August 2026 Issue 166
Established January 2012

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, Chair 715/558-7375
CONTACT INFORMATION: MONA INGERSON (715) 865-2238
raingerson@yahoo.com

LCO ELDERS ASSOCIATION MINUTES

Vicky Jerome, Chair 715/558-7375
Leslie Ramczyk, Vice Chair 715/634-9016
Vera Homesky, Treasurer 715/634-9016
Mona Ingerson, Secretary 715/865-2238
Meeting is First Thursday in Casino
All welcome, need to be 55 to join

Our meeting was called to order at 10:35. The prayer was offered by Dennis. The Early Bird was won by Leslie.
The Ojibwe word is Niibin – Summer.

Treasurer's Report
Vera reported on our accounts. Dues were collected.

Secretary/Mona's Report
The petition was presented on June 30th.
The TGB will be presented a proposal from a company introduced by Glen Hall. The company has plans to build a 40-unit nursing home.
The TGB has determined that a better process is needed for the 401K program.
LCO members need to be careful when receiving financial help from the tribe. If you go through a program, you qualify for the tax-free program. If you receive help from the TGB and not a program, you need to file a 1099 at tax time and pay taxes on the help received.

Old Business
The stand will be cleaned on Wednesday at 9am; baked goods can be delivered on Friday morning.
Bring items for the baskets to be raffled at the picnic – Kitchen, Household, or Picnic items

New Business
Rick St. Germaine has 0ffered to provide a historic tour of LCO. We are looking into a trip to the Obama Library.

Speaker – Hope Miller, Grants Department

Hope wants to know what elders want and need. There was quit a bit discussed, one being a larger but with a bathroom, and parks within LCO. Hope gave her extension should anyone have more ideas – extension 7908.

Marie made a motion to adjourn, 2nd by Cleo, we adjourned at 11:55.
The 50x50 was won by Vera.

Honor The Earth Report

The stand was dedicated to Ellen Martin with a plaque made by LCOK-12 wood working department. We had signs designating parking for the workers in the stand and it was such a big help. The signs were made by Kristina and Bob.
We came to the realization that there is no such thing as having too many chocolate chip cookies. We did nearly sell out, there was very little left. The winner of the gazebo was Celeste Jourdain. The winner of the blanket was Mike Goze. We also had 18 winners for all the miscellaneous items.

NEWS FROM THE LAC COURTE OREILLES ELDERS COUNCIL

Marie Kuykendall, Chair 715/945-3122
Faith Smith, Secretary 715/634-1599

Notes from the Elder Council meeting:
The meeting was Called to Order at 10:07, Rick offered the prayer.
On August 8, at the Ojibwa Park is the Dems/LCO candidate picnic.
On August 13, the Archie Mosay Resource Center is opening in Webster; looking for interested people and transportation to attend.
On August 19, there is a Drug and Human Trafficking seminar at the Conference Center 1pm to 4pm. The CRG needs to have a table.
We will ask the clinic if they will post some of our videos.
The TGB has tabled the petition.
The TGB is looking at a proposal from a company that has been recommended by Glen Hall. The company is proposing to build a 40-bed nursing home.
Mary Wolf reported that twice this last month, the Meal Delivery people did wellness checks; one person ended up in the hospital and was lucky to have been found. The other person was with family.
From January to July, the Center served 1,691 congregate meals and delivered 16,704 meals.
There was a discussion on air conditioners for those who are vulnerable. No one knows where the list comes from.
We will look for more students to help with the transition from high school to a collage away from home.

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CONSTITUTION REFORM GROUP

Marie Kuykendall, Chair 715,945-3122
Mona Ingerson, Secretary 715/865-2238

The CRG is busy preparing for Forum VI. There have been enough additions and changes to warrant a whole new draft constitution. We are preparing more informational videos with new topics. The videos will be able to be viewed on our site LCO Constitution Reform Group. The previous videos are still there if you want to refresh your memory. If you would like to present a topic, the videos are 2 minutes long, the tapings are done on Tuesdays and Fridays.

LCO ELDER BENEFITS CENTER

Mary Wolf, Director 715-558-7939
Doreen Wolfe, Elder Services Programs 715-558-7940
Alison Cuddy, Aging & Disability Resource Specialist 715-558-7942
Tim Coon, Nutrition Manager 715-558-7943
Angela Beckman, Dementia Care Specialist 715-588-7941
Bob Trepania, Elder Transportation 715/699-3529

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 ways to improve your memory as you age. Signs of normal aging include moving slower, hesitating more, difficulty with name recall, pausing to find words, or needing reminders. Signs of dementia include difficulty with familiar tasks, withdrawing and not making good decisions, not recognizing people, problems finding words or understanding, and can't recall recent information. There are some parts of aging we cannot stop, but there are five ways we can support our memory as we age.

5 Ways to Support Your Memory as You Age

1. **Movement – Activity is associated with increased brain volume and helps reduce cognitive decline.**
2. **Limit Sitting – Research shows that adults between the ages of 45 and 75 who sat from three to seven hours a day had substantial decline in the brain where new memories are formed.**
3. **Practice Mindfulness – Stress is toxic to brain cells. Practicing meditation or yoga may help by lowering stress and stimulating the brain.**
4. **Healthy Diet – Fruits, veggies, healthy fats like olive oil and avocados, fish, whole grains, nuts and berries can also improve your blood pressure and cholesterol which will help your brain too!**

5. Get Enough Sleep – When you are asleep, your brain's busy strengthening connections between cells. Going to bed and waking up at the same and avoiding screens (phone or the tv) a couple hours before bed will improve your quality of sleep.

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 or 715-558-7938.

NEWS FROM LCO HEALTH CENTER

Josey Begay, Director
Mariah Austin, Assistant Director 715/638-5171
Dr. Malcom, Medical Director 715/638-5100
Angie Pang, Director MAT Recovery Clinic 715/638-5114
Dawn Joyner, Quality Assurance 715/638-5119
Tiger Gouge, Human Resources 715/638-5132

Hydration for Hot Weather

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Did you know older adults are more prone to dehydration due to a diminished sense of thirst, body composition changes leaving us with less water in our bodies, and less efficient body temperature regulation? During hot weather, we are even more at risk for dehydration.

Dehydration can occur when we don't consume enough fluids for our body's needs. This can lead to urinary tract infections, heat stroke, heart problems, kidney failure and blood clot complications. A quick way to tell if you are drinking enough it to check the color of your urine. If it's pale in color and clear, you are likely well hydrated. If it's dark with amber or brown tones, you may be dehydrated.

Here are some ways to stay hydrated every day:

1. Choose foods with a high water content. These include cucumber, watermelon, lettuce, strawberries, tomatoes and celery.
2. Keep water with you, always. Carry a refillable water bottle with you, or keep a lightweight water pitcher and cup near your favorite chair at home.
3. Avoid or reduce your alcohol intake. Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream. Limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive.
4. Change it up. Add flavor to your water by adding fresh lemon slices, apple, cucumber, or berries. You may want to try a low sugar sports drink. Coffee and some teas can have a slight dehydrating effect, so this shouldn't be a main part of your fluid intake.
5. Set a timer or a reminder on your phone to alert you to take more sips of water.

Even mild dehydration can cause uncomfortable symptoms like fatigue, irritability, dizziness, headaches, dry mouth, muscle cramps and confusion. Please take care to hydrate yourself always, and especially during the hot weather. **Submitted by Kelly Backen, RDN, CD, CDCES**

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🏠 Housing, Emergency Shelters, & Authorities

Emergency & Transitional Shelters

- **LCO Emergency Shelter | 715-624-4012:** For independent LCO members only (up to 90 days, background check required; no registered sex offenders). Must call for themselves. Features 5 women's rooms, 2 family rooms, 4–5 men's rooms, and common spaces. Overnight emergency stays available from 10 PM to 7 AM.

- **LCO Men's Sober Living – EndazhiNoojimong | 715-257-5144:** 13-bed recovery facility for men with a substance use diagnosis within the past 5 years. Priority goes to LCO members. Features a 4-Phase system focused on cultural healing (ceremonies, drum circles, elder mentorship). Vouchers accepted. Email: endazhi-noojimong@lco-nsn.gov.

- **Oakwood Haven Domestic & Sexual Violence Shelter | 1-800-796-9603:** 24/7/365 confidential shelter for women and children surviving domestic abuse or sexual assault. Features 3 units with a shared kitchen/laundry. Provides support groups, legal advocacy, transportation for court/health appointments, and free access to a Sexual Assault Nurse Examiner (SANE). Led by Director Melinda Taylor. *Location: 13394 W Trepania Road.*

- **New Reflections Pathway to Hope | 715-558-7020:** Faith-based shelter for women and children. 6–7 rooms, staffed 24/7. Offers onsite meals, transitional housing, abuse recovery ministry, life skills, and GED classes. Managed by Barb Bixby.

- **Greater Hayward House of Hope | 715-699-1124:** Transitional shelter for men. *Location: 10605 Main Street North.*

- **New Day Advocacy Center | 715-682-9566 (ndshelter.org):** 24-hour crisis line, emergency shelter, safety planning, legal/housing advocacy, and basic necessities vouchers.

  - **Veteran and experiencing Homelessness?** Rebecca Klingbeil, Social worker for HUD/VASH, Mental Health Homeless Program 612-685-2019-She can assist find housing.

Housing Authorities & Rental Assistance

- **LCO Housing Authority (715-634-2147):** Income-restricted rental housing for Indian families or individuals essential to the Tribe. Applicants must show sufficient verifiable income to cover base expenses. *Fax: 715-634-5692 | Emergency Pager: 715-798-1594.*

- **LCO Division 715-634-8934:** Covers Misko Apartments, emergency and trailer homes

- **Sawyer County Housing Authority (715-634-4280):** Open Monday through Thursday. Manages tenant rent assistance. Contact Occupancy Specialist Jennifer at jennifer.sawyercountyhousing@gmail.com.

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Late Rent, Security Deposits, & Eviction Prevention:

o Coordinated Entry Assistance (Homelessness/Eviction Danger): Stacey Feidt | 715-263-2900

o Salvation Army (Late Rent/Deposits): 715-634-1050

o Rural Housing, Inc.: 1-888-400-5974 (Applications through Sawyer County Housing Authority)

· **The Community Service Block Grant (CSBG) Emergency Services Program through** Indianhead Community Action Agency may be able to assist eligible households facing emergency financial hardships. Allison Anderson: 715-532-1640 or Aryn Sather: 715-230-0726

Amanda Hudson, Social Worker MSW, APSW

Lac Courte Oreilles Community Health Center

Phone: 715-638-5189

Health Advisory Board Meeting Minutes

Date: 7/15/26 **Time:** 3:30 pm **Location:** LCOHC Multi Purpose Room

Call to Order
The meeting was called to order at 3:44 PM.
Josie reminded Dorothy ("Dotty") that, due to her employment at the Health Center, she is not eligible to vote.

Approval of Agenda
Faith requested that the Memorandum of Understanding (MOU) between LCO Health Center and LCO ADRC be added to the agenda.

Approval of Previous Meeting Minutes
Rose made a motion to approve the meeting minutes from June 10. Marie seconded the motion. The motion carried 4-0-0.

Policy: Video Security Surveillance
Rose made a motion to approve the Video Security Surveillance Policy with one amendment: remove the word "Outside" from Section D(c). Marie seconded the motion. The motion carried 4-0-0. Nicole Homer, Legal Counsel, was present and concurred with the amendment and approval of the policy.

Productivity Report
Dawn presented the quarterly productivity report.

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Health Director Report

Josie provided updates on Health Center departments and ongoing initiatives, including:

- Timeclock Plus upgrade
- Development of a new logo
- AI policy implementation
- Microsoft Office updates
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Josie also reported that the Health Center is working with TeamBuilders to recruit a physician.

ADRC Memorandum of Understanding (MOU)

Josie and Mariah met with ADRC staff the previous week. The discussion included requesting that ADRC refer patients to the Health Center.

Finance Update

The Finance Update was tabled.

Bylaws

The Health Board will begin reviewing and updating the bylaws.

Other Business

Discussion was held regarding the Health Center phone system. Josie and Mariah are working with IT to update the phone tree and overall phone system. An upcoming IT project includes establishing a dedicated phone line for nurses.
The Board also discussed the patient portal and suggested creating a tutorial video to help patients navigate the system.

Additional discussion focused on installing new locks or implementing badge access for the storage area. Josie will follow up on this project.

The Health Center will meet with TGB on a quarterly basis to provide updates.

Community Health services were also discussed. Physician orders are required for home visits, and a referral system needs to be established. The Health Center is in the process of filling two Community Health Representative positions.

Next Meeting

August 19th at 3:30

BIZHIKI WELLNESS CENTER
Marie Basty, Administrator 715/699-1922
Dorothy Crust, CSAC
Diane Sullivan, CSAC 715/558-7887

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LCO K-12 SCHOOL NEWS

Jessica Hutchison, Superintendent
715/634-8924 ext.1229

The Lac Courte Oreilles Ojibwe School Welcomes New Staff!



We have hired two new building principals for the coming 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.



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.



Greg Tikalsky has been hired to fill the role of 21st Century Program Coordinator and will also be teaching Driver's Education. Having recently retired after 35 years of teaching in southern Minnesota, I'm embracing the opportunity to promote Ojibwe culture through maintaining and creating additional programming at LCO School. I enjoy spending time with family, traveling, nordic skiing, and time on the water.



Tommy Tiffany has been hired to teach 5th grade. Tommy Tiffany grew up in Hayward and graduated college from UW- Eau Claire in 2025 with a degree in elementary- middle education. He loves all the things that the Northwoods has to offer, including hunting, fishing, golfing and spending time on the Chippewa Flowage. He is looking forward to sharing his passion for outdoor education with his students.

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Tonia Cody returns to Lac Courte Oreilles as the FACE Coordinator and Adult Educator. She has spent nearly three decades working with children and families in education and family engagement. She is passionate about supporting lifelong learning and looks forward to reconnecting with the community and serving LCO families once again.



Lori St. Germaine, Dibadjimowinkwe, is a proud Lac Courte Oreilles Tribal member, both honored and excited to be returning to LCO Ojibwe School as the K–5 Art Teacher. Lori began my teaching career at the LCO Ojibwe School in New Post in 1983. She is thankful to again have this opportunity to work with our young learners and help them explore their creativity while celebrating the beauty of our Ojibwe language, culture, traditions, and values through art.



Nicole Meier, Elementary Special Education teacher, was born and raised here in the Hayward area and now gets the opportunity to raise my five kiddos here too. INicole brings over ten years of experience working with children ranging from 6 weeks old all the way up to 8th grade. She is excited to use that experience to serve the elementary special education students starting this fall!



Aaron Debrot has been hired as the School Safety Officer. He has served in Law Enforcement for 11 years, starting with the Tribal Police. He spent several years as a Warden for the LCO Conservation department, where I was promoted to the rank of Sergeant. Aaron values this position greatly as he knows the position is very instrumental to the development of a strong relationship between Law Enforcement and the community. Aaron is a father of three and attributes the valuable lessons of fatherhood to building strong relationships with the students, fostering a healthy understanding of the way students think and interact. Safety of the students and staff in the school is the utmost of importance. Aaron is honored to have this opportunity and looks forward to serving the community in this role.

"Boozhoo! Cristina Errickson indizhinikaaz"

Cristina will be the elementary Science, Technology, Engineer, and Math (STEM) 'Special' teacher. This will be her fifth year teaching in Northwoods Wisconsin, where I also attended Bruce High School. She strives to be helpful, so any feedback on how best to support the students and the community are welcome! Feel free to stop by Open House, or email her at cristina.errickson@lcoosk12.org .

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My name is Jana Hillstrom, and I am honored to join LCO Ojibwe School as the new 6–12 Art Teacher. I can't wait to meet my students and become part of this wonderful school community while encouraging creativity, curiosity, and self-ex

LCO Tribal Veterans Column

LCO Tribal Veterans page on Facebook! Please subscribe - looking to profile LCO veterans. Contact tribalveterans@lco-nsn.gov if you'll share your story - easy and brief.

Honor the Earth Veterans Ceremony. Miigwech to the Pow-wow Committee for honoring our veterans at the Pow-wow Grounds on Saturday, July 18th. We were also able to honor Secretary Bond, Wisconsin Department of Veterans Affairs, and Gary Elliott, Swayer County Veterans Service Officer, for their support to our Native Veterans over the years.

LCO Veterans and Families BBQ Picnic at The Landing on Saturday, July 25th. For those that were able to attend, we had a good picnic at The Landing for Veterans and their families. My thanks to our volunteers that help set up and work the event...Mary and Dulcie, Sheryl, Jason, Maintenance Team, and TGB Michelle, Chairman Clause and Lorraine for their support. Denny and his team were, as usual, outstanding in their feeding and support! Lots of Bingo prizes for everyone and great music. See you next year!

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!

In August, we begin collecting for our **Active-Duty Servicemembers Holiday Box!** It's starting with a bag of wild rice and a HTE neckerchief...miigwech Pow-wow Committee.

Welcome tribal veterans to the **AMVETs monthly meetings.** See Gary Quaderer Sr for more information. **Next meeting, 10:00 am, September 12th, Casino Buffet Room**.

Congratulations to LCO Warrior **Memphis DeMain** on his graduation from the **Great Lakes Naval Training Center on June 18, 2026!** His division received Hall of Fame Honors, awarded to the most competitive training divisions for academic achievement, military drill, cleanliness, and athletics. Memphis is now participating in his next phase of training, and we wish him well, pray for his safety, and continued success in his chosen military career!

We also want to recognize **Brylee Miller**, currently attending **Boot Camp at Marine Corps Recruit Depot in San Diego!** Brylee is scheduled to graduate in **September**, and his family is

anxiously preparing to attend his graduation. We wish him well and pray for his safety, and continued success in his military career!

LCO active-duty veterans - LCO ambassadors to the world!

Louis Bird Traverzo
Email: tribalveterans@lco-nsn.gov
Cell: (715) 274-9568

LAC COURTE OREILLES HOUSING AUTHORITY

Marcy Gouge, Executive Director
715/634-2147 ext. 7209 715/634-5692 fax

NUTRITIONAL MOMENT

Slow-cooked Southwest Chicken

2 cans black beans, rinsed & drained 1 can chicken broth 1 can diced tomatoes, undrained
1 can green chiles, undrained ½ lb. boneless skinless chicken breast 8 oz chunky salsa
1 cup frozen corn 1 Tbsp. dried parsley 1 tsp. cumin ¼ tsp pepper 3 cups hot cooked rice

Puy all ingredients except rice in a slow-cooker. Cook on low for 3-4 hours or until the chicken reads 165 on thermometer. Shred the chicken and return to cooker to heat through. Serve over rice. Serves 6.

Per 1 cup: 320 cal.,1g fat, 21mg chol., 873mg sod., 56 carb., 19g pro.

JOKES, INTERESTING TALES & STORIES

Edna spent ten minutes looking for the TV remote while holding it in her hand. When her grandson pointed it out, she said, "Well, I was just making sure it still worked in every room." (That was a good cover-LOL)

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An elderly man said, "I don't mind getting older, I just don't like the side effects. The other day, I put my glasses on top of my head, and an hour later, spent 15 minutes looking for them. When my wife asked why I didn't check the last place I used them, I realized that is exactly the problem...I can't remember where that was either!"

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I tried jogging but I kept spilling my coffee. Turns out that caffeine is best consumed before exercise.

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I have just enough energy to procrastinate efficiently.
It is true that an apple a day will keep anyone away if you throw it hard enough.
I tried jogging but it really didn't go anywhere. Now I just walk to the fridge.
>?

Dates to Remember:

Deadline for Newsletter articles – August 24, 2026

STANDING MEETINGS:

1st Friday – Sobriety gathering 6-8pm, Peter Larson Room
2nd Thursdays – Bizhiki Wellness Sobriety Feast 5-7pm, Peter Larson Room
3rd Thursdays – Coffee with a Cop Elder Center
Last Tuesday – LCO/Sawyer County Democratic meeting 5-7pm, Kinnamon
Thursdays – Constitution Reform Group 5-7pm, Kinnamon
3rd Fridays – Board of Regents

Events for August and September

August 8 – Dems/LCO picnic to meet candidates Ojibwa Park 12-4 pot luck
August 15 – New Post gathering and Bed Race
August 19 – Drug, Human Trafficking Seminar Convention Center 1-4
August 22 – LCO Elders Association Picnic for all LCO members 55, Elders Center 11-2pm
September 3-4 – GLNAEA
September 5 – Elders Council, Kinnamon 10am
September 10 – LCO Elders Association Convention Center 10:30

SEE YOU NEXT MONTH ☺

Age requirements for various programs:

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

Elder Center – age 55, various benefits help

Lac Courte Oreilles Population Report

June 30, 2026

Demographics

Gender & Age	On Reservation	Near Reservation within 120 Miles	Off Reservation	Unknown Location	Total
Female 65+	167	251	569	17	1,004
Male 65+	138	179	468	26	811
Female 55-64	149	166	363	25	703
Male 55-64	141	156	315	32	644
Female 18-54	582	442	917	49	1,990
Male 18-54	626	421	853	58	1,958
Female 0-17	257	130	158	0	545
Male 0-17	312	140	172	0	624
Total	2,372	1,885	3,815	207	8,279

Enrolles On Reservation:

Oldest Female: 100 years 6 months Oldest Male: 93 years 3 months

Youngest Female: 6 months Youngest Male: 5 months

Enrollees Off Reservation

Oldest Female: 98 years 3 months Oldest Male: 98 years 5 months

Youngest Female: 5 months Youngest Male: 5 months

[1]Complied by Tiera Corbine

[2]Unknown Location reflects individuals with no known current address

Lac Courte Oreilles Population Report

June 30, 2026

Lac Courte Oreilles Elders 62 and over:

Geographic Location	Total	Female	Male
On Reservation:	**382**	**202**	**180**
Off Reservation (Within Sawyer County):	**176**	**102**	**74**
Sawyer County Total Elders 62+:	**558**	**304**	**254**
Near Reservation (Within 120 Miles)	**565**	**324**	**241**
Off Reservation (Over 120 Miles)	**1,287**	**695**	**592**
Unknown$_2$	**65**	**28**	**37**
Total Elders 62+:	**2,299**	**1,249**	**1,050**

Lac Courte Oreilles Elders 55 and over:

Geographic Location	Total	Female	Male
On Reservation:	**595**	**316**	**279**
Off Reservation (Within Sawyer County):	**235**	**132**	**103**
Sawyer County Total Elders 55+:	**830**	**448**	**382**
Near Reservation (Within 120 Miles)	**752**	**417**	**335**
Off Reservation (Over 120 Miles)	**1,715**	**932**	**783**
Unknown$_2$	**99**	**41**	**58**
Total Elders 55+:	**3,161**	**1,706**	**1,455**

Lac Courte Oreilles & Sawyer County

VETERANS FAIR

Sevenwinds Convention Center

10:00 am – 2:00 pm

October 22nd, 2026

FREE EVENT! Open to all veterans & community members looking to learn more about resources and programs available to veterans!

For more info, please contact:

Louis.traverzo@lco-nsn.gov

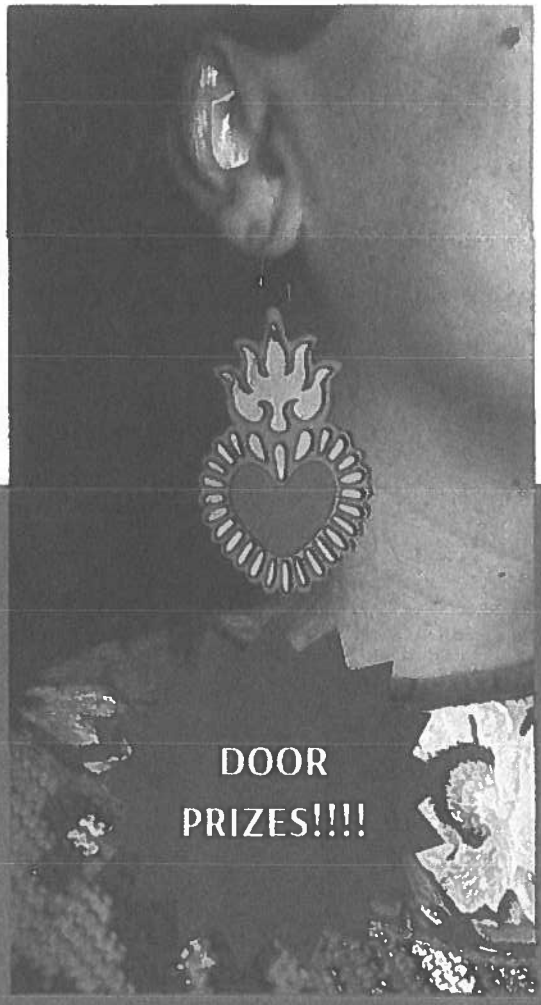
(715) 274-9568

Nicole.clapero@sawyercounty.gov

(715) 634-2770 Ext 2

YOUTH ARE WELCOME TO ATTEND AT PARENTS' DISCRETION

LCO ICW & FAMILY SERVICES INVITES YOU TO:



A FREE COMMUNITY EDUCATION EVENT:

DRUG TRENDS IN INDIAN COUNTRY & HUMAN TRAFFICKING

LEARN ABOUT:

- THE DRUGS THAT ARE AFFECTING OUR COMMUNITIES
- HOW TO RECOGNIZE WHAT THEY COULD LOOK LIKE
- WHAT HUMAN TRAFFICKING IS

WHEN: WEDNESDAY, AUGUST 19, 2026

TIME: 1:00-4:00 PM

WHERE: SEVENWINDS CASINO, LODGE & CONFERENCE CENTER

PRESENTERS:

CHAD RACINE- SPECIAL AGENT IN CHARGE, WI DOJ DCI, NADGI
BRETT BOLEY- WI STATE TROOPER, DRUG RECOGNITION EXPERT
BRIAN TROWBRIDGE, SPECIAL AGENT, WI DOJ DCI HUMAN TRAFFICKING BUREAU

INQUIRIES: CALL TIBISSUM RICE AT 715-558-7457

LCO Nutrition Program Menu August 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
3 Tomato Basil Bisque Grilled Ham & Cheese Carrots & Celery *With Cottage Cheese Dip* Grapes Italian Ice	4 **TRADITIONAL DAY** Wild Rice Chicken Bake Green Beans Kale & Sweet Potato Salad Blueberries Fry Bread	5 Roast Beef Mashed Potatoes & Gravy Buttered Carrots Peaches w/Cottage Cheese Dinner Roll Cookie	6 Pulled Pork Rice Bowl *~Rice, Beans, Pork~* Roasted Root Vegetables Tropical Fruit Yogurt Parfait w/Blueberries Naan Bread	7 Chicken Alfredo w/Penne Broccoli Jicama Salad Garlic Bread Fruit Peach Cobbler
10 Tuna Pasta Salad w/Peas Cherry Tomatoes Fresh Mandarin Orange Dinner Roll Fruited Jello	11 **POLYNESIAN DAY** Huli Huli Chicken Hawaiian Macaroni Salad Rst. Hawaiian Vegetables Sesame Kale Slaw Mango Tidbits Hawaiian Roll Coconut Fluff	12 Porcupine Meatballs w/Tomato Gravy Mashed Potatoes Mixed Vegetables Cinnamon Apples Dinner Roll	13 Mushroom Gravy Pork Chop Pasta Carrots Kale Craisin Salad Banana Pound Cake w/Blueberries	14 Fish Sandwich *w/Lettuce & Tomato* Coleslaw Baked Beans Watermelon Cubes Brownie
17 Creamy Chicken Wild Rice Soup Egg Salad on a Croissant Carrots & Celery w/Hummus Fugi Apples Cookie	18 **TRADITIONAL DAY** Baked Walleye Roasted Squash Green Beans Wild Rice Berry Salad Blueberries Fry Bread	19 Baked Ham Scalloped Potatoes Wilted Spinach w/Mushrooms 3 Bean Salad Tropical Fruit Dinner Roll	20 Three Cheese Manicotti *w/Marinara Sauce* Chef Blend Vegetables Side Salad w/Tomatoes Strawberries w/Topping Bread Stick	21 Sloppy Joe on Bun Sweet Potato Wedges Corn Fruit Chocolate Pudding
24 Lumberjack Soup Tuna Salad Sandwich Cherry Tomatoes Orange Peanut Butter Bites	25 **ITALIAN DAY** Meat Lasagna Italian Vegetables Caesar Salad Strawberries with Topping Garlic Bread Chocolate Cake	26 Sweet & Sour Chicken *With Pineapple & Peppers* Rice Stir Fry Vegetables Egg Roll Mandarin Oranges	27 Oven-fried Fish Baked Potato w/Sour Cream Beets 3 Bean Salad Corn Muffin	28 Pulled Pork Sandwich Sweet Potato Fries Corn Broccoli Slaw Fruit Cookie
31 Curried Rice & Lentil Soup Grilled Cheese Sandwich Carrots & Celery w/Hummus Cottage Cheese Grapes	1 **TRADITIONAL DAY** Wild Game Gravy Mashed Potatoes Green Beans Blueberries Fry Bread	2 Chicken Cordon Bleu Wild Rice Maple Sweet Potatoes Tossed Salad Cantaloupe Dinner Roll	3 Pork Roast Stuffing with Gravy Broccoli Cranberry Relish Marinated Mushrooms Peaches Apple Crisp	4 Cheeseburger Tator Tots Coleslaw Fruit Cookie