### Senior Banquet 2023

The high school senior banquet was held on Wednesday, June 7 at the North Star Casino. Education department. committee and various school employees gathered with 16 graduates and their families gather to celebrate these seniors. Clifton Pecore was the guest speaker for the event.

of Director Education and Career Services, Dr. Jolene Bowman provided information on the importance of education for our Community and members: Whether formal informal or formats; Education Builds Sustainable Nations. We as a Nation are historically rooted in educational culture and values as a foundational strength to persist with resiliency through multiple removals and the boarding school through today's era contemporary government to government challenges.

Education takes on many purposes, but what one will find true that it is never ending; as that is what life's journey is all about. Education is knowledge and knowledge or ways of knowing are endless. We teach our youth to be the future we want to see in the Senior cont on page Six:

Program Coordinator



Sara Regensburger is the new Program Coordinator Historic Preservation office in Williamstown. Massachusetts. Sara said she has a myriad of duties, but her main responsibility is to assist Tribal Historic Preservation Manager Bonney Hartley and Tribal Preservation Officer Jeff Bendremer in whatever they need to help the office run smoothly. To this end Sara works with Bonney on NAGPRA claims to make sure that they are not missing any ancestors, and the ones who have returned home can be reburied respectfully. She also assists Jeff in making sure that any requests for construction or archaeology taking place in the Homelands that may affect areas where ancestors lived are done with Tribal input and under Tribal supervision. She also will be working with speakers for the

Sara cont on page Seven:

PERMIT NO. 135



### ICWA Act Upheld as Constitutional

decision was consistent with tribal interests in the Haaland v. Brackeen case that challenged the constitutionality of Indian Child Welfare Act. Bowler. Wisconsin (June 15, 2023). Stockbridge-Munsee Tribal Council was pleased to see the U.S. Supreme Court, in a 7-2 decision issued today, affirmed the constitutionality the Indian Child Welfare Act (ICWA). The ICWA President Holsey on the provides protections that preserve the integrity of the day the case was heard tribal communities and was a direct result of the children from their families. destructive practices that resulted

The U.S. Supreme Court's



Supreme Court steps on in the removal of Indian assimilation In its majority decision, ICWA cont on page Ten:

Adopt a Highway



has recently chose to / participate Shawano in County's Adopt a Highway Program. The design of this state sponsored program is to help keep Wisconsin's Wisconsin roadways. roadways looking beautiful. Adopt cont on page Five:

NorthStar Casino Resort Interested civic / business private organizations adopt a section of county roadway and schedule participants to help remove debris from

### What's Inside?

Ads pg 14-16 **Elders** pg 5 **Voices** pg 2 Health pg 11 **Education** pg 3 Vets Corner pg 4





Fentanyl looks to be the deadliest drug that our country has ever faced. In Wisconsin, 1280 people died of an overdose in 2021.

As a comparison, fentanyl is 100 times more potent than morphine and 50 times more powerful than Heroin, both of which are plant-based opioids. And while heroin is typically processed in crude laboratories close to the opium poppy fields from which it is produced, fentanyl is a synthetic opioid manufactured from raw chemicals, making it much easier and cheaper to produce.

nearly overdoses doubled

States. In 2021, more than 90% of all opioid overdose deaths involved fentanyl or other synthetic opioids. Shockingly, many individuals were only casual users.

Ruthless cartels in Mexico acquire the chemicals to make fentanyl from China, then export the finished product throughout United States and elsewhere. Fentanyl is smuggled into the states via aircraft, submarines, container ships, fishing vessels, buses, and rail cars, as well as the myriad of trucks and automobiles passing through our southern bor-

From 2019 to 2021, fen- Over the last two years, the Biden-Harris Admin-United istration has prioritized a

government-wide strategy to dismantle the fentanyl supply chain, its production and its trafficking. This effort involves the Department of Justice, the Drug Enforcement Administration, the FBI, the State Department, and the Department of Homeland Security. In addition, the Treasury Department has announced sanctions against two companies in China where these chemicals are sourced. However, our nation's global financial power could be interrupted by the debt limit debate.

The Biden-Harris Administration also has strategies to address untreated addiction and prevent drug deaths. Wisconsin expects to receive \$8 million for this program (\$4 million for overdose-reversal agents such as Naloxone, \$1 million to implement substance abuse prevention classes in our schools, and

\$3 million to support expanded drug treatment and recovery projects statewide). Despite the state's skyrocketing drug use, Wisconsin's GOP-controlled Joint Finance Committee has yet to approve any of these plans set forth by Governor Evers' administration.

Partisanship has no place when it comes to the health and well-being of our communities and those we love. The threat of opioid deaths in our community is real, and our elected officials need to do all they can to help divert this growing crisis.

Enough talk about "woke". Let's all "wake up" and effectively deal with the real issues like opioids that face our state and nation.

Jan Koch, Shawano

Express your thoughts and opinions. Let your voice be heard. We welcome your letters to the Editor and the Community.

### Community Voices

Letters of opinion can be dropped of at Mohican News in the Tribal Offices or can be mailed to:

### Mohican News

N8480 Moh He Con Nuck Road PO Box 70 Bowler, WI 54416

e-mail: mohican.news@mohican.com

Please type your letters or print clearly and include your signature, address, and daytime phone number. Letters must be 500 words or less. All letters are subject to editing and may require confirmation. Some may be rejected due to inappropriate content as deemed by our editorial board. The views of our readers are not necessarily the views of the Mohican News, its staff, or the Stockbridge-Munsee Tribe.

STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohican Indians

**PUBLISHER:** Stockbridge-Munsee Community

> **EDITOR:** Jeff Vele

STAFF REPORTER: Thomas Kazik II

**EDITORIAL BOARD:** Rolanda Bierman Kim Taylor Rose Strege

The *Mohican News* is published twice monthly by:

Stockbridge-Munsee Community PO Box 70 N8480 Moh He Con Nuck Road Bowler, WI 54416

Telephone: 715-793-4389

Mohican News welcomes articles, letters, photographs, and any publishable items of interest to Native Americans. All materials to be returned should be accompanied by a return self-addressed envelope with sufficient return postage. A one-year subscription rate is

\$12.00 for 24 issues. Send check or money order to Mohican News. Mohican News is a member of: NAJA (Native American Journalist

STOCKBRIDGE-MUNSEE COMMUNITY Band of Mohicans

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Voice: 715-793-4389 Fax: 715-793-1307 mohican.news@mohican.com



## THE GRACE MEREDITH YOCCUM SHEPARD AND JULIA SUNDERLAND SCHOLARSHIP

This scholarship was established by Terry L Shepard and Marianne Higgins to honor their grandmothers, Grace Yoccum Shepard and Julia Sunderland. It is open to enrolled Stockbridge-Munsee members and to their children who are originally or currently from Red Springs or Bartelme townships, including Gresham and Bowler. A grant of \$1750 is available to a full-time college student (12+credits) or high school graduate who has been accepted by a four-year college.

For more information on scholarship application and requirements contact Kim Taylor at the Stockbridge-Munsee Education office (715)793-4100 or <a href="mailto:kim.taylor@mohican-nsn.gov">kim.taylor@mohican-nsn.gov</a>

Deadline for Scholarship is July 28, 2023 by 3:00 p.m.



### July Career Building Workshops

Join us this July for conversations about how **Setting Goals** effects you at home and at work, but defining how to make those goals happen actually helps create that change.

Also this month, don't miss talking with us about the **Hidden Job Market** – ever wonder how people get "cool" jobs, or always seem to be advancing to the next opportunity? We can show you how!



A proud partner of the

American jobCenter

network

# Join us in-person: Stockbridge-Munsee Education and Career Services W12635 County Rd A. Bowler, WI

With questions, please contact: Emily Lukacs - Career Advisor Emily.lukacs@mohican-nsn.gov 715-793-4353

Mohican American bio Centre a ground partner of the American Job Centre Network under Bay New Workforce Development Board is an equal poporture employer and service provider. New Illing provide equal poporturely to all persons registers of age, color, and color of gine, citerathy status, physical or modification, and can be a serviced and a service of the color of th



to set up an individualized workshop at time that fits your schedule!



#### **Education and Career Services**

PO Box 70 - W12635 County Road A Bowler, WI 54416 Phone: 715-793-4353

Tribal Information Center Hours of Operation: Mon- Fri // 9:00 AM - 11:30 AM & 1:30 PM - 4:00 PM



SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3 Pehabilitation Program  10:00 am - 12:00 pm	4 OFFICES CLOSED	5	6	7	8
9	10	Workshop: Goal Setting 10-11 AM	12	Workshop: Hidden Job Market 10-11 AM	14	15
16	17	Workshop: Hidden Job Market 1-2 PM	19	Workshop: Goal Setting 1-2 PM	21 *** *** *** ***	
23 30	24 31	25	26	27	28	29

#### VA Health Care Eligibility Myths

One very valuable veteran

benefit is access to the VA health care system. are . Unfortunately, there many myths, rumors and misconceptions that circulate among veterans and the public which may prevent some veterans from applying for the benefits they are entitled to. It can be confusing to determine whether or not you may qualify because eligibility for VA health care is not straight forward or black and white. Not all veterans are eligible to enroll in VA Health Care and eligibility depends on a wide variety of factors and circumstances. Here we discuss a few common misconceptions that might keep veterans from applying for this valuable benefit. serve overseas or in combat so I'm not eligible. If you served in the active duty military, even during peace time, and were honorably discharged, you likely meet the basic/minimum requirements to qualify for VA health care. However, meeting the service requirement doesn't automatically qualify or disqualify you because

Being a Former Prisoner of War (POW)

there are other factors the VA

considers to decide eligibility.

Some of these include:

- In receipt of the Purple Heart Medal.
- In receipt of the Medal of Honor.
- compensable Have a service-VA awarded connected disability of 10% or more.
- In receipt of a VA Pension.
- Were discharged from the military because of a disability (not preexisting), early out, or hardship.
- Served in a Theater of Operations for 5 years post discharge.
- Served in the Republic of Vietnam from January 9, 1962 to May 7, 1975. Including serving on some U.S. Navy and Coast

Guard ships associated with military service in Vietnam.

- Served in the Persian Gulf from August 2, 1990 to November 11, 1998.
- Were stationed or resided at Camp Lejeune for 30 days or more between August 1, 1953 and December 31, 1987.
- Are found by VA to be Catastrophically Disabled.
- Previous years' household income is below VA's Income National Geographical-Adjusted Income Thresholds.

Myth Number Two - I wasn't injured in the service, so I'm not eligible for VA health care or I can only receive care for service connected injuries. These are common misconceptions but the truth is you don't have to have a Myth Number One – I didn't service connected disability (injury/illness) to use VA health care and VA health care clinics and hospitals provide comprehensive health care. The VA is uniquely equipped and trained to treat combat wounds, yes, but they also treat everything from the common cold to cancer and everything in between, including mental health counseling and AODA treatment. You can receive VA hospital and outpatient care for any ailment, service connected or not, if you are enrolled in the VA healthcare system.

> Myth Number Three make too much money to qualify for VA health care. This may or may not be true. Income does affect eligibility in many cases. If you do not have a service connected disability, or do not qualify due to other factors, income may be a limiting factor for your enrollment. See a local Veteran Service Officer if you have questions about how income affects enrollment and apply to get decision.

> Myth Number Four VÅ health care is health Enrolling in the insurance. VA health care system does NOT mean you have health insurance! VA Heath Care is coverage for care received at VA facilities only (with some limited exceptions



that need pre-approval). In fact, you should have other private health insurance or Medicare/Medicaid to cover care outside the VA. especially important to have other insurance to avoid incurring large bills due to emergency room visits. Emergency room visits are not covered by the VA unless the visit is at a VA hospital emergency room or it is a lifethreatening emergency like a heart attack or stroke – things considered life-threatening. Myth Number Five — I can't use VA health care if I have private health insurance. Entirely false. You may receive care at the VA and still choose to use your private health insurance to receive treatment from private doctors as well. The VA will work with other doctors to meet your health care needs and coordinate effective treatment. Also, as stated above, it is important to have coverage for emergencies that the VA won't cover.

nsn.gov

Myth Number Six – I can only apply once. This is not true. You may apply whenever there is a change in your circumstances (for instance if your income changes or you are granted a service connected disability) or if there is a change in the law/ rules that govern the VA eligibility standards.

Myth Number Seven – I et services from my Tribal Clinic, so why go through the hassle of applying with the VA?

As an eligible Native American the Tribal Health Center and many Tribal Health Centers throughout the United States provide Direct services to you if you present your enrollment or

715-793-4036 descendant papers. Often the funds received from IHS only cover an estimated 46 % of the need of most Tribal Communities. By applying for Veterans Health benefits, you have earned it is possible for your Tribal clinic to get reimbursed by the VA for services they are going to provide to you anyway, so help your Community stretch those healthcare dollars for the betterment of your Tribe. The bottom line — Because like broken bones are not there are so many factors that can affect a veteran's eligibility for VA Health care the best way to determine if vou are eligible is to apply and get an official decision from the VA. You can do this yourself online by going https://www.va.gov/ HEALTHBENEFITS/apply/, by going to any VA clinic and applying in person, or with help at your Tribal Veteran Service Office.

Call to make an appointment with the Stockbridge-Munsee Community Tribal Veteran Service Officer, Gregg W. Duffek. Call: 715-793-4036.

F. Publications. Any publications produced with funds from this award must display the following language: "This project [is being] [was] supported, in whole or in part, by federal award number [SLFRP0135FAIN] awarded to [the Wisconsin **Department of Veterans** Affairs via the Wisconsin **Department of** Administration] by the U.S. Department of the Treasury."

# Elders



North Star Advertising Manager Marie Lenz did double duty on the clean up by shuttling the workers

local tourism, its also a good roadway debris free. team building activity and way to give back to local communities and show civic – community pride WisDOT's Adopt-A-Highway program is the official coordination system for the generous volunteer A. efforts to remove trash, recyclables and litter from Wisconsin's roadsides. There are roughly 11,800 miles of state, federal and interstate highways in Wisconsin, and a large portion of the roadside areas are kept beautiful Adopt-a-Highway by volunteers.

Adopt-A-Highway helps:

- Reduce litter along Wisconsin's highways
- Build statewide support for the anti-litter and beautification highway programs
- Educate the traveling public to properly dispose of litter
- Enhance the environment and beautify Wisconsin's roadsides

The Mohican North Star Casino Resort has selected a section of County Road A from North Schmidt Road (east of the casino resort)

Adopt cont from pg One: to West Healing Way Road In addition to making a (west of the Tribal Clinic) positive impact on the in which to adopt and environment and help keep this section of

> The Marketing Department is the first group to lead the charge on behalf of the casino resort and are removing and collecting debris along County Road All debris collected placed in garbage bags. As a garbage bag become full, they are left on the shoulder of the road for members of the Shawano County Highway Department to pick up and dispose of. Also assisting with roadway safety for today's event is the SMC Roads Department who has placed out "men at work" traffic signage to alert oncoming traffic through the adopted section of County Road A.



North Star Webmaster Alex Blom pitched in also

# On the Trail Home



**Anthony Glen Sparks** 

Glen "Tony" Anthony Sparks, age 53, passed away on Thursday June 15, 2023, in Shawano. Tony friend, was born on October 29, 1969, in Shawano to the late Leslie and Marcelene (Miller) Sparks.

On June 11, 1994, he was united in marriage to Patricia "Patty" Waupoose. He enjoyed his job as a slot technician at the Menominee Casino.

Tony was an avid Green Bay Packer and Milwaukee Brewer fan. He enjoyed fishing, hunting, gambling in his spare time and camping every chance he could.

Tony had a great sense of Waubanascum. humor and loved making others laugh. He was a A member of life.

his grandchildren spending time with his nieces and nephews.

Tony is survived by his wife of 29 years, Patty; children, Donnaclaire (Bret) Dodge, Styxx Kaquatosh, Jaxon <u>www.swedbergfuneralhome.com</u> Kaguatosh, **Forrest** 

(Talisha), Darrick (Tashawnee), Elmira (Joe) Komanekin and Jerrod King: grandchildren, Ashleyann, Joseph, Anthony "Bun", Forrest, Jr., Kaybree, Jeannine, Rosie, Dalton, Kayliegh, Lee, Ricky Noni, Richie, Daileone "DaLion" and Kaceon; siblings, Kimberly Pennewell, Richard (Sue Riesterer)

Pecore, Cindy (Tony) Jungenberg, Steven "Bubba" (Gerry) Sparks, Sr.; godchildren, Renetta, and Elmira; and special Rosenow; Rus and nephews, nieces Jeremy, Amy, Nick, Jamie, Jennifer, Zack, Todd, Ashley (Ricky), Emmie, Amos, Rueben; special nephew, Todd Corn Jr.

He is further survived by numerous nieces, nephews, other relatives, in-laws and friends.

Tony is preceded in death by his parents, Leslie and Marcelene; brother, Wayne Sparks; sister-inlaw, Sarah; father-in-law and mother-in-law Rabbit; and special cousins, Bernard "Lee" and Mike

memorial service Immanuel for Tony was held on Mohican Church his whole Saturday June 24, 2023, Swedberg at **Funeral** Home in Gresham, with Tony loved playing with Pastor Ralph Beversdorf and officiating. Burial is at Red Springs Cemetery in Red Springs. Visitation was held at the funeral home on Saturday until the time of service.



Senior cont from pg One: to the Bowler area she on to say. "Education is not a one size fits all, but rather a development appropriate practice centered around cultural principles. perspective Wholistic approach in how we can work together and support learning through joy".

Next Roberta up, Carrington had the honors of introducing the elder of the year. The following is the write up Roberta read off as she announced the elder of the year, Elaine Jacobi:

'This year our Seniors are honoring an elder who was Born in Green Bay in 1943 but grew up right here on Stockbridge-Munsee Indian Reservation. She attended the University of Insurance.

When she moved back ready'.

world. Dr. Bowman went worked in the Title 4 Program at Bowler School. She also served her own community when she was the Receptionist at the Stockbridge-Munsee Clinic and a Host in the Star Club right here at North Star.

> Since her retirement she has kept herself busy by doing some research to help keep her family & friends up to date with current times. She enjoys reading, as well as sharing photos & the history of our Tribe with her family and friends. She is also very involved in her church, The Lutheran Church of Wilderness. the where she loves picking out the music for Sunday services as well as singing with the congregation.

Wisconsin Stevens Point If the weather is nice you where she studied Art, may see her out soaking up Psychology and English. the sun by planting flowers While living in the Stevens or hosting a cookout. She Point area she earned enjoys shopping with her her CNA and worked for daughter and her twin sister, Home Health Care, she they are truly two peas in a also worked for Sentry pod. If someone mentions thrifting, shopping or going out to lunch she is always

Roberta finished her introduction by saying, "our elders' parents were & Miles Zena Welch, arowing up she lived in the same house she lives in today. Her siblings include her twin, Yvonne, Zelda, Dorothy, Bernard, Chet and Roy. She was married in 1964 to her loving husband, Bernard, whom she met in 1959. They both loved to travel and lived in California, Stevens Point, Wisconsin and here on the Stockbridge Reservation. They had two children, Shannon and Leah, they

have five grandchildren & five great grandchildren".

Dr. Bowman ended by saying, "Education is the tie that binds our community togetherness. It is the thread intricately purposefully sewn through our bloodlines passed down from generation to generation. It is the power that fuels us to move or generate change. It is beingness the human in us all that illuminates the light within to care for our neighbors and our environment".



Clifton Pecore was the guest speaker for the event.



Head-Start and its Parents

The parents, grandparents, in Bowler. quardians, for this graduating wanted do class to children. Throughout the raffles and for the children. raffles committee held to raise fund where all proceeds went to buying gifts for the 3-4 yr. old end of year party and the 4-5 yr. old graduating class. All items raffled where donated from parents/staff/ community members or purchased by the parent committee. They also had a generous donation from Tracey at Trailside Nutrition

Some of the raffles that Head-Start were held are as follows: Valentine's Day Raffle was something special for the held in Feb 2023, Easter Raffle was held in April school year there has been 2023, and a Mother's Day fundraisers Raffle held May 2023

> Parent With the help of donations, the community and parents, the committee was able to raise just over \$3000 to purchase end of the year gifts and graduation gifts for the children this year. Rolanda Bierman and Malone spent Chrystal countless hours leading up to graduation night, building the hover board scooter each one of the

> > graduates received.

Sara cont from page One: upcoming Fall Speaker Series in Stockbridge, MA, and with other outreach and educational and mitigation endeavors that may come through the Massachusetts office.

Sara grew up in Newtown, CT as the younger of two children. She currently lives with her boyfriend, Andres, in Schenectady, NY on traditional Mohican and Mohawk territory.

Regensburger attained her Bachelor of Art in Anthropology, focus in Archaeology, from West Chester University of Pennsylvania in May 2015. And she recenttowards her Master's from SUNY Albany in Anthropology, focus in Archaeology, and will be completing her thesis to obtain her degree this summer. Sara also has just been accepted to CU-NY's online Master's program in Museum Studies, which she will begin this fall.

Sara has completed two museum internships. One was in the Registrar's office at the National Museum of American Jewish History in the spring of 2015. The other was in the North American Archaeology Lab at the American Museum of Natural History in the summer of 2016.

She also worked on a variety of Cultural Resource Management jobs, both in the field and the lab between 2015 and 2017. She ioined the Institute for American Indian Studies, a small museum in Washington, CT, and worked there for four and a half years before eventually leaving ly completed coursework with the titles of Lead Collections Assistant and Virtual Internship Coordinator.

> Sara enjoys hiking and exploring new-to-her areas. She also enjoys playing video games and tabletop games with her friends, and she is a creative writer when the urge strikes her.



# **Headstart Graduation**



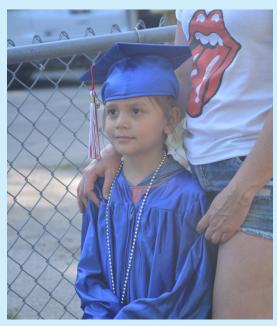




















# YOU DID IT!!!! We are looking forward to seeing where life takes you next, CONGRATULATIONS TO THE CLASS OF 2023



Kiera Bowman



Deion Creapeau



Jamilla Malone-Gregory



Koda Hill



Isabella Irving



Conner Kaquatosh



Marcus Malone



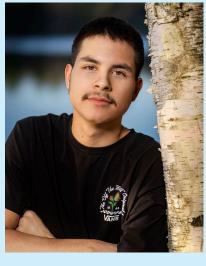
Isaiah McDowell



Deja Miller



Layla Miller



Ashwuut Mohawk



Myrin Rudesill



Brandi Spencer



Damien Terrio



Nathan Webster



Jasmine Welch

ICWA cont from pg One: the U.S. Supreme Court held the ICWA was within Congress's power legislate with respect to Indian tribes and did not impermissibly limit the traditionalauthorityofstates to regulate family law. It also the ICWA that required active efforts to keep Native American families placement preferences for Native American families, and required notice when there are child custody involving proceedings Native American families. Tribal The

still analyzing the opinion and its implications, but is happy with the end result as it supports and protects tribal children and the communities. President Holsey stated "For too long, our opponents have used cases like Brackeen v. upheld provisions under *Haaland* to try to undermine our sovereignty. With this ruling, the Justices have sent a clear message together, that provided that Tribal Nations are sovereign and that these bogus attacks have no basis in history or the law. We recognize there is still a need to continue to advocate and legislate for Council expanded child protection recognized the importance laws with the State of of this case and authorized Wisconsin to stabilize and the Tribe's participation maintain the Indian Child in an amicus brief filed Welfare Act as the gold by the Native American standard and protections Rights Fund in support for our children, and the of the ICWA. The Tribe is upholding our sovereignty.

### Head Start Graduation and Retirement



On Wednesday June 7 Oleyna Hirthe was gifted a pendelton blanket to celebrate her retirement. Oleyna started at head start August 22, 2017 as an Administrative Assistant. Prior to working at head start she worked at NorthStar Casino Resort. She held various positions for a total of 31 years with the tribe/casino.

#### GIVE YOUR CHILD A HEAD START TO A GREAT FUTURE!

STOCKBRIDGE # MUNSEE ELECTA QUINNEY HEAD START



Transportation to Center, Home, School or Child Care



7:30am to 2pm Monday - Friday **Educational Programming** 



Hot Nutritious Breakfast & Lunch with snacks served daily

Flexible guidelines with the potential addition of Early Head Start. This hopeful change would include serving expecting mothers and children up to age three along with our current Head Start children ages 3 to 5.

six weeks through five years of age and expectant mothers to fill out an application for their child.

**ENROLLING NOW FOR FALL 2023** 

STOP-IN AT KONKAPOT OR CALL 715-793-4060 FOR AN APPLICATION





### Be ready in an emergency – get Naloxone (Narcan) and learn how to use it!

dose of reality wi.gov

Nationally, 2021 was the naloxone may be required with 108,000 overdose. caused by Synthetic opioids like fentanyl are the leading

Above information and images from

Narcan at NO COST.

The SMHWC Community Health

free virtual Narcan Training to receive

Department encourages you to take this ( Sethodge Muse

ids/overdose.htm

cause of opioid deaths. Naloxone is a life-saving medication that can reverse an overdose from opioids—including heroin, fentanyl, and prescription opioid medications—when given in time. Naloxone is easy to use and small to carry. There are two forms of naloxone that anyone can use without medical training or authorization: prefilled nasal spray and injectable.

Naloxone quickly reverses an overdose by blocking the effects of opioids. It can restore normal breathing within 2 to 3 minutes in a person whose breath has slowed, or even stopped, as a result of opioid overdose. More than one dose of with opioid use disorder

deadliest year on record when stronger opioids like deaths fentanyl are involved.

dose

Naloxone Training Link

https://www.canva.com/design/DAEo9 0PyY U/NRX2U0a wPvjc5QllYnv0Q/edit? utm\_content=DAEo9\_0PyYU&utm\_campaign

If you or someone you know is at increased risk for opioid overdose, especially those struggling with opioid use disorder (OUD), you should carry naloxone and keep it at home. People who are taking high-dose opioid medications (greater equal to 50 morphine milligram equivalents per day) prescribed by a doctor, people who use opioids and benzodiazepines together, and people who use illicit opioids like heroin should all carry naloxone.

Statistics tell us that in parent, sister or brother... Health nearly 40% of overdose deaths, someone else was present. Having Naloxone available allows bystanders to help a fatal overdose and save lives. Individuals those struggling

Keeping Hydrated in the Hot Summer Months With temperatures already on the rise and more warm weather ahead hydration really is KEY during this time of year. Our bodies are made up of 60% water. We lose water throughout the day, through our skin, urine, waste, and sweat. This means we need to replenish on a daily basis but also, we may need more with warmer weather and increase sweat and potentially heavier breathing.

Water intake can help regulate internal body temperature, metabolize food and regulate hunger, lubricate our joints, flush bodily waste, and produce adequate salvia. Not drinking enough water can lead to dehydration. If not treated adequately and in a timely manor dehydration can lead to impaired kidney function. unbalanced electrolytes, and other bodily complications. If you are to the point of feeling thirty, you are already dehydrated. This means sipping water throughout the day as opposed to waiting until you are thirsty, really is the better choice. So, the burning question, how much water do we really need?

This varies from person to person and can change based on gender, activity level, sweat level, and health status. In general, we need about  $\frac{1}{2}$  to 1 ounce of water per pound of body weight per day. So, if you weigh 165 lbs. you need about 83-165 oz per

day which is 10-20 cups a day.

How do you know if you are dehydrated? **Symptoms** can include the following:

- Thirst
- Fatigue
- Dizziness/lightheadedness
- Dry mouth, lips, and/or skin
- Infrequent urination (less than 4 times a day)
- Dark urine color (you are looking for a light yellow color)

Water is the best hydration option but there other options to help with hydration as well:

- Consuming hydrating foods such as watermelon and other melons, tomatoes, cucumbers, strawberries. peppers, celery, and lettuce
- No-sugar added popsicles
- Seltzer waters
- Adding flavoring to your water to change up the flavor, think lemon, mint or strawberry
- Keeping a refillable water bottle on hand at all times
- Using an app tracker to help with water intake
- Staying cool or in shady areas if outside
- Avoiding salty processed foods and sugary caffeinated drinks

Make sure to listen to your body and sip on water or low-sugar beverages throughout the day this summer!

Thank you,

Casey Rosenberg, MS. RD, CD, CLS

touch nearly all our lives - is available at no cost Stopping an death may be a turning point that person needs to start the road to recovery. Munsee community can be done online and Naloxone nasal spray

they are someone's child, through the Community Department of overdose the Stockbridge Munsee Health and Wellness Center (715.793.5060). Info from the CDC (Centers Training in the Stockbridge for Disease Control and Prevention) and SAMSHA (Substance Abuse and Mental Health Services).



On Tuesday, June 6th, 2023, the Stockbridge-Munsee Tribal Council held a Regular Tribal Council Meeting and at that time the following actions were taken:

Roll Call:

Shannon Holsey Present Craig Kroening, Jr. Absent Sara Putnam Absent rio. Joe Miller Jeremy Mohawk; Absent Terrie K. Terrio Randall Wollenhaup Absent APPROVAL OF AGENDA-Motion by Terrie K. Terrio to for Hope - Melissa Buffalo, approve the regular council AICAF CEO. No action takagenda for Tuesday June 6th, 2023. Seconded by Joe Miller. Motion carried.

### OPEN AGENDA-**MEETING MINUTES-**

Motion by Joe Miller to approve Regular Tribal Council Meeting minutes from Tuesday May 16th, 2023. Seconded by Terrie K. Ter-

Roll Call: Joe yes, Terrie yes, and Jeremy abstains. Motion carried.

Motion by Joe Miller to approve Special Tribal Council Meeting minutes from Thursday May 18th, 2023. Seconded by Terrie K. Ter-

Present Roll Call: Joe abstains, Terrie yes, and Jeremy ab-Present stains. Motion carried.

> **SPONSORSHIP** RE-**QUEST:** AICAF Powwow en.

> FY AUDIT 2022 RE-**PORTS-** Amanda Stevens, **CFO**

Motion by Terrie K. Terrio to approve the Fiscal Year 2022 audit reports. Seconded by Jeremy Mohawk. Motion carried.

ACCEPTING **WIC VOUCHERS AT FARM MARKET-** Maria Duits, Ag- 2. The limited waiver of riculture Manager

Motion by Terrie K. Terrio to approve the acceptance of WIC and Senior Farmer's Market Nutrition coupons at our weekly Farm Market. Seconded by Joe Miller. Motion carried.

**RESOLUTION:** Limited Waiver of Sovereign Immunity Charter Commu- 3. Nothing contained in nications- Allen Quinney for Brian McDonald, CIO Motion by Joe Miller to adopt resolution #033-23 for internet service to our Highway 22/29 strip mall; NOW THEREFORE IT RESOLVED THAT, the Tribal Council to authorize the Tribal President or, if unavailable the Vice-President to execute the Service Order with Charter Communications and related contract documents on an on-going basis under the waiver approved in this resolution so long as the dispute resolution language is not modified substantively in future contract document(s); and

BE IT FURTHER RE-SOLVED, that the Tribal Council hereby grants and approves a limited waiver of the Tribe's sovereign immunity solely for the limited purpose of enforcement of this agreement, including arbitration and/or judicial process to resolve disputes as well as the enforcement of determinations or awards, against the Tribe per the agreements; and FINALLY ΙT RE-SOLVED, that the waiver of sovereign immunity for the Tribe is also limited to set forth below:

1. The limited waiver of the Tribe's sovereign immunity is granted only to and for the benefit of the parties identified as part of the agreement(s) that the Tribe has executed and shall not extend to

- any other entity or person.
- the Tribe's sovereign immunity contained in this Resolution shall be effective only after the parties' officially desrepresentaignated tives have executed the agreement(s) and shall only be for the term of the agreement(s).
- this Resolution shall be deemed consent to levy of any judgment, lien, or attachment upon any property or interest in property of the Stockbridge-Munsee Community.
- 4. The limited waiver of sovereign immunity granted and approved through this Resolution does not waive the sovereign immunity of any official, employee, member or agent of the Tribe.
- 5. Any dispute resolution action against the Tribe, as consented to through this limited waiver of sovereign immunity, shall be brought in the form and venue identified in the agreement(s). The law to be applied, if no law is otherwise identified, shall be federal law. Seconded by Jeremy Mohawk. Motion carried. Resolution adopted.

**RESOLUTION: P.L. 102-**477 Five Year Program Plan- Jolene Bowman, Dir. of Education & Career Services

Motion by Terrie K. Terrio to adopt resolution #034-23 NOW THEREFORE the terms and conditions BE IT RESOLVED, that Stockbridge-Munsee the Community intends to integrate Employment, Training, and Related Programs as authorized by the Indian Employment, Training and Related Services Demonstration Act of 1992,

**Directives cont on pg 13:** 

**Diretives cont from 12:** Public Law 102-477. Seconded by Joe Miller. Resolution adopted.

TITLE VI GRANT AWARD, PART A- Kristy Malone, Elderly Services Manager Motion by Terrie K. Terrio to approve the Older Americans Act Title VI, Part A -Grants for Native Americans Award Authority. This grant has increased which required our approval which is why it is here. Seconded by Jeremy Mohawk. Motion carried.

TITLE VI GRANT AWARD, **PART C-** Kristy Malone, Elderly Services Manager Motion by Jeremy Mohawk to approve the Older Americans Act Title VI. Part C -Grants for Native American Caregivers Support Award Authority. The grant has increased. Seconded by Joe Miller. Motion carried.

ARPA ADRS GRANT AP-**PROVAL-** Stephanie Bowman, Aging and Disability Services Area Manager Motion by Terrie K. Terrio to approve the ARPA Tribal Aging and Disability Resource Specialist expansion grant. Seconded by Jeremy Mohawk. Motion carried.

BARD COLLEGE "RE-PLACE" THINKING **GRANT MOU-** Monique Tyndall, Cultural Affairs Dir. Motion by Terrie K. Terrio to approve the MOU between Bard College and the Stockbridge-Munsee Cultural Affairs for the "Rethinking Place" Mellon Foundation grant project. Seconded by Joe Miller. Motion carried.

LOCAL CONTEXTS HUB-Monique Tyndall, Cultural Affairs Dir.

Motion by Terrie K. Ter- GM NSMCR hawk. Motion carried.

PORT

**OR POSITION-** Crystal Malone, Human Services Area Mngr.

Motion by Terrie K. Terrie to approve the position of the Lead Economic Support Coordinator and allocate funding for the position of the remainder of the fiscal year 2023 of Tribal Contribution and use the remaining available VITA funding. Seconded by Joe Miller. Motion carried.

ING SPECIALIST POSI-**TION-** Regina Williams, HR Manager NSMCR Motion by Joe Miller to approve the request from casino to support HR Support & Training Specialist Position as presented. Seconded by Jeremy Mohawk.

HR SUPPORT & TRAIN-

REVISED DIRECTOR OF HOSPITALITY DIREC-TOR POSITION- Regina Williams, HR **NSMCR** 

Motion carried.

Motion by Terrie K. Terrio to approve the revised job description for the Director of Hospitality Director. Seconded by Jeremy Mohawk. Motion carried.

COOK JOB DESCRIP-TION POSITIONS- Regina Williams, HR Manager, NSMCR

Motion by Terrie K. Terrio to approve the position descriptions. Seconded by Joe Miller. Motion carried.

ATTENDENCE POLICY-Regina Williams, HR Manager NSMCR

Motion by Terrie K. Terrio to approve the proposed attendance policy. Seconded by Jeremy Mohawk. Motion carried.

**TURF EQUIPMENT NEEDED AT PINE HILLS-** Motion by Jeremy Mohawk Tony Granquist, Interim for the approval of the Prod-

rio to approve the Tribal Motion by Terrie K. Terrio President to sign the letter to approve the expense of support for Cultural Af- for the broadcast spreadfairs to become a member er and for the aerator for **DENTAL IMPLANTS AP**of the Local Context Hub. the greens and tee boxes. Seconded by Jeremy Mo- Seconded by Joe Miller. Motion carried.

LEAD ECONOMIC SUP- REFURBISHMENT OF A-

**BANQUET** HALL-Tony Granquist, Interim GM **NSMCR** 

Motion by Terrie K. Terrio to approve replacement of east facing windows; replacement of damaged drywall, new suspended ceiling in main hall; new flooring in the main hall and bar; restrooms refurbished and necessary ADA updates; power wash and re-stain, reseal exterior of building and then also to make an allowance contingency of 10%. Seconded by Jeremy Mohawk. Motion carried.

NEW HOTEL ROOM DOOR ACCESS SYSTEM (Hardware & software)-**GM NSMCR** 

to approve. Seconded by Joe Miller. Motion carried.

NEW FOOD SERVICE Manager LINE EQUIP & FLOOR-ING EMPL DINING RM.-Tony Granquist, Interim **GM NSMCR** 

> rio to approve for the employee food service line equipment. Seconded by carried.

> 340B CONSULTANT CONTRACT-Melody Malone for Andrew Miller, SMHWC Director

> Motion by Terrie K. Terrio to award the one-year 340B consultant contract to 340B Advisors, L.L.C. Seconded by Joe Miller. Motion carried.

PRODUCT EXPIRATION MONITORING & DIS-**POSAL-** Melody Malone for Andrew Miller, SMHWC Director

uct Expiration Monitoring & by Joe Miller. Motion carried.

**PEAL POLICY-** Melody Malone for Andrew Miller. SMHWC Director

Motion by Terrie K. Ter-COORDINATI- FRAME /MANY TRAILS rio to approve the Dental

**Implants** 202ADMI0040 as recommended by the Health Board. Seconded by Jeremy Mohawk. Motion carried.

BOARD/COMMITTEE **MINUTES:** Land Committee, Chad Miller

Motion by Joe Miller to accept Land Committee meeting minutes April 20th, 2023, and approve recommendations contained within. Seconded by Terrie K. Terrio

Roll Call: Joe yes, Terrie yes, and Jeremy abstains (relative). Motion carried.

DOCUMENTARY-Joe Miller, Paul Koll and Chad Miller

Motion by Terrie K. Terrio Tony Granquist, Interim to support Lashbro, LLC's quote to get this documen-Motion by Terrie K. Terrio tary done. Seconded by Jeremy Mohawk. Motion carried.

> **BOARD/COMMITTEE AP-POINTMENTS:** Election Board

Motion by Terrie K. Terrio to appoint Lawrence Cur-Motion by Terrie K. Ter- tis, Melissa, Penass, and Beverly Miller to the Election Board and to post for the other vacancies. Sec-Jeremy Mohawk. Motion onded by Joe Miller. Motion carried.

### **EXECUTIVE SESSION-**

Motion by Jeremy Mohawk to go into Executive Session. Seconded by Joe Miller. Motion carried at 5:58 PM.

Motion by Jeremy Mohawk to come out of Executive Session. Seconded by Joe Miller. Motion carried at 6:22 PM.

While in Executive Session discussion was held on an audit and a provider contract.

Motion by Terrie K. Terrio to accept the audit recommendations for program Disposal policy. Seconded #215 EMS and send it to program managers for a response. Seconded by Joe Miller. Motion carried.

#### **ADJOURNMENT-**

Motion by Joe Miller to adjourn. Seconded by Jeremy Mohawk. Motion carried at 6:23 PM.



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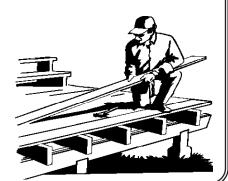
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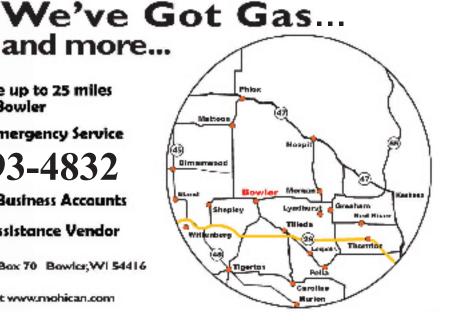
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- Get regular foot and eye exams at least once a year.

#### Stau Active

• Do exercises to increase your leg strength and improve your balance.

#### **Make Your Home Safer**

- Get rid of trip hazards remove throw rugs and keep floors free of clutter.
- Brighten your home with extra lighting or brighter light bulbs.
- Install grab bars in the bathrooms next to toilet and inside and outside of your bathtub/shower.
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- Don't clutter walkways in the home
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