October 2023

Elderly Stream

Monday, October 9th, 2023

INDIGENOUS PEOPLES’ DAY

All Tribal Offices will be closed

in observance of Indigenous People’s Day!
ELDERS WRITING WORKSHOPS

WEDNESDAYS: OCTOBER 11, 18, AND 25
9:30-11:00 A.M.

FACILITATED BY: CATHY CALDWELL
TOPIC: WRITING PERSONAL NARRATIVES

BRING A PEN OR PENCIL.
PAPER WILL BE PROVIDED
BUT YOU ARE WELCOME TO BRING
YOUR OWN NOTEBOOK OR WRITING JOURNAL.
Hello Everyone!

Welcome October! This time of year, it seems like we can breathe easier and sleep better with the cooler nights and with the leaves changing there is a wonderful array of color everywhere!

It’s time to bring out the pumpkins and Halloween decorations and prepare for the little goblins who will be trick-or-treating on October 31st! I had a bad habit of taking pictures of all the tiny ones dressed up in their costumes and then not remembering who was who! Enjoy those who come to your door!

We are blessed to be able to enjoy all of the four seasons here at home and haven’t had to experience the severe weather other parts of our country has. Be thankful.

Remember to vote in the Tribal Elections on October 14, 2023. Elderly Services will have a booth at the 19th Annual Fire Safety & Crime Prevention event also going on that day from 10 a.m. – 2 p.m.

Please look over the October menu and join us for a meal this month. We ask that you call ahead and reserve your meal (when you can), all elders are welcome! Meals are served Monday – Thursday at noon and breakfast is served on Friday from 7:30 a.m. to 10 a.m.

Transportation is available weekly to local vendors on Mondays & Wednesdays, shopping to Shawano every Friday and once a month to Green Bay, dates and times of departure can be found on the Activities Calendar.

Call us at (715) 793-4236 whenever you have a question or concern and let us help you find the answers you need.

Take good care of yourselves, COVID is still present in our communities. Elderly Services has home tests and masks available, so does the Health Center. If you need one give us a call we can get these items to you.

Have many good days!

Sincerely,

Kristy Malone, Manager
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.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<tbody>
<tr>
<td>All Meals Served With Milk, Coffee, Water, or Juice</td>
<td>Flank Steak Cheese Peppers Onions Mushrooms Wheat Hoagie 3 mixed Squash Fruit Cobbler</td>
<td>Zucchini Spaghetti Noodle Baked Mozzarella Basil Tomato Wheat Roll Apple</td>
<td>Turkey Mix Veggie Bean Soup Whhewat Bread Ice Cream</td>
<td>Roast Beef on Wheat Salad Cup Loaded Potato Cookie &amp; Cream</td>
<td>Potato Pancake Applesauce Canadian Bacon Honey Dew Mango Pineapple Cup</td>
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<td>8</td>
<td>Tribal Holiday</td>
<td>2 pc Fish Dinner Coleslaw Three Bean W/ Pasta &amp; Cheddar Rye Bread Lemoncake</td>
<td>Cauliflower Creamy Soup Submarine Sandwich Granola Fruit &amp; Oats</td>
<td>Ham w/ gravy Brown Rice Vegetables Wheat Rolls Berry Cake</td>
<td>Meat &amp; Veggie Quiche Yogurt &amp; Fruit Oatmeal</td>
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<tr>
<td>22 Roasted Turkey Club Wrap Wedges Frozen Yogurt</td>
<td>Chicken Breast Cheese Tortellini Garlic Sauce Key West Veggies Pudding Bowl</td>
<td>Bacon Lettuce Tomato on Wheat Hoagie Cooks Choice Soup Cucumbers &amp; Berries</td>
<td>Lasagna Ground Beef Cottage Cheese Italian 4 Bean Blend Wheat Garlic Bread Cake &amp; Ice Cream</td>
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<tr>
<td>29 2 pc Baked Chicken Whipped Reds Vegetables 12 Grain Bread Cherry Crisp</td>
<td>Cheesy Broccoli Casserole Wheat Bread Kiwi’s &amp; Grapes</td>
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Menu Subject To Change
Martin Kosowski  Kim Pennewell
Teri Vigue  Link Bowman
Shirley Bowman  Annette Schreiber
Mary Fischer  Joseph Miller
Elizabeth McDowell  Mel Miller
Patricia Miller  Shellie Samuel
BethAnn Cassie Molkentin  William Hebert
Joan Bowman  Richard Gardner
Danny McDaniels  Peter Koeller
Judith Rudesill  Samuel Miller
Gregg Duffek  Rosemary Petrich
Kurtis Gardner  Joseph Putnam
Gary Baxter  Claudette Weiterman

Loretta Pecore
<table>
<thead>
<tr>
<th>Sunday</th>
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<th>Tuesday</th>
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<tr>
<td><strong>Local Run 2:00 PM</strong></td>
<td><strong>Strong Bodies 9:00 AM</strong></td>
<td><strong>Green Bay Run 9:00 AM</strong></td>
<td><strong>Strong Bodies 9:00 AM</strong></td>
<td><strong>Shawano Run 10:00 AM</strong></td>
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<td></td>
<td><strong>INDIGENOUS PEOPLES’ DAY</strong></td>
<td><strong>SNAP Education 11:30 AM</strong></td>
<td><strong>Strong Bodies 9:00 AM</strong></td>
<td><strong>Shawano Run 10:00 AM</strong></td>
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<td><strong>Local Run 2:00 PM</strong></td>
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<td><strong>Wittenberg Run 9:00 AM</strong></td>
<td><strong>Strong Bodies 9:00 AM</strong></td>
<td><strong>Shawano Run 10:00 AM</strong></td>
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<tr>
<td><strong>Nutrition Education 11:30 AM</strong></td>
<td><strong>Strong Bodies 9:00 AM</strong></td>
<td><strong>Local Run 2:00 PM</strong></td>
<td><strong>Strong Bodies 9:00 AM</strong></td>
<td><strong>Shawano Run 10:00 AM</strong></td>
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Can you find these Halloween objects?

- Candy
- Bat
- Moon
- Leaf
- Candy corn
- Skull
- Ghost
- Spider
- Headstone
For ease of visibility, this month's Activity Calendar will be listed separately from "Services". Please let us know how you like it.

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<tr>
<td>Bingo 1:30 PM</td>
<td>Bingo 1:30 PM</td>
<td>9:30 AM</td>
<td>History Tour of Reservation 10:00 AM</td>
<td>Writing Class w/Woodland Writers Group 9:30-11am</td>
<td>Antigo Thrift Stores</td>
<td>Shawano Octoberfest 9:30 AM</td>
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<tr>
<td>Indigenous Peoples Day 5:30 PM</td>
<td>Book Club 5:30 PM</td>
<td>Writing Class w/Woodland Writers Group 9:30-11am</td>
<td>Writing Class w/Woodland Writers Group 9:30-11am</td>
<td>Writing Class w/Woodland Writers Group 9:30-11am</td>
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<tr>
<td>Bingo 1:30 PM</td>
<td>Bingo 1:30 PM</td>
<td>Bingo 1:30 PM</td>
<td>Movie Theatre Matinee 12:00 PM</td>
<td>Writing Class w/Woodland Writers Group 9:30-11am</td>
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<tr>
<td>Birthday Meal 12:00 PM</td>
<td>Writing Class w/Woodland Writers Group 9:30-11am</td>
<td>Holiday Card Class 1:30 PM</td>
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<td>31</td>
<td>Halloween Bingo 1:30 PM</td>
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</tbody>
</table>
STRONG Bridgers

WE ARE MOHICAN STRONG

STRONG People

StrongBodies

LIFTING PEOPLE TO BETTER HEALTH

Benefits of Strength Training:

- Reduced risk for chronic diseases:
  - Diabetes
  - High Blood Pressure
  - Heart Disease
- Increased:
  - Strength
  - Muscle mass
  - Bone density
  - Ability to do activities of daily living

What: 12 Week Strength Training Class

When: Tuesdays & Thursdays, 9:00-10:00AM

Where: Eunice Stick Gathering Place
HALLOWEEN WORD SEARCH

Bat  Pumpkin  Halloween  Mummy  Vampire  Witch  Spooky  Trick or Treat
Fun  Ghost  Costume  Skeleton  Candy  Scary  Monster  Haunted House
Halloween Crossword Puzzle

Read the clues below and fill in the crossword puzzle with the correct answers.

ACROSS
1. She rides on a broom.
6. A _______ spins a web.
8. Something a ghost says.
10. He drinks blood.
11. You wear this to cover your face.
12. Halloween is always on the 31st of ________.

DOWN
2. What you get when you go trick or treating.
3. You wear this when you go trick or treating.
4. Carving a _______ is a fun Halloween activity.
5. Trick or ________
6. He is made of bones.
7. They like to howl at the moon.
9. You might see a ghost in a _______ house.
13. These flying animals come out at night.
Medicare Open Enrollment 2023 Guide

Everything you need to know about the annual election period, including opportunities to change coverage, eligibility details and enrollment deadlines

What is Medicare open enrollment?

Medicare open enrollment – also known as the annual election period (AEP) or annual coordinated election period – refers to an enrollment window that takes place each fall, during which Medicare plan enrollees can reevaluate their existing Medicare coverage — whether it’s Original Medicare with supplemental drug coverage, or Medicare Advantage — and make changes if they want to do so.

This guide is all about Medicare’s annual election period. If you’re interested in learning about additional opportunities to enroll or change your Medicare coverage, we’ve covered those here.

When is Medicare open enrollment?

Medicare open enrollment starts October 15 and continues through December 7 each year. (Extended enrollment opportunities are available to some people in areas where FEMA declares an emergency or major disaster that hampers their ability to complete their signup during the normal window.)

What plan changes can I make during the Medicare open enrollment period?

During the Medicare open enrollment period – if you’re already enrolled in Medicare coverage – you can:

- Switch from Original Medicare to Medicare Advantage (as long as you’re enrolled in both Medicare Part A and Part B, and you live in the Medicare Advantage plan’s service area).
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan, and possibly a Medigap plan, although medical underwriting might be required for Medigap, depending on the state and the person’s circumstances).
- Switch from one Medicare Advantage plan to another.
Switch from one Medicare Part D prescription drug plan to another.

Enroll in a Medicare Part D plan if you didn't enroll when you were first eligible for Medicare. If you haven't maintained other creditable coverage, a late-enrollment penalty may apply.

- **Who's eligible to make coverage changes during Medicare open enrollment?**
  - If you’re currently covered by Original Medicare or Medicare Advantage, then you’re eligible to make changes during open enrollment.
  - However, the annual Medicare open enrollment period does not apply to Medigap plans, which – in most states – are only guaranteed-issue during a beneficiary’s initial enrollment period, and during limited special enrollment periods. So to clarify, you cannot use the annual Medicare open enrollment period to enroll in a new Medigap plan on a guaranteed-issue basis. You can certainly apply for a new Medigap plan during this window – just as you can at any time of the year. But if your six-month initial enrollment period for Medigap has ended, the Medigap insurer will use medical underwriting to determine your eligibility and premium.
  - (Note that 11 states have rules that allow for at least some guaranteed-issue access to new Medigap plans, although in most cases it’s limited to switching from one Medigap plan to another with equal or lesser benefits.)
  - In addition, if you didn’t enroll in Medicare Part B when you were first eligible, you may not use the AEP to sign up. Instead, you’ll use Medicare’s general enrollment period, which runs from January 1 to March 31. The general enrollment period is also for people who have to pay a premium for Medicare Part A and didn’t enroll in Part A when they were first eligible. (Most people do not have the pay a premium for Part A.)

**How did plan costs change for 2023 Medicare coverage?**

You can see a detailed summary of Medicare premium and out-of-pocket changes here. But in general:

- The Inflation Reduction Act will cap the cost of insulin products at $35/month in 2023, and ensure that Part D enrollees no longer have to pay for recommended vaccines.
- Part B premiums and deductibles decreased for 2023 (the first decrease in more than a decade).
- Part A premiums (for those who have to pay for Part A), deductible, and coinsurance increased for 2023.
- Average Part D premiums are expected to decrease slightly for 2023.
- The threshold for having to pay Medicare’s IRMAA (high-income surcharge) for Part D and Part B increased significantly, but the high-income Part B premiums decreased, just like standard Part B premiums.
• The maximum allowable cap on out-of-pocket costs for Medicare Advantage plans (not counting prescription costs) increased to $8,300 for in-network costs. But most plans will continue to have out-of-pocket caps well below this limit.

Health Maintenance Organization (HMO) Plans

An HMO health insurance plan consists of a network of doctors and hospitals from which you can receive treatment. Visiting a physician or facility outside of that group of providers means that you have to foot the entire bill yourself, except in the case of an emergency. As such, patients enrolled in HMO plans generally have fewer options when it comes to choosing doctors and hospitals.

_HMO plans can also be limiting_ because they require you to select a primary care physician who will refer you to specialists when you need additional treatment. Your insurance won’t cover specialist visits without a referral, which helps ensure that they’re in-network and that the specialists that you’re referred to have contracted discounted rates with your health insurance plan. Be advised, though, that the time it takes to get a referral can sometimes delay treatment.

People enrolled in HMO plans pay monthly premiums, which means that annual health costs tend to be rather predictable. What’s more, instead of paying up to your deductible before your insurance kicks in, you’ll usually only need to cover the copay. The dollar amount of that copay will depend on the type of care that you receive and the specific plan that you have. Generally speaking, HMO plans are cheaper than PPO plans.

HMO health insurance plans are good for: individuals or families looking for low-cost coverage and not worried about a limited network or getting referrals for specialist visits.

Preferred Provider Organization (PPO) Plans

Unlike HMOs, PPO plans offer customers a more extensive network of doctors and hospitals to choose from. A person enrolled in a PPO plan isn’t restricted to a single primary care doctor, which also means that he or she can visit specialists without first getting a referral.

You won’t be responsible for paying the entire bill if you receive treatment from a doctor who isn’t in your network, as these services may be partially covered by
your PPO provider. However, in-network care will typically cost you much less. This is the PPO provider’s way of encouraging its patients to visit doctors and hospitals in their network.

**PPO plans grant their users more freedom, a perk that typically results in a relatively hefty price tag. Premiums for PPO plans tend to be higher than those of HMOs and most PPO plans also charge deductibles.**

PPO health insurance plans are good for: individuals or families looking for more flexibility in terms of provider network and specialist choice.

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**For Tribal Members living on the S/M Reservation who utilize the Stockbridge Munsee Health & Wellness Center and referrals department: Traditional Medicare Plan is all that you need and can be used anywhere that accepts the Medicare Assignment. HMO’s can be limited and restrict your choices. And PPO’s can mean more out of pocket expenses. Choose carefully depending on your circumstance. This information is to help you make informed decisions about the different types of Medicare coverage available. The choice is yours!**

If you have questions, or concerns and would like to discuss any of this information,

**Contact DeAnna DeNasha,**

Elderly Benefit Specialist @ 715-793-4237 I’d be happy to help you! 😊
2023 FALL CLEANUP

- The Fall Cleanup will occur on two days (Monday, October 16 and Tuesday, October 17) with curbside cleanup on Monday and appliance/electronics recycling on Tuesday. Curbside cleanup is open for Bartelme tribal members ONLY. Appliance/Electronics recycling is open to Bartelme AND Red Springs tribal members. Items not allowed in the curbside cleanup will NOT be picked up. Any curbside items not picked up must be removed from the end of your driveway and disposed of properly.

- All items collected curbside are NOT RECYCLED, but disposed of in a landfill. Recycling or reusing items by passing them on to others can save landfill space, limit costs and help others. Anything that you can donate to Goodwill, Habitat for Humanity or schools can be reused.

Fall Cleanup
Curbside Cleanup: Monday, October 16
Appliance / Electronics Recycling: Tuesday, October 17

RESIDENTIAL CURBSIDE CLEANUP
MONDAY, OCTOBER 16

BARTELME TRIBAL MEMBERS ONLY

Place items curbside beginning Monday, October 9
Have ALL items curbside by 5:00 am on Monday of the Cleanup event
Items not picked up MUST be removed from end of driveway at end of event

FREE pickup for ONLY the items listed below during Fall Cleanup:

<table>
<thead>
<tr>
<th>Bed Frames / Head Boards</th>
<th>Windows</th>
<th>Hard Fiberglass (4ft or less)</th>
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<tr>
<td>Mattresses / Box Springs</td>
<td>Cabinets</td>
<td>Carpet Rolls (5ft or less)</td>
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<tr>
<td>Fitness Equipment</td>
<td>Dressers</td>
<td>Chairs / Recliners</td>
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<td>Large Plastic Toys</td>
<td>Toilets</td>
<td>Couches / Sofas</td>
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<td>Bikes</td>
<td>Grills</td>
<td>Doors</td>
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<td>Sinks</td>
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Items Not Allowed: NO Construction Debris, Hazardous Material, Tires, Appliances or Electronics

Volume: Total Volume MUST NOT exceed 4 cubic yards per residence (about 4 ft tall x 5 ft long x 5 ft wide in size)
APPLIANCE & ELECTRONICS RECYCLING

TUESDAY, OCTOBER 17 FROM 8:00 AM - 4:00 PM

BARTELME AND RED SPRINGS TRIBAL MEMBERS

Place Appliances and Electronics into Appropriate Dumpsters at P&E and Roads Department

APPLIANCE RECYCLING

<table>
<thead>
<tr>
<th>Appliances WITHOUT Freon:</th>
<th>FREE</th>
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<tbody>
<tr>
<td>Stoves • Dishwashers • Compactors • Water Heaters • Washers • Dryers</td>
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<tr>
<th>Appliances WITH Freon:</th>
<th>$15.00 Each</th>
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<tr>
<td>Refrigerators • Freezers • Air Conditioners • Water Coolers • Dehumidifiers</td>
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*Fee for appliances with freon can be paid at the Finance Department. ***Proof of payment required for drop-off***

ELECTRONICS RECYCLING

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<thead>
<tr>
<th>Computer Accessories</th>
<th>DVDs / VCRs / Blu Ray Players</th>
<th>Mobile Phones</th>
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<tr>
<td>Computer Monitors</td>
<td>Fax / Copiers / Scanners</td>
<td>Telephones</td>
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<tr>
<td>Computer Towers</td>
<td>Radios / Stereos</td>
<td>Televisions</td>
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<td>Computer Parts</td>
<td>Microwaves</td>
<td>Laptops</td>
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<td>Type Writers</td>
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<td>Printers</td>
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Stockbridge-Munsee Environmental Department • 715-793-4819
Harter’s Fox Valley Disposal • 888-804-8556
19TH ANNUAL
FIRE SAFETY
DRUG &
CRIME PREVENTION
OPEN HOUSE

SATURDAY
OCTOBER 14TH, 2023
10AM-2PM

BINGO!
OBSTACLE COURSE!
AND MORE!!!
GIFT CARDS
GAS CARDS
AND MORE PRIZES!!!

COME ENJOY GAMES, PRIZES,
AND FOOD!
COME DRESSED UP AS YOUR
FAVORITE MARVEL CHARACTER!!!

MARVEL

INFORMATIONAL BOOTHS
50/50 RAFFLE
PARADE!
COOKIE DECORATING!

SPONSORED BY:
SMC FAMILY SERVICES DEPARTMENT
SMC HOUSING DEPARTMENT

@ MOHICAN FAMILY CENTER
N8605 OAK ST BOWLER, WI 54416
The Stockbridge-Munsee Meal Site is supported through State, Federal and Tribal Funding as well as contributions received. State Grants recognize an elder at age sixty years or older and Federal Grants allow tribes to specify Native elder status, which the SM Tribe recognizes at the age of fifty-five years or older.

A contribution of $1.00 is asked for delivered meals (your spouse is eligible regardless of age.)

A contribution of $1.00 is asked for Congregate meals.

Anyone under the age of fifty-five is required to pay $3.00 per meal.

**NO ELDER WILL BE TURNED AWAY, REGARDLESS OF ABILITY TO PAY.**

**WE ASK THAT YOU CALL AT LEAST 24 HOURS IN ADVANCE TO RESERVE YOUR MEAL.**

Stockbridge-Munsee Elderly Services is also a satellite office of The Aging & Disability Resource Center of the Wolf River Region which also includes the counties of Shawano, Menominee, and Oconto. The ADRC offers information and assistance on issues affecting older people and those with disabilities regardless of their income. For more information call Toll Free 1-855-492-2372 or visit [www.adrcwrr.org](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)