



THE LAC COURTE OREILLES

ELDERS CORNER

"News by Elders, for Elders, about Elders"

Published the first Thursday of every month.

SPONSORED BY: LCO ELDER'S ASSOCIATION

Vicky Jerome, Interim Chair 715/558-7375

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ELDERS ASSOCIATION MEETING

Vicky Jerome, Interim Chair 715/558-7375

Vera Homeskye, Treasurer 715/634-9016

Mona Ingerson, Secretary 715/865-2238

Meeting First Thursday of the Month Casino Conference Center, 10:30

Must be 55 to join, guests of any age welcome

Here is what I know took place at our January meeting. I was late because I was hosting a Meet & Greet at Koobie's. I hope these incomplete minutes of our meetings don't continue. I arrived just in time to give my report.

Mona's Report: At least 3 jobs are posted, and interviews are scheduled for January 21 and 22. The positions are Administrative Assistant, Economic Development, and Social Services. The TGB is concerned that our own Dental department does not do the checkups at our LCO school, but another Dental company does. They have been doing the checkups for over 10 years. Despite the staff increase, our Dental department is not yet ready to provide this service; there is still a very long waiting list.

New Business: Our organization now has a Facebook page. The address is LCO Elders Association@gmail.com. We will post information of upcoming events, pictures, and anything our members are interested in.

We will be hosting a Ramage and Craft sale on March 14, from 9am to 4pm. It will be at the vacant space between the Credit Union and Koobie's. The charge is \$10 per table. You will have to bring your own table and chair.

Speaker: Marcie Gouge, Housing Director

Marcie said the Housing Department manages 388 units and they are building Supportive Housing near the Maandaamin new village.

The Association is trying something new; we are attempting to schedule our speakers in advance. So far those scheduled are Amanda Hudson, Social Worker at the clinic for our March meeting. Ryan Bunker, Fire Chief is scheduled for April.

Birthdays were acknowledged: Cleora White 1/3, Carol Sheehan 1/7,
LCO Elders Association 1/23

Motion to adjourn by Cleo, 2nd by Clara. Adjourned at 12 noon.

NEWS FROM THE LAC COURTE OREILLES

ELDERS COUNCIL

Marie Kuykendal, Chair 715/945-3122

Faith Smith, Secretary 715/634-1599

Elder Council Meeting Minutes

January 17, 2026

The meeting was called to order at 10:12 by Chair, Marie Kuykendall. Present were Mona Ingerson, Clara Jalowitz, Faith Smith and Rick St. Germaine. Due to the weather, attendance was low. Guest – Mary Wolf

Announcements:

- It was mentioned that two elders are in the hospital in Duluth, Pat Alexander and Joyce Miller. Mary indicated that she would make sure Alison Cuddy was aware of their being hospitalized and would find out if they need assistance once they are released.

Elder Center Report.

- Mary and her staff will receive training from the Hayward Senior Site in assisting LCO elders who need Life Alert equipment. There have been complaints from LCO elders that they have difficulty getting a Life Alert monitor through the Health Center. According to the Hayward Senior Site, they service elders in 5 counties who need a Life Alert monitor, more than they can manage on a timely basis; and the LCO Health Center sends LCO elders to Hayward for Life Alert assistance. Four staff members from the LCO Elder Center will be trained in assisting elders who need a Life Alert monitor so there should no longer be a concern regarding this issue. In the future, the LCO Health Center should consider contracting directly with the Life Alert company.
- Angie, the Dementia specialist will be interviewed on WOJB on January 21st and she will be doing a program called Dementia Detectives on WRLS.
- After a very long wait, the minibus has been delivered. It seats 14 people. The cost was \$144,000.
- The Elder Transport proposal was approved.

Lac Courte Oreilles Community Health Center

Scott Johnson, Director, 715/638-5152

Mariah Austin, Assistant Director, 715/638-5171

Dr. Malcom, Medical Director

Angie Pang, Director MAT Recovery Clinic 715/638-5114

Kaylee Trepanier, Administrative Assistant 715/558-7897

Dawn Joyner, Quality Assurance, 715/638-5119

Sara Klecan, Human Resources, 715/638-5132

Amanda Hudson, Social Worker MSW, APSW

****Office hours: M/T/W/F 8:00am-4:30pm. Thursdays out of office***

Did You Know?

Wisconsin Minor Power of Attorney for the Care of a Child

In our communities, caring for children is often a shared responsibility among family, relatives, and trusted community members. Wisconsin offers a legal tool called a Minor Power of Attorney (POA) that can help families plan ahead when extra support is needed.

A Minor POA allows a parent or legal guardian to temporarily give decision-making authority for their child to another trusted adult. This can help ensure children continue to receive care, attend school, and access medical services without interruption.

When Might This Be Helpful?

A Minor POA may be helpful if a parent or guardian is:

- Traveling or away from home for a period of time
- Having surgery or being hospitalized
- Entering treatment or recovery
- Experiencing a mental health crisis
- Facing other situations where short-term support is needed

Planning ahead helps reduce stress and protects children during times of transition.

What Does a Minor POA Do?

The Minor POA clearly identifies:

- Who can make decisions for the child
- Which responsibilities are being shared (medical care, education, daily needs, etc.)
- How long the agreement lasts (up to one year)

This provides clarity and guidance for:

- Schools
- Clinics and health care providers
- Community programs involved in a child's care

Important Things to Know

- A Minor POA is temporary and can last no longer than one year
- It can be revoked at any time by the parent or guardian
- A new form can be completed if caregiving needs change

- There are specific rules about who can complete and sign the form and how it must be filed

Because this is a legal document, families are encouraged to review Wisconsin law and speak with an attorney if they have legal questions. This info is not considered legal advice.

Helpful Resources

- **Wisconsin Minor Power of Attorney Form:**
<https://www.wicourts.gov/forms1/circuit/ccform.jsp?FormNumber=GF-223>
- **Wisconsin Statute Information:**
<https://docs.legis.wisconsin.gov/statutes/statutes/48/xx/979>

Support Is Available

If you would like help understanding this option, planning ahead for your family, or learning about other supportive tools and resources, support is available through:

LCO Health Center – Community Health Social Worker

Amanda Hudson

☎ 715-638-5189

You can also ask to speak with Amanda during your clinic visit.

Planning Ahead Is an Act of Care

Taking steps to prepare during calm times helps protect children, strengthen families, and support the well-being of the entire community.

Nutrition

Kelly Backen, Registered Dietitian Nutritionist, Certified Dietitian,
Diabetes Care and Education Specialist, Tobacco Treatment Specialist.

Bizhiki Wellness Center

Marie Basty, Administrator, 715/699-1922

Dianne Sullivan, CSAC

Angie Pang, Recovery Clinic

Check out Bizhiki Wellness Center on Facebook. You may see a picture of yourself if you attended the Porch Pot Making event December 20, 2026 at the Aging and Disability Center.

LCO Community Health Center will be closed on **February 16, 2026** for Presidents Day.

Sunday February 22, 2026 is scheduled for the **Annual Biboon Extravaganza**. Event is a youth and Family Ice Fishing event. There will be traditional ice fishing techniques and winter games. All ice fishing supplies are provided including ice shacks, heaters, tip-ups, spears or you can bring your own. There will be **big prizes**. Location is CC South near The Landing Resort. Event is sponsored by LCOO

TGB, Bizhiki Wellness Center, LCO Boys & Girls Club, MAKWA History and Dance and several Behavioral Health Department grants. Last year they fried up ogaa and served Chili.

Bizhiki Wellness Center now has **Food Boxes** for the homeless. We receive 10 boxes each week for homeless individuals. Hayward Community Food Shelf is providing boxes. If needed, just stop in and we can assist with food box.

Everyone is invited to the Seven Winds Casino room for our monthly **Bizihik Wellness Center Sobriety Feast** which will be facilitated by LCO Behavioral Health and Tribal Drug Task Force Nenaginaawaad. Feast starts at 5:00 to 7:00 PM on Feb12 Elders **Gary Quaderer, Val Barber, Rose Barber, Dennis White and Cleo White** often assist with ceremony. If willing, anyone is welcome to speak and share their story. Otherwise, we share traditional values and personal strengths. You may bring a dish to share if you are able.

Bizhiki Wellness Center will be available during **February 7, 2026 Round Dance** at Seven Winds Casino.

Bizhiki Wellness Center does **offer Operating While Intoxicated / Driving While Intoxicated OWI/DWI Court ordered Assessments** to enrolled Tribal Members. Please contact us at 715-699-1922 for scheduling and further information.

Bizhiki Wellness Center has **FREE books and traditional medicines** for those near and dear to someone who is in recovery or actively using. There is many workbooks available for those seeking and in Recovery and so many others. Just ask! Stop in!

Prevention Coalition Meetings are scheduled the fourth Wednesday of each month except for this month. Our next meeting will be on **February 25, 2026** at LCO Community Health Center in Multi-Purpose Room Hayward at 10:00-11:00 AM. We also have this meeting available by zoom. Community invited. You will be able to hear of current and upcoming events announced and speakers.

Behavioral Health has **Facebook** under Bizhiki Wellness Center and The LCO Community Health Center Facebook. Also check out <https://falconlco.com/> which is supported by Lac Courte Oreilles Tribal Government. Site shares:

Fentanyl Awareness for Lac Courte Oreilles Nation (FALCON) is a collaboration to raise awareness about drugs laced with fentanyl. People are dying from overdoses at alarming rates, and many because fentanyl is unknowingly mixed into the illegal drugs and fake prescription pills that they are using.

Peer Specialist Nathan Miller is available at Bizhiki to meet on site or neutral place. Nathan is credentialed through the State of WI Department of Health Services as professional who provide support to people struggling with substance use and mental health. He will assist and support with resources during before, during and after recovery to individuals and families. Their hours will be flexible and not just business hours. Contact at 1-715-558-4749 for additional information.

Talking Circle is now available at LCO Women's Emergency Shelter on 12929 W Haskins Road, Hayward WI. This is a safe space for people to share their thoughts, feeling, joys and sorrows while providing support among each other. Time is 5-6 PM. If you need transportation, call Nate at 715-638-5110. **Talking Circle** is now available at LCO Sober Living facility for enrolled residents by Peer Specialist.

Beading and Regalia Making Class: Beading and Regalia Making (jingle dress, ribbon shirts/skirts, children's regalia) classes are offered each Monday at Bizhiki Wellness Center. Instructor is Barb Baker-LaRush and Chanda Quagon. Time is 4:30- 7:30 PM. If you have questions, please call Barb Baker-LaRush at 715-558-7893 or Chanda at 715-638-5110.

Narcan trainings will be offered throughout the community or can be arranged for anyone making request (individual or group). Session will last estimated 1 hour in group and 20-30 minutes for individuals. You will be given Narcan day of training and be able to receive more from Bizhiki Wellness Center. If you have any questions, please contact Brent Belisle, Barb Baker-LaRush at 715-699-1916.

GROUPS FOR FAMILIES AND CLIENTS

Dianne Sullivan is currently **offering separate groups to families and also separate groups for clients** at Bizhiki Wellness Center each day Monday through Friday.

- **Monday:** 3:00 - 4:00 PM is the **Early Recovery Group**
- **Tuesday:** 3:00-4:00 PM is the **Relapse Prevention Group**
- **Wednesday:** 5:30-7:00 PM is the **Driver's Safety Plan Group**
- **Thursday:** 11:00 AM-12:00 PM is **Early Recovery Group**

- **Thursday: 3:00-4:00 PM is Family Substance Use Disorder Education.** Focus is "Get your loved one sober" for anyone who has tried everything.
- **Friday: 3:00-4:00 PM is the Relapse Prevention Group**

You may call Dianne at 715-558-7887 for any questions regarding groups.

Miigwech!

LCO SCHOOL NEWS

Jessica Hutchison K-12 Superintendent
Lac Courte Oreilles Ojibwe School 715/634-8924 ext.1229

50th Anniversary Alumni Dinner - Save the Date

The Lac Courte Oreilles Ojibwe School will be hosting an Alumni Dinner celebrating their 50h Anniversary on March 18, 2026.

More information will be shared as details are finalized.

Lac Courte Oreilles Housing Authority

Marcy Gouge, Executive Director,
Lac Courte Oreilles Housing Authority
715.634.2147 (PH) Ext. 7209 715.634.5692 (FX)

Hope everyone is staying warm these days. With the continued cold weather, we are still reminding people to:

- **Make sure your furnace is clean, and your filter is changed.** A clogged filter will make your furnace work harder and you will go through more gas.
- **Keep a close eye on your propane tank to make sure you have an adequate supply.** During these colder days, you use more gas than usual. There could be fees associated if you totally run out—and they have to test and re-light everything. This is also very hard on your furnace. If you have Ferrellgas, the rate for Nov. 1—June 30, 2026, will be \$1.599. Call when you are at 30% if you need your tank filled.

- The Maintenance staff would like to ask for your patience when calling in work orders. With 388 units, there are times when they receive an influx of work orders, such as during this cold spell. They had a lot of cold weather-related emergencies. The guys work hard to get everyone taken care of, but there are times when parts have to be ordered, then they are back ordered, etc. The on-call emergency # is 715-798-1594.
- We currently have people out shoveling the snow off roofs. With all the snow this year, it was starting to get pretty heavy.
- Once again our Maintenance department is plowing our elders that reside in a designated elder unit, they also have been shoveling their front walks.

On the bright side – only 48 more days until spring!

The Housing Authority office will be closed on Monday, February 16th, 2026, for President's Day. For the full monthly newsletter and more updates, visit www.lcoha.org

Happy Valentines Day from the staff at the LCO Housing Authority!

NUTRITIONAL MOMENT

Burger Bacon & Onion Topper

8oz bacon, chopped 1 tsp butter 3 cups chopped onions ¼ tsp salt

2 Tbsp brown sugar 2 Tbsp sherry vinegar ¼ tsp thyme ¼ tsp pepper

1/8 tsp cayenne 2 Tbsp water 1 tsp balsamic vinegar 1 tsp olive oil



In a heavy saucepan, cook the bacon, stirring frequently until crisp. Drain through a sieve, reserve the drippings. When cool enough to handle, transfer the bacon to a cutting board and finely chop. Return the saucepan to medium heat, add 1 tsp bacon drippings and 1 tsp butter. When the butter melts, stir in the onions and salt; cook until onions are soft and translucent. Stir in the brown sugar, sherry vinegar, thyme, pepper, and cayenne. Stir in bacon and water. Cook until mixture is brick-brown and thickened, about 10 to 15 minutes. Remove from heat, add balsamic vinegar and olive oil. Stir until shiny and well combined. Store, chilled in an airtight container for up to 5 days or freeze up to a month.

Per 2 Tbsp: 77 cal., 4g fat, 4g pro., 7g car., 205mg sodium

NOTEWORTHY

Mona Ingerson

What sadness this country is in, but I am so proud of all those who have stood up and together. If we can hold fast, we will be able to defeat any group who tries to do us harm.

On a lighter note, people working together may be able to solve the Life Alert issue. Mary Wolf, her staff, and the elder center in Hayward have addressed the long delays with people receiving their Life Alert systems. Mary's team will receive training and will take over some of the requests. Currently, there are only two people trying to serve seven counties.

JOKES, INTERESTING TALES & STORIES

A couple decided to go for a winter walk. Halfway through, the guy says, "I think my lips are frozen." His partner smiles and says, "That's fine, I wasn't planning on kissing you until you could feel it anyway. I don't want to waste a good one."

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My friend told me she joined a winter fitness challenge, I asked what it involved. She said, "Mostly shivering. It burns calories, right?"

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I took my suit to the dry cleaners, but they wanted to charge \$30, which I thought was excessive. So I gave the suit to a charity shop. They cleaned and pressed it and the next day it appeared in their window as their Bargain of the Week, for just \$15. Naturally, I bought it.

Moral: It pays to think outside the box.

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Jane was a born romantic at heart, and loved to send her husband, Jim, a text when he was away on business. The next time Jim was out of town, Jane texted this: "If you are still asleep, send me your dreams. If you're laughing, send me your smile. Perhaps you are eating, then send me a bite. If you are drinking coffee, send me a sip. I love you."

Jim was the typical blunt, unromantic kind of guy. He responded, “I’m on the toilet taking a dump, please advise.”

DATES TO REMEMBER:

Deadline for Newsletter articles – February 27

February 7 – Round Dance at the Conference Center

February 12 – Bizhiki Sobriety Feast 5pm-7pm, Conference Center

February 14 – Valentine’s Day – Remind those you care about, that you do

February 16 – Presidents’ Day – Some entities may be closed, call before you head out

**February 22 – Annual Biboon Extravaganza, Ice Fishing, plus more, CC near the
Landing**

March 5 – GLNAEA, contact Clara Jalowitz at Elder benefits Center

March 7 – Elder Council, 10am at Kinnamon

March 12 – LCO Elders Association meeting 10:30 at Convention Center

Standing Meetings:

~~1st Friday Sobriety Peter Larson 6-8pm~~

2nd Thursday Bizhiki Wellness Peter Larson 5-7pm

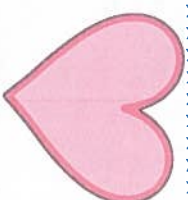
Last Tuesday LCO/Sawyer Democratic Mtg. 5-7pm Kinnamon

Every Thursday Constitution Reform Group 5-7 Kinnamon

SEE YOU NEXT MONTH 😊



LCO Nutrition Program Menu February 2026



715-558-7943 - Reserve a Meal or Schedule a Ride to the Elder Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vegetable Soup Turkey & Swiss Sandwich Baby Carrots w/Hummus Grapes	3 TRADITIONAL DAY Hamburger Wild Rice Casserole w/Peas & Onions Corn Blueberries Fry Bread	4 Baked Haddock Roasted Baby Red Potatoes Baked Beans Spinach Salad Peaches	5 Sweet & Sour Chicken w/Peppers & Pineapple Rice Stir Fry Vegetables Mandarin Oranges Egg Roll	6 Roast Pork Mashed Potatoes & Gravy Broccoli Fruit Dinner Roll Apple Crisp
9 Tomato Soup Grilled Cheese 3 Bean Salad Cheese Stick Banana	10 MEXICAN DAY Fry Bread Tacos Lettuce & Tomatoes Spanish Rice Corn Salsa Pineapple Tidbits	11 Pork Chops and Rice Vegetable Blend Carrot Raisin Salad Fruit Cocktail Chef's Choice Dessert	12 Tator Tot Hotdish w/Ground Beef Green Beans Peaches Wheat Dinner Roll	13 VALENTINE'S LUNCH Chicken Alfredo w/Penne Pasta Broccoli Side Salad Strawberries w/Cream Black Forest Dessert Garlic Bread
16 CLOSED PRESIDENT'S DAY	17 FAT TUESDAY Jambalaya Red Beans & Rice Creamy Cucumbers Mangos Bread Pudding	18 ASH WEDNESDAY Walleye Butternut Squash Green Beans Mixed Berry Salad Fry Bread	19 Hamburger Gravy Mashed Potatoes Peas Spinach Salad Peaches Whole Wheat Roll	20 Three Sisters Stew with Squash, Beans & Corn Wild Rice with Mushrooms Kale Slaw Cornbread Fruit
23 Split Pea Soup Grilled Ham & Cheese Grape Tomatoes Fresh Mandarin Orange	24 TRADITIONAL DAY Roast Turkey Gravy Wild Rice Green Beans Roasted Corn Salad Cinnamon Apple Sauce Fry Bread	25 Beef Stroganoff Pasta Broccoli Mixed Vegetable Pears Dinner Roll	26 Hawaiian Chicken Quinoa Blend w/Vegetables Kale Crunch Salad Steamed Carrots Tropical Fruit Pound Cake w/Fruit	27 Pollock Bites Cheesy Hashbrown Potatoes Coleslaw Fruit Wheat Dinner Roll
2 Chicken Noodle Soup Salami & Cheese on a Roll Carrots & Celery with Cottage Cheese Dip Apple	3 ITALIAN DAY Italian Stuffed Gnocchi with Sausage & Marinara Caesar Salad Mandarin Oranges Garlic Bread	4 Meatloaf Roasted Baby Red Potatoes Bean Medley Peaches Chef's Choice Dessert	5 Pork Enchilada Lettuce, Tomato, Cheese Refried Beans Corn Mango Tidbits	6 Fish Sandwich on Ciabatta Roll w/Lettuce Potato Wedges Broccoli Bacon Salad Fruit Cookie