ELDERLY STREAM

2020

Band of Mohican Indians

THINKING OF ALL OF YOU during these tough times. Please be SAFE & take good care of yourself. We miss you.

S/M Elderly Services Staff

Get Well wishes to all of you who have been and continue to fight an illness.
If you would like to be mentioned for get well wishes or if you know of anyone that needs to be mentioned, please call the elderly center at 793-4236. Thanks.

Greetings Elders!

I hope you are all well and having many good days!

All Elderly Services staff members are back at work, as of Tuesday, May 26th, and are busy catching up!

Entry doors will remain locked and staff will receive visitors by appointment only. Please call the main line at 715-793-4236 to make appointments,. this is for your safety and ours.
Opening the center to the public, will be done in phases with modified services and a beginning date has not been determined.

During the lockdown staff members, Roger, DeAnna, Jamie and Bill began delivering meals to community members who requested them, as the congregate meals site was closed for the safety of the general public. During this time, staff members began driving three routes and delivering nearly 100 meals! Home delivered meals remain available and for those of you who went back to work you can pick up a "meal to go" if you would like to. Please call 715-793-4236 and let us know if this is what you want to do so we can have a carry-out meal ready for you. Pull up to the kitchen door for pick-up at noon.

Unfortunately, at this time, we are not yet ready to begin serving meals or hosting activities (bingo, card and board games) at the elderly center. Entry doors will remain locked, as we continue to use precautionary measures when creating a safe opening plan.

Re-opening Ideas to Watch For
There is a lot of thought going into the decisions and time is needed to acquire supplies to begin our "new normal" for the elderly program.

Wearing of masks, taking temperatures, social distancing and washing your hands & using hand sanitizer will be a required practice for your safety and ours.

Meals will be served "cafeteria style", place settings will be marked for safe distancing and you can choose your beverage, Staff will assist those in need. There will most likely be two meal times so that you can safely eat at the site. Cleaning and sanitizing will be done before each meal service.

Reserving your meal time will be "crucial" as we will be limited to the number of elders who can safely be seated at one setting. Carry-out meals will be given to those who did not reserve a spot in the dining area..

When it is safe to provide, transportation will also change. "Social distancing" (staying six feet away from others) will be followed giving room for six elders on the white bus and 3 people per van. All riders will be required to wear a mask, use hand sanitizer and social distance while in stores, banks, laundromat and post office.

I hope this information has helped you, if you have any questions or concerns please don't hesitate to contact me or any staff member at 715-793-4236. If we cannot answer your questions we will find out who can.

Kindest Regards and until we meet again, Take Care.

Kristy

Kristy Malone, Manager
SM Elderly Services

Manny Bowman

Patti Exferd

Audrey Frank

Margaret Lesperance

Sherry McCowan

Danny Moede

Ellen Moore

Jan RedCloud

Karen Rosenow

Betty Schiel

Ellen Schreiber

Walter Smith

Linda Neuser

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hot dog Beans Sweet potato fries Pickles Sugar cookie	2 Lasagna Side salad Asparagus Garlic stick Italian spumoni cake	3 Garden soup B.L.T. Cottage cheese Jello	4 Kielbasa & Cabbage Au Gratin Potatoes Brussel Sprouts Cheesecake	5 Biscuit with sausage gravy Hashbrowns Eggs with cheese & tomatoes Fresh fruit	6
7	8 Taco salad Spanish rice Refried beans Churros	9 Baked chicken Potato salad Carrot slaw Jello	10 Chili Chips & salsa Carrot & celery sticks Brownie	11 Country Fried Steak Mashed with gravy Corn Biscuit Carrot cake	12 Pancakes Eggs Bacon Yogurt Fresh fruit	13
14	15 Chicken tenders Potato wedges Slice tomatoes Cottage cheese Apple cobbler	16 Super sub Coleslaw Chips Pickle Pudding	17 Chicken soup with dumplings Broccoli salad Cucumber slices Blueberry pie	18 Cook's Choice 	19 Egg Sausage link Breakfast beans English muffins Fresh fruit	20
21 	22 Bratwurst & kraut Macaroni salad Pickled beets Macadamia cookie	23 Bacon cheeseburger Butter beans Sweet potato fries Pickle Chocolate cake	24 Meatball soup Grilled cheese Tomato & cucmber salad Jello	25 Meatloaf Mashed potatoes with gravy Geen beans almondine Roll Cake & ice cream 	26 French toast sticks Eggs Bacon Strawberries Fresh fruit	27 ***Menu subject to change.**
28	29 Salisbury steak Baked potato California blend veggies Roll Cookie	30 Baked fish Brown rice Brussel sprouts Dinner roll Cherry pie				

Know the signs of a stroke!

BE FAST

BALANCE
Sudden loss of coordination or balance

EYES
Sudden change in vision

FACE
Sudden weakness on one side of the face or facial droop

ARM
Sudden arm or leg weakness or numbness

SPEECH
Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE
Sudden onset of a terrible headache

WISCONSIN COVERDELL STROKE PROGRAM

TIME TO CALL 9-1-1
Every second counts!

It's Farmers' Market Voucher Time!

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

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

Who is Eligible? (All three are required)

- Shawano County Resident
- Age 60 or above, or Native American age 55 years or above
- Has a monthly household income of $1968 or less for one person or $2658 for two people (which would be 185 percent of the federal poverty guideline).

How Does the Program Work? Enrolled seniors will receive vouchers worth $25 per household. These vouchers may be used to purchase locally grown fresh fruits, vegetables and herbs at approved farmers' markets or roadside stands. A list of approved markets or roadside stands will be provided. These vouchers are good until October 31, 2020.

How Do I Get These Vouchers? Shawano County has an allotment of 227 vouchers. Due to the COVID 19 pandemic, we cannot offer distribution sites.

Beginning June 1 at 8:00 am, please contact Heidi Russell at 715-526-4686 to arrange a time to complete the form and pick up your voucher. Walk ins will not be accepted.

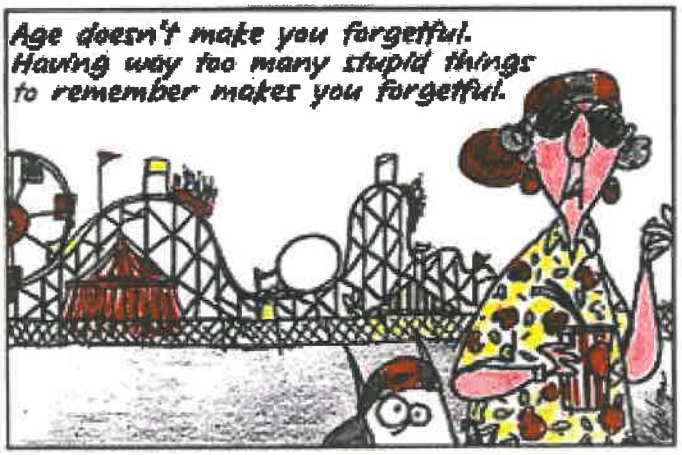
If you reside on the Stockbridge-Munsee Tribal Reservation, please contact Bill Terrio at 715 793-4236. Walk ins will not be accepted.

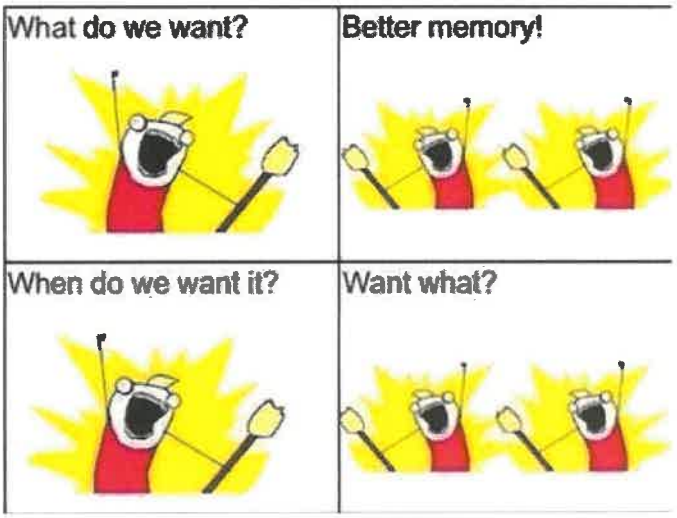
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national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

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

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

This institution is an equal opportunity provider.

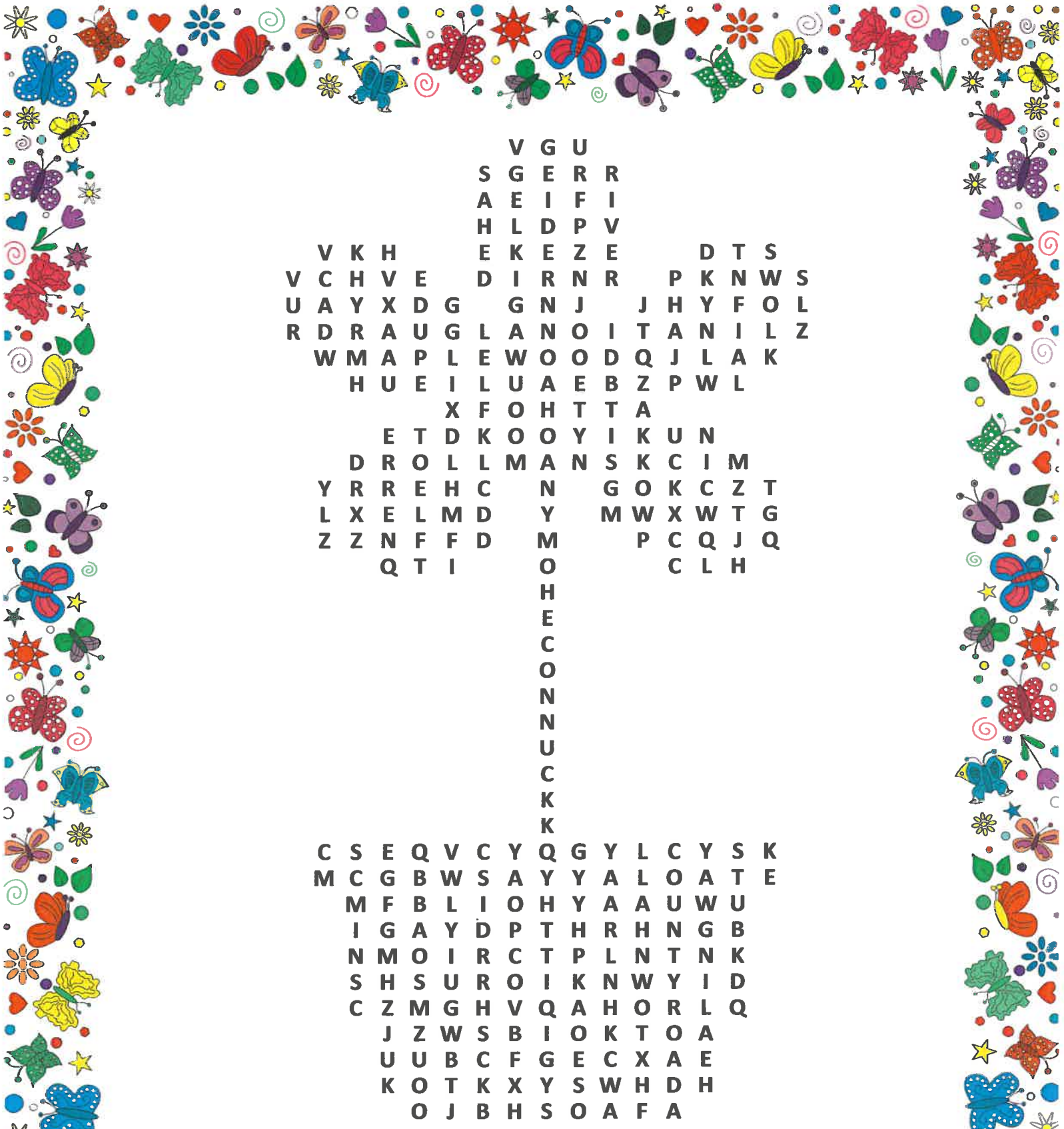




"Nothing yet. Try sending me another text."

I like how beavers always look like they're getting ready to share a really good joke

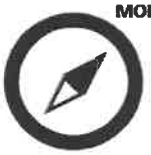
Tempers flare in the local Bingo hall as Mildred touches Helen's good luck charm.



AHTOHWUK
BEAULIEU
CHERRY
COUNTYROADA
ELM
FAIRVIEW
GEIDER
HEALINGWAY
KOOYIKUN
MAPLEWOOD
MICKS
MOHHECONNUCK
MURPHY
NATIONALGUARD
OAK
RIVER
ROLLMAN
STUB
TOWNHALL
WALL

Elderly Stream WORD FIND

Guess the words or phrases?

CCCCCCC	T O W N	LE / VEL	R O R O A D S D S	KNEE LIGHTS
 3.1415926	GIVE GET GIVE GET GIVE GET GIVE GET	AID ← AID AID AID	BLOOD IIIII	G N LOST I LOST K LOST A LOST M
NIGHT ⬆	YOU JUST ME	WAY DO	LIE	MILLIO1N
LAND TIME	ECONOMY	AGED AGED AGED	MORAL 	BEHIND

SCRABBLE® BRAND

SCRABBLE® is a trademark of Hasbro in the US and Canada. ©2015 Hasbro. Distributed by Tribune Content Agency, LLC All rights reserved.

E1 U1 U1 M3 S1 S1 B3		RACK 1
A1 I1 U1 Y4 R1 R1 H4		RACK 2
A1 E1 I1 K5 N1 T1 B3	Triple Word Score	RACK 3
A1 E1 K5 L1 S1 P3 C3	2nd Letter Double	RACK 4

PAR SCORE 150-160
BEST SCORE 230

FOUR RACK TOTAL ____
TIME LIMIT: 20 MIN

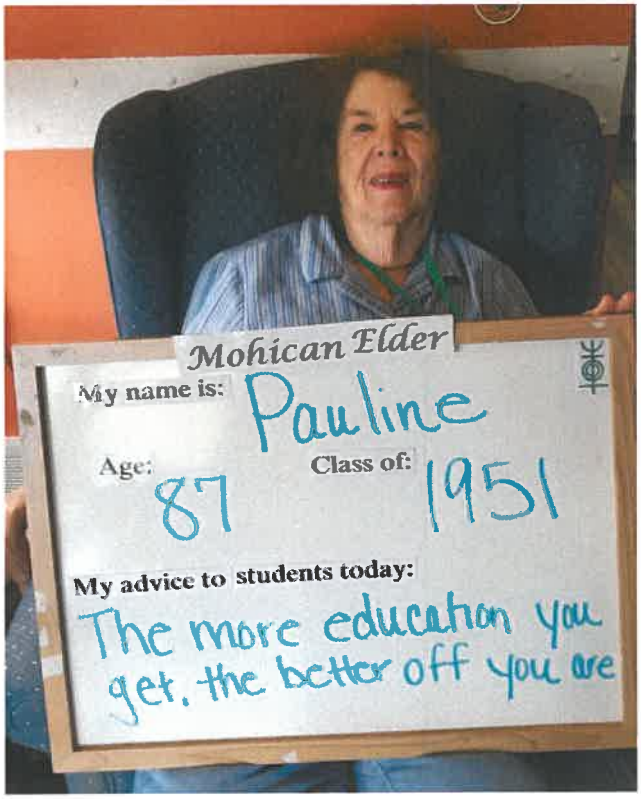
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

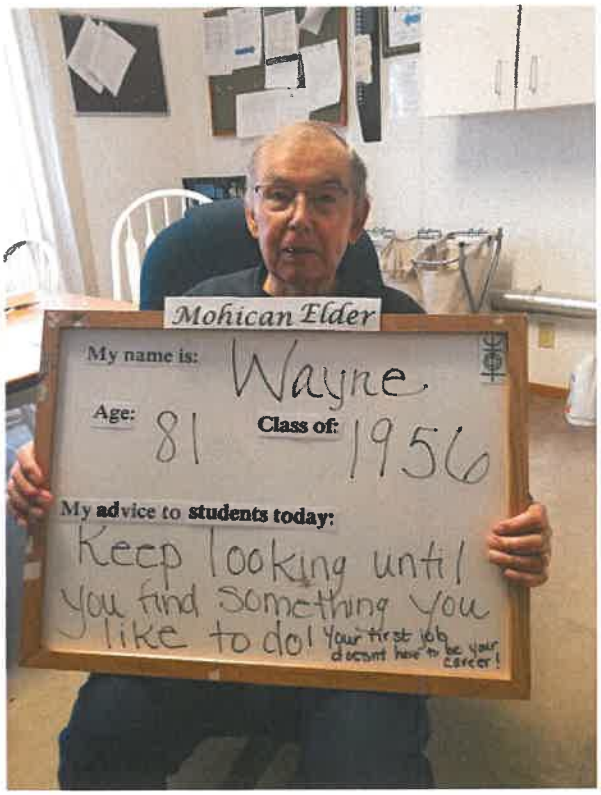
CONGRATULATIONS TO OUR

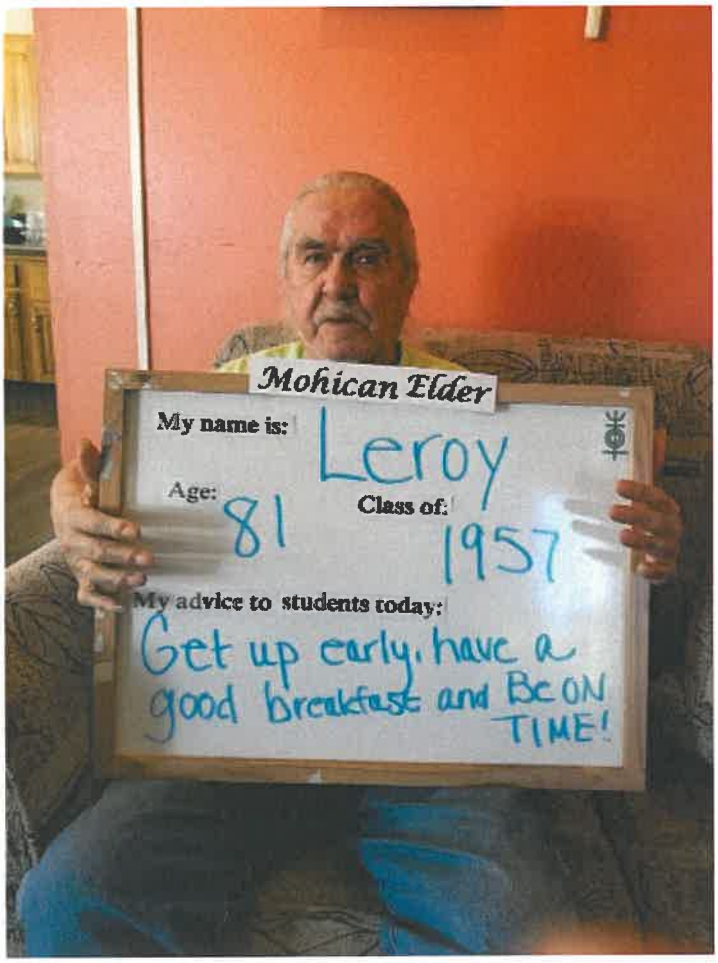
2020

GRADUATES

Here's some words of wisdom from our elders at Ella Besaw...







ELLA BESAW CENTER

ADOPT AN ELDER

The Ella Besaw Center is looking for community members to help us engage our elders during the shut down. If you have a smart phone or a web cam and would like to spend some virtual time with an elder, let us know!

(715) 793-4537

Rhubarb Crisp

This is the Rhubarb Crisp recipe from the box of a Quakers Oats from 20 years ago. It's quicker & easier to make than pie. It's versatile, too, as you can add strawberries in spring or apples in the fall. You can pop it back in the oven before you eat so it can be enjoyed warm for dessert with ice cream on top.

Total time: Prep – 15 minutes **Makes:** 8 servings

Bake – 45 minutes

Ingredients:

¾ cup sugar

3 tablespoons cornstarch

3 cups sliced fresh rhubarb

2 cups sliced peeled apples or sliced strawberries

1 cup quick cooking or old-fashioned oats

½ cup packed brown sugar

½ cup butter, melted

1/3 cup all-purpose flour

1 teaspoon ground cinnamon

Directions:

1. In a large bowl, combine sugar and cornstarch. Add rhubarb & apples or strawberries; toss to coat. Spoon into an 8-inch cast iron skillet.
2. In a small bowl combine the oats, brown sugar, butter, flour & cinnamon until the mixture is coarse crumbs. Sprinkle over fruit. Bake at 350 degrees until crisp is bubbly & fruit is tender, about 45 minutes.

Nutrition Facts:

1 cup: 320 calories, 12g fat (7g saturated fat), 31mg cholesterol, 124mg sodium, 52g carbohydrate (36g sugars, 3g fiber), 3g protein.

SPRING

Somewhere
a black bear
has just risen from sleep
and is staring

down the mountain.
All night
in the brisk and shallow restlessness
of early spring

I think of her,
her four black fists
flicking the gravel,
her tongue

like a red fire
touching the grass,
the cold water.
There is only one question:

how to love this world.
I think of her
rising
like a black and leafy ledge

to sharpen her claws against
the silence
of the trees.
Whatever else

my life is
with its poems
and its music
and its glass cities,

it is also this dazzling darkness
coming
down the mountain,
breathing and tasting;

all day I think of her —
her white teeth,
her wordlessness,
her perfect love.

Mary Oliver

Fry Bread

How many calories?

4"	6"	8"	10"
276 calories	415 calories	555 calories	690 calories
51 minutes brisk walking*	76 minutes brisk walking*	102 minutes brisk walking*	127 minutes brisk walking*

*Activity/Time/Calorie Usage based on 180 pound person. Figures are approximate.

IF YOU SAY

"GULLIBLE"

SLOWLY IT SOUNDS LIKE

"ORANGES"

Can my dog eat this?

YES

BANANAS

Rich in potassium and vitamin C

BLUEBERRIES

High in antioxidants

KIWIS

Good source of vitamin C and potassium

PINEAPPLE

Try frozen for a cool treat!

STRAWBERRIES

High in fiber and antioxidants

YES, BUT . . .

APPLES

. . . don't let him eat the seeds!

LEMONS

. . . he may not like the bitter taste.

ORANGES

. . . they're high in natural sugar; give in moderation.

PEACHES

. . . remove the pit; it can cause intestinal blockage.

WATERMELON

. . . remove the rind first!

NO

AVOCADOS

Can cause vomiting

CHERRIES

Can cause cyanide poisoning in large quantities

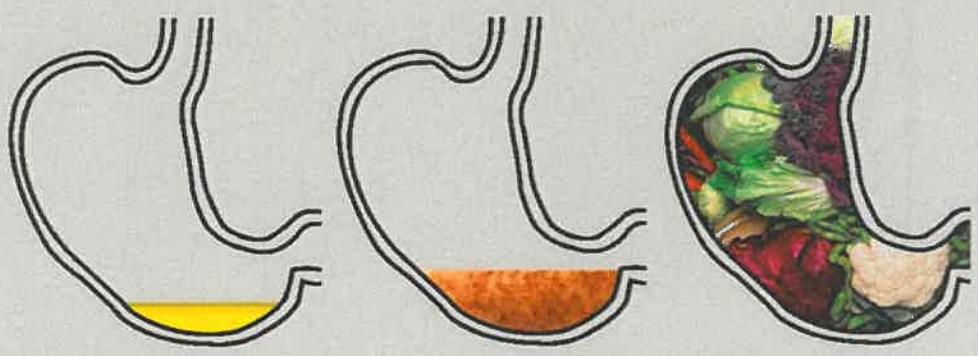
GRAPES

Can cause kidney failure

RAISINS

Can cause kidney failure

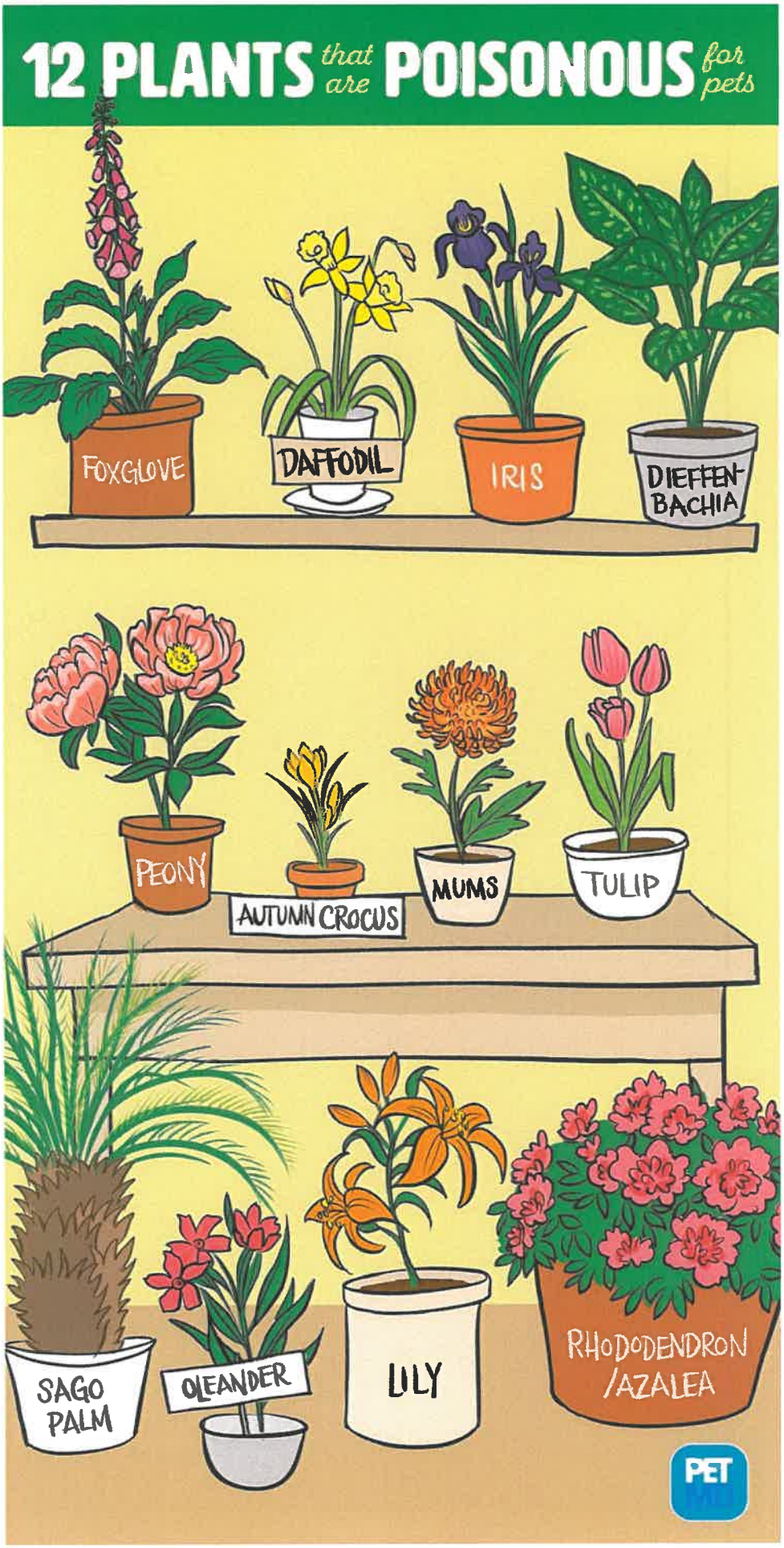
When looking for healthy fats, opt for nuts and seeds, not oil.



400 Calories of Oil

400 Calories of Chicken

400 Calories of Vegetables


12 PLANTS that are POISONOUS for pets
FOXGLOVE
DAFFODIL
IRIS
DIEFFEN-BACHIA
PEONY
AUTUMN CROCUS
MUMS
TULIP
SAGO PALM
OLEANDER
LILY
RHODODENDRON /AZALEA
PET

RECOMMENDED DAILY FEEDING

USE A STANDARD 8 OZ. MEASURING CUP

Feed approximately 1/3 cup for every 10 pounds over 100 pounds body weight. Puppies may require 2-3 times the adult feeding amounts. For pregnant or nursing dogs, we recommend free-choice feeding. Always provide plenty of fresh water.

TOY

DOG WEIGHT	CUPS PER DAY
3 lbs	1/3 cup 139 calories
6 lbs	1/2 cup 233 calories

SMALL

DOG WEIGHT	CUPS PER DAY
10 lbs	3/4 cup 342 calories
15 lbs	1 cup 464 calories
20 lbs	1 1/3 cups 576 calories

MEDIUM

DOG WEIGHT	CUPS PER DAY
30 lbs	1 1/4 cups 781 calories
40 lbs	2 1/4 cups 969 calories
50 lbs	2 2/3 cups 1145 calories

LARGE

DOG WEIGHT	CUPS PER DAY
60 lbs	3 cups 1313 calories
70 lbs	3 1/2 cups 1474 calories
80 lbs	3 3/4 cups 1629 calories
90 lbs	4 1/4 cups 1779 calories
100 lbs	4 1/2 cups 1926 calories

CALORIE CONTENT:
3,580 kcal/kg or 430 kcal/cup ME (calculated)

Stay Strong, Stay Healthy

UNIVERSITY OF MISSOURI Extension

equal opportunity/ADA institution

Wide Leg Squat

Standing Leg Curl

Side Leg Raise

Knee Extension

Biceps Curl

Overhead Press

Seated Row

Toe Stand

Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy. © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintzer, University of Missouri Extension
New 07/08; Revised 12/15/500

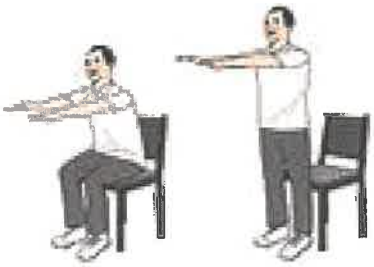
7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

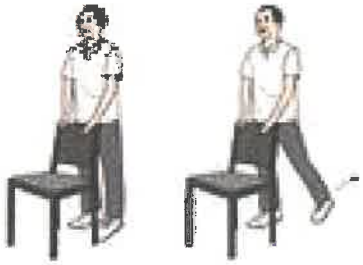
Warm-Up

1. Stationary March with Arm Swing/Seated March

Strength Exercises

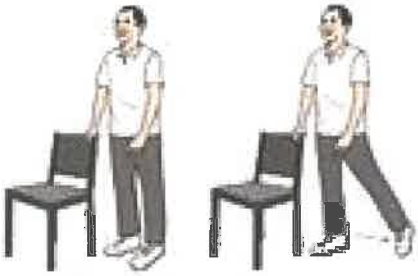


2. Sit to Stand

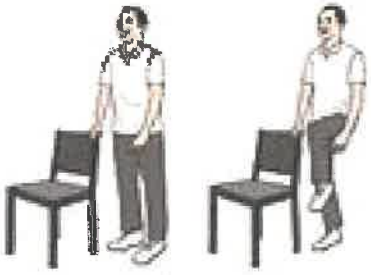


3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise

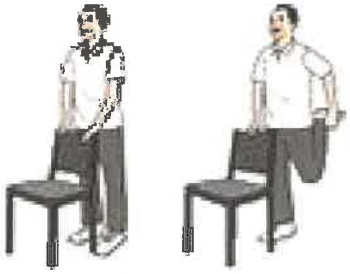


5. Single Leg Stand

Flexibility Exercise

6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

WEATHER REPORT

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

1. ALMANAC
2. APRIL
3. CALM
4. COLD
5. COOLER
6. CYCLONE
7. DAMP
8. DRENCH
9. DUSTY
10. ECLIPSE
11. FALL
12. FLOOD
13. FOGS
14. FRONT
15. HAIL
16. HEAT
17. HUMIDITY
18. ICED
19. MILD
20. MISTY
21. MOISTURE
22. MUDDY
23. NEWS
24. NORM
25. PRESSURE
26. RAINY
27. SEASONAL
28. SHOWER
29. SLEET
30. SLIDE
31. SNOW
32. STORM
33. SULTRY
34. THAWS
35. UPROOT
36. WARM
37. WIND
38. ZERO

SCRABBLE BRAND GRAMS SOLUTION

S_1	U_1	B_3	S_1	U_1	M_3	E_1	RACK 1 = 61
H_4	U_1	R_1	R_1	A_1	Y_4		RACK 2 = 12
B_3	E_1	A_1	T_1	N_1	I_1	K_5	RACK 3 = 89
S_1	P_3	A_1	C_3	K_5	L_1	E_1	RACK 4 = 68

PAR SCORE 150-160 TOTAL 230

I don't need red dyes to be attracted to your feeders!
All it does is slowly kill me!
Just please only give me 4 parts water with 1 part table sugar!
Thank You!

Steve Belzer

Perry Bublitz

Carl Church

Reva Fuhrman

David Gardner

Larry Madden

Timmy Malone

Merle Moede

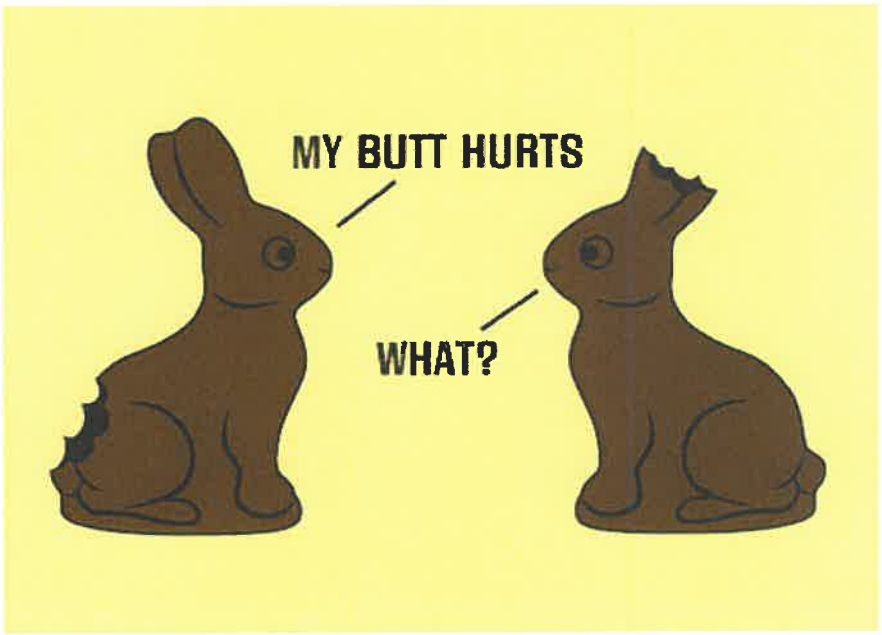
Sheila Powless

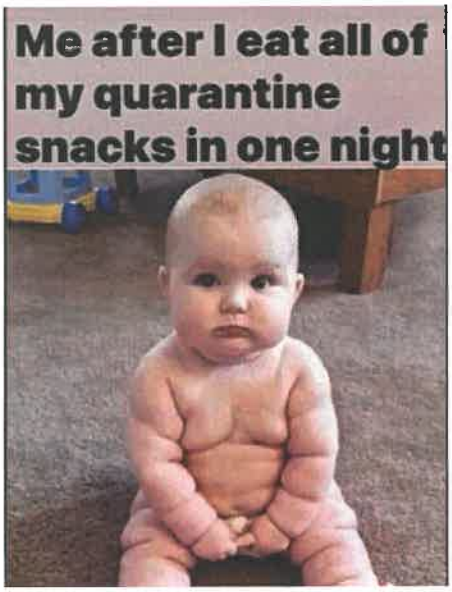
Jeannie Vele

Lorraine Welch

Allen Miller

When Grandma hears that you've run out of toilet paper





Amber Belzer

Bette Besaw

Mark Church

Jerry Davids

Mark Doxtater

Debra John

Randy Lewis

Bob Little

Pauline McCartan

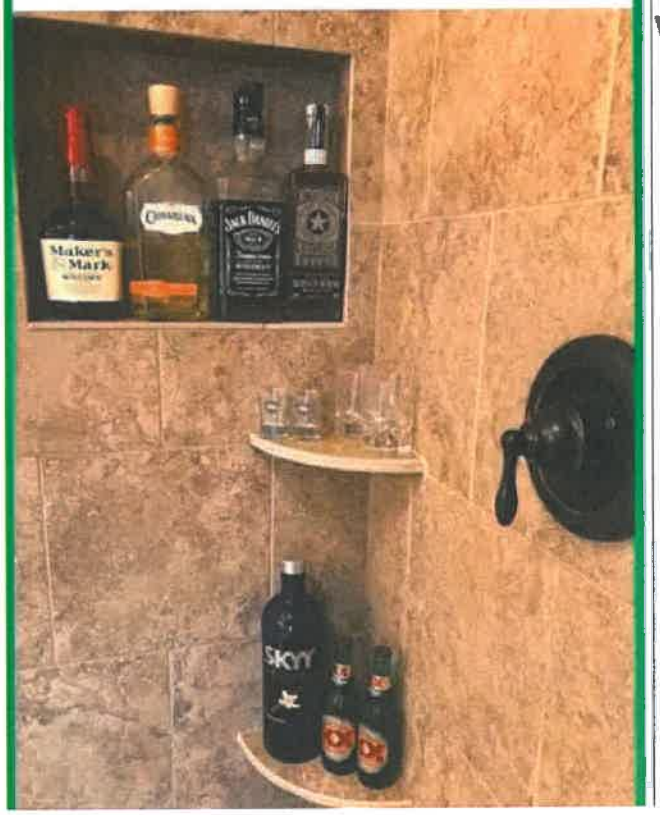
Viann Matson

William Moore

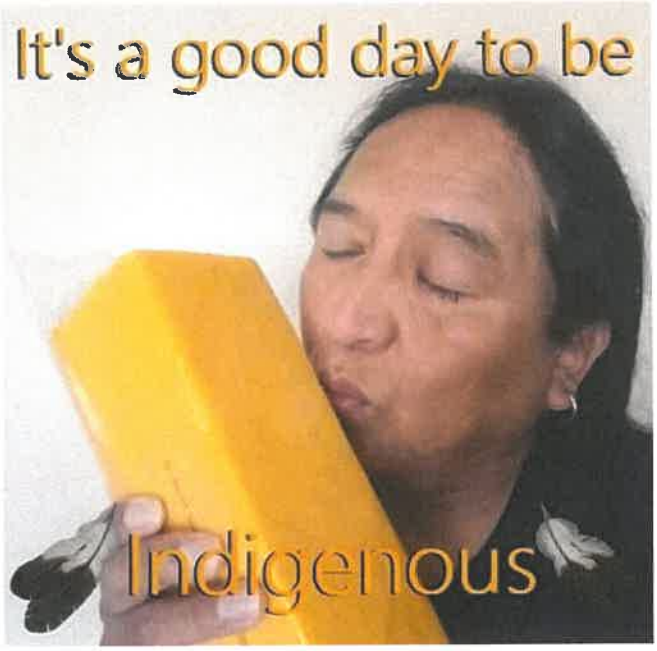
Wayne Murphy

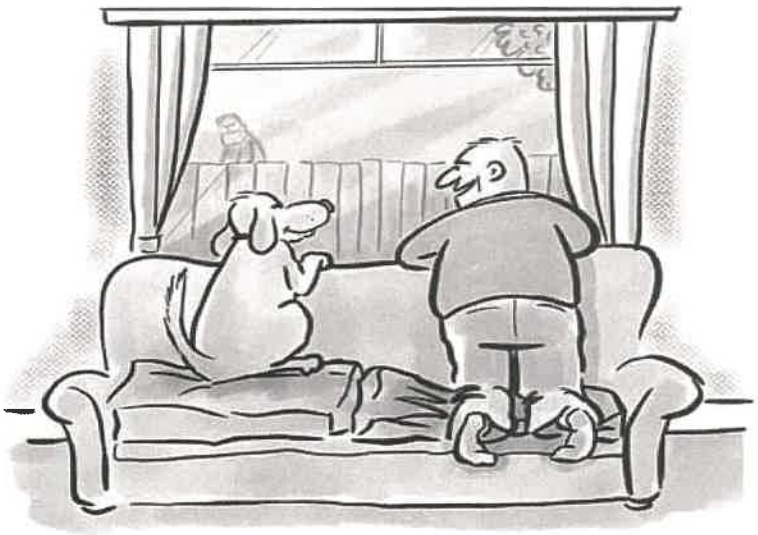
Gaynor Stephenson

My doctor told me, now that I'm getting older, I need to install a bar in my shower. What do y'all think?



When you make some good fry bread
And everyone asking who
Made the fry bread





"Until now, I never understood why you got so excited when someone walked past the house."

May 26, 2020

RE: First Known Positive COVID-19 Case on Stockbridge-Munsee Reservation

The Tribal Council has learned that the first positive COVID-19 case involving a person on the Stockbridge-Munsee Reservation was identified today. The family involved is subject to quarantine and contact tracing is being conducted.

The Stockbridge-Munsee Community had been lucky that no known cases had been identified on the Reservation prior to this time, but, a positive case was expected at some point due to the nature of this global pandemic. It is a testament to the effectiveness of the Tribe's emergency orders and the community's diligent following of health guidelines that our first case has only just been reported.

The Tribal Council asks that everyone remain supportive and kind to others in our community as we enter these trying times together. The health and welfare of our community depends on cooperation and our remaining diligent in following health guidelines in our interactions with one another and the ongoing monitoring for health changes so that we can quickly identify and flatten the curve of infection.

The only way to fight a pandemic is for people to put the needs of others, if not before their own. It is a novel disease, any one of us is at risk of getting it. We are in this together and we must treat one another with dignity, compassion and understanding. This is the only way we will get through this in a healthy and thoughtful way.

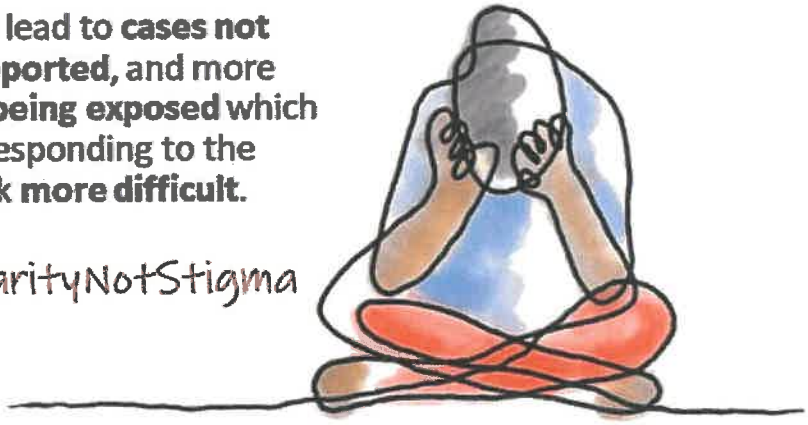
Please remember stigmatization creates another public health problem, which is the mental health impacts of being ostracized. Please continue to pray for the affected family for healing and continued safety of our Community. We have proven that hard work, diligent practices, and discipline work. Our number one objective continues to be the health and wellbeing of our community and to limit the community spread of COVID-19.

Evidence shows that stigma due to #coronavirus leads to:

- Reduction in people seeking medical care or testing
- Reduction in people adhering to interventions (including self-isolation)

This can lead to **cases not being reported**, and more **people being exposed** which makes responding to the outbreak **more difficult.**

#SolidarityNotStigma



World Health Organization
Western Pacific Region

#COVID19 and disability

People with disability are at a greater risk of contracting coronavirus because of:

- Physical barriers to access hygiene facilities
- Need to touch things
- Difficulty in enacting social distancing
- Difficulty accessing information

World Health Organization

#coronavirus

COUGH *Etiquette*

HELP PREVENT THE SPREAD OF INFECTION. COVER YOUR MOUTH AND NOSE.

When you cough or sneeze, cover your mouth and nose using your **upper sleeve or elbow**.

Or, cover your mouth and nose with a **tissue**.

Toss the used tissue in the **garbage**.

After coughing or sneezing, wash hands with **soap and water**, especially if you're caring for the sick.

Or use an **alcohol-based hand sanitizer** when soap and water aren't available.

WISCONSIN DEPARTMENT *of* HEALTH SERVICES

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length) from other people.

CDC

cdc.gov/coronavirus

Stay Safe Outside

Get Outside. Stay Safe. Be Well.

*Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is otherwise unable to remove the mask without assistance.

WISCONSIN
OFFICE OF OUTDOOR RECREATION

WISCONSIN DEPARTMENT of HEALTH SERVICES

COVID-19

Tips for Staying Safe

REPORT SYMPTOMS

Let staff know how you feel

Some symptoms include fever, cough, shortness of breath, pressure in the chest, and confusion.

WASH YOUR HANDS

Don't forget the soap

Wash your hands with soap for at least 20 seconds. After coming into contact with frequently touched surfaces, such as doorknobs and tables, make sure to wash your hands before touching your eyes, nose, or mouth.

STRESS AND COPING

Take care of your body

Continue taking your prescribed medication, eat healthy, and drink enough water. Get plenty of sleep. Avoid alcohol and drugs.

PERSONAL HYGIENE

Don't spread germs

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Don't forget to wash your hands afterward.

SOCIAL DISTANCING

Keep a personal radius

Stay at least six feet away from other people, including in sleeping areas. When sleeping, make sure you are head-to-toe with those around you.

LIMIT NONESSENTIAL OUTINGS

Consider others

When you are out and about, you could pick up germs that could be dangerous to those around you and could make them sick.

WISCONSIN DEPARTMENT *of* HEALTH SERVICES
P-02620E (03/2020)
www.dhs.wisconsin.gov/covid-19

The Stockbridge-Munsee Meal site is supported through State, Federal and Tribal funding as well as donations received by you, our Elders. State Grants recognized an elder at age sixty (60) years or older and Federal grants allow tribes to specify Native Elder status; which the SM Tribe recognizes at the age of fifty-five (55) years or older.

A donation of $3.00 is asked for meals (your spouse is eligible regardless of age.) Anyone under the age of fifty-five is required to pay the current cost of $5.00 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**

Every edition of the Elderly Stream monthly newsletter is available online at www.mohican.com/elderlycenter/ or from www.mohican.com under the Services tab, go to the Human Services tab & click on the Elderly Services tab.