it.**

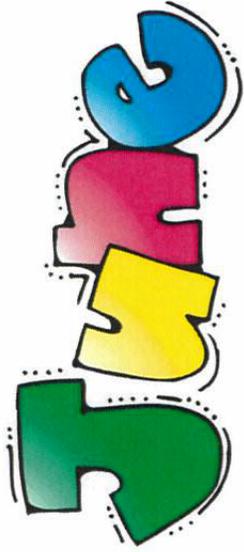
**Have many good days!**

**Respectfully,**



**Kristy Maloney, Manager  
SM Elderly Services**

**When my 3-year-old opened his birthday gift from his Gramma, he discovered a water pistol...He squealed with delight and headed for the nearest sink. I was not so pleased. I turned to my Mom and said, "I'm surprised at you. Don't you remember how we used to drive you crazy with water guns?" Mom smiled and then replied.... "I remember 😊!!"**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tater Tot Hotdish Mixed Veggies Pears	2 Cream of Zucchini Soup with Wheat Croutons Ham & Cheese Pasta Salad Brownie	3 Pork Boiled Dinner Fry Bread Mandarin Oranges Cookie	4 Egg Sausage Cheese Muffin Red Potatos with Green Peppers Tomato Wedge Fruited Yogurt	5 <b>Milk delivered with every meal</b>
6	7 Chicken Alfredo with Spinach Garlic Stick Carrot Cake	8 Roasted Pork Brussel Sprouts Egg Roll Rocky Road Brownie	9 Lasagna Soup Caesar Salad Cottage Cheese Apple Sauce	10 Fish Sandwich Cheesy Potatoes Green Beans Almondine Lime Jello with Pears	11 Scrambled Eggs Waffles Bacon Juice Fresh Fruit	12
13	14 Meatballs & Gravy Wheat Noodles Asparagus Banana Bars	15 Cheeseburger Lettuce, Tomato, Onions & Pickles French Fries Watermelon	16 Chicken & Rice Soup Radishes & Cheese Stick Biscuits Pudding Pie	17 Sliced Turkey & Gravy Red Bliss Potatoes Carrots, Corn & Lima Beans Pumpkin Muffin	18 Hard Boiled Eggs Biscuits & Gravy Cucumber Juice Tropical Fruit	19
20 <i>Happy Father's Day!</i>	21 Ham & Bologna Sandwich 3 Bean Salad Pickle Jello with Strawberries	22 Italian Spaghetti Red Beets Salad Garlic Stick Apple Pie	23 Vegetable Beef Soup Tuna Sandwich Pumpkin Bars	24 Baked Chicken Legs Mashed Potatoes & Gravy Peas & Carrots Cake & Ice Cream 	25 Meat Veggie Omelet Hashbrown Tomato Juice Fresh Fruit	26 <b>*Menu subject to change</b>
27	28 Cold Chicken Spread Cottage Cheese with Bacon & Cucumber Salad Applesauce Cake	29 Hot Dog on a Wheat Bun Tuna Salad Sweet Potato Chips Jello	30 Broccoli Cauliflower Soup Cheese Sandwich Cucumber Dill Salad Cranberry Bars			



*Campbell's*

## RECIPES

### TOMATO SOUP CAKE

One tablespoonful lard, one tablespoonful butter, one teaspoonful soda, two cups flour, one teaspoonful cinnamon, one cup sugar, one can Campbell's Tomato Soup, one cup raisins, one-half teaspoonful cloves. Cream sugar and lard in bowl, add soup with soda dissolved in it; sift flour, and add spices and raisins. Mix thoroughly and bake for one hour.



### LOAF OR LAYER . . . AN OCCIDENT FAVORITE

#### *Cherry Down-Side-Up Cake*

**Prepare** . . . . White Cake batter. (See page 4.)

**Turn** . . . . . into two greased 8 or 9-inch layer pans.

**Drain** . . . . . juice from one No. 2 can sour pitted cherries.

**Combine** . . . . ¾ cup cherry juice  
(add water if needed)  
1 teaspoon red food coloring  
1 cup sugar  
cherries, drained

**Heat** . . . . . to boiling point; do not boil. Pour over batter. Cherries sink to bottom.

**Bake** . . . . . at 350°F. for 40 to 45 minutes.

**Stack** . . . . . cooled layers with cherries for filling and topping.

**Cover** . . . . . sides with frosting or whipped cream.

#### CHERRY SUPPER LOAF

Pour cake batter into a 9x13x2-inch pan and add the cherry sauce. Bake for 45 to 50 minutes at 350°F. Serve, cherry side up, plain or with whipped cream.

#### CHERRY-RING DESSERT

Bake in two 1½ quart ring molds for 30 to 35 minutes at 350°F. Fill center with ice cream mounds or serve with bowl of whipped cream in center of ring.

### DUNCAN HINES CINNAMON STREUSEL CAKE

(Makes 12 to 16 servings)

1 pkg. Duncan Hines Deluxe II Yellow Cake Mix •  
1 pkg. vanilla instant pudding mix (4 serving size) • 2 tbsp. Crisco Oil • 1 ⅓ cups water •  
2 eggs • STREUSEL: ½ cup flour • ½ cup brown sugar • 2 tsp. cinnamon • 2 tbsp. butter or margarine, melted •

Preheat oven to 375°. In large bowl blend cake mix, pudding mix, oil, water and eggs. Beat 2 min. at medium speed. Spread ¾ of batter evenly in greased and floured 10-in. tube pan. Combine streusel ingredients. Sprinkle ⅓ cup of mixture over batter in pan. Spread remaining batter over streusel; top with reserved streusel. Bake 40-50 min. at 375° until done. Cool right side up in pan 25 min., remove from pan and glaze streusel side up.

**GLAZE:** Blend ¾ cup confectioners sugar with about 1 tbsp. milk; drizzle over cake.

**ALTITUDES OVER 3500 FEET:** Stir ¼ cup flour into mix. Mix as directed using 1 ½ cups water. Bake at 400° for 35-40 min.





Happy Birthday  
To Everyone  
Born in June!

**Betsy McDowell**

**Rick Burr**

**Manny Bowman**

**Patti Exferd**

**Audrey Frank**

**Margaret Lesperance**

**Sherry McCowan**

**Danny Moede**

**Ellen Moore**

**Jan RedCloud**

**Karen Rosenow**

**Betty Schiel**

**Ellen Schreiber**

**Walter Smith**

**Linda Neuser**

**Charlotte Brande**

# Native Americans

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

Words are hidden ↕ ↘ ↙ ↗ and ↖

**Sitting Bull**



**Black Hawk**



**Standing Bear**



**Crazy Horse**



**Tecumseh**



**Sacagawea**



**Geronimo**



**Chief Joseph**



**Powhatan**



**Red Cloud**



**Squanto**



**Chief Pontiac**



# It's Farmers' Market Voucher Time!



**What is the Senior Farmers' Market Nutrition Program (FMNP)?** The Senior FMNP offers eligible low-income seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers. The goals of the Senior FMNP are:

- To provide fresh, nutritious, unprepared fruits, vegetables and herbs from farmers' markets and roadside stands to low income seniors, and
- To increase the consumption of agricultural commodities by expanding or aiding in the expansion of farmers' markets and roadside stands.

## Who is Eligible? (All three are required)

- Shawano County Resident
- Age 60 or above, or Native American age 55 years or above
- Has a monthly household income of \$1986 or less for one person or \$2686 for two people (which would be 185 percent of the federal poverty guideline).

**How Does the Program Work?** Enrolled seniors will receive vouchers worth \$25 per household. These vouchers may be used to purchase locally grown fresh fruits, vegetables and herbs at approved farmers' markets or roadside stands. A list of approved markets or roadside stands will be provided. These vouchers are good until October 31, 2021.

**How Do I Get These Vouchers?** Shawano County has an allotment of 257 vouchers. Due to the COVID 19 pandemic, we cannot offer distribution sites. We are using the same process as last year which we thought was very effective and efficient.

Beginning June 7 at 8:00 am, please contact Heidi Russell at 715-526-4686 to arrange a time to complete the form and pick up your voucher. Walk ins will not be accepted.

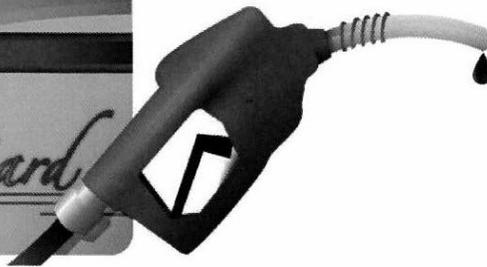
If you reside on the Stockbridge-Munsee Tribal Reservation, please contact DeAnna DeNasha, Elder Visitor, at 715-793-4236. Walk ins will not be accepted.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



**Thank you to everyone who responded to our input questionnaire. We had 45 people respond & we randomly chose 10 people who each received a \$25 Gift Card to Little Star.**

- 1. Bill Burr**
- 2. Steve Burr**
- 3. Carolyn Miller**
- 4. Jack Demjen**
- 5. Betty Bjorklund**
- 6. Alphia Creapeau**
- 7. Kathy Robinson**
- 8. Dick Miller**
- 9. Donna Burr**
- 10. Carl Miller**



# HOW TO PICK THE PERFECT Watermelon





# Dairy Foods and Bone Health

The unique nutrient profile of milk and dairy foods helps strengthen bones, which is critically important during growth periods and into adulthood.

Milk and dairy foods naturally contain calcium and are fortified with vitamin D, two nutrients that have a direct impact on bone growth and formation and are under-consumed in a large number of American diets. These nutrients have specific roles within the human body, but they don't work in isolation. It is the combination of nutrients in milk and dairy foods that enable them to positively impact bone health.

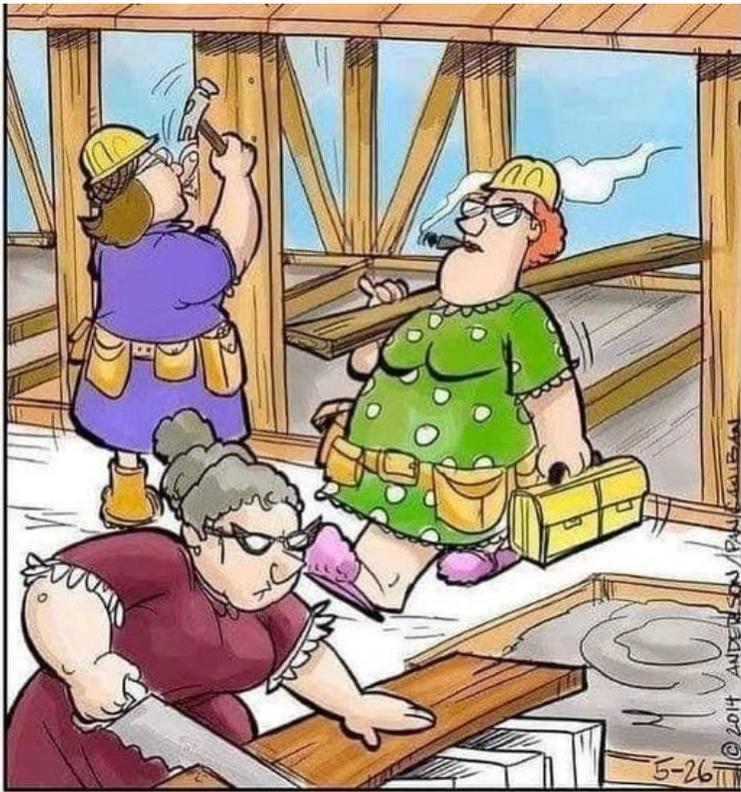
**Calcium:** The most abundant mineral in the human body, calcium is recognized for its role in keeping bones and teeth strong. It is also needed for the heart, muscles and nerves to work properly and for blood to clot. A diet rich in high-calcium foods helps build peak bone mass during adolescence and early adulthood and slows the natural loss that occurs with aging.

Eating three servings of calcium-rich foods daily helps ensure that the body will maintain a good supply of calcium. Milk and dairy foods are an important source of calcium for many people, especially children and adolescents. The wide variety of milk and dairy foods available provides many options to meet personal needs and tastes, including lactose-free milk and yogurt. While a calcium supplement may be appropriate for some adults, experts do not recommend calcium supplements for children, preferring dietary sources to meet daily recommendations.

**Vitamin D:** An adequate amount of Vitamin D is necessary for the body absorb calcium in the intestine. Additionally, it aids in building and maintaining strong bones and teeth and a healthy immune system, while also helping lower blood pressure. A vitamin D deficiency can lead to the softening and weakening of bones known as rickets in children and osteomalacia in adults.

The body makes vitamin D from sunlight, but not all sunlight is equal. Vitamin D production depends on geographic location and exposure to UV rays. Also, it can be important to wear sunscreen, which blocks vitamin D formation. Dairy products are fortified with vitamin D, making them an important source of this nutrient for children and adults. Other food sources include salmon, tuna, sardines, egg yolks, cod and fish liver oils, fortified cereals and orange juice.

**Nutrient Synergy:** Though calcium and vitamin D are the most widely recognized for their impact on bone health, milk and dairy foods also contain protein, phosphorus, magnesium, manganese, zinc and vitamin K, all of which are necessary for maintaining bone health. Nutrients don't work in isolation, and each of these individual nutrients has a role to play in supporting overall health. It's the unique combination of nutrients in milk and dairy foods that enable them to positively impact bone health. Consuming whole, minimally processed dairy foods as part of a healthy eating pattern will create the best outcomes for people of all ages.



Carpenter Aunts



facebook.com/ScottMetzgerCartoons

METZGER



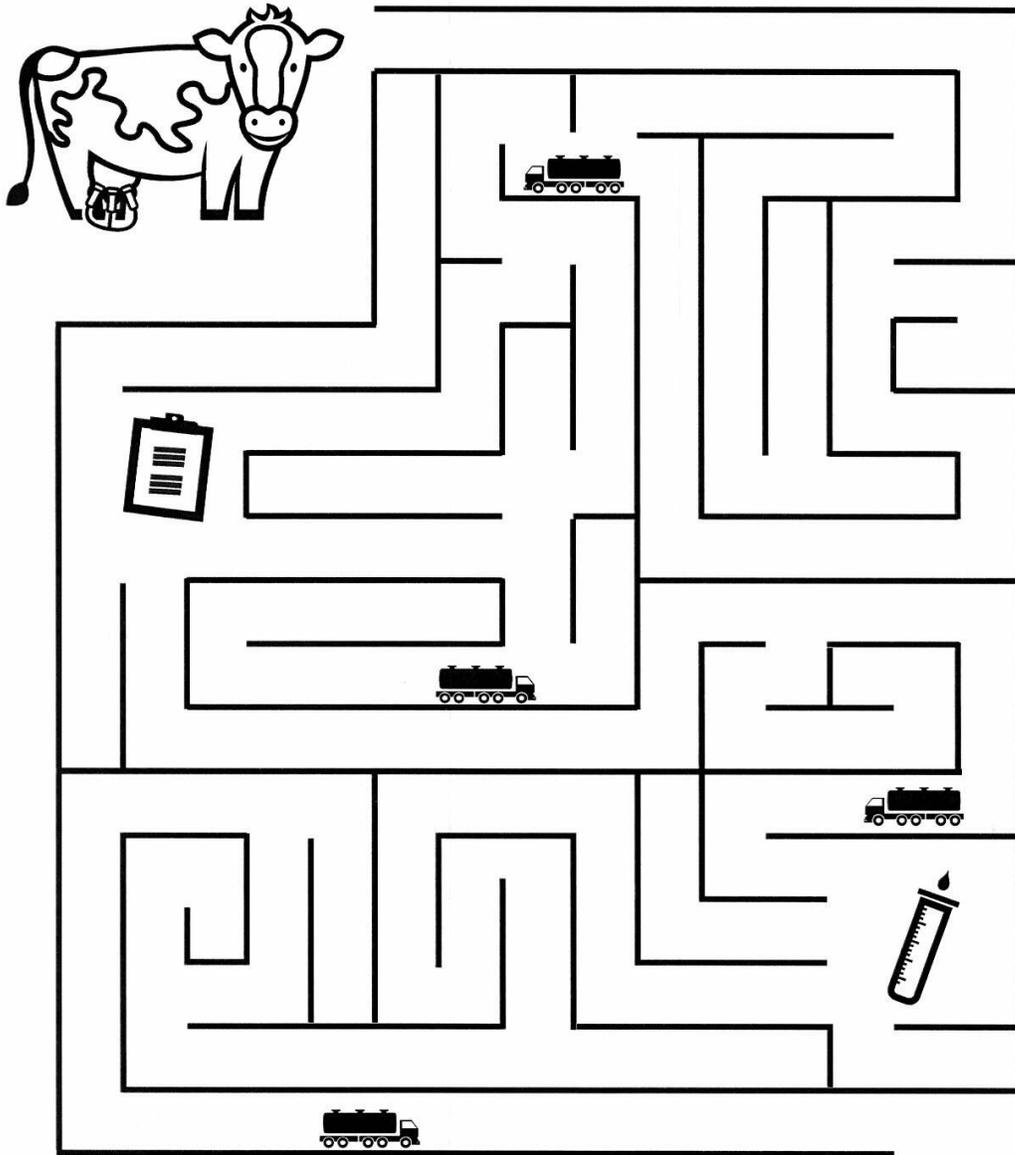
shared by stensmeters.com

Dear native people, the light above your stove is not a nightlight.



# MILK RUN

Help Bonnie get her milk from the dairy barn to you!



[thedairyalliance.com/junedairymonth](http://thedairyalliance.com/junedairymonth)



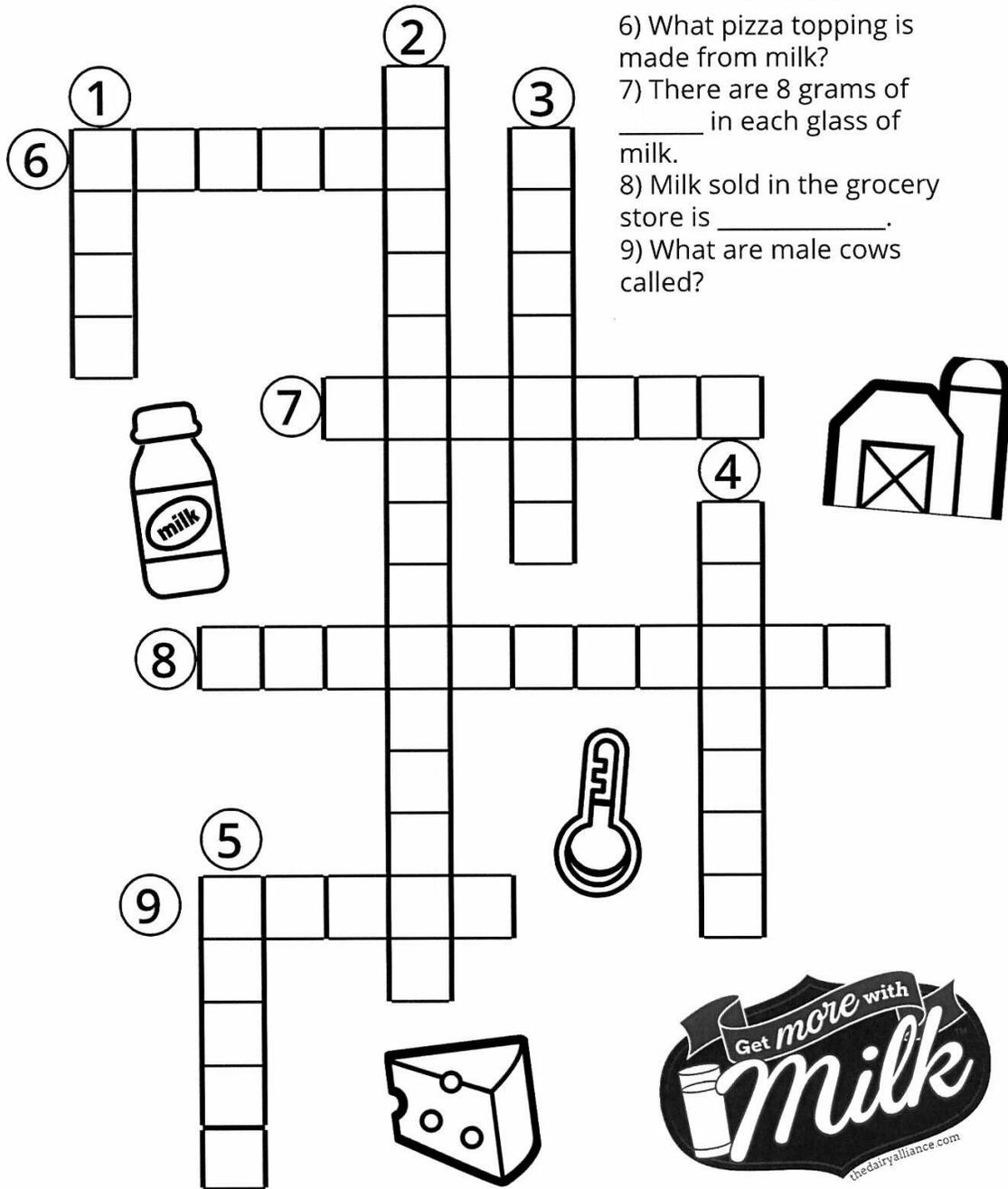
# CROSSWORD

## Down

- 1) What is a baby cow called?
- 2) What is June Dairy Month's slogan?
- 3) A cow drinks enough water a day to fill a \_\_\_\_\_.
- 4) Milk and \_\_\_\_\_ combine to make cheese.
- 5) Drinking milk helps build strong \_\_\_\_\_.

## Across

- 6) What pizza topping is made from milk?
- 7) There are 8 grams of \_\_\_\_\_ in each glass of milk.
- 8) Milk sold in the grocery store is \_\_\_\_\_.
- 9) What are male cows called?



## Misconception: Lactose Intolerance Means Avoiding All Dairy

Fact: Most people with lactose intolerance can enjoy milk and dairy foods.



---

Lactose intolerance—the inability to digest the milk sugar lactose—can result in cramping, bloating, flatulence, diarrhea and nausea. Lactose intolerance is a highly individualized condition, with a range of triggers, types and severity of symptoms. **Most people with lactose intolerance can comfortably consume certain dairy foods and have few to no symptoms.**

Through careful experimentation, people with lactose intolerance can find their threshold for consuming milk and dairy foods expanding. These tips work for many people:

- Drink smaller amounts of regular milk with meals
- Drink lactose-free milk
- Take lactase pills before consuming dairy foods
- Choose hard cheeses like sharp cheddar and swiss
- Eat yogurt, which is naturally low in lactose

It is best to obtain a proper diagnosis from a health care provider rather than self-diagnosing and cutting out dairy foods completely. Dairy-free diets are generally not necessary or advisable due to the potential for falling short of essential nutrients. People who eliminate milk and dairy foods have lower intakes of calcium and other nutrients, putting them at risk for osteoporosis, high blood pressure and certain cancers. Bone density is compromised in both children and adults who follow dairy-restricted diets, putting children at risk for low bone-mineral density and bone fractures later in life.

If someone has avoided milk and dairy foods for a period of time, gradually introducing these foods back into their diet over the course of a few weeks seems to help with digestion. Over time, people with lactose intolerance who consume milk and dairy foods on a regular basis show positive changes in their gut that result in improved ability to comfortably eat dairy foods.

It is important to distinguish lactose intolerance from milk allergy, which is an immune reaction to the protein in milk. True milk allergy is very rare; only about 1%–3% of children have a milk allergy, and fewer adults.

# WORD SEARCH

Help the farmer find all the dairy related words!

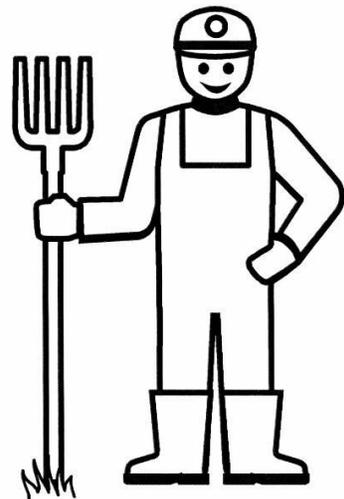


Butter  
Calcium  
Calf  
Cheese  
Cream  
Cow

Milk  
Moo  
Parlor  
Protein  
Vitamin  
Yogurt

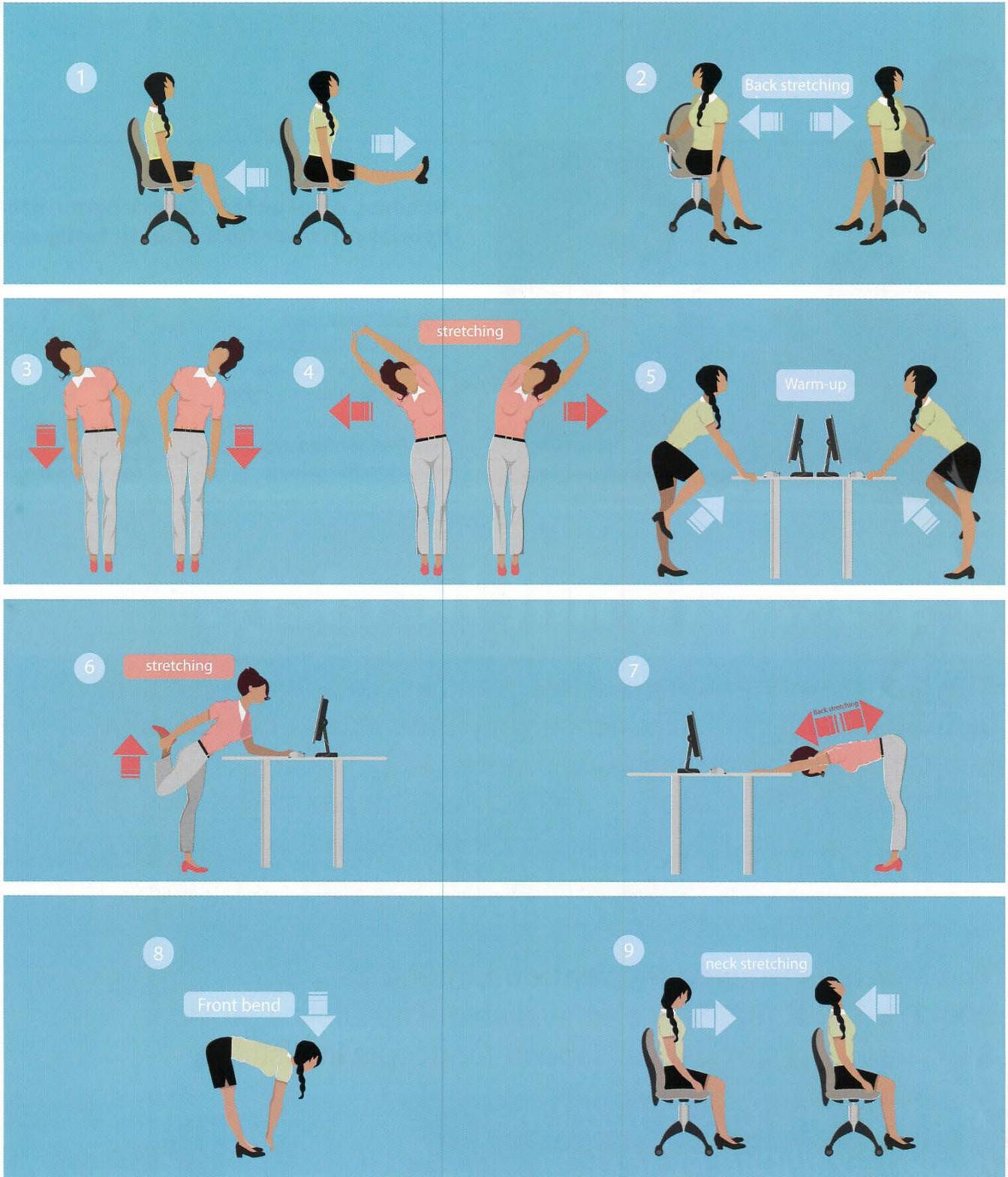


[thedairyalliance.com/junedairymonth](http://thedairyalliance.com/junedairymonth)



# 9 sports exercises for your office

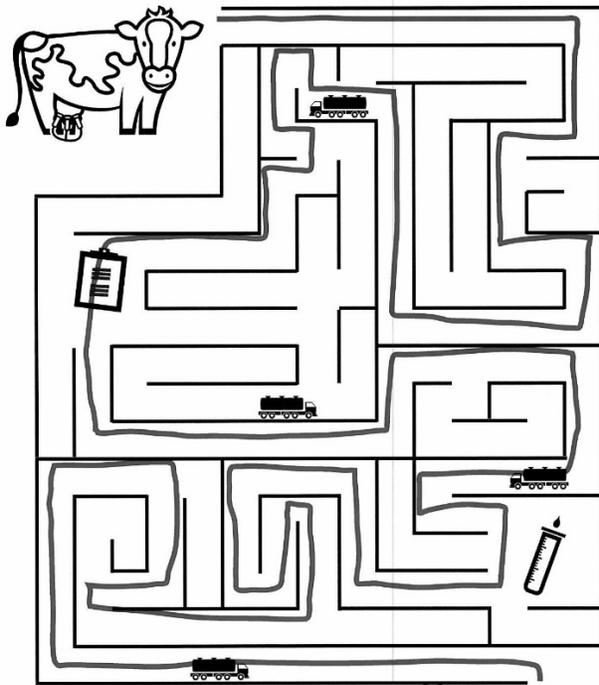
Still working at home? Try these exercises to loosen up your muscles. All you need is a chair and your desk. Count to 30 for each stretch. Let's get started!



# ANSWERS TO THIS MONTH'S PUZZLES

## MILK RUN

Help Bonnie get her milk from the dairy barn to you!

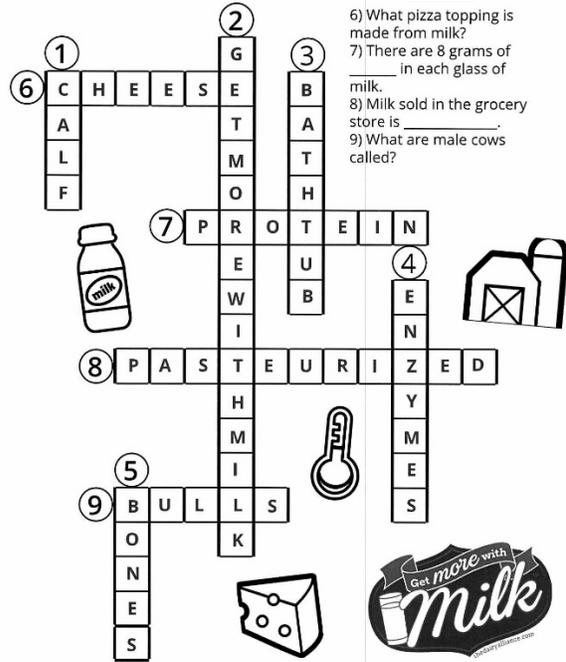


## CROSSWORD

- Down**
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**Across**

- 6) What pizza topping is made from milk?
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## WORD SEARCH

Help the farmer find all the dairy related words!



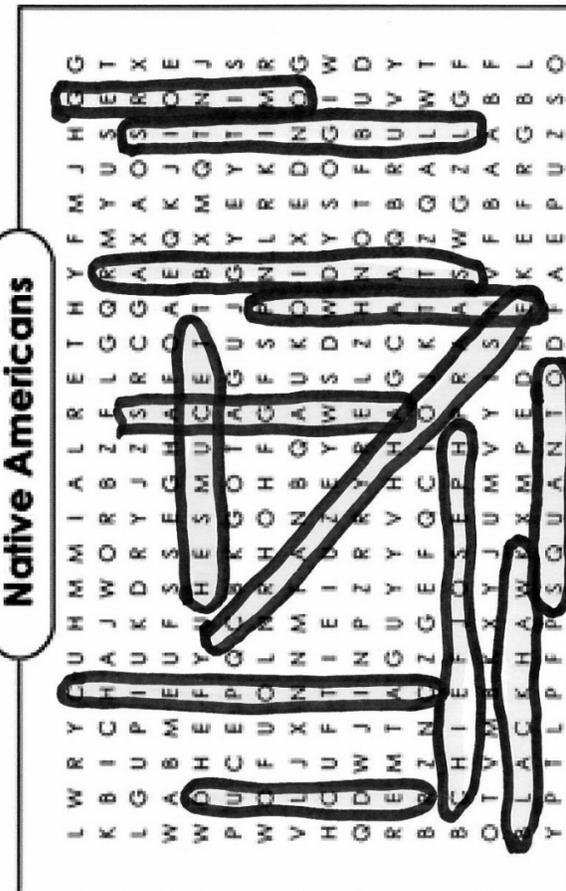
- |         |         |
|---------|---------|
| Butter  | Milk    |
| Calcium | Moo     |
| Calf    | Parlor  |
| Cheese  | Protein |
| Cream   | Vitamin |
| Cow     | Yogurt  |



[thedairyalliance.com/junedairymonth](http://thedairyalliance.com/junedairymonth)



## Native Americans



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](http://www.adrcwrr.org)

The Elderly Stream monthly newsletter is available online at [www.mohican.com](http://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