



THE LAC COURTE OREILLES

ELDERS CORNER

“News by Elders, for Elders, about Elders”

Published the first Wednesday of every month.

SPONSORED BY: LCO ELDER’S ASSOCIATION

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NEWS FROM THE LAC COURTE OREILLES

ELDERS COUNCIL

Marie Kuykendal, Chair 715/634-0784

Faith Smith, Secretary 715/634-1599

Elder Council Meeting Minutes for January 9, 2016

The meeting was called to order at 10:30 by Chair, Daryl Coons. Present were Lorraine Smith, Faith Smith, Dewey Isham, Mona Ingerson, Tom Carley, Marie Kuykendall, Christine Isham, Vernon Martin and Dorothy Sharon.

Reading of the December minutes. Dewey Moved to accept the December, 2015 minutes, seconded by Marie and passed unanimously.

Election of Chair and Vice Chair. Marie was elected Chair and Dorothy Sharon was elected as Vice Chair. Daryl turned the meeting over to the new Chair.

Reports from TGB Monitors. According to Brian Bisonette, there is still some difficulty with the company that installed the elevator. He hoped that the situation would be resolved in the near future. He asked the TGB for clarification about management authority of Kinnamon. Jason Schlender is supposed to set up a meeting to talk this over with those involved. Dave Fleming reported that the Country Store is seeking a new manager since Rick Wolfe resigned his position before the holidays. Justin Gordon presented a request for support for his new program, Bugo Ganay Giizhig, which is intended to assist those seeking help with addiction. A request was presented for \$1,500. TGB members expressed agreement that many tribal members suffer from addiction and need help. However, there was not enough information presented for a decision to be made, including the lack of a budget and the request was not approved.

Elder Abuse. Community members attended the meeting to report on instances of emotional elder abuse at the Housing Authority. According to the Elder Protection Ordinance, "Emotional abuse which includes intentional infliction of threats, humiliation or intimidation, undermining and individual's sense of self-worth and/or self esteem, constant criticism, diminishing ones' abilities..." Staff members impacted work for the accounting department who are elders. Instances of abuse that were reported included being required to work evenings and week-ends to excess, public ridicule, being required to carry out work that is physically challenging, unfounded accusations of improper behavior, and demeaning comments about impacted employees. In the case of abuse against elders by individuals, the Elder Center would be charged with the responsibility of investigation. However, this situation involves their supervisor, a member of the staff of the Housing Authority. The Elder Council agreed to present this situation to the TGB for resolution.

Elder Center. Mary Wolf reported on activities of the Elder Center. A 3-year aging plan was submitted as required by one of its funding sources. They are waiting for notification of a new Title III grant. Mary works with Marie to secure funds for elder travel. Notification of the 2016 award has yet to be received. Trips will be planned once the grant award is approved.

Rally in Madison. A protest to the bill proposed which would allow landowners to unearth sacred remains on their property is planned for Tuesday, January 12th, in Madison. A bus will pick up persons who wish to attend very early. Vernon also will take the elder van and has two openings if there are others who wish to attend.

Dewey moved to adjourn at 1:10 pm, seconded by Christine and passed unanimously.

Goals 2016-2017

- I. Elder Long Term care. Create a plan and begin implementation process for elder long term care with the priority of (1) providing a system of care that enables elders to age in place; and (2) to establish an assisted living facility. We are waiting for the next phase of the Money Follows the Person program to be approved by CMS which is intended to create a system of care for elders who are institutionalized to return to LCO.
- II. Elder Benefits. Increase the allocation of funds for elder benefits based on need.
- III. 16- Plex
 - a. Continue to serve as an advocate for an improved quality of living for 16-Plex residents
 - b. Meet with Housing Authority Director to determine measures to be taken to improve the conditions of the 16-Plex
 - c. Encourage the Housing Authority to hire a 16-Plex manager

- IV. Constitutional Revision
 - a. Secure support from the TGB for constitutional revision
 - b. Secure an annual budget for constitutional revision
 - c. Make participation in discussions related to constitutional revision more accessible
 - d. Engage in a thorough study of enrollment policies and procedures and recommend changes for adoption to the Enrollment Committee and the TGB. Changes will require consideration as a part of the LCO Constitution.
- V. Advocate for tribal workplaces that are free of bias and abuse toward elders. This includes empowering advisory councils to act on the needs and concerns of elders.
- VI. Code of Ethics. Promote the adoption of the Code of Ethics by the TGB.
- VII. Promote the completion of a Tribal Strategic Plan. A strategic planning process was initiated by the TGB in the summer 2015 but not completed. Issues were brought up in those sessions but no action taken.
- VIII. Clifton/Larson/Allen Report. Work with TGB to host a public review of the Clifton/ Larson/Allen Report.
- IX. Maintain an open dialogue with LCO elders.
 - a. Host bi-annual public forums with LCO elders.
 - b. Encourage elders to attend monthly meetings of Elder Council and participate in discussions.
 - c. Respond to all concerns raised by LCO elders and report back. Be accountable.

ELDER CENTER NEWS

Mary Wolf, Director 715/957-0027
Terrance Manuelito, Benefits Coordinator 715/957-0077
Carol Hamblin, ADRS 715/957-0076
Clara Jalowitz, Nutrition Program 715/865-3379

I am looking for more information to provide support for the caregivers in our community. Each month I will attempt to bring you relevant information. We understand it's a challenge to be a caregiver 24/7, and we need to remember to take care of ourselves and accept a break when someone offers it. Here are a few thoughts I

received from Jane Mahoney, Older Americans Act Consultant from GWAAR (Greater Wisconsin Agency on Aging Resources):

Choose Joy

As a caregiver, our worlds are different than what we anticipated they would be. The demand of meeting another person's daily needs is great. Stress levels are high. Somehow within what may feel like a hectic and chaotic life we can still take time to create and appreciate moments of joy. Jolene Brackey wrote an entire book on Creating Moments of Joy for someone with Alzheimer's Disease. But this important message is not just for those caring for someone with Alzheimer's Disease. It is an initiative that we must take with people we love every day. Creating moments of joy can be as simple as turning on music and singing, holding someone's hands, sharing a compliment or laughing at something silly. Moments of joy can be created. Watch for opportunities. A quick smile or nod of recognition is worth more than any amount of money. Keep your expectations low and your appreciation high. Our lives are made up of moments. Make each moment count. Happiness depends on external factors. Joy, on the other hand, is a lens to see the world through. The difference between joy and happiness is that joy is a choice one makes. Choose joy.

Kathleen Manny

Co-Chair/The Family Caregivers Coalition in Sheboygan County

Community Services Specialist/Aging & Disability Resource Center

Are you caring for another person? If so, here is the calendar for the **February Caregiver Teleconnect**. These are the educational sessions anyone can access by phone for free. It is easy to register and easy to call in. They are perfect for home-bound caregivers and caregivers who want to remain anonymous. Check out the website at: <http://caregiversos.org/caregiver-teleconnection/> or call 1-866-390-6491

Feb 2 @ 10:00 - Mental & Physical Health Effects of Family Caregiving

Feb 8 @ noon - Finding and Using Resources

Feb 18 @ 2:00 - Cardiovascular Health

Feb 25 @ 2:00 - A Caregiver's Approach to Sex, Dementia and Intimacy

Elders are encouraged to join me and participate in our Wednesday afternoon projects with the "FootPrints" youth group from the Boys & Girls Club. With the new spring session, we are planning our inter-generational projects, so if you have any ideas, please let me know!! Do you have a craft or something you would like to show them how to make?? The youth want to have a lesson learning how to make frybread. I'll need help with that because I've lost my touch. Usually when we're making something with elders, the elders tell us what and how they learned to make things from their grandparent or elder. We hear some amazing history and the kids eat it up!!!

On January 20th a group of children came to the Elder Center wanted to make something for the elders, so the new FootPrints leader, Nick Chase, brought ingredients and we showed them how to measure, etc. They baked cookies for the elders. The elders enjoyed having cookies the next morning with their coffee!! Miigwech to all our bakers!

We have the youth for only 45 minutes to an hour on 2 Wednesday afternoons per month. In February they will be hosting a winter storytelling event at the college library wigwam. We are also planning some snow projects (in addition to the frybread class).

At this time I'd like to welcome to Nick Chase, who is the new Coordinator of the FootPrints program! Our former Coordinator, Wes Wilson, has moved to South Carolina to attend Southern Wesleyan University with his wife. May they be blessed and do well in their schooling!!

The Elder Aging Unit has arranged several shopping and entertainment trips for February:

Feb. 5th ----- Shopping trip, Hayward – Call for pickup

Feb 9th----- Black Bear Casino – depart Tribal Office 8:00 am

Feb. 17th -----Turtle Lake Casino – depart Tribal Office 8:00 am

Feb. 24th -----Hinckley Casino – depart Tribal Office 8:00 am

Hayward shopping trips, bus will come to your home to pick you up. Shop from 10:00 - 2:00.

Black Bear: depart Black Bear at 3:00

Turtle Lake: depart Turtle Lake 2:00pm.

Hinckley: depart Hinckley at 3:00

Casinos are one day trips, no overnight. We will need your name, address and date of birth in advance so that the Casinos can have your Player's Cards ready for you. If you already have a player's card, please bring it along with you. Free \$10.00 or \$5:00 slot play is available at some Casinos; please check with Carol Hamblin at 957-0076 for further information.

Remember, call in advance and reserve a seat on the bus for the trip of your choice. Seats will be given on a first come - first serve basis.

We are arranging transportation for the Sobriety celebration on February 5th at 6:30 pm at the Tribal Office for music and sharing a bite to eat. Call 715-957-0076 if you need a ride as soon as possible!

I would like to take this time to ask you for a day to volunteer to take meals out to the homebound. We have two vans that go out to each side of the reservation and the routes take about two hours. Please consider donating your time to this worthy cause if you are able.

We need "runners" that deliver meals to the door, and drivers. You can pick a route, one day a week, or two-four days per month, or however many you wish to do. Volunteerism is the base of our program. Call Clara at 715-865-3379 for more information.

LCO OGICHIDAA MEMORIAL

Faith Smith

LCO World War II veterans came together for a round-table discussion about their early days at LCO and experiences in the armed services, Bertha Christensen, Daryl Coons, Louis Gouge, Sr and Richard Smith. The discussion was facilitated by Dave Bisonette and video recorded by Paul DeMain. We hope to get together again. The time we had together was too short!

For the next few weeks, Faith Smith will be at Kinnamon School daily. Installation of the maple tree with leaves representing each of our veterans will take place in February. We also invite those with photos of veterans to bring them to Kinnamon School. We have a scanner and can make copies of photos as well as developing photos from negatives. There are close to 600 names on the list of LCO veterans but we do not have all of their information. For each veteran, we need their rank when they left the service, branch, years served and any military honors received.

Please check the list to make sure that veterans you know are listed and that we have information about their military service. And, if you have photos or negatives, please bring them to Kinnamon School to be copied. The list of veterans is at the front desk of the Tribal Administration Building.

Thanks.

CONSTITUTION REVISION

Mona Ingerson

We are continuing to work on the revisions to our constitution. We should be ready to present Article I, Territory and Jurisdiction for the next edition of the newsletter. We have started working on Article III, the Governing Body. Come join us. Do you want our Tribal Chair to be call President? Chief? What? We meet on the second Tuesday at 2:00 pm in the Tribal Office.

LCO ELDERS ASSOICATION MEETING

Mona Ingerson

Our January meeting started with awarding Lorraine with \$25 for selling the most raffle tickets. There were all good comments about the Elders Christmas Party. There were no suggestions for improvement, but there was a suggestion that the Christmas Party was so much fun that perhaps we should consider an Elders Summer Picnic.

Again, there was a long discussion on the TGB's behavior. It was suggested that names be attached to the discussion. Don't just say the TGB, use their names to make it more personal.

The speaker was Diane Verdin, President, LCO Ojibwa College. She reported on Dr. Day's suggestions: Revise programs, off site needs to be on the Reservations. Off Site are Red Cliff, Bad River, St. Croix and Lac De Flambeau. The student count is up. There is now a newsletter. It will be on line and hard copies will be at the LCOEA meetings. There are 19 students in the Teaching Program. It was suggested that the Library hours be extended.

Mariah Cooper was very helpful at the meeting. She assisted elders all during the meeting. Vicky won the Pie Contest, Leslie won the 410 Early Bird and Mildred won \$17 in the 50x50. January birthdays were acknowledged along with LCO Elders 14th year.

NUTRITIONAL MOMENT

A very flavorful, not spicy dish that
fills you up, not out.
Serves 6



Pork Vindaloo

2 lb boneless pork loin roast, trimmed and cut into 1-inch pieces
1 small onion, chopped 3 Tablespoons red wine vinegar 2 Tablespoons olive oil
6 cloves garlic, minced 1 teaspoon sugar 1 teaspoon dry mustard 1 teaspoon turmeric
½ teaspoon salt ½ teaspoon cumin ½ teaspoon cinnamon ½ teaspoon cardamon
½ teaspoon ginger ¼ teaspoon chili powder ¼ teaspoon pepper 1/8 teaspoon cloves
1 cup chicken broth serve over 2 cups brown rice

Put all ingredients except rice in a slow cooker. Cook on low for 6 to 8 hours or on high for 4 hours.

Per serving: 324 cal.; 10g fat; 100mg chol.; 369 sodium, 18g carb; 37g pro.

Happiness is not a station you arrive at, but a manner of traveling.
Falling down is part of life, getting back up is living.

MINO DIBISHKAA
HAPPY BIRTHDAY WISHES!
BEST WISHES FROM THE LCO ELDERS ASSOCIATION!

Mary Quagon – 2/1; James Butler – 2/2; Kathryn Fleming – 2/2; Lynn Nell Begay – 2/7; Teresa Carley – 2/8
Rose Gokee – 2/9; Marilyn Marlenee – 2/9; Pierre LaSieur – 2/9; Sandy Bird – 2/10; Louise Rider – 2/11;
Cynthia Tudjin – 2/13; Harvey DeMarr – 2/14; Jackie Simonson – 2/14; Roseanne Barber – 2/16;
M. John Quarderer – 2/16; Nicholas Boss – 2/18; Philip Slayton – 2/18; Louie Nickence – 2/19;
Myrna DeNasha – 2/20; Gordon Zimmerman – 2/20; Duane Corbine – 2/21; Dale LaRush – 2/21;
Cyrilla Streubel – 2/22; Leona Merrill – 2/24; Dorothy Quarderer – 2/24; Myron Thomas – 2/24;
Christine Huth – 2/26; Tom Corbine – 2/28

Not an elder, but give Joel Valentin, of our Tribal Governing Board, a birthday greeting on the 11th.

DID YOU KNOW

Mona Ingerson

Would you like to make your own chicken stock but don't have all day? Try all night!! Put chicken bones which can include those from that rotisserie chicken you had for dinner in a slow cooker. Add a carrot, celery, onion and any spices you like. No need to cut up the vegetables, just wash them and throw them in the pot. Cover with water and put on low to cook all night while you sleep. The next morning, strain, toss bones and veggies, jar the stock and refrigerate.

NOTEWORTHY

Mona Ingerson

I am told that the Elders Clinic will re-open February 1st. That is good news.

There was a General Membership meeting held on January 23rd. Our full council was in attendance and it is still nice to see all of them dressed appropriately for such an important meeting. As questions came up, the liaison was able to offer explanations or give answers. That is a welcome addition to the meeting. It was suggested, and not for the first time, to have the directors present also. There were a number of issues that came up especially concerning Housing and the Clinic. Liaisons do not have the details that the director would have to answer the questions. Directors should be at the meetings; especially those directors who are LCO

citizens. Those directors who are not LCO, should still attend the meetings, they are managing a part of LCO; four times a year is not asking too much from these directors.

I have attached reports from Housing , LCO School and the Tribal Governing Board.

JOKES, INTERESTING TALES & STORIES

1. WILL THE REAL DUMMY PLEASE STAND UP???

AT&T fired President John Walter after nine months, saying he lacked intellectual leadership. He received a \$26 million severance package. Perhaps it's not Walter who's lacking intelligence.

2. WITH A LITTLE HELP FROM OUR FRIENDS:

Police in Oakland, CA, spent two hours attempting to subdue a gunman who had barricaded himself inside his home. After firing ten tear gas canisters, officers discovered that the man was standing beside them in the police line, shouting, 'Please come out and give yourself up!'

3. WHAT WAS PLAN B???

An Illinois man, pretending to have a gun, kidnapped a motorist and forced him to drive to two different automated teller machines, wherein the kidnapper proceeded to withdraw money from his own bank accounts.

4. THE GETAWAY!!!

A man walked into a Topeka , Kansas Kwik Stop and asked for all the money in the cash drawer. Apparently, the take was too small, so he tied up the store clerk and worked the counter himself for three hours until police showed up and grabbed him.

5. DID I SAY THAT???

Police in Los Angeles had good luck with a robbery suspect who just couldn't control himself during a lineup. When detectives asked each man in the lineup to repeat the words: 'Give me all your money or I'll shoot', the man shouted, 'That's not what I said!'

6. ARE WE COMMUNICATING???

A man spoke frantically into the phone: 'My wife is pregnant and her contractions are only two minutes apart'. 'Is this her first child?', the doctor asked. 'No! Jackass!' the man shouted, 'This is her husband!'

7. NOT THE SHARPEST TOOL IN THE SHED!!!

In Modesto, CA, Steven Richard King was arrested for trying to hold up a Bank of America branch without a weapon. King used a thumb and a finger to simulate a gun. Unfortunately, he failed to keep his hand in his pocket. (hellooooooo)!

2. 8. THE GRAND FINALE!!!

Last summer, down on Lake Isabella, located in the high desert, an hour east of Bakersfield, CA, some folks, new to boating, were having a problem. No matter how hard they tried, they couldn't get their brand new 22 foot boat, going. It was very sluggish in almost every maneuver, no matter how much power they applied. After about an hour of trying to make it go, they putted into a nearby marina, thinking someone there may be able to tell them what was wrong. A thorough topside check revealed everything in perfect working condition. The engine ran fine, the out-drive went up and down, and the propeller was the correct size and pitch. So, one of the marina guys jumped in the water to check underneath. He came up choking on water, he was laughing so hard. Under the boat, still strapped securely in place, was the trailer!

Now remember, these are all true stories!

<>

Daffy Duck calls the hotel desk clerk and asks for a condom. They ask, "shall we put this on your bill?"

Daffy Duck says, "Are you thucking thupid? I'll thufficate!!"

<>

This old fella was llying in a hospital bed with a mask over his mouth. "Nurse, he mumbles, "are my testicles black?" The nurse raises his gown, holds his penis in one hand and his testicles in the other....She takes a closer look and says, "There is nothing wrong with them sir."

The man pulls his oxygen mask, smiles at her and says very slowly. "Thanks for that, it was lovely but listen very, very carefully, "Are-my-test-results-back?"

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DATES TO REMEMBER:

February 2 – Shop Hayward @ 10-2

February 6 – Elders Council @ 10 am, The Loft or Convention Center, please check

February 8 – Caregivers Seminar @ 12 noon, Elder Center

February 9 – Constitution Revision @ 2 pm, Tribal Office

– Black Bear Casino @ 8 am, Tribal Office

February 17 – Turtle Lake Casino @ 8 am, Tribal Office

February 18 – Chippewa Federation @ 9 am, St. Croix

- Cardiovascular Health @ 2 pm, Elder Center

February 24 – Hinckley Casino @ 8 am, Tribal Office

February 25 – Caregivers Seminar @ 2 pm, Elder Center

March 2 – LCO Elders Association @ 10:30, Convention Center

SEE YOU NEXT MONTH 😊

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