

SENIOR MOMENTS

Lac du Flambeau Aging & LTC Program

JULY 2024

Aging Program Updates

4th of July Holiday Closure:

The Aging Administrative Office and Dining Room will be closed on **Thursday, July 4, 2024**

Home delivered participants will receive an extra lunch on Wednesday, July 3rd for their next days lunch.

LdF Tribal Elders and Nutrition Program participants may have breakfast, lunch or dinner at the Eagles Nest on the 4th of July. No guests.

Elder Birthday Party:

Celebrating April, May & June Elder Birthdays on Friday, July 26th at 5:00 p.m. Must be an Elder or a Care-giver to attend.

On the menu:

- * Walleye
- * Mac & Cheese
- * Coleslaw
- * Birthday Cupcakes & Ice Cream



Staff Training Scheduled in July:

The Senior Center Dining room and Kitchen will be closed on **Wednesday, July 31st**. **Administrative Office will be remain open.**

Home delivered meals will have a double lunch delivered on Tuesday, July 30th.

Program Participants, Tribal Elders (no guest) are welcome to enjoy a meal at the Eagles Nest on this day.

BINGO After Lunch

Elders are welcome to play BINGO after lunch in Senior Center dining room. Starting Wednesday in July. Elders will decide on prizes.



"Strawberry Hotline" 715-588-3485 for daily picking updates.

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July 2024 Menu
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Blueberry Benefits:

1. Healthy Bones
2. Healthful Skin
3. Reduces High Blood Pressure
4. Diabetes Management
5. Protecting Against Heart Ailments
6. Cancer Prevention
7. Improves Mental Health
8. Enables Healthy Digestion
9. Hair Care



Berry Bread Pudding Recipe

This no-cook variation of bread pudding, uses bread, berries, yogurt and time to create a pudding style dish.

Ingredients

1 1/2 cups berries (unsweetened frozen blueberries, sliced strawberries, or raspberries) thawed.

5 slices whole wheat bread (crust removed)

1/2 teaspoon powdered sugar (optional)

Yogurt (vanilla, low-fat, optional)



Steps

1. Combine the thawed berries and sugar (if you choose to use sugar).
2. Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Continue layering berries and bread until the dish is full, finishing with a layer of bread.
3. Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
4. Refrigerate overnight. Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.
5. Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

Yield: 2 servings

Meal Type: Breakfast

Category: Kid & Grandparent Friendly

Food Group: Fruits, Grains

Season: Spring, Summer

Source: [USDA MyPlate](#)



Sed Armstrong from the Abinoojiyag Youth Center gathered some young volunteers to pick strawberries for some lucky Elders.

And yes they were paid for their hard work.....in **Strawberries.**

Thank you kids for thinking of your Elders! And thanks to **Mary Mitchell** for planting the idea!



Fun Page



PICNIC



GUYS WITH AN EYE PATCH AND 3 FINGERS

SELL THE BEST FIREWORKS

Apparently there are people out there who wash, dry, iron, fold, and put away their clothes - all in one day.
Yeah, I know. I'm confused too.

Happy Independence Day!

4th of July Word Search

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

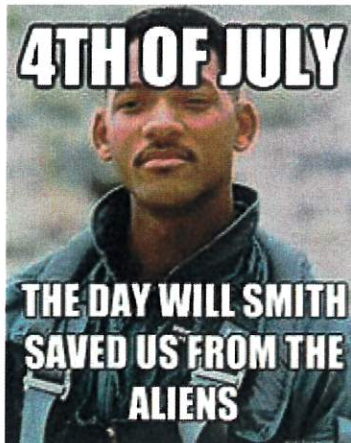


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|-------------|-------------|--------------|--------------|
| ABLAZE | CROWDS | FEAST | FREEDOM |
| ANTHEM | DECORATIONS | FLAG | INDEPENDENCE |
| BACKYARD | BANG | | GRILL |
| BLAST | BOOM | AMERICA | HISTORY |
| GATHERING | BATTLEFIELD | FIRECRACKERS | LIBERTY |
| RED | CAMPING | ROCKETS | NATIONAL |
| WHITE | DELICIOUS | EXPLOSIONS | PARADES |
| BLUE | DESSERT | MUSIC | PATRIOTIC |
| CAVALCADE | DEMOCRACY | PICNICS | FIREWORKS |
| CELEBRATION | EMOTIONAL | POTLUCK | FESTIVAL |

WHEN I GO OUTSIDE



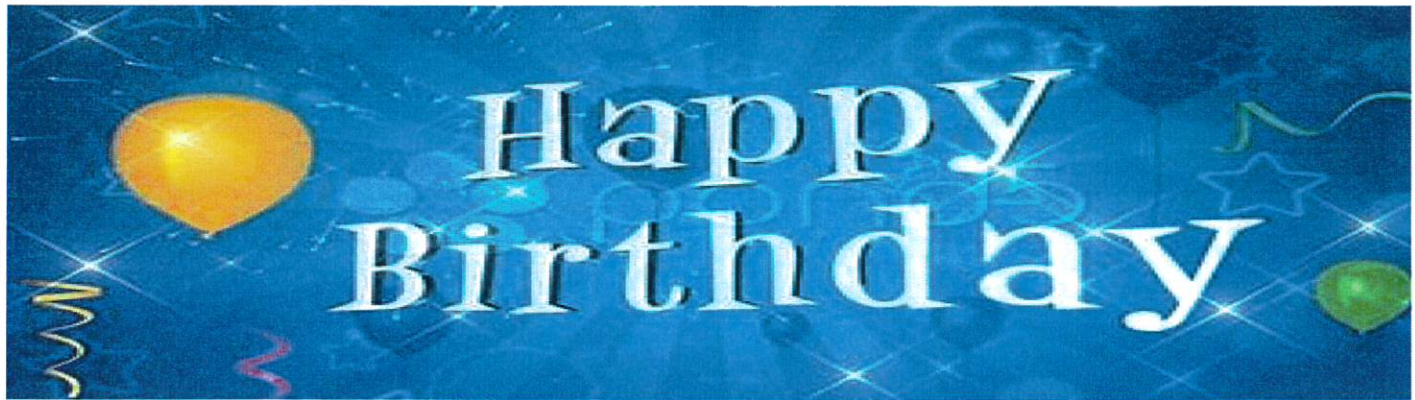
AND THE MOSQUITOES NOTICE



Crabby Road 7-4-22



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Jodi Sharlow	7	1	Ervin Williams	7	11	Colette Welch	7	22
Desiree Wildcat	7	2	Sandra Lelonek	7	11	Lisa Soulier	7	22
Yolanda Siegfried	7	2	Bernadette Diver	7	13	Kevin Graveen	7	24
Chris Peterson	7	3	Cynthia Thompson	7	13	Lisa Ree-Nightingale	7	24
Alice Maulson	7	5	Daryl Poupart	7	13	Philip Poitra	7	24
Laurie LaFernier	7	5	Diane "Toogie" Mitchell	7	13	Wayne St. Germaine	7	24
Dave Pagoria	7	7	Selmer Saglin	7	13	Dennis Sengstock	7	25
Sarah Zimmerman	7	7	William Chosa	7	13	Debra Proulx	7	26
Bonnie Young	7	8	Virginia Chosa	7	14	Lynda Heintz	7	26
George Carufel, Jr.	7	8	Patricia Cobb	7	17	Debbie Madosh	7	27
Marcia Bigjohn	7	8	Michael Allen, Jr.	7	19	Lisa Mermuys	7	27
Bradley Beaudry	7	9	Patti Batiste	7	19	Lisa Potts	7	28
Joseph Wildcat, Sr.	7	10	Robert Smith, Sr.	7	20	Joseph Valliere	7	30
Linda Olson	7	10	Alan Moore	7	21	Clyde Mayo	7	31
Darla Allen	7	11	Emerson Coy	7	21	Florence Phillips	7	31

CONTACT INFORMATION:

Administrative Office:

Sharon Thompson, Aging Director

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Drivers/Activities:

VACANT

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Terry Mitchell

Cell: 715-892-9547

Daniel Montgomery

Cell: 715-892-9520

Kitchen 715-588-4360

Deanna Poupart, Sonny Allen, Joely Armstrong,
Patty Mitchell

Amanda Thompson, Aging & Disability Resource Specialist

amanda.thompson@ldftribe.com

Office: 715-588-4394 Cell: (715) 890-0017

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



Senior Center Menu

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	Closed 4	5
Chicken A La King WW Biscuit Broccoli Banana	Hamburger Gravy Mashed Potatoes Corn Watermelon	BBQ Pulled Pork WW Keiser Roll Mac & Cheese Baked Beans Strawberries & Blueberries		Spanish Rice Italian Bread Carrots Fresh Pineapple
8	9	10	11	12
Peppered Steak w/ Green & Red Peppers Brown Rice Spinach Honeydew	Baked Chicken Breast w/ Gravy Wild Rice Stuffing Lima Beans Cranberry Sauce Grapes	Lasagna Romaine Salad w/ Tomato Cottage Cheese Peaches Bread Stick	Potato Soup w/ Ham Egg Salad Sandwich On WW Bread 3 Bean Salad	Baked Fish Steak Fries Coleslaw Baked Beans Watermelon
15	16	17	18	19
Sub Sandwich On WW Hoagie Turkey, Ham, Let- tuce, Tomato, Cheese, Mayo Baked Beans Chips & Orange	Pork Chop Suey Brown Rice Broccoli Egg Roll Apple Slices	Sliced Turkey Mashed Potatoes Gravy Cauliflower Strawberries	Chicken Wild Rice Dumpling Soup Tomato & Onion Salad Ham & Cheese Sandwich Ice Cream	Tuna Noodle Casserole Peas & Carrots WW Dinner Roll Fresh Fruit Salad
22	23	24	25	26
Beef Taco Lettuce, Tomato, Cheese, Sour Cream, Salsa Tostito Chips Refried Beans Blueberries	Wild Rice Tater Tot Casserole w/ Hominy Italian Bread Corn	Chilli Cheese Cubes Corn Bread Fresh Pineapples Peanut Butter Cookie	Hotdog on WW Potato Salad Baked Beans Mixed Fruit	Chef Salad (Ham, Turkey, Egg, Lettuce, Spinach, To- mato, Radish, Black Olives, Onion, Cheese, Croutons) Muffin Grapes
29	30	31		
Bacon Cheese Burger on WW Bun Lettuce, Tomato, Pickle Steak Fries Banana	Beef & Broccoli Stuffing Brown Rice Egg Roll Tropical Fruit	KITCHEN CLOSED FOR STAFF TRAINING	Menus are subject To change without Notice.	If you will not be home to receive your meal please call the Kitchen at 715-588-4360

Senior Center Activity Calendar

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	CLOSED 4	5
	 MOVIE MATINEE		 <i>Independence Day</i>	
8	9	10	11	12
	 MOVIE MATINEE	BINGO Dining Room After lunch	Lakeland Pantry 	
15	16	17	18	19
	 MOVIE MATINEE	BINGO Dining Room After lunch	Lakeland Pantry 	
22	23	24	25	26
	 MOVIE MATINEE	BINGO Dining Room After lunch	Elder Birthday Party @ 5:00 pm 	
29	30	31		
	 MOVIE MATINEE		Pantry/Shopping Please sign up the day prior to the scheduled activity in the dining room or call any of the Drivers.	