

July 2026 Issue 165

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THE LAC COURTE OREILLES

ELDERS CORNER



"News by Elders, for Elders, about Elders"

Published the first Thursday of every month.

SPONSORED BY: LCO ELDER'S ASSOCIATION

Vicky Jerome Interim Chair 715/558-7375

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Dear Readers, this issue is somewhat sparse because life interfered with my plans. I did not send a reminder to those who contribute to the newsletter. If you are looking for information from a contributor, you will have to contact them directly. I have kept the headers which contain some contact numbers. The only one in question is the Elder Center; the last I heard was that their phones were not working. Here are some numbers they are using temporarily:
Mary 715/699-5119 Alison 715/558-1584 Angie 715/699-5440 Kerri 715/699-5820
Doreen 715/699-4403 Tim 715/699-3711 Bob T. 715/699-3529.

ELDERS ASSOCIATION MEETING

Vicky Jerome, Chair 715/558-7375

Leslie Ramczyc, Vice Chair 715/634-9016

Mona Ingerson, Secretary 715/865-2238

Vera Homeskye, Treasurer 715/634-9016

Meeting is the First Thursday of the month in the casino conference center

Must be 55 to join, guests of any age welcome

Our June Meeting had 20 members attending and 3 guests. We were called to order at 10:35. The prayer was offered by Dennis. The Early Bird was won by Vicky. The Ojibwe word for the month is Ashamishin – Feed me.

Old Business

Dues that are normally paid in April have been moved to May as the anniversary date. This change is because of the April meeting was cancelled.

The plaque for Ellen is being made by the LCOK12 Woodworking class.

New Business

The Bakery donation list was passed around. Remember, we pack 4 cookies in a baggie, so 1 dozen will serve 3 customers. We need lots of basic favorites. We have the gazebo and blanket. We need items for the Miscellaneous raffle. We will clean the stand on Wednesday, 7/15 and do most of the setup.

The BBQ picnic on 8/22 at the Elder Center will include a raffle for 3 different baskets, a picnic basket, a kitchen basket, and a home care basket.

We will be hosting an afternoon of poetry on 9/22 at Kinnamon from 1 to 4. Bay Quaderer and Louise Waakaa'igan will be featured.

Speaker Sue Taylor, LCO Police Chief

Sue believes officers should be out in the community. She has started a program called Coffee with a Cop on the 3rd Thursday at the Elder Center. The officers heled to build a playground at Oakwood Haven and they are always looking for ways to be active in the community. The department is at full staff with over 50% LCO members. Along with standard training, the officers have training in LCO history, culture, and language. When a call is placed for help, the call goes to the Hayward office because we do not have a Dispatch center; the office staff is not trained to handle 911 calls. Sue agreed the many of the members that the curfew is too soft and should be strengthened. There will be additional and increased presence at HTE with officers from St. Croix. It would be helpful if people could donate blankets, toys and paper towels to the Animal Control unit. A Community Watch group in the neighborhoods would help to answer the question, "Why don't they do something." To make that work, people need to be willing to testify, unfortunately, too many refuse.

Other Information

If you have old Narcan, it is safe to put in the trash.

Membership can now log in to the General membership meeting. Contact Enrollment for instructions.

Motion by Marie, 2nd by Cleo to adjourn. We adjourned at 11:58

NEWS FROM THE LAC COURTE OREILLES
ELDERS COUNCIL

Marie Kuykendal, Chair 715/945-3122

Faith Smith, Secretary 715/634-1599

There will be no meeting in July because of the holiday.

CONSTITUTION REFORM GROUP (CRG)

Mona Ingerson

The CRG is planning Forum VI for September 19, 10-1pm at the Convention Center. We will have an updated version of the Proposed Constitution. Currently, we are working on the number of votes needed for special elections such as a Recall Election, the roll of the Judicial. We meet Every Thursday at Kinnamon from 5 to 7pm. Everyone is welcome to attend.

ELDER CENTER NEWS

Mary Wolf, Director 715-558-7939

Doreen Wolfe, Elder Services Programs 715-558-7940

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

Angela Beckman, Dementia Care Specialist 715-558-7938

Tim Coons, Nutrition Program Specialist 715-558-7943

Bob Trepania, Elder Transportation 715-699-3529

NEWS FROM LCO HEALTH CENTER

Josie Begay, Director, 715/

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

Bizhiki Wellness Center

Marie Basty, Administrator and Dorothy Crust, CSAC

Dianne Sullivan, CSAC

LCO HOUSING AUTHORITY

Marcy Gouge, Executive Director
715/634-2147 ext. 7204
715/ 634-5692 fax

LCO SCHOOL NEWS

Jessica Hutchison, Superintendent

NUTRITIONAL MOMENT

It is Salad Season
Chopped Salad with Dill Pickle Dressing

¼ cup mayonnaise 3 Tbsp dill pickle juice 2 Tbsp olive oil 1 Tbsp mustard
1 Tbsp chopped dill 1/8 tsp salt 1 pkg chopped romaine hearts 8 oz Swiss cheese, cut into
½ inch cubes (2 cups) 4 oz diced ham 1 cup diced dill pickles ½ cup thin sliced red onion

Combine 1st 6 ingredients and mix well. Combine the rest and add the dressing.

Per 1 cup serving: 215 cal., 18g fat, 11g Pro., 3g Carb., 497mg sodium

NOTE WORTHY

Mona Ingerson

We recently had a General membership meeting with a new “they will never do it” feature. For the first time ever, members could ‘attend’ the meeting from home. There is a learning curve for members and staff and I have faith that the process will improve.

It was very disappointing to see so many fill their plate and leave. They missed the most important part of the meeting. People asked questions of the TGB; that is where change begins. So many people fuss that they don’t know what is going on and want transparency. The Q&A portion of the meeting is where that happens.

JOKES, INTERESTING TALES & STORIES

Obama admitted he smoked weed in college and look where it got him – he is now unemployed and has been evicted from his house.

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A customer walks into a coffee shop and asks the barista for the Wi-Fi password. “You need to buy coffee first.” The barista syid. “Okay, I’ll have an espresso,” the customer replied. After paying, the customer asks, “can I have the password now?” The barista replies, “Of course! It’s ‘youneedtobuycoffee’ all lower case, no spaces.

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One evening my son and I were watching a movie about people in a nursing home. He turned to me and said, “I will never put you in a nursing home, mom.” I was touched and thanked him. A few days later, I was reading when he came to me and said he felt like the parent as he turned on the light and said, as I used to say to him, “You will ruin your eyes.” I replied that it way the of life, I took care of him when he was little and soon it will be his turn to take care of me. I also warned him that changing diapers was the worst. He was quiet for a minute and then said, “I may have to rethink about not putting you in a home.”

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Dates to Remember:

Deadline for Newsletter articles – JULY 22, 2026

Standing Meetings:

Sobriety Gathering, 1st Friday Peter Larson Room 6-8pm

LCO/Sawyer County Democratic Meeting, Last Tuesdays 5-7pm Kinnamon

Bizhiki Wellness Sobriety Feast, 2nd Thursdays 5-7pm Peter Larson Room

CRG (Constitution Reform Group) Thursdays 5-7pm Kinnamon

Coffee with a Cop 3rd Thursdays 9am Elder Benefits Center

July 17,18,18 – Honor The Earth Pow Wow

August 1 – Elder Council meeting Kinnamon 10am

August 6 – LCO Elders Association – 10:30am Convention Center

**August 22 – LCO Elders Association hosting a Picnic for LCO Elders 11 to 3, Elder
Center**

SEE YOU NEXT MON

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

Elder Center – age 55, various benefits help



LCO VETERANS & FAMILIES BBQ & PICNIC

JUL 25 | 10 AM

THE LANDING RESORT



Pontoon Rides
★ *Cornhole* ★
Trivia & Bingo

RSVP: 715-274-9568 OR TRIBALVETERANS@LCO-NSN.GOV