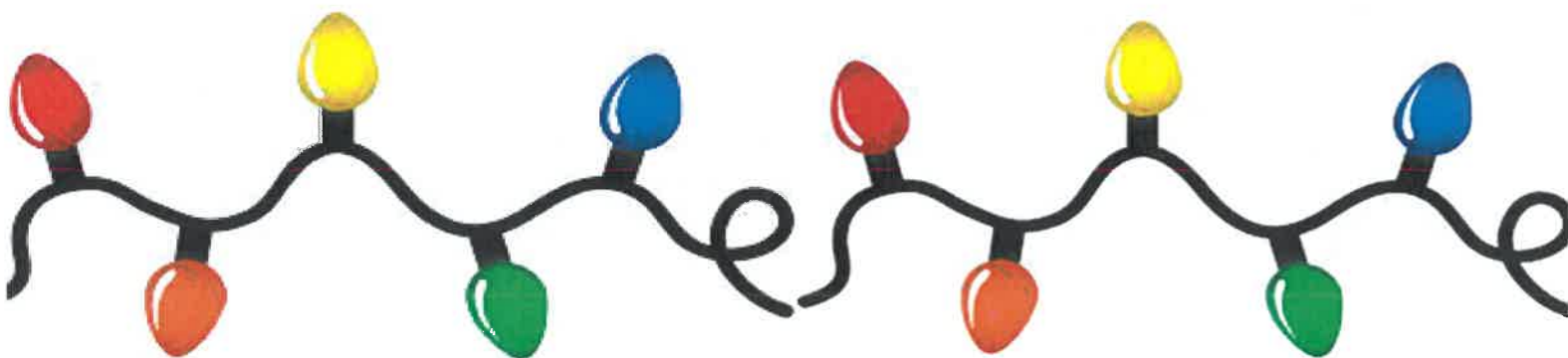


# DECEMBER



## ELDERLY STREAM

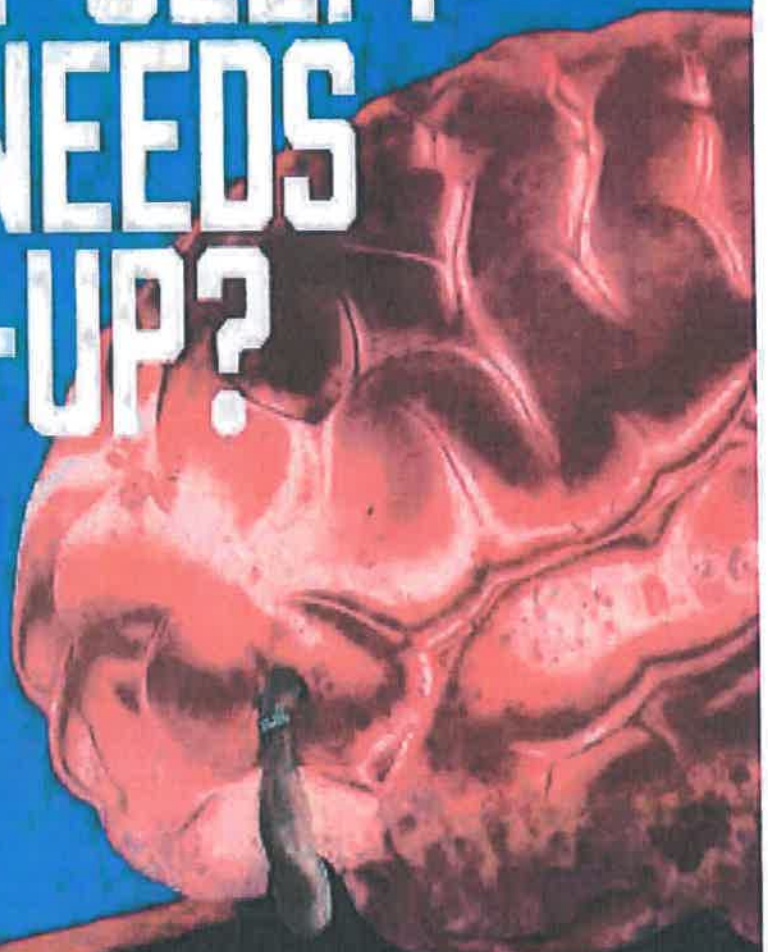


# DOES YOUR MEMORY SEEM LIKE IT NEEDS A TUNE-UP?

Schedule a  
**free memory  
screening.**

Briana Terrio TDCS

715-793-3035





**Greetings Elders,**

**Just a note to express my gratitude to all of you for everything you do, may it be a smile, a kind word or a helping hand to another person; the kindness you show to our friends, visitors and staff is very much appreciated!**

**Thank you to everyone who completed the annual satisfaction survey for the congregate and home-delivered meals service. Winners of the \$25 Walmart gift cards are Jermain Davids, Walter Smith, Mark McDowell and Howard Doxtater. We will deliver those cards as soon as we receive them. Again, thank you everyone for your input!**

**A gentle reminder to call the main number (715) 793-4236 to get answers to your questions and requests. This line is answered and messages received by a staff member daily. There could be a delay in getting the information you need if you call a staff member's direct number and they are out of the office. Thank you.**

**This newsletter can also be viewed in full on the Mohican.com website, Click Services, Aging & Disability Services and you will find the current Elderly Stream, Elderly Meals Menu and Activity Calendar.**

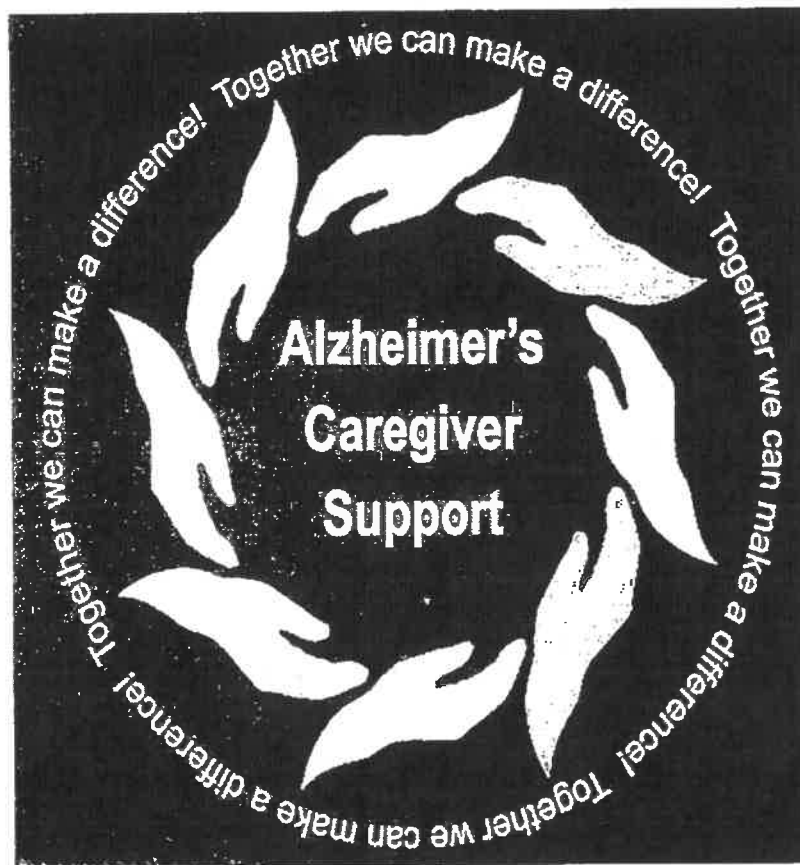
**I wish you many good days, a Very Merry Christmas and a Joyous New Year!**

**Sincerely,**

A handwritten signature in cursive script that reads "Kristy".

**Kristy Malone, Mgr. Elderly Services**





**Are you Caring for someone who is living with Alzheimer's/Memory Loss or other types of Dementia? Do you sometimes feel overwhelmed and alone when caring for that person? Are you a close family member to someone living with Alzheimer's/Memory Loss or other types of Dementia and you are looking for answers, support and education on how to help that loved one?**

**If you answered yes to any of the questions then this Caregiver Support group will help you. We will be meeting at the Konkapot Lodge Wednesday November 8th 5pm-6pm and Wednesday November 22nd 5pm-6pm. Refreshments and light snacks will be provided as well as our new Dementia Library section that will have books on dementia. For more information please contact Briana Terrio at 715-793-3035 or [Briana.terrio@mohican-nsn.gov](mailto:Briana.terrio@mohican-nsn.gov)**



# December

Please Call (715)793-4236 to Sign Up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>BLUEBERRY MUFFIN</b> <b>SPINACH SALAD</b> <b>EGGS &amp; BACON</b> <b>CRANBERRIES</b>	2
3 <b>GRILLED SALMON</b> <b>PENNE PASTA</b> <b>ONION RINGS</b> <b>ASPARAGUS</b> <b>CHERRY BROWNIE</b>	4 <b>FRIED CABBAGE</b> <b>KIELBASA</b> <b>SEASONED VEGETABLES</b> <b>WHEAT BUN</b>	5 <b>CHICKEN RICE SOUP</b> <b>GERMAN POTATO</b> <b>FRUIT CUP DELIGHT</b>	6 <b>MEATLOAF, GRAVY &amp; MASHED</b> <b>ROASTED VEGETABLE</b> <b>WHEAT MUFFIN</b> <b>DESSERT CUP</b>	7 <b>STRAWBERRY OATMEAL</b> <b>SAUSAGE LINKS</b> <b>MIXED VEGGIES</b> <b>PLUM</b>	8 <b>Menu Subject To Change</b>	9
10 <b>Dining Room Meals Served w/ Milk, Juice, Coffee &amp; Tea</b>	11 <b>CHICKEN BREAST</b> <b>CREAMY VEGGIES</b> <b>BROWN RICE</b> <b>RASBERRY PIE</b>	12 <b>HAM &amp; TURKEY</b> <b>ROMAINE &amp; ICEBERG</b> <b>CHEESE &amp; EGG</b> <b>ONION CHEF SALAD</b> <b>CRANBERRY RELISH</b>	13 <b>SPLIT PEA SOUP</b> <b>HAM SLICE</b> <b>CHEDDAR CHEESE</b> <b>WHEAT BREAD</b> <b>APPLE</b>	14 <b>TUNA CASSEROLE</b> <b>EGG NOODLES</b> <b>BUTTERED SQUASH</b> <b>WHEAT BREAD</b> <b>BLUEBERRY PIE SLICE</b>	15 <b>CORNEBEEF HASH</b> <b>SCRAMBLED EGGS</b> <b>SWISS CHEESE &amp; WHEAT BREAD</b> <b>HONEY DEW CUP</b>	16
17 <b>BLT HOAGIE</b> <b>CHEESE CURDS</b> <b>MINT COOKIE</b>	18 <b>GROUND BEEF TACO</b> <b>MEXICAN CORN RED BEANS &amp; GREEN ONIONS</b> <b>RED BEETS &amp; VINEGAR</b>	19 <b>VEGETABLE BEEF</b> <b>CHICKEN SANDWICH</b> <b>APPLECAKE</b>	20 <b>TURKEY ALA KING</b> <b>RED PIMENTOS</b> <b>BAKED BEANS</b> <b>TOMATOES</b> <b>GREEN BEAN &amp; PEAS</b> <b>WHEAT ROLL &amp; JELLO</b>	21 <b>CLOSED</b>	22	23
24 	25 <b>TERIYAKI ROUND</b> <b>STEAK STIR-FRY</b> <b>BROWNED RICE</b> <b>CHEESNUTS</b> <b>ORANGE</b>	26 <b>BROCCOLI CAULIFLOWER</b> <b>CREAMY SOUP</b> <b>PATTY ONION MELT</b> <b>RYE BREAD</b> <b>DONUT ROUNDS</b>	27 <b>SWEDISH MEATBALLS</b> <b>WHEAT PENNE PASTA</b> <b>MUSHROOM SAUCE</b> <b>VEGETABLE BLEND</b> <b>BIRTHDAY CAKE</b>	28 	29 <b>CLOSED</b>	30
31	Closed				Closed	

# The Food Pyramid

For older adults

Foods and drinks high in fat, sugar and salt



Fats, spreads and oils



Meat, poultry, fish, eggs, beans and nuts



Milk, yogurt and cheese



Wholemeal cereals and breads, potatoes, pasta and rice




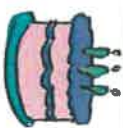



Vegetables, salad and fruit



**NUTRITION IS KEY!**




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
<b>Local Run 2:00 PM</b> <b>Book Club (Final)</b> 5:30 PM	<b>Strongbodies 9:00 AM</b> Bingo 1:30 PM Council Meeting 5:00 PM	<b>Green Bay Run 10:00 AM</b> Afternoon Tea 1:00 PM	<b>Strongbodies 9:00 AM</b> In-house Wreaths with Lory 1:00 PM	<b>Shawano Run 10:00 AM</b>	<b>Elderly Christmas Party</b>
<b>Nutrition Education</b> 11:30 AM <b>Local Run 2:00 PM</b>	<b>ADRC Governing Board Meeting 11:00 AM</b> Bingo 1:30 PM	<b>Writing Class with Woodland Writers Group 9:30 AM</b> <b>Local Run 2:00 PM</b>	<b>Shawano Run 10:00 AM</b> Elder Food Box 10:00 AM Gift Wrapping Day 10:30 AM	<b>Elderly Center Closed at 12:00 PM for Training</b>	
<b>Decorating &amp; Frosting Cookies</b> 1:30 PM <b>Local Run 2:00 PM</b>	<b>SNAP Education 11:30 AM</b> Christmas Bingo 1:30 PM Council Meeting 5:00 PM	<b>Wittenberg Run 10:00 AM</b>	<b>Last Minute Holiday Shopping</b> 9:00 AM	 Closed	
 25 <b>Bingo 1:30 PM</b>	26 <b>Bingo 1:30 PM</b>	27 <b>Local Run 2:00 PM</b>	 <b>Birthday Meal</b> 12:00 PM	 Closed	





# MEMORY CAFE

**Memory Cafés are held for those who are living with memory loss and any type of Dementia. These cafés are to help those people interact in a social setting as well as helping with brain stimulation. People who attend these memory cafés are able to bring a caregiver or family members along with them. If you would like to learn more about the Memory Café or would like to refer someone to the Memory Program please call Briana Terrio at 715-793-3035**







STOCKBRIDGE MUNSEE  
COMMUNITY HEALTH  
DEPARTMENT

# JINGLE BELL WALK

**DECEMBER 6TH 2023**

PLEASE COME AND JOIN IN  
ON OUR ANNUAL JINGLE  
BELL WALK. THE WALK WILL  
BE HELD AT THE MOHICAN  
FAMILY CENTER AND BEGIN  
AT 4:45PM. YOU MUST  
REGISTER BETWEEN 4:45 -  
5:15PM AND WALK FOR AT  
LEAST 30 MINUTES TO BE  
ELIGIBLE FOR PRIZES. THE  
WALK GOES UNTIL 5:45PM, A  
MEAL WILL BE PROVIDED  
AFTER.

**FOR QUESTIONS REGARDING  
THE EVENT CONTACT  
LILLY WISNEFSKE AT 715.793.3018**



# Jingle Bells

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

Bay  
 Speed  
 Jingle  
 Ground  
 Crack

Fields  
 Lank  
 Dashing  
 Lean  
 Bobtails

Drift  
 Ride  
 Laughing  
 Misfortune  
 Spirits





# SMC Resource Fair

**January 25<sup>th</sup>, 2024**


Time: 11:00 am-2:00pm

Place: Eunice Stick Gathering Place aka  
(Elderly Center)

Starting out the new year with Aging and Disability Services (Elder Social Worker, Memory Care Specialist, Elderly Services), Community Health Nurses, and Megan Moede, Ella Besaw Manager will be presenting what services are available. This will be an opportunity to ask questions and get clarification on what services are provided through these programs in our community.



**This resource fair is being put on during the  
January elderly birthday meal.**



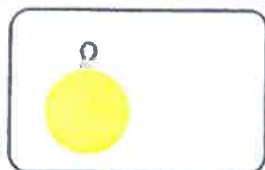




# I SPY CHRISTMAS TIME



Write how many there are of each picture in the boxes below.







**Samuel Brussow SR**

**Donna Church**

**Alpha Creapeau**

**Dale Davids**

**Jack Demjen**

**Samuel Dommer**

**George Emerich**

**Charles Gardner**

**Jeannette Gardner**

**Leonard Johnson**

**Vincent Malone**

**Chenda Miller**

**Leland Miller**

**Patricia Miller**

**Milford Mohawk JR**

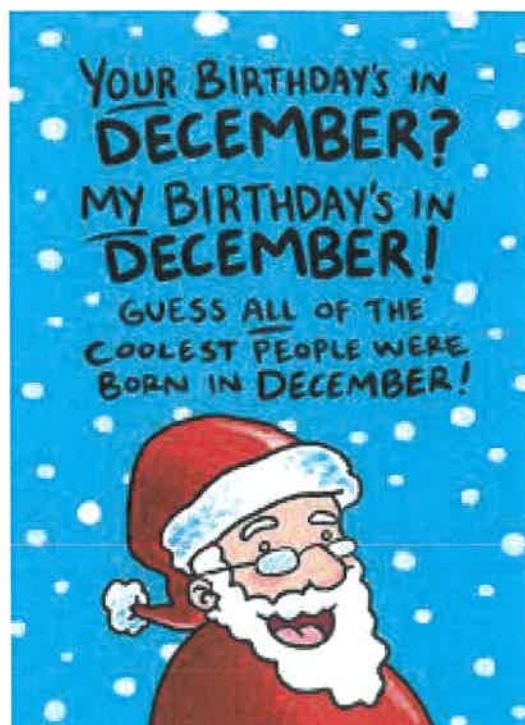
**Linda Rudesill**

**Karrie Mohawk-Tucker**

**Bonnie Welch**

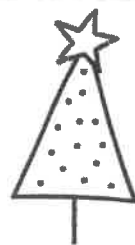
**Roxanne Welch**

**Brenda Plante**





# CHRISTMAS TRIVIA WORD SEARCH



Directions: Find the answers to the questions in the word search puzzle.

1. Complete the statement:  
The \_\_\_\_\_ Days of  
Christmas is a popular song.

2. How do you say Christmas  
in Spanish? \_\_\_\_\_

3. When you put Santa's  
reindeer in alphabetically  
order, which one comes first?  
\_\_\_\_\_

4. Finish this statement: Santa  
is from the \_\_\_\_\_ Pole.

5. Another name for Santa is  
Kris \_\_\_\_\_.

6. What is another name for  
the Christmas drink, milk  
punch? \_\_\_\_\_

7. What is the name of the  
Christmas plant that people  
are supposed to kiss under?  
\_\_\_\_\_

8. Finish this statement: The  
little boy's name in A  
Christmas Carol is Tiny  
\_\_\_\_\_.

9. Who makes the toys that  
Santa delivers? \_\_\_\_\_

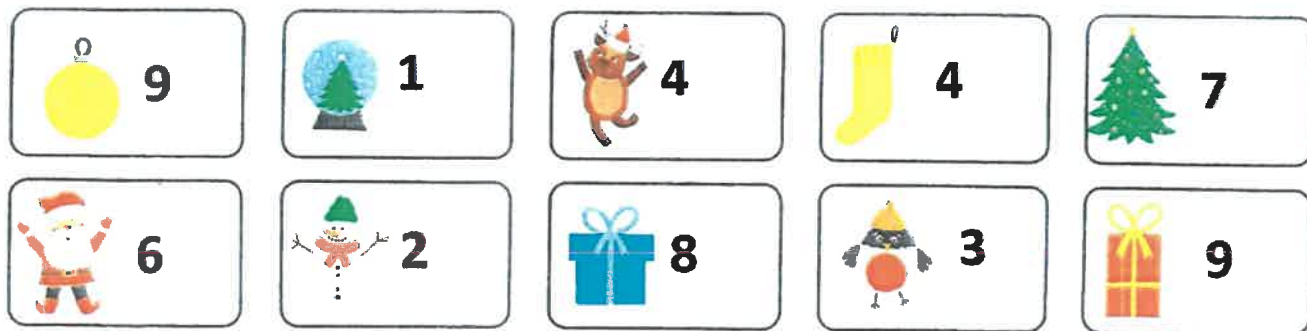
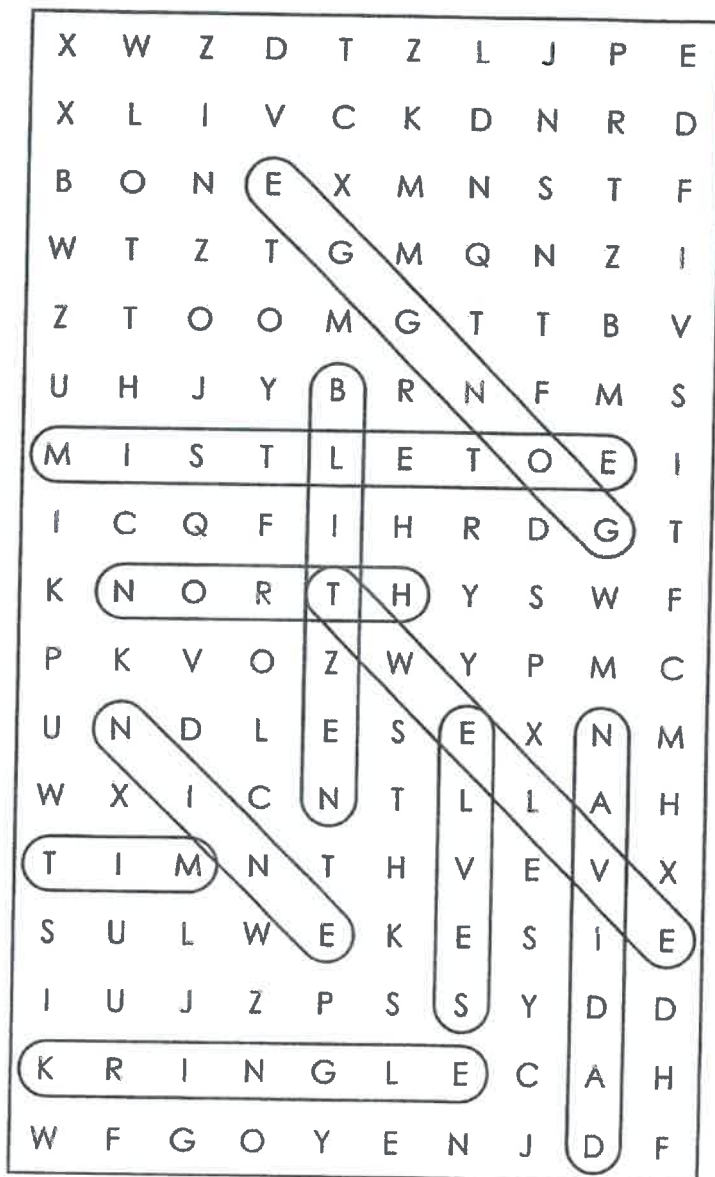
10. How many reindeer pull  
Santa's sleigh on a foggy  
night? \_\_\_\_\_

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



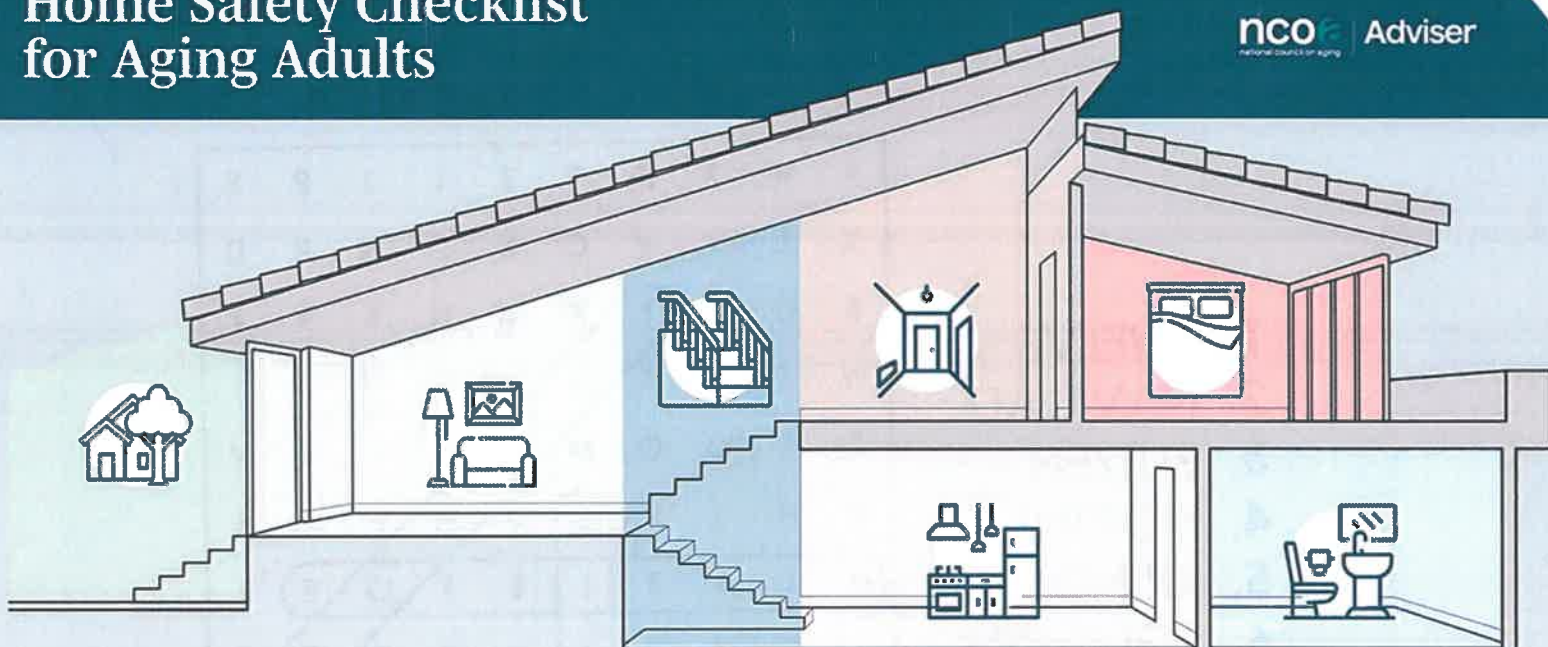
# SOLUTION

1. TWELVE
2. NAVIDAD
3. BLITZEN
4. NORTH
5. KRINGLE
6. EGGNOG
7. MISTLETOE
8. TIM
9. ELVES
10. NINE



# Home Safety Checklist for Aging Adults

nco National Council on Aging Adviser



Use our room-by-room checklist as you walk through your home and note potential safety hazards and modifications you should make.



## Exterior

- Use entryway lighting
- Install railings around all steps



## Living Area

- Fix area rugs to the floor
- Set up a charging station for devices next to the seating area



## Stairways

- Add nonslip tread covers on steps
- Illuminate halls and stairways with motion detection lights



## Walkways

- Install handrailing throughout halls
- Use bright tape to mark uneven flooring or thresholds



## Bedroom

- Keep the room clutter-free for more restful sleep
- Make sure the bed is easy to get into and out of



## Kitchen

- Use cut-resistant gloves and nonslip cutting boards
- Ensure appliances are in working order



## Bathroom

- Mount grab bars near the toilet and bathing area
- Add a nonslip mat on the tub or shower floor



**FROM ALL OF US AT PUBLIC SAFETY, HAVE A SAFE AND HAPPY  
HOLIDAYS.**



**On the First day of Christmas- REMEMBER TO CHECK AND CLEAN THE  
CHIMNEY IF NEEDED.**

**On the Second day of Christmas-REMEMBER TO USE ONLY OUTDOORS LIGHT  
WHEN DECORATING THE OUTSIDE OF YOUR HOME.**

**On the Third day of Christmas-REMEMBER TO USE SAFE LADDER PRACTICES  
WHEN HANGING LIGHTS.**

**On the Fourth day of Christmas-REMEMBER TO USE PROPER LIFTING  
TECHNIQS WHEN CARRYING THE DECORATIONS FROM THE  
BASEMENT AND ATTIC.**

**On the Fifth day of Christmas-MY TRUE LOVE SAID TO ME- TURN OFF ALL  
INDOOR AND OUT DOORS LIGHTS BEFORE GOING TO BED.**

**On the Sixth Day of Christmas-WHEN USING CANDLES TO DECORATE YOUR  
HOME; MAKE SURE THEY ARE AWAY FROM FLAMMABLE  
SURFACES, OUT OF REACH OF CHILDREN AND PETS, AND TO  
BLOW THEM OUT WHEN I LEAVE THE ROOM.**

**On the Seventh day of Christmas- IS A GOOD DAY TO TEST ALL SMOKE  
ALARMS AND CARBON MONOXIDE DETECTORS AND TO HAVE A  
WORKING FIRE EXTINGUISHER.**

**On the Eight day of Christmas-NEVER LEAVE COOKING FOOD UNATTENDED.**

**On the Ninth day of Christmas-WHEN SETTING UP THE TREE TO NOT PLACE  
IT NEXT TO A HEAT SOURCE SUCH AS A HEATER OR CLOSE TO A  
FIRE PLACE.**

**On the Tenth day of Christmas-TO MAKE SURE YOU HAVE NOT OVERLOADED  
THE ELECTRIC CIRCUITS OR EXTENSION CORDS.**

**On the Eleventh day of Christmas- MAKE SURE ALL SIDEWALKS AND STEPS  
WERE DEICED TO PREVENT SLIPS AND FALLS.**

**On the Twelfth day of Christmas-WITH ALL THE SAFETY PRECAUTIONS IN  
PLACE; SIT DOWN WITH FAMILY AND FRIENDS AND HAD AS SAFE  
AND MERRY CHRISTMAS.**

The Stockbridge-Munsee Meal Site is supported through State, Federal and Tribal Funding as well as donations 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](http://www.adrcwrr.org).

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

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