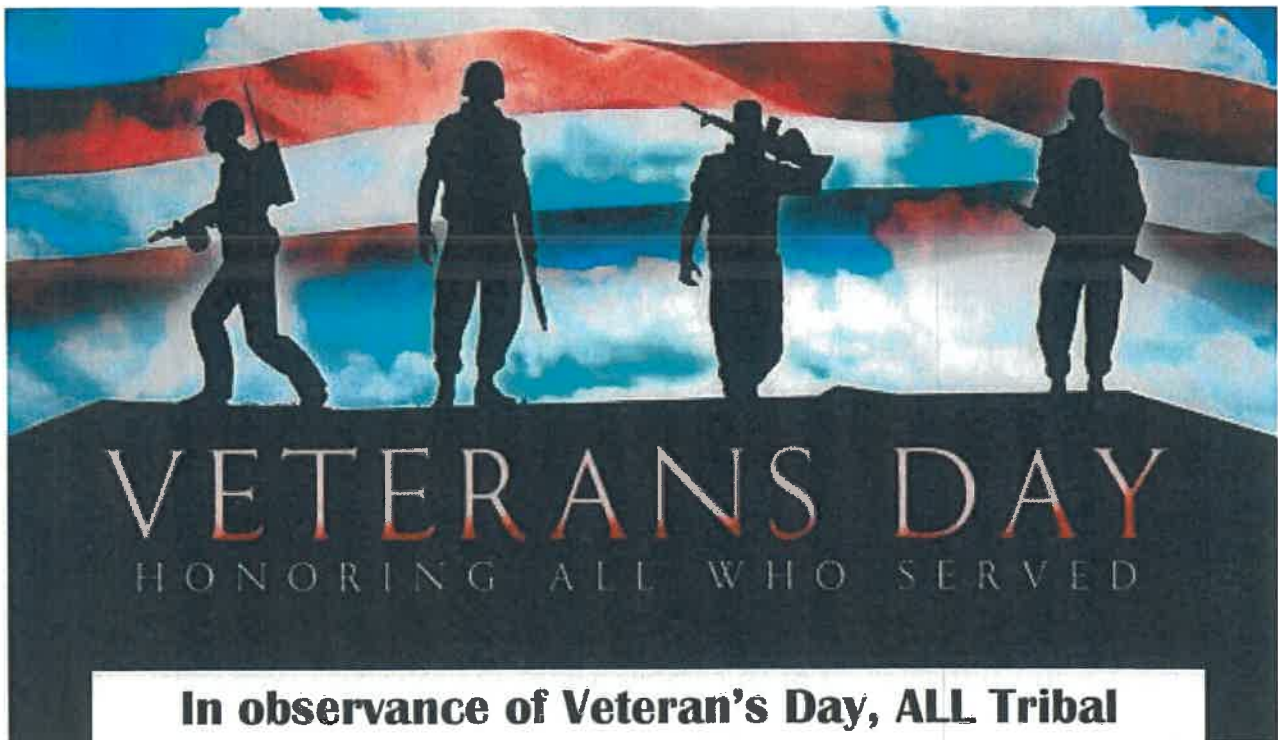


November 2023

Elderly Stream



**In observance of Veteran's Day, ALL Tribal
offices will be closed on Friday, November 10th,
2023**



To ALL of our Veteran's near & far, we salute you!

THANK YOU for your service & sacrifice!

S/M Elderly Services



What's up with the cell phone service?



As you are all aware, lately we have all been experiencing poor cellular service. We want to provide you some critically important information to think about before you make an investment in purchasing a new cell phone or switching cellular devices or service providers.

The Tribal Council approved partnering with NSight, the parent company of CellCom to construct towers on the reservation to enhance cellular telecommunication services in the community. Historically, the quality of the cellular services has been sporadic.

We understand the significance of this project and its potential impact to the community and want to ensure that you are informed about the progress.

Construction of the Cell tower on the Casino is anticipated to be completed in December of 2023. Four additional towers will be being constructed starting in November of 2023 with an anticipated completion in late 2024.

We do understand the frustration in the lack of cellular service but improvements are on the way. We know that it is your personal decision if you wish to choose to change your cellular device or change service providers, we just want you to know that making these changes will not increase the quality of your cellular service.



Greetings All,

Koolamalsi (How are you?)!

Veteran's Day is the day we honor our community members and all who served in the military. This day and every day we can greet a Veteran, shake their hands or give them a hug and thank them for their service! Our freedoms are the result of their sacrifices.

Thank you for your interest and participation in Stockbridge-Munsee Elderly Services! Please check out the Monthly Menu, Services and Activity calendars of events and come join us at the Eunice Stick Gathering Place!

November is National Caregiver Month! To all of you, who give tirelessly, caring for your loved ones and friends, we thank you. Please honor each other this month by saying thank you with a phone call or a greeting card.

SM Elderly Services does have a Respite Care service that can provide you, if you are the primary caregiver of an elder or grandchild, some time to take a break for your self-care. Please see information on Respite Care in this issue of the Elderly Stream.

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

Enjoy the Holidays with your families and friends, stay safe & warm and my best wishes to all of you!

Kristy

Kristy Malone, Manager

SCAM OF THE WEEK:

Scams Related to the Israel-Hamas War

The recent Israel-Hamas war has made headlines worldwide. As usual, cybercriminals have been quick to take advantage of the dreadful news. Cybercriminals often use high-profile news events for disinformation campaigns, which include false information designed to intentionally mislead you.

Stay alert in the coming weeks, as cybercriminals are already referencing the war in social media disinformation campaigns. Last week, videos were posted on X, formally known as Twitter, that claimed to be footage of the Israel-Hamas war. These videos were actually from video games and fireworks celebrations, but they still went viral. Cybercriminals can use disinformation like this to try to catch your attention and manipulate your emotions. Disinformation can be used as a phishing tactic to try to get you to click on suspicious links or open malicious attachments.

Follow the tips below to stay safe from these types of scams:

- Be suspicious of emails, texts, and social media posts that contain shocking information about this event.
- Think before you click. Cyberattacks are designed to catch you off guard and trigger you to click impulsively.
- Stay informed by following trusted news sources. If you see a sensational headline, research the news story to verify that it's legitimate.

The KnowBe4 Security Team




KnowBe4.com

Stop, Look, and Think. Don't be fooled.



November 2023

Please Call (715) 794-4236 to Sign Up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chili w/ Pasta Salami & Swiss Strawberry Raspberry	2 Chicken Pot Pie With Wild Rice. Pumpkin Dessert	3 Omelete w/ Meat Veggies & Cheese Mixed Vinigrette Salads & Yogurt	4
5 All Meals Served With Milk, Coffee, Water, or Juice	6 Pork Fried Brown Rice Scrambled Egg Watermelon	7 Pine Nut Pesto Turkey Meatballs Wheat Spaghetti Cauliflower Gratin Dessert	8 Mixed Black Bean Soup Chicken Salad Wheat Bread Berries & Oats	9 Rosemary Parmesan Cheese Pizza SALAD BAR Pistachio's	10  CLOSED	11
12	13 Ham & Chicken Cordon Bleu Wheat Wrap Blueberry Crisp Fruit Juice	14 Grilled Portobella Mushroom Melts 12 Grain Bread Onions Eggplant Tomatoes & Olive Oil Ice Cream	15 Ham & Potato Soup Cheese Sausage Veggie Tray Carrot Cupcake	16 Sliced Turkey Whipped Potato Stuffing & Gravy Cranberry & Pumpkin Pie	17 Sausage Biscuit Country Gravy Poached Eggs Peach & Pear Fruit Juice	18
19	20 Fish Sandwich Wheat Bun Pasta Salad Walnut Fruit Fluff	21 Five Cheese Ravioli w/ Roasted Kale Wheat Roll Cheesecake	22 Minestrone Soup Mixed Green Salad Corn Bread Fruit Juice	23  CLOSED	24  Closed	25 Menu Subject To Change
26	27 Vegetable Chop Suey Brown Rice & Egg Roll Brownie w/ Fruit	28 Two Soft Shell Beef Taco's Lettuce Tomato Cheese Olives Apple Enchilada	29 Italian Wedding Soup 3 Bean Mix Cherries 9 Grain Bread	30 Beef Pot Pie Wheat Bread Oatmeal Peanut Butter Crunch		

What Increases Your Risk of Falling



There are many conditions that contribute to falling and these are called risk factors. Many risk factors can be modified or changed to help prevent falls.




Risk factors include:

- Lower extremity weakness
- Vitamin D deficiency
- Vision problems
- Foot pain or poor footwear
- Difficulty with balance or walking
- Use of medications, such as blood pressure, sedatives, tranquilizers, or antidepressants. Some over-the-counter medications can affect your balance and cause you to be unsteady on your feet.
- Home hazards such as broken or uneven steps, throw rugs, and clutter can be tripped over.

A majority of falls are caused by a combination of the listed above risk factors. The more risk factors an individual has, the greater their chances are of falling.

Healthcare providers can help decrease an individual's risk of falling by reducing risk factors.

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2 	3	4 Elder Canvas Painting 9:00 AM
5	6 Book Club 5:30 PM	7 Bingo 1:30 PM	8	9 Holiday Card Making 1:30 PM	10 CLOSED	11
12	13	14 Bingo 1:30 PM 14 Casino after bingo 4:00 PM - 7:00 PM	15	16 Birthday Meal 12:00 PM	17 Center CLOSED for training 1:30 - 3:30 PM	18
19	20 Book Club 5:30 PM	21 Bingo 1:30 PM	22	23  CLOSED	24 CLOSED	25
26 Activities Subject to Change	27	28 Bingo 1:30 PM	29	30 Wausau Thrifting & Discount Stores 9:30 AM		

Press Release

Thursday, October 12, 2023
For Immediate Release



Mark Hinkle, Press Officer
press.office@ssa.gov

News Release

SOCIAL SECURITY

Social Security Announces 3.2 Percent Benefit Increase for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

More than 66 million Social Security beneficiaries will see the 3.2 percent cost-of-living adjustment (COLA) beginning in January 2024. Increased payments to approximately 7.5 million people receiving SSI will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits).

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600 from \$160,200.

Social Security begins notifying people about their new benefit amount by mail starting in early December. Individuals who have a personal [my Social Security](#) account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in [my Social Security](#).

People will need to have a [my Social Security](#) account by November 14 to see their COLA notice online. To get started, visit www.ssa.gov/myaccount.

Information about Medicare changes for 2024 will be available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new 2024 benefit amount will be available in December through the mailed COLA notice and [my Social Security's](#) Message Center.



November

Happy
Thanksgiving



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Please call (715) 793-4236 to sign up for services	1 Local Run 2:00 PM	2 Strong Bodies 9:00 AM	3 Shawano Run 9:00 AM	4
5	6 Local Run 2:00 PM	7 Strong Bodies 9:00 AM Steering Committee Meeting 10:00 AM Council Meeting 5:00 PM	8 Green Bay Run 9:00 AM SNAP Education 11:30 AM	9 Strong Bodies 9:00 AM Shawano Run 9:00 AM Tribal Elder Food Box 10:00 AM	10  CLOSED	11
12	13 Nutrition Education 11:30 AM Local Run 2:00 PM	14 Strong Bodies 9:00 AM	15 Wittenberg Run 9:00 AM	16 Strong Bodies 9:00 AM Birthday Meal 12:00 PM	17 Shawano Run 9:00 AM Center CLOSED for training 1:00 PM - 3:30 PM	18
19	20 Local Run 2:00 PM	21 Strong Bodies 9:00 AM Council Meeting 5:00 PM	22 Local Run 2:00 PM	 23 Closed	24 Closed	25 *Services subject to change
26	27 Local Run 2:00 PM	28 Strong Bodies 9:00 AM	29 Local Run 2:00 PM	30 Strong Bodies 9:00 AM		



Stephanie Bowman

Burdette Burr

Sandra Burr

Diane Davids

Elwood Davids

JoAnn Davids

Barry Duffek

Joseph Duquette

Karen Gardner

Nancy Kasten

Debra Majerus

Dawn K. Miller

Mabel Miller

Anthony Quinney

Ernestine Ramirez

Louise "Annita" RedCloud

Kimberly Schreiber

James Schuilz

William Terrio

Cheryl Tiegs

Adrian Vele

Robert Vele

Doreen West



Food Hero for Older Adults

Focus on Calcium and Vitamin D



To get enough calcium each day, turn to foods before supplements.

Kale, bok choy, collards and mustard and turnip greens provide calcium that is well absorbed by the body.

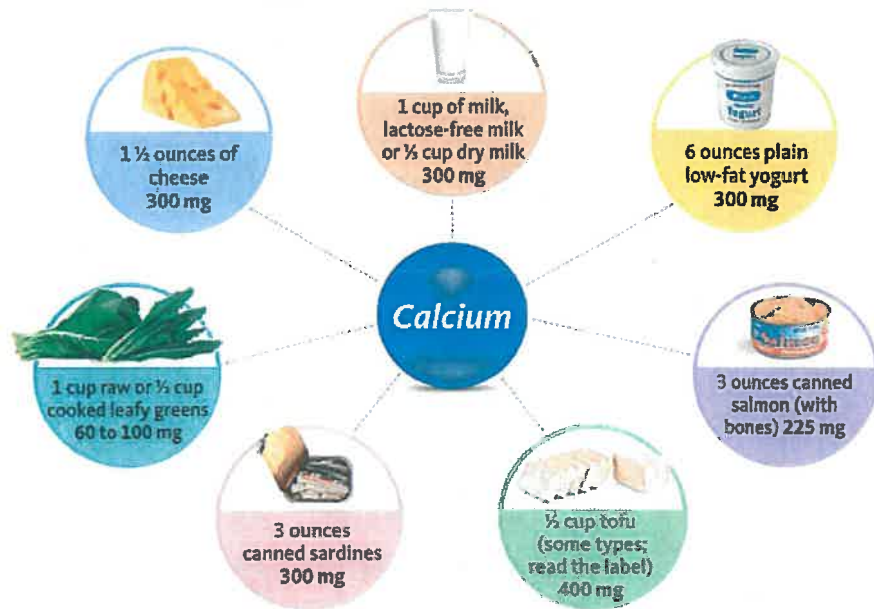


Fortified foods such as cereal, plant milks and orange juice also provide calcium and vitamin D. Read each label for the amount in a serving.

Vitamin D is in a few foods and our skin can make it using the energy from sunlight. If you do not get enough, you may need a supplement.

Before adding supplements, talk to a healthcare provider to know what is right for you; too much can be harmful.

Calcium, vitamin D and physical activity work together to support healthy bones and muscles

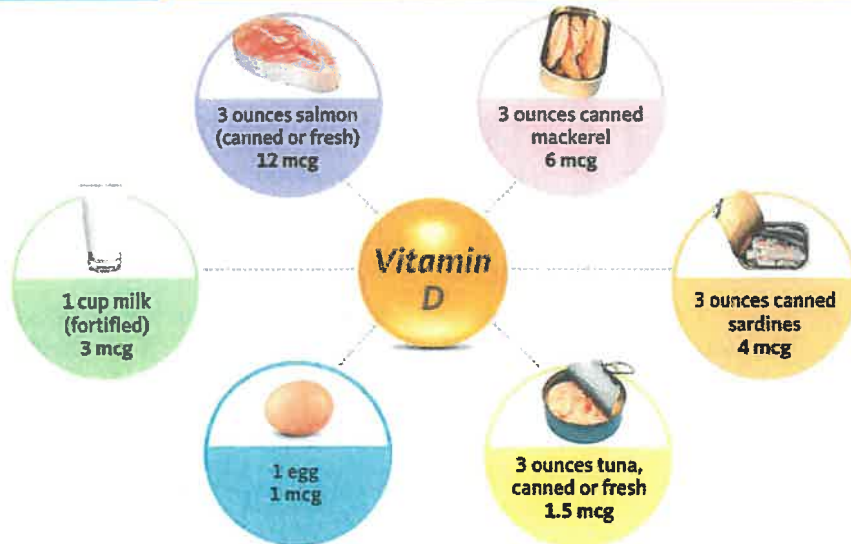


How much calcium and vitamin D do you need each day?

Women over age 50: aim for 1,200 milligrams (mg) of calcium.

Men age 50 to 70: aim for 1,000 milligrams (mg) of calcium.

All adults at age 70: increase vitamin D from 15 mcg to 20 mcg.



Classics Stay Strong

Make this a meal with a whole grain roll and roasted vegetables or a fruit salad.

If you have lactose intolerance, try lactose-free milk, fortified plant milk and easier-to-digest dairy such as hard cheeses and yogurt.

Ultra-filtered milk is dairy milk with lactose removed, which makes it higher in protein and lower in carbohydrate.

Nutrition Facts labels show the amount of calcium in milligrams (mg) and of vitamin D in micrograms (mcg) of one serving.

The unit of measurement for vitamin D has been updated from international units (IU) to micrograms (mcg).
40 IUs = 1 mcg



Nutrition Facts

4 servings per container
Serving size 1 patty (137g)

Amount per Serving
Calories 170

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 370mg	16%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 12mcg	60%
Calcium 249mg	20%
Iron 1mg	6%
Potassium 373mg	8%
Vitamin A 127mcg	14%
Vitamin C 3mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Salmon Patties

Makes 4 (4-inch) patties

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

- 1 can (14.5 ounces) **salmon** with bones, drained
- 1 slice of **bread**, torn into small pieces
- 1 Tablespoon **mayonnaise**
- 1 Tablespoon **lemon juice**
- 1 **egg**, lightly beaten
- ½ cup minced **celery**
- ½ cup minced or grated **carrot**
- ½ cup minced **onion**

Directions

1. In a medium bowl, break up the salmon and mash the bones with a fork. Remove the salmon skin if desired.
2. Add the rest of the ingredients and mix well.
3. Firmly press about ½ cup of the mixture into a 1-inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and place it over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.

Notes

- Try canned tuna or mackerel instead of salmon.
- Use ¼ cup dry bread crumbs instead of sliced bread
- Make your own bread crumbs from stale bread.

Low-Fat Tartar Sauce

In a small bowl, combine 1/2 cup low-fat **plain yogurt**, 1 Tablespoon **pickle relish**, 2 teaspoons **dried minced onion**, 1 teaspoon **dried parsley flakes**, 1 teaspoon **mustard** and 2 drops **hot pepper sauce** (optional). Serve right ahead or cover and refrigerate until used. **Makes** 1/2 cup

Nutrition Facts for a 2 Tablespoon serving: 20 calories, 0.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 3 g total carbohydrate, 0 g fiber, 2 g protein, 0 mcg **vitamin D**, 59 mg **calcium** (4% DV), 0 mg iron, 82 mg **potassium** (2% DV)



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Share on:



Respite Care of Wisconsin Services 2023
Title VI Native American Caregiver Support Program
Stockbridge-Munsee Elderly Services
Stockbridge-Munsee Community
*Service Area is the 1856 Treaty boundaries of the Stockbridge-Munsee Indian Reservation.

RESPITE CARE PROVIDERS

A Respite care provider is someone (family member, relative or friend) that can come in and give you, the primary family caregiver, a break (called respite) from your caregiving routine, so you can run errands, go shopping, or even take a nap. It is very important for those who care for family members to take “time off” to care for themselves both physically and emotionally.

The primary family caregiver must be an adult (18 years or older) who is an informal, unpaid relative already caring for an elder; or grandparent(s) caring for their grandchildren.

Respite care providers are eligible to receive a stipend for hours spent giving the primary caregiver a break.

The Stipend is not to exceed \$20.00 per hour (Policy ES011 2019) and not to exceed maximum hours set per week (hours are subject to change based on needs of the community).

Respite Providers must have a current Stockbridge-Munsee (SM) Elder/Youth license in order to receive a stipend. Applications are available at the elderly center and are submitted to the SM Human Resources Department.

A W-9 request for taxpayer identification form is required from each provider before any payment for services can be done.

A 1099 will be issued if stipend amount earned is \$600.00 and over for tax reporting purposes.

***Respite Providers assist the Primary Family Caregiver by coming in to the home for short periods to provide them a break. Respite care will be provided as an alternate source of relief as long as funds are available.**

Duties: The respite provider will provide temporary care which means companionship and supervision (keeping your loved one safe).

The respite provider may, but is not expected to, prepare meals or administer any type of medication.

Reporting: Payment Vouchers will be used to record the number of hours spent with the client; the voucher must be signed by the respite provider. The Primary Caregiver will

verify the hours to be true and correct by signing the voucher. Payment Vouchers must be turned in to managers of Stockbridge-Munsee Elderly Services on Fridays of every week for payment by the following Friday.

To be eligible for respite care and supplemental service the Elder being cared for by a Primary Family Caregiver must be frail, as define in the Older Americans Act: See Section 102 (26)(A)(I) below:

The elder is functionally impaired because he/she is unable to perform at least two Activities of Daily Living (ADL's) without substantial human assistance or, due to cognitive or other mental impairment requires substantial supervision because he/she behaves in a manner that poses a serious health or safety hazard to the individual or to another individual.

PLEASE NOTE: An ADL assessment of the elder is required and will be done by the Manager of Elderly Services. The paperwork will be kept on file during the time respite care is provided to the primary family caregiver.

***Loan Closet**

There are items available to loaned out to our community elders. These items are for "loan" only and are to be returned to the elderly program when no longer needed. Items on hand are aluminum walkers, canes, commodes, shower bench chairs and transport chairs. We work with the SM Health & Wellness Center loan closet to help meet our elders' needs.

***Information Library**

We do have a small library of information books and videos that can also be borrowed to read and view. We have videos made by Teepa Snow, who is an excellent presenter and professional who specializes in Dementia care.

For more information on respite care services please call Kristy Malone, Manager or Nikki Bowman, Assistant Manager of Elderly Services at (715) 793-4236; or email kristy.malone@mohican-nsn.gov nikki.bowman2@mohican-nsn.gov

Unfortunately, SM Elderly Services does not have the resources to provide in-home, daily care for our community's elders.

October 2010
Revised May 2012
Updated April 2016
Updated February 2020
Updated October 2021
Updated October 2023

Wisconsin Senior Medicare Patrol Fraud Alert



October 2023

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gsaar.org

Website: www.smpwi.org

Facebook:

@WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud

Check Your Medicare Summary Notice!

You May Have Suspicious Claims on Your Account

Across the country, Medicare beneficiaries are reporting that claims for urinary catheter kits are showing up on Medicare Summary Notices (MSNs), that were not ordered or necessary. The suspicious claim shows charges for upwards of 200+ urinary catheter kits being billed to Medicare for amounts ranging from \$1,200 - \$2,400. They are being billed to Medicare and, in some cases the beneficiary did not receive the items and in other cases, the items are shipped to their homes. In both cases, the items were neither ordered nor necessary.

How do the fraudsters get away with this?

These fraudsters are counting on Medicare to miss these fraudulent claims, as Medicare process millions of billing claims daily. Fraudsters are also hoping that Medicare beneficiaries are not reviewing their statements. These fraudulent claims often go unnoticed by both Medicare and you.

What can you do to help?

Given the unsolicited and fraudulent charges, it is important to review your Medicare Summary Notice (MSN) for these claims. Please visit our website for information on how to read your MSN, [Detect - Wisconsin Senior Medicare Patrol \(smpwi.org\)](https://www.smpwi.org). There you will find guidance on what to look for along with a link to a video on how to read your statements.

If you have unwanted charges on your statements, contact Senior Medicare Patrol (SMP) at 888-818-2611 to report these claims.

According to Ingrid Kunder, Senior Medicare Patrol Program Director, "Medicare beneficiaries are receiving claims for urinary catheter kits that are not needed. This is fraud. And it is costing taxpayers millions of dollars. It is important that every beneficiary review their statements and report any false claims."

Over please

Funded by: This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



Fraud Alert

Noted Concerns

How did the scammer get my Medicare number? A scammer may have obtained your number through a previous unscrupulous situation that you were unaware of, or it may have been bought on the “dark web”. You may never know how the number was obtained, but it can be used fraudulently again.

How will I know if this happens again? You will need to review your Medicare Summary Notices (MSNs) or Explanation of Benefits (EOBs) to know if your number has been used again by the fraudster. You can check your MSN or EOB online or when they are mailed (the MSNs are mailed quarterly).

What do I look for on MSN or EOB? When reviewing your statements, look for any equipment, tests, or services that were not ordered by your health care provider, or that you did not receive. For a tutorial on how to read your MSN, go to How to Read Your Medicare Summary Notices on the DETECT page of our website: [Detect - Wisconsin Senior Medicare Patrol \(smpwi.org\)](http://www.smpwi.org)

Do I need to get a new Medicare card? You may need to contact Medicare to get a new number if your number has been used to falsely file claims to your Medicare account. You can call SMP at 888-818-2611 to discuss the process of requesting a new Medicare number.

What You Can Do

- Review your Medicare statements carefully and look through all the claims listed to ensure they are an accurate reflection of the healthcare you received by your providers.
- If you received urinary catheter kits, call the supplier, and ask for a return label. (Do not return if there is a cost to you.)
- Contact Senior Medicare Patrol to talk about the steps you can take.

Learn More on How to Protect Yourself

- The Senior Medicare Patrol website: www.smpwi.org
- Contact your local Aging and Disability Resource Center, ADRC. To find the office in your area, visit: <https://www.dhs.wisconsin.gov/adrc>

Wisconsin SMP is available for outreach events, educational sessions for beneficiaries, caregivers and professionals, workshops and exhibits at events.

Please contact us at www.smpwi.org for more information.



@WisconsinSeniorMedicarePatrol

Stockbridge-Munsee Elderly Steering Committee

Regular meeting

June 13, 2023 10a.m. Eunice Stick Gathering Place

Present: Ellie Kazik, Carolie Miller, Marv Malone, Mark Church

Others present: Stephanie Bowman, Nikki Bowman, Cassie Molkentin

Meeting Called to order at 10:05a.m.

Moment of Silence—

Approval of agenda-

motion by Carolie to approve the agenda as presented. Seconded by Mark Church.
Motion carried.

Approval of the May 3, 2023 minutes by Carolie. Seconded by Marv.

Treasurers Report—

Nikki Bowman gave the treasurers report. There was some discussion on how the things were balanced and after she explained the credits added how that line item came to the amounts presented. With the amount of money left in that line item discussion on adding some money to make some special Bingo session each month to add to the cash payouts for July, August and September, further discussion was held on making changes in the next fiscal year.

Motion by Carolie to accept the Treasurers Report including the additional per session for the next 3 session in this FY. Seconded by Mark.

Manager's Report—

Stephanie Bowman presented the Managers report. She had the summary information that was requested in May by Carolie regarding the Social Worker and the Dementia Workers roles within our community. Much discussion on the lack of resources within our community with dementia and other home bound elders/care. Discussion regarding activities done with the clients of Memory Care Coordinator.

Activities Report—

Introduced Cassie Molkentin as the newly hired Activities Coordinator. She went over the few things she participated in and learned since she came on board May 22, 2023. Shared some events planned into July and August.

Needs of Elders—

This was a long discussion and many areas were covered. We all identified there are shortfalls for caregivers within our community. Ideas why? No resources to help pay them to be able to leave FT jobs to care for our aging elders that need home care. Respite workers are also in a shortfall. The Elder community is growing rapidly, and we need more funding allocated towards their care. With the new CBRF being constructed, there will be even more need for CAN's and such to staff it. Discussion on making those positions higher wages vs. entry level and certifications etc. are required and we could seek longevity in employees. This was an excellent discussion all around and seemingly affected everyone.

Old Business—

Nikki gave an update on the expenditures for the upcoming Chemon Welch picnic and that we ordered cakes and all will stay within the budgeted amount.

Cassie Molkentin, Activities worker was tasked with requesting Free Play from the Casino for the picnic.

New Business—

Discussion about Bingo Prizes and amounts. Decision to make a slight increase.

Motion by Carolie to increase the payout and prize amounts to in the next FY 2024.
Seconded by Marv.

Comment Box—

Zero comments

Adjournment—

Motion by Carolie to adjourn. Seconded by Mark Church. Motion carried at 11:25 a.m.

STOCKBRIDGE-MUNSEE
COMMUNITY
2ND ANNUAL
**HOLIDAY
CRAFT & RUMMAGE
SALE**

**SATURDAY NOVEMBER 25TH
9:00AM-2:00PM**

**@MOHICAN FAMILY CENTER
N8605 OAK ST BOWLER, WI 54416**

VENDORS WANTED

**NO COST TO RESERVE YOUR SPACE!
LIMITED TABLES!**

Vendors contact LaKeisha or Kori by 4:30pm
November 9th to reserve your space.

For more information contact:

Kori Price 715-793-4905

LaKeisha Williams 715-793-4906

SMC Family Services Presents
1st Annual

SOUP COOK OFF

Saturday November 11, 2023

4:00pm-6:00pm

@Mohican Family Center

Who will ladle their way to victory?



1st Place Prize \$120

2nd place prize \$80

3rd place prize \$40

**Any kind of soup,
from chili to chicken
wild rice and more!**

More Information & Sign Up :
LaKeisha Williams 715-793-4906
lakeisha.williams@mohican-nsn.com

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

The Stockbridge-Munsee Meal Site is supported through State, Federal and Tribal Funding as well as contributions received. State Grants recognize an elder at age sixty years or older and Federal Grants allow tribes to specify Native elder status, which the SM Tribe recognizes at the age of fifty-five years or older.

A contribution of \$1.00 is asked for delivered meals (your spouse is eligible regardless of age.)

A contribution of \$1.00 is asked for Congregate meals.

Anyone under the age of fifty-five is required to pay \$3.00 per meal.

NO ELDER WILL BE TURNED AWAY, REGARDLESS OF ABILITY TO PAY.

**WE ASK THAT YOU CALL AT LEAST 24 HOURS IN ADVANCE TO
RESERVE YOUR MEAL.**

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.

Mailing Address is: P.O. Box 70, Bowler WI 54416 (715-793-4236)