

Magāokada Wi

April 2016

Volume 16, Issue 4

Geese Egg Laying Moon

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SPRING CLEAN UP

FRIDAY, APRIL 22ND

Please have all items out by Thursday Afternoon
Everything will be accepted this year.

LOWER SIOUX INDIAN COMMUNITY

COMMUNITY MEETING

Wednesday, April 27th at 5:00 p.m.
Jackpot Junction Casino Hotel



Our team has been selected as one of only 60 teams in the nation to participate in the Native American Basketball Invitational (NABI) June 26th - July 2nd. NABI is the largest all Native American High School basketball tournament in North America.

The tournament also boasts one of the nations largest "College and Career Fairs" and has been featured in numerous national media outlets such as: Sports Illustrated, ESPN Magazine, USA Today, New York Times and many more. Our goal is to raise \$5,000 to cover entry fees and travel expenses.

ANY DONATION AMOUNT WOULD BE GREATLY APPRECIATED!!

<https://www.gofundme.com/pcpfba3g>

Employment News

Senior Services Reemployment Program (SSRP)

- ◆ Tribal Elders (ages 55+, enrolled with LSIC & residing within the service area) will be able to participate in this program — limited positions are available—it is on a first come first serve basis.
- ◆ Jackpot Junction will determine what services they are in need of and coordinate with those departments for scheduling Tribal Elders (no more than 20 hours per week).
- ◆ Upon application approval (apply at Jackpot with Cheyenne St. John, ext. 8106) the member will be notified with commencement date and location of employment.
- ◆ Tribal Elders participating in this program must follow the employment policies Jackpot Junction has in place.
- ◆ Training employment will commence based on the availability of positions as well as funds; based on need presented and evaluated by the Community Council.

Health Department

All Parent's of New Born Babies!!

- ◆ Need to come into the Health Department within the first thirty (30) day of Birth
 - ◆ Register for Health Insurance and Indian Health
- ◆ If your newborn is not registered within the first thirty (30) days of birth there is no insurance coverage
- ◆ Your newborn will not be eligible for insurance until the open enrollment if you do not abide by these rules

Health Correspondence

To all members, please bring into the health department all mail and correspondence you receive from Blue Cross, CCS, Medicare, Clinics, Hospitals and etc. Teri and Chris do not receive any of the correspondence that you do. Some of the correspondence you receive may be time sensitive requesting additional information for various reasons. Teri and Chris may not be able to help with insurance matters if these are not completed.

Lower Sioux Health and Human Services Website Announcement

The Lower Sioux Health, Social Services, Recreation and Chemical Dependency Departments have collaborated to develop a new website. The website includes up to date information such as staff contacts, hours, events, policies and the Elder Nutrition menu. The new Lower Sioux Health and Human Services website also includes information for our upcoming clinic! Please check out your new Health and Human Services website at: www.lowersiouxhhs.org You may also find the new website by clicking either the Health & Human Services or Recreation Links under the departments page on the www.lowersioux.com site.

Lower Sioux Elder Nutrition Program Menu: April 1, 2016 -April 29, 2016

Unzanipi- "We are Healthy"

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					April 1
					Hamburger Pattie Bun w/ Lettuce & Tomato Condiments Summer squash pota- to salad Peach & Berry Crisp
Week 2	April 4	April 5	April 6	April 7	April 8
	Grilled Chicken Breast w/ Gravy Wild Rice Salad Cooked Carrots Whole Wheat Bread Mandarin Orange Slices	Chili Shredded cheese topping Mixed Greens w/ vinaigrette Cornbread muffin with Wojapi	Elder's Choice Day! Club Sandwich Kettle Chips Chocolate Cake w/ sliced strawberries	Turkey Vegetable Wrap Fresh Melon Oatmeal Raisin Cookie	Garlic & Sage Roast- ed Pork Rustic Mashed Pota- toes Carrots Whole Grain Bread Chef's Choice Fresh Fruit Pumpkin Bar
Week 3	April 11	April 12	April 13	April 14	April 15
	Chef's Salad w/ Western Dressing Wheat Dinner Roll Chef's Choice Fresh Fruit	Squash macaroni & cheese Vegetable medley Cranberry wild rice dinner roll Berry Crisp	Fish Sandwich Bun w/ lettuce and tomato Asparagus Greek Yogurt Parfait w/ Fresh Berries	Sweet Potato Burrito Bowl Sugar free vanilla Pudding	Grilled Lemon Pep- per Chicken Baked potato California Medley Small Wheat Roll Fresh Fruit Fluff
Week 4	April 18	April 19	April 20	April 21	April 22
	Meatloaf Parsley Butter Pota- toes Cooked Carrots Whole What Dinner Roll Chef's Choice Fresh Fruit	Chicken Caesar Salad Wrap Fresh Grapes Angel Food w/ Ber- ries & Whipped Top- ping	Spaghetti w/ Meat Sauce Garden Salad w/ Western Dressing English Muffin Garlic Bread Fresh Melon	Grilled Walleye Herb Roasted Sweet Potato Mixed greens salad w/ ranch Wheat Roll Chef's Choice Fresh Fruit	Three sister's vegeta- ble lasagna Pumpkin seed spin- ach salad Breadstick Lemony fruit cup w/ almonds
Week 5	April 25	April 26	April 27	April 28	April 29
	Sloppy Joe Southwest Pasta Salad Fresh Baby Carrots Chef's choice Fresh Fruit	Broccoli Cheese Po- tato Soup Pumpkin Seed Spin- ach Salad Breadstick Yogurt Parfait w/ Berries	Baked Lemon Pepper Fish Baked Potato Garden Salad w/ Ranch Dressing Sugar Free Jell-O w/ Mandarin Oranges	Beef Stroganoff Cooked green beans Wheat bread Blueberry Crisp 	Grilled Chicken Salad Vegetable Sauté Cracked Wheat Bread Butterscotch Pudding Chef's Choice Fresh Fruit

Menu includes 1% or skim milk, coffee, tea, water. The menu meets the requirements of the National Standards for providing healthy meals, the *Dietary Reference Intakes* (DRI's) and the *Dietary Guidelines for Americans*. Menu has been evaluated and approved by: Stacy Hammer, RDN, LD. Menu is subject to change.

* Guest meals are available for \$8.50. Guest meal price includes: meal, drink, dessert and gratuity. In order to ensure sufficient food is prepared, please call Gayle McCorkell one day prior at: 697-8016 if you need your meal delivered, or if you will be dining at Jackpot. Meals will be served from 11:30- 12:00 pm Monday- Friday at Jackpot Junction, with socialization until 1:00 pm. Dining room location will be on the 2nd floor, but will vary. Please look for room location daily on signage and screens throughout Jackpot Junction. Please turn menu over for healthy snack ideas to place in between your meals.

March is National Nutrition Month®!



Attention Elders:

Wisdom Steps meeting for the month of April will be held from Noon-1:00 p.m. in the MPR on **Thursday, April 28th.**

Diabetes Bingo will be held immediately following the meeting.



Questions or need to set up an appointment? Contact:
Stacy Prescott -Hammer, RDN, LD
Registered Dietitian
Diabetes Coordinator

- Stacy's office is now located in the Lower Sioux Health Care Center

Office phone: 697-8945

Please come and enjoy Diabetes Bingo

Date: **Thursday, April 28th at 1:00 p.m.**

Place: **Multi purpose room (MPR)**

- Nutrition Education on how to manage or prevent diabetes
- Bingo and trivia games with prizes for added enjoyment!
- Healthy Snack and recipe's will be provided!

Grocery Store Tours:

Dates: **Please call Stacy to set up a time and date**

Place: **Meet at the Lower Sioux Health Care Center**

- Grocery store tours will teach participants how to read food labels and make healthier choices at the grocery store.
- Tours may be scheduled by calling Stacy to set up an individualized or group tour.

Nutrition Services Offered:

- Individual Nutrition counseling for Diabetes, heart health, hypertension and many other conditions.
- If your Physician or primary care provider has referred you to a Registered Dietitian, please contact Stacy for an appointment.

Reminder, the ENP van is available for Elder's needing transportation to and from Jackpot Junction to enjoy their meal with other Elders in the Dining room for congregate services!

- The van is also handicap accessible, which will allow room for those Elder's requiring their wheelchair for transporting. Please call Gayle McCorkell at: 697-8016 if you would like to be transported to Jackpot Junction dining room for your meal service.
- *The van will be utilized first and foremost for transporting Elder's to & from Jackpot Junction for their lunch, and for meal delivery. However, the van may be utilized for local grocery shopping trips, during non-meal service hours. For insurance liability purposes, the van may only be driven by a Lower Sioux Community staff member. **The following are the dates scheduled for Grocery Store trips in April:**
- Tuesday, April 5th pick up from home at 2:00 p.m.
Tuesday, April 19th pick up from home at 2:00 p.m.
Please call Gwen at: 697-8941 and leave a message to reserve your grocery store trip.
- First come, first serve, maximum of 7 adults.
- Those who wish to reserve transportation to grocery stores must be 18 years of age or older.
Deadline to reserve your seat must be made by 11:00 a.m. on day of grocery store trip.

The Lower Sioux Elder Nutrition Program is also pleased to announce a new program offering Medical Alert Systems for eligible elders. Please read the following information on eligibility requirements.

In order to be eligible to receive a life alert system under the Lower Sioux Title VI services, you must be an enrolled member of any tribe, living within the Lower Sioux IHS service area, **aged 65 or older and living alone.** Funding for medical alert systems are not guaranteed after the first year of service. Participants will be notified if funding allotments are adjusted due to availability of funding.

Eligibility may also include those who are aged 60 and older and meet two of the following criteria:

- *Living alone, or are alone for long periods of time throughout the day
- *Have a medical condition that could require immediate medical attention
- *Are recovering from a major surgery, a fall, heart attack, or hip replacement.

In order to begin services, and check for eligibility please contact

Lower Sioux Title VI Director, Stacy Hammer, RDN, LD at: 697-8945

Our Community

STRENGTHS

*-Cansayapi parents
eyapi*

3/12/16



Our Community

STRENGTHS

-Cansayapi elders
eyapi

1/20/16





IyóꞤopa Uṇkaḡapi

“Cradleboard Making Workshop”



Kickoff Date: Monday, April 18th

Time: 5-7pm

Location: Church Hall

Join us to learn how to make a cradleboard from Pamela Halverson, master artist and her Apprentice, Tim Roberts. We will share a meal as well.

Every evening, 5:00-7:00pm,

April 18th– April 21st

At Church Hall

Call Sara Tempel, RN for more information, 697-8940



Čhaṇšayapi

Dakota Language

Family Immersion Weekend

Lower Sioux Community Center

Saturday, April 16
10 am – 4 pm

Elder's Work Program at Jackpot:

Applications are available at Lower Sioux Comm. Center- eligibility is verified by Tribal Council.

Participants may apply and assist any approved Jackpot department which has **open/available** listing for assistance.

The Elder participant may work up to a maximum of 20hrs per week. (No additional payment beyond 20hrs)

The following departments are currently available for Elders to assist in:

PlayZone-assist with art projects, sanitize toys, help with curriculum books, entertaining kids of all ages- helping soothe and rock babies, helping with meal time in toddler/ preschool room. No hard labor- just keeping kids happy!

Hotel Housekeeping Dept.- stripping hotel rooms, restocking rooms, changing garbage's. Something that wouldn't be too stressful on anyone. The time of need would be definitely the weekends and possibly some days during the week if the Hotel gets busier.

Front Desk/ PBX – Assisting the hotel front desk operator transferring calls and other light clerical duties- availability is random.

Casino Housekeeping – Light dusting, wiping of machines and emptying of ashtrays and small garbage throughout casino. Duties may differ on daily basis.

FOR MORE INFORMATION ON DEPARTMENT AVAILABILITY AND DUTIES, PLEASE CONTACT JACKPOT'S EMPLOYMENT COORDINATOR AT 697-8106.

JOB OPENINGS:

CHEMICAL DEPENDENCY COUNSELOR

TEMPORARY FILING CLERK

Questions? Please contact Barb Brodeen
at 507-697-6185

ADOPTION APPLICATION

Will be available starting June 1st.

Please contact Miranda Sam for more information

At 507-697-6185

miranda.sam@lowersioux.com

Lower Sioux Agency Historic Site Job Openings

Part-time **(1) Historic Site Interpreter and (1) Maintenance** positions. HS Diploma or equivalent is required. Applicants should have experience in interpersonal communications and in preparing and delivering quality verbal presentations; experience in working with the public; and a strong interest in Minnesota and Dakota history. Must be able to attend mandatory training sessions and work a varied schedule including weekdays, weekends, and holidays. For more information and application materials call, (507) 697-6185.

Closing on applications will be Friday, April 15, 2016.

Grace Goldtooth-Campos , THPO/ Historic Site Manager

Lower Sioux Indian Community

(A) 39527 Res. Highway 1 | Morton, MN 56270

(D) 507.697.6185 | (F) 507.697.8617

(E) grace.goldtooth@lowersioux.com | (W) www.lowersioux.com

Community News

BARBARA BRODEEN TRIBAL ADMINISTRATOR

We are pleased to announce Barbara Brodeen. She is our new Tribal Administrator and began employment on March 21st, 2016.

Barbara comes to us as an enrolled member of Bois Forte where she was the Executive Director for over nine years. She holds a Masters Degree in Tribal Administration and Governance. Barbara also has a Bachelor's Degree in Business Administration.

Barbara's office will be located across from Dakota Futures, Inc.

2016 SUMMER EXPLORER PROGRAM

All students Grades 1-6

June 13th-30th

Monday—Thursday

9:30 a.m.—3:30 p.m.

Applications can be picked up at the Lower Sioux Government Center with Teresa Peterson or Miranda Sam and are due back by April 13th.

Foster Parents Needed!

Lower Sioux Indian Community

Social Service

needs your assistance in finding caring, loving homes.

If you are interested

we would be grateful to assist you.

Please call 507-697-9108.

~We are the change that we seek~

**Change will not come if we wait for some other person
or some other time. We are the ones we've been waiting for**



March 5th, 2016
**5th Grade Girls
Redwood Area
Basketball
Tournament-1st**

Place Three tribal members pictured from top left- Mia Staples, Kyra Toreen & Samantha Crooks

QUILTING CLASS

Wednesday's 1-7

CONTACT:

Ruby Minkel 507-430-3282

Happy 60th Birthday

Hope

TwoHearts

Love Always,
Your Children
and Grandchildren
and Great
Grandchildren




EMERGENCY HOUSING LOANS AVAILABLE

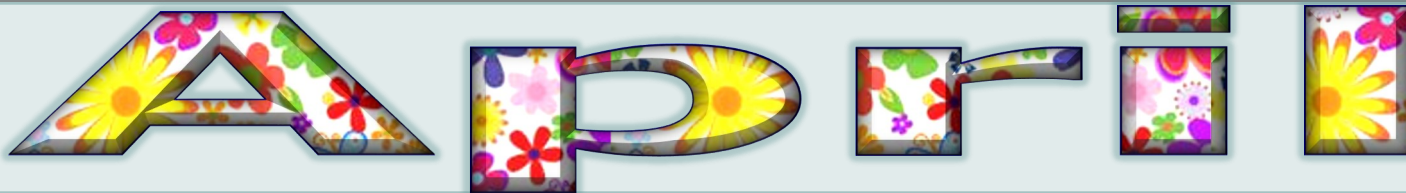
Terms:

- For **emergency** home repairs-applications will be considered on a case-by-case basis
- \$5,000 maximum loan
- 24 month maximum repayment term
- \$200/month minimum payment
- \$100 Processing Fee
- 100% payback

For more information, contact Phyllis Littlecreek-Wilbanks, Housing Director at (507) 697-6185, ext. 2540 or housing@lowsioux.com.

Rec-April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Volleyball 6-8 Taco sale 830-330p	2
3	4 Tutor 4-6 Tkd 4-7 Men's night 7-9	5 Tutor 4-6 Tkd 4-7 Lacrosse 8p	6 Drum 4-5 Tiwahe 530-7	7 Tkd 4-7	8 Volleyball 6-8	9
10	11 Tutor 4-6 Tkd 4-7 Men's night 7-9	12 Tutor 4-6 Tkd 4-7 Lacrosse 8p	13 Drum 4-5 Tiwahe 530-7	14 Tkd 4-7	15 Volleyball 6-8	16 Dakota language 11-3
17	18 Tutor 4-6 Tkd 4-7 Men's night 7-9	19 Tutor 4-6 Tkd 4-7 Lacrosse 8p	20 Drum 4-5 Tiwahe 530-7	21 Tkd 4-7	22 Volleyball 6-8 Earth day work- shop 4-6	23
24	25 Tutor 4-6 Tkd 4-7 Men's night 7-9	26 Tutor 4-6 Tkd 4-7 Lacrosse 8p	27 Drum 4-5 Tiwahe 530-7	28 Tkd 4-7	29 Volleyball 6-8 Taco sale 830-330p	30



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Learn to be Wise, to be Silent & to Listen Teaching of White Eagle					1 1-4 Intensive Outpatient Ser- vice	2
3	4 1-4 Intensive Outpatient Service	5 1-3 Continued Care Service 7 Gambling A	6 11 Elders Mtg. 1-4 Intensive Outpatient Service 1-7 Quilting	7 12 Noon AA	8 1-4 Intensive Outpatient Ser- vice	9
10	11 1-4 Intensive Outpatient Service	12 1-3 Continued Care Service 7 Gambling A	13 11 Elders Mtg. 1-4 Food Shelf 1-4 Intensive Outpatient Service 1-7 Quilting 4:30 Education	14 12 Noon AA	15 1-4 Intensive Outpatient Service	16
17	18 1-4 Intensive Outpatient Service 5-7 Cradle Board Making Workshop	19 1-3 Continued Care Service 7 Gambling A	20 11 Elders Mtg. 1-4 Intensive Outpatient Service 1-7 Quilting	21 12 Noon AA	22 1-4 Intensive Outpatient Service EARTH DAY COMMUNITY CLEAN UP	23
24	25 1-4 Intensive Outpatient Service	26 1-3 Continued Care Service 7 Gambling A	27 11 Elders Mtg. 1-4 Food Shelf 1-4 Intensive Outpatient Service 5 Community Mtg 1-7 Quilting	28 12 Noon AA 12 Wisdom Steps 1 Diabetes Bingo	29 1-4 Intensive Outpatient Service	30