



Namebini-Giizis (Sucker Moon) February 2015



Special points of interest:

- Child Care Providers Training 5-7pm @ ECC Feb. 12th
- Home Based and Zaagichigaazowin Joint Socialization 10 to noon @ ECC Feb. 13th
- Bayfield Early Release @ 12:45 Feb. 13th
- ECC/Tribe Closed Feb. 16
- ECC Winter Gathering Feb. 28th 10 to 1pm @ Youth Center

1st Annual Winter Gathering

We would like to invite ECC families and community members to our 1st annual Winter Gathering on **Saturday, February 28, 2015 at the Red Cliff Youth Center from 10:00am to 1:00pm**. This event will have environmental and Ojibwemowin activities and games for people of all ages. If you are interested in volunteering your time to help with activities or have any questions, please contact Jennifer Bresette (ext. 257), Cindy Garrity (ext. 253) or Reggie Cadotte (ext. 233) at 715-779-5030.

ECC Winter Gathering
Saturday, February 28, 2015
10:00am to 1:00pm
@
Red Cliff Youth Center



Inside this issue:

ECC/Community Calendar
Classroom Updates
Upcoming events
Ojibwemowin
Attendance works
Weatherization program
Safety
Nutrition
Health
Financial Resources
Bayfield Library survey
Community/job postings
Menu



Dental Varnishes



The Dental Hygienist will be here at the ECC providing screens and fluoride treatment for ECC enrolled children. The next 2 weeks- Wednesday, February 4th and 11th from 9:00 am - 11:00 am. If you have any questions call Patt (ext.256) or Ashly (ext. 255) @ 779-5030.

Wednesday, February 4th and Wednesday Feb. 11th

Namebini-Giizis (Sucker Moon) February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 *GED Classes @ ECC *WIC Pick up *Tribal Council mtg *ZUMBA 5-6 @ Clinic	3 WIC Pick up	4 *JOM Mtg Dental Varnish	5	6	7
8	9 *GED Classes @ ECC *WIC Pick up *School Board Mtg *ZUMBA 5-6 @ Clinic *Bayfield Library Focus Group Mtg 5:30- 6:30 @MM Trailer	10 WIC Pick up	11 Dental Varnish	12 *Emilio DeTorre and Richie Plass Presentation @ Youth Center starting at 3pm *Child Care Provider Training 5-7pm @ ECC	13 *Home Based and Zaagichigaazowin Joint Socialization 10 to noon @ ECC Bayfield Early Release @ 12:45	14
15	16 CLOSED President's Day Bayfield Closed or Snow Makeup Day	17 Tribal Council Mtg	18 *Housing Mtg	19 Language Table	20	21
22	23 *GED Classes @ ECC *ZUMBA 5-6 @ Clinic *Trauma Informed Care Training 9am to 3pm @ LW (open to the community)	24	25	26 Language Table	27	28 ECC Family Day: Winter Gathering @ Youth Center



AGONGOS

Namebini-Giizis



Home Based February News

**A joint socialization for ECC Home
Base & Zaagichigaazowin Families**

Friday Feb 13th, 10AM-12PM

At the ECC!

ECC CLOSED

**Feb 16th—
Presidents Day**

-FAMILY DAY-

Sat. Feb 28th

LANGUAGE TABLE

THURSDAYS!

4:30 PM—7PM

Mino Dibishkaa!

If you have any
questions or concerns,
please contact us!

715-779-5030

Amaris—ext. 238

Amber—ext. 237

Gena—ext. 236

Cali Feb 5

Ilanya Feb 24





LOOK WHAT WE CAN DO!!!

Brylee likes to dance to music & she is walking all around the classroom!

Francis likes to look at himself in the mirrors and he is walking!

Qiana likes to go up and down the stairs and she is standing by herself with no support!

Lola likes to look at books and she is walking all over now!

Lexcia likes to dig in the toy box and she can pull herself to stand and she is crawling!

Bryson likes to make cooing noises back in forth in conversation and he can hold his head up for a long period of time and is working on sitting up!

Jon Jr. Likes to reach and grab for toys and he is rolling over!

This month we will continue to have Judy in our classroom as a sub and we are also welcoming a new family into our classroom ! We may start taking short walks if the weather gets warmer we can go out if it is above 20 degrees so please make sure you bring appropriate outside clothing for your child.

- ♦ **Reminder Language table every Thursday night**
- ♦ **Noschool Monday 16th Presidents Day**
- ♦

Happy Valentines Day!
Caitlin, Judy & Maddie

AMIK ROOM

FEBRUARY 2015

We would like you to know we have a new friend joining us and we excited to have her here.

Welcome Cecelia.

We have been so busy last month doing lots of different things. We are doing much more art activities like using paint, colors, makers, dobbers and experimenting with frozen paints. We are also working on using our words and talking about feelings. All you parents/family should be real proud because you have kind caring children in this classroom.

This month we would love to talk about our families so if you can send in pictures of your families that would be awesome. We can scan the pictures or if you can bring in a copy that would be great. Miigwech keep up that great work with your amazing children.



Boozhoo from the **Makwa** room.....

As February comes we celebrate Ode" Noon-goom (Valentine's Day) ,if you chose to send valentines just send eight with no names and we will hand them out to the children.

Our class is doing very good and we are doing Head Start ways as to prepare them for moving into the Head Start classrooms. We do activities such as getting the cart, serving and dumping our dishes, playing on the big playground, helping our friends and getting ready when the big day comes to ride the bus.

We would like to wish Macy Bressler a huge Mino Dibishka, she will be niswi.

We sure our enjoying our class.

Maggie and Teresa



Esiban Abiwin

February
2015

Namebini Giizis

What a great way to start the new year off...with Dinosaurs! The children learned lots of new words and what they mean such as carnivore, herbivore, pterodactyl and more.

For this month, we will focus on valentines and post office. We brought in

different furniture and added new toys for all the kids to enjoy.

The children are doing great at getting dressed by themselves, serving themselves and taking care of spills one may make. We help each other out often and are so proud of how much each have grown. And to

ALL parents—what a great job you are doing raising such terrific kids!



The children know a lot of ojibwemowin and will answer back at times in ojibwe. Keep the words going in your household and don't forget that every Thursday is language table.

Karen and Nadine

Special Points of Interest

- ✓ Group Activities
- ✓ Look and See
- ✓ Ojibwemowin
- ✓ Calendar

HEADLINES:

Dental varnish:
Feb 4, 11, & 18th.

ECC CLOSED
the 16th for
Presidents Day.

The 28th is ECC
Family Day.
Watch for flyers

Reading books and telling stories encourage good language development. These activities also build a strong foundation for future reading, writing and learning.

Hazel can copy the dinosaur picture with shapes.

Nicholas is able to take turns with the dinosaur.

Kenyon knows the word "plates" that are on the back of a dinosaur.

Brandy knows which dinosaur is tall and short.

Michael names the dinosaurs.

Manuel knows what the dinosaurs eat.

Layla can match the shapes on the dinosaur puzzle.

Adena uses the dinosaur sponges for painting.



News from the Mashkodebizhiki class

We are so excited and thankful to have Ms. Jamie in our room. The children have adapted so great and all is well in the Mashkodebizhiki class. For the month of February, we will be talking about Biboon and Valentines . Some of the activities will be: making valentines for our friends, counting snowmen, making tracks outside and going for a snowshoe walk. Our chapter book is the Flat Stanley Series. We will be reading all four books. Ask your children about the first one "Flat Stanley in Outer Space". In Second Step we are talking about strong feelings and how to handle them and what to do with our bodies (put your hand on your tummy and say clam down then take a deep breath and count to five) and label our feeling.

Always feel free to call us if you have any questions! EX.247

And 'Have a Happy Valentines Day'!!!!

Ms. Jamie and Ms. J

MAIINGAN

JANUARY 2014

This month the Maiingan children will be working on cutting with scissors, alphabets using unique strokes in hand writing without tears, shapes, learning to recognize letters in their first name, numbers from one to ten and valentine art activities.

DAILY ROUTINE

IMIL-MUSIC &
MOVEMENT
HAND WASHING
BRUSHING
MEAL-TIME
FREE CHOICE
LARGE MOTOR
STORY TIME
HAND WASHING
LUNCH
REST TIME
BUS HOME

TEACHING SCISSORS



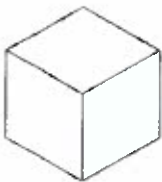
Ms. PATSY & Ms. ALICIA

Monday
Nitam-anokii-gizhigad

Migizi

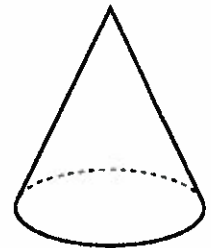
Tuesday
Niizho-giizhigad

***February we will be
Doing many Valentine
Projects. We are learning the days of
The week in Ojibwemon. Ask your
Child to say them and to count in
Ojibwemon. They are leaning
About 3 dimensional shapes. Ask
Them what a cube, hexagonal
Prism, or a cone is.
Please call us if
Your child is
Not going to
School.***



Diann and Linda

Wednesday
aabitos



Thursday
Niiyo-giizhigad

SAVE THE DATE!!!!

ECC Winter Gathering 1st Annual

We would like to invite ECC Families and Community members to our 1st annual Winter Gathering. This event will consist of environment and Ojibwemowin activities and games for all ages. **Saturday, February 28, 2015@ Red Cliff Youth Center 10:00am to 1:00pm.**

10:00 Opening and Main Event (To be announced)

10:30– 12:30 Games and Activities

12:30 Puppet Show

We will have healthy snacks and **Raffles, Raffles, Raffles....**

If you have any questions, please contact Jennifer Bresette (ext. 257) or Cindy Garrity (ext. 253) at 715-779-5030.

Look for Event Flyer soon

Attention ECC Families

Head Start Federal Performance Standards state that all food items served to or sent home with program children are to be prepared in a state inspected kitchen. Items prepared in private or home kitchens cannot be accepted. This includes special treats made for holidays, birthdays or “just because”. Items can be purchased from a store and can be served if they are unopened and/or individually wrapped. **OR, parents can contact our awesome cooks to arrange a day/time after 2:00pm to prepare food under the supervision of amazing food service staff!**

Performance standards also state that foods served must be high in nutrients and low in sugar, salt and fat. We are happy to accept healthy snack options such as yogurt, individually wrapped string cheese, pretzels, sugar free pudding or uncut/unpeeled fruit. **Another option is to send non-food items such as stickers, pencils, bubbles, or other small, age appropriate toys.**

We appreciate your understanding and cooperation. Together we can help keep our children happy, healthy and safe. **Teaching our children healthy eating habits now will benefit them for the rest of their lives.**

If you have any questions or concerns please feel free to contact your child’s classroom teacher, Lori Duffy at ext 229, or Patt Kenote-DePerry at ext 256.

Miigwech

New Family Services Health Worker!

Ashly

Welcome, welcome, ASHLY GURNOE-GOULD, our newly hired Family Service Health Worker at ECC.

Ashly graduated from Bayfield High School in 2002. She attended Fox Valley Technical College in Appleton, Wisconsin with an interest in Occupation Therapy. Her background is sales, administration, marketing, advertising and childcare. Ashly has one daughter, Autumn, who attends Red Cliff Early Childhood Center. Ashly married in July, 2014, and the family reside in Red Cliff. Ashly is a part-time employee with ECC. Her desk is located in the Health Office, Mememengwaa Trailer. She can be reached at 715-779-5030 ext. 255, primarily Tuesday – Friday mornings. Ashly also works part-time Data Entry Clerk for Red Cliff Indian Child Welfare Program. As you can see she is very busy and dedicated to our community and well-being of our native children. Please welcome her when you see her in her role as Family Services Health Worker.





ASQ-3 and ASQ:SE

Ages and Stages Questionnaires

Boozhoo!

Beginning January 2015, the ECC will start using the Ages and Stages Questionnaires as our primary screening tool. The ASQ-3 and ASQ: SE consists of a series of questionnaires that screen and monitor a child's development. The results determine if the child's development is on track or if he or she should receive a more in depth assessment to determine the need for specialized services or areas where your child may need additional support.

As a parent or caregiver, you are the best source of information about your child. That's why the ASQ questionnaires are designed to be filled out by you. The questionnaires are designed to be quick and easy. Here's how the ASQ works:

- You will answer each question "yes," "sometimes," or "not yet," based on what your child is able to do now. Your answers help show your child's strengths and areas where he or she may need more practice.
- To answer each question, you can try fun and simple activities with your child. These activities encourage your child to play, move around, and practice day-to-day skills.
- Questions address communication, gross motor, fine motor, problem-solving, and personal social development.
- After you complete the questionnaire, your child's teacher will share the results with you.

If your child is developing without concerns, there is nothing more you will need to do. You may try the next ASQ age level questionnaires as your child grows and learns new skills. The questionnaires can be used with children 1 month to 5 1/2 years old. If your child has trouble with some skills, your child's teachers will help you with next steps. Finding delays or problems as early as possible supports young children's healthy development.

You are an active partner in your child's learning and development. By completing the ASQ questionnaires with your child's teachers, you are making sure your child is off to the best possible start!

If you have any questions or concerns regarding the ECC's screening procedure, please feel free to contact Marianne Gibeau Szot at marianne.gibeauszot@redcliff-nsn.gov or 715-779-5030 x 227.

Upcoming Events Affecting ANA Language Tables

Next week (1-29-15): Storytelling at the Legendary Waters Resort and Casino

Week after (2-5-15): ANA Grantee Conference in Santa Fe, NM

- Presentation "Developing Instructional Frameworks and Assessments for Teaching Language"

Week after (2-12-15): Community Presentation – Richie Plass and Emilio DeTorre

Language Table 2-19-15: Prepare for Winter Carnival Session on 2-28-15

Language Table 2-26-15: Final Preparations for Winter Carnival

Winter Carnival 2-28-15: Held at the Youth Center, Gas Vouchers, Raffles

March 26th-29th - Anishinaabemowin Ateg Conference: Sault Ste. Marie, MI

Spring Break = Week of March 30th – April 6th

1-29-15 – No Class	Storytelling at Casino
2-5-15 – No Class	ANA Grantee Conference
2-12-15 – No Class	Not Your Mascot at Youth Center
2-19-15	Prepare for Winter Carnival
2-26-15	Final Preparations for Winter Carnival
2-28-15 – Saturday!!	(Saturday!) Winter Carnival!!
3-5-12	Language Table
3-12-15	Language Table
3-19-15	Language Table
3-26-15	Anishinaabemowin Ateg Conference
4-2-15 – No Class	Spring Break
4-9-15	Lessons Learned from Ateg Conference

January 28, 2015

Dear Parents and Guardians,

The CDC has reported an outbreak of measles in the U.S. currently involving eleven states. The Red Cliff Early Childhood Center would like to take this opportunity to provide some information about measles and how to prevent it.

Measles is the most deadly of all childhood rash/fever illnesses. It is a serious infection that causes fever, cough, a rash, sore eyes, and occasionally dangerous complications. Measles spreads very easily, so it is important to protect against infection. Getting vaccinated is the best way to prevent measles.

Specifically, to have the best protection against measles, two doses of MMR vaccine are required. As part of the childhood immunization program the first dose of vaccine is required between 12 -15 months and the second dose before entering school, at 4 – 6 years.

It is important for you to check your child's immunization records to make sure he/she has received two doses of MMR vaccine. Measles can spread easily to and from unimmunized children. In addition to being at risk for getting sick if exposed to measles, children with one or zero doses of MMR will not be able to come to school for two weeks if exposed. If you believe that your child needs the MMR vaccine, please call your health care provider or local health department.

A fact sheet about measles is included with this letter. If your child does develop a rash with a fever, they should not attend school and you should call your health care provider. Please tell the clinic you suspect your child may have measles. It is important to call the clinic or hospital before taking your child in.

Please remember – the best way to protect your child is to ensure they have had two doses of MMR.

THE RED CLIFF EARLY CHILDHOOD CENTER
Health Office: 715-779-5030 - Patt ext. 256



What is measles?

Measles is a disease caused by measles virus and sometimes referred to as "hard", "red" or "10-day measles".

Who can get measles?

Measles virus can infect any person of any age who has not previously had the disease or measles vaccine.

How is measles spread?

Airborne droplets, from coughing or sneezing, spread the virus. It spreads easily and rapidly.

How soon do symptoms appear after exposure?

It takes from 8-12 days for the cold-like symptoms to appear and 14 days for the rash.

What are the signs and symptoms of measles?

The disease begins with cold like signs and symptoms including a cough, runny nose, high temperature and red watery eyes. By the second day after onset, a red blotchy rash appears at the hairline and spreads down the body to the arms and legs. The rash disappears in the same order of appearance (head to foot) in about 5-6 days.

How can parents be sure that their child's illness is measles?

The only sure way to determine if an illness is indeed measles is through a blood test.

When and for how long is a person able to spread measles?

Measles can be spread from one day before the onset of cold-like symptoms, through the fourth day of the rash.

What are the complications associated with measles?

Among children with measles, about 10% develop ear infections, about 5% develop pneumonia, about 0.1% (1 per 1000 cases) develop encephalitis (inflammation of the brain that can result in deafness or mental retardation), and about 0.1% to 0.2% (1 to 2 per 1000 cases) die from it.

Is there a treatment for measles?

There is no specific treatment for measles.

Can measles be prevented?

Yes. Measles vaccine (usually given in combination with rubella and mumps vaccine, called measles-mumps-rubella or MMR vaccine) is recommended for all children at 12-15 months of age and again at 4-6 years of age. The 2-doses of vaccine normally provide life long immunity.

Does a past infection with measles make a person immune for life?

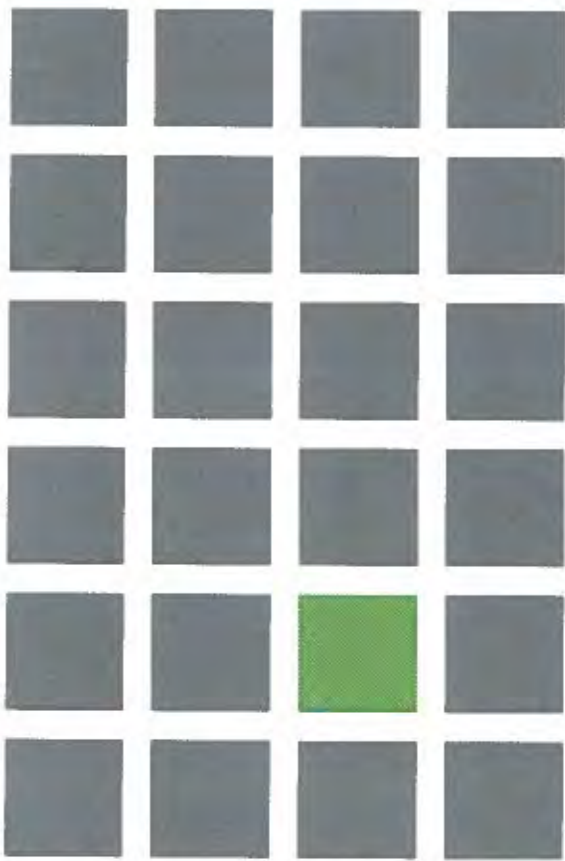
Yes

Child Care Providers
Young Star Training
February 12, 2015
5:00 pm to 7:00 pm
At the
Red Cliff Early Childhood Center
In the Memengwaa
(trailer)
Please RSVP
Kim Gordon
715-779-5030 ext 251



Paying for COLLEGE

DECONSTRUCTING THE COSTS



NORTHLAND
COLLEGE

SUNDAY
February 8
7PM in the Alvord Theatre
on the Northland College campus

Join Lynne Bossart, owner of Muse College Consulting LLC, for a FREE workshop on the nuts and bolts of paying for a college education. Topics include:

- saving for college
- types of financial aid
- scholarships
- grades and test scores
- budgeting for the college years

Seats are limited. To reserve a spot please call Alicia Potvin at 715 682 1224 or email apotvin@northland.edu.

Bayfield Library and ECC Parent Committee Focus Group meeting

**Monday, February 9, 2015 from 5:30 - 6:30 @ MM
trailer (next to ECC)**

We would like to invite all families and community members to come
and share their ideas and feedback.

Please fill the community survey (located in the ECC newsletter, at the
Bayfield library or electronic version on the Bayfield Library website)
and return to the library.

We would like to ask the community questions such as:

What would you like to see at the Bayfield library or ECC?

How could we best serve the community?

If you have any questions, please contact one of the following:

Blair Nelson, Director
Bayfield Carnegie Library
P: (715) 779-3953
bnelson@bayfield.nwls.lib.wi.us

Cindy Garrity
Family Service Manager
P: (715) 779-5030 ext. 253
cindy.garrity@redcliff-nsn.gov

Thank you for your time. If you have questions about the survey or about the library, please contact us at bnelson@bayfield.nwls.wi.us

Fall 2014

Please take a moment to answer this anonymous survey about the library. All questions are optional.

How often do you frequent the library: Never____1x week____1x month____a few times/yr____

If you checked Never, please turn the page to the back and answer the questions there.

Section 1: Please check one answer for each of the following:

1. How would you rate each of the following library services?

	Excellent	Good	Fair	Poor	Don't know/Not applicable
Customer service	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Collection (books, DVDs, music, newspapers, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Programs (classes, storytimes, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Online services (website, catalog, research databases, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ILL (Inter-library loan)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Library policies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Computers and printers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Internet access	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hours of operation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall, how would you rate the library?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 2: We value your opinions. Please answer the following questions:

2. What do you value most about the library?

3. How could the library or its services be improved, if at all?

Thank you for your time. If you have questions about the survey or about the library, please contact us at bnelson@bayfield.nwls.wi.us

Fall 2014

Section 3: Please check one answer for each of the following if you are NOT a library user:

	Main Reason	Also a Reason	Don't know/Not applicable
I am not a reader	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I do not like the library's Collection (books, DVDs, music, newspapers, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am not interested in the Programs offered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have time to go to the library	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have transportation to get to the library	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The hours of operation don't fit my schedule	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't find it easy to get in and out of the library	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use another library: please list	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 4: We value your opinions. Please answer the following questions:

1. What could the library provide for you that would cause you to want to become a user?

2. If you used to use the library, what caused you to quit?

Community Event 2 events 1 location!



Richie Plass, Director of Education Bittersweet Winds Exhibit

Bittersweet Winds is a traveling exhibit of Native American Imagery and showcases both the "good" and the "not so good" images and or descriptions of Native Americans.

Comments from people:

"Thank you! I was surprised to see how subtle some things were!"

"It's painful to see a lot of these images"

Free & Open to the Public

Digital Privacy-Know Your Rights Online



**Presented by Emilio DeTorre,
Youth & Program Director with the Wisconsin ACLU**

**Thursday February 12, 2015
Red Cliff Youth Center
Exhibit Opens at 3:00
Food at 4:00
Presentation at 5:00**

DOOR PRIZES

FOOD

**Contact Carmen VanderVenter,
Education Director for more information
(715) 779-3700 ext. 4245**



**Sponsored by the Red Cliff
Education Department & the School
District of Bayfield**



Community Members

The Tribal Council took action to fundraise for a Scholarship to be given to a

Native American Senior Student in the

Bayfield School District for the 2015 School Year

The 1st fundraiser will take place on

February 13, 2015— 11:a.m. till 1:p.m. at the Admin. Office

The Council will be cooking and serving Lasagna, garlic bread,

toss salad and ice tea for **\$7.00**

Also, you will be given a raffle ticket for a 1 night stay at the LW Casino

Drawing at 1:15 p.m.

Place your orders with Julie at the Admin. Office at: 779-3700

We will deliver!!!



**APRIL
3-4-5
2015**

ADMISSION
General \$20
General & Banquet \$32
Banquet Only \$12



LEGENDARY WATERS RESORT & CASINO

37600 Onigamiing Drive
Red Cliff, Wisconsin 54814
Three miles North of Bayfield on Highway 13

HOTEL ACCOMMODATIONS

A block of discounted hotel rooms are available:

Legendary Waters Resort & Casino

\$57 Per Night

Call Hotel Front Desk

(800) 226-8478 Toll Free

(715) 779-3712 General

Mention "Red Cliff Round-Up" to receive special rate.

SECOND CHOICE HOTEL ACCOMMODATIONS

WINFIELD INN AND GARDENS

225 E. Lynde Avenue
Bayfield, WI 54814
(715) 779-3252 | \$70 Per Night

BAYFIELD INN

20 Rittenhouse Avenue
Bayfield, WI 54814
(800) 382-0995 | \$70 Per Night

*Located 3 Miles South of Red Cliff
Mention "Red Cliff Round-Up"*

EVENT CONTACT INFORMATION:

Peter Newago
(715) 209-2119

Danny Blake
(715) 209-0944

*Red Cliff Round-Up
c/o Danny Blake
P.O. Box 451
Red Cliff, Wisconsin 54814*

Subject to change

2015 AGENDA

FRIDAY, APRIL 3, 2015

3:00 to 7:00 p.m.	Meet & Greet
7:30 p.m.	AA Speaker: Scott - Minneapolis, MN
9:30 p.m.	Closed AA Meeting

SATURDAY, APRIL 4, 2015

10:30 a.m.	Alanon Speakers: Dave and Karen - Cornucopia, WI
1:00 p.m.	Workshop: Frank M. - Red Cliff, WI
3:00 p.m.	AA Speaker: Pam M. - Minneapolis, MN
5:30 p.m.	Banquet
7:00 p.m.	AA Speaker: Bob L. - Thief River Falls, MN
9:30 p.m.	Dance & DJ

SUNDAY, APRIL 5, 2015

9:00 a.m.	AA Speaker: Jim B. - Milwaukee, WI
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2015 RED CLIFF SOBRIETY ROUND-UP REGISTRATION FORM

One form per person. Please, print clearly.

FULL NAME: _____

TRIBAL AFFILIATION: _____

MAILING ADDRESS: _____

TELEPHONE: _____

E-MAIL ADDRESS: _____

APRIL 3-5, 2015 REGISTRATION FEES: (Per Person)

General:	\$20	_____
General & Banquet:	\$32	_____
Banquet Only:	\$12	_____
TOTAL		_____

PAYMENT OPTIONS: (Check One)

- ☐ Check or Money Order Enclosed
☐ Cash or Check Upon Arrival

Make Payable to Red Cliff Sobriety Round-Up



Send Registration Form with Payment to: Red Cliff Round-Up, c/o Danny Blake, P.O. Box 451, Red Cliff, Wisconsin 54814

Subject to change

Trauma Informed Care Training

Hosted by Red Cliff TANF/GA and the Red Cliff Tribal
Coordinated Services Team Program (CST)

Legendary Waters Event Center

February 23rd

8:30 breakfast, meeting starts at 9am until
3pm lunch will be provided

Presenter: Scott A. Webb, LCSW

UW-Madison, Department of Psychiatry,
Trauma-Informed Care Coordinator,
Supporting the Division of Mental Health
and Substance Abuse Services, Bureau of
Prevention, Treatment and Recovery

Open invitation to the community and staff from
around the area



WITHIN
My Reach
PREP, Inc.



Relationships Matter!

Communication ■ Respect ■ Awareness
Decisions ■ Smart Love



Are you in a relationship you'd like to strengthen?

Do you wonder what a successful relationship looks like?

**Would you like to reduce stress, manage conflict and improve communication
in all of your relationships?**

Relationships Matter is a relationship awareness and communication skills program for adults. Participants can be single or involved in a couple relationship. Through discussion and activities students learn how communication, conflict management, expectations and goals can make or break relationships. **Relationships really matter!** They impact our parenting, work, school, community and life satisfaction. Explore ways to build healthy, successful relationships.

Sessions meet every other Wednesday, 4:00-5:30, Bayfield County Annex Building. The course includes six modules that can be completed in any order. Participants can begin during any session. Students who complete all six modules receive a certificate of completion. Relationships Matter uses curriculum from the PREP, Inc evidence-based relationship education series. \$10 fee for materials.

Registration Required ■ Space is Limited. ■ Call: 715-373-6104 for registration or questions.



An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Requests will be kept confidential.



Parenting Class

**Presented by UW-Extension and
Washburn Elementary School**

When: Every Other Thursday
5:00-6:30 PM
Winter/Spring 2015
(begins Feb 5)

Where: Washburn Elementary
School

Who: Parents of kids age 3-10

Cost: Free!

Refreshments
&
Childcare Included!

Space is limited. Registration required.
Call Bayfield County UW-Extension
Family Living Program at 715-373-6104

Chequamegon Parents Connect *Parenting Class*



"Why won't my
kids listen?"

"How can I get help
without nagging?"

"What works for
other parents?"

Parents Connect is an opportunity to get together with others, share ideas, and learn practical, research-based tools for handling common family challenges. Develop strategies for:

- Gaining cooperation without nagging
- Improving communication and problem-solving
- Stress management & mindful parenting
- Setting limits and showing love






Connect ■ Learn ■ Laugh ■ Grow

Red Cliff Community Health Center

Notice to Community

OPTICAL - Temporary Change of Hours

Every Monday from 1-4pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

Optical services will temporarily **ONLY** be available every **Monday from 1-4pm**.

Please leave a message for the Optical Coordinator at 715.779.3707 ext. 2300 during non-optical hours.

Messages will be addressed during the scheduled optical hours – Mondays from 1-4pm.

We appreciate your patience during this transition.

We will notify the community when Optical Department hours increase.



★ FEBRUARY ★ Events



CHEQUAMEGON FOOD CO-OP

SATURDAY 7 DECADENT CHOCOLATE CAKE with Kealy White and Jess Pergolski, Ashland Baking Co. Pastry Chefs

Saturday, February 7 • 9-11 a.m.

Cost: \$20/\$15 owner

At the Co-op Community Room

Hands On - Passionate about beautiful desserts? In this hands on class, pastry chefs Kealy and Jess will cover how to create and perfectly plate a flourless chocolate cake drizzled with a raspberry sauce and crème anglaise. All recipes are naturally gluten free. Registration required, space is limited.

MONDAY 9 CHEEKY MONKEY PARTY: VALENTINE'S DAY with Amy Trimbo, Co-op Outreach Coordinator

Monday, February 9 • 3:30-5 p.m.

FREE, but reserve your spot!

At the Co-op Community Room

Bring the kids for a heart healthy snack while making Valentine's Day cards. Drop in for this open house event that provides a nutritious snack and fun activity for you and your child. Parental supervision required. Registration encouraged, space is limited.

THURSDAY 12 PERMANENTLY RESOLVE BACK PAIN NATURALLY with Julie Casper, L. Ac., C.H.E.K. Certified

Thursday, February 12 • 6-8 p.m.

FREE, but reserve your spot!

At the Co-op Community Room

Hands On - Interested in learning how to resolve and prevent back pain yourself, naturally? Join Julie Casper, a licensed acupuncturist and internationally recognized corrective exercise therapist as she shows us simple practices that you can do at home to reduce or eliminate muscle and joint pain. Registration required, space is limited.

THURSDAY 19 THIRD THURSDAY COMMUNITY COOKS: EVERYDAY INDIAN

with Charlene D'Cruz, Co-op Owner

Thursday, February 19 • 6-8 p.m.

FREE, but reserve your spot!

At the Co-op Community Room

This monthly Third Thursday class will cover basic cooking techniques and various recipes to build your skills. Meet community member Charlene D'Cruz while she demonstrates how to make an everyday Indian meal of dal, rice, and savory fritters. Registration required, space is limited.

SATURDAY 21 BIG WATER COFFEE ROASTERS: CUPPING

Saturday, February 21 • 9-11 a.m.

Cost: \$5

At the Co-op Community Room

Join us with local Big Water Coffee Roasters for an exploration in coffee tasting paired with Co-op Deli sweet treats. Registration required, space is limited.

TUESDAY 24 GROCERY STORE TOUR

Tuesday, February 24 • 1:30 p.m.

FREE, but reserve your spot!

At the Chequamegon Food Co-op

Registration with Memorial Medical Center is required. Please call (715) 685-5460. Class size limited to 6 individuals.

SATURDAY 28 BIG WATER COFFEE ROASTERS TOUR

Saturday, February 28 • 1-3 p.m.

FREE, but reserve your spot!

At Big Water Coffee Roasters, 117 Rittenhouse Ave., Bayfield. Interested in seeing where your local morning brew comes from? Visit Big Water Roasters in Bayfield for a tour of their roasting process. Registration required, space is limited.

CHEQUAMEGON FOOD CO-OP

700 Main Street West • Ashland, Wisconsin
(715) 682-8251 • chequamegonfoodcoop.com

Hours: Monday-Saturday 8 a.m. - 8 p.m.
Sunday 8 a.m. - 6 p.m.

Registration is required. Please call (715) 682-8251
or stop by the Customer Service desk.

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Class Today 12:30-3:30	3	4	5	6	7
8	9 Class Today 12:30-3:30	10	11	12	13	14 Happy Valentine's Day
15	16 ECC Closed No Class	17	18	19	20	21
22	23 Class Today 12:30-3:30	24	25	26	27	28

Interested in Signing Up

***GED/HSED classes**

***Extra brush-up on Math, Reading, or Language**

***College Prep**

Call WITC—Ashland Campus (715)682-4591

Contact Student Success Center

Ext. 3118 - Sue Hopkins or

Ext. 3430 - Theresa Beckman (Red Cliff Instructor)

Pre-Natal Swim Class

With Shannon Swanstrom



Tuesdays and Thursdays 5:45-6:30 pm

Session 1: February 10-26

Session 2: March 3-31

Members: \$35, Non-members: \$39 Financial Assistance Is Available!

Exercising in the water is ideal for pregnant women because the water's buoyancy supports your weight. This class will use exercises from tai chi to strengthen your core and abdomen, boost circulation and relieve your aches and pains. No swimming skills required.

Call the Bayfield Rec Center for more information or to sign up.

715-779-5408

Financial Assistance Request for Individuals & Families

Recreation and Fitness Resources welcomes all applications and will consider every request for financial assistance applied to memberships and classes at the Bayfield Area Recreation Center and North Coast Community Sailing classes. Please complete this application form and return it to the receptionist's desk. You will be notified if and when your assistance has been approved.

THE FOLLOWING TWO GUIDELINES FOR THIS FINANCIAL ASSISTANCE REQUEST MUST BE MET.

1. Every request for information within this application must be sincerely answered or an explanation given.
2. Proof of all monthly income must be attached to the application.

Guidelines for approved financial assistance applicants are as follows:

Applicants will be asked to pay a portion of the monthly membership rate; the financial assistance fund will pay the rest. You are responsible for making your payments. You may pay cash or check, or pay automatically by bank draft, for the term of the agreement. If your membership expires for more than 30 days your membership may be terminated. You will be asked to reapply again one year from when you initiated your membership. .

These guidelines and application are designed to treat everyone equally and fairly.

Select the type of membership/class that you are requesting

<input type="checkbox"/> Family (current rate- \$42.00/mo.)	<input type="checkbox"/> Single Parent Family (current rate- \$36.00/mo.)
<input type="checkbox"/> Adult (current rate- \$32.00/mo.)	<input type="checkbox"/> Senior Family (current rate- \$40.00/mo.)
<input type="checkbox"/> Senior (current rate- \$29.00/mo.)	<input type="checkbox"/> Class or Program
<input type="checkbox"/> North Coast Community Sailing Class	

Applicants Name _____ Phone _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Email _____

Your employer _____ Approx. annual salary _____ Work Phone _____

If you are unemployed, explain your reemployment plans: _____

Spouses employer _____ Approx. annual salary _____ Work Phone _____

If your spouse is unemployed, explain their reemployment plans: _____

Have you received financial assistance in the past at the Rec Center? _____

Are your children on reduced price or free lunch program at school? Reduced? _____ Free? _____

Enter information as you would on your Federal Income Tax form: Household number is people living in your household supported by your income, and your children.

Name & age of children (under 18) living with you: 1 _____ age _____, 2 _____ age _____, 3 _____ age _____
4 _____ age _____, 5 _____ age _____, 6 _____ age _____

Adult(s) (parents or legal guardians only) in household, 1 _____ 2 _____
3 _____ 4 _____

This year's expected total family income. \$ _____

Last year's total family income. \$ _____

Please provide as proof on income:

-Last year's Federal Income Tax return _____

-Current pay stub _____

-verification of other income (AFDC, Social Security, Unemployment, Child Support, Food Stamps...) _____

I pledge that the above information is honest and correct.

Signature of Applicant, Parent, Guardian, or Conservator

Date application was submitted

Name of Caseworker/Social Worker/Counselor: (if assigned)

Phone

It would help us if you would be willing to write a thank you note to the businesses that have contributed to our scholarship fund. We will give you a sheet with some addresses. This will make it easier to obtain donations in the future.

If approved, you will be notified by phone. Thank you for applying.

Sweetheart SPECIALS

**SATURDAY, FEBRUARY 14th
IS VALENTINE'S DAY!**



Legendary Waters

RESORT & CASINO

Located 3 Miles North of Bayfield on Highway 13
(800) 226-8478 Toll Free

LOUNGE

SLOTS

HOTEL

CAFE

DINNER SPECIAL \$20 Per Person

COMPLIMENTARY CHAMPAGNE

A GLASS OF CHAMPAGNE TO START THE MEAL

CHOOSE ONE STARTER

STUFFED ZUCCHINI or

BAKED SPINACH & ARTICHOKE DIP

CHOOSE ONE ENTREE

SURF 'N' TURF

Petit Filet Mignon and Broiled Lobster Tail. Served with Parsley-Buttered Baby Red Potatoes and Fresh Vegetables

CHICKEN OSCAR

Served with Baked Potato and Fresh Vegetables

CRAB LEGS

One Cluster of Crab Legs served with Parsley-Buttered

Baby Red Potatoes and Fresh Vegetable

PRIME RIB

Perfectly Seasoned and Slow-Roasted. Served with Baked Potato and Fresh Vegetables

INCLUDED WITH YOUR MEAL

"ALL-YOU-CAN-EAT SOUP & SALAD BAR

COMPLIMENTARY DESSERT

VALENTINE'S DAY DESSERT TO FINISH THE MEAL

ASK YOUR SERVER ABOUT REFRESHMENTS

Regular dinner menu is not available during Valentine's Day dinner specials.

Subject to change or cancellation.

FRIDAY - FEB 13

DJ UNCLE RAY'S KARAOKE
9 p.m. to 1 a.m.



SATURDAY - FEB 14

HOT SEAT DRAWINGS

Free Play 9 a.m. - Noon

Cash 1 p.m. - 6 p.m.

Get a KISS with each prize!

Unlimited wins.

DINNER SPECIALS



Begins 5 p.m. **WII-KWAY-ONG**

DINING & SPIRITS

"MARCH MADNESS"

Saturday Night Promo
6:30 p.m. to 11 p.m.



GIFT
SHOP

PONER

BLACK
JACK

ATM

Simple Verb Conjugations – Who is doing the action?

Ni -	I
Gi -	You
-	S/He
Ni – min	We (excluding you)
Gi – min	We (including you)
Gi – m	You all (Yous)
- wag	They

Notes:

- The dash represents where you should put the word that you are trying to conjugate.
- If the word starts with a “b” you should use Nim- instead of Ni- to make it sound appropriate (examples: Bimose, Bimibatoo.)
- If the word starts with a “d, j, g, z, or zh” use Nin- instead of Ni- to make it sound appropriate (example: ditibishimoono.)
- If the word starts with a vowel (a, aa, e, i, ii, o, or oo) use Nind – instead of Ni- to make it sound appropriate (example: Odamino.)
- If the word starts with an “o”, the o becomes a double o (OO) when using Ni- or Gi- (example: Odamino.)
- If the word ends with a single “i” or a single “o” it gets dropped when using the I or You form only (example: Odamino.)

Simple Verb Conjugations – Examples

Bimose – S/he is walking

Nimbimose	I am walking
Gibimose	You are walking
Bimose	S/he is walking
Nimbimosemin	We (ex) are walking
Gibimosemin	We (in) are walking
Gibimosem	Yous are walking
Bimosewag	They are walking

Odamino – S/he is playing

Nindoodamin	I am playing
Gidoodamin	You are playing
Odamino	S/he is playing
Nindoodaminomin	We (ex) are playing
Gidoodaminomin	We (in) are playing
Gidoodaminom	Yous are playing
Odaminowag	They are playing

Promoting Good Attendance All Winter Long



Every winter, bad weather — snow, slush, freezing temperatures or even heavy rains in warmer climates — can present challenges to getting children to school. So do the colds, fevers and earaches that often come with the winter months.

WHAT CAN PARENTS DO?

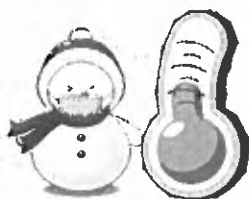


1. Develop back up plans for getting your children to school in bad weather.

- Check to see if your child can get a ride with other families who have a reliable car that can manage the snow.
- Form a “walking school bus” with other families to get students to school safely.
- Join other families in a snow shovel brigade to clear the sidewalks closest to the school.
- Ask if school administrators have developed plans for transporting students.

2. Keep your children healthy.

- Dress them warmly for the cold weather.
- Stress the importance of eating a good breakfast every morning.
- Stress hand washing, particularly in the winter months. Send your child to school with a small bottle of hand sanitizer. Research shows that something as simple as hand washing can improve attendance.
- Talk to your doctor or school nurse about when a sick child should come to school. Most health providers allow a child to attend with a cold, but not with a fever.



It Only Takes A little Energy To Save a Lot!

Working together we've made it through the summer and by using the following tips, we'll make it through the winter too...

AT HOME

- ⇒ Keep the thermostat at 78 degrees in warm weather, 68 in cold.
- ⇒ Hold off using your major appliances until after 7pm
- ⇒ Turn off all lights when leaving a room.
- ⇒ Buy **ENERGY STAR** qualified appliances and products.

AT WORK

- ⇒ Turn off your computer at the end of the day.
- ⇒ Turn off your lights when leaving at the end of the day.
- ⇒ Use daylight instead of overhead lights.



People Like You A brand new year!

A clean slate on which to write our hopes and dreams.

This year:

Less time and energy on things;
More time and energy on people.

All of life's best rewards,
deepest and finest feelings,
greatest satisfactions,
come from people—people like you.

By Joanna Fuchs

Wisconsin's Weatherization Assistance Program

TO APPLY:

Applying for Energy Assistance at your local Wisconsin Heating Energy Assistance Agency or WHEAP agency is the **FIRST STEP** in determining your eligibility for weatherization services. Contact your local WHEAP agency to apply. 715-779-3706.

WEATHERIZATION AGENCY PRIORITIES AND SERVICE:

The Division of Energy Services contracts with various agencies throughout the state to provide weatherization services to eligible households. Agencies include community action agencies, housing authorities, local governments, and other non-profit organizations. The weatherization agency for your area will receive a list of eligible applicants from WHEAP and will determine service priority and the eligibility for your home. The goal of the weatherization program is to save energy by targeting households with an excessive energy burden and that are made up of elderly, handicapped and/or children under 6 years of age. Local weatherization agencies will contact the highest priority households to evaluate the home and decide what weatherization services are needed. Appropriate weatherization services will be completed by agency crews and subcontractors.

SERVICE AVAILABLE:

The Division of Energy contracts with local agencies to provide basic weatherization services which:

- Reduce your home heating bills
- Save energy
- Make your home warmer in the winter and cooler in the summer

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor will look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulate attics, walls and floors
- Insulate or replace water heater
- Install energy efficient lighting
- Reduce or replace furnace
- Test and/or replace refrigerator
- Perform a general health and safety inspection
- Provide information about maintenance and energy conservation



ELIGIBILITY:

You may be eligible for weatherization services if:

- You received benefits from Wisconsin's Home Energy Assistance Program (WHEAP) or your gross income for the last three months is equal to or less than 60% of Wisconsin's state median income (SMI) for your family size. Your dwelling/apartment has not been weatherized before.
- Your household meets certain priorities that may include a high energy burden or use, an elderly or disabled member or a child under six.

INCOME GUIDELINES FOR THE 2014-2015 HOME ENERGY PLUS PROGRAM YEAR 60 % OF STATE MEDIAN INCOME GUIDELINES

HOUSEHOLD SIZE	1 MONTH	3 MONTH	ANNUAL INCOME
1	\$2096	\$6288	\$25151
2	\$2741	\$8223	\$32890
3	\$3386	\$10157	
4	\$4031	\$12092	\$48367
5	\$4676	\$14027	\$56106
6	\$5320	\$15961	\$63844
7	\$5441	\$16324	\$65295

Wisconsin Child Passenger Safety Law

	Under 1 yr	1-3 yrs	4-7 yrs	8-18 yrs
Less than 20 lbs	Rear-facing car seat			
21-40 lbs	Rear-facing car seat	Rear or Front-facing car seat		
41-80 lbs Under 4' 9"		Front-facing car seat	Front-facing car seat or Booster seat + lap and shoulder belt	Booster seat + lap and shoulder belt or seat belt
80+ lbs			Booster seat + lap and shoulder belt or seat belt	

For info: 866-511-9467 or www.wcpsa.com

Safest Practice



Birth - 12 months

Always ride in a rear-facing car seat, in the back seat.

**American Academy of Pediatrics (AAP) recommends a rear-facing car seat until 2 years of age or until they reach the highest height or weight allowed by the car seat manufacturer.*



*Age 1 - 3 years

Rear-facing in back seat, as long as possible, within the height or weight limit allowed by car seat manufacturer. Then front-facing car seat in back seat.



Age 4 - 7 years

Front-facing car seat used within the height or weight limit allowed by the car seat manufacturer. Then a booster seat using lap and shoulder seat belt in the back seat.



Age 8 - 12 years

Booster seat until seat belt fits properly with lap belt snug across the upper thighs, not the stomach and shoulder belt snug across the chest, not across the neck/face. Keep children in the back seat until age 13.



Funded by NHTSA
HS-830

Originally developed by GA Dept. of Public Health

Description of Restraint Types



A REAR-FACING CAR SEAT is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.



A FRONT-FACING CAR SEAT has a harness and tether that limits your child's forward movement during a crash.



A BOOSTER SEAT positions the seat belts so they fit properly over the stronger parts of your child's body.



A SEAT BELT should lie across the upper thighs and be snug across the shoulder and chest to restrain your child safely in a crash. It should not rest on the stomach area or across the neck.

Car Seat Recommendations

**Every transition decreases protection.
Delay transition to the next step as long as possible.**

- Choose a car seat based on your child's size (height and weight)
- Read your car seat instructions for use and installation information
- Read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system
- Keep your child in a harness as long as your child fits within the height and weight limits
- Keep your child in the back seat until age 13 for best protection
- Check the expiration date and know history of your car seat

*The Home of Wisconsin's Family to Family Health Information and Education Network
in Partnership with the Wisconsin Children and Youth with Special Health Care Needs Program*

Injury Prevention Safety for Our Kids with Special Needs

We all want to keep our children safe and help them to be happy and healthy. Preventing injuries and harm takes planning and finding the right information and learning about the kinds of risks children might face at different ages is often not easy.

According to Patty Huang, MD, "Children with special health care needs are at greater risk for injuries, up to 65% higher, and children with special needs have more severe injuries and more often need medical attention for their injuries."¹

Consider the following questions:

Does your child have challenges with understanding or communicating with others?

Children who have a disability or special health care need may have limited ability to learn about safety and danger. A child who has trouble understanding or remembering might not learn about safety and might not be able to ask questions when adults give them rules or warnings.

You may need to find different ways to teach your child about safety, such as:

- Showing them what to do
- Using pretend play to rehearse
- Practicing on a regular basis

Find different ways to let a child communicate that they are in danger. For example, teaching your child to use a whistle, bell, or alarm can alert others to danger. Tell adults who take care of your child about the ways to communicate with your child if there is any danger.

Would your child know what to do?

Some children might have problems distinguishing when situations are safe or dangerous. You can give children specific instructions on how to behave in certain situations that might become dangerous (for example, if they are being bullied or a stranger approaches them) and then practice with them.

Do you have the right kind of equipment?

Safety equipment is often developed for age and size, and less for ability. For example, a major cause of child death is motor vehicle crashes. Keeping your child safe in the car is important. When choosing the right car seat, you might need to consider whether your child has difficulties sitting up or sitting still in the seat, in addition to your child's age, height, and weight.

Talk to your child's health care providers about the best type of car seat or booster seat and the proper seat position for your child. You can also ask a **certified child passenger safety technician** who is trained in special needs. Go to **Safe Kids Wisconsin** at www.safekidswi.org or call 1-715-843-1890 to find resources and car seat check events in your area.

Other examples of special safety equipment include:

- Life jackets may need to be specially fitted for your child.
- Smoke alarms that signal with a light and vibration may be better in a home where there is a child who cannot hear.

What Can You Do? Talk to your child's doctor about risks and safety concerns you have for your child. You may also want to talk to their teachers if there are safety risks during the school day.

Family Voices of Wisconsin wishes you a safe and happy 2015!

This article was excerpted from the Centers for Disease Control and Prevention - Safety and Children with Disabilities
<http://www.cdc.gov/ncbddd/disabilityandsafety/child-safety.html>

¹ Patty Huang, MD, Children's Hospital of Philadelphia



WEB WATCH

For additional resources related to the articles in this newsletter, you can visit the following sites:

National Office of Family Voices
www.familyvoices.org

Family Voices of Wisconsin
<http://fvofwi.org>

Health Insurance Marketplace
www.healthcare.gov

HealthWatch WI
www.healthwatchwisconsin.org/

Safe Kids Wisconsin
www.safekidswi.org

Centers for Disease Control and Prevention
www.cdc.gov/injury/

Wisconsin Injury Prevention Program
www.dhs.wisconsin.gov/injury-prevention/



Did You Know? Now You Know! Marketplace Coverage - Know Your Options

Considering new insurance coverage for your family for 2015? Now is the time to carefully consider all your options for health care coverage, even if you are happy with your current plan.

If you purchased your health coverage through the Marketplace last year, it's time to renew your coverage! We strongly encourage you to look closely at all the plans available in the Marketplace to see if better coverage and lower cost plans are available. In many areas of the state, there are now more health plans to choose from. In addition, provider networks may change in 2015 so make sure your plan still covers your family's providers including specialists.

If your income or your family situation has changed (you moved, changed jobs, have a change in your family size) you may be eligible for higher tax credits or more premium assistance to make your out-of-pocket costs lower in 2015.

The rollout of Healthcare.gov last year was shaky, to say the least! This year, the site is working smoothly, with many new features. One of the improvements of the Marketplace website is that you can browse and compare plan costs without filling out an application or providing any personal information - go to www.healthcare.gov/see-plans/

Keep in mind that you can still shop through the Marketplace until **February 15th**. After that date, you will only be able to purchase or change plans if you have a "qualifying life event." By applying for coverage or updating your application through the Marketplace you can also find out if you or family members might be eligible for Medicaid/BadgerCare Plus. Remember, you can enroll in BadgerCare Plus at any time - it's not limited by an open enrollment period.

For help as you consider your options, go online to www.healthcare.gov, by phone at **1-800-318-2596**, or dial **2-1-1** to find local enrollment assistance.

NEWS FROM FAMILY VOICES OF WISCONSIN

Leadership Institute - March 4th in Madison

Family Voices will be hosting our **Advocacy for Change - Family Leadership Institute** on **Wednesday, March 4th** at the Madison Concourse Hotel. This is a free advocacy and systems change training for families who have a child (or adult child) with special needs. Participants will learn from policy experts about the latest legislative and policy priorities, including **waiting lists for children's long term supports, BadgerCare/Medicaid, special education and mental health services**. Participants will then meet with their Representatives to educate them about issues important to families. To learn more, go to the Family Voices website at fvofwi.org/training-and-events/advocacy-for-change/

Family Listening Session - COME TO THE TABLE!

Join us on **Thursday, April 30th** for our annual family/provider listening session. The session will be held at the Stevens Point Holiday Inn from 5:00 - 6:30pm in conjunction with the **Circles of Life Conference**. Your experiences and your stories about challenges you face as you care for your child/youth with special needs will help guide our advocacy and policy efforts. Representatives from the Department of Health Services, the Survival Coalition, Board of People with Developmental Disabilities and other organizations will also be there to answer questions and hear your concerns and comments.

Children and Youth with Special Health Care Needs News

Family Voices of Wisconsin Trainings

"Did You Know? Now You Know!" provides an overview of health insurance and how to best use your benefits, Medicaid and the impact of the Affordable Care Act, long term supports and services, and resources for children with disabilities and special health care needs from birth through young adulthood.

What's After High School? is a broad overview on transition to adult life for youth with disabilities and/or special health care needs. Topics include: envisioning a youth's future in the community; post-secondary education; long term supports; vocational resources; transitioning to adult health care; guardianship and other legal options; living in the community; and the fundamentals of self-determination.

Training sessions are being planned for 2015! Check our website for more details. Go to <http://fvofwi.org/training-and-events/training-dates-and-locations/>

ACA/Policy Update

Congress Passes ABE Act

In December, Congress passed and the President signed into law the ABE (Achieving a Better Life Experience) Act. The ABE Act will allow families to save for a loved one's long-term needs without jeopardizing an individual's eligibility for federal programs like Medicaid. These accounts (called ABE Accounts) will be tax advantaged savings accounts. Interest earned would not be taxed.

ABE accounts can be used for future expenses related to things like transportation, housing, employment support, and assistive technology. The annual contribution to an ABE account is \$14,000.

The Arc of the US noted that the ABE Act is an important legislative victory for people with disabilities and their families. "We believe these accounts will serve as another tool families and individuals can use as they plan for the years ahead."

To learn more, including "ABE Accounts: 10 Things You Must Know" from the National Disability Institute go to www.realeconomicimpact.org

Fact Sheet on Habilitative Services

Under the Affordable Care Act insurance plans are now required to cover rehabilitative and habilitative services. These services are part of the essential health benefits that all plans must now include.

A new fact sheet from the American Academy of Pediatrics (AAP) is included in this newsletter. While some plans are exempt, most new plans including those purchased on the Marketplace are now required to cover these services. If you have questions, contact your health plan's Member Services Department.

To learn more see the Family Voices fact sheet called "What are Essential Health Benefits" at <http://fvofwi.org/publications/fact-sheets/>



Children and Youth with
Special Health Care Needs

CYSHCN

REGIONAL CENTERS

**Call with your
questions!**

Northeast Region

Children's Hospital of
Wisconsin - Fox Valley

1.877.568.5205

Northern Region

Marathon County Health
Department

Wausau

1.866.640.4106

Southeast Region

Children's Hospital
Milwaukee

1.800.234.5437

Southern Region

Waisman Center
Madison

1.800.532.3321

Western Region

Chippewa County Dept of
Public Health

Chippewa Falls

1.800.400.3678

Great Lakes Inter-Tribal
Council
(GLITC)

Lac du Flambeau
1.800.472.7207

Your Child's Health Care and the Affordable Care Act (ACA):

Habilitative Services

Do you have a child with a physical or developmental disability, or a chronic (long-term) health problem? If so, you need to know:

Under the ACA, many health care services that can help your child with the skills your child needs for everyday life (called habilitative services) must be covered by insurance.

What are habilitative services?

Habilitative services help people of all ages develop new skills needed for everyday life. They include things like occupational, physical, or speech therapy — and hearing and vision services, too. Habilitative services may also help people build mental, behavioral, or social skills. Certain devices, like hearing aids, may also be considered habilitative.

Habilitative services are very important for children with disabilities who need help from therapists and other professionals to learn to communicate, get around, or take care of themselves.

What changed under the ACA?

Before the ACA became law, many individual and small employer health insurance plans didn't cover habilitative services. Now, these services are included in the ACA as Essential Health Benefits (EHBs), which means that individual and small group health insurance plans have to cover them.

This is a big step forward when it comes to helping children with disabilities develop the skills they need to grow and learn.

What is the Affordable Care Act (ACA)?

The ACA is the federal health care reform law signed into law in 2010. (Some people call the law Obamacare.) Most people know that the ACA is about health insurance, but the law also includes many ways to improve health care in the United States.



Tips for Eating Healthy When Eating out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.



- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a "small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a "doggy bag."
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the "clean your plate club" - when you've eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
 - Ask for salad dressing to be served "on the side" so you can add only as much as you want.
 - Order foods that do not have creamy sauces or gravies
 - Add little or no butter to your food.
 - Choose fruits for dessert most often.
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

✓ Receive ChooseMyPlate updates by email.

Tips for Increasing Physical Activity

Make physical activity a regular part of the day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

More ways to increase physical activity

At home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved — enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Exercise



Live Well, Work Well

January 2015



Goal Setting in 2015

Resolutions are possibly the best and worst part of beginning a new year. Who doesn't like a fresh start or a new challenge? However, New Year's resolutions can often be viewed negatively.

Part of the reason many resolutions fail is that the term is seasonal and fixed to a very specific holiday. Come February, New Year's resolutions start to look as relevant as a brown Christmas tree. On top of that, resolutions come loaded with a ton of cultural baggage and are often the setup to jokes about failure.

So, instead of making resolutions that will quickly fade, why not try setting goals for yourself? With that new attitude, here are some tips that should increase the probability of success for your 2015 goals.

1. Set specific, measurable goals. A vague goal is easily broken. If you're dieting to lose weight, set a specific number as your goal. If you're saving, decide on a precise dollar amount. Detailed goals help you focus, making it easier to determine an end point and to meet benchmarks along the way.
2. Choose goals that are meaningful to you, not to somebody else. If you're doing it for yourself, rather than to please others, you'll have much more motivation to succeed.
3. Don't do what you've always done. Try something new, especially if what you've been doing hasn't worked in the past.
4. If you have more than one goal, try varying the levels of difficulty. Completing smaller goals will give you the momentum you need to achieve a big one, and small successes will keep you from obsessing about difficulties along the way.
4. Use other people to hold yourself accountable. It's one thing to fail privately, but nobody likes to be seen as unsuccessful by other people. Announce your goals on social media to commit yourself, or consider adding another negative consequence to failure. In his book "Drop Dead Healthy," A.J. Jacobs conquered his snacking urges by asking his wife to mail a signed contribution to a hate group if he didn't stop snacking. The thought repulsed him so much that he refused to give in to temptation.
5. Most importantly, if you mess up, do not give up. There is a world of difference between experiencing a setback and stopping. So stick with it! It's a new year and a fresh start—there's no better time to make a commitment to a positive change in your life.

Blood donation is a simple, four-step process: registration, medical history, donation and refreshments.

National Blood Donor Month

While advances in medicine have lessened the demand for blood transfusions, the need for blood donors remains great. According to the American Red Cross, someone in the United States needs blood every two seconds. That comes to a total of 41,000 blood donations needed every day. January has been named National Blood Donor Month in an effort to offset a seasonal period when blood donations drop significantly.

If you've never donated blood before, it is a simple, four-step process: registration, medical history and mini-physical, donation and refreshments. The actual blood donation is a safe process that typically takes 10 to 12 minutes. A sterile needle is used only once for each donor and is then discarded. The average adult has about 10 pints of blood in his or her body. Approximately 1 pint is given during a donation.

Visit the [Red Cross website](http://RedCross.org) to find a blood donation center in your area.

Battling January Gym Crowds

For those who make it a New Year's goal to exercise more, working out in January can quickly test their resolve as throngs of people pack the gym with the same goal in mind.

But since half the country lives where it's too cold to exercise outdoors during winter, how else can wannabe fitness fanatics get their workouts in? Here's how:

Be flexible. Whether you like to use the gym at a specific time or go about your workout a certain way, you need to be open to altering your routine. If manageable, try going before work, during your lunch break or later at night. When at the gym, make use of the available machines and free weights while watching occupied equipment to see when it becomes available.

"Work in" exercise between someone else's sets. While not the most appealing option for many, allowing another member to use a machine while someone is resting between sets is considered good gym etiquette. All you need to do is ask.

Think outside the gym. Avoid the hassles altogether by finding another place to exercise. Rock climbing centers, dance and yoga studios and even bowling alleys can provide you with some level of exercise while you wait for the gym crowds to subside. Even the most frigid locales have some winter days that are nice enough to allow for a jog outside, provided you dress appropriately. And that snow isn't going to shovel itself!

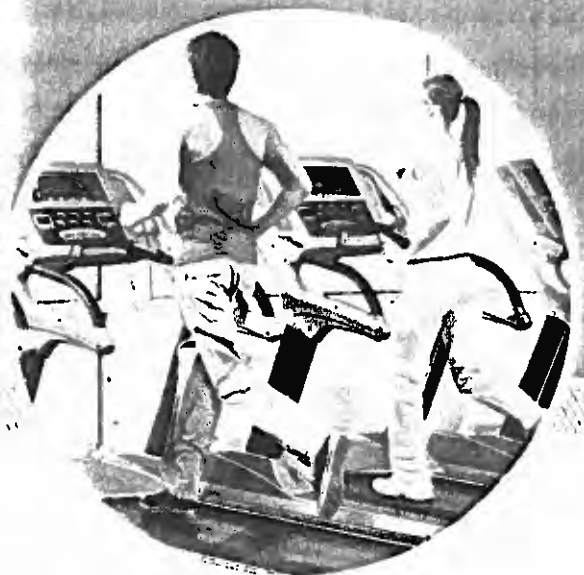
Calories Outside the Kitchen



Many people follow proper nutrition in the kitchen, only to fare poorly when eating outside their homes. While everyone should be allowed an occasional restaurant indulgence, the U.S. Food and Drug Administration (FDA) estimates that Americans consume a third of their total caloric intake from dining out, and the nutritional uncertainty in all that takeout can be frustrating. However, changes are coming that should make keeping track of prepared food much easier.

On Nov. 25, 2014, the FDA announced that calorie counts must be listed for a wide range of food and drinks, including alcoholic beverages shown on menus. The rules require all restaurants with 20 or more locations to display calorie counts on their menus. The rules also extend to vending machines, amusement parks and movie theaters.

Businesses have one year to comply with the new rule. Until then, dieters are advised to stick to restaurants that voluntarily publish nutritional info and to eat healthily at home whenever possible.



Hoppin' John

Hoppin' John is a peas and rice dish from the Carolinas, traditionally served in many parts of the South on New Year's Day. Though the origin of its name is lost to history, it is thought to bring prosperity to the coming year.

- ½ cup brown rice, instant uncooked
- 1 tsp. canola oil
- 3 ounces low-fat turkey sausage ring, quartered lengthwise and cut into ¼-inch pieces
- ½ red bell pepper
- 1 jalapeno pepper
- 1 can black-eyed peas
- ½ cup water
- 1 tsp. salt

Prepare the rice using the package directions, omitting the salt and butter or margarine. Meanwhile, in a medium, nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the sausage for 3 minutes or until richly browned, stirring frequently. Stir in the peppers and cook for an additional minute. Then, stir in peas, water and salt. Cook for 2 minutes or until the mixture is thickened slightly but some liquid remains. Remove from heat and let stand, covered, for 5 minutes to allow the flavors to blend. Finally, stir in cooked rice and serve.

Yield: 4 servings. Each serving provides 190 calories, 4.5 g of fat, 1 g of saturated fat, 10 mg of cholesterol, 340 mg of sodium, 9 g of protein, 2 g of sugar and 4 g of fiber.

Source: USDA

Live Well, Work Well



Money \$mart in Head Start



Issue 2

Spending Your Money

What does the word “budget” mean to you? Pinching your pennies, clenching your wallet, sitting at home in the dark and not having any fun? Or maybe you think “I don’t have any money so why bother?”

Now think about the words “**spending plan**”. A spending plan is just that – a plan for using your money. A plan makes it easier for you to put your money where you want it to go instead of wondering where it went. Thinking about where you can spend your money is a lot more fun than thinking about all the places you can’t spend it!

A spending plan is like a road map for your money. It gets you headed in the right direction for:

- Matching your spending to your income.
- Getting through those unexpected or emergency expenses.
- Reducing the need for credit.
- Saving for future goals.
- Talking about money with your family.



Where you choose to spend your money is very personal. The goal is to spend your money on those things that are the most important to you and your family. Here’s how to get started on your own spending plan.



Step 1 – Figure out the total current monthly income for your family. This is how much money you have to work with all month.

Your household money might come from:

- “Take home” paycheck—after taxes
- Tips or side jobs
- Unemployment
- Child support
- Public assistance (like Food Share)
- Social Security or veteran’s benefits



Step 2 – Write down your total monthly expenses. This means figuring out where your money goes.

When it comes to looking at our spending, sometimes people stop after Step 1. Many of us have that little voice in our head saying “do you really need that?” Or we give up because we figure we’ll have more bills than money anyway. These are common feelings. It’s still worth looking at your spending for a month just to see where you stand.

It can help to think about your monthly expenses by the types of bills you have:

- **Fixed expenses** are the same every month. It’s easier to remember payments you make every month, such as rent or house payments, car payments, utility bills if you’re on a budget plan, insurance, child care, or student loans.
- **Flexible expenses** change from month to month, but you know you’ll spend some money on them. Think about food, gas, car repairs, doctor bills, habits, pets, diapers—well, you get the picture.
- Besides regular monthly expenses, most of us have **occasional expenses**. These are bills that may only come a few times a year: things like birthday and holiday gifts, your car registration or oil changes.

Occasional expenses can throw your monthly spending out of whack. When you can, it really helps to save a few dollars each month to cover those bills when they arrive. Having a few dollars tucked aside will help with an unexpected bill too!

TIP

Sometimes kids say “I want this” at the store. When you tell them “we don’t have money” for what they want, they get confused when they see you spending money later at the checkout. It can be helpful to tell kids “We need our money for groceries and our home and other things we all enjoy.”

If you have a hard time figuring out where your money goes, you may want to **track your spending**.

Tracking your spending can help you find spending leaks that you may have forgotten about during a busy month – DVD rentals, school expenses, eating out, maybe an extra tank of gas. People track their spending in all different ways.



Here are a few ideas for keeping track:

- **Write down the amount whenever you buy something.** You can write the purchase down in a notebook, on a calendar, or in a computer program.
- **Save all of the receipts** you get for a month. If you don't always get a receipt, make a note of the amount you spent.
- **Use your checking account register or monthly bank statement** to track all the checks and debits you have in a month and what the money was used for.
- **Try a free online budgeting program**, like www.thebeehive.org, where you enter your bills as you spend money. Programs like this help you to sort expenses into major spending areas like food, housing, car, kids, and adds up how much you are spending in each area every month.

However you keep track of your spending, you will have a good picture of where your money is going at the end of the month. That will help you make future decisions about your spending.



Step 3 – Add up your monthly income and spending. Writing it down helps you be more aware of your spending and more likely to stick to your plan.

If you have more money coming in than you're paying out, congratulations! You are on your way to building savings, paying off debt, or reaching a money goal.



If your expenses are higher than your income, here are a few ideas to think about:

Increase your income – Can you add a part-time job to bring in more money? Could you make some money from a hobby or skill that you have, like fixing cars or babysitting?

Reduce your spending – Look at the flexible expenses from your list first. Are there some things you buy that you would be willing to cut back on?

Look around your home – do you have anything to sell for a one-time source of cash? Maybe clothes that your kids have outgrown, DVDs you never watch, or other items you no longer use. Selling stuff can help you catch up on a bill, but won't help you balance your monthly spending and income over the long run.

If you find yourself falling behind on bills every month, call your UW-Extension Family Living Educator to talk over some of your options. You can also find a low-cost credit counselor at (800) 388-2227 or at www.debtadvice.org.

If you own your home and are having trouble keeping up with the mortgage, call the HOPE Hotline at 888-995-HOPE (4673).

"Money Smart in Head Start" is provided by UW-Extension Family Living as part of the Head Start Financial Literacy Project which is funded through the generous support of the Annie E. Casey Foundation. This issue was written by Ruth N. Schriefer, Family Living Agent, UW-Extension Iowa County and edited by Peggy Olive, Linda Olson, and Kristi Cutts. Reviewed by J. Michael Collins, Family Financial Security Specialist, UW-Madison/Extension. Sources for this issue include University of Wisconsin-Extension Managing Between Jobs, 2006; University of Idaho Extension Dollar Decision\$, 2003; Pennsylvania State University Right on the Money, 2008; University of Illinois Extension, Getting Through Tough Financial Times, 2009. (Revised 2011)



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Household Spending Plan for the Month of _____

Because many bills are monthly, it's easiest to look at your household income and expenses on a monthly basis.

Your Household Income (Take-home) -

Multiply any weekly income by 4 or bi-weekly income by 2 to get a better idea of the total monthly income that your family has.

Monthly salary, wages	\$ _____
Monthly salary, wages	\$ _____
SSI	\$ _____
VA Benefits	\$ _____
Food Stamps	\$ _____
Child Support	\$ _____
Other income (_____)	\$ _____
Other income (_____)	\$ _____
Other income (_____)	\$ _____
Total Monthly Income	\$ _____

Your Monthly Household Expenses -

Savings	\$ _____
Mortgage/Rent	\$ _____
Electricity	\$ _____
LP/Natural Gas, Heating Oil	\$ _____
Phone & Cell Phone	\$ _____
Water/Sewer/Trash	\$ _____
Insurance - health, car, home	\$ _____
Car Payment	\$ _____
Car Maintenance	\$ _____
Gas for Car	\$ _____
Food - at home and away	\$ _____
Medical - doctor or dentist	\$ _____
Clothing	\$ _____
Personal Care	\$ _____
Laundry/Cleaning Supplies	\$ _____
Education	\$ _____
Recreation	\$ _____
Gifts/Donations	\$ _____
Allowances	\$ _____
Child Care	\$ _____
Credit - loans, credit cards	\$ _____
Seasonal/Occasional	\$ _____
Other Expenses (_____)	\$ _____
Other Expenses (_____)	\$ _____
Total Monthly Expenses	\$ _____



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About

2015 Poverty Guidelines

U.S. Federal Poverty Guidelines Used to Determine Financial Eligibility for Certain Federal Programs

[[Prior Poverty Guidelines and Federal Register References Since 1982](#)]

[[Frequently Asked Questions \(FAQs\)](#)]

[[Further Resources on Poverty Measurement, Poverty Lines, and Their History](#)]

2015 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA

Persons in family/household	Poverty guideline
1	\$11,770
2	15,930
3	20,090
4	24,250
5	28,410
6	32,570
7	36,730
8	40,890
For families/households with more than 8 persons, add \$4,160 for each additional person.	

2015 POVERTY GUIDELINES FOR ALASKA

Persons in family/household	Poverty guideline
1	\$14,720
2	19,920
3	25,120
4	30,320
5	35,520
6	40,720
7	45,920
8	51,120
For families/households with more than 8 persons, add \$5,200 for each additional person.	

2015 POVERTY GUIDELINES FOR HAWAII

Persons in family/household	Poverty guideline
1	\$13,550
2	18,330
3	23,110
4	27,890
5	32,670
6	37,450

2015 Poverty Guidelines

7	42,230
8	47,010
For families/households with more than 8 persons, add \$4,780 for each additional person.	

Go to [Further Resources on Poverty Measurement, Poverty Lines, and Their History](#)

Go to [Frequently Asked Questions \(FAQs\)](#)

Return to the main [Poverty Guidelines, Research, and Measurement](#) page.

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GREAT LAKES INDIAN FISH & WILDLIFE COMMISSION

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• MEMBER TRIBES •

MICHIGAN

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Keweenaw Bay Community
Lac Vieux Desert Band

WISCONSIN

Bad River Band
Lac Courte Oreilles Band
Lac du Flambeau Band

MINNESOTA

Fond du Lac Band
Mille Lacs Band

Red Cliff Band
St. Croix Chippewa
Sokaogon Chippewa

2015 Summer Internship Openings

The Great Lakes Indian Fish and Wildlife Commission (GLIFWC) is seeking interns for the summer of 2015. Positions will be 40 hours/wk for 8 – 10 weeks.

Starting Salary: \$10.10/hr. If needed, a housing allowance may be available.

Intern opportunities are in -

- Biological Services Division:
 - Wildlife
 - Wild Rice
 - Lake Superior Fisheries
 - Inland Fisheries
- Public Information Office
- Planning and Development

Eligible students must meet the following:

- Enrolled as a full-time undergraduate or graduate college student
- Majoring in a field related to Division/Section of internship interest
- Possess proficient verbal and written communication skills
- Have a strong interest in working with Native American tribes

American Indian preference will be applied consistent with GLIFWC policies and Federal Indian Self Determination and Education Assistance Act (PL 93-638)

Send resume and cover letter identifying area of interest to:

H. James St. Arnold, Program Director
Great Lakes Indian Fish and Wildlife Commission
P.O. Box 9
Odanah, WI 54861
OR email to: jsta@glifwc.org
Subject: Intern

Closing date for receipt of application: February 28, 2015



We need you

to be on the Red Cliff Johnson O'Malley (JOM) Committee

Requirements to join: You must be a parent or legal guardian of an eligible Indian Student (eligible meaning enrolled in a Tribe, (it does not matter what Tribe the student is a member of) who is attending the Early Childhood Center (ECC) (age 3 +) or the Bayfield School District.

Purpose of the JOM Committee: To promote quality educational programs, services and unique cultural needs of eligible Indian students ages three (3) through grade 12 who attend the Red Cliff Early Childhood Center or attend school in the Bayfield School District. The committee decides on what programs and activities these funds will provide to eligible students. Past programs and activities have included the Annual Honor Banquet for the graduating seniors; cultural and mentoring activities and providing tutoring services.

Meetings: Meetings are held on the first Wednesday of the month at 4:00. Location is the Tribal Administration Building, unless otherwise noted. We meet monthly; however depending on need we may schedule special meetings, listening sessions and other activities.

Application: Pick one up at the Tribal Administration Building.

Contact Carmen VanderVenter, Education Director (715) 779-3700 ext. 4245 for more information



Legendary Waters
RESORT & CASINO

1-800-226-8478

3 Miles N. of Bayfield, WI on HWY 13
57600 Onigaming Drive
Red Cliff, WI 54814



Home > Employment



Open Positions:

Accepting applications for all positions

Controller

Event Center Staff

Facilities Worker

IT Specialist

Marketing Associate

Security Officer

Slot Attendant

JOB-APPLICATION- You can now fill out a job application and automatically submit it, or you can print it out.

The Red Cliff Tribal Council has a drug free work place policy and adheres to the intent of the drug free work place act.

All new hires are subject to a drug test prior to starting.



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You currently have no widgets set in the right sidebar. You can add widgets via the Dashboard.

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JOB DESCRIPTION

POSITION: TRIBAL AGING AND DISABILITY RESOURCE SPECIALIST (Tribal ADRS)

LOCATION: Red Cliff Elderly Services Program offices

SALARY: \$14.00 per hour, 40 hours per week

THIS IS A REGULAR FULL-TIME NON EXEMPT POSITION

SUPERVISOR(S): Elderly Programs Manager/ Family Services Administrator

JOB SUMMARY:

The Tribal Aging and Disability Resource Specialist (ADRS) works in partnership with tribal health and human services agencies and Aging and Disability Resource Centers (ADRCs) in the tribe's service area to ensure that tribal members receive culturally appropriate information about aging and disability resources and are able to comfortably and effectively access long term care program and services.

DUTIES AND RESPONSIBILITIES:

Engage in marketing and outreach to inform tribal members about services available through the tribal ADRS and the regional ADRC.

Develop culturally sensitive informational materials.

Provide or arrange training for ADRC personnel on cultural competence in working with tribes and tribal members.

Provide basic information and assistance, and options counseling for tribal members in their homes, in the ADRC or tribal office, or over the phone.

Provide short term service coordination to help tribal members deal with immediate needs, to the extent time and funding allows.

Serve as a liaison and customer advocate to tribal members referred to area ADRCs for more in-depth information and assistance, options counseling, and enrollment in publicly funded long term care services.

Conduct information and assistance home visits for tribal members on behalf of the ADRC.

Assist tribal members in preparing materials needed to determine financial eligibility.

Assist with enrollment counseling for tribal members needing publicly funded long term care services.

Develop and maintain client records, including client tracking records for tribal members served.

Participate in tribal department staff meetings as instructed by supervisor and outside activities related to ADRS information sharing in the community.

Attend ADRC-N Management Committee meetings as Tribal Representative when needed or requested;

Inventory the health and long term care related resources that are available through tribal governments, and share this information with the ADRCs for inclusion in the resource database.

Prepare correspondence and other documentation as required by DHS program guidelines.

Participate in 100% time reporting to capture MA revenue to support tribal ADRS services.

Use continuous improvement techniques to improve the quality and efficiency of customer service.

Consult with DHS on issues relating to ADRC services for tribal members.

Additional duties as assigned.

SUPERVISORY AUTHORITY: NONE

KNOWLEDE:

Strong computer, oral and written communication skills.
Knowledge of and familiarity with tribal resources, local area resources and statewide resources available for client referral purposes.
Understanding of the long term care delivery system in Wisconsin.
Experience working with tribal elders/disabled individuals and/or a thorough understanding of their roles in Native American communities.
Excellent organizational skills with the ability to plan, organize, and schedule priorities efficiently and manage multiple projects in a timely manner.
Ability to establish and maintain productive working relationships with ADRC staff, clients, tribal management and external agencies.

QUALIFICATIONS:

A bachelor's degree in human services/related field or 3 years work experience similar type position.
Be AIRS certified or achieve AIRS certification within 24 months of hire.
Three years experience dealing with issues that affect the elderly and disabled population is preferred.
A valid Wisconsin driver's license and at least liability insurance.

PERSONAL CONTACTS: Daily communication and updates to Elderly Director. Routine and as needed contacts with elderly program staff, clients, volunteers, Bayfield County aging unit, Aging and Disability Resource Center of the North, State DHS, Community Care Central Wisconsin managed care organization, Tribal staff and community members.

PHYSICAL REQUIREMENTS: Individual must be able to do all movements associated with home-visiting and frequent travel. Safely be able to lift up to 50 pound.

WORK ENVIRONMENT: Elderly program office located in the Red Cliff Housing Authority Elderly Apartment Building. Office and common areas of building are smoke free.

TRAVEL REQUIREMENTS: The Tribal ADRC will attend training and meetings locally and statewide as needed. High level of local travel for home-visiting and collaborative meetings may be required. Frequent out of town travel.

Native American preference will be applied in the case of equally qualified applicants but all qualified applicants will be considered.

REPOSTED: January 27, 2015

DEADLINE: February 11, 2015 @ 4:00 p.m.

FOR FURTHER INFORMATION:




Red Cliff Tribal Administration Building
Human Resources Department
88385 Pike Road, Hwy 13
Bayfield, WI 54814
www.redcliff-nsn.gov
rwygonik@redcliff-nsn.gov
susie.gurnoe@redcliff-nsn.gov
(715) 779-3700 ext. 4267 or 4268

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act. All new hires are subject to a drug test prior to starting.

ALL APPLICANTS FOR EMPLOYMENT WITH THE RED CLIFF TRIBE ARE SUBJECTED TO THE BACKGROUND INVESTIGATION AND OTHER REQUIREMENTS OF RCCL CHAPTER 43, AND THAT YOU ARE UNDER A CONTINUEING OBLIGATION TO SUPPLEMENT THIS APPLICATION FOR EMPLOYMENT WITH INFORMATION CONCERNING ANY CONVICTIONS THAT OCCUR AFTER COMMENCEMENT OF EMPLOYMENT WITH THE TRIBE.

[Back To Employment Page](#)

Bay Area Home Health is Hiring!

-  **Personal Care Workers**
-  **Supportive Home Care Workers**
-  **Certified Nursing Assistants**

Enjoy a flexible work schedule while working in a rewarding career.

Mileage and/or Travel Time Reimbursed

- ❖ *Provide individualized care such as bathing, dressing, grooming, cleaning, and cooking tasks in the patient's home.*
- ❖ *Monitor or report changes in health status.*

Pick up an application at our front desk or call to have one mailed to you.

Bay Area Home Health

1601 Beaser Ave.

Ashland, WI 54806

715-682-9500



FEBRUARY 2015

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2B FR TOAST STIX, PEARS, YGRT L PARM CHIX, CORN, SALAD, APPLE S CHEESE/CRACKER	3B CORN CHEX, BLUE- BERRIES, CC, MUFFIN L BEEF BARLEY SOUP, CHEEZ SAND, TR FRUIT, CARROTS S PB/GR CRACKER	4B HB OATS, BERRIES, YGT, TOAST L KIELBASA, MAC/CHEZ, PEAS, FR COCKTAIL, CC S BANANA ROLL UP/ MILK	5B RICE CRISPIES, CINN TOAST, PEARS, CC L FISH NUGGET, FRY, SALAD, VEG/DIP, AP- PLES, YGT S FRUIT/CRACKERS	MENU SUBJECT TO CHANGE
9B OATMEAL, BLUE- BERRIES, CC, TOAST L TOM SOUP, GR CHEEZ MANO, CC, SALAD S YOGURT/APPLES	10B CORNFLAKES, PEARS, YGT, MUFFIN L BOILED DINNER, BIS- CUIT, FR COCKTAIL, CC S CHEX MIX/JUICE	11B CHEERIOS, BA- NANA, TOAST, PBJ L CHIX QUESADILLA, SALAD, PEAS, MANO, CC S TREES IN THE SNOW/ MILK	12B KIX, BERRIES, YGT, BAGEL L LASAGNA HD, CORN, FR COCKTAIL, CC S COOKIE/MILK	MILK SERVED WITH ALL MEALS
16B ECC CLOSED PRESIDENTS DAY	17B PANCAKES, APPLE- SAUCE, TRK BACON L PIZZA, VEG/DIP, HON- EYDEW, CC S NUTRA BAR/MILK	18B KIX, BANANA, TOAST, PBJ L CHIX SOUP, HAM SAND SALAD, TR FRUIT, CC S CRACKERS/PB	19B CORNFLAKES, CC, BERRIES, ENG MUFFIN L SCALLOP POT HAM, CORN, MANGO,CC S TOSTADA/JUICE	
B23 EGG BURRITO, BERRIES, CC L CHIX NUGGET, FRY, VEG/DIP, APPLES,YHT S GOLDFISH CR/MILK	24B HB OATS, PEARS, CC, TOAST, JELLY L BEEF STIR FRY, RICE, MANGOS, CC, STIR FRY S WAFFLE/MILK/PUD	25B CHEERIOS, BAGEL, PEACHES, CC L HAM, POT, CARROTS, BUN, PINEAPPLE, SALAD S PIZZA/JUICE	26B CORN CHEX, BA- NANA, MUFFIN L VEGGIE SOUP, PBJ, FR COCKTAIL, JELL-O S FRUIT/CC	