



LEECH LAKE ELDERLY NUTRITION PROGRAM APRIL 2018

Aaniin!

Have hope!! the snowing has to end sooner or later!! I hope everyone is doing well!

Spring cleaning is coming! Please be extra careful twisting or turning. Don't hesitate to call if you need help with anything!

Looking for suggestions for mays letter! I plan on putting some exercise and physical activity tips in it already, and some planting tips for our planters-and flower gardens!! :)

please don't forget to call us to cancel home delivery if you are not there for the day!

Miigwech till next month~

Dawn Jaspers 335-8314

Diane Koutsky 335-7112

Joshua Wind 335-7102

Community Events

April 1st– Happy April fools day! AND Happy Easter!!!

Quarterly Meeting– Bena Community center

4/6/18

Bingo for books

April 10

Dancing down Memory Lane

April 19 10 am to 2 pm

Ball Club Community Center

Leech Lake Legacy

4/27–4/28

(Cass Lake– Old Movie Theater)

Superhero cosmic Bingo

April 27th

Sanford Woman's Expo

May 12th

Every Wednesday is Food Shelf Pick up! All y ou need to provide is a piece of mail with y our address on it!

LEECH LAKE BAND OF OJIBWE

ENP
ELDERLY NUTRITION PROGRAM



Happy Easter!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 EASTER 	2 Bagged lunch Closed Post Easter	3. Bagged lunch Closed for elections	4. Turkey Noodle soup Crackers Biscuit Cheese stick Orange	5. Chef Salad with all the trimmings Yogurt Breadstick	6. Chicken Alfredo California Blend Garlic toast Jell-O with fruit	7.
8	9. BBQ Pork Ribs Coleslaw Peas Dinner Roll Tropical Fruit	10. Beef Stew (potatoes, peas, carrots, celery, onion) Biscuit Mandarin Oranges	11. Chili (kidney beans, beef, celery, onions, tomato sauce) Cornbread Kiwi	12. Pork Chop Stuffing Green Beans Apricots Dinner Roll	13. Spaghetti w meat sauce Carrots Honeydew Breadstick	14
15	16. Tacos (Fish, Cabbage, Fresh Mango salsa) Wheat Tortilla Jell-O with cottage cheese	17. Chicken Kiev Au gratin potatoes Steamed Broccoli Banana	18. Wild Rice soup (Celery, Onion, Carrots, Hominy) Roast Beef Sandwich Pudding	19. Meatballs with Gravy Egg Noodles Peas/carrots Apple Crisp	20. Wild Rice Hot dish-with chicken 3 bean salad Pineapple Chunks Dinner Roll	21
22	23. Chicken Chow Mein Brown Rice Chinese Noodles Chow Mein Veggies Honey dew	24 Hamburger Gravy Mashed potatoes Green Beans Cranberry sauce	25. Potato Soup (Celery, Onion, Carrot) Crackers Ham Sandwich Grapes	26. Roast Beef Potato Carrots Applesauce Dinner toll	27. Tuna Casse-role (Celery, Peas, Mushroom soup) Egg Noodles Orange Dinner Roll	28.
29.	30. CHEF CHOICE					

All meals served with 1 % milk, whole wheat bread and margarine unless specified. All

Jell-O and puddings are sugar free and Juices are 100% fruit juice w/ vitamin C

Aries



Dates: March 21-April 20

You are feeling amorous today but may need encouragement from a third party to take a step in the right direction. A blind date could be on the cards. Because of your strongly competitive urges, you will win something or achieve some goal which will result in greater respect and more money. Asking for assistance shouldn't be something you are embarrassed about. In fact, asking for help will enable you to finish your tasks much quicker. You feel restless in your relationships because you understand things more clearly and feel dissatisfied. Articulate your dissatisfaction if you want to fix things.

Taurus



Dates: April 21—May 21

It's time to reward yourself with some leisure after a job well done. Getting into the habit of overworking is easy especially if you've developed a routine in which it becomes easier to run yourself into the ground. As you've set this standard, why would you be surprised that others would expect you to perform at this level continuously? Communications can be muddled under the effects of Mercury. You may be thinking of other things, not the least which is the past and while you're busy doing that, you are missing what's being said in the moment. Maintain your focus to avoid any confusion.



SETTING THE TABLE

Drum Room/Kitchen of Cedar Hall
The 2nd Tuesday of February-May
Class is from 5p-8p
Learn how to harvest from nature

February 13

Growing a sprout garden
Learning to use sprouts
Everything provided
Taught by Jamie Lee

March 13

Baking from the wild
Flour from nuts
Syrups for sweeteners
Taught by Emily Derke

April 10

Cleaning and cooking goose
How to clean and prep
How to cook water fowl
Taught by Eric DeVault

May 8

TBA



By learning to acknowledge and understand the food sources that are available to us, we also learn to understand that the right food can feed our spirit.

They are connected and we are connected.

This is a time to gather with others who are making an intentional decision to eat what the earth provides and to reintroduce the diet creator put here for us.

This is open to everyone and there is no registration.

Lets practice "Gaween plastic". No Plastic water bottles
This event is hosted by the LLTC Extension & Community Education



Tribal college events

Making Ribbon Skirts & Basic Applique

When: 4th Thursday of February-May, 2018 @ 5-8pm
Where: Cedar Hall-Art Room
Who: 10 pre-registered participants for each class.
Provided: Fabrics, thread, ribbon, & sewing machines
*Please call Esther at 335-4247 to register.
You may bring your own supplies if you choose.



Lets practice "Gaween plastic".
No Plastic water bottles
Hosted by LLTC Extension & Community Ed Program





1. April is actually the 2nd month for spring season. It is the month where a lot of people are planting different kinds of fruits and vegetables in their farms.

2. People who are born in the month of April will carry the character of innocence. It is because the birthstone diamond symbolizes this characteristic.

3. In the United States, April is a significant month for all those people who are into sports. It is simply because it is the opening month of professional baseball season.

4. The month of April is actually named in honor to the Venus. In case you do not know, Venus is the Ancient Romans' Goddess of fertility, beauty, sex, and love.

5. In England, one sign that people holds when spring season is about to come is when cuckoo birds are already everywhere. This happens when it is already April. That is why England has cuckoo festivals.

6. People who are born in the month of April have the birthstone of Diamond. The month's birth flower is the Daisy or the Sweet Pea. When it comes to zodiac signs, March 21 up to April 19 falls under Aries, while April 20 up to May 20 falls under Taurus.

7. Without a doubt, the Southern Hemisphere and the Northern Hemisphere are completely different especially in terms of climate or weather. If you are in Southern Hemisphere, the equivalent of April month in the Northern Hemisphere is the month of October

8. There are a lot of holiday celebrations in the month of April. These are the Cancer Control Month, Alcohol Awareness Month, Jazz Appreciation Month, Teacher Appreciation Month, National Arab American Heritage Month, National Poetry Month, Arbor Day, Earth Day, Autism Awareness Day, and April's Fools Day.

9. April is also a popular name given to a lot of people. As a matter of fact, the name April is the 423rd most common name in the United States. In the United Kingdom on the other hand, it is the 250th common name.

10. In the United States of America, there were four Presidents who were born in the month of April. The thing is, there were also 4 US Presidents who died in the month of April. Moreover, in the United Kingdom, there were 3 Prime Ministers who have April as their birth month. The interesting part is, there were also 3 of UK's Prime Ministers who passed away in this month.



April is National Child Abuse Prevention Month





Bezhigoogahbow Library at Leech Lake Tribal College is not just for LLTC students; all community members are welcome to use its resources. The library has something for everyone: fast Internet, computers, iPads, a children’s play area with Ojibwemowin activities, DVDs, quiet workspaces, small meeting areas, comfortable chairs that face some spectacular windows, and—of course—books for readers of all ages. Library cards are free! To receive a library card, just stop by the library with any form of photo ID and fill out a short registration form.

Bezhigoogahbow Library opened in February of 2015 when LLTC moved its library from a large classroom into a brand new, 8,000-square-foot building. Since then, library staff have been working hard to expand the library’s services. The library is staffed full-time by Hannah Buckland, Director of Library Services, and Marie Lowry, Library Assistant. Both are happy to help library users with research questions, using computer programs, navigating the Internet, finding just the right book or movie, editing, completing coursework for online degree programs, and more.

Most often, the library is open **Mondays through Fridays from 8:00 AM to 4:30 PM** with extended hours some evenings based on staff availability. Questions about the library can be directed to Hannah at 335-4240 or hannah.buckland@lltc.edu.

READING

bottom-up shared intensive independent extensive
guided detailed top-down modelled paired
critical



Bingo for Books



Sponsored by:

Walker Rotary

When: Tuesday, April 10th, 2018

Where: WHA Commons

Time: 5:30-6:00 p.m. - Meal
6:00-7:00 p.m. - Bingo

Cost: \$5 per person,
Max. \$20 per family

\$5 Entry Fee Includes a Meal & Bingo

*Please note that all children must be accompanied by an adult.

Bingo prizes awarded will be new books AND Amazon Fire Kids Edition tablets. Throughout the evening we will have door prizes, and the Wolf Pack Shirt Shack will be open!

*At the end of the event, those children that did not win a book during Bingo will be able to come up to the table and pick out a book to take home!
Everyone is a winner!*

If you have any questions, please email Andrea Johnson at andrea.johnson@stifel.com



Attentions Elders!

Put on your dancing boots and join us celebrating

Classic County at

2018 Dancing Down Memory Lane,

FOOD MUSIC DANCING VISITING GOOD
FRIENDS FUN PHOTO BOOTH

When: Thursday, April 19, 2018

Time: 10:00 am until 2:00 pm

Where: Lone Eagle Community Center,
30875 Arctic Road, Deer River 56636

This is an ELDER ONLY event – No Children Please!
Event will be postponed if there is a wake or funeral on this date.

For more information or if you need transportation, please call:

Avis Poupart at 218-335-3739 or 1-866-582-0224

Eva Wilson at 218-252-3373

Jean Beaulieu at 218-368-9125

Edi Wilson at 218-328-4189

Sponsored by Leech Lake Elder Services, Elder Service Provider Network, MCT MIAAA and Northwoods Caregivers



APRIL EVENTS

The Minnesota Chippewa Tribe Elder Events

OPEN FOR CLIENTS
TUESDAY - THURSDAY
7:30AM - 4:30PM

ADMINISTRATION HOURS
MONDAY - FRIDAY
7:30AM - 4:30PM

FOR MORE
INFORMATION,
CONTACT:

Alyssa, Carol, Cheryl
or Linda

@ (218) 339-3167

Or Toll Free:

888-231-7886 @ Ext. 167

Every Thursday this month,
from 11:30AM until gone,
we will be serving the following:

April 5th: Manicotti

April 12th: Ravioli

April 19th: Alfredo

April 26th: Lasagna

(\$5.00 donation is suggested)

Tuesday, Apr. 17th

10AM - 12PM:

NARCAN Presentation
Snacks Provided

Thursday, Apr. 18th

10AM - 12PM:

Haircuts from Salon Academy
(First come, first serve)

*Call and speak with one of our staff today!

Thursday, Apr. 18th

10AM - 2PM:

Dancing Down Memory Lane
@ the Ball Club Community Center

Wednesday, Apr. 25th

11:30AM - GONE:

Community Meal

Pulled Pork, Coleslaw & Rice Krispy Bar

**Craft of the Month:
RIBBON SKIRTS**

Craft Days are
Tuesday from 10AM - 2PM
& Wednesday from 10AM - 2PM

Matter of Balance Workshop

Tuesdays from 1:30PM - 3:30PM

March 13th - May 1st

(1 Session Per Week / 8 Weeks Total)

SUPER HERO COSMIC BINGO

APRIL 27th

Walker Legion 8pm



WHICH
SUPERHERO
ARE YOU?



GAMES
PRIZES
&
CASH
PRIZES

BEST COSTUME CONTEST



Servings 4 tacos

Tilapia fish tacos

Asian Chicken salad

Ingredients

- 2 Tilapia fillets
- Pinch of cumin
- Pinch of chili powder
- Pinch of salt
- Pinch of pepper
- 4 corn tortillas
- 1 avocado
- Crumbled feta cheese
- Shredded cabbage (to your liking)
- Cilantro (add to your liking)
- Mango salsa (add to your liking)

Instructions

1. Sprinkle fillets with spices
2. Cook in nonstick skillet 3 minutes each side
3. Assemble mango salsa
4. Assemble on tortilla with desired toppings

Ingredients:

- ♦ chicken breasts marinated, grilled, and cut into strips
- ♦ 1 head romaine lettuce washed and cut
- ♦ 3 oz. baby spinach
- ♦ 6 oz. mandarin orange slices
- ♦ 1/4 cup sliced almonds
- ♦ 1/4 cup cilantro
- ♦ 2 tbsp toasted sesame seeds
- ♦ 1/4 cup baked wonton strips

Instructions

1. Chop lettuces to liking and top with choice of toppings from above
2. Top with sesame vinaigrette
 - 1/2 cup rice vinegar
 - 1/4 cup sesame oil
 - 1/2 tsp salt
 - 1/2 tsp pepper
 - 1 tbsp. agave
 - 1 tbsp. toasted sesame seeds
 (whisk together or shake in a mason jar)



UPCOMING SESSIONS:
FIRST FRIDAY OF EACH MONTH
 February 9, March 2, April 6, May 4, June 1

FROM 2:00 - 3:30 P.M.

FRIENDS IN THE KITCHEN

Eat Healthy. Save Money.

Eating healthy does not have to be expensive. Join us monthly for these free sessions at Harmony Foods and learn how to prepare affordable nutritious meals. And, make a few new friends too!

Sponsored by:



Harmony Foods
 Community Center,
 Everyone Welcomes.

ARE YOU 55 OR OLDER?

Looking for ways to cook and eat healthy without spending a lot of money?

Do you have mobility limitations or dietary needs that challenge your abilities in the kitchen?

Learn how to create healthy, affordable, easy-to-make meals.

LOCATION

Harmony Co-op
 302 Irvine Ave NW
 Bemidji, MN 56601

DROP IN OR RSVP!

To register in advance call:
 218.751.2009

All District Culture Camp Bena community center

April 28, 2018

1-5pm



Everyone is welcome to join!

- Language table
- Arts and crafts
- Red willow harvesting and making asemaa
- History
- Lunch and additional materials will be provided

Sponsored by:

- Leech Lake Youth Programs
 - Youth Chemical Dependency Program
 - Tobacco Prevention Program
- For more information contact
 Liz at 407-4984 or
 Youth Program at 335-3653



Leech Lake Youth Program
 190 Sallstar Dr. NE
 Cass Lake, MN 56633



LEECH LAKE TRIBAL COLLEGE ANNUAL

Anwebiwin Niimi'idiwin

Resting Powwow

SATURDAY MAY 19TH, 2018

Veterans Memorial Grounds • Cass Lake, MN
 - Grand Entry: 1:00pm & 6:30pm -

FREE ADMISSION • EVERYONE WELCOME
 DINNER STARTS AT 5:00PM

Dancers must be dressed in full regalia and registered for both sessions to receive honorarium.

SPIRITUAL ADVISOR
 Mike Smith

ARENA DIRECTOR
 David Northbird

MASTER OF CEREMONIES
 Branden Bowstring

HOST DRUM
 LLTC

LEECH LAKE HONOR GUARD

VENDOR CONTACT
 Kim Dickson: 218-335-4242 or kim.dickson@lltc.edu
 (NO refunds will be given after payment)



LLTC Committee will not tolerate any drug/alcohol use while on property. Fighting or gang activities to promote a negative atmosphere will not be allowed. Any violations will result in removal from Powwow grounds by security and/or onsite law enforcement personnel. This institution is an equal opportunity provider and employer.



GRANDPARENTS RAISING GRANDCHILDREN

It's a situation with growing numbers. In Minnesota, it's now estimated that more than 68,000 kids (an increase of 40% since 2000) are now living under the primary care of a grandparent or some older relative. Nationwide, more than 2.5 million children are cared for by extended family or close family friends because the biological parents are unable to do so. Legal custody of the child may or may not be involved, and the child may be related by blood, marriage, or adoption. This arrangement is also known as "kin care" or "relative care".

Grandparents (or Grandkin) may be called upon with little preparation to provide primary care for their grandchildren. These situations can be stressful, not only for children, but for the grandparents who need to make major adjustments (social, emotional and financial) in their lives.

Reasons for a parent's absence or unwillingness can include:

- Substance abuse
- HIV/AIDS
- Death
- Abandonment
- Teen pregnancy
- Incarceration
- Divorce
- Poverty
- Mental Health Issues, among others



Becoming a caregiver can be a challenging time as the grandparent is often faced with new expenses and the need for a larger home while living on a fixed income, and can be faced with a child that has behavioral challenges from a history of neglect.

Minnesota Resources for Grandparents Caregivers:

- Senior Linkage Line[®] - for information about benefits and services available at 1-800-333-2433
- [Lutheran Social Services Kinship Family Support Services](#) – for information about legal options, financial resources, support groups, workshops and family circle conferences.
- LSS Warm line – for telephone support to find resources at 651-917-4640 or 1-877-917-4640
- [LawHelpMN.org](#) - to find free legal help, access legal aid information and know your rights by law.
- [County Human Services office](#)

National Resources for Grandparents Caregivers

[Grandfamilies State Law and Policy Resource Center](#) - is a resource center for grandfamilies within and outside of the child welfare system.

[American Grandparents Association](#) – has information and resources for grandparents.

[Raising Grandchildren](#): Support

[The Brookdale Foundation](#) - Relatives as Parents Program - for information, reports, national and state links and programs.

[Generations United](#) – for information, policies and programs to support grandparents caregivers

[Home Safety for children](#)