



# *Elderly Stream*

## **2024**





# April Birthdays!

**Frank Azzolina**

**Timmy Malone**

**Lee Bowman**

**Reva Fuhrman**

**Lorraine Welch**

**David Gardner**

**Sheila Powless**

**Merle Moede**

**Allen Miller**

**Jeannie Vele**

**Elizabeth Ramirez**

**Judy Mohawk**

**Larry Madden**

**Beth Gardner**

**Perry Bublitz**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Steering Committee Meeting 10:30 AM Bingo 1:30 PM Tribal Council Meeting 5:00 PM	2 Green Bay Run 10:00 AM Afternoon Tea 1:30 PM Open Quilting 1:30 PM	3 Games Day 1:00 PM (Variety of interactive games to play)	4 Shawano Run 10:00 AM	5
7 Local Run 2:00 PM Book Club 5:30 PM	8 Local Run 2:00 PM Book Club 5:30 PM	9 <b>Bingo</b> 5:30 PM	10 Open Quilting 1:30 PM Local Run 2:00 PM	11 Antigo Thrifting & Discount Shopping 10:00 AM	12 Shawano Run 10:00 AM	13
14 Nutrition Education 11:30 AM Local Run 2:00 PM	15 Nutrition Education 11:30 AM Local Run 2:00 PM	16 Bingo 1:30 PM Tribal Council Meeting 5:00 PM	17 Wittenberg Run 10:00 AM Afternoon Tea 1:30 PM Open Quilting 1:30 PM	18 Crafting Day 1:30 PM	19 Shawano Run 10:00 AM "Ladies' Day" Downtown Shawano 10:00 AM (see description on back)	20
21 Local Run 2:00 PM Book Club 5:30 PM	22 Local Run 2:00 PM Book Club 5:30 PM	23 <b>Bingo</b> 5:30 PM	24 SNAP Education 11:30 AM Local Run 2:00 PM	25  Birthday Lunch 12:00 PM	26 Shawano Run 10:00 AM	27 <b>*Activities subject to change</b>
28 Local Run 2:00 PM	29 Local Run 2:00 PM	30 <b>Bingo</b> 1:30 PM				

# HOW TO ATTRACT POLLINATORS TO YOUR GARDEN



XERXES.ORG  
RARESEEDS.COM



## CREATE A LANDING PAD

Plant varieties that have large, flat, disc-shaped blooms. Flowers such as zinnias create a comfortable perch for pollinators, where they can really get settled in and feed.



## GIVE THEM DIRECTIONS

Many flowers have evolved markings on their petals that help pollinators find the nectar. Foxglove and salpiglossals are examples of beautiful flowers that leave an easy trail for pollinators to follow.



## KEEP AN OPEN DOOR

Choose simple, open-faced varieties with large centers, because they make it easier for pollinators to access the flower's pollen. Cosmos, zinnias, and asters with single petals and large yellow centers are ideal.



## AIM FOR HERBLOOM & NATIVE WILDFLOWERS

Always incorporate native wildflowers. Even by choosing a domesticated variety of a regionally native flower, such as Incredible Dwarf Mix conopsis, you will still be doing pollinators a great service.



## BE A LITTLE MESSY

Leaving plant debris in the garden offers shelter and habitat to pollinators. You should deadhead your flowers regularly to encourage blooming, but don't be overly concerned with cleaning up spent flowers and foliage.



## CHOOSE DIVERSITY

An abundance of differently colored and shaped blooms with different bloom times will help to keep pollinators fed in the spring, summer, and fall.





## STAY ORGANIC

Use organic solutions for pest control, weed suppression and fertilizing the soil. Staring and staying organic throughout your gardening and lawn care will help encourage and ensure the survival of these important species.

**\*Join us in downtown Shawano for Ladies' Day on Friday, April 19. Over 30 participating businesses will be offering one-day only specials you won't want to miss! During this event, Shawano Downtown is teaming up with Safe Haven, a domestic violence and sexual assault support center, to show support for this amazing community organization!**



Please call (715)793-4236 to reserve a spot

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pork BQq Rib Rosemary Reds Vegetables Wheat Roll Dessert	2 Two Beef Soft Shell Tacos Mixed Fruit	3 Broccoli Soup Spinach & Iceberg Salad Pudding	4 Pork Roast Brown Rice Pineapple Upside Down Cake	5 Scrambled Eggs Biscuit & Sausage Country Gravy Fresh Fruit	6
7 <b>MENU SUBJECT TO CHANGE</b>	8 Baked Cod Wheat Bread Mixed Veggies Jello Cup	9 Hot Ham & Cheese Sandwich Brussel Sprouts Cookies	10 Barley Soup Hamburger Fruit	11  Cooks Choice	12 Boiled Eggs Bacon Wheat Bread Fruit	13
14	15 Chicken Breast Noodles Veggie Medley Cranberries	16 Brat Au Gratin Potato Mixed Veggies Roll Dessert	17 Cheeseburger Soup BLT on Wheat Brownie	18 Beef Pot Roast Stewed Vegetables Roll Dessert	19 Breakfast Pizza Fruit Cup	20
21	22 Haddock Sandwich Mac & Cheese Pudding	23 Wild Rice Casserole Dessert	24 Three Bean Soup Cheese Sandwich Jello	25 Chicken Dinner Stuffing Veggies Cake Ice Cream	26 Breakfast Eggs Bake Peanut Butter & Jelly Fresh Fruit Fruit Juice	27
28	29 Pork Fried Rice Crab Ragoon Fortune Cookies	30 Chop Steak & Gravy Sauted Mushrooms Whipped Potato Veggie Roll Fruit Cup				

# **CALLING ALL ARTISTIC FRIENDS: Powwow Poster/T-Shirt Art Contest**

**This year we are honoring  
All Native American Veterans**

**The Mohican Powwow Committee is looking for art that will be used  
on our Powwow T-Shirts and our Powwow Posters**

**Artwork can be drawn, painted, computer art or  
anything that is art to you! This art should be Mohican inspired.**

**ALL SUBMISSIONS MUST BE IN A SEALED ENVELOPE  
AND RECEIVED NO LATER THAN MAY 3, 2024**

**Artwork can be submitted via mail to:**

**Mohican Powwow Committee**

**PO Box 70**

**Bowler, WI 54416**

**OR**

**Delivered in person to:**

**Roberta Carrington**

**Mohican Powwow Committee**

**Property & Equipment**

**W13817 County Rd A**

**Bowler, WI 54416**

**PLEASE PLACE A PIECE OF PAPER INSIDE THE SEALED ENVELOPE WITH  
YOUR INFORMATION, INCLUDING: NAME, ADDRESS AND PHONE NUMBER**

**Art chosen will be given a cash prize, a free T-Shirt in their  
desired size and their picture featured in the Mohican News**

# Are you sick with a “stomach bug” or the “stomach flu”?

Symptoms include:



Diarrhea



Stomach pain



Vomiting

## It's probably norovirus!

Protect yourself:

- ✓ Wash hands with soap and water.
- ✓ Handle and prepare food safely. Don't cook for others when sick.
- ✓ Clean and disinfect surfaces with bleach.



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

**DID YOU WASH YOUR HANDS?**



**Washing your hands is the best  
way to prevent norovirus!**



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

**CHECK FOR TICKS AFTER EVERY  
ADVENTURE.**



*Learn more:*

[dhs.wisconsin.gov/tick/bite-prevention.htm](https://dhs.wisconsin.gov/tick/bite-prevention.htm)

**FIGHT  
*the* BITE**

**Wisconsin Addiction Recovery**









**Helpline**

**Call 211**



# Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**  
**Stay safe with these tips!**

 <p><b>1</b> <b>Find a good balance and exercise program</b> Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p><b>2</b> <b>Talk to your health care provider</b> Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p><b>3</b> <b>Regularly review your medications with your doctor or pharmacist</b> Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p><b>4</b> <b>Get your vision and hearing checked annually and update your eyeglasses</b> Your eyes and ears are key to keeping you on your feet.</p>
 <p><b>5</b> <b>Keep your home safe</b> Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p><b>6</b> <b>Talk to your family members</b> Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).

# 2024 Mohican Royalty Crowns/Sashes

## **\*\*REQUEST FOR BIDS\*\***

The Mohican Powwow Committee is seeking bids to provide all Crowns/Sashes for our 2024 Royalty

### **Bid must include the following items:**

Crown & Sash for Lil Miss Mahiikaniiw, 4 - 8 years old

Crown & Sash for Jr. Miss Mahiikaniiw, 9 - 13 years old

Crown & Sash for Miss Mahiikaniiw (Still in High School), 14 - 18 years old

Sash ONLY for (male) MehMaskaniiteeheet (Still in High School), 12 - 18 years old

ALL SUBMISSIONS MUST BE IN A SEALED ENVELOPE AND RECEIVED  
NO LATER THAN 2 P.M., April 12, 2024

### **Bids can be submitted via mail to:**

Tribal Council Secretary  
Mohican Powwow Committee  
"CROWN/SASH BID"  
PO Box 70  
Bowler, WI 54416  
OR

### **Delivered in person to:**

Tribal Council Secretary  
Mohican Powwow Committee  
"CROWN/SASH BID"  
N8476 Moh He Con Nuck Road  
Bowler, WI 54416

ALL SUBMISSIONS MUST INCLUDE AN EXAMPLE/DRAWING OF WHAT THE CROWNS AND SASHES WILL LOOK LIKE UPON COMPLETION, WITH A COLOR SCHEME DEFINED, ITEMS DO NOT HAVE TO BE FULLY BEADED. **\*\*If you require half down upon award, please note in your bid.**

***\*\*Successful bidder will be expected to deliver all completed Crowns/Sashes to Roberta Carrington, Mohican Powwow Committee, P&E Building, W13817 County Rd A, Bowler, WI to receive final payment no later than 2 pm, July 19, 2024***



# Gardening:

# GROW FOR IT!



• Growing your own garden is a fun and rewarding way to form a personal connection to the fruits and vegetables that you eat. Some of the benefits of gardening include:

- Lowering your food costs
- Creating a better connection to nature
- Encouraging healthier eating
- Helping bees and other pollinating insects survive



## CHOOSING THE RIGHT *Garden Type*

You don't have to live on a farm to grow a garden. Gardens can be large or small, depending on how much space you have available.

**In-ground gardens** are planted directly into a plot of land. This type of garden is usually large and allows you to grow a large variety of fruits and vegetables.

**Raised bed gardens** are elevated gardens built on top of a plot of land and usually contained by a wood frame. This type of garden can make up for poor ground soil when new soil is placed in the frame.

**Container gardens** involve planting your garden in pots of different sizes instead of in the ground. While you can only grow small amounts of fruits and vegetables, there are many advantages to gardening this way:

- Fewer weeds
- More control over water, sunlight, and temperature because the pots can be moved
- Can be grown on a deck or patio, or inside on a windowsill

## WHAT CAN I *Grow?*

Try these easy to grow fruits, vegetables, and herbs:

- Basil
- Carrots
- Kale
- Radishes
- Tomatoes
- Beets
- Cauliflower
- Lettuce
- Onions
- Watermelon
- Bell Peppers
- Chives
- Mint
- Squash
- Zucchini
- Broccoli
- Cucumbers
- Peas
- Strawberries
- Cantaloupe
- Green Beans
- Potatoes

• Use the USDA Plant Hardiness Zone Map to help determine which plants will



# CONTAINER GARDENING *Basics*

1. Fill your container  $\frac{2}{3}$  to  $\frac{3}{4}$  full with potting soil.
2. Plant your seeds into the soil, using 2-3 seeds for every plant you want to grow.
3. Gently water your plant until the soil is damp.
4. Place the container in a sunny spot that gets sunlight for at least 6 hours a day (some plants may need more).

## CONTAINER GARDENING *Hint*

- Make sure there is a hole in the bottom of your container to allow water to drain out!
- Place a saucer or plate under your container to catch extra water if it is going to be indoors.
- Water your plant until water comes out of the bottom of the container.

# PLANT PARTS

The fruits and vegetables we eat and enjoy come from all different parts of the plant.

## *We Eat*

### *Flowers*

Broccoli  
Artichoke  
Cauliflower

### *Leaves*

Collard Greens  
Kale  
Lettuce  
Spinach  
Swiss Chard

### *Stems*

Celery  
Asparagus  
Rhubarb  
Kohlrabi

### *Fruit*

Pumpkin  
Pepper  
Tomato  
Squash  
Zucchini

### *Seeds*

Chickpeas  
Black Beans  
Black Eyed Peas  
Corn  
Green Peas

### *Roots / Tubers / Bulbs*

Carrot      Potato      Onion  
Beet      Sweet Potato      Garlic  
Parsnip  
Radish  
Turnip



# Fossil Forests and Deep Time on the Homelands

Join us in learning the 385 million year old secrets of the trees with **Chuck Ver Straeten, Ph.D.**, the Curator of Sedimentary Rocks at the New York State Museum, as he presents his research on fossil forests in the Mohican homelands and the creatures that inhabited these areas millions of years later.

He will be joined in this presentation by **Beth Jones, MA**, digital storyteller and journalist; and **Angela Gilmour, MSc**, visual artist and physicist.



**When:** April 4th, 2024 at  
12PM CST / 1PM EST

**Where:** Zoom - Link in QR Code  
Livestream at the A.E. Miller Library/Museum  
N8510 MohHeConNuck Rd  
Bowler, WI 54416

## But what is a fossil forest?

A fossil forest is classified as the *fossilized remains of various plant matter* including roots and stumps that can be used to determine the climate, ecological events, and species prevalent during the time in when they were alive.

## Meet the Presenters:

**Dr. Chuck Ver Straeten** is Curator of Sedimentary Rocks at the New York State Museum. He investigates the deep-time history of the Devonian Period, 420 and 360 million years ago. His research includes rocks deposited in the Catskill Mountains, the oldest known forests, marine strata, sea level changes, mountain building and explosive volcanism in the Appalachian Mountains.

**Angela Gilmour, MSc** is a visual artist from Scotland based in Ireland. Previously a practising physicist, she now collaborates with scientists to better understand the fragility of nature, and to translate their work into paintings, etchings, and drawings. She and digital storyteller Beth Jones are collaborators on Shadow Forests, a long-term project looking at Earth's first and oldest forests.

**Beth Jones, MA** is a Boston-based digital storyteller, journalist, author, and educator. Shadow Forests, her current work in collaboration with visual artist Angela Gilmour, focuses on the continuum of trees and geologic time. They've been fortunate to work with notable scientists including Dr. Ver Straeten. Beth's personal and journalistic digital stories provide a platform for interaction with readers and viewers and she's committed to making her material available across ages, cultures, and media.

Stockbridge-Munsee  
Community Winter Webinar  
Series

**BONUS WEBINAR!**

**"The Land in Controversy": Natives, Newcomers, and the Fight for the Hudson Valley, Wednesday Apr. 17 10 AM CDT/11 AM EDT**

"The Land in Controversy" refers to the mid-1700s, where colonists were beginning to become revolutionaries, while the Munsee inhabitants of the Hudson River Valley (like sachem Daniel Nimham) were consulting lawyers to defend their land and seek justice from King George III. Join guest speaker Dr. James Merrell as he discusses his research into these tumultuous times. Go to <https://rb.gy/o5p7ne> or scan the QR code to the right to register for this event. Registration is free and required. The session will be recorded to be posted later on mohican.com.



# BINGO *cize*®

Bingo + Exercise = Bingocize

**A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!**



**Exercise Only Workshop!**

**Space is limited!**

**Join us at the Mohican Family Center  
every Tuesday & Friday beginning  
April 2nd - June 7th at 10:30am**



**Contact Gami with  
questions or to sign up  
at 715.793.5064**

**Prizes  
& Lots of  
smiles**



Concerns with Certain Cinnamon Products due to Presence of Elevated Levels of Lead

# FDA ALERT: Cinnamon Products and Lead



FDA is advising consumers to stop using and dispose of affected products.





Consumers should not eat, sell, or serve ground cinnamon products listed in the affected products table and should discard them.



These products have a long shelf life. Consumers should check their homes and discard these products if found.



If there is suspicion that someone has been exposed to elevated levels of lead, contact your healthcare provider. There are no obvious symptoms.

Distributor	Retailer	Brand Name	Lots/Codes	Product Image
Moran Foods, LLC Saint Ann, MO	Save A Lot	Marcum	Best By: 10/16/25 10DB 04/06/25 0400B1	
Greenbriar International Inc, Chesapeake, VA	Dollar Tree Family Dollar	Supreme Tradition	Best Buy: 09/29/25 09E8 04/17/25 04E11 12/19/25 12C2 04/12/25 04ECB12 08/24/25 08A_ _ 04/21/25 04E5 09/22/25 09E20	



# MEASLES OUTBREAK ALERT

Measles is a highly contagious and severe viral respiratory illness. It is spread through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, people around them will also get infected if they are not protected.

## MEASLES CASES IN 2024

Measles cases have been reported across the U.S., including in Arizona.

### How measles can spread:

- An increase in the number of travelers who get measles abroad and bring it into the U.S.
- Spread of measles in U.S. communities where there may be unvaccinated people.

Measles causes fever, cough, rash, runny nose and red, watery eyes. Complications can include ear infections, diarrhea, pneumonia, brain damage and death.

If you or a family member suspect or had a known exposure to measles, please begin self-isolation and contact your health care provider or nearest health care facility for further instructions on when you may be able to visit without exposing others.



For more information on MMR vaccination, please speak with your health care provider

## MEASLES IS HIGHLY CONTAGIOUS

Exposure from an infected person can occur two hours after they have left the area. Symptoms may not appear until 21 days after exposure. This increases the risk of spreading measles at an alarming rate.

The best way to protect yourself and others is to receive the MMR vaccine

### Who should be vaccinated:

- Children need 2 doses of the MMR vaccine:
- First dose: 12-15 months of age
- Second dose: 4-6 years of age

Adults not immune to measles, mumps, and rubella should get vaccinated.



# Did You Get Your Measles, Mumps, and Rubella Vaccine?



## What is the MMR Vaccine?

The MMR vaccine can prevent measles, mumps and rubella. Most people who get the MMR Vaccine are protected for life.

### What is Measles?

Measles causes fever, cough, rash, runny nose and red, watery eyes. Complications can include ear infections, diarrhea, pneumonia, brain damage and death.

### What is Mumps?

Mumps causes fever, headache, muscle aches, tiredness, loss of appetite, and swollen and tender salivary glands under the ears. Complications can lead to deafness, swelling of the brain and/or spinal cord, painful swelling of the testicles or ovaries, and rarely, death.

### What is Rubella?

Rubella causes fever, sore throat, rash, headache, and red, itchy eyes. It can cause arthritis in half of teenage and adult women. If rubella is caught during pregnancy, it can result in a miscarriage or the baby could be born with serious birth defects.



## Who should get vaccinated?

Children need 2 doses of the MMR vaccine:

- First dose: 12-15 months of age
- Second dose: 4-6 years of age

Adults who are not already immune to measles, mumps, and rubella should get at least 1 dose of MMR vaccine. Certain adults may need 2 doses. Your health care provider will help determine the number of doses needed.



For more information on MMR vaccination, please speak with your health care provider.



# Tribes of Wisconsin



S K A D D O K R Z Y T Q R O A C L F J D  
 T L L A P B M E N O M T I N S Q L R V I M O Y O H Y  
 O X Y P L C D D C U P I S Z N E T W A H F U B F V A R V  
 C J R P R I B N L B H L U R Y O S T G J H R S S P A R X S  
 B E N T I B A R J S M G L R M E O E R W H T S O G F J A N K  
 R D I C W P A R D J M U L A T U E B O E R W H T S O G F J A N K  
 I D L P A R J S M G L R M E O E R W H T S O G F J A N K  
 G I O T T F V R I J V N K P A E U I S S O G F J A N K  
 E F F A M B O P C H I A D D I R S S O C H A W L B L P E N G  
 M F A W B C H I J V N K P A E U I S S O G F J A N K  
 U B A T B Q J J P E A P N L H J U G A L S M R L B  
 N X A T B Q J J P E A P N L H J U G A L S M R L B  
 S L T O Y F F P E A P N L H J U G A L S M R L B  
 E S M X A B Z J W P O G F N T K J D J M R L B  
 Z P I A B Z J W P O G F N T K J D J M R L B  
 W L W T P K F A A O F N T K J D J M R L B  
 E V Z P K F A A O F N T K J D J M R L B

- |               |                   |                   |
|---------------|-------------------|-------------------|
| LacduFlambeau | Brothertown       | Potawatomi        |
| BadRiver      | Chippewa          | RedCliff          |
| Sokaogon      | MoleLake          | Menominee         |
| Mohican       | HoChunk           | StCroix           |
| Oneida        | StockbridgeMunsee | LacCourteOreilles |

**The Stockbridge-Munsee Meal Site is supported through State, Federal and Tribal Funding as well as donations received. State Grants recognize an elder at age sixty years or older and Federal Grants allow tribes to specify Native elder status, which the SM Tribe recognizes at the age of fifty-five years or older.**

**A contribution of \$1.00 is asked for delivered meals (your spouse is eligible regardless of age.)**

**A contribution of \$1.00 is asked for Congregate meals.**

**Anyone under the age of fifty-five is required to pay \$3.00 per meal.**

**NO ELDER WILL BE TURNED AWAY, REGARDLESS OF ABILITY TO PAY.**

**WE ASK THAT YOU CALL AT LEAST 24 HOURS IN ADVANCE TO  
RESERVE YOUR MEAL.**

**Stockbridge-Munsee Elderly Services is also a satellite office of The Aging & Disability Resource Center of the Wolf River Region which also includes the counties of Shawano, Menominee, and Oconto. The ADRC offers information and assistance on issues affecting older people and those with disabilities regardless of their income. For more information call Toll Free 1-855-492-2372 or visit [www.adrcwrr.org](http://www.adrcwrr.org).**

**The Elderly Stream monthly newsletter is available online at  
[www.mohican.com](http://www.mohican.com).**

**Mailing Address is: P.O. Box 70, Bowler WI 54416 (715-793-4236)**