



SENIOR MOMENTS

June 2019

LdF Aging & LTC Program

STRAWBERRY PICKING SEASON 2019

It's almost that time....strawberry season. Ethan Sennett, LdF Forestry Manager reports, "Looks like cold wet spring has set us back a few weeks. So picking will start like Late June/early July this year."

We have sent the Elder List to the Forestry Department. To check when the season will begin at the **Golden Eagle Strawberry Farm** call the "Strawberry Hotline" at 715-588-3485, for updates.

Rules: Any Lac du Flambeau Tribal Elder is eligible for 1 flat of strawberries. If you cannot pick your berries please send a note with whomever you choose to pick for you. The Golden Eagle Strawberry Farm employees will not pick for you.



GLIFWC ROUND TABLE

We will be hosting a Community Round table on Thursday, June 11th from 5:00-7:00 p.m. Input from Tribal harvesters, Tribal food handlers, i.e., programs that serve food, Tribal representatives and Elders to develop a Traditional Model Food Code. This code could expand the use of foods like venison, walleye, wild rice, etc., in our Elderly Senior Feeding Site. Light refreshments will be served.



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Senior Center Menu
June Activities Calendar

March 18, 2017 | by Discovery Senior Living

Baby boomers and seniors grew up soaking up the sun. Of course, they didn't know then what we know now about sun safety. Seniors today are getting mixed messages: stay out of the sun but be sure to get your vitamin D.

Some experts recommend seniors need more vitamin D, and that's true. Seniors tend to produce less vitamin D on their own and spend less time in the sun when they actually need to spend more. Before age 50, the recommended daily allowance (RDA) of vitamin D is just 200 international units (IU). Between 50 and 70, that amount increases to 600 IU and after age 70, a whopping 800 IU. Some doctors say receiving more would be better.

What are the consequences if someone doesn't hit their recommended RDA?

Actually, seniors that don't get the recommended daily allowance can have some serious health conditions. Vitamin D helps to absorb calcium, which is something the human body needs for a lot of reasons, including healthy teeth and bones. Here are just some of the health risks associated with a vitamin D deficiency:

- Osteoporosis
- Falls – which may result in broken bones
- Decreased mobility
- Diabetes
- Cancer
- Heart disease
- Cognitive decline
- Depression



How can seniors get the recommended daily allowance?

The easiest and most recommended source is sunshine. In fact, vitamin D is often called the “Sunshine Vitamin”. The amount of time needed to spend in the sun varies by a person's skin color, the time of day, and geographical location. A mere 15 minutes may be enough for a fair skinned person to achieve their RDA, while it could take more than an hour for someone with darker skin. It is important to keep in mind that skin has to be exposed to reap the benefits – no long sleeves or sunscreen. The majority of doctors agree that 20 – 25 minutes exposed in sunshine should suffice.

To be safe, avoid getting sun exposure during the peak of the day. It's best to go out before 10:00 a.m. or after 3:00 p.m. If someone thinks he or she needs more Vitamin D or doesn't feel comfortable spending time in the sun (or is under doctor's orders to stay away), he or she can get Vitamin D through the use of supplements; drinking fortified milk and orange juice; consuming fatty fish like salmon, tuna, trout, and mackerel; or eating cereal, egg yolks or liver.

It's important for everybody to get the recommended daily allowance of Vitamin D, but it is especially important for seniors. Having a Vitamin D deficiency can cause a whole slew of health problems that can be avoided otherwise.



Lac du Flambeau Community Roundtable

Please join us for a meal and learn about GLIFWC's Traditional Model Food Code development, expanding the use of foods like venison, walleye, wild rice, and more!

Tuesday June 11th 5:00 - 7:00 PM

Senior Center Dining Room

Mino Bimaadiziwin Wellness Center



Questions? Please
contact project staff:
LaTisha Coffin (715-685-
2128) or Owen Maroney
(715-685-2147)



Sunday, June 16, 2019



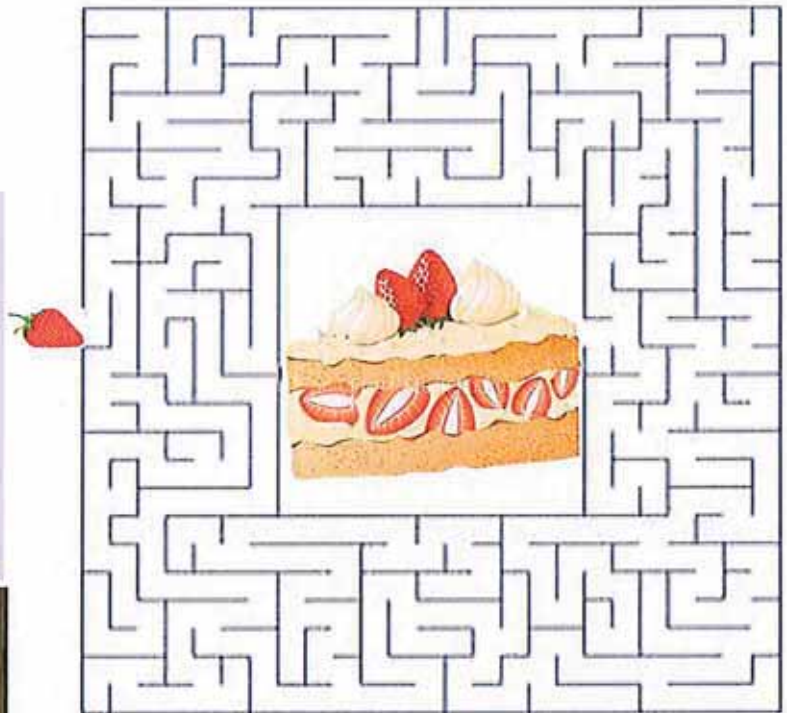
I was mugged by a thief last night. On my way home.

Pointing a knife at me...He asked me "your money or your life?"

I told him I am Married...so I have no money and no life...

We hugged and cried together.

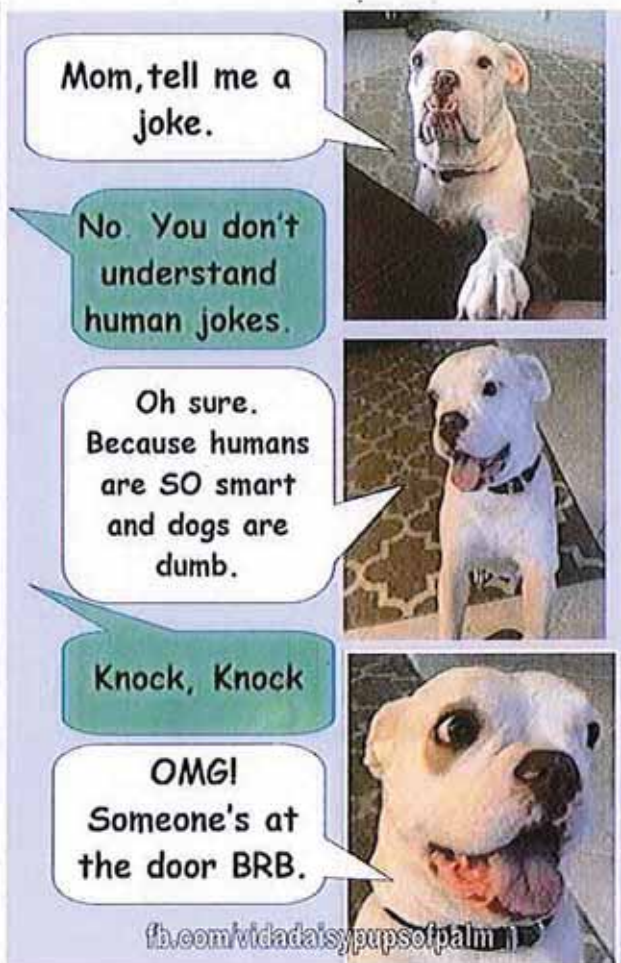
It was a beautiful moment...



An eight-year old girl went to the office with her father on "Take Your Kid to Work Day".

As they were walking around the office , the young girl started crying and getting very cranky. Her father asked what was wrong with her.

As the staff father round, she sobbed loudly: "Daddy, where are all the clowns that you said you worked with?"





RHUBARB CRISP

Ingredients:

- 3/4 c. sugar
- 3 Tbs. cornstarch
- 3 c. sliced fresh or thawed frozen rhubarb
- 2 c. sliced strawberries
- 1 c. quick or old fashioned oats
- 1/2 c. packed brown sugar
- 1/2 c. butter, melted
- 1/3 c. all-purpose flour
- 1 teaspoon ground cinnamon
- Vanilla ice cream, optional



Directions

- In a large bowl, combine sugar & cornstarch. Add rhubarb and strawberries; toss to coat. Spoon into an 8-in. cast-iron skillet or other oven proof skillet.
- In a small bowl, combine the oats, brown sugar, butter, flour and cinnamon until the mixture resembles course crumbs. Sprinkle over fruit. Bake at 350 until crisp is bubbly and fruit is tender, about 45 minutes. If desired, serve warm with ice cream.

Recipe from: TasteofHome

Doug Schroeder	6	1	Francine Peterson	6	13
Rosanne Snow	6	1	Darrell Hagamon	6	14
Gregg Guthrie	6	3	Peggy Young	6	14
Tiana Diver	6	3	Georgia Thompson	6	15
Judith Birdsbill	6	3	Elizabeth Perrone	6	17
James Smith, Jr.	6	4	Angeline Williams	6	18
John Teschner	6	4	Gavin Haley	6	20
Margo Wewasson	6	5	Nelda Holmes	6	22
Garold Smith	6	5	Eugene Enerson	6	23
Daniel King	6	5	Lauri Valliere	6	24
Wanda Wayman	6	6	Alice LaBelle	6	25
Anna Borhardt	6	7	Dallas White	6	25
Brenda Peterson	6	7	Debra Chapman	6	26
Shirley White	6	7	Linda Daniels	6	26
Sharon Mehling	6	7	Vincent Snow	6	26
Renee Klimowicz	6	7	Gary Maki	6	26
Kenneth Big John	6	8	Terry Mitchell	6	27
Cynthia Bauman	6	10	Elaine Spellmeyer	6	27
Tom Eickenberg	6	10	Pauletta Johnson	6	28
Jean Thoms	6	11	Capitola Landin	6	29
Duane Maki	6	12	Judith Rivers	6	30
Cynthia Carufel	6	13			



Elder Advisory Board Members:

Phillip "Bub" Chapman, Sr., President

John LaBarge, Vice-President

Sarah LaBarge, Treasurer & Secretary

Nutrition Board Members:

Sally LaBarge, Chairperson

Phillip "Bub" Chapman Sr.

Rosalind Poupart John Malinowski

Administrative Office:

Sharon Thompson Office: 715-588-4385

Aging Director Cell: 715-892-3380

Mary Samuelson Office: 715-588-4388

Sr. Site Mgr. Cell: 715-892-4636

Leslie Johnson Office: 715-588-4351

Elder Utilities Cell: 715-892-1006

Drivers/Activities:

Sed Armstrong Cell: 715-439-5791

Joely Armstrong Cell: 715-892-0691

Lorraine Wildcat Cell: 715-892-1539

Kitchen: 715-588-4360



















Deanna Poupart Roz Poupart

Cherish Big John Roswell Armstrong

ADRC of Vilas County: 1-800-374-1123






Ode'imini Giizis (Strawberry Moon)

June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	 Miskwaadesi (a painted turtle)	 Mikinaak (a snapping turtle)		 RHINELANDER SHOPPING/RUMMAGE 8:00AM-4:00PM DRIVER: JOELY	1	
3 	 MOVIE NIGHT LAKELAND CINEMA 5:45PM-10:00PM DRIVER: LORRAINE	4 5  "I'm going to be a little late."	6 SHOPPING MINOCQUA 12:30PM-4:30PM DRIVER: SED	7  SHOPPING/RUMMAGE 8:00AM-4:00PM DRIVER: LORRAINE	8	
10 	 MOVIE NIGHT LAKELAND CINEMA 5:45PM-10:00PM DRIVER: JOELY	11 SENIOR CENTER ADVISORY BOARD MEETING 12:30PM CONFERENCE ROOM JOIN US	12  LAKELAND PANTRY 3:00PM-6:00PM	13 SHOPPING MINOCQUA 12:30PM-4:30PM DRIVER: JOELY	14 Sign Up SHOPPING/RUMMAGE 8:00AM-4:00PM DRIVER: SED	15
17 May all you wonderful Dads enjoy a Happy Father's Day JUNE 16TH	 MOVIE NIGHT LAKELAND CINEMA 5:45PM-10:00PM DRIVER: SED	18 Have a Good Day! 	19  IT'S THURSDAY	20 SHOPPING MINOCQUA 12:30PM-4:30PM DRIVER: LORRAINE	21 SHOPPING/RUMMAGE 8:00AM-4:00PM DRIVER: JOELY 	22
24 	 MOVIE NIGHT LAKELAND CINEMA 5:45PM-10:00PM DRIVER: LORRAINE	25 26  LAKELAND PANTRY 3:00PM-6:00PM	27 SHOPPING MINOCQUA 12:30PM-4:30PM DRIVER: SED	28 SHOPPING/RUMMAGE 8:00AM-4:00PM DRIVER: LORRAINE 	29	

PLEASE CALL DRIVER SCHEDULED ABOVE FOR A RIDE ***SED (715-439-5791) ***JOELY (715-892-0691) ***LORRAINE (715-439-1539)

JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Salisbury Steak Buttered Noodles Spinach Fruit Cocktail	Hot Dog On Bun Potatoes Salad Baked Beans Grapes	Pork Chops Wild Rice Stuffing Wax Beans Applesauce	Beef Stroganoff W/Noodles Carrot Sticks Rye Bread Honey Dew Mellon	Tuna Sandwich On Kaiser Roll Pea, cheese & Onion Salad Applesauce
10	11	12	13	14
Pork Chop Suey Rice Egg Roll Chow Mein Noodles Pineapple Chunks	Deli Sandwich (Turkey, Ham) On Kaiser Roll Sliced Tomatoes Coleslaw Chips Strawberries	Baked Chicken Breast Au gratin Potatoes Spinach Bread Pears	Beef Taco Refried Beans Lettuce, Tomatoes Cheese & Salsa Tostito Chips Sherbet	Baked Fish Mac N Cheese Lima Beans Kiwi
17	18	19	20	21
Garden Rotini W/Tomatoes, Onions, Cukes Cottage Cheese Peaches	Cheese Burger on Bun (Lettuce, Tomato, Onion) Cucumbers Salad Steak Fries Cantaloupe	Chicken Tetrizzini Peas & Carrots Asst. Crackers Grapes	Beef Tips/Gravy Mashed Potatoes Broccoli Sliced Bread Jell-O W/Fruit	Rueben Sandwich On Rye Bread (Swiss Cheese, Sauerkraut) Garbanzo Beans Ice Cream
24	25	26	27	28
Pea Soup W/Ham Salad (Lettuce, Spinach, Tomatoes) Corn Bread Pineapple	Alfredo Chicken Pasta Italian Veg Blend Whole Wheat Bread Banana	Liver & Onion Rice Pilaf Carrots Rye Bread Orange	Pepper steak (red & green peppers, onions) Gravy Boiled Potatoes Broccoli Cookie	Build Your own Salad (Ham, Turkey, Egg, Lettuce, Spinach, Tomato, Cukes, Radish, Onion, Cheese & Croutons Muffin Apple
				

MENU SUBJECT TO CHANGE WITHOUT NOTICE