

July

Aamweewi-niipaahum - Honey Bee Moon



shutterstock.com - 191912310

(Munsee)

ELDERLY STREAM



Greetings!

Just a reminder we will be closed on Thursday July 4th in observance of Independence Day.

We have been getting larger crowds every day for lunch and we are looking forward to more of the elders joining us for meals and activities. We hope to fill all those tables out there, not just on birthday meal day. Just a reminder please call at least one day ahead of time to let us know you will be coming for lunch. This is so we can make sure we have enough food for everyone.

New this month will be a trip to the Botanical Gardens in Wausau, Sunflower Fest in Cecil, Music in the Park, and a trip to the Mattoon Food Pantry.

Please check out our fun filled calendars attached for new exciting opportunities and our lunch menu. We ask that you sign up ahead of time for meals whenever possible. Meals are served Monday-Thursday at noon and breakfast is served Fridays from 7:30am-10:00am. The costs of the meals are \$1.00 for elders and \$3.00 for others. Don't be afraid to offer ideas and suggestions for new activities, trips, and foods.

Transportation is available weekly to local vendors Mondays and Wednesdays, Shawano on Fridays, and once per month to Green Bay. Call 715-793-4236 for more information.

Sincerely

Melissa Penass

Eunice Stick Gathering Place Manager



Hello,

My name is Stephanie Bowman I'm the new the Elderly Social worker for the Stockbridge-Munsee Tribe. I'm a member of the Stockbridge-Munsee Tribe, Graduate of the Masters of Social Work Program of the University of Wisconsin -Green Bay. I attended Bowler High School and graduated in 1982. That Fall I attended Haskell Indian Junior College. In 1984 I was married and had one daughter with my Husband who I met at Haskell. He passed away in 1986. In 1987, I attended UWGB and received my Bachelors. Worked as a Supervisor for a youth AODA Group Home for 5 years then worked as a lead teacher with the Stockbridge-Munsee Headstart. I was accepted in the Graduate School at Madison. There, I attended but didn't finish. It wasn't till later at UWGB where I did finish with a Masters in Social Work.

I also worked as Family Services Manager, and ICWA with the Tribe. I had Worked in Shawano, Langlade, and Menominee County, and to Potawatomi Tribe in Child Protection Social Worker. In Menominee I worked in Adult Protection Services and Mental Health Community Program Specialist and had held the Director of Mental Health Services.

I'm currently living within the original boundaries of the tribe along with my pets, which includes a canary; named Peeps, a Cat female; name Poe, another cat male; named Elvis and a Female black shepherd dog; named Minta. On my time off, I love to garden and I'm a musician, still playing from time to time but not professionally, just as a hobby.

My daughter Monique Tyndall is the Director of Cultural Affairs for the Stockbridge-Munsee Tribe. I enjoy her company as we are often love to go swimming and kayaking around the local lakes. She developed my love for museums and the arts. While growing up, our vacation would include a trip to the museum and a ballet. We went to different

Museum across the United States, even the Cowboy Museum which she didn't care much for or the Pawnee Bill museum both in Oklahoma.

As some of you may know, I was the Elderly Area Manager for 2 years. I applied for the Social Worker position because I missed providing services and case management to the people. Social Work combines empathy, scientific framework, and a dedication to social justice to tackle complex social issues with evidence-based solutions. This is where my heart has always been and where I'm most happy.

I have great idea for the Social Work position and coming up with policy and procedures for reporting and responding to Adult Protection Services. I plan on introducing educating the elder community on Suicide Prevention, Coping with Grief, Managing Stress, including cyber/call scam, Elder abuse/Elder At-Risk Prevention, just to name a few.

The Adult Protection Services help elders and adults at risk who have been abused, neglected or financially exploited.

If you suspect an elder adult or adult at risk has experience, **is currently experiencing or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation**, your first step is to contact: Elder Social Worker, Tribal Police, Shawano County Police or Just call 911

Elder Social Worker located at the Konkapot Lodge Room 112

Phone Number is 715-793-5619

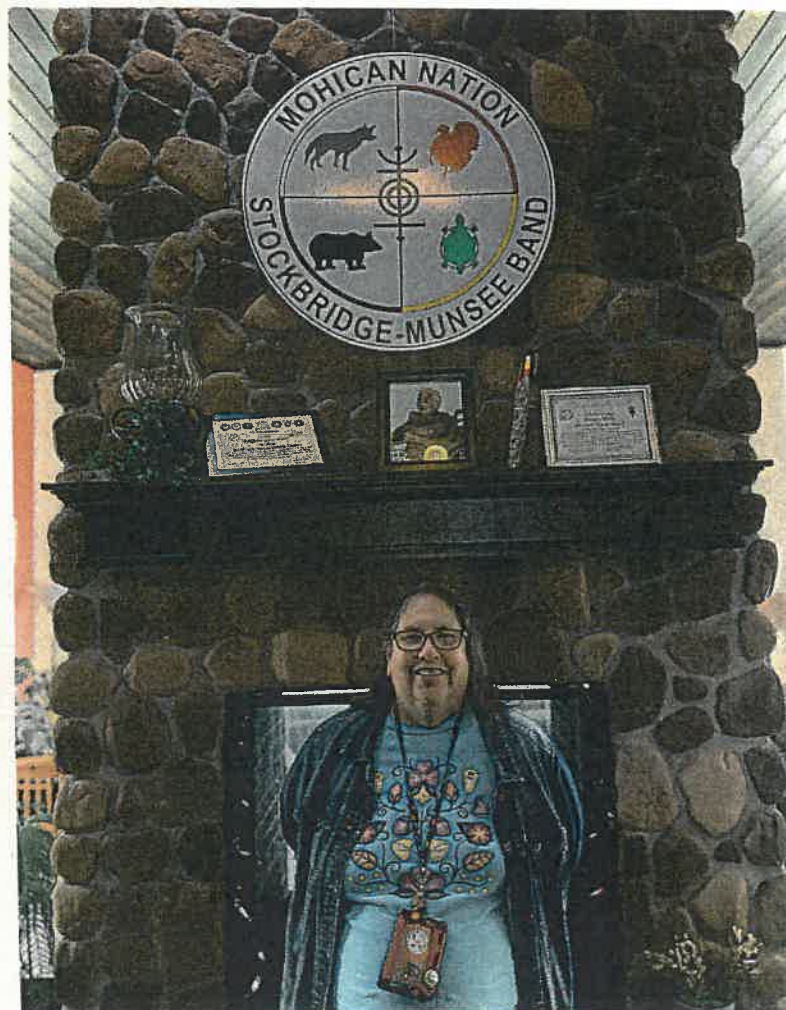
Monday- Friday 8am-4:30 pm

When you call to report alleged abuse, you will be [asked to give as much information as possible](#). This includes information about the elder adult or adult at risk and what you think is happening. This information

is helpful, but you are not required to know it. You can also give your name and address, but that is not required either.

I love the Social Work profession and I believe it would be a great honor to serve and provide for my Mohican/Munsee people.

Thank You,
Stephanie Bowman, MSW
Elderly Social Worker





FARM MARKET SEASON

LATE JUNE -
MID OCTOBER
FROM THE EARTH FARM
N7534 MAPLE ROAD

MARKET PRICE LIST

Variety changes each week as produce ripens or is done growing. Sometimes there is limited availability of certain produce.

**APPROXIMATE AVAILABILITY
LATE JUNE - MID SEPTEMBER**
(ripening dependent on weather)

GREEN PEPPER / 3 FOR \$1
SUGAR SNAP PEAS / \$4 QUART
SWEET STEM BROCCOLINI /
1 LB. FOR \$3
RADISH / 1 LB. FOR \$1
KOHLRABI / \$2
GREEN ONION / 1 BUNCH FOR \$1
LETTUCE / 6 OZ. FOR \$1
SPINACH / 6 OZ. FOR \$1
SWISS CHARD / 1 BUNCH FOR \$1
KALE / 1 BUNCH FOR \$1
CILANTRO, BASIL,
PARSLEY, DILL!

**APPROXIMATE AVAILABILITY
MID JULY - MID SEPTEMBER**
(ripening dependent on weather)

CUCUMBERS / 2 FOR \$1
PICKLING CUKES / 1 LBS. FOR \$1
"QUIRKS" SNACKER CUCUMBERS /
1 LB. FOR \$1
TOMATOES, SLICER / 2-3 FOR \$1
(Inquire about "Sauce Boxes"
for bulk pricing!)
TOMATOES, PASTE / 2-3 FOR \$1
(Great for Canning & Sauces!
Inquire for availability.
Occasional bulk boxes available.)
CHERRY TOMATOS / \$2 PINT
JALAPENO / 4 FOR \$1
(Bulk Pricing: 1 LB. for \$4)
BANANA PEPPERS: 4 FOR \$1
(Bulk Pricing: 1 LB. for \$4)
CAYENNE PEPPERS / 4 FOR \$1
ZUCCHINI / 2 FOR \$1
EGGPLANT / 2 FOR \$1
STRING BEANS / 1 LB. FOR \$2
BROCCOLI / 1 LB. FOR \$2

**APPROXIMATE AVAILABILITY
SEPTEMBER - MID OCTOBER**
(ripening dependent on weather)

SWEET CORN / .50/EA OR \$5/DOZ
CARROTS / 1 LB. FOR \$2
WATERMELON / \$4
CANTELOUPE / \$4
CABBAGE / \$3
ONION / 2 FOR \$1
BEETS / 1 LB. FOR \$3
BRUSSEL SPROUTS / 1LB. FOR \$3
GARLIC / 2 FOR \$1
POTATOES / 1.5 LBS. FOR \$2
SWEET POTATOES / 1 LB. FOR \$2
SQUASH / \$1 EACH
(Spaghetti, Delicata, Acorn, Buttercup,
Butternut, & Thelma Sanders)
PIE PUMPKINS / \$2-\$4
(Dependant on size)

July Sliders Activities



JULY 11
10:00 AM - 3:30 PM
Thrifting in Antigo

JULY 15
6:00 PM - 8:00 PM
Botanical Gardens in Wausau

JULY 17
2:45 PM - 5:00 PM
Mattoon Food Pantry Run

JULY 18
10:00 AM - 2:00 PM
Amish Stores Cecil

JULY 18
6:00 PM - 9:00 PM
Music at Franklin Park

JULY 20
9:00 AM - 11:00 AM
Shawano Farmers Market

JULY 26
9:30 AM - 2:00 PM
Sunflower Fest Cecil

JULY 28
6:00 PM - 9:00 PM
Music at Arlington Park

All activities subject to change. Please call with any questions.

Eunice Stick Gathering Place
Please call to sign up (715)793-4236

08, 22 JULY 1:30 PM
BOOK CLUB
MEDICINE GENERATIONS BY MISTY COOK

19, 22, 26, 29 JULY 12:45 PM
SEWING CLUB
RIBBON SKIRTS

18 JULY 6:00 PM - 9:00 PM
MUSIC AT FRANKLIN PARK
THE THIRD WHEELS
The Third Wheels brings high energy to every show and event. A fresh take on traditional cover bands.

28 JULY 6:00 PM - 9:00 PM
MUSIC AT ARLINGTON PARK
WADE FERNANDEZ
International award winning touring artist and educator firmly grounded to the heart and soul.

Location:
Stockbridge-
Munsee Many
Trails



Dementia Awareness Community Cookout

Please join us for our annual Dementia Awareness event hosted by Briana Terrio Tribal Dementia Care Specialist

Games and activities for all ages, door prizes, educational/information booths from various vendors, various merchandise vendors along with free food & beverages.

Music provided by Peace of Mind Entertainment

Special guest author of “Dementia Friendly Communities” Susan McFadden Ph.D. (books available for book signing).

For more information or if you would like to be a vendor at this event please contact Briana Terrio at 715-793-3035


July 13th, 2024
12pm-4pm



July 2024 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Local Run 1:00pm	2 Snap Ed 11:30am Bingo 1:30	3 Green Bay Run 9:00am	4 HOLIDAY CLOSED	5 Shawano Run 9:00am	6 ACTIVITIES Are subject to change. Always call first to ensure the days events are still happening. 715-793-4236
7 Local Run 1:00pm Book Club 1:30pm Nutrition Ed 11:30am	8 Local Run 1:00pm Book Club 1:30pm	9 Bingo 5:30pm	10 Local Run 1:00pm	11 Thrifting Antigo 10a.m.	12 Shawano Run 9:00am	13
14 Local Run 1:00pm Botanical Gardens Tour Wausau, WI 1800 n 1st Ave 6pm-8pm	15 Local Run 1:00pm Ribbon Skirt Sewing Class 12:45	16 Bingo 1:30pm Tribal Council Meeting 5:30pm	17 Wittenberg Run 9:00am Mattoon Food Pantry Run 3:00pm	18 Amish Stores 10:00am Thursdays @ Franklin park 6:00 pm – 9:00 pm	19 Shawano Run 9:00am Ribbon Skirt Sewing Class 12:45 pm	20 Farmers Market 9:00 am – 11:00 am
21 Book Club 1:30 Local Run 1:00pm Ribbon Skirt Sewing Class 12:45	22 Book Club 1:30 Local Run 1:00pm Ribbon Skirt Sewing Class 12:45	23 Bingo 5:30pm	24 Local Run 1:00pm	25 Birthday Luncheon	26 Shawano Run 9:00 Sunflower Fest 10a.m.-2p.m. Cecil, WI Ribbon Skirt Sewing Class 12:45	27 Bus Runs Please call ahead and get signed up for the local runs provided weekly. Always call to ensure the schedule hasn't changed. 715-793- 4236
28 Wade Fernandez @Arlington Park, Shawano WI 6:30pm- 8:30pm	29 Ribbon Skirt Sewing Class 12:45	30 Bingo 1:30pm	31 Local Run 1:00pm			

July Menu 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEALS Please sign up in advance for meal attendance. We shop weekly to ensure enough menu items.	1 Lasagna Homemade Bread Green Beans Mixed Berry Pie	2 Chicken Tacos Corn on the Cobb Dessert	3 Soup Variety Roast Beef & Spinach Panini, Pickle Caramel Apples	4 Holiday Happy 4 th 	5 Loaded Breakfast Scramble Toast Yogurt & Juice	6
7 Call 715-793-4236 to sign up for meals.	8 Sliced Pork Tator Tots Mixed Veggies Brownie	9 Salad Bar Bread Stick Applesauce	10 Hamburger Potato Soup Hoagie Granola, Honey & Yogurt Salad	11 Lemon Pepper Salmon Wheat Pasta with Cream Sauce Garlic Bread Stick	12 Turkey Sausage & Egg Biscuit Wild Rice & Almond Salad Fresh Fruit	13
14	15 Meatballs & Gravy Wheat Roll, Brussel Sprouts Pudding	16 Ramen Noodle Salad Bologna & Pickle Spread on Wheat Dessert	17 Turkey, Tomato, Noodle Soup Summer Sausage Wheat Wrap Blueberry Pie	18 Meat Pie Green Bean Onion Casserole Fresh Fruit	19 Waffle with Fruit Bacon Mozzarella Cheese Stick	20
21	22 Pot Roast Dinner Wheat Roll	23 Beer Brat w/Fixings Potato Salad Homemade Chips Pineapple Upside Down Cake	24 Cooks Choice	25 Fried Chicken Potato Wedges Summer Veggie Salad Wheat Roll Cake Ice Cream	26 Chopped Beef Steak Eggs Sweet Potato Wheat Toast Fruit	27
28	29 Hamburger Baked Beans Wheat Bun Strawberries	30 Tuna on Wheat Lettuce Salad Mixed Fruit	31 Cheesy Kielbasa Soup Sugar Free Jello Wheat Bread			

Menu is subject to change.

Cranberry Cornbread

Ingredients

- 1 cup wholewheat flour
 - 1 cup cornmeal
 - ½ cup sugar
 - ½ cup maple syrup
 - 1 t baking powder
 - ½ t baking soda
 - 1 t salt
 - 1 cup cranberries
 - ½ cup oil
- 1 egg



Preparation

Preheat the oven to 400 degrees.

Lightly grease your cake pan.

Mix all the dry ingredients together.

Mix all the wet ingredients together.

Mix the dry and wet together without over mixing. Rough chop and fold in the cranberries.

Pour the batter into the cake pan and bake for about 20-25 min or until you can put a toothpick in, and it comes out clean.

Tips

Freeze the cranberries before adding them in, toss them in the cornmeal before adding them to the mix to help them set. Sub out the maple and or sugar for honey.



CREATED IN PARTNERSHIP WITH
GREAT LAKES INTER-TRIBAL
COUNCIL, INC.
& CHEF FRANCISCO ALEGRIA

2023

Food Hero for Older Adults

Focus on Water



Most fruits and vegetables are full of water! Enjoy them in a Mix and Match Salad.

Some signs of dehydration are constipation, headache, confusion and low blood pressure.

Some medicines can cause water loss. Ask your doctor how much fluid is right for you to prevent dehydration.

If your urine color is amber or light brown, drink more water. Light yellow or golden is normal.

Coffee and tea provide water even though caffeine causes urination.

*Water is essential for all body functions.
Replenish daily for good health.*

Mix and Match Salad

1 cup **fruits and vegetables**, any mixture



1 to 2 Tablespoons **Flavor enhancers**



1 to 4 Tablespoons **Nutrient boosters**

Some types: apple, bell pepper, berries, banana, broccoli, cucumber, cabbage, cauliflower, celery, grapes, grapefruit, mango, melon, orange, peach, pear, pineapple, salad greens



Savory dressing:

1 teaspoon vegetable oil (any type), 2 teaspoons vinegar or citrus juice, salt and pepper to taste.

Sweet dressing: add ¼ teaspoon honey or sugar.

Yogurt dressing:

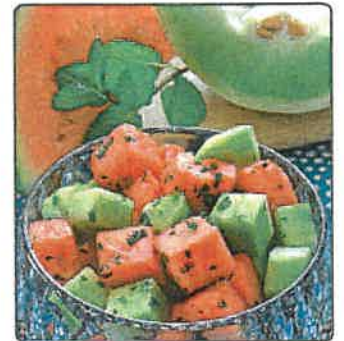
2 teaspoons yogurt, 1 teaspoon vinegar or citrus juice, ¼ teaspoon honey (optional) and salt to taste.

Dried or fresh herbs and spices: basil, cilantro, dill, oregano, cinnamon, garlic or chili powder.

Protein: nuts, seeds, fish, poultry, meat, cheese, yogurt, tofu

Calcium: cheese, yogurt, canned salmon, tofu

Fiber: beans, nuts, seeds, dried fruit



Directions

1. Cut or grate fruits and vegetables into bite-sized pieces.
2. Add flavor enhancers and stir to mix.
3. Top with nutrient boosters, as desired.
4. Refrigerate leftovers within 2 hours.

Notes

Try these combinations:

- Pineapple and mango with sweet dressing and chili powder
- Tomatoes and cucumber with savory dressing, basil and feta cheese
- Apples and grapes with yogurt dressing, cinnamon and almonds
- Celery and orange with savory dressing, cheddar cheese and walnuts

Classics Stay Strong

Milk, smoothies and soups provide water and other nutrients such as protein.

Start your day with a glass of water to rehydrate.

Try drinking fluids between meals so you don't feel too full at mealtime.

Try fluids at different temperatures to find what you like best.

Drink most water during the day to reduce trips to the bathroom at night.

Peanut Protein Smoothie for Two

Makes 2 cups Prep time: 10 minutes

Ingredients

- 1 cup milk
- ¼ cup dry milk
- ¼ cup peanut butter
- 1 frozen banana, cut into pieces

Directions

- Put all ingredients in blender. Blend until smooth and serve.
- Refrigerate leftovers within 2 hours.

Notes

- Try sunflower seed butter or any nut butter.
- No banana? Use 1 cup of any frozen, fresh or canned and drained fruit.
- No dairy? Use 1 cup lactose-free or non-dairy beverage and 20 to 30 grams of protein from any protein powder.
- For more flavor, add a dash of cinnamon or ¼ teaspoon vanilla.



Nutrition Facts

2 servings per container	
Serving size	1 cup (228g)
Amount per Serving	
Calories	340
<small>% Daily Value*</small>	
Total Fat 17g	22%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	12%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 24g	
Includes 2g Added Sugars	4%
Protein 17g	
Vitamin D 3mcg	15%
Calcium 357mg	25%
Iron 1mg	6%
Potassium 850mg	20%
Vitamin A 175mcg	19%
Vitamin C 6mg	7%

*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.

Drink Water Your Way

Make it Tasty Try adding a splash of 100% fruit juice or a slice of fruit to your water.



Make it Easy Keep water handy in a water bottle or cup that is easy to fill, hold and carry.



Make it Special Add a garnish or make it fizzy with sparkling water.



Find recipes for soups, salads and smoothies at FoodHero.org

ALERT: Reports of a \$600 payment increase in June are FALSE: NO COLA increase will occur UNTIL January 2025.

Cost-of-Living Adjustment (COLA) Information

Cost-of-Living Adjustment (COLA) Information for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024.

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

Read more about the [Social Security Cost-of-Living adjustment for 2024](#).

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600.

The earnings limit for workers who are younger than "full" retirement age (see [Full Retirement Age Chart](#)) will increase to \$22,320. (We deduct \$1 from benefits for each \$2 earned over \$22,320.)

The earnings limit for people reaching their "full" retirement age in 2024 will increase to \$59,520. (We deduct \$1 from benefits for each \$3 earned over \$59,520 until the month the worker turns "full" retirement age.)

There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

Medicare Information

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

Your COLA Notice

In December 2023, Social Security COLA notices will be available online to most beneficiaries in the Message Center of their [my_Social Security](#) account.

This is a secure, convenient way to receive COLA notices online and save the message for later. You can also opt out of receiving notices by mail that are available online. Be sure to choose your preferred way to receive courtesy notifications so you won't miss your secure, convenient online COLA notice.

Remember, our services are free of charge. No government agency or reputable company will solicit your personal information or request advanced fees for services in the form of wire transfers or gift cards. Avoid falling victim to fraudulent calls and internet "phishing" schemes by not revealing personal information, selecting malicious links, or opening malicious attachments. You can learn more about the ways we protect your personal information and [my_Social Security](#) account [here](#).

History of Automatic Cost-Of-Living Adjustments

The purpose of the COLA is to ensure that the purchasing power of Social Security and Supplemental Security Income (SSI) benefits is not eroded by inflation. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a COLA was determined to the third quarter of the current year. If there is no increase, there can be no COLA.

The CPI-W is determined by the Bureau of Labor Statistics in the Department of Labor. By law, it is the official measure used by the Social Security Administration to calculate COLAs.

Congress enacted the COLA provision as part of the 1972 Social Security Amendments, and automatic annual COLAs began in 1975. Before that, benefits were increased only when Congress enacted special legislation.

Beginning in 1975, Social Security started automatic annual cost-of-living allowances. The change was enacted by legislation that ties COLAs to the annual increase in the Consumer Price Index (CPI-W).

The change means that inflation no longer drains value from Social Security benefits.

⁽¹⁾ The COLA for December 1999 was originally determined as 2.4 percent based on CPIs published by the Bureau of Labor Statistics. Pursuant to Public Law 106-554, however, this COLA is effectively now 2.5 percent.



Energy Conservation Rewards

We are a strong advocate of energy conservation and using renewable energy sources. To make our member's energy projects more affordable we offer energy conservation rewards.

To apply for energy conservation rewards send CWEC a copy of your paid store receipt showing the purchased item(s). For household appliance requests include a copy of the yellow energy guide label that includes the energy star logo.

All Energy Conservation Rewards rebates may not exceed 50% of the final price at the time of purchase.

Residential Lighting

LED Bulb.....	50% of cost up to \$75 on all LED lighting
LED Fixture	50% of cost up to \$75 on all LED fixtures

Non-Residential Lighting - Capped at 50% of cost

LED Bulb (screw-in) Five bulb minimum.....	\$1 each
LED Fixture	\$1 per 800 lumens in the fixture
T5 LED Tube	\$5 per lamp fixture
T8 LED Tube	\$2 per lamp fixture
Occupancy Sensor	\$5 each
LED Exit Sign	\$5 each

Power Strips & Water Flow Restrictors

Flow Restrictor - Faucet, < 1.5 GPM	\$1 each
Flow Restrictor - Shower, < 2.5 GPM	\$5 each
Smart Power Strip/Bar	\$25 each, capped at 50% of cost
<i>(includes Wi-Fi power strips)</i>	

Heating & Cooling

Geothermal Heat Pumps	10% of unit cost, \$800 cap
Electric Thermal Storage-whole house	10% of unit cost, \$550 cap
Air Source Heat Pump (includes mini-split).....	\$400
Dual Fuel Heat Pump.....	\$400
95% AFUE Single-or Multi-Stage Furnace	\$200
96% AFUE Single-or Multi-Stage Furnace	\$250
97%+ AFUE Single-or Multi-Stage Furnace.....	\$300
ECM Replacement (must replace existing PSC Motor)	\$35
90-94% AFUE Heating Boiler.....	\$350
95%+ AFUE Heating Boiler	\$450
90-94% AFUE Combination Boiler	\$450
95%+ AFUE Combination Boiler	\$550
Central Air SEER rating 14+	\$250
Programmable Thermostat.....	50% of unit cost, \$200 cap

Energy Audits

Inspection Allowance	Please call for more information or go to www.cwecoop.com <i>(CWEC only services up to the meter, a licensed electrician must check any other electrical concerns)</i>
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Continued. . . Energy Conservation Rewards

Weatherization – Does not apply to new construction

Air Sealing	50% of cost, \$250 cap
Wall Insulation	50% of cost, \$450 cap
Attic Insulation.....	50% of cost, \$525 cap
Foundation Insulation	50% of cost, \$150 cap
Duct Sealing.....	50% of cost, \$75 cap
Replacement Windows & Doors	\$50 per, \$500 cap

Household Appliances -refrigerator, washer, dryer, dishwasher, freezer, window air conditioner, air exchange, inductive range, and stove (energy guide label must include the energy star logo to qualify) (mini fridges are not eligible)

Energy Star Rebate (Excludes Dehumidifiers)	\$50 per Energy Star electric appliance
Dehumidifier	\$30 per Energy Star electric appliance
Recycling-refrigerator, freezer, & room air conditioner ..	\$25 per appliance (not to exceed cost of recycling) (mini fridges are not eligible)

Electric Water Heaters

New Construction, and Conversion from Gas.....	50% of cost, 50 gallon
Replacing Electric.....	\$200, 50 gallon
Solar Water Heaters	\$20 per therms saved, cap of 25% total cost of system or \$500, whichever is less
Heat Pump Water Heaters	\$350

Agriculture, Commercial & Industrial

Please call for more information

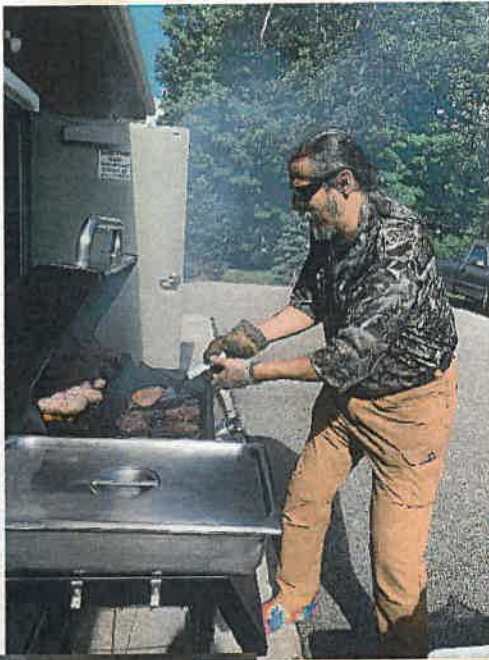
38TH ANNUAL CHEMON MEMORIAL PICNIC

JUNE 7TH 2024

Thank you to everyone that joined us for the Memorial Picnic. Special thanks to all the Elderly Staff, Joe Miller for grilling, Linda Rudesill for working the Fishing Game and Lorraine Welch for volunteering.

We would also like to thank the following people who donated to make the picnic a success:

Mohican North Star Casino, Little Star, Chambers & Owen, Performance Foods, Dennis Zack, & The Family.



Lunch with Chris Harvey-Tribal Linguist

Special thanks to the Library Museum & Chris Harvey for stopping by for lunch and to teach and visit the Elders at the Eunice Stick Gathering Place.

June 24th 2024



4TH OF JULY WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

4TH OF JULY WORD SEARCH

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

- | | | | | |
|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |

JULY WORD SCRAMBLE

1. MRAEACI

2. KREISOFRW

3. GFLA

4. ERMUMS

5. LTEYBRI

6. LYUJ

7. PLSKRRASE

8. DRAEAP

9. RASST

10. EPITRSS

11. SUA

12. ICNICP

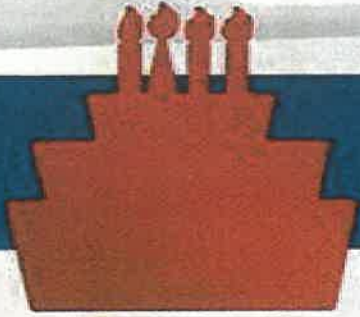


JULY WORD SCRAMBLE

ANSWER SHEET

1. MRAEACI AMERICA
2. KREISOFRW FIREWORKS
3. GFLA FLAG
4. ERMUMS SUMMER
5. LTEYBRI LIBERTY
6. LYUJ JULY
7. PLSKRRASE SPARKLERS
8. DRAEAP PARADE
9. RASST STARS
10. EPITRSS STRIPES
11. SUA USA
12. ICNICP PICNIC





JULY
BIRTHDAYS

RHONDA BOWMAN

RICHARD DALVE

NORBERT EXFORD

KATHY HILL

LAI LONNIE KOSOWSKI

KARMEN MASON

MARVEL MILLER

KATHLEEN MURPHY

RODERICK "SQUIRT" PECORE

LOIS REIMES

DAN ROBINSON

TERRIE TERRIO

KIMBERLY VELE



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.

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)