

A cluster of decorative hearts in shades of red and pink, arranged around the word 'FEBRUARY'.

FEBRUARY



Elderly Stream

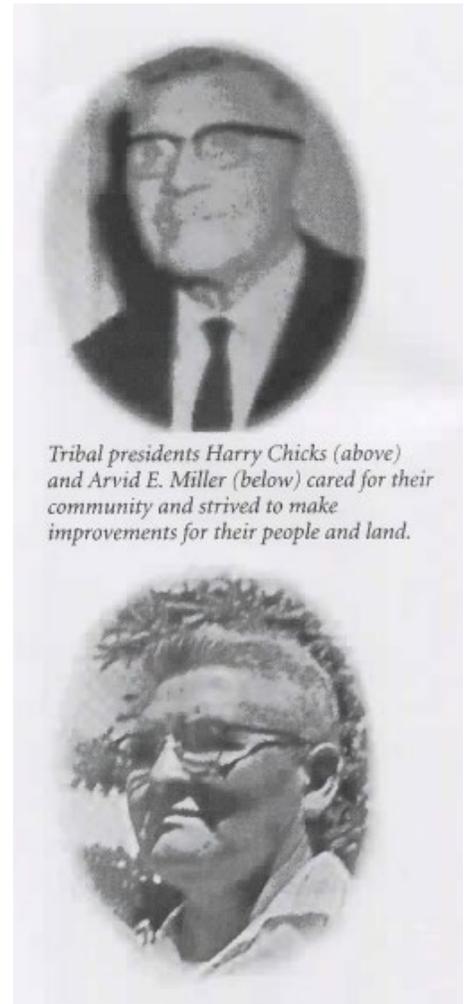


# Sachem's Day

February 20<sup>th</sup>



**2023**



*Tribal presidents Harry Chicks (above) and Arvid E. Miller (below) cared for their community and strived to make improvements for their people and land.*



# Spring 2023 Wills Caravan

Brought to you by Judicare Legal Aid and  
Law Students from Columbia University



**Attorneys and Law Students will be at the following location to assist tribal members who want help drafting a will, power of attorney for health care, power of attorney for finances, and/or other basic estate planning services for FREE.**

## STOCKBRIDGE-MUNSEE COMMUNITY

### FRIDAY, MARCH 17, 2023

9 AM - 5 PM

Galaxy Lounge at the

North Star Mohican Casino Resort

W12180 Co Rd A

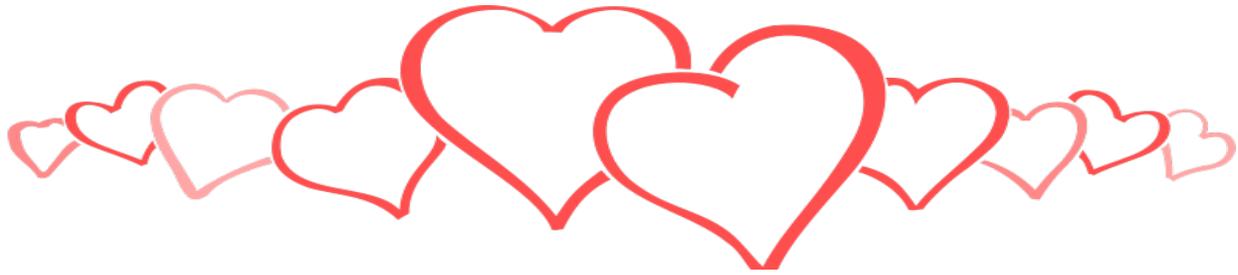
Bowler, WI 54416



#### TO SCHEDULE AN APPOINTMENT:

- Call Beth Shampo at (715) 842-1681 or Jody Hartwig at (715) 793-4387. They will send you paperwork to complete and return to Judicare prior to scheduling your appointment.
- Once Judicare has received your completed paperwork, Beth Shampo will call or email you to schedule a Wills Caravan appointment.
- These appointments are in high demand. We therefore ask that you call us **ASAP** if you cannot make your appointment.





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Greetings!

It is February! Happy Valentine's Day, Birthdays and Anniversaries!

So, show your love, pick up the phone and call your family members and special friends or send a card, they've probably been thinking of you too!

We have a number of folks in the community who run errands for others, pick up essential items, medications, come in and do light housework, care for their family members 24/7 (adults & grandchildren) or call to just visit with you. All of these folks are caregivers! Please remember to say kind words and thank them for their patience, love and support.

We have a new policy, regarding inclement (bad) weather. If inclement weather is predicted and expected and there is a delay in work arrival time for employees; home delivered and congregate meals may still be served. There will be a late delivery if bad weather is expected to end during the morning hours. If tribal offices are closed completely there will be no meals served.

Notices of closing can be seen on WBAY Channel 2, WAOW Channel 7, on the Stockbridge-Munsee Community Facebook page and on the top of the mohican.com web page.

Also, please keep a clean and clear path to the entrance of your homes, if you are able. Shoveled walks, steps, porches and dog poop helps with delivery person safety. Secure any pets you have so they are not jumping on the staff when they make deliveries. If you need assistance with shoveling please call the Housing Division at (715) 793-4219 and ask for the help of a chore worker. Our staff thanks you!

Our offices are open Monday – Friday from 8:00 a.m. to 4:30 p.m. Please call the main line (715) 793-4236 to talk to a live person or leave a message.

Please continue to call the Medical Transportation department at (715) 793-5040 for rides to medical appointments. Leave a message they will return your call.

Please call the Housing Office for chore worker requests at (715) 793-4219.

Medication pick-up and delivery is done daily at 2 p.m. in the afternoon, for those in our service area. Your name and birthdate are required for pick up.

We go to local stores in the villages of Bowler and Gresham on Monday & Wednesday afternoons about 3 p.m. Shawano shopping trips are done on Fridays. If you need a few items and don't want to ride the bus we can possibly pick those things up for you, please call us at 715 793-4236 to inquire.

Take Care, know that we are all thinking of you, that it is always good to hear your voices and to see you!  
Stay safe when you do have to go out and stay well!

Respectfully,

Kristy Malone, Manager

**Your input is important!**

What would you like to see included in the Elderly Stream? Like more pictures of our Elders, personal stories of growing up in our community, new babies that have been born, etc.

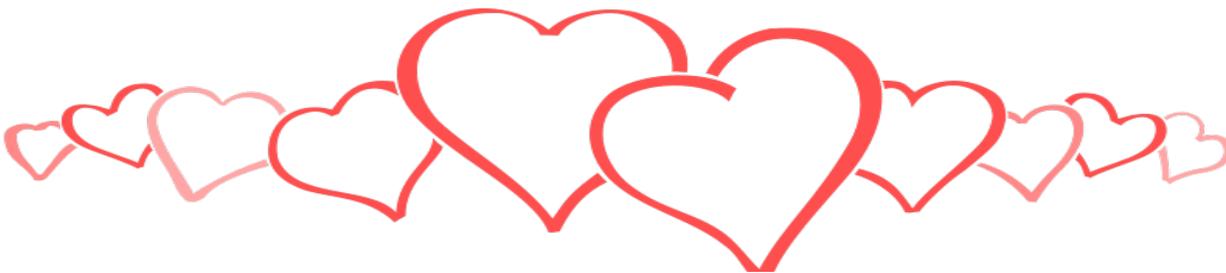
What would you like the Manager's Greetings to share?

**Now that we can gather together more:**

What daily activities would you like to see added to our calendar?

Would you like to see more evening and/or weekend events? What would you suggest?

Any other comments or ideas you may have to are appreciated!



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# February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Italian Wedding Soup Cottage Cheese Sliced Tomato Cucumber Salad Wheat Roll Cherry Pie	2 Kielbasa, Onions, Sauerkraut Red Potatoes Zucchini, Squash, Carrots corn, beans 12 Grain Bread Peaches w/ cream	3 Eggs,cheese,sausage on a wheat bun Cereal w/blueberries Apple Fruit Juice	4 ALL MEALS SERVED WITH MILK JUICE,COFFEE TEA OR MILK
5 Pork Steak Potatoes w/red pepper White, Yellow corn,hominy Wheat Bread Raspberry cake	6 Chicken Alfredo w/broccoli & Tomatoes Green beans Bread Stick Oranges w/jello	7 Vegetable Beef Soup Roast Beef on wheat bread w/ tomatoes Fruit Fluff Salad	8 Vegetarian chili Cucumber Dill Salad Summer Sausage Wheat Bread Pudding w/banana	9 Brown Rice w/garbanzo Northern and Red beans Cabbage slaw Rye bread Ice Cream	10 French Toast Bacon Hashbrown w/green onion Yogurt Cut fruit	11
12 Baked Chicken Thighs Sweet yams Peas,carrots,kidney beans Wheat roll Rootbeer float cake	13 Spaghetti w/meatballs,sauce Corn on the cob Garlic Bread Brownie	14 Hot Dog on a wheat bun Mac n Cheese Glazed Carrots Tomatoes Dumppcake	15 Potato soup w/ham,bacon Cheese, Veggie sub sandwich w/cucumbers Spinach Cookies w/cherries	16 Pizza Bake 3 green garden salad w/eggs Wheat croutons Pumpkin Bar	17 Meat,veggie,cheese omelet Wheat Bread Cereal w/strawberries Orange Fruit Juice	18 MENU SUBJECT TO CHANGE
19 Sachem's Day  CLOSED	20 Hot Dog on a wheat bun Mac n Cheese Glazed Carrots Tomatoes Dumppcake	21 Wild Rice Casserole w/ Tater tots Brussel Sprouts Wheat Roll Jello w/ Berries	22 Potato soup w/ham,bacon Cheese, Veggie sub sandwich w/cucumbers Spinach Cookies w/cherries	23  Meatloaf w/ Onion Gravy Mashed Potatoes Mixed Veggies Wheat Roll Cake & Ice Cream	24 Boiled Eggs Turkey Links Wheat Roll Blackberries Yogurt Fruit Juice	25
26 Chop Suey w/ Pork Brown Rice Cabbage Egg Roll Iceberg Salad	27 Chop Suey w/ Pork Brown Rice Cabbage Egg Roll Iceberg Salad	28				

Radon is a colorless, odorless, and tasteless radioactive gas that can harm you and your family

Radon is the **#1** cause of lung cancer among non-smokers and **#2** cause of lung cancer overall

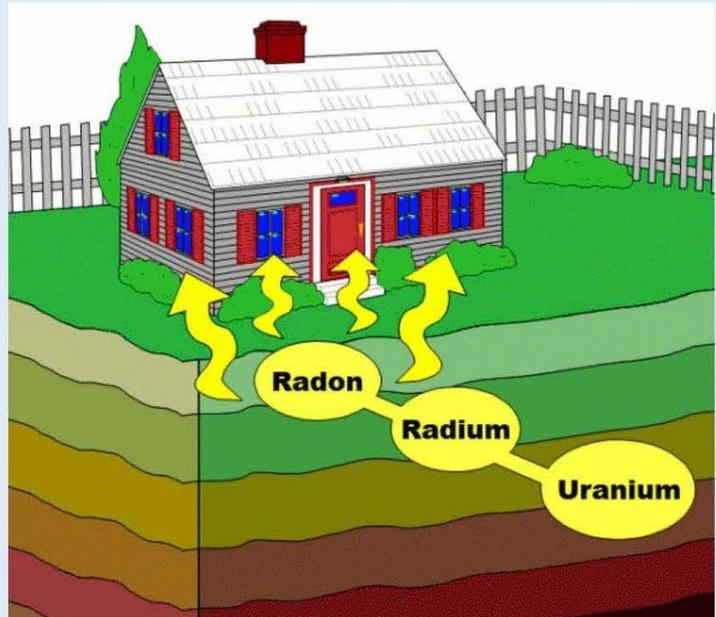
Smokers who live in homes with high radon are **10 times** more at risk to have lung cancer than non-smokers who live in homes with high radon

**2 out of 3** homes in our area have high radon levels

Radon levels peak in the winter months when windows and doors are closed



## Is Your Home Safe?



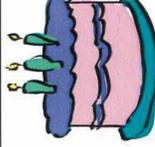
Radon occurs naturally in the ground and can enter your home through cracks and holes in your foundation, or even through your well water. The amount of radon in the soil depends on soil chemistry and can vary from house to house. In Shawano County, radon varies from low to very high, with some homes on the Reservation having very high levels.

Keep you and your family safe this year by getting your home tested for radon. **FREE** test kits are available to Tribal members through the Environmental Department. Contact the Environmental Department to have your house tested! If your house tests high for radon, the Environmental Department can provide advice on having a radon mitigation system installed into your home.

SMC Environmental Department  
715-793-4363



# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Strong Bodies 1 9:00am Local Run 2:00pm	2 Cards, Games 1:30 - 3:30	3 Shawano Run 10:00am	4
5 Strong Bodies 9:00am Local Run 3:00pm	6 Strong Bodies 9:00am Local Run 3:00pm	7 Steering Committee Meeting 10:00am Bingo 1:30pm Tribal Council Meeting 5:00pm	8 Strong Bodies 9:00am Green Bay Run 9:00am	9 Nutrition Education 11:30am Valentine Day Cookie Decorating 1:30 - 3:30	10 Shawano Run 10:00am	11
12  Superbowl Party 5:00pm	13 Strong Bodies 9:00am Local Run 3:00pm	14  Valentines Day Bingo 1:30pm	15 Strong Bodies 9:00am Wittenberg Run 10:00am	16 Cards, Games 1:30 - 3:30	17 Shawano Run 10:00am	18
19	20 Sachem's Day  CLOSED	21 Badger Food Boxes 11:30am* Mardi Gras Bingo 1:30pm Tribal Council Meeting 5:00pm	22 Strong Bodies 9:00am Local Run 2:00pm	23  Birthday Meal	24 Shawano Run 10:00am	25 *Badger Food Boxes are for people who reside in the reservation boundaries & are handed out from Food Distribution.
26 Strong Bodies 9:00am Local Run 3:00pm	27 Strong Bodies 9:00am Local Run 3:00pm	28 Bingo 1:30pm				

# FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

## Know who is at high risk:



Older adults without proper food, clothing, or heating



People who stay outdoors for long periods (homeless, hikers, hunters, etc.)



People who drink alcohol in excess or use illicit drugs



Babies sleeping in cold rooms

# WINTER WEATHER VEHICLE CHECKLIST



Fully-charged cell phone



Shovel



Cell phone charger



Sand or cat litter



Windshield scraper & brush



Blankets & extra clothing



Jumper cables



Tow rope



First aid kit



Road flares



Water and snacks



Full tank of gas



**Carmen Cornelius**

**Jermain Davids**

**Grady Gardner**

**Geraldine Kilburn**

**Laura Malak**

**Rodney Martin**

**Carolie Miller**

**Doug Miller**

**Leah Miller**

**Bert Moede**

**Laura Moede**

**Nita Tourtillot**

**Shirley Turpin**

**Floyd Williams**

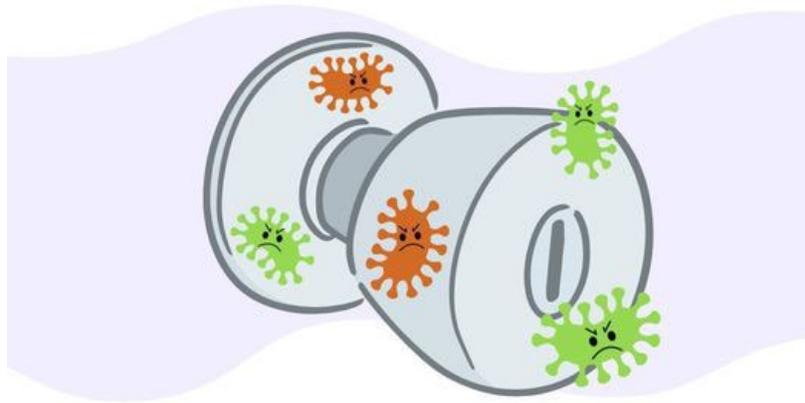
**Clara Sabourin**

**Robert Vele**

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

- |           |                 |             |
|-----------|-----------------|-------------|
| BESAW     | ELDERLYSERVICES | MUNSEE      |
| BINGO     | ELDERLYSTREAM   | NORTHSTAR   |
| BOWLER    | ELECTA          | PECORE      |
| BOWMAN    | ELLA            | QUINNEY     |
| BURR      | EUNICESTICK     | STICK       |
| CASINO    | MALONE          | STOCKBRIDGE |
| CORNELIUS | MILLER          | TERRIO      |
| DAVIDS    | MOEDE           | VELE        |
| DOXTATOR  | MOHICAN         | WELCH       |



## DON'T LET GERMS HANG OUT

Clean frequently touched objects to  
remove germs that can make you sick.



## SHOVEL SAFELY

- Wear sturdy, rubber-soled boots, and watch where you step.
- Wear layers of windproof and waterproof clothing, along with a hat and gloves.
- Push the snow with short strokes instead of lifting it.
- Use your leg muscles, not your back.
- Take frequent breaks.



WISCONSIN DEPARTMENT  
of HEALTH SERVICES



## Elderly Centers Cooks Corner February 2023



Stockbridge Munsee Band of Mohicans. We want to say thank you. We love & enjoy our job & all that comes with it. Being cooks for this program is very rewarding. A few smiles a day goes along way for us. We hope everyone has a good Valentine's Day this month. We also look forward to your feedback about our meals & services. From Cook Brandon.

This month on Tuesday 02-16-2023. The Eunice Stick Gathering Place is serving Pizza Pasta Bake with a salad bar in the dining room. See bottom of page for cooking details.

We hope all of our Home Delivery Elders are enjoying all our Program has to offer. We are very thankful for The Elderly Staff & all who volunteer. Our lunch is served in our dining room at 12:00pm. **Our breakfast is Friday only from 7:30am-10:00am** in the dining room. Please stop in or call to sign up. Signing up is not required but appreciated.

This is our Seventh Edition of The Elderly Centers Cooks Corner. Thank you & please send feedback, questions or concerns by phone, mail, email or into our feedback post located on the table just under our Program Calendar at the Eunice Stick Gathering Place. Next Edition is March 2023.

**Pizza Pasta Bake:** We start by cooking wheat penne pasta, drain & cool. In this recipe we combine pizza sauce, pepperoni, sausage, mushrooms, olives, cooked pasta, Italian seasonings & mozzarella cheese. Then we spread evenly into baking pan, top with more mozzarella cheese. Cook in 350 degree oven until cheese is golden brown(20-30 Minutes) This meal will be paired with a 3 green salad, croutons, boiled egg & a pumpkin spice cake for dessert.

Happy Valentine's Day 2023. Please be kind, caring, safe, sound & proud. See you soon. From the Elderly Center.



# Move More

## Making Physical Activity Routine



**Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.**

### How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day?  
Don't **chuck** your goal, **chunk** it!  
Try 10 minutes a few times a day, for example.



### Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

### You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

### Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the [NHLBI website](#).

### Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

**All adults should avoid inactivity.**  
Start gradually and increase slowly.

Learn more about:

- [CDC Target Heart Rate and Estimated Maximum Heart Rate.](#)
- [Different types of physical activity.](#)
- [Recommendations for children, older people, and pregnant women.](#)



hearttruth.gov

## Get motivated

Try these tips to make being active part of your everyday routine:

### Add a friend or family member

- Take a yoga or other fitness class online with a friend.
- Share your fitness goals with your spouse or roommate.
- Commit to a walking schedule with a friend or family member, even if you can't walk together.

### Do what you love

- If you enjoy the outdoors, try biking, hiking, golf, or gardening.
- Play with the children in your life.
- Check out the track at a nearby school.
- Think of physical activity as a special time to refresh your body and mind.

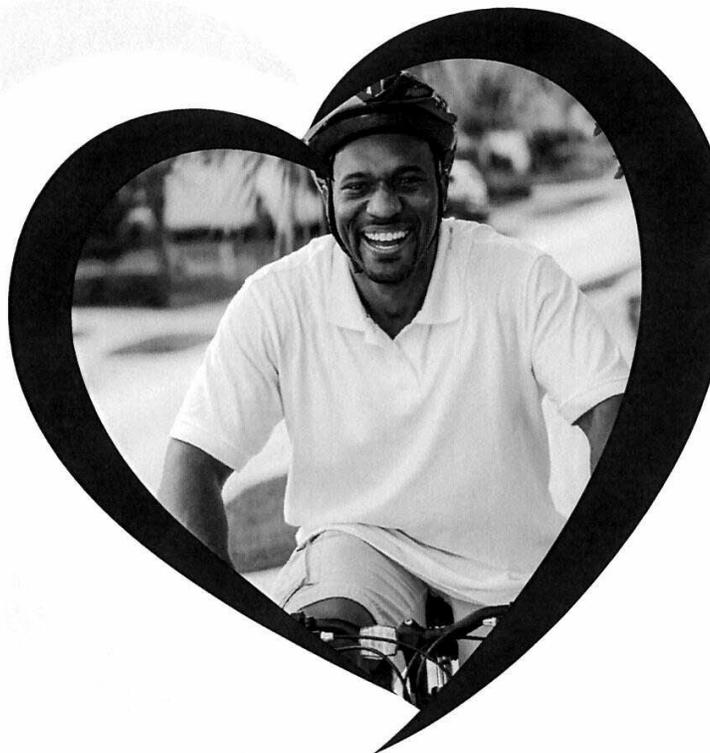
### Build activities into your day

- Do strength exercises while watching TV or listening to a podcast.
- Use a workout game on your gaming console.
- Take a walk during lunch.
- Go for a walk or a bike ride before you sit down to enjoy dinner or a movie.

## When To Check With Your Doctor

Certain physical activities are safe for most people. If you have a chronic health condition such as heart disease, arthritis, diabetes, or other symptoms, talk with your doctor first.

**Learn more about the risks of physical activity for certain groups on the [NHLBI website](#).**



National Heart, Lung,  
and Blood Institute



hearttruth.gov

# STRONG *Bridgers*



## STRONG *People*

# StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



## STRONGBODIES

### Benefits of Strength Training:

- ◆ **Reduced risk for chronic diseases:**
  - ◆ Diabetes
  - ◆ High Blood Pressure
  - ◆ Heart Disease
  - ◆ Osteoporosis
  - ◆ Arthritis
  - ◆ Some Cancers
- ◆ **Increased:**
  - ◆ Strength
  - ◆ Muscle mass
  - ◆ Bone density
  - ◆ Ability to do Activities of Daily Living

**What:** 12 Week Strength Training Class

**When:** Mondays & Wednesdays 9:00-10:00AM, Starting February 1, 2023

**Where:** Eunice Stick Gathering Place

Please bring hand & ankle weights if you have them

# Stepping On

a falls prevention program  
*Make yourself a priority*

**Stepping On Workshops**  
**March 9th - April 20th, 2023**

## ***Come Join Us!***

The Stepping On Workshops will begin every *Thursday* starting *March 9th* for 7 weeks from *1:30-3:30pm* at the Eunice Stick Gathering Place / Elderly Center.

Will have 4 guest experts throughout the duration of Stepping On Workshops.

Stepping On is a falls prevention program that is designed to educate participants and build self-confidence to reduce and eliminate falls. These workshops are evidence-based interventions that have been researched and proven to reduce falls by 31%.

These workshops incorporate a group setting, individualized follow-up, and consist of exercises to help improve your balance, strengthen legs, build confidence, and safely navigate your home and community.

Facilitators are Cami Miller & Judy Heubel. The workshops will be open to 10-14 participants.

***Gift Card Drawing for those who complete all sessions***

SteppingOn

wiha  
Wisconsin Institute  
for Healthy Aging



Stockbridge-Munsee  
COMMUNITY HEALTH DEPARTMENT

For more information or to register for Stepping On contact Cami Miller @ 715-793-5064 or by email: [cami.miller@mohican.com](mailto:cami.miller@mohican.com)





American Heart Association  
Healthy for Good™



# REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

**1.**

## Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



**2.**

## Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

**3.**

## Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



**4.**

## Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

**5.**

## A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.



**EAT SMART**

**MOVE MORE**

**BE WELL**

[heart.org/HealthyForGood](https://heart.org/HealthyForGood)

©American Heart Association 2020 DS15662 2/20

The Stockbridge-Munsee Meal site is supported through the State, Federal and Tribal Funding as well as Donations received By you, our Elders, State Grants recognized an elder at age (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 \$1.00 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 and lunch menu are on the home page. Mailing Address is: P.O. Box 70,Bowler Wi 54416(715-793-4236)