

Elderly Stream

**OLDER  
AMERICANS  
MONTH**



---

**POWERED BY CONNECTION: MAY 2024**

Aho koolamalsimwa? Nii ndushiinzii Mark Shepard, Kwiinga-neewulohmwa. Hello, how are you all feeling? My name is Mark Shepard and I am glad to see you all. I am the new elderly service worker at the Eunice Stick Gathering Center. I am the son of Bertha Bowman and Michael Shepard; my grandparents are Quinton "Kinky" and Evelyn (McGee) Bowman and Ira "Ike" and Mary (Tomaw) Shepard. I myself have 2 beautiful children (James and Dehmin) and one more on the way with my fiancée Brigitte.

In my free time I like to enjoy nature, make "traditional" crafts such as beading, feather work, etc. I love going to pow wows to dance and sing. I sing with different drum groups and singers from all over, I also am the lead singer for "Iron Gate" which is a local group.

I was raised on our reservation and have always lived here. In recent years I had been working off the reservation and was really beginning to feel disconnected from the community and I am very thankful to be working within our tribe again and really look forward to visiting with and listening to our elders' stories.



Greetings!

Hello everyone, my name is Melissa Penass, and I am the new Eunice Stick Gathering Place Manager. My mother is Laura Hebert Welch and My Grandma was Arminta Chicks Hebert. I have worked in the community for 28 years and look forward to meeting the elders.

Just a reminder we will be closed on Monday May 27<sup>th</sup> in observance of Memorial Day-a day to remember those who have served our country and our community with honor and bravery.

We are looking forward to our elders joining us more often for meals and activities. Please check out our fun filled calendars attached for new exciting opportunities and our lunch menu. We ask that you sign up ahead of time for meals whenever possible. Meals are served Monday-Thursday at noon and breakfast is served Fridays from 7:30am-10:00am. Don't be afraid to offer ideas and suggestions for new activities, trips, and foods.

Transportation is available weekly to local vendors Mondays and Wednesdays, Shawano on Fridays, and once per month to Green Bay. Call 715-793-4236 for more information.

Sincerely

Melissa Penass  
Manager



---

# MAY BIRTHDAYS

---

Belzer, Amber

Besaw, Bette

Biga, Roberta

Blaha, Sandra

Brown, Micheala (Kelly)

Church, Mark

Doxtater, David

Doxtater, Mark

Gleason, Yvonne

Jacobi, Elaine

John, Debra

Lewis, Randy

Little, Robert

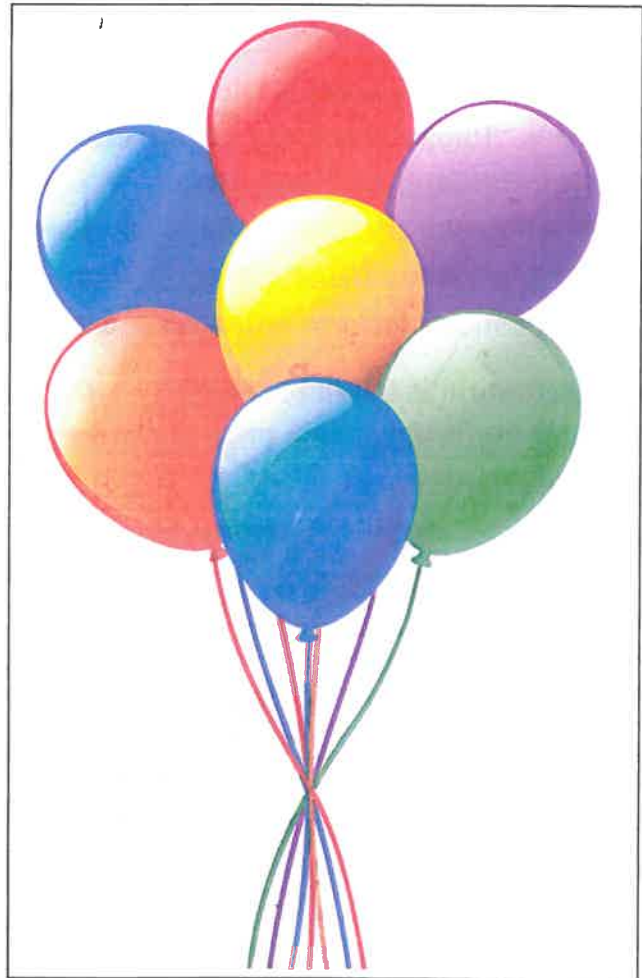
Matson, Viann

Moore, William

Murphy, Wayne

Ninham Sr. Robert

Sanders, Ila



# HAPPY BIRTHDAY!

# MAY 2024

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Chicken Nuggets French Fries Green Bean w/tomatoes Peaches	6 Harm, lettuce & cheese wraps Sun Chips Pickles Banana	7 Potato Soup w/bacon Green Salad w/cROUTONS Jello	8 Liver & onions Mac & Cheese Broccoli Wheat Roll Cranberry Whip	9 Cheesy Scrambles Egg Corn Beef hash 1/2 English Muffin Fruit Juice	10 Biscuits w/ Ham, egg, cheese Hash Browns Orange	11
12 BBQ on Bun Cottage cheese Spinach Salad w/Berries Cookies	13 Tuna Casserole Baked Beans Wheat Bread Pudding	14 Cooks Choice	15 Hamburger Gravy Mashed Potatoes Mixed Veggies Roll	16 Boiled Egg Bacon Sausage Muffin Juice	17	18
19 BLT Sandwich Cucumber-Onion Salad 3 Bean Mix Jello	20 Chicken Patty Tater Tots Cheesy Broccoli Sherbet	21 7 Bean Soup Pasta Salad w/ham, cheese, peas Grape Salad	22 Lasagna Broccoli Slaw Wheat Bread Pears	23 Eggs Sausage Links Potatoes Juice	24	25
26 HOLIDAY CLOSED	27 Cheeseburger on bun Salad Greens Fruit Fluff	28 Beef Barley Soup Grilled Cheese sandwich Peaches	29 Pork Chop Mashed Potato Green Beans w/onions mushrooms Roll Cake & Ice cream	30	31	

# OLDER AMERICANS MONTH



---

**POWERED BY CONNECTION: MAY 2024**

*This year's theme is: POWERED BY CONNECTION Which recognizes the profound impact that meaningful relationships and social connections have on our health & well-being.*

Instead of informational stations this year; I want to challenge you to make social connections by:

“Bring a Buddy” Breakfast on May 3<sup>rd</sup>, 2024 8:00 a.m. to 10 a.m.

“Bring a Buddy” Ice Cream Social on Wednesday, May 15<sup>th</sup>, 2024 1:30 pm

At the Eunice Stick Gathering Place

N8651 Maplewood Street Bowler, WI

Pictures will be taken at these events.

**Please call and sign up with DeAnna at 715-793-4237**

Door prize drawings and a small incentive gift for ALL participants but you MUST sign up in advance so we know how many to prepare for.

Bring a smile to someone by simply asking someone to be your “Buddy” for 1 or both events. 🎟️ (2) tickets for the door prize drawing if your “Buddy” has never been to our facility or participated here. Your “Buddy” needs to be 55+ years old.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
Local Run 2:00 pm <b>Games 5:30pm</b>	Local Run 2:00 pm <b>Games 5:30pm</b>	Steering Committee Meeting 10:00 AM BINGO 1:30 Council Meeting 5:00 Pm	Local Run 2:00 pm Tea Party 1:30pm	Wittenberg-Biramwood Thrifting w/lunch 10a.m.	**Bring a Buddy to Breakfast! 8am-10am Shawano Run 10:00AM	Writing Group authors meet & greet and reading 11am-1pm
12	13	14	15	16	17	18
Nutrition Education 11:30 AM Local Run 2:00 pm <b>Games 1:30pm</b>	Nutrition Education 11:30 AM Local Run 2:00 pm <b>Games 1:30pm</b>	<b>BINGO 5:30</b>	Wittenberg Run 10:00 AM **Powered by Connection-Ice Cream Social -Bring a guest!!!	Lawn Games 1:30pm	Shawano Run 10:00AM	
19	20	21	22	23	24	25
Local Run 2:00 pm <b>Games 5:30pm</b>	Local Run 2:00 pm <b>Games 5:30pm</b>	BINGO 1:30 Council Meeting 5:00 Pm	Local Run 2:00 pm	Birthday Luncheon	 Shawano Run 10:00AM	
26	27	28	29	30	31	
<b>Activities subject to change</b>	<b>HOLIDAY Closed</b>	<b>BINGO 5:30</b>	Tea Party 1:30pm Local Run 2:00 pm	Birthday Meal 12:00 PM In House Crafting 1:30pm	Shawano Run 10:00AM	**Older Americans Month Events **Participation will enable you to be entered into door prize drawings

*Stockbridge-Munsee Community*

# TRIP TO THE HOMELANDS

*September, 10th - 13th 2024*

**SMC Tribal Members 18 years and older who have not participated in past trips organized by SMC are eligible. Requests to bring a traveling partner who is an enrolled SMC Tribal Member/Member of their Household (Partner/Child)\* will be taken into account.**

***\*We are unable to cover Travel Expenses for Non-Enrolled Member of Household (Partner/Child).***

**To Apply Online Scan the QR Code OR  
<https://forms.office.com/r/iV98Zuu30Bto>**

**Paper Applications will also be available at  
any SMC Office Buildings and Drop Off at  
the Library/Museum**

**Accepting Applications from  
April 1st - May 24th 4:30 PM**

**For More Information Please Contact:**

**☎ 715-793-4387**

**🌐 <https://www.mohican.com/smc-trip-to-the-homelands/>**

**✉ [jody.hartwig@mohican-nsn.gov](mailto:jody.hartwig@mohican-nsn.gov)**







New date

**Elders**

The Aging & Disability Services Department  
will be having individual to help with setting up your iPads

**At the Eunice Stick Gathering Place**

April 27

**May 4**

May 11

11 AM – 3pm

**Must Bring your iPads Fully Charged**

The purpose of the iPad to expand telehealth and provide  
access to telehealth.

**Please call to sign up**

**715-793-4236**

Dates and times are subjects to change, please call the Eunice Stick Gathering Place before  
attending 715-793-4236.

**Get Active this May**  
**Visit Falls Free® Wisconsin Today!**

**Improve Balance and Increase Strength**

May is National Physical Fitness and Sports Month. Physical activity is extremely important to help you continue to be able to do your daily activities as you age without having to depend on others. For older adults, the recommended physical activity guidelines are:

- About 3 days a week of activities that improve balance.
- At least 2 days a week of activities that strengthen all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- At least 150 minutes a week of moderate-intensity activity (such as walking) or 75 minutes a week of vigorous-intensity activity (such as hiking, jogging, or running).

Muscle strength and balance can be increased at all ages! Improving your balance and increasing strength can reduce your risk of falls. In just a couple of weeks you may notice a difference.

**Ways You Can Stay Physically Active**

There are many ways that you can stay physically active – not just in May, but year-round.

- Join an exercise class – it is a great way to stay accountable, meet new people, and have fun while improving your balance, strength, and physical fitness.
- Look for Stepping On or a Bingocize class near you. Contact Cami at [cami.miller@mohican.com](mailto:cami.miller@mohican.com) or 715-793-5064 for more information.
- Contact your local Aging & Disability Resource Center, County Extension Office, Local or Tribal Health Department, gym or health club, or County Parks and Recreation Office for a list of classes and programs in your area.
- Grab a buddy! Help each other and stay socially connected while being physically active.

Visit [FallsFreeWI.org](http://FallsFreeWI.org) for additional falls prevention information, including some simple balance and strength exercises to get you started.



# 2024 FREE SPRING CLEANUP



- The Spring Cleanup will occur on two days, with curbside cleanup on Monday and appliance/electronics recycling on Tuesday. Curbside cleanup is open for Bartelme tribal members ONLY. Appliance/Electronics recycling is open to Bartelme AND Red Springs tribal members. Items not allowed in the curbside cleanup will **NOT** be picked up. Any curbside items not picked up must be removed from the end of your driveway and disposed of properly.
- All items collected curbside are **NOT RECYCLED**, but disposed of in a landfill. Recycling or reusing items by passing them on to others can save landfill space, limit costs, and help others. It's encouraged to donate unwanted items if possible.

## Spring Cleanup Dates

Curbside Cleanup:	Monday, May 13
Appliance / Electronics Recycling:	Tuesday, May 14

## RESIDENTIAL CURBSIDE CLEANUP

BARTELME TRIBAL MEMBERS ONLY

**MONDAY, MAY 13<sup>TH</sup>**

Place items curbside beginning Monday, May 6<sup>th</sup>

Have **ALL** items curbside by 5:00am Monday, May 13<sup>th</sup>

**FREE** pickup for **ONLY** the items listed below during Spring Cleanup:

Bed Frames / Head Boards	Windows	Hard Fiberglass (4ft or less)
Mattresses / Box Springs	Cabinets	Carpet Rolls (5ft or less)
Fitness Equipment	Dressers	Chairs / Recliners
Large Plastic Toys	Toilets	Couches / Sofas
Bikes	Grills	Doors
	Sinks	

**Items Not Allowed:** **NO** Construction Debris, Hazardous Material, Tires, Appliances or Electronics

**Volume:** Total Volume **MUST NOT** exceed 4 cubic yards per residence (about 4ft tall x 5ft long x 5ft wide in size)



# 2024 Garbage & Recycling Guide

**Environmental Department**  
N7689 Koan Tuk Drive  
Bowler, WI 54416  
715-793-4819



The Stockbridge-Munsee Community Residential Automated Collection Program for garbage and recycling is designed to make collection easier and more cost effective for tribal members and the Tribe. Tribal members should place all household garbage into the black-lidded garbage cart and all recyclables into the green or blue-lidded recycling cart. Garbage and recyclables are collected every week by an automated vehicle.

## Garbage & Recycling Collection Guidelines

- ◆ Place all household garbage into the black-lidded garbage cart and all recyclables into the green/blue-lidded cart.  
*\*see disposal guide for acceptable recyclables\**
- ◆ All garbage waste must be bagged and all wastes must fit properly inside their respective cart with lid shut. Any refuse that is outside of the carts will not be collected.
- ◆ All recyclables shall be placed loosely inside the recycling cart. **No plastic bags or garbage items.**
- ◆ Rinse clean all plastic, glass, and metal bottles/containers and remove any lids/caps. Lids/caps should be discarded into the garbage.
- ◆ Place carts so the lid opening is facing the street. Leave 4 feet between carts and any obstacles. Be sure there are no obstructions in front of the carts.
- ◆ Carts must be set out for collection **no later than 6 am** on the date of pickup. Any garbage/recycling not out by 6am may not be picked up until your next scheduled collection day.
- ◆ If you need a replacement cart, contact the Environmental Department for assistance. **Fees may apply.**



**Occasional excess garbage:** For an occasional need for extra garbage disposal, try one of the following options:

- ◆ Check with a neighbor to see if they have extra room for your waste materials in their cart(s).
- ◆ Hold the excess waste materials for disposal for the following week.
- ◆ Take waste for disposal to Marathon County Solid Waste. Disposal fees may apply.  
(877) 270-3989; 172900 WI-29, Ringle, WI; [www.marathoncountysolidwaste.org](http://www.marathoncountysolidwaste.org)
- ◆ Purchase an additional cart. Contact the Environmental Department for more information.

# Residential Disposal Guide

	Curbside Collection			
	Garbage Cart	Recycling Cart	Spring/Fall Cleanup	Other Than Curbside Collection
Aerosol Cans - empty	X			MC
Aluminum Foil - cooking sheets & food trays	X			MC
Aluminum & Steel Cans - rinse clean		X		MC
Appliances - stoves, dishwashers, dryers, washers, refrigerators, freezers, AC units, dehumidifiers, etc			X	H, MC
Automobile Liquids - antifreeze, oil, gasoline, other car chemicals				BC, MC, WO
Automobiles - parts, junk vehicles, etc				A
Batteries - automotive (lead acid)				B, MC
Batteries - household (AA, AAA, C, D, etc)	X			B, ED, MC
Bikes			X	MC
Building Material, Drywall, Wood	X			H, MC
Bulbs - fluorescent & LED				B, MC
Cardboard, Books, Magazines & Catalogs		X		MC
Carpet Rolls - 5ft or less in size			X	H, MC
Cartons - paper only		X		MC
Cell Phones & Landline Phones			X	MC
Computers, Laptops, Accessories & Parts			X	MC
Fire Extinguishers				BC, MC
Furniture - couches, chairs, cabinets, bed frames & head boards, mattresses & box springs, etc			X	H, MC
Glass - windows, picture frames, mirrors & glassware	X		X	MC
Glass - food & beverage containers		X		MC
Grills			X	H, MC
Hard Fiberglass - 4ft or less in size			X	MC
Holiday Lights - string lights, other light up decorations	X		X	H, MC
Medication - expired or unwanted				HC
Microwaves, Toasters, Pizza Ovens, etc			X	H, MC
Needles & Sharps				HC
Paint - latex or acrylic, dried	X			BC, MC
Paint - oil or lead based, varnish, thinner & stains				BC, MC
Pizza Boxes	X			MC
Plastic Bags & Plastic Wrap	X			MC
Plastic Bottles & Containers - marked #1 & #2, empty		X		MC
Printers, Copiers, Scanners, Fax Machines			X	MC
Propane Cylinders	X (if empty)			BC, MC
Scrap Metal				SM, MC
Styrofoam - bag small loose pieces	X			MC
Tires				T, MC
Toilets & Sinks			X	H, MC
TVs, Blu Ray, CD, DVD & Media Players			X	MC
Wrapping Paper & Tissue Paper - no foil or ribbon		X		MC

<b>A</b>	Automobiles-Parts/Junk	<b>HC</b>	SMC Health & Wellness Center
<b>B</b>	Batteries & Bulbs	<b>MC</b>	Marathon County Solid Waste
<b>BC</b>	Brown County Hazardous Waste Recycling Facility	<b>SM</b>	Scrap Metal
<b>E</b>	Electronics	<b>T</b>	Tires
<b>ED</b>	SMC Environmental Department	<b>WO</b>	Waste Oil
<b>H</b>	Harter's Fox Valley Disposal		

List of other than curbside collection locations on following page

# Household Battery Recycling






Batteries used in many household and office products contain many different types of heavy metals and materials that can be harmful to human health and the environment if not handled properly. Even though it is okay to discard household batteries (ie. AA, AAA, C, D, etc) into the garbage, it is better to recycle your dead household batteries to prevent fires in landfills.



The Environmental Department offers household battery recycling through its Big Green Box battery recycling program. You may send your dead household batteries to the Environmental Office (N7689 Koan Tuk Drive). **Damaged, defective, recalled, and lead acid batteries will NOT be accepted.** Call the Environmental Department for more information (715-793-4819).






## Acceptable Batteries

-  Alkaline Batteries
-  Nickel Cadmium Batteries (NiCd)
-  Nickel-Metal Hydride Batteries (NiMH)
-  Lithium Ion Batteries (< 300 Wh rated capacity)
-  Lithium Metal Batteries

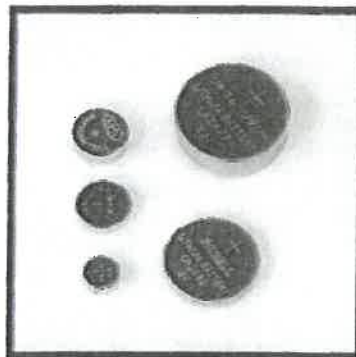


## Prohibited Batteries

-  Lead Acid Batteries (Automotive, ATV, Boat, etc)
-  Low Production Run/Prototype Batteries
-  Damaged, Defective or Recalled Batteries



Lithium Metal AA & AAA Cells  
(Acceptable)



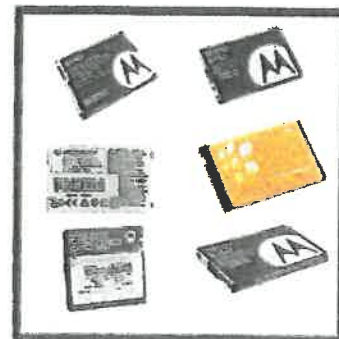
Lithium Metal Button Cells  
(Acceptable)



Li-ion Power Tool  
(Acceptable)



Li-ion Laptop  
(Acceptable)



Li-ion Cell Phone  
(Acceptable)

# Bartelme & Red Springs Garbage and Recycling Curbside Collection Calendar 2024

January						
SUN	MON	TUE	WED	THU	FRI	SAT
	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			

February						
SUN	MON	TUE	WED	THU	FRI	SAT
				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		

March						
SUN	MON	TUE	WED	THU	FRI	SAT
					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						

April						
SUN	MON	TUE	WED	THU	FRI	SAT
	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				

May						
SUN	MON	TUE	WED	THU	FRI	SAT
			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	

June						
SUN	MON	TUE	WED	THU	FRI	SAT
						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						

July						
SUN	MON	TUE	WED	THU	FRI	SAT
	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			

August						
SUN	MON	TUE	WED	THU	FRI	SAT
				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

September						
SUN	MON	TUE	WED	THU	FRI	SAT
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					

October						
SUN	MON	TUE	WED	THU	FRI	SAT
		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		

November						
SUN	MON	TUE	WED	THU	FRI	SAT
					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

December						
SUN	MON	TUE	WED	THU	FRI	SAT
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				

- Legend**
- Garbage & Recycling curbside collection
  - Holiday - No collection. Collection delayed one day due to holiday
  - Spring / Fall Cleanup
  - Mohican Veteran's Powwow



## Other Than Curbside Collection and Spring/Fall Cleanup

Items not picked up at curbside may be disposed of at the following locations. **Charges and limitations may apply.** Please call each location for more information and for any requirements they may have. Inclusion on this list is not intended to imply endorsement by SMC, nor is exclusion intentional. Contact the Environmental Department at 715-793-4819 if you need assistance.



**A**

### Automobiles -Parts / Junk

Anthony Kotula's Auto Recycling, LLC (715) 851-4341  
Cousineau Recycling (715) 623-2372  
Richter's Wrecking, LLC (715) 823-3800

**B**

### Batteries & Bulbs

Batteries Plus Bulbs - Green Bay (920) 498-1100  
Wausau (715) 355-9201  
Qualheims True Value (715) 526-6108

**HC**

### SMC Health & Wellness Center

W12802 County HWY A, Bowler, WI 54416  
(715) 793-4144  
<http://www.smhwc.com/>  
Open Mon - Fri 8-4:30; Closed on weekends & holidays

**BC**

### Brown County Hazardous Material Recycling Facility

2561 South Broadway, Green Bay, WI 54304  
(920) 492-4950  
<http://www.browncountyrecycling.org/>  
Open Thu 12-6:00 for Shawano County residents

**MC**

### Marathon County Solid Waste

172900 State HWY 29, Ringle, WI 54471  
877-270-3989  
<https://www.marathoncountysolidwaste.org/>  
Open Mon - Fri 7-3:30; Sat 8-11:30; Closed Sun & holidays

**E**

### Electronics

Best Buy - Green Bay (920) 494-2950  
Wausau (715) 241-0711  
Goodwill - Antigo (715) 623-3767  
Shawano (715) 526-6185  
SMC Spring/Fall Cleanup

**SM**

### Scrap Metal

Alter Metal Recycling - Green Bay (920) 494-3451  
Wausau (715) 298-9330  
Weller's Salvage (715) 677-6757

**ED**

### SMC Environmental Department

N7689 Koan Tuk Drive, Bowler, WI 54416  
(715) 793-4819  
Open Mon - Fri 8-4:30; Closed on weekends & holidays

**T**

### Tires

Badgerland Tires (715) 524-3034  
Bee Line Tire Recycling (715) 623-5085  
Cousineau Recycling (715) 623-2372  
Pomp's Tire Service - Antigo (715) 623-3771  
Shawano (715) 526-2178

**H**

### Harter's Fox Valley Disposal

169901 Ringle Ave, Ringle, WI 54471  
(715) 446-5400  
<https://www.hartersfvd.com/>  
Open Mon - Fri 7-4:30

**WO**

### Waste Oil

Advance Auto Parts (715) 623-4108  
Ed's Auto Repair (715) 823-6535  
Gresham Hardware & Auto (715) 787-3288  
O'Reilly Auto Parts - Antigo (715) 623-2149  
Clintonville (715) 823-2009  
Shawano (715) 524-7275

# Sharps Disposal



The Stockbridge-Munsee Health & Wellness Center is a drop off site for sharps waste such as used needles and lancets. The Health Center is glad to assist with the safe handling and disposal of your sharps waste. It is important to your safety and others that before sharps waste are brought to the Health Center for disposal, that you know how it must be contained prior to, so we can accept it.

**Before sharps waste are brought to the Health Center and before it can be accepted, it must:**

- ◆ Be placed and stored in a rigid, closed heavy-duty laundry detergent bottle. This bottle must not be compromised in anyway where it would expose the contents. Bottles must be rinse cleaned prior to sharps being discarded.
- ◆ Containers must not be overfilled and be filled no more than 3/4 full.
- ◆ Container must be labeled with the words written on it “**SHARPS**” and “**DO NOT RECYCLE**”.
- ◆ Cover on the container must be intact and closed tightly.

The Health Center cannot accept containers that are not safe for storing used needles and syringes. These types of containers can be poked through easily and are not safe for storing this type of waste. Unsafe containers that cannot be accepted are as follows:

- ◆ Paper Boxes
- ◆ Plastic or Paper Bags
- ◆ Glass or Plastic Jugs or Containers
- ◆ Baskets
- ◆ Milk Jugs and Juice Containers
- ◆ Bleach or other Cleaning Solution Bottles
- ◆ Coffee Cans or other cans
- ◆ Container without its cover
- ◆ Containers where duct tape is replacing a missing cover or damaged surface

## **What do I do when my sharps container is full?**

Bring your full sharps container to the SMC Health & Wellness Center. Check in with the Registration Clerk and let them know you have a sharps container to drop off. Do not leave your sharps waste with registration or give them to another clinic employee. Wait for the Registration Clerk to confirm they have contacted a Maintenance or Housekeeping staff to assist you further. You will then be directed to go back outside the main entrance to take your sharps waste to the shipping/receiving overhead doors at the west end of building, where someone will meet you and receive your sharps waste.

We thank you for being conscious of the need to properly dispose of used sharps in a safer manner. For questions regarding the safe handling of sharps waste please, give the Safety Manager at the Health & Wellness Center a call at (715) 793-4144 or send an email to [bonnie.welch@mohican.com](mailto:bonnie.welch@mohican.com).





Each class will have different options to choose from or take all three It's free and Friendly.

Classes beginning every Wednesday

May 29, 2024 -June 19, 2024.

11AM-3PM

# LEARNING TO WORK WITH TECHNOLOGY FOR ELDERS

Options for Independent Living ADRC will be here at the Eunice Stick Gathering Place to provide a class on a variety of cell technology.

- 11-Noon Learn to use your Google or Android Cell phone
- 1PM-2PM Class on Apple Cell phone
- 2PM-3PM Apple iPad.

Please Bring your devices to learn how to use them. Discover new tricks and helpful ways to make your life easier.

Class Dates: 11AM-3PM

May 29, 2024

June 5, 2024

June 12, 2024

June 19, 2024

Dates and times are subject to change, please call the Eunice Stick Gathering Place before attending.

715-793-4236



**AGING AND DISABILITY  
SERVICES DEPARTMENT**

**TELEHEALTH ACCESS  
PROMOTION UPDATE**

**RESIDENCY AREA EXPANDED FOR  
IPAD DISTRIBUTION - 22 IPADS  
AVAILABLE**

**QUALIFICATIONS: 62 YEARS OF AGE OR DISABLED -  
ENROLLED MEMBER OF THE STOCKBRIDGE-MUNSEE  
COMMUNITY-PROVIDE VERIFICATION OF DISABLED STATUS.**

**NAME: \_\_\_\_\_**

**ADDRESS: \_\_\_\_\_**

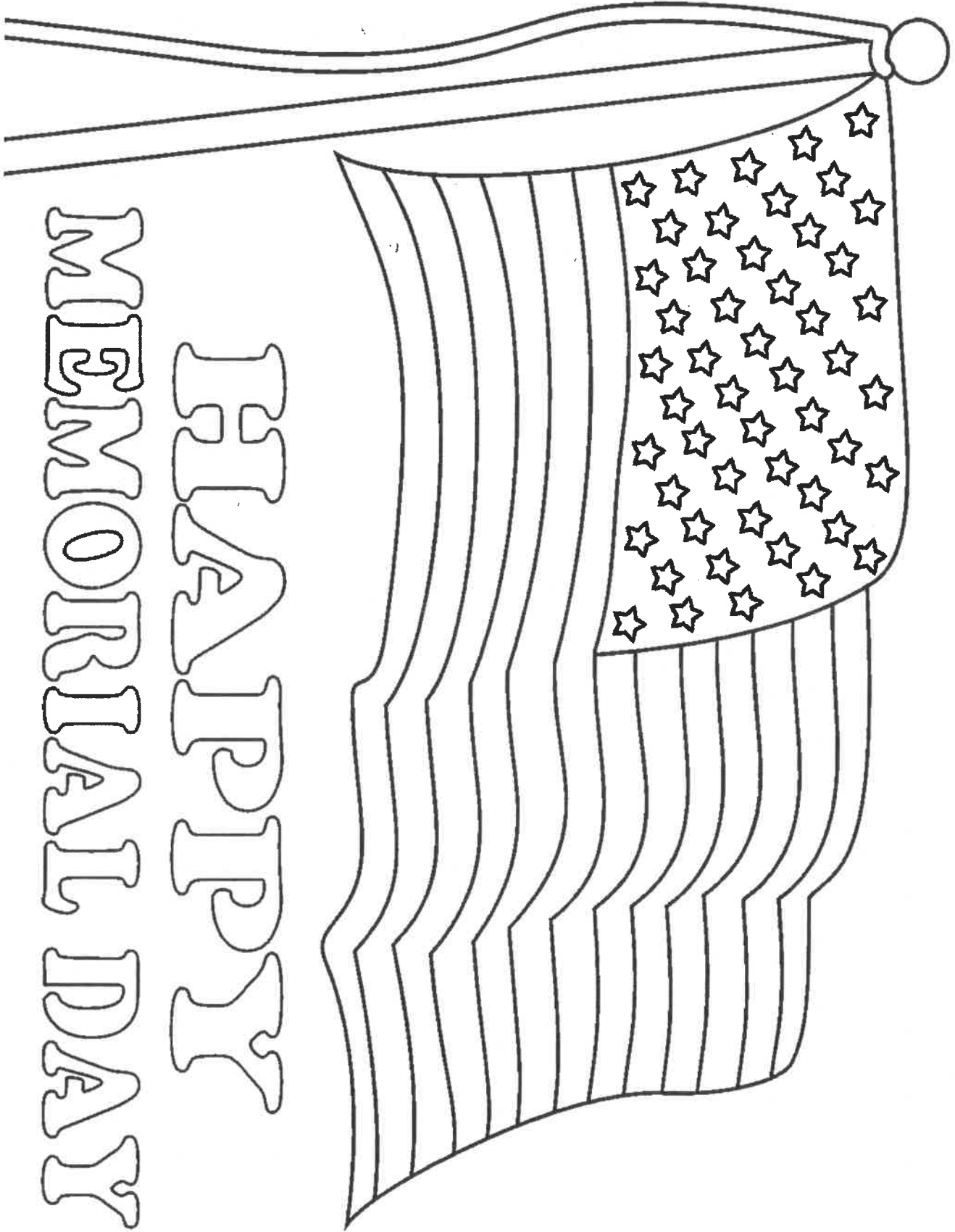
**ENROLLMENT NUMBER: \_\_\_\_\_**

**DATE OF BIRTH: \_\_\_\_\_**

**COMPLETE THIS FORM**

**Submit Form to: Elderly Services - PO Box 70 -  
Bowler, WI 54166 ATTN: IPAD DRAWING**

**Drawing held: June 3, 2024**



HAPPY  
MEMORIAL DAY



## 2025-2027 Stockbridge-Munsee Tribal Elder Input Survey

The Stockbridge-Munsee Elderly Program is looking for your thoughts and ideas that will help us improved programs and services for the Elders of the Stockbridge-Munsee Community as they age.

Your answers will help us develop a three-year Aging Plan. Surveys will need to be returned by:

**May 5<sup>th</sup> 2024** -Return to Eunice Stick Gathering Place to be entered into a participation drawing

1. What do you think are the top three things that need to improve to help adults in our communities as they age? Please check three:

- |   |  |
|---|--|
| <input type="checkbox"/> Transportation options for shopping and appointments | <input type="checkbox"/> Activities                          |
| <input type="checkbox"/> Food Delivery options                                | <input type="checkbox"/> Support for family caregivers       |
| <input type="checkbox"/> Help with social isolation and loneliness            | <input type="checkbox"/> Dementia education and support      |
| <input type="checkbox"/> Health understanding Medicare and drug plan choices  | <input type="checkbox"/> Access for people with disabilities |
| <input type="checkbox"/> Ways to keep fit and healthy                         | <input type="checkbox"/> Assistance with technology          |
| <input type="checkbox"/> Help with Home Repairs                               | <input type="checkbox"/> Other: _____                        |

2. Are there services or events that you have heard of in the community that you think would be helpful to older people in our community?

3. What are some services or ideas you feel would make our community more enjoyable to live in as you grow older?

4. Have you used the elder services programming before?

- Yes
- No

If No, Why not?

---

Demographic information:

I am:

- ◇ Under 49 years of age
- ◇ 50 years – 54 years of age
- ◇ 55 years – 59 years of age
- ◇ Over 60 years of age

Participation in this survey will get your name in a drawing to win a prize. Not every participant will win a prize. Prize entry is optional.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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)