August

Elderly Stream

47th Annual Mohican PowWow

Honoring Gulf War Veterans
TRIBAL ELDER
FOOD BOX PROGRAM

FREE DISTRIBUTION OF LOCAL, TRADITIONAL FOODS

Stockbridge-Munsee Food Distribution
N8476 Moh He Con Nuck Rd.
Bowler, WI 54416
Thursdays 10AM

DATES:
August 10th and 24th
September 7th and 28th
October 12th and 26th
November 9th and 30th
December 14th

With Questions, Contact Jill at Stockbridge-Munsee Food Distribution
(715) 793-4941

Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

PLEASE NOTE: Food provided is for Tribal members, 55 years and older. This project is funded by a Feeding America National Organization grant, Feeding Wisconsin’s Wisconsin Department of Agriculture, Trade and Consumer Protection ARPA grant, and an Intertribal Local Food Purchasing Agreement grant.

www.GreatLakesIntertribalFood.org
Greetings Elders!

It’s August! The annual Pow-Wow is just around the corner. Honoring our Veterans of the Gulf War is this year’s motto. My favorite thing to do is watch the little ones’ dance! Brule’ will be performing at the North Star Casino on Friday, August 11th at 9:00 p.m. in the Orion Room and all ages are welcome to attend.

I go to enjoy the food stands! I love those side pork sandwiches on fry bread and strawberry shortcake! This is also the time to see old friends from near and far and also make new acquaintances! Shopping at the vendor stands is also my favorite, what are yours?

A gentle reminder to please call the main line at (715) 793-4236 to reach staff or leave a message. Some days a staff member, you wish to talk to, may not be in the office and your message may be missed or not returned for several days. Other staff may have been able to assist you so, please remember to call the main line at (715) 793-4236 to get assistance quickly. Thank you!

In closing, I would like to add that the Eunice Stick Gathering Place is for all Elders. It is the place to enjoy a good meal, good conversation and good times! Please be aware that negative behavior and remarks toward other elders and/or staff will not be tolerated and that goes for staff as well.

Remember to keep the monthly menu and activity calendar in a handy place so you know what is happening for elders. Also, please continue to give us your suggestions for meals.

A Satisfaction Survey will be mailed out to our participants in the near future. This survey is developed through the State Title III program so all elders in the state will receive the same survey. When you receive it, we encourage you to please take the time to complete it and return to us. We are finally getting back to full services after three years of the pandemic and we appreciate your time and input to make elderly services great again! 😊

Respectfully,

Kristy Malone, Manager
Phone: (715) 793-4236
P.O. Box 70, Bowler, WI 54416
Mini Powwow Word Search

grand entry
love
eagle
culture
drum

sacred
respect
crow hop

tradition
dance

jingle dress

moccasins

ceremony

feather

fancy shawl

regalia

powwow
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<td>Tuna Sandwich</td>
<td>Bratwurst</td>
<td>Cream of Broccoli</td>
<td>Beef Taco on Fry Bread</td>
<td>Pumpkin Panckae</td>
<td>Meals served with Coffee, Juice or Milk</td>
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<td>Tomatoes</td>
<td>Sweet Potato</td>
<td>Ham &amp; Cheese</td>
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<td>Cheese</td>
<td>Mixed Veggie</td>
<td>Cucumber Salad</td>
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<td>Tomato Soup</td>
<td>Tomato &amp; Cucumber Bread</td>
<td>Beef Stew</td>
<td>Chicken Spaghetti</td>
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<td>Roasted Pork Chop</td>
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<td>Haddock</td>
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<td>Turkey Slice</td>
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<td>Meatballs over Pasta w/ Gravy</td>
<td>Italian Beans &amp; Tomatoes</td>
<td>BBQ Slawy Joe</td>
<td>Chees &amp; Cheese</td>
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<td>Chef's Salad</td>
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Please call (715)793-4236 to sign up for a meal.
Fish Fry

Friday August 18th

12:00 PM Noon at the
Eunice Stick Gathering Place

Noon meal only – No Breakfast

2 Fried Haddock Loins with Potato, Coleslaw & Dessert

Please Sign Up – (715) 793-4236

*No breakfast delivery to our home delivery folks, fish fry is being delivered at normal lunch time.
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<td>Steering Committee 10:00 AM Bingo 1:30 PM Council Meeting 5:30 PM</td>
<td>Strong Bodies 9:00 AM Local Run 2:00 PM</td>
<td>Amish Stores 9:30 AM</td>
<td>Shawano Run 10:00 AM Craft Day 1:30 PM - 3:00 PM</td>
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<td>SNAP Education 11:30 AM Bingo 5:30 PM</td>
<td>Strong Bodies 9:00 AM Green Bay Trip 9:00 AM</td>
<td>Tribal Elder Food Box 10:00 AM Reservation Tour w/ History Brief or Swimming at Beaulieu Lake Lot 11:00 AM</td>
<td>Shawano Run 10:00 AM Special Social Event (TBA) 1:00 PM Pow Wow</td>
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<td>Pow Wow</td>
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<td>Local Run 2:00 PM Book Club 5:30 PM</td>
<td>Tribal Member Food Coupon 6:00 AM Bingo 1:30 PM Council Meeting 5:30 PM</td>
<td>Wittenberg Trip 10:00 AM</td>
<td>Franklin Park Music 5:00 PM - 8:00 PM Frank Childress Band</td>
<td>Shawano Run 10:00 AM Craft Day 9:30 AM - 12:00 PM</td>
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<td>Antigo Customs &amp; Classics Car Show 9:00 AM - 3:00 PM</td>
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<td>Nutritional Education 11:30 AM Local Run 2:00 PM</td>
<td>Bingo 5:30 PM</td>
<td>Local Run 2:00 PM</td>
<td>Tribal Elder Food Box 10:00 AM Reservation Tour w/ History Brief or Swimming at Beaulieu Lake Lot 11:00 AM</td>
<td>Shawano Run 10:00 AM Craft Day 1:30 PM - 3:00 PM</td>
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<td>Bingo 1:30 PM Northstar Casino 4:15 PM - 7:00 PM</td>
<td>Local Run 2:00 PM</td>
<td>Birthday Meal 12:00 PM In-House Movie with Snacks 1:30 PM</td>
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*All activities subject to change*
FREE ADMISSION
FREE PARKING

47TH ANNUAL

MOHICAN POWWOW

HONORING GULF WAR VETERANS
Many Trails Campground, Bowler, WI

August 11-13, 2023

GRAND ENTRIES
FRIDAY - 7 PM
SATURDAY - 1 & 7 PM
SUNDAY - NOON

HEAD VETERAN DANCERS
Christopher "Bully" Tomaw
Rose Mary Tourtillott

HEAD DANCERS
Leonard Welch Jr.
Nicole Pecore

TRADITIONAL FEAST
Saturday - 5 PM
FREE AND OPEN TO PUBLIC

MC
Marin "Mark" Denning
AD
Shane Webster

HOST DRUM
Medicine Bear

INVITED DRUMS
Wigwam Jr. Singers
Young Standing Bear
Wolf River Singers
Medicine Rock
Swamp Creek
GiiTaa'dse

Drum Registration Friday 5-6:45 p.m.
**First five drums registered with a minimum of five singers will receive an honorarium on Sunday

5k FUN RUN/WALK SATURDAY 8 - 10:30 AM
Rough Camping On-Site

***NO alcohol, drugs, fireworks, pets or outside raffles***
STEPPING ON
A FALLS PREVENTION PROGRAM

This program is designed to educate and build self-confidence to reduce and eliminate falls.

COME JOIN US!

- Every Thursday starting September 21st-November 2nd
- 1:30-3:30pm
- Lower level conference room at the Stockbridge-Munsee Health & Wellness Center

Learn how you can prevent falls to stay healthy and independent!

Call Cami to register

715-793-5064

GIFT CARD DRAWING FOR THOSE WHO COMPLETE ALL SESSIONS
Weekly Farm Market
From The Earth Farm / N7534 Maple Road
Every Wednesday
(from late June - early October)
11:30 - 1:30
We accept cash, checks made out to SMC & Farmers Market Nutritional Vouchers!

Location
STRONGBridgers

STRONGPeople

StrongBodies

Benefits of Strength Training:
- Reduced risk for chronic diseases:
  - Diabetes
  - High Blood Pressure
  - Heart Disease
  - Osteoporosis
  - Arthritis
- Increased:
  - Strength
  - Muscle mass
  - Bone density
  - Ability to do Activities of Daily Living
**Avoid the Food Danger Zone**

Bacteria grows fastest when food is left out in temperatures ranging from 40°F to 140°F.

![Temperature Range]

**BE WEATHER AWARE**

- Internet
- Outdoor Sirens
- Wireless Alerts and Weather Apps
- Local TV and Radio
- Weather Radio
- Friends, Family, Coworkers

**PREVENT TICK BITES ON YOUR DOGS**

- Around the tail
- In and around the ears
- Around the eyelids
- Around the neck
- Under the front legs
- Between the toes
- Between the back legs

**Tip**

DON’T FORGET TO LOOK IN HARD TO SEE AREAS

**HOW TO REMOVE A TICK**

1. **REMOVE IT AS SOON AS POSSIBLE USING FINE-TIPPED TWEezERS.**

2. **GRASP THE TICK CLOSE TO THE SKIN SURFACE. PULL UPWARD USING STEADY, EVEN PRESSURE.**

3. **CLEAN THE BITE SITE AND YOUR HANDS WITH RUBBING ALCOHOL OR SOAP AND WATER.**

4. **GET RID OF THE TICK, DON’T CRUSH IT WITH YOUR FINGERS!**

**PATCHY FOG CAN SURPRISE YOU**

- Be ready for sudden changes in visibility
- Turn on your low-beam headlights when approaching fog
- Drive slowly, and keep your distance from other vehicles
- Use extra caution on bridges and in valleys

[Weather.gov Link]
August Birthdays

Lou Ann Jacobs
Scott Blaha
Lisa Blom
Brian Goss
Job Moede
Blake Smith
Jill Duffek
Steven Malone
Marlow Martin
Dudley Welch
Sandra Barton
Lowell Cornelius
Bert Davids
Sheldon Davids
Kelly Doxtator
Jeffery Vele
Aggist Lewis
Anthony Davids
Jay Hill
Randolph Malone
Sharon Wedde
Prena Wollenhaup
Penny Jashinsky
Kathryn Williams

JoAnn Schedler
Kirby Welch Sr.
Averil Pecore
Oscar Schultz Jr.
Herman Gardner
Candace Miller
Christopher Miller
Bessie Hetzer
Ivan Wadzinski
Marv Malone
Wouldn't it be great if we could put ourselves in the dryer for a short time and come out wrinkle free and two sizes smaller.
Stockbridge-Munsee Elderly Steering Committee

Regular meeting

June 13, 2023 10a.m. Eunice Stick Gathering Place

Present: Ellie Kazik, Carolie Miller, Marv Malone, Mark Church

Others present: Stephanie Bowman, Nikki Bowman, Cassie Molkentin

Meeting Called to order at 10:05a.m.

Moment of Silence—

Approval of agenda—
motion by Carolie to approve the agenda as presented. Seconded by Mark Church. Motion carried.

Approval of the May 3, 2023 minutes by Carolie. Seconded by Marv.

Treasurers Report—

Nikki Bowman gave the treasurers report. There was some discussion on how the things were balanced and after she explained the credits added how that line item came to the amounts presented. With the amount of money left in that line item discussion on adding some money to make some special Bingo session each month to add to the cash payouts for July, August and September, further discussion was held on making changes in the next fiscal year.

Motion by Carolie to accept the Treasurers Report including the additional per session for the next 3 session in this FY. Seconded by Mark.

Manager's Report—

Stephanie Bowman presented the Managers report. She had the summary information that was requested in May by Carolie regarding the Social Worker and the Dementia Workers roles within our community. Much discussion on the lack of resources within our community with dementia and other home bound elders/care. Discussion regarding activities done with the clients of Memory Care Coordinator.
Activities Report—

Introduced Cassie Molkentin as the newly hired Activities Coordinator. She went over the few things she participated in and learned since she came on board May 22, 2023. Shared some events planned into July and August.

Needs of Elders—

This was a long discussion and many areas were covered. We all identified there are shortfalls for caregivers within our community. Ideas why? No resources to help pay them to be able to leave FT jobs to care for our aging elders that need home care. Respite workers are also in a shortfall. The Elder community is growing rapidly, and we need more funding allocated towards their care. With the new CBRF being constructed, there will be even more need for CAN’s and such to staff it. Discussion on making those positions higher wages vs. entry level and certifications etc. are required and we could seek longevity in employees. This was an excellent discussion all around and seemingly affected everyone.

Old Business—

Nikki gave an update on the expenditures for the upcoming Chemon Welch picnic and that we ordered cakes and all will stay within the budgeted amount.

Cassie Molkentin, Activities worker was tasked with requesting Free Play from the Casino for the picnic.

New Business—

Discussion about Bingo Prizes and amounts. Decision to make a slight increase.

Motion by Carolie to increase the payout and prize amounts to in the next FY 2024. Seconded by Marv.

Comment Box—

Zero comments

Adjournment—

Motion by Carolie to adjourn. Seconded by Mark Church. Motion carried at 11:25 a.m.
Nutrition Tips for Ages 60+

- To help maintain healthy muscle mass eat seafood, dairy, or fortified soy alternatives, beans, peas, and lentils.

- Include fruits and vegetables to your meals and snacks. If fruits or vegetables are challenging to slice choose frozen, canned, or ready-to-eat options.

- Indulge in naturally sweet desserts - fruit! Enjoy wild rice with fresh fruit and maple syrup, fresh fruit salad, baked apples with cinnamon, or a piece of fruit from the fridge.

- Try to turn eating into a social event. To make your meals more enjoyable go to elder meal sites or invite others to meals.

- Eating enough vitamin B12 can decrease with age. Certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs.

Information provided by U.S. Department of Agriculture

Help maintain a healthy weight and reduce the risk of chronic disease by choosing healthy food and drink options!
The Stockbridge-Munsee Health and Wellness Center will be offering a satisfaction survey on the care provided by the Community Health Outreach Department’s registered nursing services. This survey will help us to determine if expansion of staff and/or services is needed for our elders. The survey can be completed on-line at the link below.

The link to the survey is:  http://bit.ly/smhealthsurvey
Elder Care Services Available

A Community Health Department Update

We are pleased to announce we again have two Registered Nurses available for Elder Care Services. Emily Carroll has returned from leave and Katie Carroll has joined our team. Both bring years of nursing experience and vast knowledge to their positions.

Our Community Health Nurses are available to help community members who are needing assistance to help keep them living independently at home.

These are some of the in home services offered:
- Blood Pressure Checks
- Medication Set Up
- Vital Signs Check

If you or someone you know could benefit from assistance with in home care please contact one of our Registered Nurses.
August 8th, 2023
5:00-6:30

STOCKBRIDGE-MUNSEE PUBLIC SAFETY INVITES EVERYONE TO ATTEND THEIR NATIONAL NIGHT OUT EVENT

Theme: “Stopping Crime in our community”

Events:

Kids Poster Contest - Poster must include our theme and be delivered to Public Safety by 4:00 on August 4th.

Indian Taco Cookoff - make your best Indian Taco and bring with you by 5:00 for judging.

Family Cake Decorating - using our theme decorate a cake with the family and bring with you by 5:00 for judging.

Crime Prevention Presentation

Door Prize Drawing and Prizes awarded

Community patrol around the housing walk

Sponsored by Stockbridge-Munsee Police and Conservation Department and Community Housing Department

Light lunch will be served.
Library/Museum Open House

Featuring our new

Mohican Powwow Exhibit

Saturday, August 12th from
9:00 AM to 12:00 PM

N8510 Mohheconneck Rd
Bowler, WI 54416
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)