



# THE LAC COURTE OREILLES

## ELDERS CORNER

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*"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](mailto:raingerson@yahoo.com)

### **LCO ELDERS ASSOCIATION**

Vicky Jerome Interim Chair 715/558-7375

Mona Ingerson, Secretary 715-865-2238

Vera Homeskye, Treasurer 715/634-9016

Meeting is the first Thursday of the month in the casino convention center  
Guests of any adult age are welcome, to join the Association; you must be 55.

Sadly there are no April minutes to report. We have very rarely canceled our meetings, but the weather caused us to do just that as a safety caution. The Board still met and among the plans discussed was the speakers we would like to invite based on member input. Here is our schedule for future meetings:

June will be Sue Taylor, Police Chief

July will be Bob Sharlow, Development Director

August will be Biran Bisonette, Conservation Director

September will be Yolanda Candler, MMIW

October will be Randy Cadotte, Boys & Girls club Director

November will be Louis Bird, Administration Division Director

December will be Ryan Bunker, Fire Chief

Of course, this schedule is subject to change.

**NEWS FROM THE LAC COURTE OREILLES**  
**ELDERS COUNCIL**

Marie Kuykendal, Chair 715/945-3122

Faith Smith, Secretary 715/634-1599

**LCO ELDER BENEFITS CENTER**

Mary Wolf, Director 715-558-7939

Alison Cuddy, Aging & Disability Resource Specialist 715-558-7942

Angie Beckman, Dementia Care Specialist 715-558-7938

Tim Coons, Nutrition Program Specialist 715-558-7943

Bob Trepania, Elder Transportation 715-699-3529

Doreen Wolfe, Elder Services Programs 715-558-7940

**Computer Access for Elders!** We now have a computer station set up in the main dining room for elders to use. Please do not download any programs without prior consent of the I.T. Department.

**Pie Club** is on May 13<sup>th</sup> at Koobie's at 12:30.

**Elder Transportation Update** – Our driver will be on vacation May 11-19 and we do not have a backup driver. If other staff are available, we will help if we are available. Please call Namekagon Transit for rides or the LCO Health Center if rides are needed for medical appointments.

**Hunger Task Force Stock Box Program** – As of May 1 the waitlist is lifted for the Stockbox program. To be eligible to receive Stockbox benefits, you must:

- Live in Wisconsin.
- Be aged 60 or older.
- Make a certain amount of money (review eligibility table linked below).

Wisconsin allows for automatic Stockbox eligibility, regardless of income, for current participation in one of these federal programs:

- **Supplemental Nutrition Assistance Program (SNAP) known as FoodShare in Wisconsin**
- **Food Distribution Program on Indian Reservations (FDPIR)**
- **Supplemental Security Income (SSI)**
- **Low Income Subsidy Program**
- **Medicare Savings Programs, P-10062 (PDF)**

**Hunger Task Force** must collect enrollment forms at all public Stockbox distributions. Government-issued identification is required to verify that Stockbox recipients are Sawyer County residents aged 60 or older. To assist you in completing the paperwork,

staff and volunteers will meet you inside the LCO Elder Meal Site. Please park your car and go inside to complete the paperwork. Once finished, you can drive up to pick up your Stockbox outside the center.

**Nutrition Lunch & Learn** – Hands on demonstrations will be provided by Carla Miller of the Food Distribution’s Nutrition Education Program and Tim Coons, from our Nutrition Program. Together they will partner to show you how to jazz up foods and recipes. Come join us for the “Lunch and Learn” events on the second Wednesday of each month. Lunch is served for Elders 55+ from 11 am to 1 pm.

**Healthy Living with Diabetes** – Is an evidence-based workshop series for Diabetes Self-Management

Mary Wolf, Kelly Backen and Laura Hammerel will be co-facilitating a 6-week workshop on Tuesday afternoons starting May 19 – June 23, from 2-4:30 pm at the Elder Center in the Activity Room. Come enjoy this time and bring a partner! Please register in advance by calling Kelly or Laura at 715-638-5153 or 715-638-5176 so we will have a good headcount for supplies and goodies!!

The LCO Recycling Center does not have the “punch cards” for appliances this year. Instead, they are available for “LCO Cleanup Days” this month on Tuesday and Wednesday, May 19-20. Those are the only days available in May to drop off clean-up items for free for Tribal members. Regular household trash and recycling can be brought in on Thursdays – Saturdays.

### ***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 communication. Communicating with someone living with dementia works best when it’s simple, calm, and respectful. As memory and language change, the goal shifts from correcting or explaining to helping the person feel safe, understood, and included. Above all, focus on dignity and connection. Even when words fade, people still feel tone, kindness, and respect.

## **Caregiver's 10 Commandments:**

1. Always Agree – Never Argue
2. Always Redirect – Never Reason
3. Always Distract – Never Shame
4. Always Reassure – Never Lecture
5. Always Reminisce – Never say “Remember”
6. Always Repeat – Never say “I already told you”
7. Always Say “Do What You Can” – Never say “You Can’t”
8. Always Ask – Never Command
9. Always Encourage & Praise – Never Belittle
10. Always Reinforce – Never Force

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 Tribal Dementia Care Specialist. [angela.beckman@lco-nsn.gov](mailto:angela.beckman@lco-nsn.gov) or 715-558-7938.

## **NEWS FROM LCO HEALTH CLINIC**

Mariah Austin, Interim Director, 715/638-517

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

### **Kelly Backen, Registered Dietitian Nutritionist**

**Choosing a variety of healthy foods from all the food groups is important to help power your day. But healthy habits don't end there. Practicing food safety is also important to reduce your risk of foodborne illness. Follow these home food safety tips to help you and others avoid getting sick.**

**Wash your hands with soap and water.** Handwashing is an easy and effective way to prevent the spread of germs. Wash your hands with soap and clean water for at least 20 seconds before handling, preparing or eating food, including when feeding others.

**Keep kitchen surfaces and utensils clean.** Countertops, cutting boards, utensils, sinks and appliances, like your fridge and microwave, are some of the items in your kitchen that need to be cleaned regularly. Make a habit of wiping these areas down with hot, soapy water after preparing food or when it spills.

**Replace sponges every one to two weeks.** Damp sponges can be microwaved daily for one minute to help reduce the bacteria content. However, they should be replaced regularly, too.

**Use separate tools for raw and ready-to-eat foods.** Cross-contamination occurs when harmful bacteria are spread from one surface to another. One way this occurs is by using the same cutting board or utensils to prepare raw meat, fish or poultry and then reusing the same board or utensils for ready-to-eat foods, like fruits and vegetables. Avoid this by cleaning utensils thoroughly between use, or better yet, using separate tools.

**Refrigerate raw meat, fish and poultry on the bottom shelf.** Keeping these foods on the bottom shelf in your refrigerator helps to prevent their juices from dripping on other foods. You can also store these items in a bowl or on a plate to help catch any liquids'

**Invest in a food thermometer.** Food thermometers are the only way to ensure food is cooked to a safe minimum internal temperature. The recommended temperature varies depending on the food.

- Fish: 145°F
- Whole cuts of meat: 145°F, then rest for 3 minutes before carving or eating
- Ground meats: 160°F
- Egg dishes: 160°F
- Poultry: 165°F
- Casseroles, mixed dishes and leftovers: 165°F

**Don't let food sit out for more than one to two hours.** Bacteria grow quickly when perishable foods are left in the temperature danger zone (40°F and 140°F). Make sure these foods are refrigerated right away or not left out more than two hours. If the temperature is above 90°F, limit this to one hour, as bacteria multiply even faster.

**Stay on top of what's in your refrigerator.** If you tend to forget about leftovers, labeling when they were made can help. Plan to eat leftovers within three to four days or freeze for later use. Certain groups of people are at a higher risk of serious side effects from foodborne illness. This includes individuals with a compromised immune system, children, older adults and individuals who are pregnant. These groups should avoid high-risk foods such as raw or unpasteurized dairy products, raw or undercooked eggs, raw sprouts and undercooked or raw meat, poultry and seafood.

### **Bizhiki Wellness Center**

Marie Basty, Administrator, 715/558-1922

Dianne Sullivan, CSAC, 715/638-7887

Angie Pang, Recovery Clinic, 715/638-5114

## **LCO SCHOOL NEWS**

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

**Respectfully submitted**

**Jessica Hutchison, Superintendent Lac Courte Oreilles Ojibwe School**

**Elementary students did a fantastic job performing at this year's Ziigwan Showcase which took place last Friday April 17th. The art exhibition was an amazing showcase of talent and artistry! Chi Miigwech to the elementary staff for their support of this year's performance and to Sam Martinez, K-12 Art teacher for all her work to prepare for the show.**

**Middle school and high school students with perfect attendance for the month were treated to a McDonalds lunch this week. We encourage all students and families to prioritize regular school attendance and try to make a positive push to finish the year.**

**High School students are invited to attend the upcoming Prom on Saturday, May 2nd from 7:00-10:00 at the Big Fish Golf and Conference Center. The theme this year is Masquerade. The Annual Graduation Powwow will be held on Friday, May 15th from 1:30-3:00 at the Honor the Earth Powwow Grounds. Graduation ceremonies will take place on Thursday, May 28th. Both the powwow and graduation dates are changed to the original school calendar.**

**We will be offering a 4-week summer school again this year, which will take place during the month of June. Classes will run Monday through Thursday from June 9th to July 1st from 8:00-2:00. Transportation and lunch will be provided. A more detailed schedule will be available in early May and will include academic intervention and enrichment, STEM courses, outdoor and athletic activities, and cultural activities. Registration will be required. Students that have performed lower than grade level on spring assessments will be referred to summer school for additional reading and math support.**

**Kindergarten and 4k enrollment for the 2026-2027 school year is now open. Parents are encouraged to enroll their students to be eligible for a prize bag and gas card. An early kindergarten summer school option for students entering kindergarten will be available during the summer school programming in June.**

## **HOUSING**

**Marcy Gouge, Executive Director**  
Lac Courte Oreilles Housing Authority

## **CONSTITUTION REFORM GROUP (CRG)**

The CRG continues to meet every Thursday in Kinnamon from 5pm to 7pm with a meal provided. We are planning another forum perhaps in August. Topics being considered are Sovereignty, Enrollment, Land Use, and Membership. If there is a topic you would like to be added, please let us know.

## **NUTRITIONAL MOMENT**

Mushroom Frittata

12 large eggs, beaten    1 cup half-n-half    1 tsp salt    1 tsp lemon zest  
2 green onions, sliced    ½ cup grated parmesan cheese    2 Tbsp oil  
1 ½ lbs. sliced mushrooms    1 tbsp minced fresh thyme



Preheat oven to 400. In a large bowl, whisk eggs, half-n-half, salt, lemon zest, green onions and parmesan cheese until blended. In a large broiler-safe skillet, heat oil over medium-high heat. Add the mushrooms; cook and stir until tender, 8-10 minutes. Reduce heat to medium-low; top with thyme. Pour in egg mixture. Cook uncovered until nearly set, 4-6 minutes. Bake until set 18-20 minutes. Let stand for 5 minutes. Cut into wedges.

Per 1 wedge: 221 cal., 15g fat.298mg chol., 814mg sod., 7g carg., 14g pro.

## **NOTEWORTHY**

**Mona Ingerson**  
715/865-2238

Here is an idea to consider: My fire number sign was faded from the sun to the point that it could not be read. You think, 'so what,' I know I did. Well, there is a reason those numbers need to be readable. Emergency Services need to be able to read them.

It is not the tribe's responsibility to replace faded numbers; it is the county. It does not seem to be on the top of the To Do list. What I did was go to Walmart. There are numbers in the Automotive section. For very little money you can replace the faded numbers and feel safe that Emergency Services can find you.

There have been some comments and concerns about our university. You can get answers to your questions by attending the Board of Regents meeting. The meeting is open to the public, held on the 3<sup>rd</sup> Friday of the month at 9am at the University. Go get your answers and not someone's speculation.

Yard debris is becoming an issue for some people especially since we cannot burn. Conservation has opened the old dump site on NN. This is for LCO people only and if abused, the dump will be closed. It is for yard waste only. Now is also a good time to start that compost area you have been putting off.

## **JOKES, INTERESTING TALES & STORIES**

### **Jack the cowboy**

Jack is a cowboy working on a large ranch in a remote pasture in Wyoming.

One day, as he's overseeing the livestock on the ranch, a brand-new 7 Series BMW suddenly advances toward him, creating an enormous cloud of dust in the process

The car stops, and the driver is a young man in a Brioni suit, Gucci shoes, Ray-Ban sunglasses and a YSL tie. He steps out of the car and says to the cowboy, "*If I tell you exactly how many cows and calves you have in your herd, will you give me a calf?*"

Jack looks at the man, who's obviously a yuppie, he then looks at his peacefully grazing animals and responds calmly, "*Sure, why not?*"

The yuppie then whips out a very impressive iPhone Pro smartphone from his jacket pocket and begins to surf the NASA website. Simultaneously, he uses the GPS satellite to get the exact coordinates of his location. He then feeds that back to Google Earth to capture a high-resolution image of this location.

The young man then opens the digital image in Photoshop and exports it to an image processing facility in Langley, Virginia.

Within seconds, he receives an email on his iPhone Pro to confirm that the image has been processed, and the data captured and stored. He then accesses an MS-SQL database through an ODBC-connected Excel spreadsheet and, after a few minutes, receives a response.

Finally, he uses an Air Print printer located in his car to print out a full-color, 150-page report. He then turns to Jack, hands him the report and says, "*Sir, you'll see from the Executive Summary that you have exactly 1,586 cows and calves.*"

"*That's right,*" says Jack. "*I guess you can take one of my calves.*"

Jack then watches with amusement as the young man struggles to get the animal into the trunk of his car.

After a minute or two, Jack says to the guy, "*Hey, if I can tell you exactly what your business is, will you give me my calf back?*"

The young man thinks for a second, and then he says, "*Sure, why not?*"

"*You're a Congressman for the US Government,*" says Jack.

"*Wow! That's correct,*" says the yuppie, "*but how did you guess that?*"

"*No guessing required, son,*" Jack responded. "*You showed up here even though nobody called you; you want to be paid for an answer I already know; to a question I never asked. You used millions of dollars worth of equipment trying to show me how smart you are, and*

*you don't know a thing about how ordinary working people make a living, or about cows, for that matter. If you did, you'd know that this herd is actually a flock of sheep. Now give me back my dog."*

<>

Thoughts about aging:

Old age is always 15 years older than I am.

You are only young once, but you can stay immature indefinitely.

I don't let my age define me, but the side effects are getting harder to ignore.

The bad news is that time flies. The good news is that you are the pilot.

\*\*\*\*\*

#### **DATES TO REMEMBER:**

### **Deadline – May 27 Newsletter articles**

May 10 – Mother's Day

May 13 – Pie Club Koobies 12:30

Lunch & Learn Elder Center 11am-1pm, must be at least 55

May 15 Graduation Powwow 1:30-3:30 HTE powwow grounds

Board of Regents Meeting University 9am

May 19 & 20 – Clean up items, no household trash or recycling items, LCO only

May 20 & 21 – Wills Caravan Elder Center 9am-5pm, appointment only

May 25 – Honoring All Veterans Kinnamon 11am, lunch

May 28 – LCOK-12 Graduations: 10am Kinders, 12n 8<sup>th</sup> Grade, 2pm High School

June 4 & 5 – GLNAEA

June 6 – Elder Council 10am Kinnamon

June 11 – LCO Elders Association 10:30am Casino

#### **STANDING MEETINGS**

1st Friday Sobriety Tribal Office 6-8pm

Last Tuesday LCO/Sawyer County Democratic meeting Kinnamon 5-7pm

Second Thursday Bizhiki Wellness Sobriety Feast 5-7 Clinic or Tribal Office

Third Wednesday Ganawenindiwig Gathering Elder Center 5-6pm

SEE YOU NEXT MONTH 😊

May 2026 Issue 163

Established January 2012

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

# Lac Courte Oreilles Memorial Services

May 25, 2026

## Honoring All Veterans



### LCO Veterans Who Passed May 2025 to May 2026

**William George Beaulieu**  
U.S. Army  
January 9 1952 - September 30, 2025



**Gerald Benjamin Diamond "Ziimike"**  
U.S. Army, 1966 to 1977, Vietnam  
January 10, 1938 - May 27, 2025



**Ricky Steven Johnson**  
U.S. Marine Corps, 1975 to 1995  
January 31, 1957 - August 8, 2025



**Edwin Peter Francis Kakazu**  
U.S. Army  
May 1, 1972 - March 26, 2026

**Richard Earl Miller, Sr.**  
U.S. Army, Vietnam 1962 to 1965  
July 16, 1944 - September 30, 2025



**Charles "Mike" Allen Sander**  
U.S. Navy, Vietnam Era  
Cuban Missile Crisis  
October 21, 1944 - June 14, 2025



**Glen Dale David Wooten**  
U.S. Marine Corps  
July 27, 1956 - September 9, 2025



**Memorial services 11:00 AM**  
Lunch following the service

**Rededication of LCO Veterans Memorial Park**  
**Opening of Exhibit featuring Purple Heart Recipients**



**LCO Tribal Museum Kinnamon School**  
715-558-7839  
Contact: Faith Smith  
faith.smith.LCO@gmail.com



# SUPPORT COMMUNITY HELP

I AM OFFERING MY SERVICES TO THE LCO COMMUNITY FOR ACTIVITIES THAT THEY CANNOT GET TO.

## EXAMPLES:

- PERSONAL CARE
- CHORES
- LAUNDRY
- ORGANIZATION
- ETC.

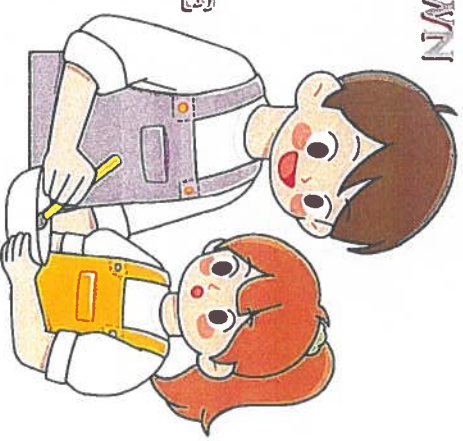
CALL:

**SONYA WEBSTER**  
**715-699-1361**

I AM AVAILABLE WEEKNIGHTS AFTER 5PM FOR 5-6 HOURS A WEEK

PAY IS NOT EXPECTED BUT I WILL NOT TURN DOWN A DONATION OR BARTERED ITEM.

I AM HOPING TO START A MOVEMENT WHERE I CAN FIND A FEW OTHERS TO DONATE THEIR TIME TO HELP THE LCO COMMUNITY





# 2026 HAPPENINGS

## LCO Aging and Disability Services



- May 2 - Elder Council Meeting at Kinnamon. 10 am
- May 4 - Elder Walmart Trip, call for pickup time. 715-699-5820
- May 5 - **CINCO DE MAYO PARTY with Indian Tacos!** at the Elder Center. 11 am  
Hayward \$5.00 Cinema Trip "The Mummy", leaving Elder Center at 2 pm.  
Call:715-699-5820
- May 6 - Beading Circle at Elder Center, Reserve. 3:30 pm - 7:30 pm
- May 7 - 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
- May 8 - **Stock Boxes Available** 10 am - Noon
- May 10 - **Mother's Day**
- May 11- **CLOSED IN OBSERVANCE OF AMERICAN INDIAN DAY**
- May 12 - **Mother's Day Luncheon with Wadookodaagin Students for Games & Ojibwe Bingo** at the Elder Center. 10:00 am - 1 pm
- May 13- Pie Club Talking Circle at Koobie's Coffee. 12:30 pm - 2 pm  
Constitution Meeting at Kinnamon. 5 pm
- May 14- Elder Walmart Trip, call for pickup time. 715-699-5820
- May 15- Fishing Has No Boundaries
- May 16- Fishing Has No Boundaries  
Elder Walmart Trip, call for pickup time. 715-699-5820
- May 17- Eau Claire Shopping Trip (Kohl's, Target, Menards). 9 am - 4 pm
- May 20- Elder Walmart Trip, call for pickup time. 715-699-5820
- May 21- Coffee with the LCO Cops at the Elder Center. 10 am
- May 22- Earth Day Elder Feast at Elder Center. 11 am - 2 pm
- May 23- Elder Walmart Trip, call for pickup time. 715-699-5820
- May 24- **BINGO DAY!!!!!!** 1 pm - 3 pm
- May 27- Elder Walmart Trip, call for pickup time. 715-699-5820
- May 30- Elder Walmart Trip, call for pickup time. 715-699-5820

*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







# LCO Nutrition Program Menu May 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
<p>4 Creamy Chicken Wild Rice Soup Egg Salad on a Croissant Carrots &amp; Celery w/Hummus Fuji Apples</p>	<p>5 <b>CINCO DE MAYO</b> Fry Bread Tacos Lettuce &amp; Tomatoes Spanish Rice Corn Salsa Mango Tidbits Churro Dessert</p>	<p>6 Maple Glazed Salmon Couscous w/Vegetables Roasted Broccoli &amp; Carrots Peaches Side Salad w/Tomatoes Dinner Roll</p>	<p>7 BBQ Chicken Loaded Mashed Potatoes Green Beans Pears Corn Muffin Fruited Jello</p>	<p>8 Cheese Manicotti Marinara Sauce Roasted Cauliflower Italian Bean Salad Fruit Bread Stick</p>
<p>11 <b>CLOSED</b> <i>Observance of American Indian Day</i></p> 	<p>12 <b>MOTHER'S DAY LUNCH</b> Chicken Alfredo w/Penne Broccoli Caesar Salad Garlic Bread Strawberries w/Whip Cream Pineapple Upside Down Cake</p>	<p>13 Roast Beef Mashed Potatoes &amp; Gravy Roasted Carrots Peaches w/Cottage Cheese Dinner Roll Cookie</p>	<p>14 Pulled Pork Rice Bowl ~Rice, Beans, Pork~ Roasted Root Vegetables Tropical Fruit Yogurt Parfait w/Blueberries Naan Bread</p>	<p>15 Potato Crusted Cod Baked Sweet Potato Peas and Pearl Onions Strawberry Spinach Salad Fruit</p>
<p>18 Tuna Pasta Salad w/Peas Cherry Tomatoes Fresh Mandarin Orange Dinner Roll</p>	<p>19 <b>TRADITIONAL DAY</b> Wild Rice Chicken Bake Green Beans Creamy Cucumbers Blueberries Fry Bread</p>	<p>20 Mushroom Gravy Pork Chop Pasta Carrots Kale Craisin Salad Banana Pound Cake w/Blueberries</p>	<p>21 <b>Memorial Day Elder Cookout</b> Hotdog or Hamburger Homemade Potato Salad Baked Beans Wild Rice &amp; Berry Salad Brownies</p>	<p>22 Venison 3 Sisters Stew Side Salad w/Tomatoes, Carrots, Cucumbers &amp; Egg Dinner Roll Fruit</p>
<p>25 <b>CLOSED</b> <i>Memorial Day</i></p> 	<p>26 <b>ITALIAN DAY</b> Meat Lasagna Asparagus Side Salad w/Tomatoes Strawberries w/TTopping Garlic Bread Lemon Bars</p>	<p>27 Sweet &amp; Sour Chicken With Pineapple &amp; Peppers Rice Stir Fry Vegetables Egg Roll Mandarin Oranges</p>	<p>28 Oven-fried Fish Baked Potato w/Sour Cream Beets 3 Bean Salad Dinner Roll</p>	<p>29 Pulled Pork Sandwich Sweet Potato Fries Peas Broccoli Slaw Fruit Cookie</p>
<p>1 Curried Rice &amp; Lentil Soup Grilled Cheese Sandwich Carrots &amp; Celery w/Hummus Cottage Cheese Grapes</p>	<p>2 <b>TRADITIONAL DAY</b> Cornbread Beef &amp; Bean Casserole Green Beans Mixed Berries Fry Bread</p>	<p>3 Pork Roast Mashed Potatoes &amp; Gravy Wilted Spinach/Mushrooms Peaches Dinner Roll Apple Crisp</p>	<p>4 Chicken Parmesan Penne Pasta California Blend Vegetables Caesar Salad Pineapple Tidbits Garlic Bread</p>	<p>5 Fish Sandwich w/Lettuce Sweet Potato Fries Broccoli Bacon Salad Fruit Chocolate Chip Cookie</p>

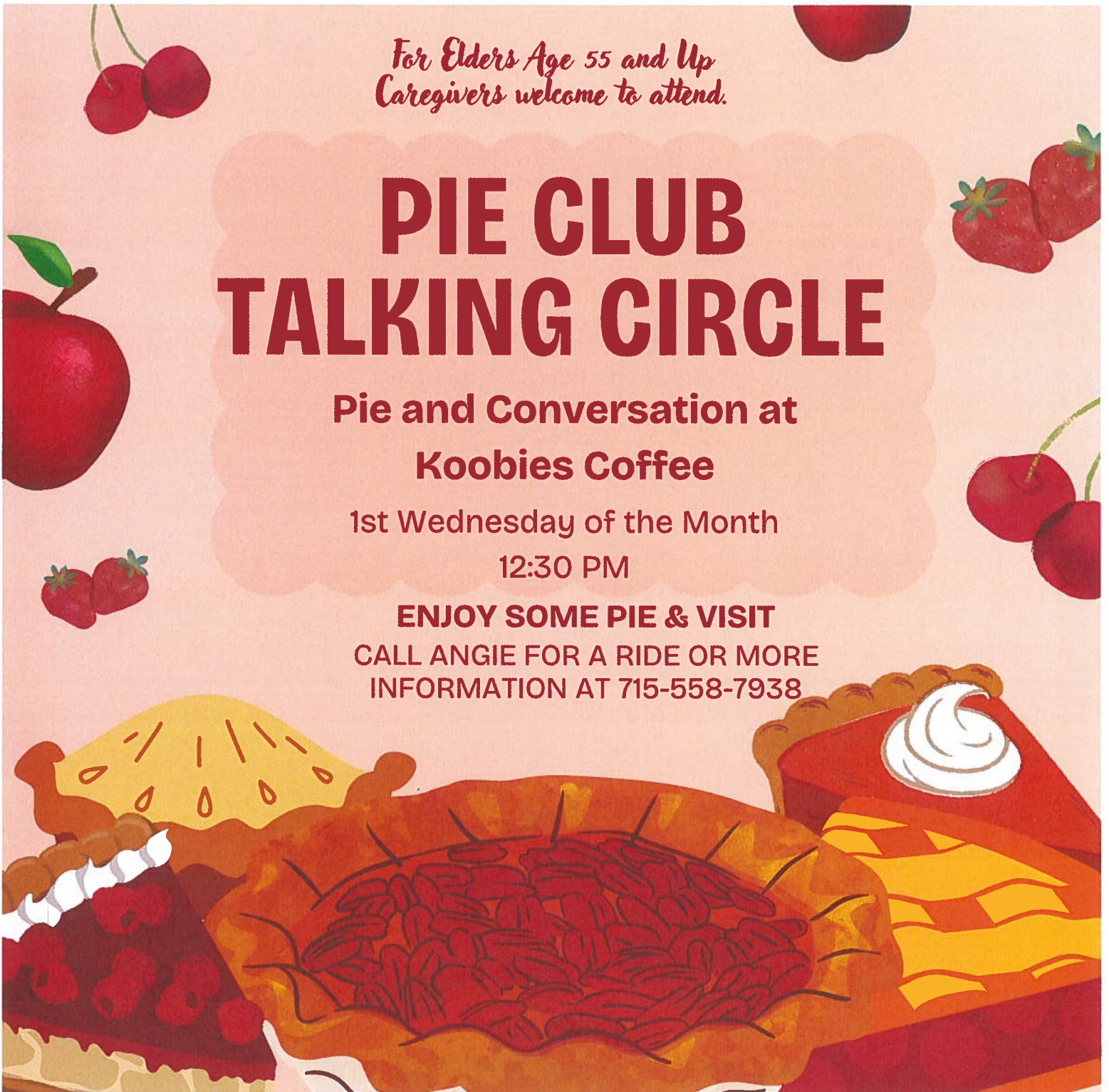
*For Elders Age 55 and Up  
Caregivers welcome to attend.*

# PIE CLUB TALKING CIRCLE

**Pie and Conversation at  
Koobies Coffee**

1st Wednesday of the Month  
12:30 PM

**ENJOY SOME PIE & VISIT  
CALL ANGIE FOR A RIDE OR MORE  
INFORMATION AT 715-558-7938**



Gather with us...

Third Wednesday of each Month

5 PM - 6 PM

LCO Elder Center

# GANAWENINDIWAG GATHERING

*"They take care of each other - gathering."*

Share a meal.

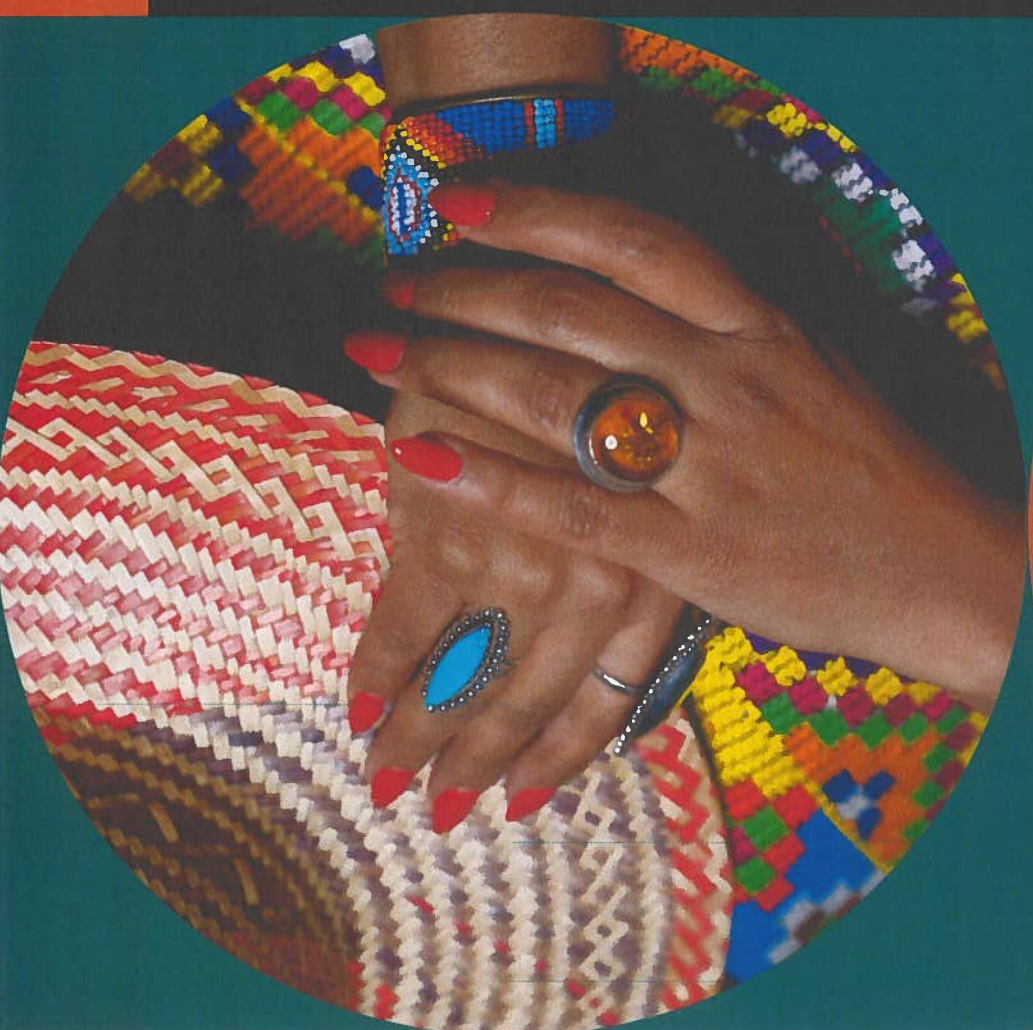
Come listen, share a story...

Know you are not alone.

You are Appreciated!



LCO Elder Center  
13856W Corbine Dr.  
Stone Lake, WI 54843



Call Angie for more information at 715-558-7938

[angela.beckman@lco-nsn.gov](mailto:angela.beckman@lco-nsn.gov)