

SENIOR MOMENTS

Lac du Flambeau Aging & LTC Program

June 2024

Aging Program Updates

Strawberry Picking 2024

Watch for postings regarding the **Golden Eagle Strawberry Farm** opening or call the "**Strawberry Hotline**" at 715-588-3485 for picking dates and times.

LdF Tribal Elders or their designee may pick up to 1 flat of strawberries free. If you cannot pick, please send a note with the name of whom you would like to pick for you.

Lac du Flambeau Aging Plan Survey 2025-2027

These survey results are available. They will be delivered to Homebound Elders and are also available in Senior Center Dining Room.

If you would like a copy mailed to you please contact us.

Winners of the \$50.00 Ojibwe Market cards were: Robin Thompson, Tom Maulson, Sr., Robert McArthur, Myra Doud, Sharon Soulier and Elmer Rising Sun.

Thank you to everyone that participated. We will use this information to formulate our next 3-year Aging plan for the Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) Title III grant.

Holiday Closure in observance of "Juneteenth"

The Administrative Office and Senior Center Kitchen

will be closed on Wed., June 19, 2024, in observation of **"Juneteenth National Independence Day"**.

Program Participants and LdF Tribal Elders (no guest) may enjoy 1 meal (breakfast, lunch or dinner) on this day.

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Fun Facts

1. Every strawberry, no matter the size, has around 200 seeds.
2. Strawberries are members of the rose family.
3. California produces some 80% of the strawberries in the U.S.
4. Strawberries contain more vitamin C than an orange.

Health Benefits

Lower Cardiovascular Disease

Regulates Blood Pressure

Fights Heart Disease

Preventing Cancer and Leukemia

Prevents Memory Decline

Maintains Healthy Teeth

Low in Calories - High in Fiber

Helps burn store fat

Protects Skin from Damage

Boosts Immunity

ATTENTION VETERANS:

You are invited to attend a

VETERAN TOWN HALL

Wednesday, June 12th, 2024

at 5:00 p.m.

Veteran Service Office
409 Little Pines Road
Lac du Flambeau, WI

Leaders from the
Oscar G. Johnson VA Medical Center,
Tribal Veteran Service Office
will be on hand to:

- ♦ *Provide a presentation on VA health care,*
- ♦ *Provide updates on the PACT Act,*
- ♦ *Listen to Veterans' comments and concerns.*

**All Veterans and their families and
friends are welcome!**

If you have questions please contact:

Tim Ellison at 800-215-8262, x32001 or
Ronald Peterson 715-588-4174

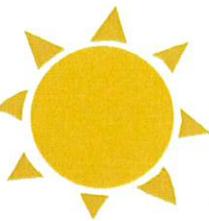




A kangaroo playing air guitar.

I got my wife to help me put some posts in the ground for our new fence, I gave her the new hammer and I said, "When I nod my head you hit it" I don't remember much after that.

Hitting the age where I finally understand why people were so excited to win an appliance



Summer Word Search



SUMMER

G A R D E N Y S M B M T O L S

SUNSHINE

N I A R M E L E S E E R W O U

SWIM

U C I N C I P E A S I A M S N

BOAT

L M L I N O I T A C A V R P S

CAMP

P O P S I C L E Q L D E K I H

HIKE

U I P E C A M P I O O L F C I

GARDEN

Y T N S R E T L M D N T R E N

PLAY

P W N S O E P A T G N E D X E

BEACH

J U G R I A D Y B O A Y A T E

JULY

A U G R I A D Y B O A Y A T E

AUGUST

R L J U L Y G R S A S O U P A

PARK

K E F G L C E A T H I R G A S

PICNIC

B A L Y P A E N O C R E U R D

POPSICLE

S H O R T S O O H A E H S H R

ICE CREAM

U Y P E M N O S A E S S T D E

SHORTS

C H E T A M C L Y B G M R E S

DRESS

T R A V E L X L A O V Z R C O J B R I N S

TRAVEL

V A C A T I O N F O S E M A E R C E C I O W L

VACATION

S E A S O N B L O S S U M M E R W B M O S

SEASON

ONESTOPWORDSEARCH

GIGGLE
LAUGH
SMILE
CHUCKLE
(croptastic)

The Dark Knit.



HAPPY BIRTHDAY!



| | | | | | | | | |
|---------------------|---|---|----------------------|---|----|------------------|---|----|
| Doug Schroeder | 6 | 1 | Sharon Mehling | 6 | 7 | June LaBarge | 6 | 19 |
| Marvin Ree | 6 | 2 | Shirley White | 6 | 7 | Joseph Mitchell | 6 | 19 |
| Gerald Hein | 6 | 2 | Kenneth Big John | 6 | 8 | Gavin Haley | 6 | 20 |
| Gregg Guthrie | 6 | 3 | Benedict Smith | 6 | 8 | Lauri Valliere | 6 | 24 |
| Christopher Maulson | 6 | 3 | Agnes Jack | 6 | 9 | Alice LaBelle | 6 | 25 |
| Robert C. Chapman | 6 | 4 | Cynthia Bauman | 6 | 10 | Dallas White | 6 | 25 |
| James Smith, Jr. | 6 | 4 | Jean Thoms | 6 | 11 | Dee Allen | 6 | 26 |
| John Teschner | 6 | 4 | Duane Maki | 6 | 12 | Debra Chapman | 6 | 26 |
| Garold Smith | 6 | 5 | Cynthia Carufel | 6 | 13 | Gary Maki | 6 | 26 |
| Margo Wewasson | 6 | 5 | James Cobb | 6 | 13 | Linda Daniels | 6 | 26 |
| Daniel King | 6 | 5 | Christopher Jack | 6 | 14 | Vincent Snow | 6 | 26 |
| Wanda Wayman | 6 | 6 | Darrell Hagamon | 6 | 14 | Terry Mitchell | 6 | 27 |
| William Wewasson Jr | 6 | 6 | Peggy Young | 6 | 14 | Michael Bodeau | 6 | 28 |
| Anna Borchardt | 6 | 7 | Scott Lee Poupart | 6 | 15 | Paulette Johnson | 6 | 28 |
| Brenda Peterson | 6 | 7 | Julie Larson-Lemieux | 6 | 17 | Polly Vachon | 6 | 28 |
| Renee Klimowicz | 6 | 7 | Angeline Williams | 6 | 18 | Judith Rivers | 6 | 30 |

CONTACT INFORMATION:

Administrative Office:

Sharon Thompson, Aging Director

Email: sthompson@ldftribe.com

Office: 715-588-4385 Cell: 715-892-3380

Leslie Johnson, Elder Utilities Specialist

ljohnson@ldftribe.com

Office: 715-588-4351 Cell: 715-892-1006

Serena Johnson, Senior Site Manager

Email: serena.johnson@ldftribe.com

Office: 715-588-4388 Cell: 715-892-1539

Wesley Tecumseh, Office Manager

Email: WTecumseh@ldftribe.com

Office: 715-588-4387 Cell: 715-892-4638

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

amthompson@ldftribe.com

Cell: (715) 890-0017

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

Senior Center Menu * June 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 3 Beef Stew WW Biscuit Broccoli Watermelon | 4 Pork Bites in Gravy Brown Rice Corn Grapes | 5 Stuffed Tomato W/ Tuna Salad Cottage Cheese Peaches | 6 Meat Loaf Mashed Potatoes Gravy Carrots Tropical Fruit | 7 Navy Bean Soup w/ Ham Cheese Sandwich On WW Tomato & Onion Salad Fresh Pineapple |
| 10 Sloppy Joe's Mac & Cheese Baked Beans Honey Dew | 11 Spaghetti & Meatballs Romaine Salad w/ Tomato Slice WW Breadstick Banana | 12 Breaded Pork Chop Mashed Potatoes Gravy Carrots Apple Slices | 13 Tater Tot Casserole Broccoli WW Bread Tangerine | 14 Baked Ham Sweet Potatoes Corn Fruit Salad |
| 17 Chicken Stroganoff Buttered Noodles Asparagus Strawberries | 18 Stuffed Peppers Rice Pilaf Carrots Raspberry Applesauce | 19 | 20 Country Fried Steak Mashed Potatoes Gravy Corn Cinnamon Pears | 21 Baked Fish Steak Fries Coleslaw Baked Beans Watermelon |
| 24 Beef Fajitas Spanish Rice Refried Beans Tortilla's Fresh Pineapple | 25 Cabbage Soup w/ Pork, Potatoes Carrots, Rutabaga Cornbread 3 Bean Salad PB Cookie, Pear | 26 Cheeseburger On WW Bun Lettuce, Tomato Tater Tots Grapes | 27 Brat w/ Onion & Sauerkraut WW Bun Potato Salad Fruit Salad | 28 Chef Salad Ham, Turkey, Lettuce, Spinach, Tomato, Eggs, Cheese, Croutons, Muffin Apple Slices |
| 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

JUNE 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| | | | | |
| <p>Pantry/Shopping</p> <p>Please sign up the day prior to the scheduled activity in the dining room or call any of the Drivers.</p> | | | | |
| 3 | 4 | 5 | 6 | 7 |
| |  MOVIE MATINEE | |  Lakeland Pantry |  |
| 10 | 11 | 12 | 13 | 14 |
| |  MOVIE MATINEE | AGING Advisory Board Meeting Conf. Rm. NOON | |  |
| 17 | 18 | CLOSED | 19 | 20 |
| |  MOVIE MATINEE |  |  Lakeland Pantry |  |
| 24 | 25 | 26 | 27 | 28 |
| |  MOVIE MATINEE | NUTRITION Advisory Board Meeting Conf. Rm. | |  |