

JUNE

Wteehiimiwi-niipaahum - Strawberry Moon
(Munsee)



ELDER STREAM



38th Annual
Chemon Welch
Memorial Picnic
Friday June 7th 2024
@ Eunice Stick
Gathering Place

Elder Survey Participant Winners

Thank you for participating in the Elder Survey. The winners of the \$20.00 Walmart Gift Cards are:

Kathleen Murphy

Marie Demjen

Scott Blaha

Jermain Davids

Jill Duffek



Greetings!

Just a reminder we will be closed on Wednesday, June 19th in observance of Juneteenth.

We have been getting larger crowds every day for lunch and we are looking forward to more of the elders joining us for meals and activities. We hope to fill all those tables out there, not just on birthday meal day. Just a reminder please call at least one day ahead of time to let us know you will be coming for lunch. This is so we can make sure we have enough food for everyone.

Don't forget June 7th is the Chemon Memorial Picnic. Please join us for a fun day.

Don't forget to sign up with Briana for the Blue Lotus retreat on June 15th.

Please check out our fun filled calendars attached for new exciting opportunities and our lunch menu. We ask that you sign up ahead of time for meals whenever possible. Meals are served Monday-Thursday at noon and breakfast is served Fridays from 7:30am-10:00am. The costs if the meals are \$1.00 for elders and \$3.00 for others. Don't be afraid to offer ideas and suggestions for new activities, trips, and foods.

Transportation is available weekly to local vendors Mondays and Wednesdays, Shawano on Fridays, and once per month to Green Bay. Call 715-793-4236 for more information.

Sincerely

Melissa Penass

Eunice Stick Gathering Place Manager



2024 Tribal Elder Food Box Distribution Calendar

10:30 AM

Drive-thru @

Food Distribution

N8484 Moh He Con Nuck Road

Bowler, WI 54416

Phone: 715-793-4941

- Thursday, May 16th & 30th
- Thursday, June 13th & 27th
- Thursday, July 11th & 25th
- Thursday, August 8th & 22nd
- Thursday, September 5th & 19th
- Thursday, October 10th & 24th
- Thursday, November 7th & 21st
- Thursday, December 5th

JUNE

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Hot Dog on bun Chips Baked Beans Cookies	Baked Fish Red Potato Mixed Veggies Fruit Cups	Veggie Soup Tuna Sandwich on wheat Pudding	Spaghetti w/Meatballs Spinach Salad Garlic Bread Jello	Chemon Memorial Picnic 11 am- 2 pm	
9	10	11	12	13	14	15
	Open Face Tuna Sandwich w/cheese French Fries Pears	Mac & Cheese Brat on Bun Carrots Fruit Cocktail	Chili Corn Bread Ice Cream	Chicken Drumsticks Rice Mixed Veggies Cranberry Whip	Boiled Eggs Oatmeal Toast Fresh Fruit	
16	17	18	19	20	21	22
	Burger on Bun Chips Baked Beans Chips	Chef Salad w/Ham & turkey Breadstick Brownie	HOLIDAY CLOSED	Kielbasa w/kraut Boiled Red Potatoes Beets Roll Cake	Poached eggs Corned Beef Hash Muffin Banana	
23	24	25	26	27	28	29
	Chicken Salad Cucumber w/vinegar and onions Peaches	Cold Cut sandwich Broccoli Slaw Three bean salad Jello	Potato Soup How Ham & Swiss sandwich Apple Sauce	Meatloaf Mashed Potatoes Peas & Carrots Cake & Ice Cream	French Toast w/strawberries Bacon Oatmeal Juice	
30						



**38th Annual
Chemon
Welch
Memorial
Picnic**

WHEN: Friday, June 7, 2024

WHERE: Eunice Stick

Gathering Place

TIME: 11am - 2pm

Please join us for a cookout!

Games & Entertainment,

*Door Prizes will be
drawn at 2pm.*

Rain or Shine.



Sponsored by the
SMC Elderly Steering Committee



JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Local Run @ 1 pm Summer League 5:30pm	4 Steering committee @ 10 am Tribal council mtg. @ 5:30 pm Snap Ed. @ 11:30 am Bingo 1:30	5 Green Bay run @ 9 am Learning to work w/ Tech for elders 11am-3pm	6 Porter's Patch strawberry picking 9a.m.	7 CHEMON PICNIC 11a.m.-2p.m.	8
9	10 Local Run @ 1 pm Nutrition Ed. @ 11:30 am Summer League 5:30pm	11 Bingo 5:30	12 Wittenberg Run @ 9 am Learning to work w/ Tech for elders 11am-3pm	13 Games Day 1:30pm	14 Shawano Run @ 9 am	15
16	17 Local Run @ 1 pm Summer League 5:30pm	18 Tribal council mtg. @ 5:30 pm Bingo 1:30	19 HOLIDAY CLOSED	20 Thrifting in Wausau w/lunch 10a.m. Learning to work w/ Tech for elders 11am-3pm	21 Shawano Run @ 9 am	22 Farmer's Market 9a.m.
23	24 Local Run @ 1 pm Summer League 5:30pm	25 Bingo 5:30	26 Local run @ 1 pm	27 BIRTHDAY LUNCHEON	28 Shawano Run @ 9 am Gresham-wide Rummage 9:00a.m.	29
30						



Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer

Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips. And an occupational therapist or physical therapist can conduct a home assessment and make recommendations on ways to help you live safely while doing the things you love to do at home every day.

- 1. Clear the way.** Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
- 2. Light it up.** Replace lightbulbs with bright, non-glare bulbs to help you see around the house.
- 3. Have a seat.** Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
- 4. Secure some support.** Buy a shower seat, grab bar, and an adjustable-height handheld showerhead to make bathing easier.
- 5. Store for success.** Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.



Clean

- Wash your hands with warm soapy water for at least 20 seconds before and after handling food, using the bathroom, or handling pets. Dry hands with a paper towel.

- Always wash, scrub, and rinse fruits and vegetables under running water just before eating them.



- Store leftover food and unused canned goods in clean, sealed containers in the refrigerator. Leftovers should be eaten within 2 days.

- Clean canned good lids before opening them.



“Leftovers should be eaten within 2 days.”

Food Safety BASICS

Chill & Cook

Meat, poultry, fish, dairy foods, and fresh fruits and vegetables are favorite places for harmful bacteria to grow. These foods must be kept cold enough or made hot enough to keep bacteria from growing and to keep foods safe.

Chill

- Never thaw or marinate food on the counter top at room temperature. Thaw foods in the refrigerator, in cold water, or in the microwave.

“When in doubt, throw food out.”

- Do not thaw frozen TV dinners or casseroles before heating.

- Divide large amounts of food into shallow containers for quicker cooling in the refrigerator.



COOK

160° - 212° F	Hot enough to kill most harmful bacteria.
140° - 160° F	Hot enough to prevent most harmful bacteria from growing.
40° - 140° F	Temperature Danger Zone Most harmful bacteria grow best at these temperatures.
32° - 40° F	Refrigerator temperature - Many harmful bacteria still grow, but they grow at a slower rate
-20° - 0° F	Freezer temperature - Many harmful bacteria live, but they do not grow.

Cook

- Use a food thermometer to measure the internal temperature of cooked foods. Color of a food is not a reliable indicator of safety or thorough cooking.



Leftovers	165° F
Turkey, chicken, and duck	165° F
Ground beef, pork, veal, and lamb	160° F
Egg dishes (cook until yolk and white are firm)	160° F
Fish	145° F
Beef, pork, veal, and lamb steaks, roasts, and chops (allow 3 minute rest time)	145° F

Food Safety

BASICS

Separate

- Cross-contamination happens when bacteria is spread from one food to another. This often happens when handling raw meat, poultry, seafood, and eggs. Prevent cross-contamination by keeping these foods (and their juices) away from ready-to-eat foods.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs without washing it first with hot soapy water.
- Use separate cutting boards for raw foods and ready-to-eat foods, like fresh fruits and vegetables.

“Use separate cutting boards for raw foods and ready-to-eat foods...”



Safe Shopping

- Read food labels to make sure food is not past its “sell by” or “use by” date.
- Put raw packaged meat, poultry and seafood into a plastic bag before placing it in your cart to prevent cross-contamination.
- Buy only pasteurized milk, cheese, dairy products, and juices.
- Do not purchase fruits and vegetables that are bruised, cut, or damaged.
- Select canned goods that are free of dents, rust, cracks, or bulging lids. Always clean the lid before opening the can.

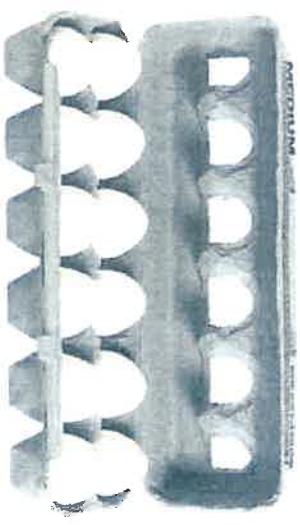
“Read food labels to make sure food is not past its “sell by” or “use by” date.”



“Store eggs in the original carton...”

Egg Safety

- Purchase eggs in the shell from the refrigerated section of the store.
- Store eggs in the original carton in the main part of the refrigerator (not in the door).
- For recipes that call for raw or undercooked eggs such as salad dressings or ice cream, use pasteurized eggs. These eggs have been heat treated to destroy harmful *Salmonella* bacteria that can make you sick.



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.



The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what's in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services and Complete Food and Nutrition Guide, 5th edition

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2024 NATIONAL NUTRITION MONTH®

Are the statements below **FACT** or **FICTION**?

Circle the correct answer

1	Half of our plate or bowl should be filled with vegetables and fruit.	FACT or FICTION
2	Our bodies cannot digest dietary fiber.	FACT or FICTION
3	Only older adults need to be concerned about bone health.	FACT or FICTION
4	At least 60 minutes of physical activity is recommended daily for kids 6 to 17 years old.	FACT or FICTION
5	Saturated fats are healthier than unsaturated fats.	FACT or FICTION
6	One cup of cooked or raw vegetables (except for leafy greens) count as a 1 cup serving.	FACT or FICTION
7	There are 5 Food Groups.	FACT or FICTION
8	All breads made with whole wheat flour are whole grains.	FACT or FICTION
9	Foods that provide water can count towards our fluid intake.	FACT or FICTION
10	Registered dietitian nutritionists are experts in food and nutrition.	FACT or FICTION



2024 NATIONAL NUTRITION MONTH*

ANSWERS

1	According to MyPlate , fruits and vegetables should make up half our meal. The other half is divided so that it includes a protein food and some type of grain. A serving of dairy on the side makes sure that each food group is represented.	FACT
2	Dietary fiber provides many health benefits even though the human body is not able to digest it. Most Americans don't eat enough vegetables, fruits, and whole grains which provide dietary fiber.	FACT
3	Although we tend to think about the health of our bones when we get older due to the risk of osteoporosis, consuming enough nutrients, like calcium and vitamin D, at a young age is important for building strong bones early in life. Bone-strengthening activities, like jumping rope or running, is another way to help promote bone health.	FICTION
4	Sixty minutes or more of moderate-to-vigorous physical activity is recommended daily for school-age children. Adults are encouraged to move more during the day and to aim for at least 30 minutes of physical activity on most days of the week. All types of activity are beneficial and count towards physical activity.	FACT
5	It's actually the opposite — unsaturated fats are healthier than saturated fats. Ways to reduce saturated fat include replacing solid fats, like butter, with oils; selecting lean meats, fish and plant-based proteins like beans and tofu; and choosing low-fat or fat-free dairy. You can review the amount of saturated fat in foods and beverages by looking at the Nutrition Facts label.	FICTION
6	For vegetables other than leafy greens, a 1-cup serving is the same whether the vegetable is cooked or raw. The amount that counts as a 1-cup serving for leafy greens is one cup cooked or two cups fresh.	FACT
7	MyPlate represents the five food groups, which are: Fruits, Vegetables, Grains, Protein Foods, and Dairy.	FACT
8	For foods to be considered a whole grain, "whole wheat" or some other type of "whole grain" must be listed as the first ingredient (or second ingredient after water).	FICTION
9	Although it's important to drink water throughout the day, foods like fruits and vegetables also contain water and contribute to our fluid intake.	FACT
10	Registered dietitian nutritionists, also known as RDNs, are the food and nutrition experts. RDNs work in a variety of settings and help people live healthier lives.	FACT

For more information or to Find a Nutrition Expert, visit eatright.org.

Sources: MyPlate.gov and U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov), and U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans, 2nd edition*. Washington, DC: U.S. Department of Health and Human Services; 2018. Available at <https://www.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.

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WORD SEARCH

Beyond the Table: At the Farmers Market

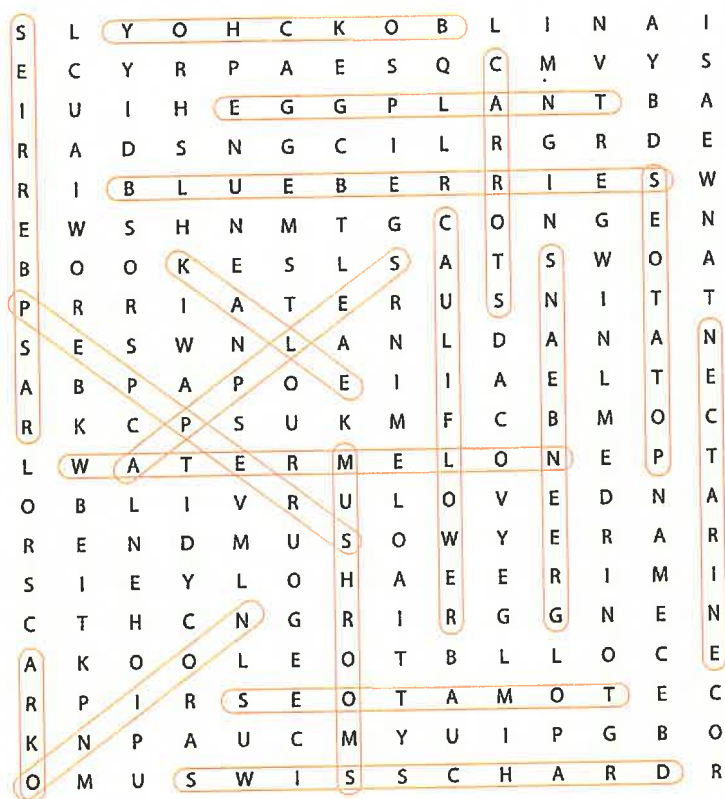
Words may be horizontal, vertical, diagonal, or backwards

Apples	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
Bok Choy	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
Blueberries	I	U	I	H	E	G	G	P	L	A	N	T	B	A
Carrots	R	A	D	S	N	G	C	I	L	R	G	R	D	E
Cauliflower	R	I	B	L	U	E	B	E	R	R	I	E	S	W
Eggplant	E	W	S	H	N	M	T	G	C	O	N	G	E	N
Green beans	B	O	O	K	E	S	L	S	A	T	S	W	O	A
Kale	P	R	R	I	A	T	E	R	U	S	N	I	T	T
Mushrooms	S	E	S	W	N	L	A	N	L	D	A	N	A	N
Nectarine	A	B	P	A	P	O	E	I	I	A	E	L	T	E
Okra	R	K	C	P	S	U	K	M	F	C	B	M	O	C
Onion	L	W	A	T	E	R	M	E	L	O	N	E	P	T
Potatoes	O	B	L	I	V	R	U	L	O	V	E	D	N	A
Peppers	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
Raspberries	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
Swiss Chard	C	T	H	C	N	G	R	I	R	G	G	N	E	N
Tomatoes	A	K	O	O	L	E	O	T	B	L	L	O	C	E
Watermelon	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R



2024 NATIONAL NUTRITION MONTH®

ANSWERS



Fishing

U	Y	T	U	J	V	K	S	R	D	N	O	J	I	K	V	T	fishing line
R	H	A	V	O	O	D	O	P	S	I	N	K	E	R	G	W	tackle box
T	S	C	T	C	A	S	T	O	I	U	O	X	Y	F	N	T	fisherman
K	I	K	W	N	W	V	M	F	H	N	L	H	D	W	A	V	spinner
P	F	L	T	O	G	B	B	U	T	U	N	Q	L	I	M	Q	license
B	T	E	U	X	R	R	L	D	R	A	Q	E	D	T	R	C	catfish
S	A	B	O	F	E	M	O	E	S	R	X	H	R	H	E	Z	bobbers
Q	C	O	R	Y	S	R	S	T	A	R	C	K	S	P	H	J	sinker
W	G	X	T	E	N	L	A	Q	A	T	E	I	Q	G	S	S	worms
M	O	X	L	H	E	N	C	V	A	O	F	B	V	M	I	F	trout
J	V	E	P	G	C	W	W	C	S	K	B	V	B	E	F	H	catch
M	E	H	C	X	I	E	V	N	U	U	V	Q	N	O	G	C	bait
R	R	W	O	M	L	D	Y	M	B	J	M	D	A	A	B	M	boat
N	X	W	B	Y	C	B	G	B	A	I	T	O	Z	E	I	E	cast
X	C	G	R	I	C	M	J	R	M	T	N	Y	E	R	V	R	fish
F	I	S	H	I	N	G	L	I	N	E	W	R	P	Q	D	E	hook
S	Z	M	T	P	M	N	C	Q	M	N	K	R	D	X	Q	E	reel
																	lure
																	net
																	rod



Fishing

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

fishing line

tackle box

fisherman

spinner

license

catfish

bobbers

sinker

worms

trout

catch

bait

boat

cast

fish

hook

reel

lure

net

rod





Each class will have different options to choose from or take all three It's free and Friendly.

Classes beginning every Wednesday

May 29, 2024 - June 20 2024.

11AM-3PM

LEARNING TO WORK WITH TECHNOLOGY FOR ELDERS

Options for Independent Living ADRC will be here at the Eunice Stick Gathering Place to provide a class on a variety of cell technology.

- 11-Noon Learn to use your Google or Android Cell phone
- 1PM-2PM Class on Apple Cell phone
- 2PM-3PM Apple iPad.

Please Bring your devices to learn how to use them. Discover new tricks and helpful ways to make your life easier.

Class Dates: 11AM-3PM

May 29, 2024

June 5, 2024

June 12, 2024

Thursday June 20, 2024

Dates and times are subject to change, please call the Eunice Stick Gathering Place before attending.

715-793-4236

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



Reduce feelings
of depression
and stress



Enhance your mood
and overall emotional
well-being



Increase your
energy level



Improve sleep

To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



Quinton Bowman

Wayne Peters

Rick Burr

Jan RedCloud

Janette Duquette

Betty Schiel

Patti Exferd

Ellen Schreiber

Audrey Frank

Walter Smith

Van Knutson Margaret Lesperance

Marie Lewis

Clorissa Vele

Sherry McCowan

Betsy McDowell

Danny Moede

Ellen Moore



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 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.

The Elderly Stream monthly newsletter is available online at www.mohican.com.

Mailing Address is: P.O. Box 70, Bowler WI 54416 (715-793-4236)