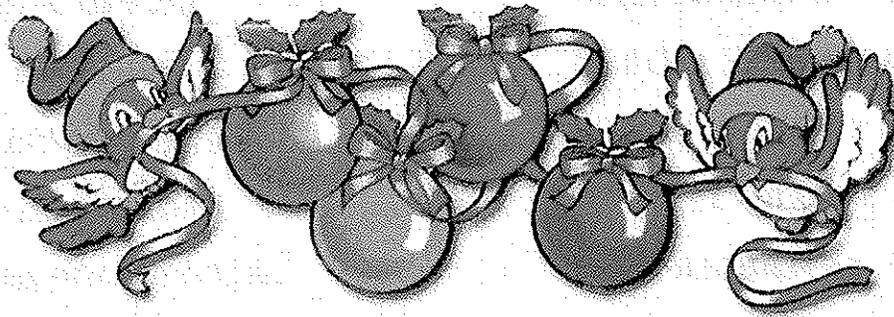
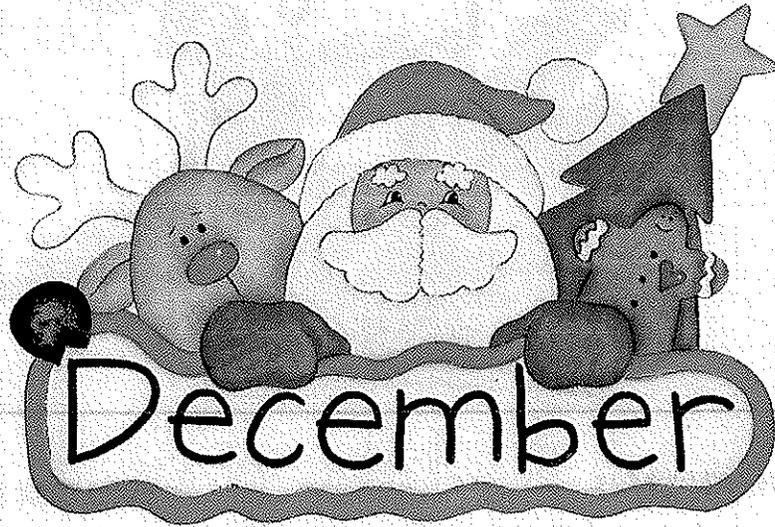
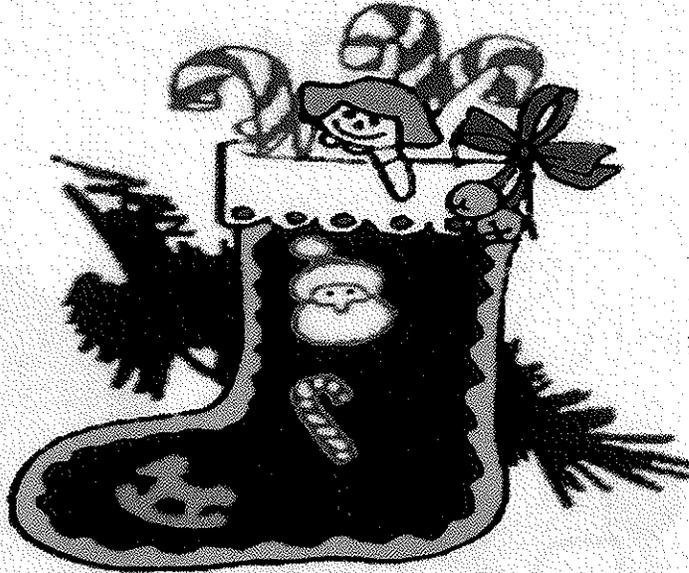


ELDERLY STREAM

2016



HAPPY BIRTHDAY



EVA BOWMAN 12/23

CLIFFORD CHURCH 12/18

DONNA CHURCH 12/19

ALPHIA CREAPEAU 12/1

BRUCE DAVIDS 12/22

NORMA FLAUGER 12/14

LLOYD FREDENBERG 12/23

RALPH GARDNER 12/5

GLADYS JACOBS 12/19

LEONARD JOHNSON JR. 12/14

DAVE RAMIREZ 12/25

VINT MALONE 12/11

WILLIAM MARTIN 12/25

LELAND MILER 12/21

PATRICIA MILLER 12/31

RICHENDA MILLER 12/19

ROGER MILLER 12/19

MILFORD MOHAWK 12/3

ANDREA OKRASINSKI 12/18

MARION PETERS 12/29

SHIRLEY METOXEN 12/5

ALAN PETERS 12/9

BONNIE WELCH 12/7

THINKING OF YOU



Leona Bowman
Mary (Ira) Shepard
Marie Vogelsang
Wayne Higgins
Charlene Malone
Marilyn Miller
Edgar "Mort" Gardner
Audrey Frank
Leona Vele
Elda Dickie
Jerry Frank
Vernon Church
Lillian Bailey
Gretta Jacobs
Eva Bowman
Sheri Davids
Carol Vele
Pauline McCartan
Audrey Williams
Bonnie Little

Euretta "Buzzi" Rollins
Anne Malone
Ardis "Putt" Prince
Evelyn Bowman
Chenda Miller
Gail Pringle
Ron Martin
Rose Bowman
Marv "Buttons" Malone
Yvonne Creapeau
Henry Rudesill
Ruth Peters
Sheldon Malone
Bill Heck
Venny Taylor
Merrill Little
Shirley Rudesill
Irving Doxtator
Tammy Pecore
Ernie Murphy

Get Well wishes to all of you who have been and continue to fight an illness.
If you would like to be mentioned for get well wishes or if you know of anyone that needs to be mentioned, please call the center at 793-4236
For those if you that have loved ones in the nursing home or hospital, please let us know if it is okay to publish in our Newsletter so that other Elders may send a card to them.
Thank You
THINKING OF ALL ELDERS

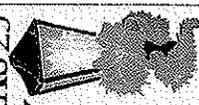
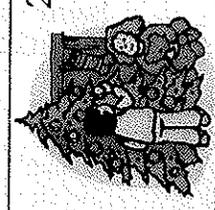
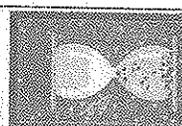
November

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 27 28 29 30

January

S M T W T F S
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>MILK, FRUIT JUICE, COFFEE & WATER & BREAD SERVED AT EVERY MEAL</p>	<p>5</p> <p>SALMON LOAF POTATOES SPINACH BISCUITS PISTACHIO PUDDING</p>	<p>6</p> <p>PORK ROAST SWEET POTATOES GREEN BEANS BREAD FRUIT CAKE</p>	<p>7</p> <p>VEGETABLE BEEF SOUP SANDWICH PINEAPPLE CHUNKS</p>	<p>8</p>  <p>COOK'S CHOICE</p>	<p>9</p> <p>EGGS, BACON HASH BROWNS TOAST HOT & COLD CEREAL FRESH FRUIT</p>	<p>10</p> <p>MENU SUBJECT TO CHANGE</p>
<p>11</p> <p>MENU SUBJECT TO CHANGE</p>	<p>12</p> <p>CHICKEN DRUMMIES POTATO WEDGES COTTAGE CHEESE GREEN BEANS FRUIT DUMP CAKE</p>	<p>13</p> <p>TURKEY LOAF POTATOES MIX VEGGIES FRESH FRUIT APPLE SAUCE</p>	<p>14</p> <p>CORN SOUP BREAD FRESH VEGGIES COOKIES AND APRICOTS</p>	<p>15</p> <p>ROAST BEEF HASH MIX VEGETABLE BREAD PEARS</p>	<p>16</p> <p>BISCUITS & GRAVY BOILED EGGS FRESH FRUIT HOT & COLD CEREAL</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>CHOP SUEY RICE/NOODLES BISCUITS VEGGIE FRUIT SALAD</p>	<p>20</p> <p>SLOPPY JOES BEANS COLE SLAW CRANBERRY BARS</p>	<p>21</p> <p>POTATO BACON ONION SOUP SANDWICH FRESH VEGGIES SUGAR FREE JELLO WITH FRUIT</p>	<p>22</p> <p>PIGS IN A BLANKET MAC & CHEESE HOT DOGS FRUIT MOUNDS PUDDING</p>	<p>23</p> <p>CHRISTMAS HOLIDAY CLOSED</p> 	<p>24</p> <p>CHRISTMAS EVE</p> 
<p>25</p>  <p>CHRISTMAS DAY</p>	<p>26</p> <p>CHRISTMAS HOLIDAY CLOSED</p> 	<p>27</p> <p>POLISH SAUSAGE & KRAUT ON BUNS POTATOES RAW VEGGIES FRUIT SALAD</p>	<p>28</p> <p>BOILED DINNER BISCUITS COOKIES PEACH</p>	<p>29</p> <p>HAM MASHED POTATOES BEANS DINNER ROLLS FRUIT CAKE & ICE CREAM</p> 	<p>30</p> <p>NEW YEARS HOLIDAY CLOSED</p> 	<p>31</p>

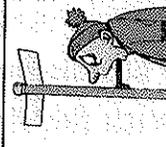
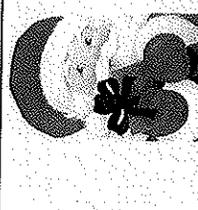
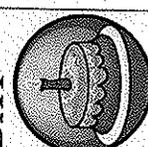
November

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December 2016

January

S M T W T F S
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 CHAIR EXERCISES MON. & WED. 11:15 A.M.	5 MOHICAN BINGO	6 STEERING COMM. MTG. 10:00 A.M. BINGO 1 P.M. COUNCIL MTG. 5 P.M.	7 GREEN BAY SHOPPING	8 GLNAEA MEETING CARTER, WISCONSIN 6:30 A.M.	9 SHAWANO SHOPPING	10 ELDERLY CHRISTMAS PARTY EVENT CENTER NORTH STAR CASINO 11 A.M. - 2 P.M.
11	12 COMM. HEALTH DIANE BURR 1 P.M.	13 BINGO 1 P.M.	14 DIETITIAN CASEY MITCHELL MAKE & TAKE 1 P.M.	15 ROYAL RUMMY 1 P.M.	16 SHAWANO SHOPPING	17
18	19 ROYAL RUMMY 1 P.M.	20 BINGO 1 P.M. COUNCIL MEETING 5 P.M.	21  WINTER BEGINS	22 COOKIE SALE 10 A.M. SHAWANO SHOPPING	CHRISTMAS 23 HOLIDAY CLOSED 	24  CHRISTMAS EVE
CHRISTMAS 25 DAY 	26 CHRISTMAS HOLIDAY CLOSED 	27 BINGO 1 P.M.	28 SHAWANO SHOPPING	29 BP/SUGAR BIRTHDAY MEAL NOON 	NEW YEARS 30 HOLIDAY CLOSED 	31  NEW YEAR'S EVE
				1 ROYAL RUMMY 1 P.M.	2 SHAWANO SHOPPING	3 ACTIVITIES SUBJECT TO CHANGE

Happy Holidays



Greetings Elders,

Just a note to express our gratitude to all of you for everything you do, may it be a smile, a kind word or a helping hand to another person; the kindness you show to our friends, visitors and staff at the Elderly Center is valued and respected, Thank You!

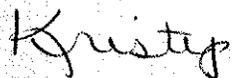
The Annual Elder Christmas party is scheduled for December 10th at the Mohican North Star Casino Event Center. The invitations have been mailed and it is very important to remember to RSVP this year!!

Plowing season will start soon and just a reminder to please be patient with the drivers. There are several who plow and a number of routes and they will get to you as soon as possible, those with priority medical needs are plowed first. Also, a reminder that effective October 1st all requests for chore services now go through the Housing Division at (715) 793-4219.

The new building is going up fast with a completion date of late December 2016! The stone décor is beautiful, this building is twice the size, so please come see it and join us for meals and activities when we get moved in!

Have many good days, a Very Merry Christmas and a Joyous New Year!

Sincerely,



Kristy Malone, Mgr.

**Stockbridge-Munsee Elderly Steering Committee
Regular Monthly Meeting
November 1, 2016**

Committee Members Present: Floyd Williams, Penny Jashinsky, Quinton Bowman, Betty Schiel, Sue Miller and Chairman Leonard Welch, Kathy Robinson excused
Others Present: Nikki Bowman, Laura Moede Kristy Malone excused.

The meeting was called to order at 10:05 a.m. by Chairman Leonard Welch followed by a moment of silence.

Approval of Agenda – Motion made by Betty S. seconded by Quinton B. to approve the agenda all in favor motion carried.

Approval of minutes- of October 4, 2016 motion made by Quinton B. seconded by Floyd W all in favor motion carried.

Treasurer's Report – A review of report was given; motion by Floyd W. seconded by Sue M. to approve the Treasurer's report all in favor, motion carried.

Manager's Report – reviewed report, informational only.

Activities Report – reviewed report, informational only.

Old Business:

Update on 2016 Christmas Party: Sysco has made a donation towards the Elder Christmas Party, the Photo Booth has been reserved for December 10th, Working on the Invitation will be mailed out to Elders within the next 2 weeks RSVP is required.

New Business –

November Activities: Motion made by Penny J. seconded by Sue M. to use the balance on BMO cards to make Thanksgiving baskets to give away at the Birthday Dinner November 17th 2016. And to celebrate the 12 Days of Christmas with stockings and a gift/ gift card inside. All in favor motion carried

Comment Box –

Thanks, to the staff for eating lunch with them.

Motion by Floyd W. seconded by Penny J., to adjourn the meeting, all in favor motion carried.

Meeting adjourned at 10:42a.m.

Respectfully,

Nikki Bowman

Reducing Holiday Stress

Here come the Holidays! Family gatherings, parties, teas, concerts, shopping, presents, decorations, greeting cards and the list goes on. Many people look forward to the hustle and bustle, reconnecting with family and friends and the snowy magic of the holiday season. Others, however, look to this season as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are someone who is experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal. Here are some ideas to help reduce stress this holiday.

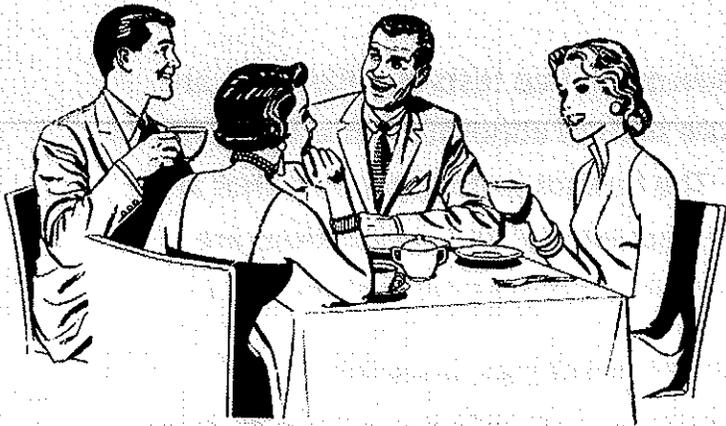
- ❖ **Adjust your expectations.** You may not be able to do everything you've always done. Talk with your loved ones and choose a few traditions that are the most important. For those with dementia, traditions from the past are more likely to have meaning than newer ideas.
- ❖ **Ask for help in meeting your goal.** Involve other family members or friends in cooking, baking, decorating, shopping or sending cards. Not only does this reduce your stress, but it provides you and your loved one with good socialization. Write down tasks that need completing so you can be specific when people offer to help. And remember that some things can be left undone!
- ❖ **Prepare family and friends before getting together.** Let them know how their loved one has changed due to their disease or condition. Give them ideas on how best to communicate with them and what they can expect.
- ❖ **Involve your loved one in the preparations.** They may be able to assist in preparing food, wrapping gifts or decorating. Even just watching can help make them feel a part of the festivities and give you some time to spend together.
- ❖ **Offer suggestions about gifts.** Give friends and family ideas of useful gifts they can purchase for their loved one such as music cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wishes, too! Gift certificates for dining, laundry or cleaning services are some ideas.
- ❖ **Keep the needs of your loved one in mind.** For those dealing with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Some victims of stroke have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. Perhaps an afternoon of looking at old slides or photos and reminiscing would be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.

- ❖ **Be good to yourself.** Be aware that the holidays can be stressful and prioritize time for you to get away. A lunch out with friends, trip to the beauty parlor or movie theater, or going to a concert are simple things that can leave you feeling rejuvenated and better able to have a happy holiday.

May everyone enjoy a stress-free holiday season filled with love, joy and good memories!

Jane Mahoney
Older Americans Act Consultant
GWAAR

Family'n Friends



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Giving the Gift of Health

With the end of the year approaching quickly, thoughts turn to holiday parties, gift giving and family time. As you consider gifts for your family and friends, remember to think about a gift for yourself as well. Taking advantage of the preventive health benefits you receive through Medicare is the perfect gift to give *yourself!* Seeing your doctor for health screenings and a routine check-up is an important step to ensure good health in the coming year.

Medicare Part B pays for many preventive health services and screenings which can be the key to good health as you begin 2017. An important appointment to schedule is the Annual Wellness Visit. This visit provides an opportunity to talk with the doctor about specific health and risk factors and set up a plan for preventive health screenings.

Screenings such as Mammograms, Colonoscopies, Pap tests and PSA tests are important to have done regularly to ensure signs of abnormalities are discovered early, when treatment is most effective. The flu shot and Pneumonia shot are also important tools for good health. These screenings and vaccinations are covered with no deductible or co-payment when done as prevention.

In addition, screenings such as cardiovascular screenings, bone mass measurement, diabetes screening and lung cancer screening are covered at no charge for those who meet certain criteria. Your health care provider will let you know which screenings, tests and vaccinations are right for you.

More information about the preventive tests/screenings covered by Medicare can be found in the *Medicare and You 2017* handbook or on the Medicare website (www.medicare.gov). For local assistance with Medicare questions or other benefits contact:

DeAnna DeNasha, S/M Elderly Benefits/I&A Specialist at 715-793-4237

So as you plan to celebrate the season, remember to give yourself the gift of health!

Medicare-Covered Preventive Services

Services Medicare Covers with No Deductible or Coinsurance

Care/Screening	Service and Frequency
Welcome to Medicare Exam	One time within first 12 months on Medicare B
Annual Wellness Visit	Every 12 months after first year on Medicare B (Not a full physical)
Abdominal Aortic Aneurism	Once, if referred by doctor/practitioner due to risk factors
Alcohol Misuse Screening	Once a year, if do not have dependence on alcohol
Bone Mass Measurement	Once every 24 months for people who meet certain criteria
Cardiovascular (Heart) Disease Screenings	Blood test (Cholesterol, Lipids, & Triglycerides) every 5 years One doctor visit per year (May pay 20% co-insurance for office visit)
Colon Cancer Screening (One or more may be covered)	Colonoscopy: Every 120 months (or 24 months if high risk) *
	Fecal Occult Blood Test: Every 12 months if age 50+
	Flex Sigmoidoscopy: Every 48 mo if 50+ (or 120 after previous if not high risk)
	Multi-target stool DNA test: Every 3 years if criteria met
Depression Screening	Once a year, if done in primary care setting
Diabetes Screening	Up to 2 tests per year if at high risk
Hep C Screening Test	Covered if meet at-risk criteria
HIV Screening	Once a year between age 15 – 65 or if at risk
Lung Cancer Screening	Annual CT scan for those at high risk
Mammogram	Once a year after age 40
Nutrition Therapy (Medical)	With referral if criteria met (diabetes, kidney disease or transplant)
Obesity Screening	1:1 Counseling sessions may be covered if BMI \geq 30
Pap Test/Pelvic Exam	Every 24 months (12 months if high risk)
Prostate Cancer Screening	PSA test every 12 months
Sexually transmitted infections	Screening every 12 months for those at increased risk or pregnant
Smoking Cessation	Up to 8 visits in 12 month period
Vaccinations	Flu Shot: Once per flu season
	Hepatitis B Shot: Covered if at high or medium risk
	Pneumonia Shot: Check with Dr. if need 1 or 2 shots. Both Covered.
	Shingles Shot Not Covered by Medicare A or B. Check with Part D plan

* If Polyp is found or removed, you may have to pay 20% of doctor's services and a copay in hospital outpatient setting.

Services Original Medicare Covers with Coinsurances or Deductibles

(If you are in an Advantage Plan, check with your plan on costs)

Care/Screening	Service & Frequency	What You Pay
Barium Enema (Colon Cancer Screening)	Every 48 months if 50 or older (or 24 months if high risk)	Part B ded + 20%
Diabetes Self-management training	With doctor's order or referral	Part B ded + 20%
Glaucoma Screening	Annually if high risk (diabetic or family history)	Part B ded + 20%
Prostate Cancer- Digital Exam	Every 12 mo for men 50 +	Part B ded + 20%

Press Releases

Tuesday, October 18, 2016
For Immediate Release



Mark Hinkle, Acting Press
Officer
press.office@ssa.gov

News Release

SOCIAL SECURITY

Social Security Announces 0.3 Percent Benefit Increase for 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced today.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2017, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

10 Eating Tips for a Healthy Holiday Season

Food is an important part of many holidays, celebrations, family and cultural traditions. In fact, special occasions often center around food. As a result, many people gain a little (or a lot) of weight between Thanksgiving and the New Year.



What's to blame? Perhaps it's all the delicious treats available during the holiday season or the pressure from family, friends, and co-workers to overeat. Maybe it's increased emotional eating (whether it be from holiday stress or holiday joy) or more laxity with eating and physical activity regimens in anticipation of the strict "new diet and exercise plan" you're going to start January 1st.

Regardless of the reasons, it is not necessary to avoid holiday festivities in an attempt to maintain your weight. Consider these 10 tips for maintaining a healthy, balanced lifestyle

while fully enjoying the holiday season!

1. Focus on weight maintenance vs. weight loss during the holidays. If you are currently overweight and want to lose weight, this may not be the time to do it. Maintenance of your present weight is a good goal during the holiday season. Don't set yourself up for failure by making unrealistic goals for yourself.

2. Plan on NOT dieting after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays ("after all, if I'm never going to let myself eat this again after Jan. 1st, I might as well eat as much as possible now!") Besides, restrictive diets don't work in the long run. They increase your loss of lean body mass vs. fat, slow down your metabolism, increase anxiety, depression, food preoccupation, and binge eating, and make weight re-gain more likely. Dieting is clearly not the answer for your New Year's resolution; positive, and long-term LIFESTYLE CHANGES are!

3. Be physically active in some way most days of the week. Often, our busy holiday schedules (or lack of structured schedules) take us off our exercise routines. Physical activity, especially aerobic activities (like brisk walking, jogging, bicycling, roller blading, and swimming) can help relieve stress, regulate appetite, and burn up extra calories from holiday eating.

4. Don't skip meals. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to limit the higher fat and higher calorie foods available. Don't skip meals in anticipation of "saving room for the next meal". You could also have a healthy snack before you go to take the edge off, such as a piece of fruit, a small carton of light yogurt, or string cheese.

HALLOWEEN DESSERT CONTEST OCTOBER 27, 2016

ELDERLY BIRTHDAY MEAL

BRING YOUR MOST CREATIVE DESSERT



1ST PLACE \$30.00

Muriel Sereda

2ND PLACE \$25.00

Jermain Davids

3RD PLACE \$15.00

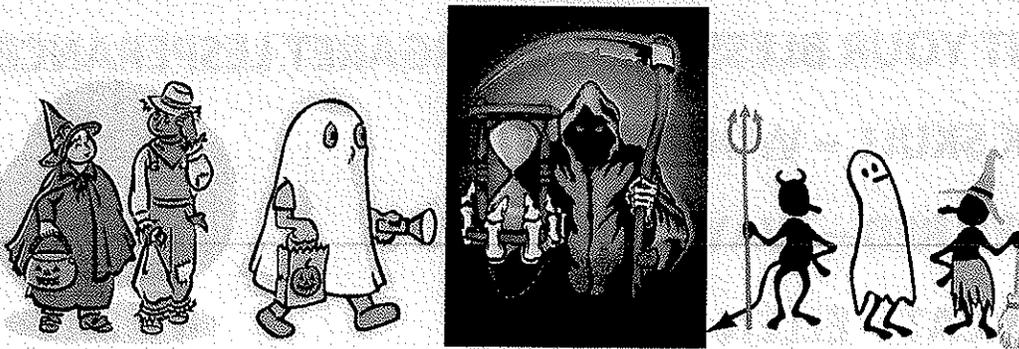
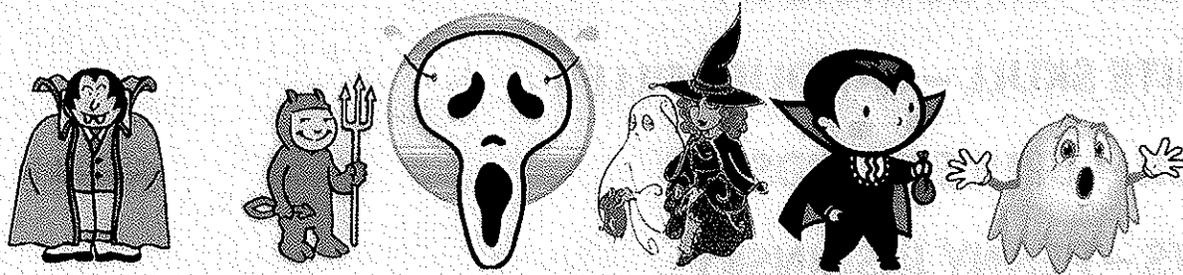
Penny Jashinsky

COME AND ENJOY THE FUN!!!!

HALLOWEEN COSTUME CONTEST FOR THE ELDERLY OCTOBER 27, 2016 @

ELDERLY BIRTHDAY MEAL

MUST BE IN FULL COSTUME



1ST PLACE \$50.00

Mike Rudesill/Helen Beyer

2ND PLACE \$30.00

Shirley Turpin

3RD PLACE \$20.00

Eileen Steiner

COME AND ENJOY THE FUN!!!!

PUMPKIN GIVEAWAY BIRTHDAY MEAL

GLITTER BLUE – EILEEN STEINER

GHOST – ERNIE MURPHY

WHITE SKULL – CAROLIE MILLER

DEVIL – BRUCE DAVIDS

BATS – PENNY JASHINSKY

COUNT YOUR BLESSINGS – MARGARET LESPERANCE

BLACK SKULL – WOODY DAVIDS

GLITTER RED – WAYNE HETZER

BLACK CAT – ELLEN MOORE

MUMMY – WILLY MOORE

DARK BLUE – HELEN BEYER

CLOWN – BILL GLEASON

JEWELS – SHIRLEY BOWMAN

SPIDERS – BESS HETZER

BIG G – NATHALIE KRISTIANSEN

SCREAM- MARGO NELIS

NON CARVED – LYNNE WELCH

**THERE IS INTEREST SHEETS
POSTED AT THE ELDERLY
CENTER IF YOU WOULD LIKE
TO GO TO GLNAEA MEETING
IN CARTER DECEMBER 8, 2016
BUS LEAVING AT 6:30 A.M.
PLEASE CALL AND SIGN UP
AND IF ANYONE IS INTERESTED
IN MAKING HOLIDAY COOKIES
TO SELL NEED THEM BY
DECEMBER 22, 2016 BY 9 A.M.
PLEASE CALL AND SIGN UP
THANK YOU!**

Please join us for
The 12 days of Christmas
December 7th thru December 22nd 2016

S M Elderly Center

Every day you dine

With us your name goes into the drawing barrel

For a chance to win

A Mystery gift daily

1 name per day



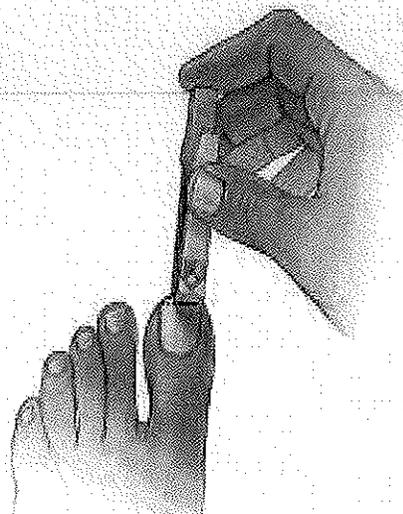
Do you have a hard time cutting your own toenails?

We are here to help!

The Community Health Nurses will be holding twice a month

Nail Care Clinics

- **December 7th, 2016**
- **December 21st, 2016**



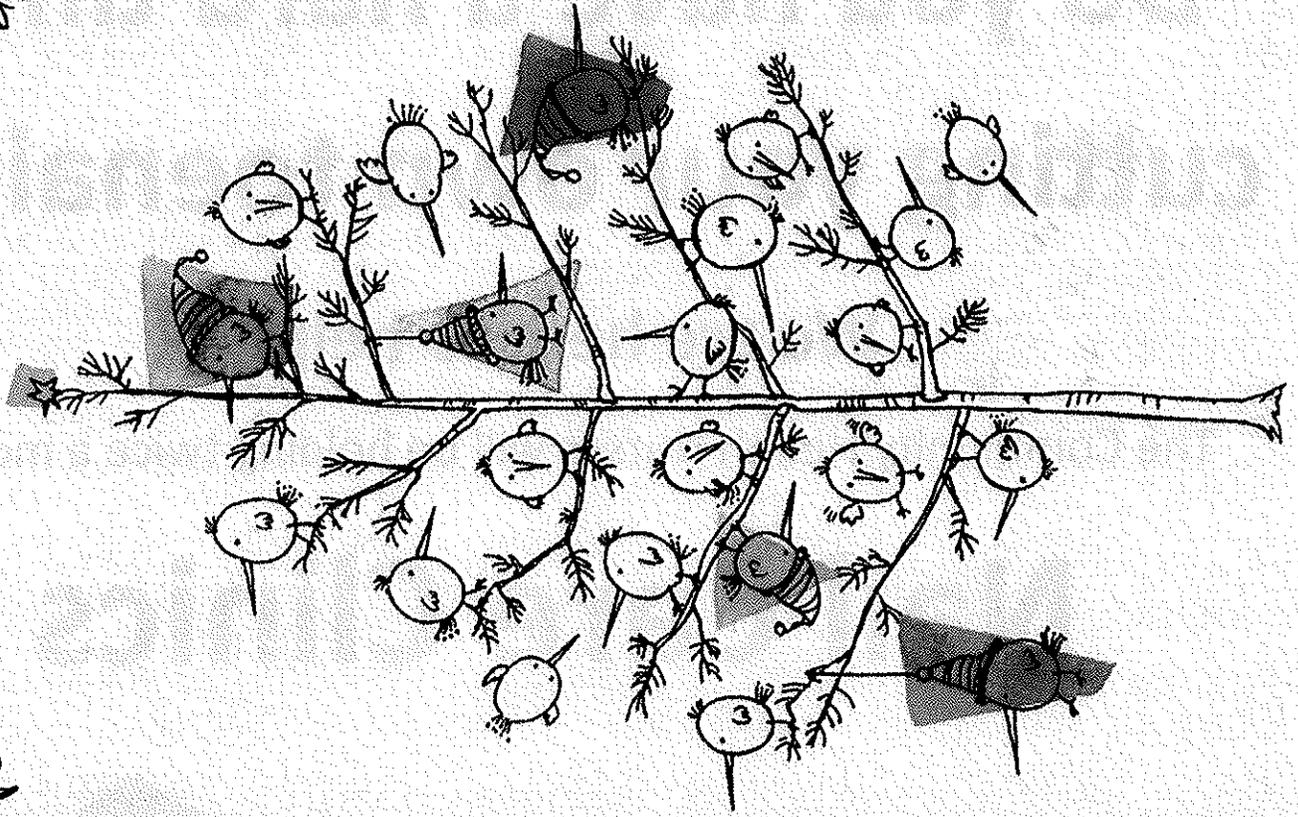
The nail clinics will be held in the morning on the first Wednesday of every month and during the afternoon on the third Wednesday of every month at the

Stockbridge-Munsee Health and Wellness Center.

Please call **(715) 793-5014** to schedule an appointment.

****Must be a patient of the Stockbridge-Munsee Health and Wellness Center****

We Wish You a Merry Christmas




www.hallmark.com

Created just for you, by me.

Card Studio

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Sponsored by: IHS Special Diabetes Program for Indians Diabetic
Grant

Make & Take: Sheet Pan Fajitas

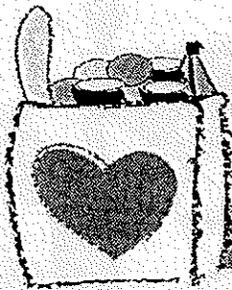
December 6th

4:45 p.m.

Stockbridge-Munsee Food Distribution

Please R.S.V.P. by December 2nd to
Casey Mitchell at
SMHWCevent@mohican.com or
call (715) 793-5006.





Ruby's Pantry

FOOD DISTRIBUTION **SHARING THE LOVE OF CHRIST THROUGH FOOD**

Saturday December 10th

Registration begins at 8:00 am

Distribution 9:00 am - 10:30 am

- ◆ *Future distributions Jan. 14th & Feb. 11th*
- ◆ *EVERYONE welcome!*
- ◆ *NO income requirements*
- ◆ *\$20 cash donation appreciated.*
- ◆ *You will receive an abundance of grocery items.*
- ◆ *Clintonville Churches working together!*

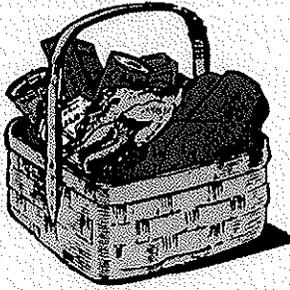
Bring your own boxes or baskets for food

Hosted by Family of Christ Church in Clintonville
600 S. Main St. Call (715) 823-2199 for more info

More info –www.rubyspantry.org

VOLUNTEERS ARE NEEDED
Volunteers need to arrive at 7am
Volunteers please park in back

Happy Thanksgiving



includes: 4 # Ham

Potatoes

Onions

Stuffing

Cranberries

Veggies

Rolls

Butter

Cake & Frosting

10 THANKSGIVING BASKETS WINNERS @ BIRTHDAY MEAL

1. Buzzi Rollins
2. Betty Groh
3. Carl Church
4. Vint Malone
5. Dawn Miller
6. Bill Gleason
7. Penny Jashinsky
8. Carolie Miller
9. Floyd Williams
10. Shirley Turpin

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA C O R N U C O P I A
ETRSHVA H A R V E S T
MEVRNOEB N O V E M B E R
ILIGPMR P I L G R I M
KUTEYR T U R K E Y
BCNERRRAY C R A N B E R R Y
YRAOMFWL M A Y F L O W E R
TMOLPYUH P L Y M O U T H
AYHLIOD H O L I D A Y
GWNMPAAAO W A M P A N O A G
INKPMUP P U M P K I N

T H A N K Y O U F O R
T H I S D A Y !

THANKSGIVING TRIVIA

Which wild bird was NOT on the Pilgrims' Thanksgiving menu in 1621?

- a. Turkey
- b. Duck
- c. Goose
- d. Eagle

The Pilgrims celebrated the First Thanksgiving in?

- a. Herald Square in New York City
- b. Plymouth, Massachusetts
- c. Washington, DC
- d. Jamestown, VA

What was the name of the Pilgrims' ship?

- a. The Pinta
- b. Old Ironsides
- c. The Mayflower
- d. Titanic

What historic landmark is known as the place where the Pilgrims landed in American?

- a. Pilgrim Rock
- b. Patriot's Rock
- c. Plymouth Rock
- d. Pet Rock

The Pilgrims came to America for?

- a. For Religious Freedom
- b. To fight the Indians
- c. To start a .com company
- d. To trade tea for animal furs

In the U.S., Thanksgiving is celebrated on?

- a. The day before the Winter Solstice
- b. The fourth Thursday of November
- c. The Thursday after the full moon in November
- d. The last Thursday of November

The Pilgrim's first landing place in American was?

- a. Plymouth, MA
- b. Provincetown, MA
- c. Boston, MA
- d. Salem, MA

The Native American Indians who celebrated the First Thanksgiving dinner with the Pilgrims were from which tribe?

- a. Cherokee
- b. Mohican
- c. Wampanoag
- d. Pequot

A successful barley crop enabled the Pilgrims to wash down the first Thanksgiving feast with what beverage?

- a. 7-up
- b. Beer**
- c. Bourbon
- d. Champagne

What event inspired a US President to proclaim Thanksgiving an annual holiday?

- a. The 300th anniversary of the Pilgrims' Landing
- b. The bombing of Hiroshima
- c. The Battle of Gettysburg**
- d. The Louisiana Purchase

The baby born aboard the Mayflower was named?

- a. Paul
- b. Miles
- c. Seamus
- d. Oceanus**

Before carrying the Pilgrims to America, the Mayflower was?

- a. A cruise liner
- b. A passenger ferry
- c. A battleship
- d. A wine Vessel**

The turkey is native to America and was first brought to Europe from?

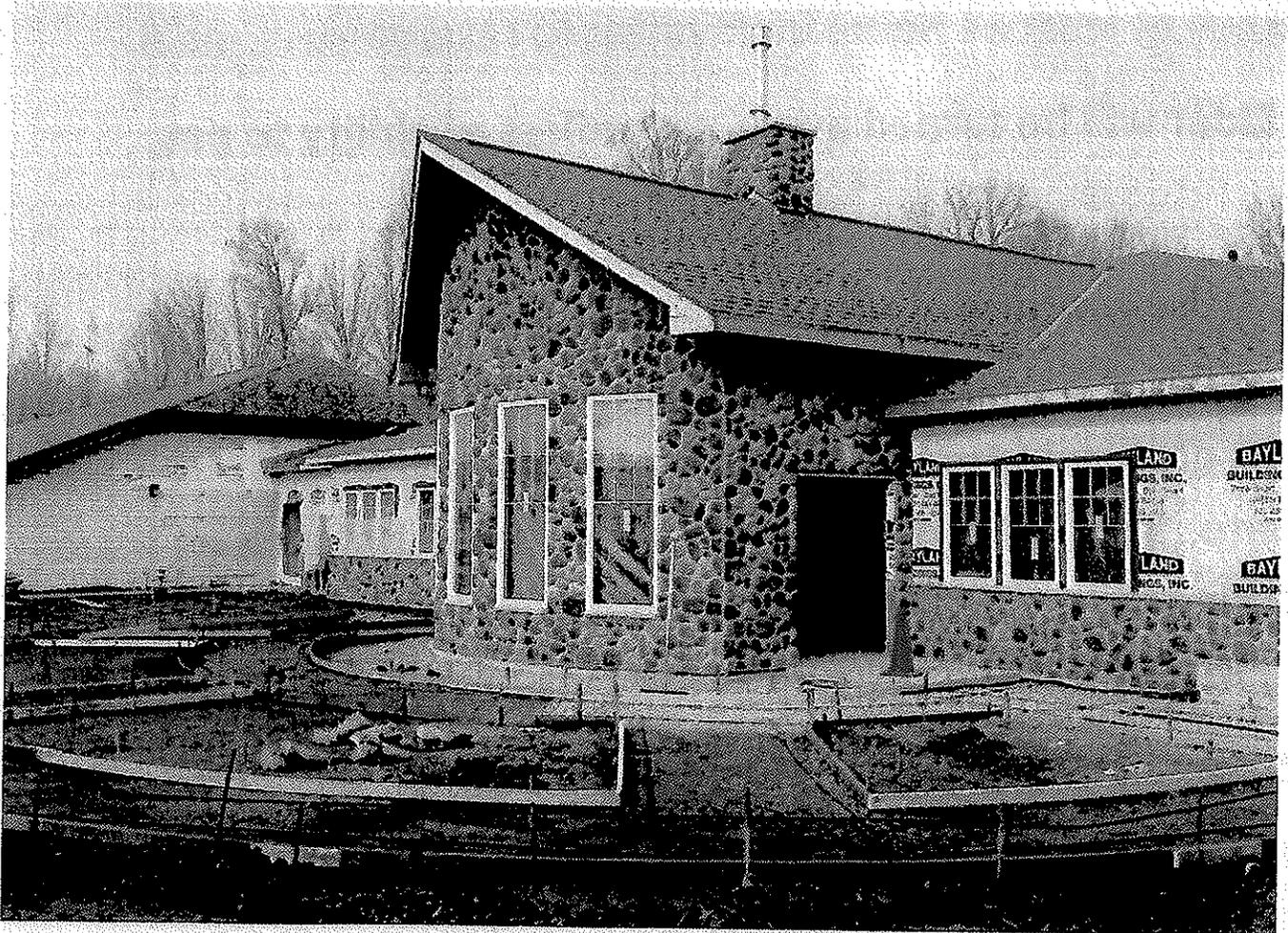
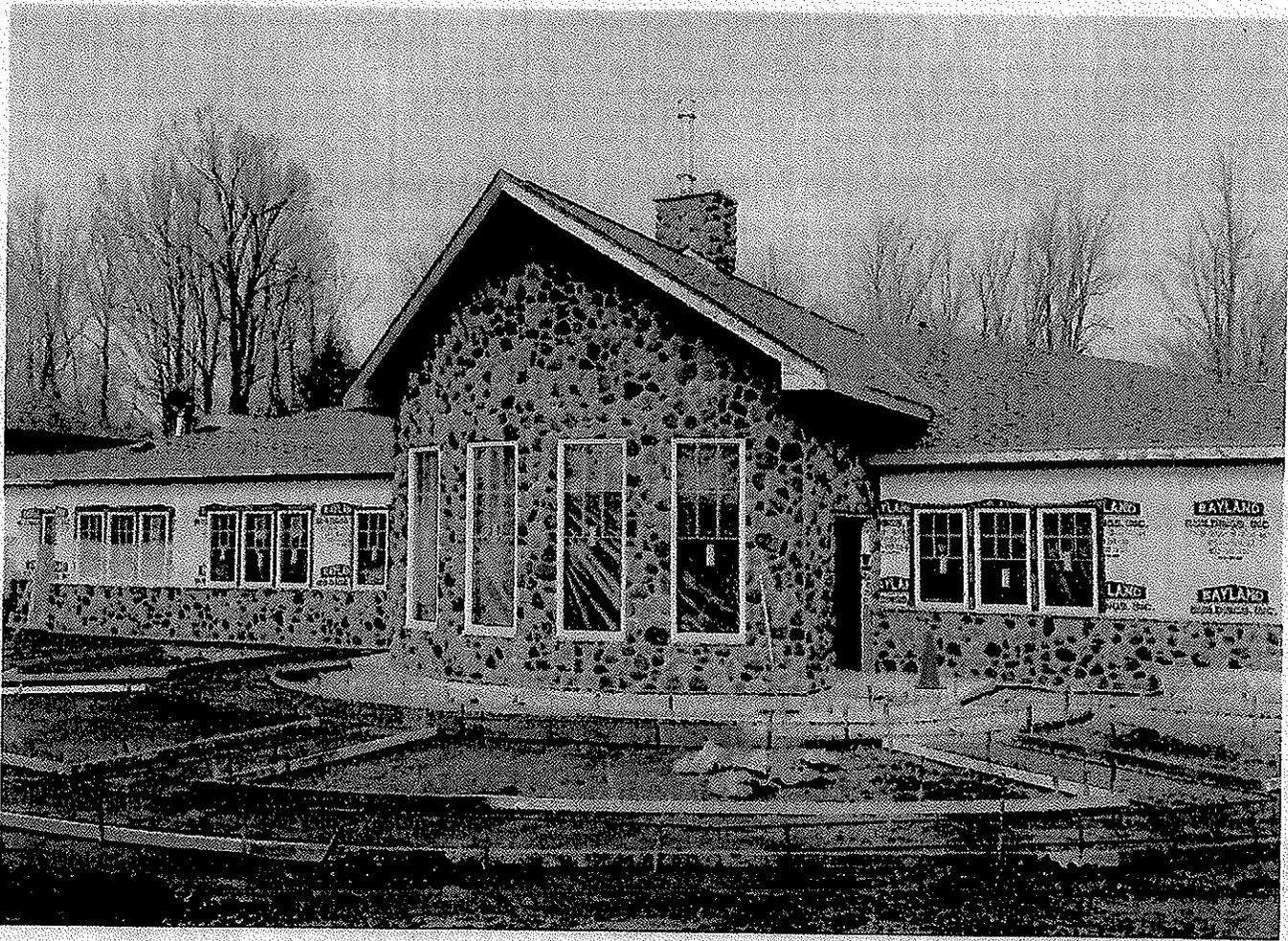
- a. Massachusetts
- b. Florida**
- c. Virginia
- d. Kentucky

The Pilgrims' three-day Thanksgiving festival, a feast for 50 colonists and 90 Indians, was prepared by the surviving married women among the Pilgrims. How many "hostesses" were there?

- a. Two
- b. Four**
- c. Seven
- d. Fifteen

Which of these U.S. Presidents could claim Mayflower ancestry?

- a. George Washington
- b. Gerald Ford
- c. George Bush**
- d. Franklin Pierce



The Stockbridge-Munsee Meal site is supported through State, Federal and Tribal funding as well as donations received by you, our Elders. State grants recognize an elder at age sixty (60) years Or older and Federal grants allow Tribes to specify Native Elder status; which the SM Tribe recognizes at the age fifty-five (55) years or older.

A donation of \$1.00 is asked for meals (your spouse is eligible regardless of age). Anyone under the age of fifty-five is required to pay the current cost of \$3.00 per meal. We ask that you call at least 24 hours in advance to reserve your meal.

No Elder will be turned away, regardless of ability to pay.

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