

# **THE LAC COURTE OREILLES ELDERS CORNER**

*"News by Elders, for Elders, about Elders"*  
Published the first Wednesday of every month.



**SPONSORED BY: LCO ELDER'S ASSOCIATION**  
Ellen Martin, Chair 715/634-0595  
**CONTACT INFORMATION: MONA INGERSON (715) 865-2238**  
Ringerson @ CenturyTel.net

## **NEWS FROM THE LAC COURTE OREILLES** **ELDERS COUNCIL**

Darryl Coons, Chair 715/945-2660  
Faith Smith, Secretary 715/634-1599

Elder Council Meeting Saturday, September 19, 2015

The meeting was called to Order at 10:20 am by Marie Kuykendall. Present were Deanne Martin, Dewey Isham, Lorraine Smith, Vernon Martin and Faith Smith.

TGB Monitors. After discussion, the TGB decided to request funds to complete much needed renovation of the waste water system from the Indian Community Development Block Grant. While we had hoped to request funds for elder housing, the waste water treatment center must be brought up to date before any additional expansion occurs. Work has finally started on the pavilion next to the Quick Stop. By the time it is completed, it will be late fall. A draft budget is being considered by the TGB. Significant changes need to be made in order to avoid a deficit. The Casino is expected to return \$4 million to the tribe and \$1.7 million is expected from indirect cost. The indirect cost figure seems to be over-estimated based on the number of grants now in the works. The TGB approved the Elder and Vulnerable Adult Protection Code. Funds are needed for implementation. This is the responsibility of the Grants Department.

Firewood. Terrance discussed problems experienced by elders who lack the funds necessary to purchase wood for home heating. While they may be able to afford the purchase of wood, elders are unable to chop the wood or clean their chimneys annually. After discussion, he will propose a policy for consideration at the next meeting of the Elder Council (October 3<sup>rd</sup>). We should also consider the promotion of alternative sources of heat other than wood. We are depleting this important resource and it is not an efficient form of home heating.

Elder Council Election. The election date will be Saturday, October 24<sup>th</sup>, 10 am to 3 pm at the tribal office. There are currently four candidates for three positions. They are Tom Carley, Mona Ingerson, Christine Isham, and Dorothy Sharon.

Veterans Registry. Forms were circulated to be used to gather the names of veterans for inclusion in the registry. A scanner was purchased to begin the process of scanning photos and other documents related to LCO veterans.

Constitution Ad Hoc Committee. The committee continues to meet on the 2<sup>nd</sup> Tuesday of each month, at 2 pm in the TGB meeting room. Everyone is encouraged to attend.

Elder Center. Mary requested that the Elder Council serve as the board of the Elder Center. After discussion, the request was approved.

Lorraine moved that the meeting be adjourned at 12:15 pm, seconded by Deanne and approved unanimously.

## **Chippewa Federation**

Faith Smith

The Chippewa Federation met in Red Cliff on September 24<sup>th</sup>. All the member tribes were present. It was suggested that enthusiasm for the work of the Federation is waning and an effort is needed to re-energize tribes to utilize the Federation on behalf of its constituents. Each tribe was asked to articulate the issues they think should and could be addressed by the Federation. Issues suggested were as follows:

Expansion of 638 authorities of contracts

Strategies to deal with non-tribal members who live within reservation boundaries who sometimes act in ways contradictory to the rights of tribes

Health and Wellness

The proliferation of illicit drug use by Native people

Food sovereignty

Resource protection and extension of environmental concerns beyond mining

Thoughtful and informed strategies to address legalization of marijuana

Stronger participation of and consultation with tribes when policies are enacted at the state level

Dialogue about strengthening indigenous language and culture, particularly for young people

Brooks Big John, Waaswaagoning Ojibwe Nation, stated that we are too passive in reclaiming our rights. We need to stand and act together. According to Brooks, the work of the tribes individually and together falls into two categories, Nation Healing and Nation Building.

There was a presentation about the Madeline Island Project, an effort to put Madeline Island on the national registry of historic places. It is being met with opposition from non-tribal residents on the island.

There was also a presentation from the National Park Service which is developing an interpretive exhibit on the Michigan Island Lighthouse which includes Ojibwe history.

## **Elders and Vulnerable Adults Protection Code**

Faith Smith

After a year of work, the Elder Council and the Elder Center, with the assistance of the tribe's Legal Department, have completed the *Elders and Vulnerable Adults Protection Code*. And the Code has been passed by the Tribal Governing Board (21 September 2015).

According to the Code, "it is the policy of the Lac Courte Oreilles Tribe to promote the traditional value of respect for tribal elders and vulnerable adults. Elders, in particular, are valuable resources to the Tribe because they are repositories and custodians of tribal history, culture, and tradition and they are the best hope of the Tribe to pass on the tribal history, culture, and tradition to the children of the Tribe. Elders also have valuable skills and knowledge as a result of their life experiences that, when shared, can offer important insights to younger generations and contribute to a healthy future for the Tribe. Thus, it is in the best interest of and serves the welfare of the Tribe to protect tribal elders" and vulnerable adults.

The next step is to secure funds to develop a response system to assure that provisions of the Code are enacted. The Grants Department has been directed to do so.

A complete copy of the new Code can be obtained from the Legal Department and will be posted on the tribal website.

### **ELDER CENTER NEWS**

MARY WOLF, DIRECTOR (715) 957-0027  
TERRANCE MANUELITO, BENEFITS COORDINATOR (715) 957-0077  
CAROL HAMBLIN, ADRS (715) 957-0076  
CLARA JALOWITZ, NUTRITION PROGRAM (715) 865-3379

**Medicare Annual "Open Enrollment Period"** begins October 15 and will end December 7th. During this time you will want to review your prescription drug plan, or come see us if you would like assistance. Please pay attention to all notices you receive in the mail from CMS (Centers for Medicare Medicaid Services). The different colored notices have different alerts.

There are some significant changes for this coming year, so if you have been with your Prescription Drug Provider for several years, now is a great time to review your coverages.

Please note that people who are on "Senior Care" will not be covered out of state, so that program won't work well for people who are "snow birds".

Terrance and Mary just finished the annual training for Medicare D - and there were a lot of topics covered. For assistance, please call one of the following:

## **MEDICARE RESOURCES FOR WISCONSIN RESIDENTS**

**Medigap Part D and Prescription Drug Helpline (For people ages 60+): 1-855-677-2783**

**Disability Drug Benefit Helpline (For people under age 60): 1-800-926-4862**

**Medigap Helpline (Medicare supplement and Medicare Advantage information for all ages): 1-800-242-1060**

**Benefit specialists in your county or tribe (Medicare and other benefits issues):**

<https://www.dhs.wisconsin.gov/benefit-specialists/counties.htm>

**LCO Elder Center 715-957-0077**

**Memory Café** - This is a new project and will be held at the Hayward Library on Tuesday, October 6<sup>th</sup> from 10-12. We plan to attend and see how it is organized so we can start one at the LCO Library. According to results of our recent elders' survey, many would like to have a time to visit and share memories.

**Healthy Living with Diabetes** - We are about to start our 6-week workshop series, in partnership with the Health Center's Diabetes Program, on Thursday afternoon, October 8 from 3:00 pm to 5:00 pm at the LCO Health Center in the lower level conference room. This is for anyone who has diabetes and for people who have loved ones with diabetes. Sandy Z. is supplying pretty cool incentives to earn! Transportation to and from the workshops will be available. Please call Carol Hamblin to register 715-957-0076. The series will run through November 19<sup>th</sup>.

The TGB has approved an ordinance for Elder & Vulnerable Adult Protection! Faith Smith will be writing more on this fabulous news. Along those same lines, Terrance will be attending the WI Adult Protection Services conference Oct. 14-16.

Phyllis Kirchner, from Energy Assistance, is giving out weatherization boxes with plastic for windows to our elders so call and reserve yours today!! Call Phyllis at 715-634-8934 or Carol Hamblin at 715-957-0076.

The Elder Center has established a partnership with the Boys and Girls Club - through the "Footprints" program, led by Mr. Wes Wilson. Today he presented the Elder Center with a Tribal Flag in appreciation of the partnership that's been developed. We look forward to another successful year of partnership.

## **LCO Ogichidaa Memorial**

Faith Smith

The LCO Elder Council is developing a list of LCO veterans going back as far as possible. Following is a list of the names we have so far. We hope to find out the rank, branch of service and honors received by all our veterans. If there are errors in the spelling of names or if you wish to add names not on the list, please call Mona Ingerson (715/865-2238) with the information. Or you may let any of the members of the Elder Council know (Daryl Coons, Lorraine Smith, Vernon Martin, Dewey Isham, Marie Kuykendall, Deanne Martin and Faith Smith). The list is attached to the end of this newsletter.

We are also requesting a copy of the veteran's DD214 if at all possible, which will answer all the information we are wanting to put with their name.

Thank you.

## **CONSTITUTION REVISION**

Mona Ingerson

We are still seeking comments about the Preamble. While we are waiting, we are starting work on the next section. We are combining the Articles of Territory and Jurisdiction for this next portion of this revision. Please come join us, this is your Constitution. We meet the second Tuesday of the month at 2 p.m. in the Tribal Office. If the time of the meeting is stopping you from joining in, please let us know. We can perhaps change the time to better suit the majority.

## **LCO ELDERS ASSOCIATION MEETING**

Mona Ingerson

We started the September meeting by passing around the pictures taken on the recent Ho-Chunk trip. One of the pictures was of a Nudist Camp advertisement that we passed along the way. We asked for a tour of the camp but we were told that we could not pass the wrinkle restrictions. Oh well.

The membership is invited to lunch at the Landing and a pontoon ride.

We were lucky and got 3 speakers this time. Terrance Manuelito reminded us the Medical Part D enrollment is coming soon. Mary Wolf presented the Aging Plan Goals - 1. Involve Elders; 2. Nutritional Services; 3. Care givers support; 4. Dementia Services; 5. Healthy Aging; 6. Local Priorities. There are 2 openings for Senior companion, see Clara if interested. Carol Hamblin need donations of household goods for a Loan Closet. Birthdays were acknowledged. Jackie C. won the \$10 Early Bird and Deanne M. won the \$9.50 50x50.

## **NUTRITIONAL MOMENT**

A snack for watching football  
Chili Cheese Dip

6 ounces reduced-fat cream cheese  
1 16-ounce jar lower-sodium chunky salsa  
1 15-ounce can black beans, rinsed & drained  
½ teaspoon chili powder                      ¼ cup sliced green onions (2)  
14 ounce lightly salted tortilla chips



Melt cream cheese in the microwave (about 30 seconds). In a 1 ½ -2 quart slow cooker, combine the cream cheese, salsa, black beans and chili powder. Cover and cook 1 ½ to 2 hours. Stir well before serving. Top with green onions and serve with chips.

Serving: 2 tablespoons and 14 chips.

Per serving: 103 Cal., 5g fat, 4mg chol., 57mg sodium, 12g carbs, 2g pro. Exchanges: 1 vegetable, 0.5 starch, 1 fat.

## **MINO DIBISHKAA**

**HAPPY BIRTHDAY WISHES!**

**BEST WISHES FROM THE LCO ELDER'S ASSOCIATION!**

Evelyn Sharlow 10/02, Randell Miller 10/10, Donald DeMarr 10/12, Victoria Carpenick 10/13,  
Nancy Cooper 10/18,  
Stanley Quagon 10/23, Donna Belille 10/24, Vernon Martin 10/26, Martina Gouge 10/31, Gary  
Zentz 10/31

## **Elder Council Election**

The election date will be Saturday, October 24<sup>th</sup>, 10 am to 3 pm at the tribal office. There are currently four candidates for three positions. They are Tom Carley, Mona Ingerson, Christine Isham, and Dorothy Sharon. Eligible voters must be LCO members who are at least 55 years of age. There will be a mailing of the ballot to eligible voters in Sawyer County. Those unable to vote in person on October 24<sup>th</sup> must return their completed ballots to the tribal office by October 16<sup>th</sup>.

## **DID YOU KNOW**

Wax paper can help fix a few things such as spilled water on a book. Put wax paper in between the pages and close the book. As it dries, the wax paper wicks away moisture

and prevents wrinkled pages. Fold a piece of wax paper and run it through your can opener. The wax lubricates the blades.

## A COMMENT

Greetings All!

I was at our LCO tribe's General Membership meeting held at the Casino Bingo Hall this past Saturday, 09-26-2015. I was glad to see all who were there, and wished more tribal members had attended. Again, it was another interesting meeting. There of course were good points and happenings, as well as some things that were either displeasing or disappointing. All Tribal Council members were present.

I had the chance to again speak on our need for an ambulance service based here on our LCO reservation. This was probably the 4<sup>th</sup> or 5<sup>th</sup> time I have brought this issue up. Rusty and Mic voiced their agreement. The points I brought up were:

According to the CDC (Center for Disease Control), they say that 1 out of 3 people over the age of 65 fall every year. The numbers of deaths for those over 65 has doubled since 2009. (Control, 2015)

In the July 6<sup>th</sup>/13<sup>th</sup> Time magazine, in their article: *What are my risk Factors*, they report that 1.) "Most people live past 65, at which point the top cause of death is heart disease - 26%.", 2.) "Nearly 75% of people who died in 2013 were over 65.", and 3.) "For the ages of 1 year to 44 years of age, the number one cause of death is accidents," with the percent ranges being 22% to 41% for the various age groups (Note: all article data from CDC). (Staff, 2015)

In Wisconsin, motor vehicle crashes are the leading cause of death for Native Americans. (Board, 2006)

On 07-04-2015, KDLH reported on their Morning Show, that: 1.) 6% of people who die, die outside the hospital setting; 2.) With EMT's present the survival rate is increased by 11%; 3.) The number **#1 PRIORITY IS IMMEDIATE CPR...beginning chest compressions**. Chest compressions need to be started in less than two minutes after an event occurs. **THE UTMOST IMMEDIATE RESPONSE IS TO GET AN AED TO THE PATIENT TO DOUBLE THEIR CHANCES OF SURVIVAL.** (Show, 2015)

What the above information presents is that we are facing an immediate crisis. Homeland Security reports that "9 out of 10 ambulance calls will be geriatric." Our Comprehensive Land Use Plan states "...three age groups that had percentage increase over 50 percent. There was approximately a 51 percent increase in the 35-44 age group, a 64 percent increase in the over 85 age group, and a 76 percent increase in the 45-54 age group." (Board, 2006) What this means is that we are facing an immediate crisis by not having an ambulance stationed and operating on our reservation.

The current position for activities in our world is that at the *Senior Level*, an **AED** should be at all such events and happenings. For activities, senior level begins at age 35! We currently do not even have an AED at our Reserve Senior Center, or an adequate first aid kit, or an oxygen tank! Nor do we have anyone who is doing **ALL STAFF TRAINING**, or keeping records of our training programs. Sawyer County Ambulance Service provides great service. But we are not their focus area even though our reservation area represents well over 50 percent of their ambulance calls.

In conclusion, we need to:

1. Insure that we establish an ambulance on our reservation. There was discussion about how this would be funded. Regardless of how it is done, whether we seek outside support and funds through grants or other governmental funding, it needs to be done. During the membership meeting it was mentioned that we need to become aware that we cannot always expect to depend on other governmental agencies for funding. Well, maybe this is where we should bite the bullet, step up, and refocus!
2. Establish our own training programs to see that all employees receive regular and annual training and skill updates. Have someone who is skilled at implementing this training and keeping the records to insure that everyone is trained and refreshed.

This all is kind of a *No-Brainer*. We should not be at this stage where we are still trying to decide how we are going to accomplish this. This has long been discussed, and long been planned for. Our clinic has a garage that was part of the design for an ambulance base, which is where our ambulance should be based. It's a central location, and the ambulance crews can provide assistance to the clinic when there are no calls. Having EMT's was part of the 2006 *Comprehensive Land Use Plan*. (Board, 2006)

Two quotes I ended my presentation with at the General Membership meeting are:

An LCO Elder said: "It just goes to show, you better not die or get sick around here."

Martin Luther King said: "A budget is a statement of morality."

So, where is our moral compass at?

Daryl C. Coons, Jr., LCO Elder

Bibliography

Board, L. C. (2006). *Comprehensive Land Use Plan*. Hayward, WI: Lac Courte Oreilles Tribe.

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Show, K. T. (2015). *Health Segment*. Duluth, Minnesota: KDLH TV.

Staff. (2015, July 6th). What are my risk factors? *Time Magazine*, pp. 70-71.

## **NOTEWORTHY**

Mona Ingerson

On Saturday, September 26<sup>th</sup>, we had our first General Membership meeting with our newly elected council members. All seven were in attendance and dressed nicely. I will not worry about being represented by any of these council members (two of them could have been on cover of GQ magazine!) There were a number of handouts. So many that I cannot include all of them with this Newsletter. I have attached what I think would be of most interest.

## **JOKES & INTERESTING TALES & STORIES**

An atheist was seated next to a little girl on an airplane and he turned to her and said, "Do you want to talk? Flights go quicker if you strike up a conversation with your fellow passenger."

The little girl, who had just started to read her book, replied to the total stranger, "What would you want to talk about?" "Oh, I don't know," said the atheist. "How about why there is no God, or no Heaven or Hell, or no life after death?" as he smiled smugly.

"Okay," she said. "Those could be interesting topics but let me ask you a question first. A horse, a cow, and a deer all eat the same stuff - grass. Yet a deer excretes little pellets, while a cow turns out a flat patty, but a horse produces clumps. Why do you suppose that is?"

The atheist, visibly surprised by the little girl's intelligence, thinks about it and says, "Hmmm, I have no idea." To which the little girl replies, "Do you really feel qualified to discuss God, Heaven and Hell, or life after death, when you don't know shit?"

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Arcelor-Mittal Steel, feeling it was time for a shakeup, hired a new CEO. The new boss was determined to rid the company of all slackers.

On a tour of the facilities, the CEO noticed a guy leaning against a wall. The room was full of workers and he wanted to let them know that he meant business.

He asked the guy, "How much money do you make a week?" A little surprised, the young man looked at him and said, "I make \$400 a week. Why?"

The CEO said, "Wait right here." He walked back to his office, came back in two minutes, and handed the guy \$1,600 in cash and said, "Here's four weeks' pay. Now GET OUT and don't come back."

Feeling pretty good about himself, the CEO looked around the room and asked, "Does anyone want to tell me what that goof-ball did here?" From across the room a voice said, "Pizza delivery guy from Domino's."

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Dress Code

Many of us over 50 . . . WAY over 50 . . . are confused about how we should present

ourselves. We're unsure about the kind of image we are projecting and whether or not we are correct as we try to conform to current fashions. And for those of you receiving this who are nowhere near 50 yet, keep reading anyway . . . you'll be there.

Despite what you may have seen on the streets, the following combinations DO NOT go together and should be avoided:

1. A nose ring and bifocals
2. Spiked hair and bald spots
3. A pierced tongue and dentures
4. Miniskirts and support hose
5. Ankle bracelets and corn pads
6. Speedos and cellulite
7. A belly button ring and a gall bladder surgery scar
8. Unbuttoned disco shirts and a heart monitor
9. Midriff shirts and a midriff bulge
10. Pierced nipples that hang below the waist
11. Bikinis and liver spots
12. Short shorts and varicose veins
13. In-line skates and a walker

And the ultimate 'Bad Taste' in fashion: 14. A thong and Depends

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**DATES TO REMEMBER:**

**October 8 (6 weeks) Diabetes /workshop 3-5 p.m., Elder Center**

**October 13 - Constitution Revision 2 p.m., Tribal Office**

**October 15 - Medicare Enrollment begins, Elder Center**

**October 22 - Long Term Care Meeting 10:30-2:30, Wausau**

**OCTOBER 24 - ELECTION FOR ELDER COUNCIL 10-3, TRIBAL OFFICE**

**November 4 - LCO Elders Association Meeting 10:30-12:00, Convention Center**

**November 7 - Elders Council 10-12, Loft**

**Dancing at the Casino Lounge: Shake a Leg or Tap a Toe  
I tried to get the schedule for October but had no luck.**

**SEE YOU NEXT MONTH**