



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

CONTACT INFORMATION: MONA INGERSON (715) 865-2238

raingerson@yahoo.com

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

Our May meeting was really busy with usual business, scholarship awards, elections of 2 officers, and our speaker. We actually got everything completed on time.

There were 19 members, 7 guests attending. Dennis offered the prayer. The Early Bird was won by Mary. The Ojibwe word for the months is Chi Doon – Talker.

New Business

The Association will be hosting a Rummage/Craft sale in the Center Room of the Koobie’s Complex. The complex is Koobie’s on one end, the Center Room, and the LCO Federal Credit Union on the other end. The sale will be on May 30, from 9-3pm.

We have purchased our raffle items for HTE and our Christmas Party. We still need to purchase an item for the Veterans Pow wow.

The Association will host a picnic for all elder LCO/natives in the area on 8/22 from 11-2pm at the Elders Center. We will raffle 3 baskets – kitchen, picnic, and home items.

We will be dedicating our stand to Ellen. There will be a plaque made by our LCOK-12 wood shop.

Elections

According to our constitution, we need to elect a chair and vice chair.

Vera nominated Vicky as chair, there were no other nominations and Vicky accepted the chair.

Marie nominated Leslie as vice-chair, Leslie accepted the nomination.

Sue nominated Roseann as vice chair, Roseann accepted the nomination.

Slips of paper were passed out to those members present and in good standing.

Leslie won the election to be the chair.

Scholarships

We have 2 recipients and for this year we are awarding \$1,000 each because we did not present scholarships last year.

Kevin Stevens is working on a degree in Human Services.

Sierra Stojek is working on a Veterinarian degree.

Speaker Jessica Hutchison, Superintendent LCOK-12 School

Hutch (as she prefers) has been at the school for 25 years. There are 392 students including 53 in Waadookodaading. Grades are 4K Early Kindergarten to 12th grade. The students meet Federal standards plus they have daily Ojibwe language and cultural activities such as ricing and sugar bush. Sweat Lodge and Naming Ceremony are optional. First kill feast, Driver's Ed, Hunter Safety, Auto Maintenance, and Wood Working are also offered. Other classes are Gifted & Talented, FACE program for 3-4 year olds and include home visits, 21st century after school program. We have Special Ed., and work with the Boys & Girls Club, Bizhiki, and LCOOU for classes. We passed a 5-year Accreditation, we have clean audits, and an 85-100% graduation rate. We have a very good track team and are planning a fishing club. We need licensed staff and are working on attendance, and a cell phone policy. We are also working on a Graphic Design program. Our second graders are learning cursive. The school is secure and people have to be buzzed in.

Motion by Marie, 2nd by Clara to adjourn at 12n, passed

50x50 won by Mark

NEWS FROM THE LAC COURTE OREILLES
ELDERS COUNCIL

Marie Kuykendal, Chair 715/945-3122

Faith Smith, Secretary 715/634-1599

Notes from the council's meeting on Saturday, June 6, 2026

Announcements

LCOOU has a conference on Monday

The consultant for the university is making a positive difference

Mike Sullivan will be the Division Director of Language and Culture, he will office in the old Elders Center

TGB Monitor Report

On 5/19 the Compensation Study was approved

On 5/26 Darrian Dash made a presentation for LCO to invest in in his venture for buying land in Ghana, South America, the investment is doe \$350,000.

On 6/2 Chrystal Isham was named interim Fire Chief.

Aaron DeBrot was named as School Resource Officer.

Reports

Kristie Shafer, Elder Advocate is working on phone service and Life Alert devices for those needing help.

Mary Wof, Director Elder Center said because the next GLNAEA meeting is in Wisconsin Dells, she will ask Council for help with costs for an extra night stay because of the length of the trip. Mary had budgeted for 4 trips and only one night stay for each trip.

Clara informed Mary of seatbelt issues in the new van.

ELDER CENTER NEWS

Main 715-865-3379

Mary Wolf, Director 715-558-7939
Alison Cuddy, Aging & Disability Resource Specialist 715-558-7942
Angie Beckman, Dementia Care Specialist 715-558-7938
Kristie Shafer, Elder Health Advocate 715-558-7949
Tim Coons, Nutrition Program Specialist 715-558-7943
Kerri Allred, Transportation 715-699-5820
Doreen Wolfe, Elder Services Programs 715-558-7940

Kristie Shafer, Elder Health Advocate joined our team this month. Kristie is an LCO Tribal member and has an extensive experience working with long term care and hospice programs. She will be in the community checking on elders and assessing their needs. She will also be distributing the Senior Farmer's Market Vouchers for elders 60 and up. One of her projects is to broaden access to health services in our rural area. We are planning a trip on Monday, June 29th to the Farmer's Market for whomever would like a ride.

Mino-Bimaadiziwin "Living Well" will be at the LCO Elder Center on Tuesday, June 16 from 10-1. We will have many wellness stations and information with screenings and checkups (blood pressure, glucose, etc). Come get free footcare/nail trimming. We've invited partners to join us with information about their resources.

Alison Cuddy, Aging & Disability Resource Specialist

Boozhoo! In May TGB sponsored the first of two Wills Caravan events that will take place this year. TGB has a contract with Legal Action of Wisconsin to provide services such as: Wills and Advanced Directives for any tribal member 18 years of age or older. Legal Action of Wisconsin provided two attorneys and one paralegal to provide these services. Each event will be for two full days, starting with appointments at 9 a.m. and the last appointments at 4 p.m.. Legal Action of Wisconsin worked closely with the LCO Aging and Disability Services department to assist in getting the pre-packets to tribal members and get them filled out and returned. Once pre-packets were received, Legal Action of Wisconsin would call to set up the appointments to finalize each individual's Will and Advanced Directives.

The importance of Wills and Advance Directives:

Ensuring your wishes are followed – a will is a legal document that specifies how your assets / land, etc. should be distributed after you go.

Reducing Family Conflict – a living will and a durable power of attorney for healthcare will outline your medical treatment preferences and appoint someone to make healthcare decisions if you become incapacitated. These documents help prevent disagreements among family members or caregivers about your

care, especially in end-of-life situations.

Guiding Medical Care – Advance directives can include instructions on whether you want life-sustaining treatments. They can also include “do not intubate” (DNI) or “do not resuscitate” (DNR) orders.

Relieving Caregivers of Decision Burden

Legal Clarity and Self-Proving Wills – A will can be made “self-proving” through notarization, meaning witnesses don’t need to testify in court if it is contested.

This speeds up the probate process and strengthens its validity.

Applicability to all ages – these documents are important for anyone who wants to plan ahead.

Our May Wills event was held at the Tribal Office in the Peter Larsen room and was a huge success! 26 individuals had their Wills/Advanced Directives drawn over the course of the two-day event. Our next event will be in September!

Please reach out to Alison Cuddy 715-558-7942 for more information and how to get a pre-packet. Look for flyers to come out soon!! Thank you!

Tim Coons, Nutrition Program Specialist

May 20-21 I attended the Tribal Aging Unit Association’s (TAUA) meeting with Mary Wolf, arranged by Carri Chapman and Jenise Swartley, GLITC Tribal Technical Assistance Center Specialists, in Keshena. The TAUA had a discussion about the Rural Transformation Grant that each Tribe will receive. The grant would focus on recruitment and training of health work force relating to broadening health services in rural communities.

We all came together to focus on elder care. LCO’s Home Delivered Meals (HDM) and Congregate meal program brings a great source of aid. This is the number of meals delivered by month:

2,374 January

2,627 February

2,918 March

2,861 April

David Belille, Cook, received the “Employee of the Month” award for May.

Congratulations, Dave for all you do for the elders! Our goal is to provide healthy, tasty meals to our tribal elders timely. Also, our delivery staff are on the alert for our clients. They check daily on our elders and are the link to recognizing they are safe, healthy, or if they need any assistance.

Our Area Agency on Aging, GWAAR, is requiring us to re-register clients for the Nutrition Program. We are funded through the Older Americans Act and our accurate data reporting will assist with continued funding.

Walking With Our Gichi-ayaa'aaag

Tribal Dementia Care Specialist. angela.beckman@lco-nsn.gov or 715-558-7938. ***Walking With Our Gichi-ayaa'aaag***

By Angie Beckman, the LCO Dementia Care Specialist, Supporting Caregivers and Honoring Our Elders

Boozhoo! In many of our families, caring for our Elders is an important responsibility and a way we show respect and love. When memory changes begin, it can sometimes feel confusing or overwhelming. This column is here to share helpful information and gentle guidance to support caregivers and families in our community.

This month's helpful information is on H.E.A.R.T. Steps. People living with Alzheimer's or dementia can feel sad or overwhelmed when they forget things or when people tell them they forgot things. Occasionally, they have something to say but the word they want is lost or comes out wrong. That is why it is important to show a lot of HEART ♥ to a person living with Alzheimer's or dementia.

Practice the H.E.A.R.T. Steps:

H – Have Patience

E – Eye-Contact (*Make eye-contact to show interest.*)

A – Avoid the word “remember”

R – Respect the Person

T – Try Activities (*Even a small part of an activity they used to enjoy may spark Joy!*)

Our Elders carry our stories and teachings. When we care for them, we honor those gifts. If you need support or have questions about dementia care, I am here to help. Angie Beckman, LCO

Lac Courte Oreilles Community Health Center

Mariah Austin, Interim 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

Nutrition

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

Health Benefits of Shopping at a Farmer's Market

Shopping at your local Farmer's Market is a great way to help the environment, your local economy, your health, and your waistline all at the same time.

Fruits and vegetables are plentiful at a Farmer's Market, and straight from the farm. Often, produce is picked that morning, or the day before. It will be fresher than produce you can get at a grocery store. Locally grown produce usually does not have the chemicals and pesticides used in larger industrial farms. Many Farmer's Markets also include meat, potatoes and dairy products.

Choose as many different colors as you can. It's important to eat a variety of different foods, and the more colors, the better. A variety of colors means a variety of nutrients, antioxidants and phytonutrients that are essential to a well-balanced diet.

Arriving early to the market insures the best variety, but sometimes shopping later means reduced cost. Vendors may decrease prices to help sell produce they don't want to bring back home.

Remember to bring a bag and cash. Most vendors do not provide a grocery bag, and many do not take debit or credit cards. Be sure to talk to the farmer. They will have the best ideas for how to prepare the produce you are buying.

Wear comfortable shoes and enjoy the fresh air and sunshine!

Bizhiki Wellness Center

Marie Basty, Administrator, 715/699-1922

Dianne Sullivan, CSAC

Angie Pang, Recovery Clinic

June 2026 LCO Community Health Center-Behavioral Health Department report by Director Marie Basty, LCSW located at Bizhiki Wellness Center 9940 W County Highway K, Hayward WI 54843.

Check out Bizhiki Wellness Center on Facebook. You may see a picture of yourself if you attended any of our events or upcoming announcements.

June 11, 2026 is our **Bizhiki Wellness Sobriety Feast** at 5-7:00 pm in Multi-Purpose Room. . 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 able.

Brent Belisle is are currently providing Spear Fishing to individuals. The harvested fish will be used at our monthly feast.

LCO Community Health Center will be closed on June 19th for Holiday.

June 23, 2026 is huge event “Families Recovery” at Seven Winds Casino. Time is 4:00 PM to 7:00 PM. Includes FALCON, meal, door prizes, vendors, cultural artwork/crafts, education, sharing family care and support available. Much more planning continues. Hoping to see many seeking to learn about how the substance use affects all included.

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.

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 **July 22, 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.

We welcome **Dorothy Crust C-SAC**, our new State Opioid Response Grant Project Coordinator. She will focus on scheduling and arranging clients seeking assistance for Substance Use. Dorothy has lengthy experience as a Certified Substance Use Counselor and familiar with many services inside and outside our community. She can make arrangements for anyone making request for individual, group and/or outpatient counseling. Anyone seeking inpatient residential treatment or similar care will also be assisted. If you have any questions, please contact Dorothy Crust at 715-638-6414 or 715-558-7891 or 715-699-1916.

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.

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: 11:00 AM - 12:00 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 Tribal Veterans

Louis Bird Traverzo, Tribal Veterans Service Officer

Cell: 715/274-9568

Email: tribalveterans@lco-nsn.gov

Miigwech for allowing me to communicate with our tribal veterans through the Elders Corner!

We recently just established the LCO Tribal Veterans page on Facebook! Please subscribe and look for future content. Profiling LCO veterans periodically...share your story! Contact tribalveterans@lco-nsn.gov if you're willing to share your story - very easy and brief.

General Membership Meeting on June 20th, 9:00 am, Big Fish Conference Room. Presentations from the TGB, Casino, and Medical Clinic. Refreshments and lunch provided. Door prizes! Option to attend via Teams App, online. (See attached flyer)

Tribal Veterans Day at the High Ground Veterans Memorial Park, Neillsville, WI, June 25th, 1:00 – 3:00 pm. Bus leaves LCO Tribal Office at 10:00, lunch along the way. Bus returns from the event at 3:00, with stopover for dinner. Sign up with email at tribalveterans@lco-nsn.gov or call 715-274-9568, so we can plan meals and bus. Good opportunity for veterans to represent *The Pride of the Ojibwe – LCO* and share in camaraderie! (See attached flyer)

Honor the Earth Veterans Ceremony, 10:00 am, July 18th, Pow-wow Grounds. Secretary for the Wisconsin Department of Veterans Affairs, Mr James Bond, will be in attendance and presented with a gift on behalf of the Lac Courte Oreilles Ojibwe!

LCO Veterans and Families BBQ Picnic at The Landing on Saturday, July 25th! The Landing is grilling out, contributing their pontoon boats, hosting a Cornhole Tournament, Bingo for families, and more!

LCO Veterans Fair, Sevenwinds Casino Convention Center, Thursday, October 22d, 10:00 – 2:00. Agencies from the tribe, community, and state will have tables and representatives in attendance to speak with veterans from LCO and surrounding community!

We could use volunteers to help plan and host the Veterans Picnic on July 25th. Please email me at tribalveterans@lco-nsn.gov if you're able to assist...miigwech!

Researching Honor Flights from Duluth and Wisconsin. Hope to host this event for our veterans later this year. I'll send updates.

We welcome more tribal veterans to attend the AMVETs monthly meetings on the 2nd Saturday, each month. See Gary Quaderer Sr for more information. Next meeting, 10:00 am, June 13th, Casino Buffet Room.

LCO Veterans...we can make a powerful and positive impact on our tribal community...if we come together and get involved!

LCO SCHOOL NEWS

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

The Lac Courte Oreilles Ojibwe School has completed its principal search for 2026-2027 school year. We are excited to announce the addition of two building level principals that will be added to the administrative team at Lac Courte Oreilles for the 2026-2027 school year.



Mr. Bo Sahr has been hired to fill the role of Middle and High School Principal.

Mr. Sahr holds a Bachelor's degree in science and a Master of Education degree, both from Wisconsin universities. He has experience as a classroom teacher in a variety of areas including middle school, science, math, physical education, outdoor education and art. His ten year career as a teacher and administrator in the village of Nunapitchuk, Alaska has afforded a wealth of knowledge and experience working within tribal communities, and an extensive understanding of trauma informed approaches to education. His data informed foundations in decision making, coupled with the value he places on building and maintaining relationships, will be relied upon to

continue the goals of student engagement and academic improvement. Mr. Sahr's roots are in northern Wisconsin, and he is excited to return to the area with his wife, Leah, and newborn daughter, Charlie.

Lac Courte Oreilles tribal member and military veteran, Stephanie St. Germaine has been hired as the Elementary Principal for the coming school year.

Ms. St. Germaine has dual Master's degrees in Education, as well as Management and Leadership. She brings an array of experiences to the role of principal, that includes classroom teaching at many levels, academic advising and management at the university, community engagement, and coaching positions. Ms. St. Germaine has designed and implemented a culturally grounded curriculum and understands the value of creating supportive learning environments that prioritize academic excellence and preservation of Ojibwemowin and culture, through student and family engagement. Ms.

St.Germaine's familiarity and understanding of the Lac Courte Oreilles community is an asset that will assist in developing attendance and engagement initiatives in the coming school year.



Lac Courte Oreilles Housing Authority

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

NUTRITIONAL MOMENT

Veggie Brown Rice Wraps



1 medium sweet red pepper, diced 1 cup sliced fresh mushrooms
1 Tbsp olive oil 2 garlic cloves, minced 2 cups cooked brown rice
1 can kidney beans, rinsed & drained 1 cup frozen corn, thawed
¼ cup chopped green onions ½ tsp cumin ½ tsp pepper ¼ tsp salt
6 flour tortillas (8 inch), warmed ½ cup shredded cheddar cheese ¾ cup salsa

In a large skillet, sauté peppers and mushrooms in oil until tender. Add garlic & cook for 1 minute. Add rice, beans, corn, green onions, cumin, pepper and salt. Cook and stir until heated through, 4-6 minutes. Spoon ¾ cup mixture onto each tortilla. Sprinkle with cheese, drizzle with salsa. Fold and roll the tortilla. Serve.

Per 1 wrap: 377 cal., 8g fat, 7mg chol., 675mg sod., 62g carb., 15g pro.

NOTEWORTHY

Mona Ingerson

There is a survey from Kristie attached. Please fill it out and give it to Kristie at the Elders Center. It will help identify needs.

There is a General membership meeting on 6/20 at Big Fish Club House starting at 9am. For the first time, the meeting will be on some type of internet. If you are not going to attend in person, contact Enrollment for how to access the meeting.

JOKES, INTERESTING TALES & STORIES

I put my food in the microwave for 30 seconds. It beeped like it had just performed a miracle. I opened the door – the food was still colder than my motivation on a Monday.

<>

I went to the store for 1 item. I walked out with 14 things and forgot the 1 item. I think the store hypnotizes me with the Bakery Section.

<>

I lost the TV remote. Found it in the fridge. I have no explanation, but I am deeply concerned about myself.

<>

You bend down to pick up something and make a noise that sounds like you are deflating.

<>

You know you are a senior when finding your glasses becomes an all day task.

<>

You know you are getting older when everything you see at an antique store is things you already own.

<>

DATES TO REMEMBER:

Deadline for Newsletter articles –

Standing Meetings:

1st Friday Sobriety Peter Larson 6-8pm

2nd Thursday Bizhiki Wellness Clinic Multi-Purpose Room 5-7pm

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

Every Thursday Constitution Reform Group 5-7 Kinnamon

3rd Friday Board of Regents 9am LCOOU

SEE YOU NEXT MONTH 😊

I am starting a new section that will focus on the age requirements of the services provided by various programs. Details will not be provided; you will have to contact the provider for details. I just have a few, so check every month, I will add as I verify the age requirements.

LCO Tribal Members:

Stock Boxes – age 60, income based, Elder Center

Snow Removal – age 62, Elder Center, Doreen 715/865-3379

Auto Repair – age 62, Elder Center, Doreen 715/865-3379

Home Repair – age 62, Elder Center, Doreen 715/865-3379

Firewood – age 62, Elder Center, Doreen 715/865-3379

Home Delivered Meals – age 55, Elder Center, Tim 715/558-7943

Birthday Checks – age 65, Tribal Office, 715/634-8934

Vouchers for Farmers' Market – age 62, pick up at Elders Center Mary 715/558-7939

Lac Courte Oreilles GENERAL MEMBERSHIP

• MEETING •

JUNE 20, 2026
9:00 A.M.

BIG FISH GOLF CLUB

14122 W True North Lane, Hayward, WI 54843

Speakers will include:

- Tribal Governing Board
- LCO Health Center
- Sevenwinds Casino

Meeting will include:

- Program Updates
- 2026 Slideshow
- Door Prizes

LCO TRIBAL MEMBERS CAN JOIN VIA **MICROSOFT TEAMS**
EMAIL YOUR NAME & LCO ID TO:
ENROLLMENT@LCO-NSN.GOV
BY JUNE 17, 2026

Notice: The information and materials contained in this meeting are intended solely for Lac Courte Oreilles (LCO) Tribal Members. Distribution, sharing, or use by non-members is not authorized.



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A registration link will be emailed after LCO Enrollment verification.

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Light refreshments will be served, followed by lunch

Online participants, please submit questions/comments in advance to: publicrelations@lco-nsn.gov by June 17 with the Subject: Membership Meeting



2026 HAPPENINGS

LCO Aging and Disability Services



- June 3,4** GLNAEA at Menomonie in Keshenia
- June 5** **Stock Boxes Available** 10 am - Noon
- June 6** Elder Council Meeting at Kinnamon. 10 am
- June 9** Hayward \$5.00 Cinema Trip "Star Wars: The Mandalorian and Grogu", leaving Elder Center at noon.
- June 10** Pie Club Talking Circle at Koobie's Coffee. 12:30 pm - 2 pm
- June 11** LCO Elder's Association at Casino Convention Center. 10:30 am
Elder Walmart Trip, call for pickup time. 715-699-5820
Constitution Meeting at Kinnamon. 5 pm
- June 12** **Elder Stock Boxes Available** at Food Distribution.
- June 12** **Elder Picnic** at Elder Center in Reserve. Music, Games & Prizes!
- June 15** Black Bear Casino Trip. 10 am - 4 pm
Community Discussion for Adolescent Recovery at Seven Winds Casino, 5 pm - 7 pm
- June 16** **Mino-Bimaadiziwin "Living Well" Wellness Event** at the Elder Center. 10:00 am - 1 pm (Every 3rd Tuesday of the Month)
Farmer's Market Voucher Distribution Starts
- June 18** Coffee with the LCO Cops at the Elder Center. 10 am
Constitution Meeting at Kinnamon. 5 pm
- June 19** **CLOSED IN OBSERVANCE OF JUNETEENTH**
- June 20** General Membership Meeting at Big Fish Golf Course. 9 am
- June 21** **Father's Day**
- June 22** Hayward Farmer's Market Trip. 10 am
- June 23** Elder Benefit Specialist, Jamie Corbine at Elder Center. 10 am - 2 pm
Fishing Day "Bring Your Own Fishing Gear". 10 am - 3 pm
- June 24** **BINGO DAY!!!!!!** 1 pm - 3 pm
- June 25** Elder Walmart Trip, call for pickup time. 715-699-5820
Constitution Meeting at Kinnamon. 5 pm
- June 26** **Musky Festival** - Walk Main Street, Listen to Music, Get some Food. 10 am - 2 pm
- June 29** - Hayward Farmer's Market Trip. 10 am



Need a ride to the Elder Center? Call Mary, Alison, or Angie to schedule your ride!

- *Mary Wolf – Aging & Disability Services Director – 715-558-7939
- *Alison Cuddy – Aging & Disability Resource Specialist – 715-558-7942
- *Angela Beckman – Dementia Care Specialist – 715-558-7938
- Doreen Wolfe – Elder Services Coordinator – 715-558-7940
- Tim Coons – Nutrition Program Specialist – 715-558-7943
- Kerri Allerd – Transportation Specialist – 715-699-5820



Elder Center in Reserve

Summer

BBQ

Friday, June 12th

11:00-1:00



Burgers

Salads

Cake

More!

Music with Carol Sheehan at Noon
Games & Prizes



Call Kerri to schedule your ride!

 715-699-5820



LCO Nutrition Program Menu June 2026

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

All meals include bread/butter and milk unless stated otherwise. Menus may change upon availability of food items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Curried Rice & Lentil Soup Grilled Cheese Sandwich Carrots & Celery w/Hummus Cottage Cheese Grapes	2 TRADITIONAL DAY Cornbread Beef & Bean Casserole Green Beans Mixed Berries Fry Bread	3 Pork Roast Mashed Potatoes & Gravy Wilted Spinach/Mushrooms Peaches Dinner Roll Apple Crisp	4 Chicken Parmesan Penne Pasta California Blend Vegetables Caesar Salad Pineapple Tidbits Garlic Bread	5 Fish Sandwich w/Lettuce Sweet Potato Fries Broccoli Bacon Salad Fruit Chocolate Chip Cookie
8 Garden Vegetable Soup Ham Salad Croissant Side Salad Pear Fruited Jello	9 GERMAN DAY Bratwurst w/Sauer Kraut Potato Pancakes Green Beans Applesauce Pumpnickel Rye Bread Rhubarb Crisp	10 Fry Fry Tacos Lettuce & Tomatoes Spanish Rice Corn Salsa Mango Tidbits Key Lime Pie	11 Lemon Pepper Cod Baked Sweet Potato Broccoli Mediterranean Bean Salad Blueberries Dinner Roll	12 ELDER PICNIC Grilled Burgers Greek Salad Pasta Salad with Spam Watermelon Slices Strawberry Jello Salad Chocolate Cake
15 Creamy Chicken Wild Rice Soup Egg Salad on a Croissant Carrots & Celery w/Hummus Fugi Apples Butterscotch Pudding	16 TRADITIONAL DAY Tuna Casserole Peas Spinach Bacon Salad Strawberries w/Cream Fry Bread	17 Maple Glazed Salmon Couscous w/Vegetables Roasted Broccoli & Carrots Peaches Greens & White Bean Salad Dinner Roll	18 BBQ Chicken Loaded Mashed Potatoes Green Beans Pears Corn Muffin Fruited Jello	19 CLOSED JUNETEENTH Celebrate Freedom JUNE 19th
22 Tomato Basil Bisque Grilled Ham & Cheese Carrots & Celery With Cottage Cheese Dip Grapes	23 ASIAN DAY Chicken Fried Rice Stir Fried Vegetables Asian Jicama Slaw Egg Roll Mandarin Oranges	24 Roast Beef Mashed Potatoes & Gravy Roasted Carrots Peaches w/Cottage Cheese Dinner Roll Cookie	25 Pulled Pork Rice Bowl ~Rice, Beans, Pork~ Roasted Root Vegetables Tropical Fruit Yogurt Parfait w/Blueberries Naan Bread	26 Chicken Alfredo w/Penne Broccoli Caesar Salad Garlic Bread Fruit Peach Cobbler
29 Tuna Pasta Salad w/Peas Cherry Tomatoes Fresh Mandarin Orange Dinner Roll Fruited Jello	30 TRADITIONAL DAY Baked Walleye Roasted Squash Green Beans Wild Rice Berry Salad Fresh Strawberries Fry Bread	1 Mushroom Gravy Pork Chop Pasta Carrots Kale Craisin Salad Banana Pound Cake w/Blueberries	2 Porcupine Meatballs w/Tomato Gravy Mashed Potatoes Mixed Vegetables Cinnamon Apples Dinner Roll	3 Brat Burger on Pretzel Bun With Sauerkraut Coleslaw Baked Beans Watermelon Cubes Brownie

MINO-BIMAADIZIWIN "LIVING WELL"



10:00AM - 1:00 PM



Tuesday, June 16



ICO Elder Center

13856 W Corbine Drive,
Stone Lake, WI 54876

Stay and Enjoy Lunch - Served 11AM-1PM

Wellness Stations:

Services Provided By



Lac Courte Oreilles
Community Health
Center



Footcare/Nail Trimming



Nutrition



Medication Setup



Diabetes Information



Blood Pressure Checks



Memory Screening



Glucose Checks



Resource Table



Long Term Planning:

Wills, POA, HCPOA and more

Every Third Tuesday Wellness Event

2026 TRIBAL ELDER FOOD BOX NEWSLETTER



Lac Courte Oreilles

Distribution Location:

9026 N Round Lake School
Rd, Hayward, WI 54843

Fridays:

June 12th

July 10th

August 14th

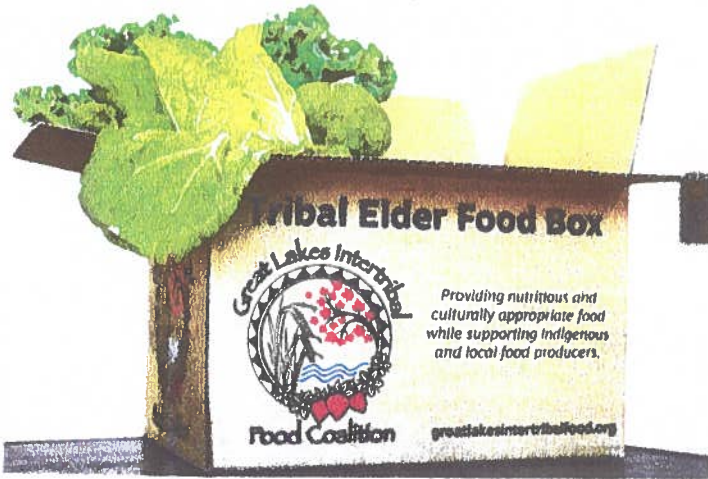
September 11th

October 9th

November 6th

December 4th

January 29th



With Questions,
Contact:

Dan- (715) 634-3677
or, (715) 634-4523

Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

PLEASE NOTE: Food provided is for Tribal members, 55 years and older. This project is funded by the Intertribal Local Food Purchasing Agreement and the FY26 Department of Agriculture, Trade and Consumer Protection's Tribal Elder Community Food Box Grant.

www.GreatLakesIntertribalFood.org



Tell Me More About... Enrolling in Publicly Funded Long-Term Care Programs

Long-term care is any service or support that a person may need as a result of getting older or having a disability that limits their ability to do the things that are part of their daily routine. This includes things such as bathing, getting dressed, making meals, going to work, and paying bills.

Individuals interested in learning more about their options for long-term care should contact their local aging and disability resource center (ADRC) or tribal aging and disability resource specialist (ADRS), where available. ADRC and tribal ADRS services are available to everyone, whether or not they are eligible for publicly funded long-term care or other Medicaid programs. Publicly funded long-term care programs include Family Care; Include, Respect, I Self-Direct (IRIS); Partnership; and Program of All-Inclusive Care for the Elderly (PACE). It may take one to three months to determine eligibility and enroll into a long-term care program.

To be eligible for these long-term care programs, you must:

- Be aged 65 or older, or an adult with a disability.
- Meet applicable requirements for Wisconsin residency.
- Have long-term care service needs that meet program functional eligibility requirements.
- Meet financial eligibility requirements.

People receiving a long-term care benefit may be required to pay a cost share to the long-term care program they choose to enroll in. The income maintenance agency will determine the amount of your cost share, if applicable. The ADRC or tribal ADRS will explain these requirements to you.

Once your eligibility for long-term care has been determined, the ADRC or tribal ADRS will provide information about the options available to you. Options may include enrollment in Family Care, IRIS, Partnership, or PACE. You may also be able to choose to receive services through the Medicaid fee-for-service system or to privately pay for services.

Steps to Enrollment

1. Functional Eligibility

The ADRC or tribal ADRS will visit with you to complete the Long-Term Care Functional Screen. The screen will assess your level of need for services and determine your functional eligibility for a publicly funded long-term care program.

2. Financial Eligibility

If you are a full-benefit Medicaid recipient, you will not need to complete the financial application process, but will need to answer some additional questions to ensure that you meet the financial eligibility criteria for publicly funded long-term care programs.

If you are not a current full-benefit Medicaid recipient, the ADRC or tribal ADRS will help you contact an income maintenance agency and provide any necessary assistance with the application that determines your financial eligibility.

3. Enrollment Counseling

The ADRC or tribal ADRS will contact you to share the long-term care options available to you and help you understand what it means to become a member of a publicly funded long-term care program. The ADRC or tribal ADRS will assist you with completing your enrollment or referral documents if you choose to enroll. Your enrollment or referral date will be determined during enrollment counseling. Enrollment dates cannot be backdated.



If you decide to enroll in a long-term care program, the ADRC or tribal ADRC will complete enrollment or referral paperwork, finish the enrollment or referral process, and notify the managed care organization (MCO) or IRIS consultant agency (ICA) of the enrollment or referral date. Within three days after your enrollment date or referral, the MCO or ICA will contact you to begin working on your plan for services and supports.

Publicly Funded Long-Term Care Programs in Your Area

This section provides brief explanations of the programs that may be available where you live. The ADRC or tribal ADRC will share additional information about each of the programs once you are determined functionally and financially eligible.

Family Care

Family Care is a Medicaid long-term care program for frail elders and adults with physical, developmental, or intellectual disabilities. In Family Care, you will receive long-term care services to help you live in your own home whenever possible. Family Care is an innovative program that provides a full range of long-term care services, all through one flexible benefit program. Members of the Menominee and Oneida tribes may be eligible for tribal case management services through Family Care.

If you are found functionally eligible at the non-nursing home level of care, you may only be eligible for a limited set of services.

Partnership

Partnership is a Medicaid long-term care program for frail elders and adults with physical, developmental, or intellectual disabilities who meet a nursing home level of care. The Partnership program offers an integrated model of care that includes home and community-based long-term care services, as well as nursing home and other institutional care, physician services, hospital stays, medications, dental services, and other medical care.

Program of All-Inclusive Care for the Elderly (PACE)

PACE, like Partnership, integrates your long-term care services, health and medical care services (primary and acute care), and prescription medications. PACE is available to individuals who are 55 or older, meet a nursing home level of care, and live in Kenosha, Milwaukee, Racine, or Waukesha counties. PACE services are primarily delivered at a PACE center and supplemented with care in your home or a setting of your choice.

Include, Respect, I Self-Direct (IRIS)

IRIS is a self-directed program for Wisconsin's frail elders and adults with disabilities who meet a nursing home level of care. IRIS is built on the principles of self-determination and self-direction. In IRIS, a budget is established for you based on your long-term care needs. You get to decide what goods, support, and services will help you achieve your goals and, using your budget, you will help create a support and service plan to meet your needs. Your IRIS services will be there to help you live a meaningful life.





LCO Connectivity Check-In

LCO Elder services is working to improve access to reliable cell service and internet for emergency calls and lifeline devices. We'd love to hear about your internet and phone service so we can better support you.

Name: _____

Age Range: 18-49 50-61 62+

Phone Number (if available): _____

Address: _____

Phone Access

Do you currently have access to a phone?

Yes

No

What type of phone do you use? (check all that apply)

Cell phone (smartphone)

Basic cell phone

Landline

No phone access

How reliable is your phone service?

- Always reliable
- Sometimes works
- Rarely works
- Does not work at my home

Can you make emergency calls (911) from your home?

- Yes
- No
- Not sure

Do you have internet access at home?

- Yes
- No

Type of internet:

- Home broadband
- Satellite
- Cellular hotspot
- Public Wi-Fi only

How reliable is your internet service?

- Reliable
- Sometimes works
- Rarely works
- No service

Medical Alert & Safety

Do you use a medical alert device?

- Yes
- No

If yes, does it work reliably?

- Yes
- Sometimes
- No

Do you feel safe being able to call for help if needed?

- Yes
- No
- Sometimes

What challenges do you face? (Check all that apply)

- No service in area
- Weak signal
- Cost too high
- Equipment issues
- Do not know how to use technology
- Physical limitations
- Other: _____

What would help improve your situation?

- Better cell coverage
- Affordable internet
- Help setting up devices
- Medical alert device
- Digital skills training
- Other: _____

THANK YOU your input helps improve community safety.