

# MARCH

**Aahaasuwi- Niipaahum**

(Munsee)

**Crow Moon**

**ELDERLY STREAM**





## Warm greeting from Eunice Stick Gathering Center!

Dear Elder,

As March brings the promise of spring, we hope this month fills your days with warmth, joy, and new beginnings. Here are some highlights for the month:

- **March 9<sup>th</sup> Daylight Saving Time Begins:** Don't forget to spring forward by setting your clocks one hour ahead!
- **March 14<sup>th</sup> St. Patty s Day Party:** Get your green on and join us for a lively afternoon filled with delicious snacks and fun games
- **March 17<sup>th</sup> Stockbridge-Munsee Day (Center Closed):** take this time to honor and reflect on the history and culture of the Stockbridge Munsee Community.
- **March 20<sup>th</sup> First Day of Spring:** Time to start thinking about that flower and/or vegetable garden
- **March 27<sup>th</sup> Birthday Meal:** Come join us for the March birthday meal!

Have Ideas for future events, activities, or would like to make suggestions? Drop by the office or give us a call- We're always looking for new ideas and engaging activities. The doors are open, and our ears are always listening. We also have the Suggestion Box if you would like to remain anonymous

**Join us for lunch Monday-Thursday from 12pm to 1pm and Friday breakfast from 7:30 am to 10 am. Please call ahead to sign up for meals, when possible, this assists our cooks with food preparations and helps us manage waste. If you are on the home delivered meals list and won't be home for them, please call us as soon as possible to cancel.**

Always with Care,



Ray Creapeau





## 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:**

- Wholesome meals and menus that meet nutrition requirements.
- A dining and activity site that is safe, comfortable, clean and has a
- Cheerful, friendly atmosphere that promotes socialization and offers health promotion activities.
- 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,



Ray Creapeau

Eunice Stick Gathering Place Manager

# CONGREGATE MEAL AND NUTRITION COUNSELING REGISTRATION

<b>Name (Last, First, MI, Suffix):</b>	<b>Date of Registration:</b>
<b>Residential Address (Fire No. &amp; Street):</b>	<b>Phone Number (with area code):</b>
<b>City:</b>	<b>Email Address:</b>
<b>State/Zip:</b>	<b>County:</b>

<b>Gender Identity:</b> <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Transgender Female <input type="checkbox"/> Transgender Male <input type="checkbox"/> Self-Describe (specify): _____	<b>Date of Birth (month/day/year):</b>  ____ / ____ / ____	<b>Household:</b> <input type="checkbox"/> I live alone. <input type="checkbox"/> I live with others.	<b>Preferred Language:</b> <input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Hmong <input type="checkbox"/> Other: _____
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<b>Race:</b> <input type="checkbox"/> American Indian or Native Alaskan <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Middle Eastern or North African <input type="checkbox"/> Other: _____	<b>Ethnicity:</b> <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	<b>Income Status:</b> Is your income at or below the following guidelines? <input type="checkbox"/> Yes <input type="checkbox"/> No  <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;"><b># in Home</b></td> <td style="text-align: right;"><b>Month / Year</b></td> </tr> <tr> <td style="text-align: right;">1</td> <td style="text-align: right;">\$1,305 / \$15,650</td> </tr> <tr> <td style="text-align: right;">2</td> <td style="text-align: right;">\$1,763 / \$21,150</td> </tr> <tr> <td style="text-align: right;">3</td> <td style="text-align: right;">\$2,221 / \$26,650</td> </tr> <tr> <td style="text-align: right;">4</td> <td style="text-align: right;">\$2,680 / \$32,150</td> </tr> </table>	<b># in Home</b>	<b>Month / Year</b>	1	\$1,305 / \$15,650	2	\$1,763 / \$21,150	3	\$2,221 / \$26,650	4	\$2,680 / \$32,150
<b># in Home</b>	<b>Month / Year</b>											
1	\$1,305 / \$15,650											
2	\$1,763 / \$21,150											
3	\$2,221 / \$26,650											
4	\$2,680 / \$32,150											

Is the participant enrolled in a Family Care or IRIS program?  
 Yes, refer participant to their Care Manager  
 No, continue registration

<b>Tribal Member</b>	<b>Member #:</b>
<input type="checkbox"/> Bad River Band of Lake Superior Chippewa <input type="checkbox"/> Forest County Potawatomi <input type="checkbox"/> Ho-Chunk Nation <input type="checkbox"/> Lac Courte Oreilles Band of Lake Superior Chippewa <input type="checkbox"/> Lac du Flambeau Band of Lake Superior Chippewa <input type="checkbox"/> Menominee Tribe of Wisconsin	<input type="checkbox"/> Oneida Nation <input type="checkbox"/> Red Cliff Band of Lake Superior Chippewa <input type="checkbox"/> St. Croix Chippewa <input type="checkbox"/> Sokaogon Chippewa (Mole Lake) <input type="checkbox"/> Stockbridge-Munsee <input type="checkbox"/> Other: _____

Office Use Only	
<b>NSIP Eligible:</b> <input type="checkbox"/> Yes	<b>NSIP Eligibility Reason (select one):</b> <input type="checkbox"/> Age 60 and older <input type="checkbox"/> Under age 60 spouse of person age 60+ <input type="checkbox"/> Under age 60 person with disability living with person age 60+ <input type="checkbox"/> Under age 60 person with disability living in dining facility <input type="checkbox"/> Under age 60 Nutrition program volunteer
<input type="checkbox"/> No	<input type="checkbox"/> Under age 60 informal caregiver (connect with NFCSP or AFCSP program) <input type="checkbox"/> NSIP Ineligible

Nutrition Screening (NSI)	No	Yes
I have an illness or condition that made me change the kind and/or amount of food I eat.	0	2
I eat fewer than 2 meals per day.	0	3
I eat few fruits or vegetables or milk products.	0	2
I have 3 or more drinks of beer, liquor or wine almost every day.	0	2
I have tooth or mouth problems that make it hard for me to eat.	0	2
I don't always have enough money to buy the food I need.*	0	4
I eat alone most of the time.	0	1
I take 3 or more different prescribed or over-the-counter drugs a day.	0	1
Without wanting to, I have lost or gained 10 pounds in the last 6 months.**	0	2
I am not always physically able to shop, cook, and or feed myself.	0	2

Risk Level: \_\_\_ 0-2 Low \_\_\_ 3-5 Moderate \_\_\_ 6 + High

TOTAL \_\_\_\_\_

*Food Security Screening			
For each of the following statements, please tell me which one is "often true," "sometimes true" or "never true" for the past 12 months.	Often True	Sometimes True	Never True
	1. We (I) worried whether our food would run out before we (I) got money to buy more.	<input type="checkbox"/> Yes*	<input type="checkbox"/> Yes*
2. The food that we (I) bought just didn't last and we (I) didn't have money to get more.	<input type="checkbox"/> Yes*	<input type="checkbox"/> Yes*	<input type="checkbox"/> Yes

**Malnutrition Screening	
<p>1. Have you recently lost weight without trying?</p> <p><input type="checkbox"/> No (0)</p> <p><input type="checkbox"/> Unsure (2)</p> <p><input type="checkbox"/> Yes</p> <p>If yes, how much weight have you lost?</p> <p><input type="checkbox"/> 2-13 pounds (1)</p> <p><input type="checkbox"/> 14-23 pounds (2)</p> <p><input type="checkbox"/> 24-33 pounds (3)</p> <p><input type="checkbox"/> 34 pounds or more (4)</p> <p><input type="checkbox"/> Unsure (2)</p>	
<p>2. Have you been eating poorly because of a decreased appetite?</p> <p><input type="checkbox"/> No (0)</p> <p><input type="checkbox"/> Yes (1)</p>	
Weight loss score: _____	Appetite Score: _____
MST Score (Total): _____	

Allergies or Special Dietary Needs: \_\_\_\_\_

Emergency Contact (Last Name, First Name):	
Emergency Contact Relationship:	Emergency Contact Phone:

*Privacy Statement: "The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to assure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the aging unit staff."*

PLEASE SEE OTHER SIDE

Rev. 02-01-2025 CK





## **CAREGIVER SUPPORT GROUP MEETING!!!**

**DATE:**

**03/10/2025**

**TIME:**

**5:00pm-6:00pm**

**LOCATION:**

**Eunice Stick Gathering Place**

This meeting is for Caregiver's who are caring for someone with any form of Dementia, disabilities and who is caring for an elder.

Caregiver's who attend this meeting will be entered into a drawing for a chance to win a door prize!!!







# Dementia Friendly Communities

Participate in a one-hour, no-cost information session led by a trained Dementia Friends Champion. Learn the five key messages of Dementia, what it's like to live with Dementia and how to better communicate with someone living with Dementia.

**DATE:**

**03/20/2025**

**TIME:**

**2:00pm-3:00pm**

**LOCATION:**

**Eunice Stick Gathering Place**

All community members ages 18 and older including employee's are strongly encouraged to attend.





# **Loneliness and Social Isolation — Tips for Staying Connected**

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being. Studies show that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline. If you are in poor health, you may be more likely to be socially isolated or lonely. If you are socially isolated or feeling lonely, it can put your physical and mental health at risk. Adults who are lonely or socially isolated tend to be less healthy, have longer hospital stays, are readmitted to the hospital more often, and are more likely to die earlier than those with meaningful and supportive social connections.

## **What is the difference between loneliness and social isolation?**

The number of older adults age 65 and older is growing, and many are socially isolated and regularly feel lonely.

Loneliness and social isolation are different, but related. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.

Older adults are at higher risk for social

isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

## **How can feeling lonely or being isolated affect older adults' health?**

People who are socially isolated or lonely are more likely to be admitted to the emergency room or to a nursing home. Social isolation and loneliness also are associated with higher risks for:

**High blood pressure**

**Heart disease**

**Obesity**

**Weakened immune function**

**Anxiety**

**Depression**

**Cognitive decline**

**Dementia, including Alzheimer's disease**

**Death**

People who are lonely or socially isolated may get too little exercise, drink too much alcohol, smoke, and sleep poorly, which can further increase the risk of serious health conditions.

People who are lonely experience emotional pain. Losing a sense of connection and community can change the way a person sees the world. Someone experiencing chronic loneliness may feel threatened and mistrustful of others.

Emotional pain can activate the same stress responses in the body as physical pain.

When this goes on

for a long time, it can lead to chronic inflammation (overactive or prolonged release of factors that can

damage tissues) and reduced immunity (ability to fight off disease). This raises your risk of chronic

diseases and can leave a person more vulnerable to some infectious diseases.

Social isolation and loneliness may also be bad for brain health. These have been linked to poorer

cognitive function and higher risk for dementia, including Alzheimer's disease. Also, too little social

activity and being alone often may make it more difficult to perform everyday tasks such as driving, paying bills, taking medicine, and cooking.

## **Need help with social isolation or feeling lonely?**

The **Eldercare Locator** connects the public to trustworthy local support resources for older adults and their families. This resource links those who need assistance with state and local agencies on aging, as well as community-based organizations.

The Eldercare Locator is also available via phone at **800-677-1116**.

### **Are you at risk for social isolation and loneliness?**

Certain factors may increase your risk of social isolation and loneliness. These include:

Loss of mobility

Vision or hearing problems

Psychological or cognitive challenges

Feeling a lack of purpose

Financial struggles

Living alone

Lack of transportation

Inability to leave home without help

A major life change, such as the death of a family member or retirement

Separation from friends or family

Lack of social support

Caring for a loved one who is unwell

Living in a rural, unsafe, or hard-to-reach neighborhood

Experiencing discrimination based on age, racial or ethnic background, or sexual orientation

Language barriers





**Judicare**  
LEGAL AID

# Spring 2025 Wills Caravan

## NORTHERN TOUR

Attorneys and University of Columbia Law Students will be at the **North Star Mohican Casino Resort on March 21, 2025**, to assist Tribal Elders who want help drafting a will, powers of attorney for health care and/or finances, and other basic estate planning services for **FREE**.

**Stockbridge-Munsee  
Community Band of  
Mohican Indians**

**Friday, March 21, 2025  
9 AM - 5 PM**

at

**North Star Mohican Casino Resort  
W12180 Co. Rd A  
Bowler, WI 54416**

**Appointments are in high demand. We therefore ask that you call us ASAP if you are unable to make your appointment.**

### To Schedule an Appointment

#### **STEP 1:**

Call Beth Shampo at (715) 847-4526 or Jody Hartwig at (715) 793-4387 to **REQUEST** the **REQUIRED** forms.

#### **STEP 2:**

Complete and sign/date all forms.

#### **STEP 3:**

Return completed forms to Beth by email (bshampo@judicare.org) or fax (715-841-1010) or to Jody Hartwig.

**DEADLINE: 2/28/2025**

#### **STEP 4:**

Beth will contact you to schedule your appointment.

**Please note an appointment will ONLY be scheduled once your completed paperwork is received.**



## I Fell, Now What?

*Learn what to do if you experience a fall and who to call for help if you need it.*

Often a fear as we grow older, Deputy Chief Jeff Dostalek with the Fitch-Rona EMS District recently sat down with the Falls Free® Wisconsin Coalition and shared what older adults can do if they fall and need help getting up and how to prevent falls and stay independent. If you have experienced a fall, you're not alone. When a fall occurs and someone needs help getting up or medical care, local fire or EMS departments are trained to respond.

### **Who can I call if I fall, but need help getting up?**

"We encourage you to call 911 and we will respond to your residence to help you get up off the floor and put you in a place that's comfortable for you. We do not encourage you to call the fire stations directly, simply because we don't know if there will be people there."

### **What happens when you get a call for someone that needs help getting up?**

"If there's any sort of injury, we ask a lot of questions, because we want to make sure that the fall was just an accidental thing and not something medically that might have caused the fall. So, we do a patient assessment. If somebody is just like, 'I just need help getting up', we will do that, grab some demographic information, and we'll be on our way."

### **What are some common causes of falls that you see?**

Deputy Chief Dostalek shared that some of the common causes of trips and falls in the residence include "uneven surfaces or concrete, transitions like going from linoleum or tile to carpeting, extension cords that run along the floor, clutter, ice and snow, and not using the handrail".

### **What would you tell someone who is worried they will lose their independence if they call for help?**

"Where we find people that tend to lose their independence, even for a short period of time, are those that either break a hip or break an arm or have a head injury and they have to stay out of the home to do some sort of rehab. **Our main focus is for that not to happen.** If you do fall and you do call and we come in and say, 'We'd really like to have somebody come out and do a home assessment', allow us to do that... it gives us an opportunity to show you some of the areas that are potential fall hazards, and we fix those before you actually do fall and hurt yourself."

### **What can I do to prevent future falls?**

Deputy Chief Dostalek shared many things that can be done to prevent falls, including, "If you do have mobility issues, use a walker or cane... even if it is around your



apartment or your home. Do a general scan of things you could potentially fall over like throw rugs, cords, extension cords, and uneven surfaces in your home. Take your time...

and use safety precautions that are available to you like handrails. Do physical activity like walking, Tai Chi, or classes for balance, flexibility, and strength. Wear sensible shoes that are slip resistant. And work with your healthcare provider to through all the medications you have and dosages, making sure you're taking them as appropriate".

Falls prevention is for everyone and you have a big role to play in reducing your risk of a fall. Falls Free Wisconsin can help. Stockbridge-Munsee Community Health Department encourages you to visit [FallsFreeWI.org](https://www.fallsfreewi.org) today and take action to stay safe and independent!





# Food Hero for Older Adults

## Focus on Balance



Balance is controlled by your brain with information from your eyes, ears, muscles and joints.

Balance helps you do activities of daily living with less dependence on others.

Aim to mix balance with other types of activity on at least 2 days a week. Try dancing, yoga, gardening or sports.

Test your balance: stand on one leg; aim for 30 seconds. Switch legs. Use a chair or nearby wall for safety.

Dehydration, medications and blood pressure can affect balance. Talk to your healthcare provider if you have questions.

## The Benefits of Balance

1

### Move with ease

Activities such as walking, gardening, dancing and carrying groceries are easier with balance.

2

### Move with confidence

Balance makes it safer to walk on uneven surfaces, walk in the dark and get up from sitting down.

3

### Reduce your risk of falling

Falls are the leading cause of *injury-related deaths* among adults age 65 and older.

4

### Reduce your risk of injury

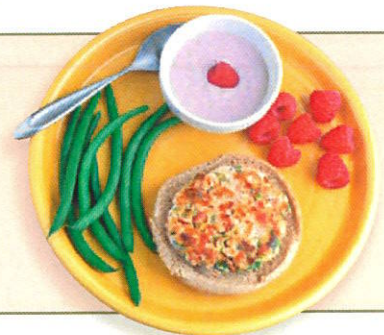
Balance makes everyday movements safer, resulting in fewer sprains, strains, slips and trips.



### Balance your plate

Making healthy food choices plays a role in balance by providing nutrients that support healthy bones, muscles, vision and blood pressure.

Go to **FoodHero.org** for easy, tasty recipes.





# Classics Stay Strong

Remember to stay hydrated while moving your body! Keep water near you while exercising.

Foods high in calcium and vitamin D, such as dairy products and canned salmon, work together to support healthy bones and muscles.

Measure your progress! How long can you hold a position before losing balance or getting tired?

If you are just getting started with balance activities, do what you can and build up to more over time.

Frozen vegetables can be an easy and low-cost way to add vitamin A to support healthy vision.

## How to Improve Balance



1

### Stretch

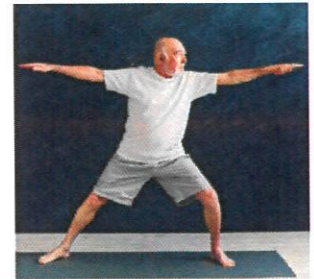
Stretching keeps your blood flowing and your joints flexible.



2

### Daily Activity

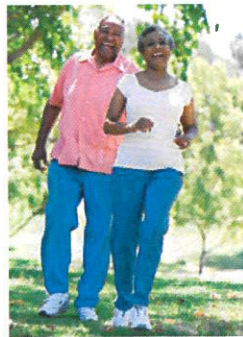
Standing up from sitting, reaching and walking keep your balance muscles strong.



3

### Yoga

Yoga combines stretching, balance and strengthening movements.



4

### Be Physically Active

Sit less and move more each day by doing activities that you enjoy.

**Be Active with Others** Have a friend, neighbor or family member join you during physical activity to make it safe and fun! Your local community center may have activity groups you can join.



### Physical Activity Guidelines for Adults 65+

- Sit less and move more!
- At least **150 minutes a week** of moderate intensity activity such as **brisk walking**.
- At least **2 days a week** of activities that **strengthen muscles**.
- At least **2 days a week** of activities that **improve balance**.





# Sheet Pan Corned Beef Sliders

**YIELD:4 SERVINGS**

**PREP TIME:10MINUTES MINS**

**COOK TIME:20MINUTES MINS**

**TOTAL TIME:30MINUTES MINS**

## Ingredients

- **10 Slider buns or dinner rolls, slice in half**
- **1 lb Thinly sliced corned beef**
- **10 slices Swiss cheese**
- **¼ cup Mayonnaise**
- **¼ cup Dijon mustard**
- **4 tbsp Unsalted butter, divided**
- **2 cups Shredded green Napa cabbage**
- **2 tsp Onion powder**
- **2 tsp Garlic powder**
- **Kosher salt and pepper to taste**



## Instructions



- Preheat your oven to 350 degrees. Spray a 9X13 baking dish with non-stick cooking spray.
- Next, place 10 bottom roll halves into the prepared baking dish. Take the mayo and mustard, and spread it all over the roll halves.
- Take the corned beef and Swiss cheese and layer them on top of each dinner roll.
- In a skillet preheated to medium-high heat melt 2 tbsp unsalted butter. Once melted add the cabbage, salt, and pepper. Cook the cabbage until softened about five minutes. Take the cooked cabbage and place it on top of the corned beef.
- Take the top dinner rolls and place it on top of the cooked cabbage.
- In a microwave safe bowl melt the remaining 2 tbsp unsalted butter. Once melted stir in the onion powder, garlic powder, salt, and pepper. Using a brush, brush the melted butter on top of each roll.
- Bake the sliders for about 15 minutes or until the cheese has melted. Serve and enjoy!





# March Lunch Menu

# 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	Menu is Subject to Change	3	4	5	6	7	8
	Sub Sandwich Chips Baked Beans Yogurt	Keilbasa & Kraut Baby Reds Peas & Carrots	Chili Frybread Cup of Cottage Cheese w/ Peaches	Baked Chicken Stuffing Cranberries Cupcake	Green Eggs and Ham Orange Juice Oatmeal		
9	Roast Beef & Cheddar on Wheat Alfredo Noodles Green Bean w Onions	10	11	12	13	14	15
	Please Call (715)793-4236 to sign up for Lunch or Breakfast	Chicken Nuggets French Fries Garden Salad Cookie	Split Pea & Ham Soup Peanut Butter on Wheat Bread Crab Salad	Fish Patty Potato Salad Coleslaw Brownie	Avacodo Toast Cup of Oatmeal Banana		
16	CLOSED	17	18	19	20	21	22
	StockBridge- Munsee Day 	Cottage Pie Cabbage Bake Yogurt Cup	Wisconsin Beer cheese Soup Brat on Wheat Bun Cheesecake	Rueben Sandwich Sweet Potato Fries Baked Beans Lime Jello	Breakfast "Buffet" Bacon, Sauasage, Scrambled Eggs Oatmeal & Fruit		
23	Big Mac Salad French Fries Apples & Peanut Butter	24	25	26	27	28	29
	Protein Wrap Chips & Salsa Cottage Cheese w/ Pear	Salad Bar Garlic Stick Jello	Cream of Potato Soup BLT Salad on Wheat Bread	Pork Roast Mashed Potatoes & Gravy Peas & Carrots Cupcake & Ice Cream	<b>BirthDay Meal</b> Pork Roast Mashed Potatoes & Gravy Peas & Carrots Cupcake & Ice Cream	Canadian Bacon w/ Cheese Boiled Egg Muffin Fruit	
30		31					

# JOIN US FOR



Bingo + Exercise = Bingocize

**A fun 10-week health promotion program  
that combines the game of bingo with  
inclusive exercises for everyone!**

**Join us at the Eunice Stick Gathering Place  
every Wednesday & Friday beginning  
March 26th - June 4th, 2025  
10:15 - 11:15 am**

**Space is limited!**

**Contact Cami to sign up at 715.793.5064**





# March 2025

Eunice Stick Gathering Place  
 (715)793-4236  
 Please call or stop in to sign up for activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Local Run 1pm Book Club 1pm	Bingo 1:30pm	Green Bay Run gam SNAP Education 11:30am GLNAEA Meeting 1pm	Antigo Shopping 1pm (JPLs, Pallet Shops)	Shawano Run gam Gamblers v. Team USA hockey 5:30pm	Sewing Club Trip 10am (Wausau fabric shops)
9	10	11	12	13	14	15
	Local Run 1pm Caregiver Support Group Meeting 5pm	Bingo 1:30pm	Scrabble 10am Local Run 1pm	Brenda's Brushstrokes & Bisque 1pm	Shawano Run gam St. Patrick's Day Party & Bingo 11am	
16	17	18	19	20	21	22
	Stockbridge Day <b>CLOSED</b>	Bingo 1:30pm	Wittenberg Run gam Cricut Hat Crafting 1pm	North Star Bingo Casino ride 1pm – 4pm Dementia Friends Training 2pm	Shawano Run gam Sewing Club 11am	
23	24	25	26	27	28	29
	Local Run 1pm Nutrition Education 11:30am Steppingstones Painting 1pm	Bingo 1:30pm North Star Bingo Casino ride 4pm – 7pm	Local Run 1pm	Birthday Meal 12pm	Shawano Run gam Sewing Club 11am	
30	31					
	Local Run 1pm Book Club 1pm					

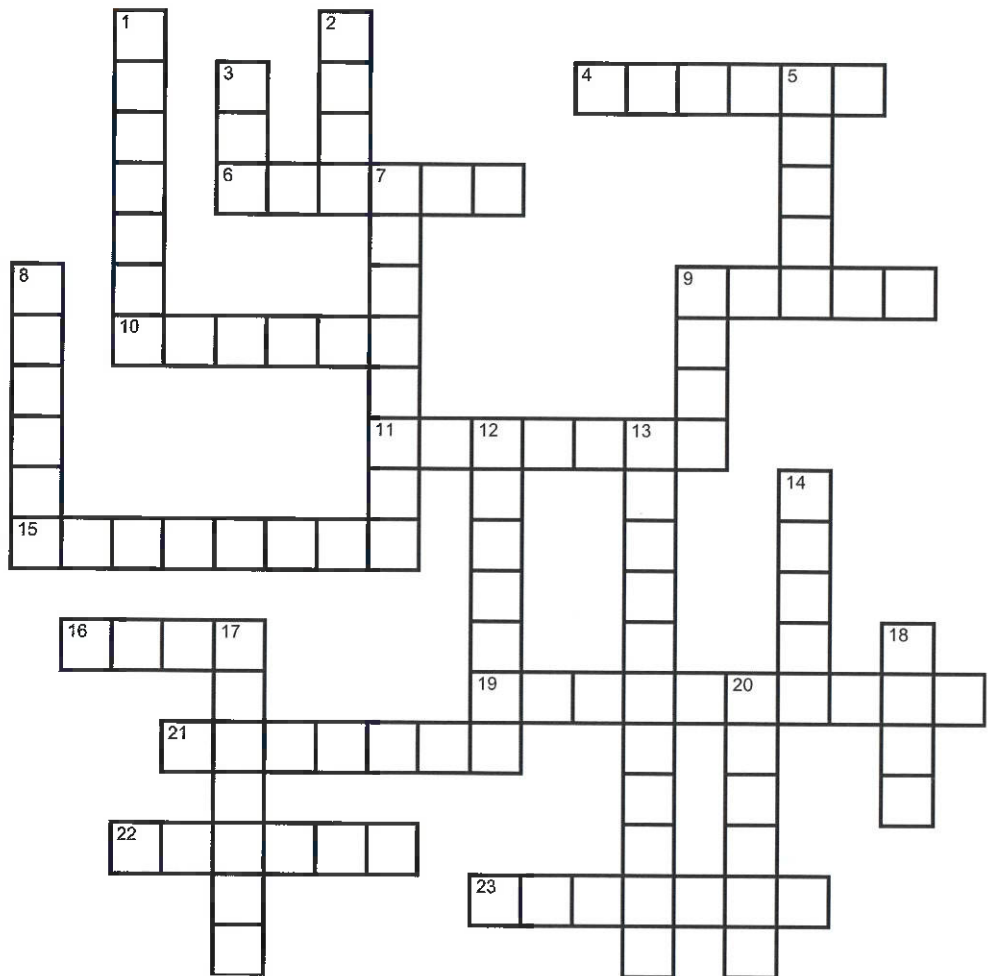


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Saint Patrick's Day

## ACROSS

4. Historically important vegetable in Ireland.
6. Native language of Ireland.
9. What color are the hills of Ireland?
10. The Irish flag is green, white and . . .
11. St. Patrick is the patron saint of which country?
15. Used by St. Patrick to represent the Christian Holy Trinity.
16. Number of leaves on a lucky piece of clover.
19. A trickster with a pot of gold.
21. If you don't wear green on March 17th, you might get . . .
22. Capital city of Ireland.
23. Saint Patrick's birthplace.



## DOWN

1. This city dyes its river green to celebrate St. Patrick's Day.
2. Color originally associated with St. Patrick's Day.
3. Name for the leprechaun's dance.
5. Number of leaves on a shamrock.
7. A funny poem with five lines.
8. According to legend, St. Patrick chased these out of Ireland.
9. It is the pot at the end of a rainbow.
12. Ireland nickname: The \_\_\_ Isle.
13. Saint Patrick's Cathedral location.
14. Month in which we celebrate Saint Patrick's Day.
17. Arch of colors in the sky.
18. Good fortune.
20. Ancient culture of Ireland.

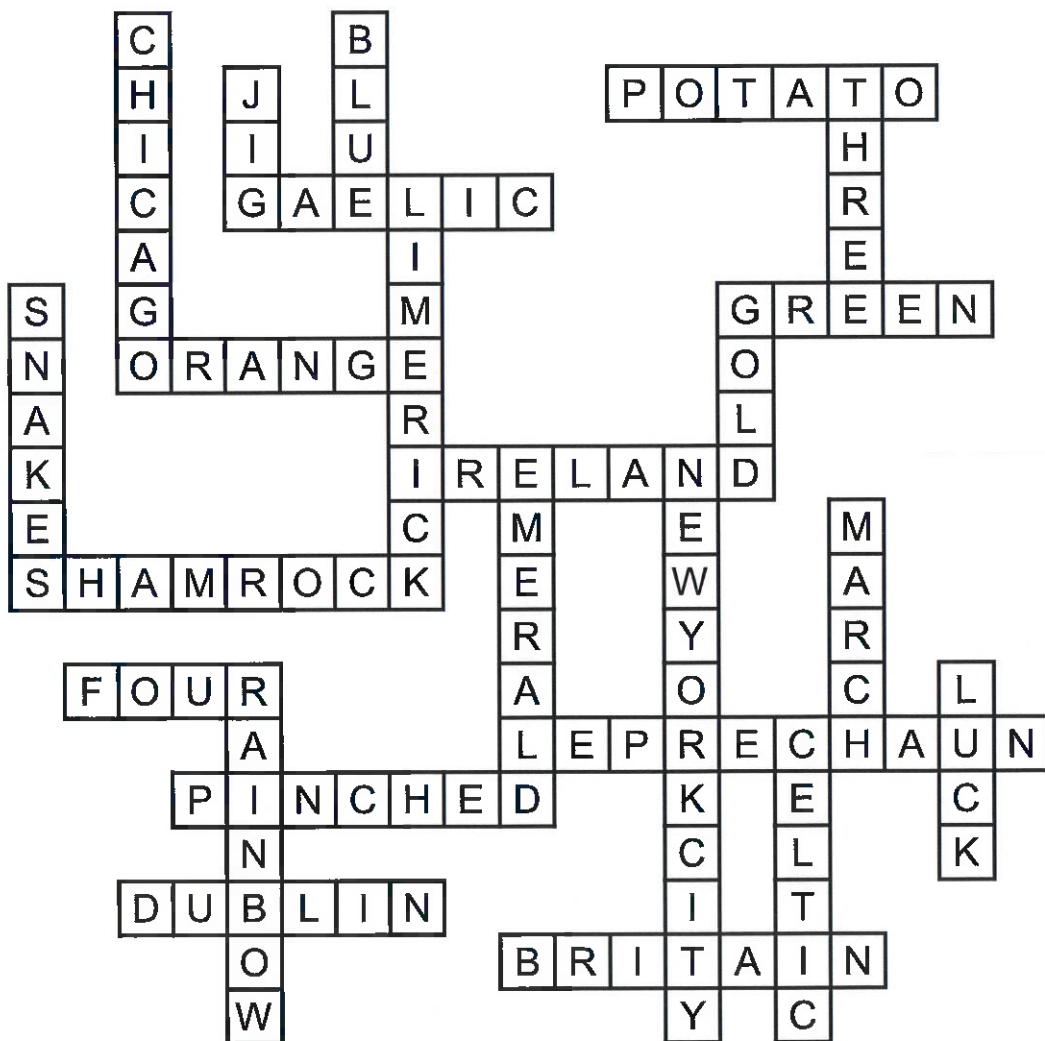


Blue	Leprechaun
Britain	Limerick
Celtic	Luck
Chicago	March
Dublin	New York City
Emerald	Orange
Four	Pinched
Gaelic	Potato
Gold	Rainbow
Green	Shamrock
Ireland	Snakes
Jig	Three

# Saint Patrick's Day

## Crossword

### SOLUTION





# MARCH BIRTHDAYS

**Maureen Christensen**

**Jodie Davids**

**Liza Duffek**

**Kristy Malone**

**Terence Miller**

**George Pecore**

**Teresa Shear**

**Darwin Martin**

**Laura Malak**

**Ray Creapeau**

**Howard Doxtator**

**Audrey Kessen**

**Carl Miller**

**Ervin Murphy**

**Tammy Pecore**

**Marsha Toohey**

**Steve Burr**

**Yvette Malone**

**Thomas Sanders**





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](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)