



Wuskiixaskwal waak Waapsowihleewi-Niipaahum

(Munsee)

Grass and Geese Moon



## **Welcome to Your April Newsletter Elders!**

As the spring season blooms, it's a great time to refresh our routines, embrace healthy habits, and enjoy the simple pleasures of life.

### **Spring into Action**

Light Exercises will better your health. As the weather warms up, it's the perfect time to get outside and stay active. Regular physical activity can improve flexibility, balance, and overall strength. Always check with your healthcare provider before starting a new exercise routine, especially if you have any existing conditions.

### **Mental Wellness**

Keep Your Mind Sharp. Socializing with friends and family, whether in person or over the phone, can also boost your mood and mental health.

### **Sleep Well, Live Well**

Quality sleep is vital to maintaining both physical and mental health. If you find yourself waking up in the middle of the night, try some deep breathing exercises to calm your mind and body back to sleep.

### **Stay Connected and Social**

Social engagement is an important aspect of maintaining mental and emotional health. Stay connected with loved ones through phone calls, video chats, or community activities. If you're feeling isolated, consider joining our activities or come have lunch with us.

### **A Quick Reminder**

Spring Cleaning for Your Health. Spring cleaning isn't just for your home! Take some time to assess your health routine. Consider scheduling check-ups, organizing your medications, or reviewing your health goals with your doctor. A little organization can go a long way in helping you feel your best!

We hope you embrace the season of renewal and make the most of each day. Whether you're walking outside, enjoying a delicious meal, or engaging your mind in a new activity, remember that every small step counts toward better health.

As always call us at 715.793.4236 if you have any questions, or would like to sign up for congregate meal, or an activity.

Please call us if you are signed up for meals and cannot make the congregate meal or if you will not be home for your home delivered meal.

**Take care of yourself this spring and enjoy the beauty of the season!**

A handwritten signature in black ink, appearing to read "Ray Cooper". The signature is fluid and cursive, with a large initial "R" and "C".

# Conversations about substance use are easier than you think.

**RealTalks  
Wisconsin**

It takes all of us to help prevent and reduce substance use.

It is easy to think that people won't listen. But they do! Open conversations about substance use help build supportive communities where prevention works, treatment is available, and recovery is possible. Nervous? Don't be. Check out these simple tips to start having real talks with confidence.

## Choose the place and time

Find a comfortable setting where you can both talk openly without distractions. It helps when they aren't under the influence of substances.

## Let them know you care

Begin the conversation by expressing your genuine concern for their well-being. Use "I" statements to state your feelings, such as:

- "I want to understand..."
- "I'm worried about..."
- "I'm always here to..."



## Be non-judgmental

The goal is to create an environment of empathy, trust, and understanding. Don't make assumptions. When talking, be sure to avoid:

- Lecturing
- Blaming or accusing
- Criticizing

## Ask open-ended questions

Asking questions that can't be answered with a simple yes or no is a great way to get people to open up. You'll learn more about their beliefs and behaviors when it comes to substance use with questions like:

- "I haven't seen you lately. What have you been up to?"
- "Things are stressful. How have you been dealing with it?"
- "What do you and your friends like to do for fun?"

## Use active, empathetic listening

When a person feels understood and knows you're listening, it's easier for them to talk openly. Give them your full attention. Show you're listening by:

- Making eye contact
- Nodding
- Giving verbal cues, such as "I see," or "I understand."

## Offer your help

Let them know you're there to support them in any way they need. Offer your help by:

- Sharing reliable information about substance use
- Being available when they're feeling stressed and need to talk
- Suggesting they call 211 to connect with local resources and the Wisconsin Addiction Recovery Helpline



## Find support

Conversations about substance use can be difficult. Just remember, you're not alone. There are many different resources available for people who live with or are affected by substance use. Just talking to someone who understands can help.

 [RealTalksWI.org](https://RealTalksWI.org)



WISCONSIN DEPARTMENT  
of HEALTH SERVICES



# OLDER AMERICANS MONTH



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**FLIP THE SCRIPT ON AGING: MAY 2025**

Wednesday, May 14<sup>th</sup>

10:00 a.m. to Noon

Join us for lunch: Soup Day-TBD

Stockbridge Munsee Elderly Services & Eunice Stick Gathering Place

N8651 Maplewood Street

Bowler, WI 54416

***Let's talk about this!***

As an Elder, what does the caption “Flip the script on Aging” mean to YOU?

The focus of this year’s theme is to transform how society perceives, talks about, and approaches aging.

Prior to our in-house event, I’d like to ask you to list 3 things we could do as a community to help “Flip the Script on Aging”. What would that consist of? What are 3 things we could do? We want to know your thoughts!

There will be a labeled box & slips available starting April 1<sup>st</sup>-30<sup>th</sup>, next to the meal donation box. Drop your suggestions in the box. Add your name to the slip to receive an incentive gift. All suggestions will be compiled and typed up and given to all participants that come to our event and we can discuss them at 10:00 a.m. on May 14<sup>th</sup>, 2025. There will also be community booths for services available in our service area to browse and make contacts for services you may not be aware of. Come check us out!



# 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:**

**04/25/2025**

**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.





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

**DATE:**

**04/21/2025**

**TIME:**

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

**LOCATION:**

**Ennice 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!!!





Join us at GLNAEA on June 4th & 5th at Mohican North Star Casino and resort for an exciting opportunity to showcase your products and talents!

# CALLING ALL NATIVE ENROLLED VENDORS

✳️ **No Vendor Fees!** We only ask that vendors kindly donate an item for our raffle.

✨ **No Permits Needed**  
This is a free and easy opportunity to showcase your business!



## EVENT DATES & TIMES:

- **WEDNESDAY, JUNE 4TH: 12:00 PM – 6:00 PM**
- **THURSDAY, JUNE 5TH: 7:00 AM – 1:00 PM**



📞 **To Sign Up: Call (715) 793-4236 to reserve your spot! We just need your phone number and tribal affiliation.**

**Don't miss out on this great chance to connect with the community and promote your work!**

# 2025

*Stockbridge-Munsee Community Elders*

# ELDERLY FALLS SURVEY

*Please complete an online or in-person survey by April 30th, 2025 to assist us with assessing the severity of falls and to gain a better understanding of the frequency of falls in our community.*

Survey link:

<https://forms.office.com/r/Rd1d5k5Yna>



**Scan Me**

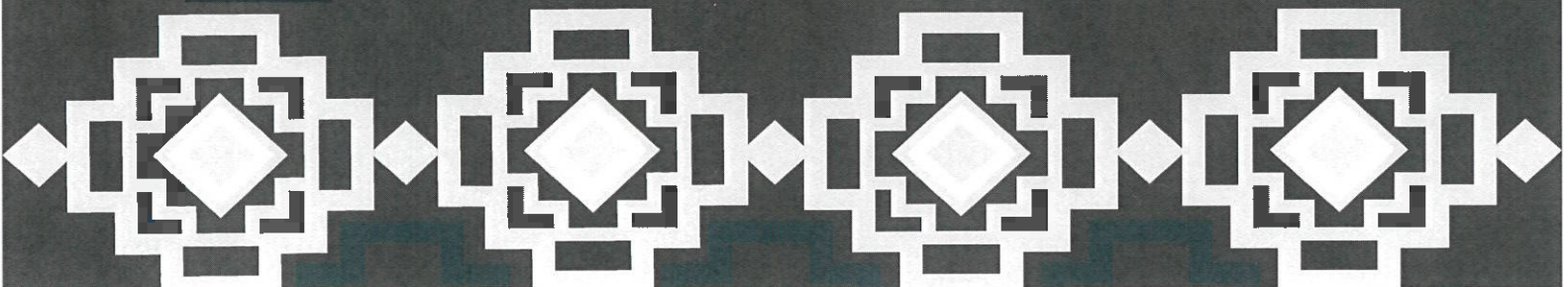
*If you do not have access to the internet please contact Cami Miller at 715.793.5064 for assistance.*

**Be the first 100 to complete the survey,  
win a prize!**



*Stockbridge-Munsee*  
COMMUNITY HEALTH DEPARTMENT

**YOUR ASSISTANCE WOULD  
BE GREATLY APPRECIATED!**





*April is*  
**SEXUAL ASSAULT  
AWARENESS MONTH**

## **Recognizing Elderly Survivors This Sexual Assault Awareness Month**

CategoryBlogPosted onApril 27, 2021AuthorMT

Sexual assault in older individuals is not something we often want to talk about. But, it's important to understand the signs of sexual abuse and violence, educate ourselves on ways to prevent it, and empower those who have been affected by it.

What better time to raise your voice than Sexual Assault Awareness Month?

### **Sexual Assault Awareness Month**

April is Sexual Assault Awareness Month (SAAM). SAAM aims to raise public awareness of sexual violence and educate communities on how to prevent it.

The campaign strives to be a voice of the survivors of sexual abuse and violence. By better educating the public on sexual assault, we can better recognize, prevent, and recover from sexual abuse and violence.

The term “sexual assault” is an umbrella term that includes all of the following:

- Rape
- Molestation
- Unwanted sexual contact of any other form
- Sexual harassment
- Incest
- Child Sexual Abuse
- Sexual violence, even with an intimate partner
- Sexual exploitation
- Human trafficking
- Voyeurism

The observance encourages people across the country to raise their voices in support of survivors and speak out if they have experienced sexual assault themselves.

## **Looking at the numbers**

This April, do your part to end the widespread problem that is sexual assault. Here are some key statistics about sexual assault in the U.S.

- Nearly 1 in 5 women in the United States have experienced rape (or attempted rape) at one point in their lives.
- 1 in 67 men in the United States has experienced rape (or attempted rape) at one point in their lives.
- Every 98 seconds, an American is sexually assaulted.

- Only 5 out of every 1,000 perpetrators will end up in prison (which is why it is important to speak out if this happens to you).
- The majority of sexual assaults happen at or near the individual's home, often by someone they know and/or trust.
- Health care is 16% higher for women who were sexually abused as children.
- Rape is the most under-reported crime; 63% of sexual assaults are not reported.

## Elder Sexual Assault

Sexual abuse and violence can happen at any age, including older adults and elderly individuals. This month, we're raising awareness about sexual assault in our senior population and ways we can prevent and recognize it.

Elder sexual assault is highly underreported and studies show that survivors are hesitant to reach out for help. Only [one in 24 cases](#) of elder sexual abuse is reported to authorities. Sexual assault in later life is often perpetrated by people who have easy access to older individuals. In one study, 40% of perpetrators were the [spouse of the victim](#).

Many also see sexual assault in later life as a problem isolated to nursing homes. While it is an issue that nursing homes face, reported cases of elder sexual abuse show that 72% of alleged [sexual abuses occurred in private homes](#), while just 23% occurred in facilities and almost 5% occurred in other locations.

Older survivors of sexual assault can benefit from many services that survivor service organizations offer. Advocates can help survivors navigate the criminal justice system by providing information, court accompaniment, and the emotional support necessary to help survivors heal. By believing and supporting the individual, advocates can often be a source of unbiased.

Survivor services organizations can also help break some of the isolation many older survivors experience through counseling programs, follow-up support, and support groups specifically designed for older survivors. Service programs may have to adjust their services to better meet the needs of older survivors.

## Know the signs

By understanding the signs of sexual abuse and violence, we can better protect and support our aging population.

The typical signs of sexual abuse against the elderly can include:

- Sustaining a pelvic injury
- Having problems walking or sitting
- Developing a sexually transmitted disease or STD
- Torn, bloody, or stained underwear
- Bruises of the genitals or inner thigh
- Bleeding from the anus or genitals
- Irritation or pain of the anus or genitals
- Panic attacks
- Signs of Post-traumatic stress disorder (PTSD)
- Symptoms of agitation
- Social or emotional withdrawal from others
- Engaging in inappropriate, unusual or aggressive sexual activities
- Suicide attempts
- Engaging in unusual or inappropriate actions that appear to be from a sex role relationship between the perpetrator of elder sexual abuse and the survivor
- Prevention

## What to do if you suspect elder sexual assault

If you suspect that elder sexual abuse has taken place, you should report the incident to authorities, or to [Adult Protective Services](#) Shawano County Services (715) 526-4700 ask for Adult Services. During the day hours M-F 8am - 4:30 The Stockbridge-Munsee Aging Elder Social Worker at (715)793-5619. so that it can be investigated further. **If the situation is an emergency or an older adult is in need of immediate assistance after an assault, emergency services should always be the first call and APS second.**

You can make an anonymous, confidential call 24/7 Just **dial 988 Lifeline.**

**LifeLine** can connect you to the appropriate support and authorities needed for a specific situation.

Stephanie Bowman Elderly Social Worker

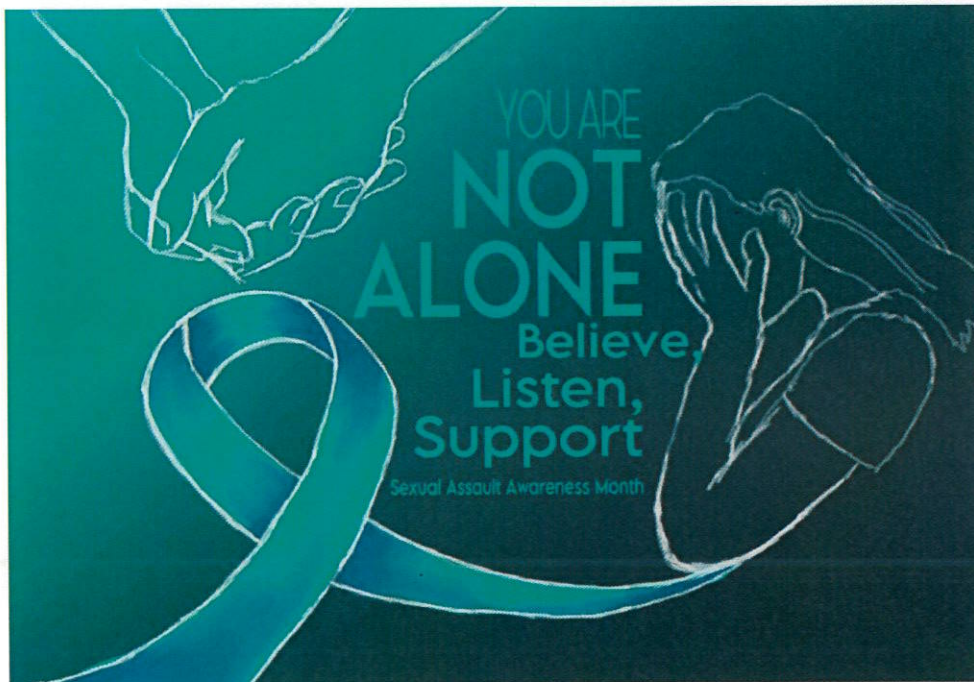
715-793-5619



# Sexual Assault Awareness Month

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April



We are excited to announce that we will be offering rides to the bank on April 3<sup>rd</sup> and April 17<sup>th</sup>. These rides are designed to help alleviate the time spent atopping at the bank during your shopping trips and allo for more time to shop.

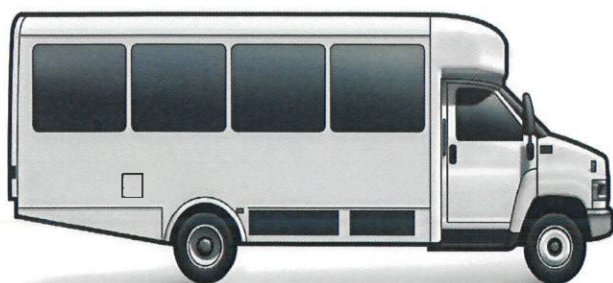
Please Note:

The Bank runs are for the **BANK ONLY**. These trips will take you directly to the bank and are not intended for any other errands or stops.

Schedule:

- April 3, departure time will be at 9 A.M.
- April 17 Departure time will be at 9 A.M.

We hope this service helps makes your errands more efficient!  
For more details or to sign up, please contact The Eunice Stick  
Gathering Center at (715)793-4236



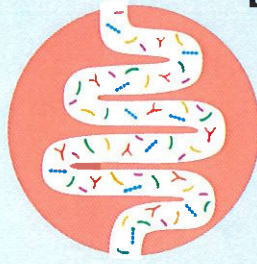


# Food Hero for Older Adults

## Focus on Digestion

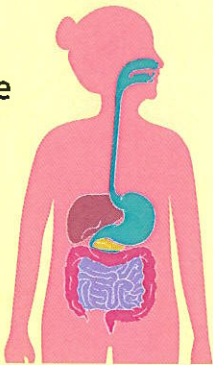


**Digestion is the process of breaking food into nutrients the body can use for energy, growth and repair. Removing unused liquid and solid material is also part of the process. Our digestive system runs from our mouth to the end of our colon.**



**Did you know?** Your large intestine (also called the gut) is home to trillions of microorganisms known as the gut microbiome. Your microbiome helps with digestion by making some vitamins, blocking the growth of harmful microbes and helping your immune system.

### The Digestive System



### What does healthy digestion look like?

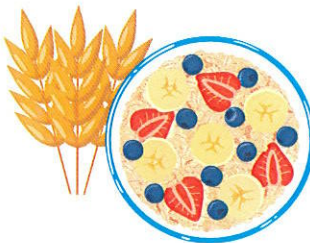
- Regular and pain-free bowel movements.
- Minimal gas, bloating, constipation or diarrhea.
- Steady energy through the day.

### How can digestion change with age?

- Chewing and swallowing food can be more challenging with less saliva or dental problems.
- Breaking down food may be more difficult with reduced stomach acid.
- Some medications can affect appetite and digestion.

## Daily Actions for Healthy Digestion

### Eat foods with fiber:



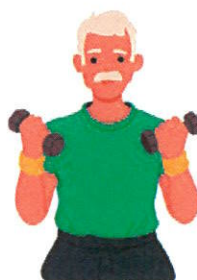
- to slow digestion in your stomach for stable blood sugar.
- to promote regularity and prevent constipation.
- to feed helpful bacteria in your gut for a strong immune system.

### Drink fluids:



- to break food down into nutrients.
- to move food along the digestive system.
- to create a soft stool for regular bowel movements.

### Include physical activity:



- to stretch and strengthen the muscles of digestion.
- to move food through your colon for regular bowel movements.
- to increase the types and numbers of helpful microbes in your gut.

# Classics Stay Strong

Did you know that sleep can also help with digestion? Aim for 7 to 9 hours at night and add a nap if needed.

If you prefer softer foods, mashed or puréed fruits and veggies are good options.

Canned beans or bean soup paired with whole grains are tasty ways to add fiber.

Tip for drinking more fluids: flavor water with fresh orange or lemon slices, or fresh berries!

When buying yogurt or cottage cheese for probiotics, look for “live cultures” on the label.

## Enjoy digestion-friendly foods each day

These recipes from **FoodHero.org** provide 25 grams of fiber to meet your daily fiber needs.

### Breakfast

**Berry Blast:** Try a quick and easy yogurt parfait.



### Lunch



**Mix and Match Grain Bowl:** Enjoy a tasty meal with ingredients you have on hand.

### Snack

**Herbed Yogurt Sauce:** Mix up a gut-friendly dip for vegetables.



### Dinner



**Easy Skillet Chili:** This simple chili is full of protein and fiber.

### Snack

**Healthy Carrot Cake Cookies:** Bake some soft oatmeal cookies.



**Prebiotics and probiotics** are found in foods and supplements. They support a healthy gut and digestion by improving your gut microbiome.

**Prebiotics** provide food for your gut microbiome to grow well. They are fibers found in a variety of fruits, vegetables and whole grains.

**Probiotics** are microbe-containing foods that help you maintain a healthy microbiome. They include products made with live cultures such as cottage cheese, kefir and yogurt. They also include fermented foods like sauerkraut, kimchi and kombucha.

*Talk with your health care provider before trying new supplements.*



# April ☁️

# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Menu Is Subject to Change		1 Cooks Choice 	2 Indigenous Taco Fruit Fluff Cup	3 Wild Rice Casserole Mashed Potatoes Beets Roll	4 Sausage Egg Wrap Hashbrown 100% Fruit Juice	5
6 Please Call (715)793-4236 to sign up for Lunch or Breakfast	7 Chicken Caesar Salad Pudding cup	8 Pork Chop suey Brown Rice Wheat Bread Pudding tort	9 Vegetable Soup Chicken Spread Sandwich Cookie	10 BBQ Chicken Scallop Potatoes Lima Beans Pineapple	11 Poached Egg American Fries Spam Wheat Toast	12
13	14 Meatballs w/ Gravy Wheat Noodles Peas & Carrots Whole Wheat Roll Applesauce	15 Mediterranean Wrap 3 Bean Salsa Dip Chips Yogurt	16 Hullcorn Hominy Soup Biscuit Salad Greens Brownies	17 Fish fry Potato Salad Coleslaw Rye Bread Cupcake Jello w/ fruit	18 Boiled egg Bacon Oatmeal Tomato Juice	19
20	21 Brat on Wheat Bun French Fries Baked Beans Cookie	22 Salad Bar Jello Cake 	23 Lasagna Soup Cottage Cheese Bread Stick Fruit Fluff Cup	24 <b>BirthDay Meal</b> Turkey gravy Mashed yams Stuffing Cranberries Cake & Ice Cream	25 Ham & Cheese Egg Bake Banana Bread Juice	26
27	28 Cheeseburger Bake Peas & Carrots Garlic Bread Jello	29 Indigenous Taco Salad Wild Rice w/ Berries	30 Navy Bean w/ Ham Soup Grilled Cheese & Spinach sandwich Beet Salad			

## Wild Rice & Berries



## Ingredients

- 1 cup traditional wild rice
- 8 cups of water
- 1 pint mixed organic blueberries, raspberries, and blackberries; rinsed
- 1 pint organic strawberries; rinsed and sliced
- 1 cup pecans or walnuts, lightly chopped
- 1 cup pure maple syrup

## Directions

1. Rinse wild rice. Add to a large pot and fill with 8 cups of water. Bring to a boil.
2. Once boiling, lower the heat to maintain a simmer. Occasionally, I add berry juice to the water as it boils. This is optional.
3. Cook the rice until it starts puffing out. The time depends on the type of rice you use; it's generally around 40 minutes. (See the picture for reference). The longer you cook the rice, the puffier and softer it will be. The final dish will be closer to a pudding than a salad if you prefer softer rice. I like it both ways.
4. Once the rice is cooked, strain. Add maple syrup to the rice and mix thoroughly. Let cool. Add in your berries and gently mix them together. Sprinkle nuts on top. Chill and serve.

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>MFC Elder</b> <b>Fitness 10am</b> <b>Bingo 1:30pm</b>	2 <b>Bingocize 10:15am</b> <b>Local Run 1pm</b>	3 <b>Bank Run 9am</b> Strong Bodies 10:30am Marion Dollar Store/Cheese Factory Run 1pm	4 Shawano Run 9am <b>Bingocize 10:15am</b> Sewing Club 11am	5
	6 <b>Strong Bodies 10:30am</b> <b>Local Run 1pm</b> <b>Book Club 1pm</b>	7 <b>MFC Elder</b> <b>Fitness 10am</b> <b>Bingo 5:30pm</b>	8 <b>Green Bay Run 9am</b> <b>Scrabble 10am</b> Bingocize 10:15am SNAP Education 11:30am	9 <b>Strong Bodies 10:30am</b> <b>Menominee Casino</b> Ride 1pm-4pm	10 Shawano Run 9am <b>Bingocize 10:15am</b> Sewing Club 11am	11 Shawano Run 9am <b>Bingocize 10:15am</b> Sewing Club 11am
	12 <b>Strong Bodies 10:30am</b> <b>Local Run 1pm</b> <b>Local Run 1pm</b>	13 <b>MFC Elder</b> <b>Fitness 10am</b> <b>Bingo 1:30pm</b>	14 <b>Antigo Run 9am</b> <b>Bingocize 10:15am</b> Canvas Painting 1pm	15 <b>Bank Run 9am</b> <b>Strong Bodies 10:30am</b> Laundry Soap Making 1pm	16 Good Friday <b>Bingocize 10:15am</b> Closed at NOON	17 Good Friday <b>Bingocize 10:15am</b> Closed at NOON
	18 <b>Strong Bodies 10:30am</b> <b>Local Run 1pm</b> Caregiver Support Group 5pm	19 <b>MFC Elder</b> <b>Fitness 10am</b> <b>Bingo 5:30pm</b>	20 <b>Bingocize 10:15am</b> <b>Local Run 1pm</b> <b>Local Run 1pm</b>	21 <b>Strong Bodies 10:30am</b> <b>Birthdays Meal 12pm</b>	22 <b>Strong Bodies 10:30am</b> <b>Local Run 1pm</b>	23 <b>Strong Bodies 10:30am</b> <b>Local Run 1pm</b>
	24 <b>Strong Bodies 10:30am</b> <b>Local Run 1pm</b> <b>Book Club 1pm</b>	25 <b>MFC Elder</b> <b>Fitness 10am</b> <b>Bingo 1:30pm</b>	26 <b>Bingocize 10:15am</b> <b>Local Run 1pm</b> <b>Local Run 1pm</b>	27 <b>Bingocize 10:15am</b> <b>Local Run 1pm</b> <b>Local Run 1pm</b>	28 <b>Bingocize 10:15am</b> <b>Local Run 1pm</b> <b>Local Run 1pm</b>	29 <b>Bingocize 10:15am</b> <b>Local Run 1pm</b> <b>Local Run 1pm</b>
27 Shawano Flea Market 10am	28 <b>Strong Bodies 10:30am</b> <b>Local Run 1pm</b> <b>Book Club 1pm</b>	29 <b>MFC Elder</b> <b>Fitness 10am</b> <b>Bingo 1:30pm</b>	30 <b>Bingocize 10:15am</b> <b>Local Run 1pm</b> <b>Local Run 1pm</b>	31 <b>Bingocize 10:15am</b> <b>Local Run 1pm</b> <b>Local Run 1pm</b>		

# JOIN US FOR



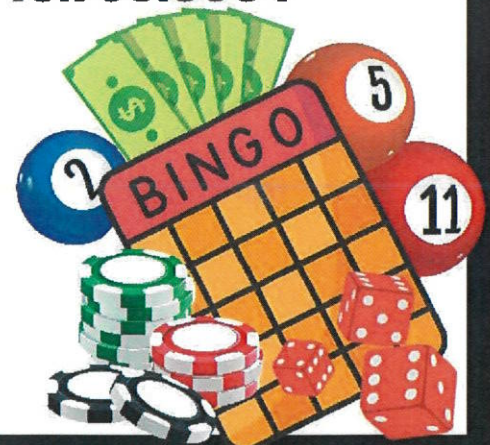
Bingo + Exercise = Bingocize

**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**



*STRONGBridgers*

# Strength Training Class



**STRONG**<sup>TM</sup>  
*People*  
**STRONG BODIES**

## Benefits of Strength Training:

### Reduced risk for chronic diseases:

- Diabetes
- High Blood Pressure
- Heart Disease
- Osteoporosis
- Arthritis
- Some Cancers

### Increased:

- Strength
- Muscle mass
- Bone density
- Ability to do Activities of Daily Living

**Mondays & Thursdays, 10:30 AM at the Eunice Stick Gathering Place**

# EUNICE STICK GATHERING PLACE

## *Fitness Schedule*

**MON**

**STRONG BODIES**

10:30 AM

**TUE**

**MFC ELDER FITNESS**

10 AM

**WED**

**BINGOCIZE**

10:15 AM

**THU**

**STRONG BODIES**

10:30 AM

**FRI**

**BINGOCIZE**

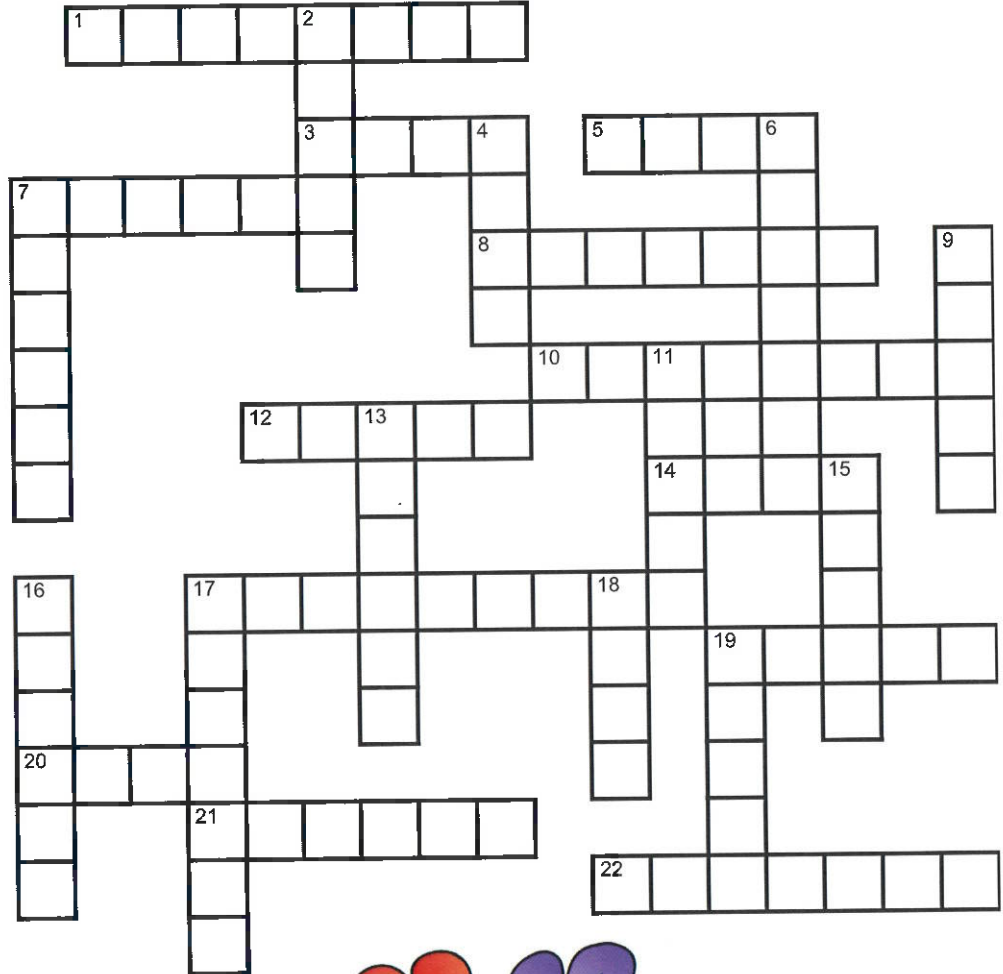
10:15 AM

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

# Spring is Here!

## Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.



## Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm







*Celebrating*  
**APRIL**  
*Birthdays*

**Frank Azzolina**

**Perry Bublitz**

**Beth Gardner**

**Larry Madden**

**Lorraine Welch**

**Judy Mohawk**

**Elizabeth Ramirez**

**Lee Bowman**

**Reva Fuhrman**

**Dave Gardner**

**Tim Malone**

**Merle Moede**

**Sheila Powless**

**Jeannie Vele**



**BIRTHDAY**

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)