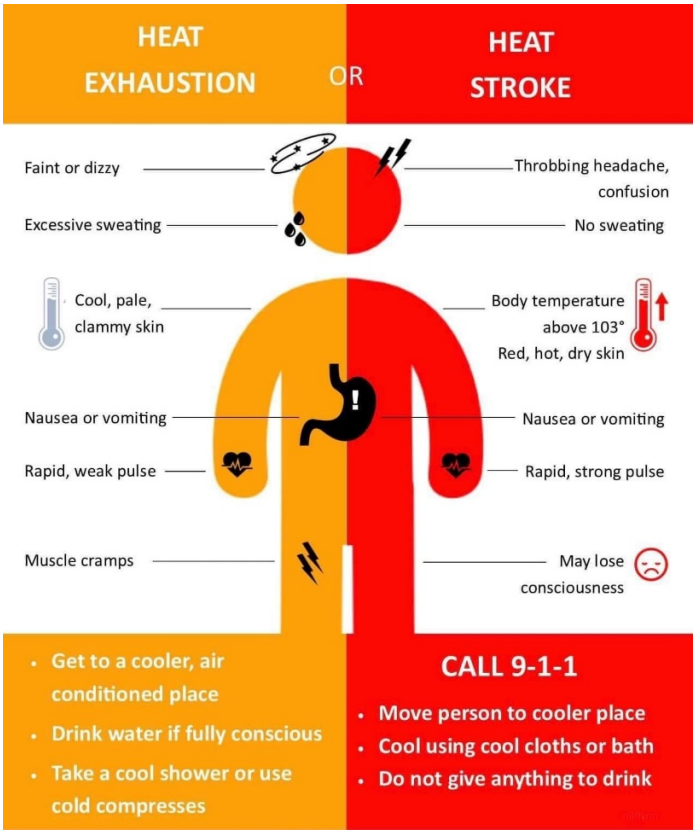
Elderly Stream



Stockbridge-Munsee Elderly Steering Committee-
Regular Monthly Meeting
May 4, 2021

Committee members present: Chair Ellie Kazik, Carolie Miller, Muriel Sereda, Lynne Welch, Laura Moede Marsha Toohey, Sue Miller excused. Others present Kristy Malone, Nikki Bowman and Jamie Mattingly

The Meeting was called to order at 10:00 a.m. by Chair Ellie Kazik followed by a moment of silence. approval of the Agenda motion was made by Carolie M., seconded by Muriel S., with an addition to New business all in favor motion carried.
Minutes of March 2, 2021 were given to committee, motion by Marsha T., to approve the minutes seconded Carolie M., all in favor motion carried.
Treasurer Report Discussion on the November expenses for Program activities report, Discussion on Operating Budget for Title III and Caregiver budget. motion to approve treasurer's report by Lynne W., second by Marsha T., all in favor 1 opposed motion carried.
Manager's Report – Reviewed with committee motion by Muriel S., seconded by Marsha T., to approve the Managers report all in favor motion carried
Activities Report – reviewed with committee. Motion made by Muriel S., to approve the activity report seconded by Marsha T., all in favor motion carried
Needs of Elders- No discussion
Old Business- Remembering Red a Tribute to Red Skelton has been re- scheduled for September 16, 2021 at the Dells Palace.
New Business – Discussion on ideas for Spring / Summer drawing ideas,

Comment Box: Question why were no Operating statements included in the packet? We received them after the packets were sent out to Committee members will be included in May's packet.

Received a Thank You card from an Elder very thankful for the Birthday gift card😊

Motion made by Carolie M., seconded by Marsha T., to adjourn the meet

ing all in favor motion carried. meeting adjourned at 10:33 am

Submitted by: Nikki Bowman

June 2021

Greetings Elders,

Welcome Back! We missed you!

We can safely serve meals and provide all services to our elders (aged 55 years or older) at the Eunice Stick Gathering Place and would like to tell you all about it!

On Tuesday, July 6, 2021, we will be re-opening all services with the following changes.

Wearing a mask is no longer required if you are fully vaccinated, please be honest!

Home-delivered meals will revert back to pre-Covid operations. Home-delivered meals will continue for those who have completed a needs assessment by the Community Health Nurse. If you have not completed a needs assessment and want to continue to receive a home-delivered please contact the Stockbridge-Munsee Community Health Department at (715) 793-5060 and request a needs assessment be completed.

There will no longer be carry-out meals.

We have missed everyone, the smiles, the laughter, conversations, and the fun we've had together.

If you have any questions or concerns please call the Eunice Stick Gathering Place at (715) 793-4236, Monday – Friday, 8 a.m. to 4:30 p.m. and we will be glad to help you!

Thank you and Welcome Back!

Camping

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

air mattress
animals
batteries
cabin
campfire
campsite
canoeing
chipmunk
compass
flashlight
hammock
hiking
insect repellent
island
kayak
lantern
marshmallow
memories
mosquitoes
mountains
nature
outdoor cooking
raccoon
reservation
roasting sticks
s'mores
sleeping bag
summer
swimming
tent
trailer
vacation

Reopening Plan

Eunice Stick Gathering Place

The Eunice Stick Gathering Place will be re-opening all services on Tuesday, July 6, 2021!

Meal Days and Times

A. **Two meals will be served daily Monday through Thursday**
   42 person maximum at each meal session.

   - **Meal 1 serving from 11:45 a.m. – 12:30 p.m. and**
   - **Meal 2 serving from 12:45 p.m. – 1:30 p.m.**

B. **Two meals will be served, Friday for breakfast.**
   - **Meal 1 serving from 7:45 a.m. – 8:30 a.m. and**
   - **Meal 2 serving from 8:45 a.m. – 9:30 a.m.**

Reservations

Reservations Continue to be of great importance! Please reserve a meal at least twenty-four (24) hours in advance letting staff know if reserving for Meal 1 serving time or Meal 2 serving time.

Safety

The Left entrance door to the elderly center will remain locked to stop large groups of customers from coming in at once, giving staff time to verify meal reservation time.

A. **Safety Requirements**

. ***Masks are required for those who are not fully vaccinated for COVID-19 Virus and will be available onsite. (Masks can be removed for eating and drinking).**

Signage

Signs will be posted at the front entry doors about safety requirements.

- **Please stay home if ill, do not come to the center**
- **Masks required, if not fully vaccinated for COVID-19 Virus**

Seating

Tables will be pre-set for six people per table.

Meal Service

- **Meal items will be served to tables.**
- **All tables & chairs will be cleaned and sanitized before next meal is served.**

Please Note:

Home-delivered meals will revert back to pre-covid operations. Home-delivered meals will continue for those who have completed a needs assessment by the Community Health Nurse. If you have not completed a needs assessment and want to continue to receive a home-delivered please contact the Stockbridge-Munsee Community Health Department at (715) 793-5060 and request a needs assessment be completed.

Transportation

Transportation for shopping, activities, laundromat, local vendors, banks etc. is re-opening fully on Tuesday, July 6, 2021. All customers who are not fully vaccinated must wear a mask.

Monday and Wednesday afternoons are shopping days at local vendors and banks.

The third Wednesday morning of the month is for laundromat/stores in Wittenberg.

Friday's shopping in Shawano, Green Bay shopping Wednesday the third of the month or the first Wednesday following the third and activities as planned.

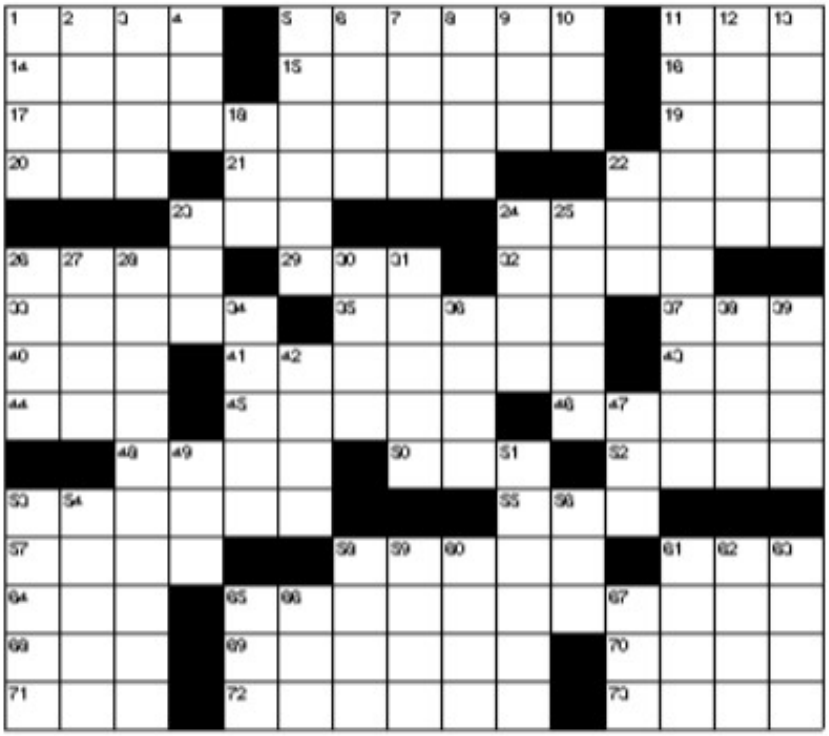
Transportation will be provided to and from the Center for congregate meals for residents in the service area.

In the Event of a Closing

The Eunice Stick Gathering Place (elderly center) will return to home-delivered and carry-out meals if there is an outbreak of COVID-19 in the community. The site will be thoroughly cleaned and sanitized. A letter or other communication will be provided to participants regarding re-opening and expectations.

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Meatballs with Gravy over Egg Noodles Mixed Veggies Wheat Bread Red Jello with Blueberries	2 **CLOSED**	3 **Milk served with every meal**
4 	5 **CLOSED**	6 Brat Sauerkraut Pasta Salad Gren Beans Sherbert	7 Cheeseburger Soup Green Salad Wheat Bread Apple Pie	8 Hot Turkey Open Face on Wheat Peas & Carrots Baked Potato Wheat Bread Peaches	9 Biscuits & Gravy Scrambled Eggs Tomato Slice Apple Juice Fresh Fruit	10
11	12 Cold Cut Sandwich Chips Baked Beans Cookie	13 Pulled Pork Sandwich on Wheat Bun Sweet Potatoes Peas & Carrots Chocolate Cake	14 Vegetable Beef Soup Beets Biscuit Watermelon	15 Fish Potato Salad Coleslaw Rye Bread Strawberry Short Cake	16 Ham & Cheese Omelette Muffin Fresh Fruit Avocado Fresh Fruit	17
18	19 Hamburger Tomatoes, Onions & Pickles Broccoli Slaw Jell-O	20 Cook's Choice	21 Tomato Soup Hot Ham & Cheese Sandwich Cucumber Slices with Onion Pudding	22 Meatloaf Mashed Potatoes & Gravy Green Beans Wheat Roll Cake & Ice Cream	23 Eggs Bacon Toast Fresh Fruit	24
25	26 Hot Dog on Wheat Bun Mac & Cheese Green Beans Pudding	27 Beef Veggie Stew Cottage Cheese with Tomato Bread Stick Peanut Butter Cookie	28 Squash Soup Chick Spread with Spinach on Wheat Bread Ice Cream	29 BBQ Chicken Drummies Macaroni Salad Corn & Lima Beans Biscuit Brownies	30 Boiled Eggs Roasted Potatoes with Onion Sausage Links Wheat Toast Fresh Fruit	31 ***Menu subject to change**



ACROSS

1. South American Indian of old
5. Large pictures painted directly on walls
11. Egyptian boy-king
14. Unprejudiced
15. ___ Trail (route used during the U.S. westward migrations)
16. Unlock, in poetry
17. Opponent of General Custer in 1876: 2 wds.
19. Preschooler
20. "Bravo, bullfighter!"
21. Trick or ___
22. Attorney General Janet
23. Sticky stuff
24. Medicine man of certain Native American tribes
26. Long, easy stride
29. Female sheep
32. Place where tents are set up
33. Fragrance
35. Book of maps
37. Photo ___ (good opportunites for picture-taking)
40. "Wait just a ___!"
41. Battle of the Little ___ (conflict in which 17-Across defeated General Custer)
43. Permit
44. Come ___ screeching halt: 2 wds.
45. Indian ___ (large body of water)
46. "I'll Be ___" (Mariah Carey hit)
48. Possess
50. Ping-Pong partition
52. "The jig ___!" ("It's no use!"): 2 wds.
53. Native American buildings made from sun-dried brick
55. Finish
57. Catholic schoolteachers, often
58. Pace of a musical piece
61. Bic liquid
64. Sherlock Holmes's title: Abbr.
65. South Dakota village where 300 Oglala Sioux were massacred in 1890: 2 wds.
68. Greek letter between zeta and theta
69. Lure
70. Native American tribe that once inhabited the Great Lakes region
71. Urgent call for help
72. Neighbors of Kuwaitis, Iraqis and Jordanians
73. Cry out sharply, as a dog

DOWN

1. "Assuming that's true...": 2 wds.
2. A hammer may hit one
3. Give a speeding ticket to
4. Paintings, sculptures, etc.
5. President after Madison
6. Craving
7. Country star McEntire
8. Bust ___ (laugh uproariously): 2 wds.
9. "That's funny!", in a chat room
10. Long-running NBC variety show, for short
11. Carved, symbolic posts found at Native American dwellings: 2 wds.
12. "Once ___ time...": 2 wds.
13. Westernmost branch of the Dakota Indians
18. Judge of the Simpson trial
22. 29-Across's mate
23. Diamond, pearl or sapphire
24. "The Lion King" villain
25. "___ he grown!" (phrase heard at a family reunion)
26. Custer's ___ stand (41-Across)
27. Black-and-white cookie
28. Native American woman who supposedly saved Captain John Smith
30. Minimum ___ (lowest legal pay rate)
31. Revolutionary Allen or actor Hawke
34. Higher than
36. "The ___ Ranger"
38. 1-Across's native country
39. Part of a flight of stairs
42. Puts the finishing touch on cake
47. Concealed
49. Tummy muscles
51. Cone-shaped Native American tents
53. Mountain range inhabited by the 1-Across
54. Because of: 2 wds.
56. Say "yes" with body language
58. Ballerina's skirt
59. Barenaked Ladies song from "Gordon"
60. 1,601 in Roman numerals
61. Concerning: 2 wds.
62. Tennant of the Pet Shop Boys
63. "___ your fingers crossed!"
65. "Scream" director Craven
66. Out ___ limb (vulnerable): 2 wds.
67. Lock opener

July-2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 CLOSED	3 *Activities Subject to Change
4 	5 CLOSED	6 10 AM Steering Committee Meeting 2 PM Bingo 5 PM Council Meeting	7 2 PM Local Run	8 2 PM Diane's in Birnamwood for Ice Cream	9 9 AM Rummaging	10 Mohican Elder Bingo at the casino
11	12 2 PM Local Run	13 5 PM Snack Bingo	14 Green Bay Shopping 2 PM Local Run	15 2 PM Cricut Introduction: Make Our Own Stickers	16 10 AM Amish Store Bonduel	17 8 AM - 2 PM Color Walk (Rain Date July 24th)
18	19 11:30 AM Dietitian 2 PM Local Run	20 2 PM Bingo 5 PM Council Meeting	21 9 AM Wittenberg Run 2 PM Royal Rummy	22 Birthday Meal 	23 9 AM Rummaging	24
25	26 2 PM Local Run	27 5 PM Snack Bingo Working on Stream	28 2 PM Local Run Working on Stream	29 2 PM - 4:00 PM Northstar Casino	30 10 AM Build Your Own Bird House	31 Mohican Elder Bingo at the casino

Tips for Shopping at a Farmers Market on a Budget

With farmers market season getting into the full swing it gives us a place to buy local food from local farmers in a fun atmosphere. Farmers markets can offer fruits and vegetables at comparable prices to the grocery store and may even be a cheaper option. Here are some tips to help you shop smart at your local farmers market:

1. **Make a list but be flexible-**

   Be prepared with a list of the produce you need but if a cheaper fruit or vegetable is available and is comparable then be willing to make the substitution.

2. **Look around before buying-**

   Prices and quality may change from farmers to farmer, plus this allows you to see the whole market and get some extra steps into your day.

3. **Be patient-**

   Wait for a larger supply of fruits or vegetables because prices will often be lower when there is an abundance of the same fruits and vegetables at multiple stands.

4. **Don't overbuy and consider shelf life-**

   Planning meals ahead will help you buy the right amount to avoid wastage. This will also help you stay in your budget.

5. **Buy in bulk…if you will use it-**

   Buying larger amounts can often save money but only if you will use it before it goes bad. For example, if you are planning on processing the food into canned or frozen produce then buy in bulk and process it all at once.

6. **Avoid specialty items-**

   These items are usually more expensive and may be things you really don't need.

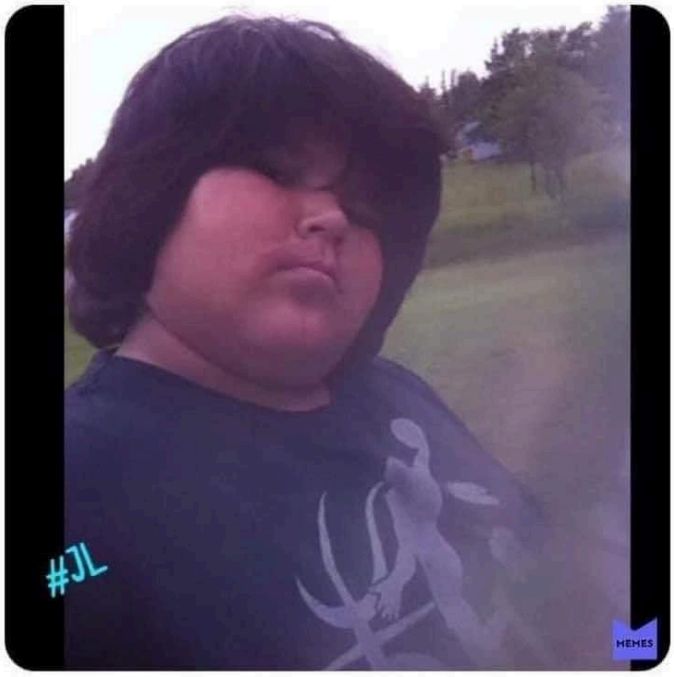
7. **Ask the farmer questions-**

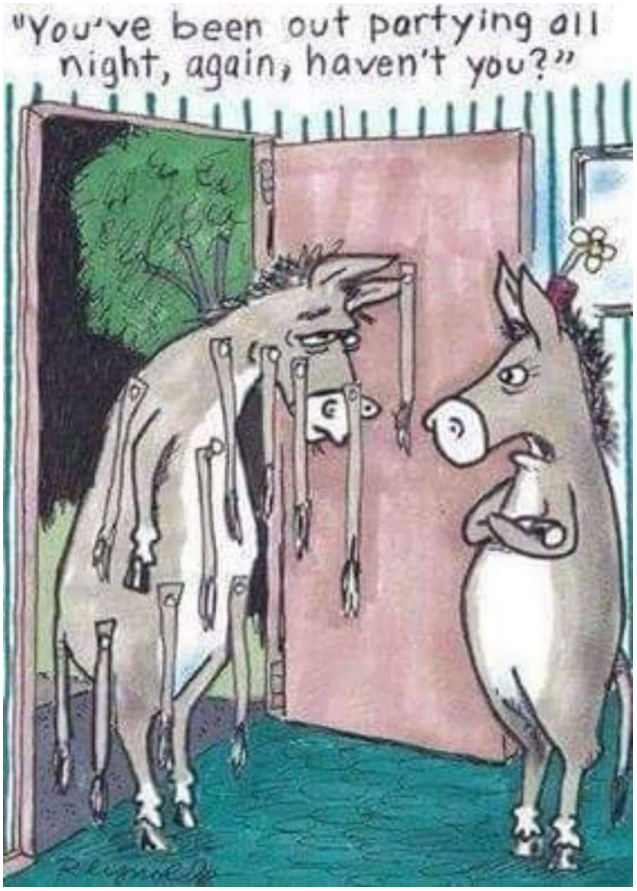
   Don't' be afraid to chat with the farmer, they know their stuff and can give you advice on how to cook and store the foods they sell.

8. **Use your FMNP dollars-**

   Remember to use your FMNP checks if you have them, many markets accept them and they are a great summer resource. Check with the Elderly Center to see if they are available this year.

Feeling hungry... might eat grandmas elder-lunch... idk





I too dabble in essential oils

Karmen Mason

Dale Schwab

Rhonda Bowman

Richard Dalve

Norbert Exferd

Nancy Gardner

Randean Kussow

Marvel Miller

Kathleen Mohawk

Roderick "Squirt" Pecore

Lois Reimes

Terrie Terrio

Lai Lonnie Kosowski

Kathy Hill

Thomas Brandenburg

David Carpenter

Friend who makes wax and lots of honey

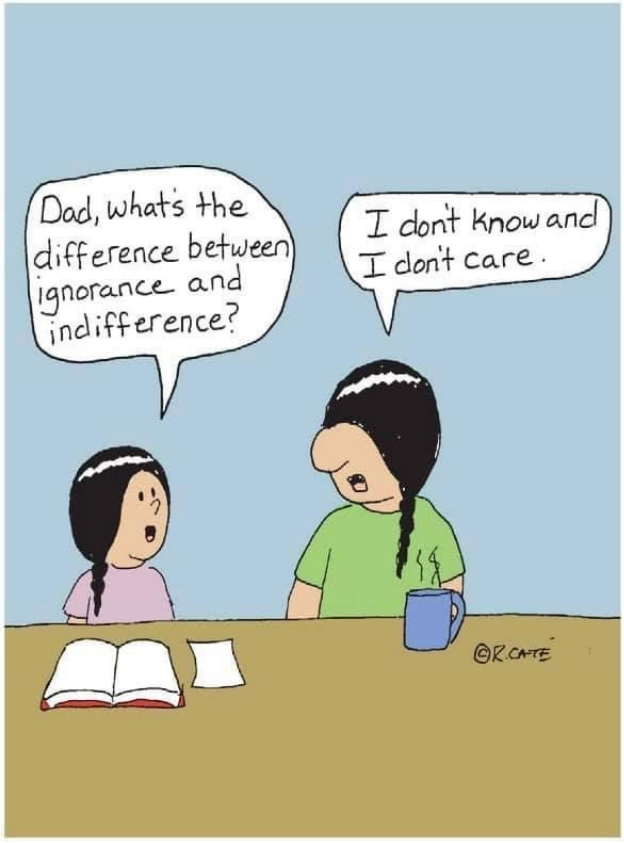
Friend who is extra fuzzy and really loves flowers

Friend who pollinates and eats pests but needs more personal space

Do you have a special talent?

Me:

WITHOUT RESERVATIONS



UPCOMING ACTIVITIES & EVENTS

Thursday, July 8th at 2:00 PM

Trip to Diane's Soft Serve in Birnamwood.

Please call the Eunice Stick Gathering Place to sign up.

Thursday, July 15th at 2:00 PM

Cricut Introduction: Make Our Own Stickers. We have an awesome new crafting machine at Elderly. Come check out what we can do with it & make some stickers.

Please call the Eunice Stick Gathering Place to sign up.

Friday, July 16th at 10:00 AM

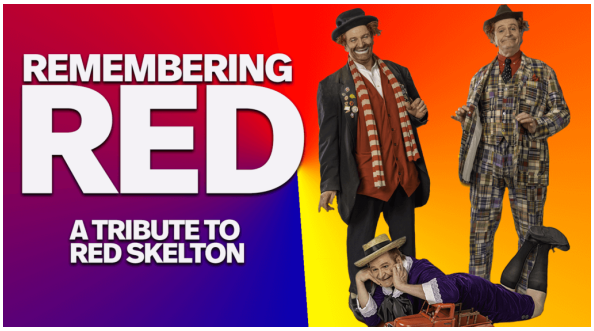
Trip to the Amish Store in Bonduel.

Please call the Eunice Stick Gathering Place to sign up.

Thursday, July 29th 2:00 PM - 4:00PM

Trip to North Star Casino.

Please call the Eunice Stick Gathering Place to sign up.



Thursday, September 16th, 2021 at 1:00 PM

We have a few seats open for this show. If you already signed up & paid your $10 deposit your seats are reserved. If you can't make the show let us know so we can fill your seat. Please call the Eunice Stick Gathering Place with any questions.

We randomly gave away 20 hanging plants to elders. If you're an elder on the reservation you were automatically entered in the drawing.

Here's the list of winners:

Ginger Stevens
Eva Bowman
Lisa Blom
Dale Schwab
Cliff Church
Bruce Miller
Jodie Davids
Rodney Martin
Brent Davids
Karrie Mohawk Tucker
Bill Terrio
Duane Schreiber
Bette Besaw
Oleyna Hirthe
Sheldon Malone
Nikki Bowman
Sharon Wedde
Oscar Schultz
Barry Duffek
Leah Miller

2021 Medicare Basics

Medicare is health insurance for people age 65 or older and people under age 65 who have been determined disabled by the Social Security Administration. Coverage options vary in cost depending on the plan, coverage, and the services used.

Original Medicare Plan

Part A: Hospital	**Part B: Medical**
Has a $1,484 deductible per benefit period Cost: free for most people. (Otherwise, $259/mo if 30-39 qtrs of work, $471/mo if under 30 qtrs of work)	Basically covers 80% of costs after deductible of $203/yr Cost: $148.50/mo taken out of Social Security benefit.

You have your choice of doctors, hospitals, or clinics that accept Medicare.

Prescription Drug Plan

Medicare Part D	**SeniorCare**
The federal Medicare-approved drug plans provided by private insurance companies. Plans differ in coverage, formularies, & co-pays. **Cost:** monthly prem. plus plan co-pays (may have deductible up to $445).	The prescription drug program available only in Wisconsin. SeniorCare coverage is based on income level. **Cost:** $30/yr plus co-pays and possible deductible.

Medigap/Supplement Policy

Traditional Medigap policies are offered by private insurance companies to cover payment of the 20% Medicare does not cover. Optional riders are available to cover additional costs such as deductibles, excess charges, foreign travel emergencies, and additional home health care visits.

Cost: Varies by policy and company. The cost of a basic policy for a 65-yr-old is between $150-$450 (avg. approx.. $230) per month.

OR

Part C: Medicare Advantage Plans

Medicare Advantage plans are private companies that provide the same benefits as Medicare Part A and B. Using Medicare monies, private companies make arrangements with hospitals/doctors/clinics to provide care for their clients at reduced rates.

Co-pays are assigned to most medical procedures and need to be paid by insured client. Most plans have maximum out of pocket caps on co-pays that range from $3,000 to $6,700/yr.

Cost: Medicare and Plan premiums + Co-pays

3 basic types of Advantage Plans

HMO: Health Maintenance Organization; must use medical providers who are in plan's network.

PPO: Preferred Provider Organization; pay less if using providers in network, more if out of network.

With the above plans, you must get your prescription coverage either from the plan, SeniorCare, or the Veteran's Administration.

PFFS: Private Fee for Service; you can use any provider that accepts the plan, and you can get your prescription coverage with a separate Part D plan.

With Advantage plans:

Doctors/hospitals/clinics MUST accept terms and conditions of plan or you do not have coverage.

Referrals do not guarantee insurance payment.

Doctors/hospitals and other providers can terminate their coverage arrangements with each other at any time

Often plans do not offer coverage outside regional area, except for emergencies/urgent care.

Plans can not drop insured clients for any reason other than non-payment of premium, but plans can leave a service area.

Client no longer uses Original Medicare.

Medicare Cost Plans

Cost plans are offered by some HMOs who agree to provide Medicare benefits. Cost plans will only pay supplemental benefits if you use network providers. If you use a non-network provider, Medicare will still pay its share of covered charges, but you will pay the deductibles and co-pays.

Prescription coverage can either be with the cost plan, a separate Part D plan, or SeniorCare or the Veteran's Administration.

The Parts of Medicare

Part A Services:

- Inpatient hospitalization
- Skilled nursing facility care
- Home health care
- Blood
- Hospice care
- Inpatient mental health services

Part B Services:

- Outpatient hospital services
- Doctor's visits
- Durable medical equipment, including oxygen
- Lab work
- X-Rays, scans, and MRIs
- Physical, occupational, speech, and cardiac rehabilitation therapies
- Chemotherapy and injectable drugs
- Ambulance
- Emergency room and urgent care
- Diabetes supplies (except insulin and syringes – Part D)
- Mental health services (outpatient)

Part C Services:

- Another name for Medicare Advantage plans

Part D Services:

- Prescription medications, insulin, syringes, and the shingles vaccine

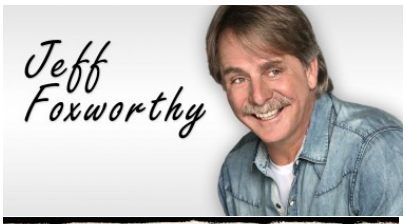
Some things to remember:

- Each year individuals have a chance to review and change their Medicare Part D or Medicare Advantage plan during Medicare's open enrollment, **October 15 – December 7**.
- You cannot have an HMO or PPO Advantage plan <u>and</u> a separate Part D plan together. You can have SeniorCare with either plan.
- You can change supplement policies any time if you can find another company who will accept you (subject to health underwriting).

Clap
Snap
Touch shoulders
Knock on desk
Touch shoulders
One arm to the sky
Touch shoulders
Other arm to the sky
Lift one shoulder
Lift the other shoulder
Lift both shoulders
Right leg
Left leg
Both legs

Summer Safety Tips
Stay Hydrated
Drink 8 or more glasses of water per day to stay heathly & hydrated
Know the Side Effects of Medications
Some medications have side affects such as drowsiness or sun senstitivty
Stay Cool
Stay in the A/C, indoors, go swimming, etc.
Wear Light, Loose Fitting Clothing
Wear breathable clothing and light colors that reflect the sun
Have Emergency Contacts
Have a list of people to call in case of emergency
Know the Weather Forecast
Plan your days accordingly depending on the weather

Please sign up at the Eunice Stick Gathering Place, or by calling (715)793-4236 to win tickets to the following shows at the casino:



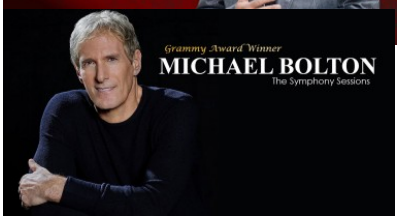
August 20, 2021 - Jeff Foxworthy

August 28, 2021 - Stars, Cars & Handlebars

August 28, 2021 - Count's 77

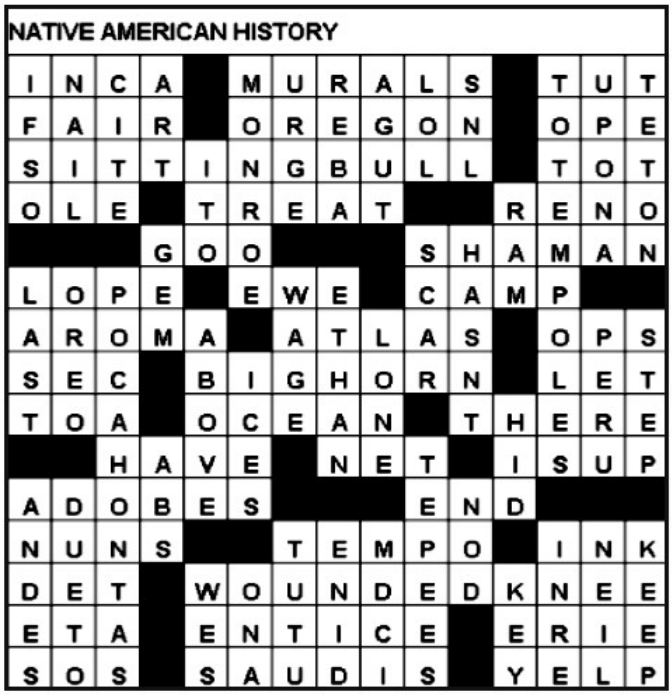
*This is a FREE show

September 17, 2021 - Eddie Montgomery



November 20th, 2021 - Michael Bolton

ANSWERS TO THIS MONTH'S PUZZLES



NATIVE AMERICAN HISTORY

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

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 $1.00 is asked for delivered meals (your spouse is eligible regardless of age.) A donation of $2.00 is asked for congregate meals. Anyone under the age of fifty-five is required to pay $3.00 per meal.

We ask that you call at least 24 hours in advance to reserve your meal.

No Elder will be turned away, regardless of ability to pay.

Stockbridge-Munsee Elderly Services is also a satellite office of the Aging & Disability Resource Center of the Wolf River Region, which also includes the counties of Shawano, Menominee and Oconto. The ADRC offers information and assistance on issues affecting older people and those with disabilities regardless of their income. For more information call Toll Free:

1-855-492-2372 or visit **www.adrcwrr.org**

The Elderly Stream monthly newsletter is available online at www.mohican.com. Links to the Elderly Stream & lunch menu are on the home page.

Eunice Stick Gathering Place mailing address is:

PO Box 70, ***Bowler***, WI 54416