

SENIOR MOMENTS

Lac du Flambeau Aging & LTC Program

AUGUST 2024

Aging Program Updates

Adult Protective Services (APS) & Scam Presentation:

Diane Hofstedt, Tribal APS Specialist with the Wisconsin Department of Health Services and **Debi Leis**, Wisconsin Elder Justice Coalition will be conducting a presentation on APS and its resources and Scams on Wed., August 28, 2024 at 12:30 p.m. in the Senior Center Dining Room.

Diane will present not only about Adult Protective Services issues such as abuse and neglect, BUT also how financial exploitation is impacting our communities....!!!

Debi will talk about trends in scams and what the Wisconsin Elder Justice Coalition is doing to help. Play *Scam Singo* while learning about how to protect yourself.

Tribal Elder Food Box Pick Up:

Food Box pick ups are at the LdF Food Distribution Building, 220 Industrial Park Rd., starting at 8:00 a.m. each delivery day.

Must be a Tribal Elders aged 55 years and up. There are limited number of boxes. First come, First serve. FMI: Contact Kassy at 715-588-4386.

"Blueberry Hotline"

715-588-3485 for updates.



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Blueberry

HEALTH BENEFITS

MEDICINAL PROPERTIES

Antibacterial, Antioxidant

Main Applications

- Improving eye health
- Fighting against infections
- Stimulating bowel movements

Supportive Compounds

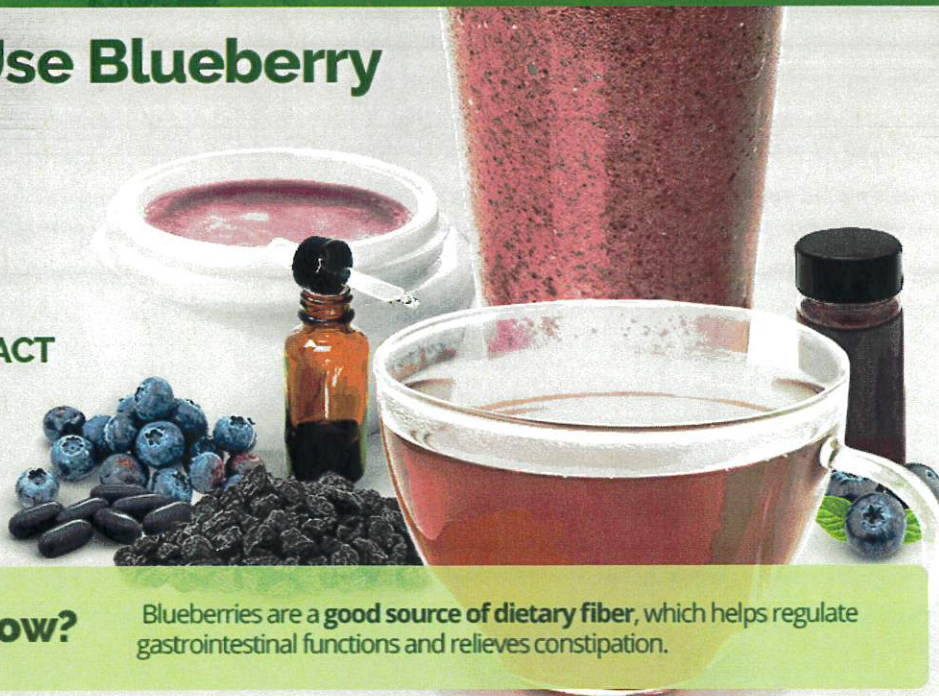
- Anthocyanins
- Pterostilbene

Medicinal Actions

The high **antioxidant content** of blueberries help regulate immune responses, promote anti-inflammatory activity, and strengthen cell membranes, among other important functions. Blueberries are also great for treating and preventing urinary tract infections.

How to Use Blueberry

- RAW
- JUICE
- DRIED
- INFUSION
- LIQUID EXTRACT
- OIL
- CREAM
- CAPSULES



Did you know?

Blueberries are a **good source of dietary fiber**, which helps regulate gastrointestinal functions and relieves constipation.

4th of July, 2024

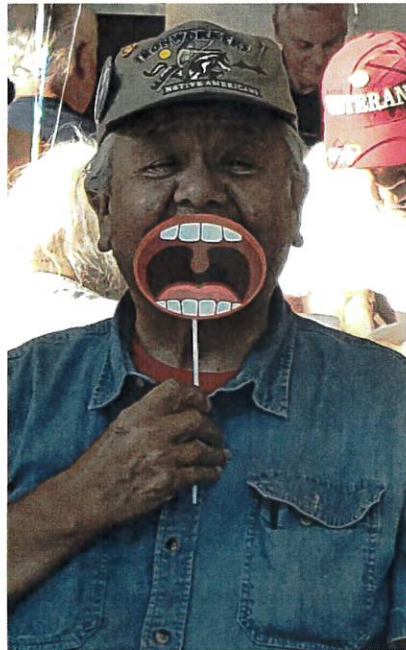


Please keep your dogs and children quiet in the mornings. Some of us have been up all night setting off fireworks. Thanks.



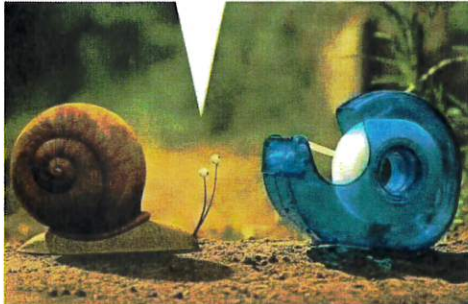
Elder Birthday Party

Friday, July 26, 2024



Fun Page

Wow, I think you went too far with the plastic surgery!



I hate it when I'm finally caught up with the laundry and I see my family walking around the house wearing clothes

Myincrediblerecipes.com



ANUXPWMNECNECSEEROLFNIJAQRHJYWN
CRNBGOVGPWDISCFLORETQIAOUEKLT
INZSKDLZHFILWLLNGUBSPZROBJPLQGN
ROKJITRLVBSIUEUGACZHHTKBJIBGGV
EZANLSESIBODZRABUXEDSSURKADLKN
MDLIDEEUHNJJYUGVSCZZAWWZJNAYIU
AQXNCWGRLAATPMQYECBASHCJTCAUD
HNVKDAUIISKNTWVCDASGFTMKLFHVBKS
TPLYCOPUUBQXOLKOIZTBPWDDZUHNHW
USBHCQNYAAOEQRKFAYHDTUMXPSQLWR
OYEUFZFBXHQCEMYPUEUHEHTJDVXNWGC
SUWGLGEGOIAYSJLGZFCVTHUIDYUTTV
JMGOMIOIPDXUSUROMAQZIMUKXRHQJF
KLWPWGMOGIKWFGNEYLCTUZWZXCHKICU
SEHXNQROMDMNKHNFBCAISFCCKAOEEIG
RKQARTMKYCGDXVHKSZCHRAKNJCJITP
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RDJIQYDARDAEEEBGEWIGYHMTXIJFXN
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HXPMAFWCRDLFEEMTUCANCUAVTIQEL
METSJBUAIACVPKXDTYJQAIGIDKQRBUC
RZONWQMLFLAUMKWEQZCOTNPNQLUOQU
TPCWRTACYHKNYZOWZYBKNKCVMPRNH
WKTUMFCVRLXOCVBWZHVIGWQWKDBGK
RUGTEROLFYAREBHNMLZKAKJOZCEOOI
FMARUZADOSVBAAIIQWXPQKVGKLEBE
IYIWCUGFIIECCCUFMMQGFXXSJJJSJIT
GCGQKSOUXLVMIZEWENPOLLENOIOQPE
AJMOZXXMATYROWTLDSKYOEILDBUXQK

Central America
Disc floret
East
Fibonacci

Helianthus
Heliotropic
Inflorescence
Leaves

North America
Paintings
Pollen
Pollinator

Ray floret
Roots
Seeds
South America

Stem
Sunflower
Van Gogh
West



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Today's 3 year olds can switch on laptops and open their favorite apps



Me? When I was 3, I ate mud

I was sitting here eating lunch when I realized: cottage cheese is not actually, in reality, a cheese. It's just a curd to me.





August Birthdays

Cynthia Lei-Nako	8	1	Rachel Sheppo	8	9	William Wildcat, Jr.	8	22
Ernest Sharlow	8	1	Esther Chosa	8	10	Jeannine Bruguier	8	23
Cynthia Ruwe	8	2	Sheree Decota	8	11	Stefanie Poupart	8	23
Tony Chapman	8	2	Annette White	8	12	Frank Moore	8	24
June Schuman	8	3	Jenny Stone	8	14	Steven Beson	8	24
Marilyn Daniels	8	4	Norma Soulier	8	16	Charles Carufel, Sr.	8	25
Cecelia Miller	8	4	David Graveen	8	16	Ronald Peterson	8	25
Charles Wolfe	8	5	Anita Demler	8	17	Danielle Wildcat	8	26
Louis LaBarge, Jr.	8	5	Carl Edwards	8	19	Bruce Bauman, Sr.	8	27
Victoria Doud	8	5	Diane Bridgeforth	8	19	Robert Poch	8	27
Clancy St. Germaine	8	6	Lance Reinke	8	19	Carl Chapman	8	29
Vern Stone	8	6	Eric Maulson	8	20	Lavina Cross	8	29
Alfred Coron	8	7	Michael D Maulson	8	21	Richard Ackley	8	29
Jeanette Sharlow	8	8	Anthony Jack Sr.	8	22	Frank Wildcat	8	30
Pam Waterman	8	9	Glenda Vallier	8	22	Leslie Johnson	8	30
			Michael Carufel	8	22			

CONTACT INFORMATION:

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Wesley Tecumseh, Office Manager

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Drivers/Activities:

VACANT

Cell: 715-892-0691

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

Phone: 715-588-4394 Cell: 715-890-0017

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

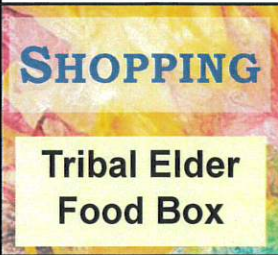
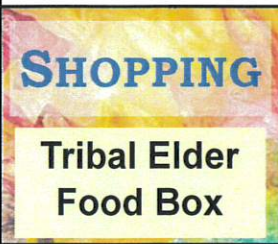
Senior Center Menu

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
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		Open Faced Roast Beef Sandwich On WW Bread Mashed Potatoes Gravy, Corn Watermelon	Reuben Sandwich On Rye Bread Potato Chips Baked Beans Cottage Cheese Peaches
5	6	7	8	9
Swedish Meatballs Buttered Noodles Corn Banana Parfait	Beef Chop Suey Brown Rice Egg Roll, Chow-Mein Noodles, Broccoli Cantaloupe	BBQ Chicken Scalloped Potatoes Garbonzo Beans Honeydew	Ham Sweet Potatoes Green Beans Fruit Salad	Cream Chicken Breast Brown Rice Carrots Fresh Pineapple
12	13	14	15	16
Hamburger Soup Ham & Cheese Sandwich on WW Cottage Cheese Peaches	Lasagna Romaine Salad w/ Tomato Slice Corn Garlic Bread Strawberries	Beef Tips w/ Mushroom Gravy Mashed Potatoes Carrots Fruit Fluff	Broccoli & Chicken Alfredo Linguine Noodles WW Breadstick Orange	Baked Fish Steak Fries Coleslaw Baked Beans Grapes
19	20	21	22	23
Polish Kielbasa Baby Red Potatoes Sauerkraut Fresh Plum	Chicken Stirfry w/Broccoli Brown Rice Egg Roll, Apple Chow-Mein Noodles	Brat on WW Bun Potato Salad Baked Beans Fruit Jello	Beef Stroganoff Buttered Noodles Carrots Watermelon	Sub Sandwich On WW Hoagie Turkey, Ham, Let- tuce, Tomato, Cheese, Mayo Cranberry Juice Chips & Honeydew
26	27	28	29	30
Chicken Fajitas Red & Yellow Peppers Refried Beans Tortilla's Orange	Spanish Rice Corn & Hominy Italian Bread Cantaloupe	Meatloaf Mashed Potatoes Gravy Cauliflower Fruit Salad	Sloppy Joe's On WW Bun Mac & Cheese Baked Beans Banana	Chef Salad (Ham, Turkey, Egg, Lettuce, Spinach, To- mato, Radish, Black Olives, Onion, Cheese, Croutons) Muffin Apple Slices

Senior Center Activity Calendar

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Pantry/Shopping Please sign up the day prior to the scheduled activity in the dining room or call any of the Drivers.		Tribal Elder Food Box Food Distribution Bldg. Starting at 8am FMI: Call Kassy @ 715-588-4386	Lakeland Pantry 	 SHOPPING
5	6	7	8	9
				 SHOPPING Tribal Elder Food Box
12	13	14	15	16
			Lakeland Pantry 	 SHOPPING
19	20	21	22	23
				 SHOPPING Tribal Elder Food Box
26	27	28	29	30
		Adult Protection Service & Scam Presentation 12:30 Dining Rm	Lakeland Pantry 	 SHOPPING