Elderly Stream
CRITICAL TO YOUR HEALTH

Did you know that sleep plays a critical role in your overall health? Getting quality sleep can help protect your mental health, physical health, quality of life and safety. Not getting enough sleep can affect your mood, memory and reaction time which may interfere with work, school, driving and social interactions.

Below are a few tips that may help you get a good nights rest.

**TEN TIPS**

### DAYTIME

- **CONSISTENT SLEEP SCHEDULE**
  Getting up at the same time every day, even on the weekends can help you fall asleep easier at bedtime.

- **SPEND TIME IN THE SUNLIGHT**
  Sunshine can help regulate your hormones and your body’s internal sleep cycle.

- **EXERCISE REGULARLY**
  Getting regular exercise can help you fall asleep faster and improve your quality of sleep.

- **STRETCH YOUR MUSCLES**
  Stretching can improve blood flow and relieve muscle tension - both aid in muscle recovery and sleep quality.

- **EAT NUTRITIOUS FOODS**
  Consuming a diet with fresh fruits and vegetables and low-fat proteins while also avoiding foods with added sugars can help with a healthy sleep pattern.

### NIGHTTIME

- **AVOID CAFFEINE AND ALCOHOL.**
  Even if you can fall asleep quickly after drinking caffeine or alcohol it often interferers with being able to stay asleep.

- **WIND-DOWN AND RELAX**
  Begin your bodies natural relaxation response to drift off to sleep naturally by doing breathing exercises.

- **CONSISTENT BEDTIME ROUTINE**
  By following a consistent sleep schedule you will help train your brain to naturally feel tired at bedtime.

- **AVOID BRIGHT LIGHTS**
  Shut off lights in your home as it nears bedtime. TVs and phones emit blue light which blocks the release of the hormone that helps us fall asleep and stay asleep.

- **RELAXING ENVIRONMENT**
  Keeping your room quiet and at a comfortable cool temperature can help you get a good nights rest. Consider a sound machine if quietness is not an option.
Greetings Everyone!

On July 14th we will be serving a fish fry, at noon, here at the Eunice Stick Gathering Place! Call in and reserve your meal, it will be of great help when ordering food so there is enough food for all. No breakfast will be served or delivered on that day, we will deliver the fish fry at lunch time instead. Home delivered meal participants please mark this on your calendar AND let us know if YOU DO NOT want to receive the fish meal.

Please call the main line, (715) 793-4236 for all of your requests; all calls & messages are answered from this line and will ensure that your requests will be heard and followed up on. If you call a staff member’s direct line and they are out of the office, your message will not be recovered until they return to the office. So, please remember to call the main line for your immediate requests, thank you! Staff members are away from their desks during the daily lunch hour (Noon – 1 PM) so please leave a message and we will get back to you.

The Eunice Stick Gathering Place will be closed on Tuesday, July 4th for Independence Day! No meals congregate or home-delivered will be served on this day. Enjoy and celebrate how blessed we are to have the freedoms we have and to always thank a Veteran for their service!

I have included in this issue the Elder Expectations guidelines for those who come to the Eunice Stick Gathering Place. Please be considerate of all others and follow these expectations for an enjoyable meal and visits at the elderly center.

Remember to keep the monthly menu on your refrigerator or bulletin board so that you know what the menu is going to be and when the meal site is closed.

As always, please don’t hesitate to call us if you have questions or concerns. If we can’t help you we will find out who can!

Respectfully,

Kristy Malone, SM Elderly Services Manager
During Covid many of us experienced, maybe for the first time; a sense of loneliness and isolation. For some elders, this is something they continue to feel. I would like to offer some activity ideas to hopefully lessen and assist with those feelings.

Volunteer
Write memoirs (or pen pal)
Drawing (water color painting)
Journaling or blogging
Exercise classes (yoga, strong bodies)
Reading or/and Book club
Dropping in at “Eunice Stick Gathering Place” aka Elderly Center
Walking, bicycling, bird watching
Getting a pet
Tinkering (small projects)
Calling a friendly line and talking with someone
Counseling
Make phone calls
Social media
Doctor visits

Video Chats or facetime
Online Games
Online classes, self-education
Read or join a book club

While this list is not all inclusive, it does give some good ideas to start. Always know, I am available to call; Lory Stevens, Elder Social Worker at (715) 793-5619.
Stockbridge-Munsee Elderly Services

Elder Expectations and Guidelines

We are committed to providing a sanitary, safe nutrition and activity site and fostering the well-being and health of participants. As a result, there are expectations that promote everyone’s rights. These guidelines are intended to make everyone feel welcome and safe.

PARTICIPANTS HAVE A RIGHT TO EXPECT:

* A dining and activity site that is safe, comfortable, clean and has a cheerful, friendly atmosphere that promotes socialization and offers health promotion activities.
* Wholesome meals and menus that meet nutrition requirements
  • Food that passes inspection, meets standards and is safe for consumption
  • Qualified, well-trained staff
  • Provisions for accessibility for handicapped individuals

EXPECTATIONS OF PARTICIPANTS:

1. EVERYONE IS WELCOME

The dining site shall be a friendly, inviting place for all elders to congregate. Behaviors that prevent people from using and enjoying the dining site are prohibited. The goal of the Elderly Center is to serve all of the Elders that we can. However, if someone’s behavior is found to be negative, dangerous or threatening the Elderly Office reserves the right to refuse services. **We ask that conversations and behavior be respectful of others.**

Inappropriate, harsh, harassing, discriminating or disrespectful acts will not be tolerated. The use of appropriate language is expected and anything believed to be inappropriate will not be tolerated. **Any threatening, violent or otherwise undesirable behavior may be subject to**
Consequences regarding in suspension or expulsion from the program and/or notification of law enforcement.

2. **RESERVATIONS ARE REQUESTED**
   To avoid food waste yet ensure that we have an adequate number of meals for our participants, we must request reservations. You are responsible for making your own reservation and, if needed, canceling it.

3. **“DRESS” FOR MEALS:**
   Appropriate “street” dress is requested when attending meals. This means no nightwear, no bare or stocking feet and no clothing that may be offensive to others. *For everyone’s dining enjoyment please practice good personal hygiene.*

4. **NO SAVING SEATS:** Everyone is free to choose where he or she wants to sit. Please do not sit at the dining table during lunchtime if you are not registered for lunch. To avoid a possible fall hazard, “tipping chairs” is prohibited.

5. **CONTRIBUTIONS:** The meal site requests contributions from meal participants to support the meals program. Federal, State and Tribal funding also pays a portion of meal costs. No eligible person will be denied a meal if they are unable to contribute. Those who are not age eligible as a meal participant **must pay** for their meal.

6. **FOOD SAFETY – TAKING FOOD HOME:** You may take home any part of the meal served to you. Once the food leaves the elderly center it is your responsibility to assure it is handled safely. A handout on how to transport and reheat food safely is available. Please do not remove any food items from the garbage.

We ask that everyone be respectful of one another when participating in the Elderly Center meals, activities & events. Elders, if you ever feel that you have been treated unfairly by staff or another participant at the Elderly Center, you may file a grievance/complaint verbally or in writing.

Respectfully,

Kristy Malone, Manager Elderly Services
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Please call (715)793-4226 to make a reservation.

Julie's
Friday Fish Fry
Home Delivered Fish Fry July 14th, 2023

Friday, July 14th
Noon
Enice Slick Gathering Place

Lunch is being delivered.

Please join us for a

Enice Slick Gathering Place

12:00 PM (Noon)

Lunch is being delivered.

14th, July
2 haddock loin, coleslaw, potato salad, bread & dessert.

Lunch is being delivered.

14th, July
2 haddock loin, coleslaw, potato salad, bread & dessert.

Lunch is being delivered.
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Please call (715)793-4236 to make a reservation.
Look for these potential signs:

- Unresponsive or unconsciousness
- Slow or absence of breathing
- Snoring or gurgling sounds
- Cold or clammy skin
- Discolored lips or fingernails

Recognizing an **OPIOID OVERDOSE**

How to administer NARCAN:

1. Call 911 and follow the instructions they give you.
2. Place tip of nozzle in either nostril until your fingers touch the nose.
3. Press the plunger firmly to release the dose of NARCAN®.
4. If there is no response after 2-3 minutes, give a second dose.

Wisconsin Addiction Recovery Helpline

- Call: 211 or 833-944-4673
- Text: Your ZIP code to 898211
- Online: addictionhelpwi.org

Above information and images from https://www.dhs.wisconsin.gov/opioids/overdose.htm

The SMHWC Community Health Department encourages you to take this free virtual Narcan Training to receive Narcan at NO COST.

Naloxone Training Link: https://www.camy.com/design/DAtx9_0Py9U/AdoE2COOPR4P56oA/viewutm.content=DAtx9.0Py9U/AdoE2COOPR4P56oA/viewutm.medium=link&um.source=publishsharelink
SHAWANO COUNTY FARM MARKETS

THE FRESH PROJECT - SHAWANO FARMERS' MARKET
235 S WASHINGTON ST
SHAWANO, WI
INSIDE FRANKLIN PARK
Dates Open: 06/17-10/14
Saturday: 8:00 AM TO 12:00 PM
MARKET DOES SELL SOME NON-WI PRODUCE.

SCHAILER'S AUTUMN ACRES-LLC
154 HWY 45
BIRNAMWOOD, WI
GENERAL STORE
CUCUMBERS, TOMATOES, POTATOES, ONIONS,
PEPPERS,
BROCCOLI, SWEET CORN, MELONS
Dates Open: 07/01 - 10/31
Sun 11:00 AM TO 4:00 PM
Mon 10:00 AM TO 5:00 PM
Tues 10:00 PM TO 5:00 PM
Wed 10:00 AM TO 5:00 PM
Thurs 10:00 AM TO 5:00 PM
Fri 10:00 AM TO 5:00 PM
Sat 10:00 AM TO 4:00 PM

TROY PORTER FARMSTAND
W4314 STATE HWY 156
BONDEUL, WI
FARM STORE - 2 MILES EAST OF NAVARINO
BERRIES & Veggies
04/15/2021 JP: THEY HAVE DIFFERENT HOURS FOR DIFFERENT HARVEST SEASONS. SUGGESTED TO CHECK WEBSITE BEFORE GOING, OR CALL.

CEDAR WEDGE FARM
W4701 WEDGE RD
BONDEUL, WI
FARM STORE
VARIETY OF VEGGIES AND FRUIT
05/05/22 AV: ALSO SELLS MEAT.
Dates Open: 05/15 - 10/31
Mon 8:00 AM TO 5:00 PM
Tues 8:00 AM TO 5:00 PM
Wed 8:00 AM TO 5:00 PM
Thurs 8:00 AM TO 5:00 PM
Fri 8:00 AM TO 5:00 PM
Sat 9:00 AM TO 3:00 PM

RUDY'S GARDEN
W11879 COUNTY ROAD A
GRESHAM, WI
HOME STAND
CORN, CUCUMBERS, TOMATOES, SQUASH, BEANS,
HERBS,
PEPPERS, PUMPKINS,GROUND CHERRIES, CABBAGE,
KOHLRAB
5/19/22 AV: ALSO SELLS PLANTS AND CRAFTS
Dates Open: 06/15 - 10/31
Sun 10:00 AM TO 5:00 PM
Mon 10:00 AM TO 5:00 PM
Tues 10:00 AM TO 5:00 PM
Wed 10:00 AM TO 5:00 PM
Thurs 10:00 AM TO 5:00 PM
Fri 10:00 AM TO 5:00 PM
Sat 10:00 AM TO 5:00 PM

BILL'S PRODUCE
N3364 STATE HWY 22
SHAWANO, WI
AND AT
1345 E GREEN BAY ST
SHAWANO, WI
QUALHEIM'S TRUE VALUE HARDWARE STORE
PARKING LOT
SWEET CORN, TOMATO, SQUASH, MELONS, PUMPKIN
Dates Open: 07/20-10/31
Sun 8:00 AM TO 6:00 PM
Mon 8:00 AM TO 6:00 PM
Tues 8:00 AM TO 6:00 PM
Wed 8:00 AM TO 6:00 PM
Thurs 8:00 AM TO 6:00 PM
Fri 8:00 AM TO 6:00 PM
Sat 8:00 AM TO 6:00 PM

HANKE FAMILY FARM LLC
W17857 COUNTY RD Q
WITENBERG, WI
FARM, ACROSS FROM NUESKE MEATS
APPLES AND VEGETABLES, PUMPKINS
Dates Open: 08/01-10/31
Sun 9:00 AM TO 6:00 PM
Mon 9:00 AM TO 6:00 PM
Tues 9:00 AM TO 6:00 PM
Wed 9:00 AM TO 6:00 PM
Thurs 9:00 AM TO 6:00 PM
Fri 9:00 AM TO 6:00 PM
Sat 9:00 AM TO 6:00 PM
Focus on Whole Fruits

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Include fruit at breakfast
Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.

Take fruit on the go
Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.

Make your own trail mix
Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.

Enjoy fruit as a snack
Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.

Add fruit at dinner
Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.

Keep fruit on hand
Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it’s the first thing you see when you open the door.
Fourth of July

Across
[2] Some apples are this color
[4] Land that I love
[10] I would rather have this than death
[11] Land of the ......
[12] Grilling time
[14] They light up the sky
[16] A gift from France

Down
[1] Home of the ......
[3] In short, the United States of America
[5] Not being ruled by another
[6] The Declaration of Independence was adopted this day
[7] You can wish upon them
[8] There are 13 of them
[9] Some would like to let it ring
[13] The color of marshmallows
[15] Old Glory
[17] The color of the sky
July Birthdays

Thomas Brandenburg
David Carpenter
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
Dawn Welch
Lai Lonnie Kosowski
Kathy Hill
Fourth of July Word Search Puzzle

Words to find:

- Adams
- America
- Barbecue
- Celebration
- Colonies
- Congress
- Family
- Fireworks
- Flag
- Fourth
- Freedom
- Holiday
- Hot Dogs
- Independence
- July
- Jefferson
- Liberty
- Music
- Parade
- Patriotic
- Patriotic
- Revolution
- States
- Revolution
- States
- Summer

Free printable courtesy of PrintitFree.net
I went to view a house on a native American reservation. “I like it” I said. “Does it come with running water?” “No,” he replied. “Get your own wife.”

Why were there native Americans in America first? Because they had reservations.
TAKE ACTION!

Fall Prevention for the Elderly: Some Do's and Don'ts

**DO’S**

Speak Up
- Talk to your doctor - let them know if you have fallen, feel unsteady when standing or walking, or if you are afraid of falling.
- Get regular foot and eye exams at least once a year.

Stay Active
- Do exercises to increase your leg strength and improve your balance.

Make Your Home Safer
- Get rid of trip hazards - remove throw rugs and keep floors free of clutter.
- Brighten your home with extra lighting or brighter light bulbs.
- Install grab bars in the bathrooms - next to toilet and inside and outside of your bathtub/shower.
- Have handrails installed on both sides of staircases.

**DON'TS**

- Don't clutter walkways in the home
- Don't wait until you fall

Information provided by Centers for Disease Control and Prevention
Stockbridge-Munsee Elderly Steering Committee  
Regular Meeting  
Wednesday, May 3, 2023 12:00 PM Tribal Office  

Present: Ellie Kazik, Carolie Miller, Marv Malone, Jan RedCloud, Jill Duffek, Mark Church and Laura Moede  

Others Present: Stephanie Bowman, Nikki Bowman, Kristy Malone, and Linda Mohawk-Katchenago  

Call meeting to order: Ellie called meeting at 12:05 PM.  

Moment of Silence-  

Approval of agenda-  
Linda notified the board that the meeting is being recorded. Carolie asked why the meeting time was switched to 12:00 PM. Ellie mentioned that Marv started a new job and was unable to make the meeting at 10:00 AM because he is on probation and cannot take off from work. Carolie would like to discuss. Motion by Carolie Miller to approve the agenda with the addition of the meeting time. Seconded by Mark Church. Motion carried.  

Ellie congratulated Carolie and Mark on being appointed to the board.  

Minutes of April 3, 2023-  
Discussion was held on why things are being removed from the minutes. There were some things in the minutes that Kristy did not say, and she was doing what the committee asked her to do. Discussion was held on training for the committees. The committee stays out of HR issues, but the committee is to work with Kristy. Some of the committee feels that training is needed as some of the members are new or never served on a board or committee. Linda let the committee know that the Tribal Council is going to be contracting with someone to provide training for all boards and committees. The Legal Department is down an Attorney and does have a large case load, so the direction of the Tribal Council was to contract with someone to provide the training and to work with the boards and committee to get the by-laws up to date. Linda suggested that the committee make a motion so that Tribal Council will give a time-line when the training is going to happen as the committee is looking to get the training done in a more timely manner. Motion by Jill Duffek to approve the minutes of April 3, 2023. Seconded by Jan RedCloud. Motion carried.  

Treasurers Report-  
Nikki Bowman gave the treasure report. Discussion on the expenses, budget, and the Activity Coordinator. Mark had a question on the invoice from North Star Casino and wanted to know if the committee is paying for the bingo gifts. Motion by Carolie Millet to approve the treasurer report. Seconded by Marv Malone. Motion carried.  

Manager’s Report-  
Stephanie Bowman read the report. Carolie asked Stephanie if the committee could get a summary of what the Social Worker and the Dementia Worker is doing with their time to make sure they are meeting the Elder’s needs. There is some confusion on why Stephanie is giving the Manager’s Report. Linda mentioned that the Manager’s report and the other areas reports go to Stephanie as there has been an organizational change. The by-laws state
that the Manager is to give the report not the Aging & Disability Services Manager. The by-laws need to updated to reflect the organizational change.

Needs of Elders-
None to report.

Old Business-
None to report.

Chemon Memorial-
Nikki requested information from Primal Eats and the Casino for bids. Jill brought up the idea of getting volunteers to cook. Jill Duffek and Laura Moede will be making potato salad due to no sides being provided. The date for the memorial will be June 21st. Discussion was held on door prizes, drinks, posters, and banners.

Motion by Jill Duffek to go with Primal Eats for the Chemon Memorial.
Seconded by Mark Church.
Carolie opposed the motion as she would like it to stay with our business.
Motion carried.

Motion by Jill Duffek for Chemon Memorial door prize for from C-Store, from Pine Hills, and from Wal-Mart card and not to go over which included other incidents.
Seconded by Mark Church. Motion carried.

New Business-
Marv will talk with his boss regarding time of meetings to keep them the same at 10:00 AM and will let Jill know the decision. The board discussed the terms of the board and need to decide who is taking what positions. The terms are staggered so not everyone is off at the same time. Laura suggested have 4 of them the first 6 months and the other 3 the last 6 months. Laura suggested to get another Secretary as her term is done July 2023.

Motion Carolie Miller that new board members would like training on the by-laws and it was told us by Linda Katchenago that Council is thinking about having training and contracting with someone for all boards and need a time limit from Council when they are going to be able to have it set up, so we would like a date.
Seconded by Jill Duffek. Motion carried.

Motion by Jan RedCloud to post all 3 openings of committee to be posted as soon as possible by Tribal Council.
Seconded by Mark Church. Motion carried.

Comment Box-
The comments were shared with board that were in the box and will be attached to the minutes.

Motion by Jill Duffek to place a motion for the key to the comment box because her term is coming up and wants to give Stephanie a key open box.
Seconded by Jan RedCloud. Motion carried.

Adjournment-
Motion by Carolie Miller to adjourn.
Seconded by Mark Church. Motion carried at 2:13 PM.
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 donation of $1.00 is asked for delivered meals (your spouse is eligible regardless of age.)

A donation 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)