

JANUARY

Leech Lake Elderly Nutrition Program , January 2018

Aaniin!!

Happy New Year!!! Its been COLD out lately! January has been not so welcoming!!

Also a reminder to everyone, If you are NOT going to be home for home deliveries, please call and let one of us know! Safety regulations do NOT allow us to leave the meal on the porch, or in a cooler! Someone Has to be there to accept the meal.

Also If your drive is not plowed our drivers can not risk getting stuck, as they have hot meals to deliver in a timely manner! Please give us a call if you need help with getting your drive plowed, porch shoveled, or any other chore you might need help with! We are more then happy to help in any way we can!

Thank you to everyone that made it here to share the Christmas dinner with us!!

We had a great turn out and enjoyed your company!

As usual, Until next month, take care and stay warm!

Your E.N.P Staff~

LEECH LAKE BAND OF OJIBWE

ENP
ELDERLY NUTRITION PROGRAM



January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 	1. CLOSED	2 Chefs Choice	3 White Chicken Chili Corn Bread Kiwi	4 BBQ pulled chicken on a wheat bun Sweet potato Fries Corn apple	5 CLOSED-Weather	6
7	8 Chef salad with all the trimmings Dressing Yogurt Breadstick	9 Tatar tot hot dish with hamburger Mandarin Oranges Dinner roll	10 Baked Ziti with Italian sausage Green Beans Garlic bread Pears	11 Beef Stew (Potatoes, carrots, rutabaga, peas, onions) Biscuit Grapes	12 Pollock Wild Rice Honeydew Broccoli Wheat bread	13 
	15 CLOSED 	16 Lasagna Side Salad (lettuce-tomato) Breadstick Mandarin oranges	17 BBQ Chicken Coleslaw Peas and carrots Dinner roll Cranberry juice	18 Wild Rice Hot dish Carrots Pineapple chunks Wheat bread	19 Tacos (Beef, cheese, lettuce, tomato, sour cream) Flour Tortilla Kiwi	20
21	22 Baked Cod Wild Rice Corn Banana Dinner roll	23 Turkey ala King Biscuit Tomato Juice Chocolate Pudding	24 Wild Rice soup (Celery, onion, carrot) Roast Beef sandwich Grapes	25 Chicken Alfredo California blend Garlic toast Apple	26 Roast Beef Au gratin potato Green beans Apricots Bread/butter	27 
	29 Pork chop Stuffing Wax beans Apple crisp Dinner roll	30 Baked chicken Sweet potatoes Peas and carrots Tropical fruit cup	31 Bean and Ham soup Biscuit Orange Cheese stick			

All Meals served with Milk, whole wheat bread and margarine unless specified. All Jell-O and puddings are sugar free. Juices are 100% Fruit Juice with Vitamin C.



Hot & Creamy Spinach-Artichoke Dip

Ingredients

- 16 oz. Lite sour cream
- 8 oz. pkg. 1/3 less fat cream cheese softened
- 3TB Butter
- 1 can artichoke hearts, drained and chopped (NOT MARINATED ONES!!)
- 10 oz. Package frozen-chopped spinach, defrosted, squeezed dry (Don't go insane trying to get all the water out, not that big of deal!)
- 8 servings of reduced fat parmesan style topping
- Garlic Salt

Directions

- Melt butter in a saucepan. Add drained and chopped artichoke hearts and spinach, cook on medium heat for 5 min stirring frequently.

- Add cream cheese, sour cream, and parmesan.
- Mix well. Add garlic salt to taste. Reduce heat and stir occasionally until heated through and thickened.
- Remove from heat.
- Serve warm with Tortilla chips

Can be doubled and kept hot in a crock pot for gatherings :)

2 TBS = 1 Serving

Makes 30 servings for recipe

Calories: 60.9
 Total Fat: 4.3g
 Cholesterol: 14.0 mg
 Total Carbs: 3.1 g
 Protein: 34.4 g

- 1— (8 ounce) Container Cool Whip Lite, Thawed
- 1 —(6 ounce) Container Light Yogurt (Any Flavor)



- 1.) Whisk the cool Whip and yogurt together and serve with fresh fruit!!
- 2.) Store refrigerated in airtight container!

Fruit Dip

Calories: 59
 Total Fat: 3g
 Cholesterol: 0
 Total Carbs: 9g
 Protein: 34.4 g
 Vitamin A 1%
 Calcium 2%
 (Per 1/4 cup serving)

A few pictures from our Christmas dinner on December 18, 2017



Every year we are blessed to receive these beautiful Poinsettias donated to our elders from Oliver Blosser and Jerry Quaal and their church out of Monticello MN! On behalf of our elders, and the staff here at the ENP we would like to extend a huge Thank you and appreciation for your kindness! Bless you all!!! ~Miigwech





13 New Years Resolutions for Caregivers to Consider

1. I give myself permission to not keep the following resolutions or to keep them only partway.
2. When I feel I am imperfect, I will remember that guilt is not an option as long as I know I did the best I could, given the circumstances.
3. I will find time alone for myself, even though that seems impossible. That may mean asking for help from people and sources I've never considered before.
4. Regardless of how deserving the source, I will say no to requests for my time when I know I cant add any more to my plate.
5. I will remember that family members and friends who are not care receivers deserve some of my time. This may mean a little less of my attention will go to my care receiver, and that is okay.
6. I will follow through with my own health care appointments and screenings, including dental cleanings and eye exams.
7. I will find a way to monitor my own energy levels so I can recharge my batteries before I hit the point of exhaustion and burn out.
8. I will remember that seeking advice from professionals, organizations, and fellow caregivers is a sign of strength, not weakness.
9. I will remember that my care receiver didn't choose the illness, or disability, or situation that he or she is living.
10. I will remember that I didn't choose this life for my care receiver either, so I won't be a martyr to their living situation.
11. I remember that taking care of my own needs isn't selfish. Taking care of myself benefits everyone I love.
12. I will get to appropriate help for myself if depression, anxiety or other mental health issues becomes apparent to me, my friends, or my family.
13. I will be open to alternative ways of caring for myself. This can include massage, aroma therapy, some form of meditation, exercise, attending a support group, seeking out respite care, or meeting with a therapist.

This list is merely a starting point, what would you add or delete? Print this out and hang in a prominent place, you can work towards these goals, even if just a little bit everyday. Just looking at it once a month may help give your situation a new prospective!!

Capricorn

Dates: **November 22—December 21**

You feel full of valor and bravery. We're not talking about the rough and tumble of war or contact sports here either. This is much more a case of moving forward in your life path by ridding yourself of useless fears and apprehensions and having the courage of your convictions to do what you dream. Be brave today. You encounter episodes with the women in your life. They may appear especially sensitive, moody, or apprehensive toward you. Your emotional expression and your instinctive reactions are not operating clearly, and you might find yourself embroiled in heated debates in which you stand in defence of your own viewpoints.



Aquarius

Dates: **January 21st—February 19**

You desire freedom but following your own path may not be all that easy especially if others have enlisted your help and this is taken a lot more time than you had at first expected. You need to follow the dictates of your own heart and once you have fulfilled your obligations, make it a point to carefully consider how much time and effort is needed when you say yes to everyone. You're marching to the beat of a different drummer because you gained confidence in the past few months. This is an excellent period for you to showcase your skills and to attempt something you may not have been capable or desirous of doing some time ago.





NOTICE

The Leech Lake Tribal College Board of Trustees is seeking nominations from interested Leech Lake Band Members to fill a **Male Elder** vacancy on their board.

Potential board member requirements:

- Demonstrate a long-term interest in education and job training
- Have a high degree of ethical standards
- Be involved in community service
- Be a member of the Leech Lake Band
- Be at least 55 years old

Any individual interested can request a nomination application and a complete list of qualifications by emailing cindy.kingbird@lltc.edu or calling 218-335-4261.

Closing Date: 02-02-18



SURRENDER EVENT

Hosted by Leech Lake Legacy

Winter is here!

Outdoor Dogs and Cats have a hard time surviving our Minnesota winters.

If you have dogs, cats, puppies or kittens that you are worried might not survive outside this winter, or if you have animals that you are no longer able to care for, Leech Lake Legacy can help you.

On Sat., Jan 13th, we will be at MCT headquarters in Cass Lake and prepared to take in any and all animals that you would like to surrender.*

The animals you bring in will be loved and cared for by our volunteers. If they are injured or sick, we will help them get well. After the event, your dogs or cats will be sent to our partner rescues or shelters who will find good homes for them.

DATE	Saturday, January 13th	8am - 5pm	
PLACE	THE MINNESOTA CHIPPEWA TRIBE 15542 STATE HWY 371 NW CASS LAKE		

*Free dog and cat food will be available to residents and volunteers will be on hand for nail trims.

If you have questions, please contact us at:
1-866-LEGACY-3 (534-2293) | leechlakelegacy@gmail.com

FUNDED BY LEGACY OF LOVE MONTHLY DONORS
LEECHLAKELEGACY.ORG

JANUARY 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, Linda,
Fran, Robert, or Cheryl
@ (218) 339-3167
Or Toll Free:
888-231-7886 @ Ext. 167

We are hosting a REST
Training on:
Monday,
January 29th, 2018
From 8:15a - 4:15p
Call ADS Today
for Details!

We are closed on:
January 1st (Holiday)
&
January 15th (Holiday)

We will be serving lunch from 11a until GONE!
(\$5 Donation Suggested)

- Thursday, Jan. 11th: Chicken Dumpling Soup & Salad
- Thursday, Jan. 18th: Wild Rice Soup & Salad
- Thursday, Jan. 25th: Cheryl's Soup & Salad

On Wednesday, January 31st, 2018, from 11:30a until GONE!
We will be serving
Beef Stew
for the free community dinner

January 3rd, 2018:
Birthday Cake
For January Birthdays -
Call the ADS Center for details!

Craft of the Month:

Native American Crafts

Craft Days are every
Tuesday & Wednesday
from 1PM - 3PM

January 9th, 10th, 16th, 17th, 23rd & 24th

We will also be playing bingo during our craft days!



January 2 & 9



February 6 & 13



March 6 & 13

Beading with Jackie Wright

From January-March 2018, the 1st & 2nd Tuesdays, 5-7pm Jackie will teach one beading project to ten (10) pre-registered participants each month.

Please see photo and dates on side of flyer.

Beading will take place during class.

Material/supplies provided by the LLTC Extension Community Ed Program.

Please call Esther at 335-4247 to register.

*if you are interested in teaching a beading class April-June please contact Esther.

Lets practice "Gaween plastic".

No Plastic water bottles

Feast bundles are encouraged for the potluck snacks and refreshments

This event is hosted by the LLTC Extension & Community Ed Program

Any concerns, ideas or questions please call Esther at 218-335-4247

