



## Leech Lake Elderly Nutrition Program October 2017

*Please Pardon our dust while we move!*

We have been super busy moving the ENP from the old Winchester Building too the all new "Red Cedar Assisted Living Center"!! We would like to apologize to everyone this move may have effected or inconvenienced in any way. Thank you all for your patience and understanding, You're awesome and we appreciate it! Should be any day now that Cass Lake center is serving congregate again! The new building is Beautiful!

If you ever have ANY questions or concerns you can always contact us here at the ENP @

Dawn Jaspers (ENP Manager) 218-335-8316 / 218-760-7050

Diane Koutsky (Title VI Caregiver Outreach) 218-335-7112 / 218-407-3096

OR

Joshua Wind (Culinary Assistant) 218-308-3596



LEECH LAKE BAND OF OJIBWE  
**ENP**  
ELDERLY NUTRITION PROGRAM

# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 Turkey Patty, lettuce, cheese, tomato on bun Oven Fries Corn Yogurt	3 Roast Beef Potato Carrots Applesauce Wheat Bread/butter	4 White Chicken Chili Cornbread Kiwi	5 Salisbury Steak Garlic Mashed potatoes/ Gravy Green Beans Wheat Bread/butter orange	6 Pollock Wild Rice Broccoli Banana <i>(Bagged lunch for Monday October 9)</i>	7
8	9 <b>CLOSED Happy Indigenous Day!</b>	10 Split Pea Soup Ham Sandwich Cranberry Juice	11 Spaghetti with meat sauce Green Beans Garlic Bread sticks Pears	12 Strawberry/walnut Salad with chicken Rasp. Vinaigrette dressing Cottage cheese Apple crisp	13 Wild Rice Hot dish Peas and carrots Pineapple chunks	14
15 	16 Meatballs/ gravy Egg Noodles Brussel sprouts Apple crisp	17 Chicken Kiev Scalloped potatoes Zucchini Blend Honey dew	18 Turkey Noodle soup With Peas-carrots Biscuit Cheese stick	19 Citrus Pepper Salmon Wild Rice Green Beans Banana	20 Lasagna Breadsticks Side salad Yogurt	21
22	23 Glazed Pork Roast Potatoes California Blend Vegetables Apple Sauce Dinner Roll/ butter	24 Taco's (ground beef, lettuce, cheese, tomatoes, sour cream) Flour tortilla Italian Ice	25 Baked chicken Scalloped potatoes Broccoli Grapes	26 Potato soup (celery onion) Ham Sandwich Mixed Tropical fruit	27 Pollock Wild Rice Squash Banana	28
29	30 Roast Beef Mashed potatoes Carrots Angel cake with strawberry topping	31 Chicken Alfredo California blend Breadstick Halloween cookie				

**All Meals served with Milk, whole wheat breads and margarine, unless specified. All Jell-O and puddings are sugar free and juices are 100% fruit Juice with Vitamin C. Menu Subject to change**

# Libra



Dates: **September 23 - October 22**

Element: **Air**

Planet: **Venus**

## Sign Characteristics:

Balance, Justice, Truth, Beauty, Perfection. Easily sees both sides of an argument. Highly skilled at problem-solving and decision making. Knows how to be unbiased while offering spirited debates on beliefs, knowledge, politics, etc. Appreciates sharing amongst family, friends co-workers etc. Finds it difficult to be alone; works best in partnerships.

# Scorpio



Dates: **October 23 - November 21**

Element: **Water**

Planet: **Mars**

## Sign Characteristics:

Transient, Self-Willed, Purposeful, Unyielding. Not easy to pin down or predict. Prone to jealousy and possessiveness. Highly amorous with impressive sex drive. This drive can be expressed in vocation, beliefs sport, or relationships. Tends to be competitive, especially with themselves. Can be very critical with themselves. Very creative, artistic and imaginative.



# Tomato & Mozzarella Salad

## Ingredients

- Red Ripe Tomatoes,
- 4 cherry or grape
- Mozzarella Cheese, part skim milk,
- 1 oz. Garlic,
- .5 clove (or more if desired)
- 5 tbsp Extra Virgin Olive Oil,
- .5 tbsp Fresh Basil
- Mixed greens (salad), 1 cup (or more depending on appetite)

## Directions

- ⇒ Cut tomatoes in to halves.
- ⇒ Cube the mozzarella cheese.
- ⇒ Dice the fresh basil and garlic finely.
- ⇒ Place all ingredients in a bowl, toss, chill and serve!

**Calories: 155.5**  
**Total Fat: 11.8 g**  
**Cholesterol: 16.4 mg**  
**Sodium: 143.5 mg**  
**Total Carbs: 5.5 g**  
**Dietary Fiber: 1.5 g**  
**Protein: 7.9 g**

- 1 Box Sugar Free Orange Gelatin
- 1 Small container fat free cottage cheese
- 1 small can (Drained ) Mandarin Oranges
- 1 Can Crushed Pineapple (Drained)
- 1 Small Container Fat-Free whipped Cool Whip

**Calories: 58.7**  
**Total Fat: 1.1 g**  
**Cholesterol: 1.7 mg**  
**Sodium: 15.2 mg**  
**Total Carbs: 7.9 g**  
**Dietary Fiber: 0.4 g**  
**Protein: 4.5 g**

Drain canned fruit, in bowl combine cottage cheese with jello, stir until mixed, add fruit, Cool Whip, mix and refrigerate for 1 hour, serve

# Orange dump Salad



**Got a recipe you would like to share? Give me a call or stop in the office!!**

**218-407-3096  
or 218-335-7112**



How do you make a witch itch?

*Take away her 'w'.*

www.ActivityVillage.co.uk



What does a hungry ghost want?

*Ice Cream*

www.ActivityVillage.co.uk



What do you call a fat jack-o-lantern?

*Plumpkin*

www.ActivityVillage.co.uk



What runs around a cemetery but doesn't move?

*The fence.*

www.ActivityVillage.co.uk



Why is Dracula so unpopular?

*Because he is a pain in the neck.*

www.ActivityVillage.co.uk

## Celebrate Fall at the Pumpkin Patch!

Leech Lake Diabetes Program

### Family Wellness Day

**OCT 28<sup>TH</sup> 2017**

**TIME:**

9:45am Meet at the Diabetes Fitness Center

Bus will load at the Diabetes Fitness Center prompt departure at 10:00am

3:00pm Return to the Diabetes Fitness Center

**EVENT LOCATION:**

Carter's Red Wagon Farm, Park Rapids, MN

Diabetes Prevention & Wellness is for Native American families with children that have at least 2 Diabetes risk factors. At least one adult family member is REQUIRED per family and youth ages 5-17 may participate; 1 parent/adult family member per 4 children. We will be heading to Park Rapids to explore activities and adventure a pumpkin Patch! There is a \$10 deposit required to ensure your spot. You will get your deposit back, along with a \$15 Fruit and Veggie Voucher for your participation!

Contact Leech Lake Diabetes Clinic for an information brochure and to sign up.

Diabetes Prevention & Management

Transportation Provided to Farm limited to 45 participants

Fun Fall Activities: corn maze, wagon rides, giant slide and much more!

Lunch and Snack Provided

Free Pumpkins

**PLEASE CONTACT TO REGISTER:**

**LEECH LAKE DIABETES CLINIC**  
Cass Lake, MN

218-335-4511

Registration & Deposits no later than 10/16/17 4:30pm

## What's Happening!!?

Food Shelf

Wed 10am-2pm

9th— Indigenous Day (Closed)

14th—Pheasant Opener

21st—Beaver, Mink, Otter Muskrat Opener

31st— Halloween! Treats for tots-Leech Lake

## NOVEMBER

4th—Deer Hunting Season Firearm Opener

5th—Daylight Savings

11th—Veterans Day

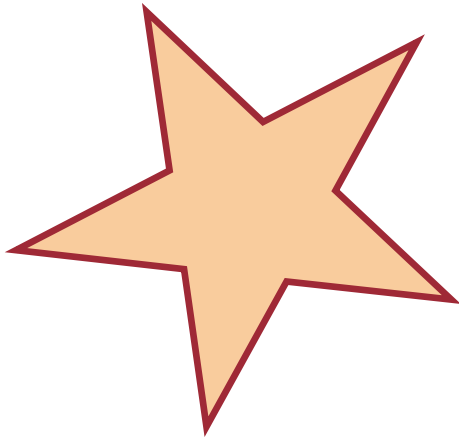
23th—Thanksgiving

24th—Night we Light (Bemidji)

25th—Deer Muzzle Loaders Opener

# Natures Vitamins

Vitamin A	Vitamin	Essential For	Source
Milk, Dark Green Veggies, Citrus fruits	A	Eyes Immune System Skin	 <p>ORANGE FRUITS &amp; VEGGIES, DARK GREEN VEGGIES, MILK</p>
B6 Beans, Nuts, Red Meat, Fish, Eggs, Spinach	B6	Brain Function Nerve Function Red Cell Production	 <p>BEANS, NUTS, RED MEAT, FISH, EGGS, SPINACH</p>
B12 Milk, Eggs, Poultry, Red Meat, Fish	B12	Red Cell Production Nerve Function	 <p>MILK, EGGS, POULTRY, RED MEAT, FISH</p>
Vitamin C Citrus fruits, berries, Spinach, Tomatoes	C	Bones Teeth Skin	 <p>CITRUS FRUITS, BERRIES, SPINACH, TOMATOES</p>
Vitamin D Sunlight, Egg Yolk, Milk	D	Bones Calcium Absorption	 <p>SUNLIGHT, EGG YOLK, MILK</p>
Vitamin E Nuts, Grains, Green Veggies, Vegetable Oils	E	Red Blood Cells Protects Cell Damage	 <p>NUTS, VEGETABLE OILS, GRAINS, GREEN VEGGIES</p>
Folic Acid Fruits, Dark Green Veggies	Folic Acid	Cell Health Heart Disease	 <p>FRUITS, DARK GREEN VEGGIES</p>
Vitamin K Egg Yolks, Dark Green Vegetables	K	Blood Clotting	 <p>EGG YOLKS, DARK GREEN VEGGIES</p>
Niacin Grains, Dairy Products, Nuts, Poultry	Niacin	Promotes Conversion of Food to Energy	 <p>GRAINS, DAIRY PRODUCTS, NUTS, POULTRY</p>
Riboflavin Fish, Dark Green Veggies, grains, Red Meat	Riboflavin	Energy Chemical Processes	 <p>FISH, DARK GREEN VEGGIES, GRAINS, MEAT, MILK</p>



**LEECH LAKE BAND OF OJIBWE**

*Leech Lake Veterans Pow Wow*

DEPARTMENT OF THE ARMY  
DEPARTMENT OF THE AIR FORCE  
DEPARTMENT OF THE ARMY  
UNITED STATES MARINE CORPS  
UNITED STATES NAVY

**FRIDAY, NOVEMBER 10, 2017**

**NORTHERN LIGHTS CASINO AND EVENTS CENTER, WALKER**

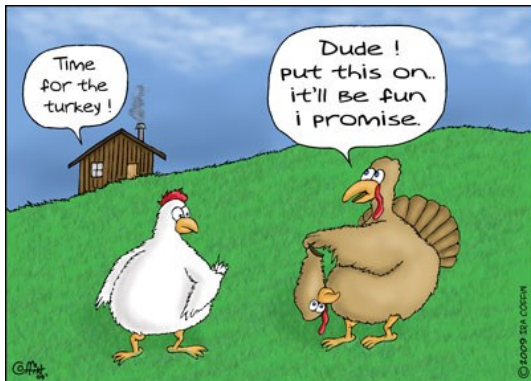
GRAND ENTRY 1:00 P.M. & 7:00 P.M.  
LIGHT SUPPER 5:00 P.M.

WE ARE ASKING ALL ROYALTY TO ATTEND THE 7:00 P.M. GRAND ENTRY

LEECH LAKE HONOR GUARD

No Alcohol, drugs, or firearms/weapons allowed. The Pow Wow Committee is not responsible for injuries, damages or stolen items.

# Thankful



## Sneak Peak for November closings!!

Pre-Veterans Day	Friday, November 10, 2017
Thanksgiving Day	Thursday, November 23, 2017
Post-Thanksgiving Day	Friday, November 24, 2017

SAFE HALLOWEEN FUN FOR YOUR FAMILY  
AGES 12 AND UNDER!

# Treats FOR TOTS

October 31, 2017; 4pm-7pm

Locations:

NLC Events Center, Walker  
Boys & Girls Club, Cass Lake  
Morse Town Hall, Deer River

## Leech Lake Elder Abuse Awareness Symposium

November 9, 2017  
9:00 a.m. to 3:00 p.m.  
Northern Lights Events Center  
Walker, MN

Open to family, friends and professionals.  
Please join us!

**THERE IS  
NO CHARGE  
FOR ELDERS**

In lieu of a registration fee, we encourage our non elder participants to bring a door prize donation for our upcoming LL Elder Christmas Party (December 12, 2017). Donations are encouraged but not required.

### Agenda (tentative)

Morning	
8:00 - 9:00 a.m.	Social Hour and Registration
9:00 - 9:30 a.m.	Welcome and Opening Prayer
9:30 - 10:30 a.m.	What is Elder Abuse
10:30-10:45 a.m.	Morning Break
10:45-11:45 a.m.	Financial Exploitation
Noon	
12:00-12:30 p.m.	Lunch (Provided)
Afternoon	
12:30-1:30 p.m.	What can we do?
1:30-1:45 p.m.	Afternoon Break
1:45-3:00 p.m.	Fun Stuff

Early registration is encouraged  
Contact Avis Poupart at 218.335.3739 or  
Eva Wilson at 218.335.3014 to pre-register.  
We will have room for up to 150 people.



Elder abuse is an intentional act, or failure to act, by a caregiver or another person in a relationship involving an expectation of trust that causes or creates a risk of harm to an older adult. (Source <https://www.cdc.gov/violenceprevention/elderabuse/definitions.html>)

### Symposium Speakers

Shannon Moore, LLTPD Crime Victim's Advocate  
Kyle Fairbanks, LLTPD Investigator  
Great Grandmother Mary Lyons, LL Elder Leech Lake Financial Services

### Contributors

LLBO Elder Services  
Leech Lake Tribal Police Department  
LLBO Health Division  
LLBO Tribal Council

## HALLOWEEN COMMUNITY SOBRIETY FEAST & COSTUME CONTEST



Potluck!!!  
Medallions & Speakers

October 25, 2017  
6:00-8:00 p.m.  
Boys and Girls Club  
Cass Lake

Costume contest with prizes  
18 and under: 1st, 2nd, & 3rd place prizes  
18 and over: 1st, 2nd, & 3rd place prizes

Contact Rob Fairbanks ( 218) 335-4514



## WISDOM STEPS ANNUAL HEALTH FAIR

When : Tuesday, October 24, 2017  
Where: Bena Community Center  
Time: 10:00 am - 2:00 pm



### Informational Booths Available



- Lunch will be provided
  - Door prizes -
- Must be present to win!

Transportation is available

For more information, You can contact at 218-335-7290

**Elder only event, We ask that you do not bring children with you to this event.**

**If you have any questions please call**

**Carol @ 218-308-3256 or Eva/Jean @ 218-335-3626**