On Monday, December 21, 2020, after months of fighting the pandemic, the first doses of Moderna COVID-19 Vaccine were administered at the Meskwaki Health Clinic.
## DIRECTORY

**TRIBAL POLICE** 484-4844  
**FOR EMERGENCIES** DIAL 911

### Tribal Operations

- Tribal Center Offices  484-4678  
- Attorney General Office  484-4678  
- Child Support Services  484-9301  
- Economic Development  484-9501  
- Enrollment  484-9233  
- Executive Offices  484-4678  
- Facilities Management  484-9255  
- Family Services  484-4444  
- Fiscal  484-4678  
- Higher Education  484-3157  
- Historical Preservation  484-3185  
- Housing/Realty  484-4972  
- Human Resources  484-4678  
- Information Technology  484-3185  
- Media Services  484-9439  
- Natural Resources  484-3511  
- Police  484-4844  
- Prosecutors Office  484-4678  
- Public Defender's Office  484-9214  
- Public Works  484-4600  
- Senior Services  484-9224  
- Victim Services Crisis Line  *Answered 24 Hours* 481-0334  
- Youth Program  484-5369

### Meskwaki Health Services

- Health Clinic  484-4094  
- Contract Health Services  484-9406  
- Benefits Coordinator  484-9404  
- Medical Records  484-9431  
- CHR Program  484-9419  
- Diabetes Program  484-9414  
- MADAC  484-9482  
- MADAC Crisis Line  *Answered 24 hours* 481-0049  
- Pharmacy  484-9451  
- Wellness Center  484-9272

### Meskwaki Settlement School

- Primary  484-4990  
- High School  484-9000

### Meskwaki Entities

- GAMING COMMISSION  484-1450  
- HOUSING AUTHORITY  484-6106  
- MESKWAKI CASINO  484-2108  
- TRAVEL PLAZA  484-9350  
- TRIBAL COURT  484-9300  
- MESKWAKI, INC.  484-3820  
- PINNACLE BANK (Mtwn)  752-2393  
- PINNACLE BANK (Toledo)  484-7303

### SAC & FOX TRIBE OF THE MISSISSIPPI IN IOWA

**THE MESKWAKI NATION**  
349 Meskwaki Road  
Tama, Iowa 52339  
Phone: 641-484-4678 or 800-944-9503  
Fax: 641-484-5424

“TO RELY ON THE KNOWLEDGE AND EXPERIENCES OF THE PAST, ALONG WITH THE WILL TO SURVIVE TO ADVANCE THE PEOPLE, CULTURE AND WELL-BEING OF THE MESKWAKI NATION.”

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**Chairwoman - Judith Bender**  
State, Local & Federal: Term expires November 2021

**Vice Chairman - Drayton Roberts**  
Health: Term expires November 2024

**Treasurer - Delonda Pushetonequa**  
Enrollment: Term expires November 2021

**Member - Clinton Bear**  
Agriculture: Term expires November 2024

If you have recently moved, please update your address with the Finance Office. Tax documents, checks, the MNT, and other notices are sent to tribal member's addresses on file. Address change forms are available at the front desk of the Tribal Center and available for download on our website at:  

**WWW.MESKWAKI.ORG**  
(Click on the Government/Finance links)

Forms can also be mailed, faxed or emailed to you upon request.  

**NO CHANGES WILL BE ACCEPTED OVER THE PHONE.**  
If you have questions, please contact Jordan Bear in the Finance Office at 641-484-9202.

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The Meskwaki Nation Times is a monthly publication available to all enrolled adult tribal members by mail. Meskwaki Media Services is a member of the Native American Journalists Association.

The deadline to submit articles for the next edition is:  

**JANUARY 20, 2021**

Articles can be submitted via email to:  

**MEDIA@MESKWAKI-NSN.GOV**  
Or mailed to:  

Meskwaki Nation Times, 1646 305th Street, Tama, Iowa 52339  

All articles submitted are subject to approval and/or editing due to the space available.
COMMUNICATION EXCHANGE

COVID-19 VACCINE UPDATE

On December 21st the Meskwaki Clinic received the very first shipment of Moderna, the COVID-19 vaccine. Initial shipment was to be 100 doses but we were fortunate enough to receive 200 doses so we were able to vaccinate some additional Tribal Operations personnel. The Meskwaki Health Clinic (Clinic) is following the CDC’s Advisory Committee on Immunization Practices (ACIP) for the administration of the vaccine. The Clinic will continue to receive the Moderna vaccine and will not be receiving the Pfizer vaccine (at least initially). ACIP has set forth the guidance on implementation phases of the vaccine. Below is the Phase I sequence for the initial supply of vaccines. The Clinic is adhering to the phases and with the limited supply of vaccine we have received we have vaccinated healthcare workers and are moving into phase 1b. Initially we have included staff from the Senior Program, the EMS volunteers, Meskwaki Settlement School, MNPD, Facilities, Public Works, and Tribal Council. We are moving through the list and setting up scheduling for staff but with the holidays and weather, it made the scheduling a little difficult to start. Every vaccine has to be tracked and reported to both state and federal agencies. We are subject to audit of our administering of the vaccine and will have to justify deviation from the ACIP recommendations.

How soon until the Meskwaki Community can get the vaccine?

This is an unknown at the moment. Initial emails from Indian Health Services states we could be getting another shipment of Moderna this week or next. We also do not know how many more vaccines they will send us. Until we get the shipping container and have the vaccine in hand, we cannot plan too far ahead but know that we are compiling lists of our most high-risk patients and elders 65 and older to be in the next phase.

What are some of the side effects people have received from the Moderna vaccine?

I personally only had a sore shoulder as did many others. It felt like I took a punch in the shoulder where the shot was given. I felt this for a couple days but other than that, felt great. A couple staff experienced a slight fever, fatigue, and body aches. This lasted for about 24 hours but subsided and were fine once again.

Overall to date, nobody has had any adverse reaction to the Moderna vaccine that the Clinic has provided. According to the CDC’s website, “The most commonly reported side effects, which typically lasted several days, were pain at the injection site, tiredness, headache, muscle pain, chills, joint pain, swollen lymph nodes in the same arm as the injection, nausea and vomiting, and fever. Of note, more people experienced these side effects after the second dose than after the first dose, so it is important for vaccination providers and recipients to expect that there may be some side effects after either dose, but even more so after the second dose.” All manageable side effects.

The Clinic will continue to update as new information becomes available. Please watch for real-time information on the Facebook “SETT Page” where updates are posted regularly. If there are any questions, please don’t hesitate to reach out and call the Clinic. Thank you.

~ Rudy Papakee, MHA - Health Director


Stop the Spread.

Until the vaccine has been given to the majority of our community, please continue following COVID protocols.

DO YOUR PART: Wear a mask, wash your hands often, and follow social distancing guidelines.
Our 2nd Annual Shop with a Cop was a bit different this year. We were unable to go shopping together, wrap presents together, or share a meal together. However, we were able to purchase gifts for 20 children between the Meskwaki Settlement School and South Tama County. We still have a few gifts to deliver! The children were able to choose gifts of their choice online and then our staff delivered the presents. It was great to see the joy on their faces. We cannot wait to see you all again very soon! Thank you to Kiyanna P. and Crystal M., Meskwaki Media, for riding along to capture these precious moments and to Kayla W., Elders Circle Coordinator, for her wrapping skills!
Merry Christmas everyone! We will always be there for you if you need us.
Sincerely,
Your MNPD
2ND ANNUAL SHOP WITH A COP

Merry Christmas!
MESKWAKI COMMUNITY,

The year of the Global Pandemic has passed us at last. Here is to the hope of a better, and safer New Year!

2021 has arrived with all of our prayers and ever so slight changes of caution as we move into a new year. Hopes of a more normal school year for all of our children, including the continuation of athletics, drama, and classes in school everyday. I realize all of these things can only be done with extreme caution, but it does look like changes are happening within our society, so continue to use caution by wearing your face masks and washing your hands every chance you get.

Closer to home I see that MSS continues with boys/girls basketball, and even though these games are limited to 2-guests per game, our community is working to get the live streams available so everyone can watch. This effort is being done independently so kudos to Shoshonis Brown and her helpers! Our school, the Meskwaki Settlement School is unique in the state of Iowa because it truly belongs to our community. Our students are exposed to some of the state’s finest teachers and we have a great support staff. As a former employee, I can say that our teachers are outstanding and no place else in the world can our students receive language and culture specifically about the Meskwaki people from Meskwaki teachers. We should be proud and celebrate our school! It is not a perfect school, but it is perfect for us, so let’s support the staff and let our students know we are proud of them. All I can say is that I salute our staff and students for showing up everyday and making the best out of an impossible learning situation. KETABI

Currently our museum remains closed to the public. Because of our small space, it isn’t safe for people to come in and look around. I don’t know how long this situation will last, but in the mean time I will clean up exhibits and make a few changes to existing ones. Our museum will be ready for the day our door is opened up for the public once again.

Finally, I want to wish everyone a happy new year, a year of good health; remember to keep checking in on our precious elders. To those of you creative natives in our community, keep on doing your work! We have a great number of talented people in our community that make our world more beautiful with their beadwork, painting, sewing, music and other gifts, let’s celebrate their talent and support their work. Buy local if at all possible.

~ Bonabiga
Mary Young Bear

MESKWAKI NATION TIMES

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MESKWAKI NATION TIMES

Volume 18 Issue 01

MESKWAKI HEALTH CLINIC

PROGRAM EVENTS FOR JANUARY

January 13, 2021
TOPIC: THREE MEALS A DAY
from ISU Extension “STAY INDEPENDENT” HEALTH AGING SERIES
at 12 PM (Noon) on Zoom
To sign up call or email Jennifer.

January 19th, 2021
TOPIC: RELATIONSHIP BETWEEN DIABETES AND DEPRESSION/ MOOD DISORDERS
at 12 PM (Noon) going “LIVE” on the Wellness Facebook Page & Diabetes Support Group
Hosted by Caitlin Silveira, LMHC Director of Meskwaki Behavioral Health Services

January 27 , 2021
TOPIC: TAKE AND MAKE
at 12 PM (Noon) going “LIVE” on the Wellness Facebook Page
Jennifer will show you how to make Skinny Low-Carb pepper Tacos!

Sign up by January 13 at noon, then plan to pick up your ingredients on January 26 to make them at Home!

To sign up call or email Jennifer.

Jennifer Scales, RDN, LD
(641) 484-9421
Jennifer.scales@meskwaki-nsn.gov

Meskwaki Health Clinic Transport

Tatum will be available to transport anyone during the week days (Mon-Fri) from 8:00am-4:30pm to and from any daily grocery runs, Walmart, bank, etc... Contact Tatum to set up a time for a transport. Please remember to wear a mask, it is required!

Contact Tatum at:
(641) 481-5067 or (641) 484-4094 ext. 9410
COMMUNITY CONNECTIONS

ENTER TO WIN $$ $$ BY COMPLETING MESKWAKI WORKFORCE DEVELOPMENT COMMUNITY SURVEY

The Meskwaki Workforce Development Department is hosting a community survey to help gauge, engage, and mobilize future economic efforts within the community.

The department is seeking Tribal community members to assist in the process by filling out a short community survey. The survey will take less than 2 minutes to complete and responses are strictly confidential.

All Tribal community members age 10 and above are invited to participate. Those who fill out the survey will be entered into a drawing for gift cards, 15 winners total.

To fill out the survey, go to www.meskwaki.org/survey or use your cell phone to scan in the bar code shown on the right of this article. It will take you directly to the survey. If you do not have access to a computer or cell phone, call Workforce Development to have a survey mailed to you at (641) 484-9506.

The deadline for completing the survey is January 29th. Winners of the prizes will be announced on February 3rd via Facebook and on the Meskwaki.org website.

1. What is Meskwaki Workforce Development doing?
We are inviting our Tribal community members to complete this brief survey to help us scale our environment through the lens of our people to effectively engage and mobilize our workforce and economic strategies.

2. How will the results of this survey be used?
The results will impact how we move forward, balance areas of strength with those where improvement is needed, and to be more impactful and inclusive in our community engagement.

3. Why is this important?
This process is important because it will allow our community to voice their opinion on how they view our current environment. We will learn about the attributes of the community that influence our engagement with one another and help us improve and empower our community and tribal leaders so we can effectively move forward with our economic and workforce goals.

Thank you for your time in completing this survey and sharing your valuable input.

~ Shoshonis Brown, Project Manager

MESKWAKI AFTERSCHOOL PROGRAM

INFORMATIVE - STRUCTURAL - FUN LEARNING

When: January 25, 2021
Time: 3:30 - 5:00

Group A - Monday & Tuesday
Group B - Thursday & Friday
Online - Online with either Group A or B

To register online for the Meskwaki Afterschool Program (MAP) click HERE

A registration form will also be sent home with your child, and are also available at either the high school or elementary front desk.

If your child would like to participate in MAP, please fill out the 2020-2021 MAP registration form and return to the school ASAP.

If you have any questions, please contact the MAP coordinator at 641-484-4990 or you can email me at jenkeahna@msswarriors.org

ATTENTION MESKWAKI BEHAVIORAL HEALTH SERVICES CLIENTS:

GROUP THERAPY
MONDAY - THURSDAY
1:30PM - 3:30PM
TRANSPORT AVAILABLE
REGISTER BY 10:30AM (641) 484-9482

MESKWAKI NATION TIMES
MESKWAKI HEALTH CLINIC TO OFFICER VIRTUAL VISITS

A Telehealth Health Visit, also called a Virtual Visit, eliminates the need to come to the clinic and brings the care to you in your home. Simply use the video camera on your computer, laptop, tablet or cellphone for a face-to-face consultation with a care provider at the Meskwaki Health Clinic.

To schedule a virtual visit, please call the clinic first. The staff will verify information with you including an updated email address or cell phone number. You will access the virtual visit through your device by clicking the link sent to you. Because our staff needs to see and hear you, and you need to see and hear them, the device you use for your visit must have audio (microphone) and video (camera) capabilities to participate.

Once a virtual visit has been scheduled, you will receive the following:

1. Verification of the appointment (time/date/link)
2. A reminder 24 hours before the appointment
3. A reminder 15 minutes before the appointment

To begin your virtual visit, click the green “Join Visit” box or copy and paste the link into a browser and follow the directions to begin your visit. You can also invite a guest to your visit. See picture on the right for example. It's that simple!

For more information on how to schedule a virtual visit, contact the Meskwaki Health Clinic at (641) 484-4094.

Devices Patients Can Use To Hold A Virtual Visit

- Cell Phone
- Tablet or Ipad
- Computer or Laptop

Information Sent To Patient’s Email or Cell Phone

When it’s time for your Virtual Visit, click “Join Visit,” or copy and paste the link into a supported browser.

Join Visit

Test My Device

Want to include another person in your Virtual Visit?
You can add one guest. Enter their email by clicking the button below and we will invite them.

Invite Guest

MESKWAKI HEALTH CLINIC NOW ABLE TO ASSIST WITH LIHEAP APPLICATIONS

The Meskwaki Health Clinic is now able to assist with LIHEAP (low-income Home Energy Assistance) applications. Through a partnership with MICA, please call Gloria or Tamela, Benefit Coordinators at the Health Clinic, if you are in need of assistance with your home heating/utility bills. Applications are accepted from November to April each year.

The clinic can also assist with food stamps and Medicaid applications too.

Meskwaki Health Clinic
(641) 484-4094
IT’S TIME TO GET SETTFIT!

Over the last few years, the Meskwaki Health Clinic’s Diabetes and Wellness programs have sponsored an annual health and wellness contest called “SettFit”. This year, due to the challenges associated with COVID-19 and social distancing guidelines, we have chosen to run the program through a new virtual health and wellness platform called “Wellable”.

With Wellable, you will have the opportunity to log into the program using an app on your phone and/or by logging in on your PC. You can track activities on any wearable device or log them manually through the app. You’ll have fun tracking your health and fitness goals while getting active, improving your health and well-being, and qualifying for really great prizes!

This year Meskwaki SettFit will begin by offering two 6-week programs (12 total weeks) gearing up for 2 top prizes in six categories! All Tribal community members and Tribal Ops staff are invited to participate.

To get started, please create a Wellable account by logging on through the internet. Go to: www.meskwaki.org/settfit to find the link. Additionally, the link will be available through the Meskwaki Wellness Facebook page beginning on January 4th.

Once completed, you will receive access to your account through your email’s inbox. There you will receive a welcome email containing your Wellable credentials and instructions for connecting an app or device to your account – it’s the easiest way to automatically track your activity and earn Wellable Points!

The link to sign up will be active on January 4th through the 17th.

THE CHALLENGE BEGINS ON JANUARY 18TH!
HEALTH & WELLNESS

HOLIDAY FOOD GIVE AWAY

Just before the Christmas Holiday, the Meskwaki Diabetes Program was able to give 16 Families a box of food items that included necessities like eggs, flour, sugar, spices, canned good items, frozen vegetables and a $40 Fareway meat gift card. The items were donated to and distributed by Meskwaki Family Services to 16 families to enjoy during the holiday season.

We wish everyone a safe, healthy and wonderful start to 2021!

~ Diabetes Program
Ashley Aylsworth, Health Educator
Jennifer Scales, Registered Dietitian
Linda Winter Chaser, Program Coord.

PHARMACY CORNER

January is National Blood Donor month. The nation’s blood supply is at critically low levels due to the pandemic. Because of COVID-19, over 50,000 blood drives were cancelled. If you are able to donate blood, please consider doing so now. If you have never donated blood, what better time than now to start. If you are afraid to give blood, the Red Cross is also in need of volunteers to assist with the blood drives. You can make a difference and the life you save could be your own.

January is also the home of Health Weight Week which celebrates healthy lifestyles to prevent eating and weight problems. This week is dedicated to promoting an active lifestyle, eating well, and feeling good about yourself. People are encouraged to improve health habits in long-lasting ways by eating well without dieting.

How many times have you heard me say (or type) to call at least 24 hours or more in advance of needing your refills? A lot! And I’m going to keep saying it!

Please, call or request your refills at least 24 hours or more in advance to allow us to contact your provider, if necessary, to obtain more refills or to order a medication that we may not have in stock. Prescriptions without refills require extra time to contact the provider for approval and providers are often very busy with scheduled patients and may not get to refill requests until late in the day. To prevent any delays in receiving your medications, please call at least 24 hours in advance. The refill line is available 24 hours a day, 7 days a week. You may leave your requests at any time of the day. Thank you for your consideration!

~Meskwaki Pharmacy
Patrick Bolte – Pharmacist
Sandy Lasley-Kapayou – Pharmacy Technician
Gailyn Kapayou – Pharmacy Technician
THE WELLNESS CENTER IS OPEN FOR BUSINESS!

Current Wellness Center Hours of Operation:

Monday through Friday
6:00 am – 9:30 pm
Saturday
8:00 am – 4:30 pm
Sunday
9:00 am - 2:00 pm

The Wellness Center has reopened but space is at a premium and time slots during the lunch hour and into the early afternoon are being reserved to accommodate our max capacity.

Call to reserve your spot for those times.

Stay safe, keep your distance, wipe down your equipment, and have fun!

EXERCISE VIDEOS ON-LINE

Join Fitness Specialist Jason Jefferson, Payton Whitebreast and Kailee Pushetonequa as they walk you through easily modified exercises online. You can access them on the Wellness Facebook page or by visiting Meskwaki Wellness on YouTube!

WINNING RECIPE ANNOUNCED

Healthy recipe contest winner from the drawing is Francesca Papakee! Here is her recipe also! Thank you for everyone that entered!

Franny’s Funn Soup

• Stew meat, 1 package
• Baby carrots, small bag
• Celery stalks, 3 cut up
• Spinach, 2 cups chopped
• Tomatoes, 1 carton baby
• Zucchini, small, cubed
• Water chestnuts, 2 cans
• Chia seeds, 1/2 cup
• Garbanzo bean, 1 can
• Onion, 1 large, chopped
• Radishes, 1 bag, chopped
• Tomato juice, low sodium, 2 cans
• Salt & pepper to taste
• Kickin Chicken seasoning
• Garlic powder

Put everything in 1/3 pan of water, boil for 45 minutes
Add tomato juices, can add more pepper & Kickn spice for taste.
Let boil for another 20 minutes.
Can add flax powder to thicken.
TIPS FOR CELEBRATING A SOBER NEW YEAR

There are just a few more days left in the year, and your New Year’s Eve plans are likely either in progress or already set in place. Whether you’re planning to ring in the new year publicly or privately, you’ll have to ask yourself a question: “Will I be drinking?” If the opening minutes of 2020 were a blur and New Year’s morning was spent feeling hungover, you might be thinking of taking it easy on the celebrations this year. Maybe you’re recovering from a substance use disorder, or perhaps you’re simply looking to celebrate the end of 2020 without any “enhancements”. Regardless, there are many ways to enjoy the holiday completely sober.

Though alcohol is common at holiday celebrations, you’re in complete control of how much you have to drink. In fact, you don’t have to drink at all. You can say goodbye to 2020 and celebrate the first hours of 2021 while sober. You can enjoy yourself with friends and family and remember it the next day. You can even wake up on New Year’s Day feeling refreshed and headache-free.

If you’re used to drinking during celebratory events, ringing in the new year without alcohol may seem difficult. Fortunately, there are ways to make sure you remain completely sober for the New Year. Here are a few options:

Find a sober venue: There are New Year’s Eve celebrations and venues that don’t serve alcohol at all. Check your local online listings to find an alcohol-free event near you.

Host your own party: If you’d rather skip the rowdy crowds and have a little more control over your evening, you can invite your close friends over for a sober celebration! Fill the table with fun board games or find a fun but competitive video game to play on the television screen (just remember to change the channel before the ball drops at midnight!).

Volunteer to be a designated driver: If you’re going to a place that has alcohol, you can hold yourself responsible by being the designated driver. This way, you’ll also have a good card to play when someone asks the question, “Why aren’t you drinking?”

Stay with sober people you trust: If you feel like the temptation to drink may be too overwhelming, stick with other sober friends who can help hold you accountable. If everyone in your group is drinking, have a sober friend you can call if you feel you’re about to “just have one.”

Have an exit plan: For newly sober people, it can be easy to feel overwhelmed in situations where they used to drink. If you find yourself coming close to getting a drink, it may be time to drop out of the situation entirely. Give yourself permission to leave if you need to. It may also help to think of an excuse earlier in the day that you can use later, such as, “I have to be up early for a family event.” However, you can also be upfront and honest if you’d like.

Even for those who are not in recovery, December 31 can pose the risk of going overboard. If you’re not choosing to forego alcohol entirely, there are still ways you can drink in moderation, remain safe and stay in control of your intake this New Year’s Eve:

Set a limit: Everyone has a different tolerance level for alcohol, so it’s important to know your limit and set it before you begin drinking. Make sure you pace yourself.
and avoid going over your limit throughout the night. It will also help to have someone with you to hold you accountable.

Drink slowly: According to the National Institute on Alcohol Abuse and Alcoholism, a standard drink equates to 12 oz of regular beer, 5 oz of wine or 1.5 oz of distilled spirits. By doing some rough equations and pacing your drinking, you can ensure you avoid binge drinking. Binge drinking is defined as drinking more than four drinks in two hours for women and more than five drinks in two hours for men.

Be aware of the effects of alcohol: Alcohol can make you more likely to engage in risk-taking behaviors, such as drinking more than you planned. It’s easy to say you’ll limit yourself while you’re still sober, but your mind thinks differently under the influence of alcohol. This is another reason why it’s helpful to have others who can help hold you accountable.

Have a way to get home safely: In situations where you’re drinking, it’s better to be safe than sorry. Use a taxi service, take an Uber or Lyft to and from your destination or have a designated driver. You may think you’re sober enough to drive, but even a couple of drinks can put you and others at risk on the road.

With these New Year’s safety tips, you can ring in 2020 safely and under the conditions you choose. Remember, alcohol can be addictive and dangerous, so it’s important to recognize if and when it’s time to seek help. If you think that you or someone you love is struggling with their alcohol use, call Meskwaki Behavioral Health Services. We’re here to help.

~ Lynn Coleman, Substance Abuse Prevention Specialist


IOWA STATE UNIVERSITY
Extension and Outreach

STAY INDEPENDENT:
A Healthy Aging Series

A nutrition and wellness series that provides information and tips to help you remain healthy and independent.

Location: Presented virtually via Zoom

Topics Covered: All Classes start at 12 noon
January 13, 2021—Three Meals a Day
February 10—Feast on Fruits and Vegetables
March 10—Power Up with Protein
April 14—Exercise Your Independence
May 12—Brain Health
June 9—Cooking for One or Two

For more information contact:
Jennifer Scales, RDN, LD
641-484-9421

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension and Outreach Program. Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or veteran status. This institute is an equal opportunity employer and educator. Visit https://extension.iastate.edu/ for more information.

WHAT YOU’LL DO ...  
• Learn about the health benefits of eating well and moving more.  
• Receive healthy, tasty, low-cost recipes.  
• Exchange ideas with peers to help you meet your health goals.  

Meskwaki Behavioral Health
CRISIS LINE
(641) 481-0049
Answered 24 hours a day.

Meskwaki Behavioral Health
announces the return of
AA MEETINGS
TRANSPORT AVAILABLE
MONDAY-FRIDAY // 12PM
MARRIOTTOWN
Limited spots available
Must be a current MBHS client
Register by 10:30AM
(641) 484-9482

Meskwaki Behavioral Health
CRISIS LINE
(641) 481-0049
Answered 24 hours a day.

Iowa State University
Extension and Outreach

HOW TO START YOUR OWN BUSINESS WEBINAR
INTERESTED IN BECOMING YOUR OWN BOSS AND STARTING YOUR OWN BUSINESS?

MICHAEL SHUMAN, WHO IS WORKING WITH THE MESKWAKI COMMUNITY COURTESY OF THE NORTHWEST AREA FOUNDATION, WILL LEAD COMMUNITY MEMBERS IN A SHORT WORKSHOP ABOUT HOW TO TRANSFORM A PASSION, DREAM, HOBBY, OR SKILL INTO A SUCCESSFUL BUSINESS. HE WILL REVIEW THE STEPS OF PREPARING A BUSINESS PLAN, AND OFFER SUGGESTIONS ABOUT HOW TO GET STARTED, COME PREPARED WITH YOUR IDEAS AND READY TO SHARE THEM!

JANUARY 14, 2021
10:00 - 11:30 AM CT
via ZOOM
MEETING ID: 872 0234 2861

Questions? Contact Shoshani’s Brown with Meskwaki Workforce Development at (641) 484-5506.

Meskwaki Behavioral Health
CRISIS LINE
(641) 481-0049
Answered 24 hours a day.

Meskwaki Behavioral Health
CRISIS LINE
(641) 481-0049
Answered 24 hours a day.
Family Violence Facts
For a majority of victims, the main reason for staying or returning to abusive relationships was lack of economic stability.
About 25% of all physical assaults & 20% of all rapes perpetrated against women by intimate partners are reported to the police.
Women are 84% spouse abuse victims & 86% victims of abuse at the hands of a boyfriend or girlfriend & about three-fourths of the persons who commit family violence are male.
Cost of family violence exceeds $5.8 billion each year, $4.1 billion of which is for direct medical and mental health services.
Witnessing violence between parents/caretakers is the strongest risk factor of passing violent behavior from one generation to the next.
There’s 16,800 homicides & 2.2 million (medically treated) injuries due to family violence annually, which costs $37 billion.
15.5 million U.S. children live in families where partner violence occurred at least once in the past year, and seven million children live in families in which severe partner violence occurred.
What About Intimate Partner Violence, Gun Violence, and When They Intersect? There have been almost 300 school shootings since 2013. 54% of gun violence tragedies are cases related to domestic or family violence. Perpetrators of mass shootings, far from being strangers to their victims, are usually intimate partners. They kill their romantic partners, family members, as well as friends, neighbors, co-workers and innocent bystanders.
The alleged Florida shooter had recently been expelled from the school due to actions perpetrated by teen domestic violence. The shooter stalked and threatened to kill his ex-girlfriend. The tragic events at Marjory Stoneman Douglas High School in Parkland, Florida is one of the deadliest mass shootings in modern history. There were 18 warning calls about the alleged shooter between 2008 & 2017 before the shooting took place.

MNCSS takes the safety of families receiving child support services seriously and we can modify some of our processes to help with safety concerns. There are a few questions we ask everybody receiving our services to help us provide the right mix of services for your case. We don’t share your answers to these questions with the other parent. We also know things in relationships can change, so you can change your answers to questions in the future.
How Are Domestic Violence Cases Are Handled For most cases, we bring parents in to our offices. We try to come to an agreement on child support and medical support. If there has been a history of domestic violence or if either parent has safety concerns about being in the same room as the other party, we can modify the way we do hearings. We can negotiate separately at the hearing. We can schedule the hearing so you and the other parent arrive and leave at different times, and we can request to have a police officer present in the courtroom. We can also schedule you to participate by telephone if it’s not safe to appear in person, and we can ask the court to keep your address out of their documents, as well as ours. We want ALL our clients to feel and be safe, at all times.
**EDUCATION**

**PRIDE** is a program used to encourage our students and staff to implement good behavior. Students and teachers are capable of earning PRIDE tickets for demonstrating the characteristics listed below. Thank you all for showing good behavior! It does not go unnoticed.

**Positive - Respect - Integrity - Dedication - Effort**

**“A” Day Students**
- Geanna Bear
- Keli Bear
- Cayley Brown
- Cadell Buffalo
- Romeo Buffalo
- Bishop Chaves
- Danika Davenport
- Darian Davenport
- Taurence Grant
- Enea Lesley
- Ryan Papakee
- Sarayna Papakee
- Jaycine Pushetonequa
- Genesis Ramirez
- Gilberto Ramirez
- Jayven Roberts
- Ashton Tuskie
- Ezekiel Wabuniasse
- Tieman Wanatsee
- Kiron White
- Ahnoong Xavong
- Sitara Xavong

**“B” Day Students**
- Aerial Albert
- Elizabeth Balderas
- Lane Bear
- Sia Bear
- Tibby Billy
- Shye Johnson
- Ashlyn Kapayou
- Desmond Kapayou
- Renaya Kapayou
- Sage Kealma
- Breann Kurth
- Sylrus Kucera
- Domenick Lesley
- Deandra Navarro
- Evan Nelson
- Dave Pushetonequa
- Arajya Roberts
- Brennan Roberts
- Devon Roberts
- Nate Seymour
- Leila Wabasha
- Zayton Weininger-Brown
- Summer Youngbear

**PRIDE Staff Members**
- Angela Beatty
- Mary Fitzgerald
- Mikayla Humston
- Leah Slick-Driscoll
- Elizabeth Wise

In recognition for maintaining a perfect attendance throughout the school year, Meskwaki High School proudly presents our First Quarter Middle and High School Perfect Attendance Students. It has been a pleasure seeing your smiling faces every day!

Geanna Bear
Romeo Buffalo
Shye Johnson
Ryan Papakee
Davion Slick-Driscoll
EDUCATION

Awesome job Warriors, we are proud of you!
Asia Roberts

Congratulations to our daughter Asia! She graduated from Northwest Vista Community College on December 3rd with her Associate of Arts.

I know how hard you worked and the dedication you put into your classes. I know there were days that were very challenging but you pushed through. We are all so extremely proud of you!

Love Mom, Dad, and your sisters

Good luck this spring at UTSA!

Congratulations!

PUBLIC SAFETY

MESKWAKI NATION POLICE DEPARTMENT
1632 305TH STREET
TAMA, IA 52339

Admin. Office Hours
Monday - Friday
8:00am - 4:30pm
Ph: (641) 484-4844
Fax: (641) 484-4843

For non-emergencies please call Tama Co.
Dispatch at (641) 484-3760

Anonymous Drug Tip Hot Line
Leave a Message/Text at
(641) 481-0840

EMERGENCY? DIAL 911

Wishing you a Merry Christmas and a prosperous new year!

Detectives: Diane, Claire, Lee, Kirk, Lee
Capt: Chad, Mike, David
Sgt: Joe, Robert, Mike

*EXCLUDED SUBJECTS*

These subjects are not permitted on the Meskwaki Settlement. Violations by non-natives are a Federal Offense. Violations by natives are a mandatory minimum 30-day sentence. Harboring an excluded subject is also a mandatory minimum 30-day sentence. We encourage you to report violations for the safety of the community.

Douglas Cadotte  Aaron Dolash  James Ironshell  Nick Murty  Thomas Butler  Michael Wabaunsee  Tim Bullard

Celeste Tyon-Borrego

Congratulations to my mom, Celeste Tyon-Borrego! Who graduated on December 13th from the University of Texas at San Antonio with a Masters in Public Administration. We are so proud and happy for you.

Love

Asia, Dayton, Gabriella and Braxton

Congratulations!
MAKING A CHANGE

Dear Dr. Per Cap:
Every month I try to manage my money better but I keep overspending. I ask myself if something is a want or a need but in the end I keep making the same mistakes and fall further behind with my bills. Getting ahead financially is not as easy as people make it sound. Help!
Signed, Ready to Give Up

Dear Ready

Your honest and straightforward approach is refreshing and brave. Thank you for being real. Furthermore, I understand your frustration. There is no magic formula or easy answer for getting on track financially. Sometimes people assume because I’m Dr. Per Cap I have all the answers and they’re disappointed when I have to tell them I’m only a guide. The answers they seek lie within.

Sure I give tips and share tools and resources to help you get there but ultimately success is all up to you. There are also tons of people giving personal finance advice online, and in books, but unfortunately much of it is the same - spend less than you earn, build a savings cushion, manage debt wisely.

Yes, much easier said than done I admit. I know how hard it is to save when there are fun things to spend money on. But here’s something I can tell you from personal experience. The hardest part is getting started. Those first few weeks or maybe months can be brutal I won’t lie. Making those first choices - less eating out, no bingo, less money on Christmas presents. It can feel like going cold turkey.

But trust me it gets easier. It really does. Once you get past that initial shock of making a change it gets easier as you go. And the key is not to try to condition yourself so you don’t feel the pain but to instead create a new lifestyle. One where you don’t want those things you think you needed before.

Bad habits don’t usually develop overnight and while they’re not broken overnight either I think many people are surprised at how quickly they can make a positive change when they put their mind to it. Every week you get stronger and more disciplined with a renewed sense of purpose. And the longer you stay invested in a new goal the more you have to lose if you slip up.

That’s probably the greatest motivator - the fear of sacrificing all of your hard work. Diets are the same way. It’s no big deal to cheat on a new diet you’ve only been on for a week. But it’s a huge deal to cheat on a diet you’ve been sticking to faithfully for 3 months.

When you get through the suffering you’ll be able to enjoy the rewards - more savings, bills paid on time, less debt. Confidence soars and you’re on your way. Hang in there. The best is yet to come.

Ask Dr. Per Cap is a program funded by First Nations Development Institute with assistance from the FINRA Investor Education Foundation and submitted by the Meskwaki Financial Planning Committee. For more information, visit www.firstnations.org. To send a question to Dr. Per Cap, email askdrpercap@firstnations.org.

FINANCE
Personal Safety Plan

Everyone should have an Emergency Safety Plan, but for victims of Domestic/Emotional Abuse, the Personal Safety Plan is extremely important. The plan should include:

- A list of important phone numbers for family members, neighbors, friends, children’s school/daycare, police and domestic abuse hotline.
- A packet with all of your important documents such as birth certificates, social security cards, insurance cards, children’s immunization records and any other important documents. You will also want to pack a small bag with medications, photos, jewelry, and extra clothes.
- How to get out of your home safely. Practice multiple methods to get out.
- Know where you will go when you get out of the house. Set up a plan with a trusted family member, friend or neighbor and use a code word or phrase to let them know when you need their help.

CHECKLIST

What you need to take when you leave

<table>
<thead>
<tr>
<th>Identification</th>
<th>Financial</th>
<th>Legal Papers</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Driver’s license</td>
<td>♦ Money and/or credit cards (in your name)</td>
<td>♦ Protective order</td>
<td>♦ Medications</td>
</tr>
<tr>
<td>♦ Birth certificate</td>
<td>♦ Checking and Saving Account Information</td>
<td>♦ Lease, rental agreement, or house deed</td>
<td>♦ House and car keys</td>
</tr>
<tr>
<td>♦ Children’s birth certificates</td>
<td>♦ Social security cards</td>
<td>♦ Car registration and insurance papers</td>
<td>♦ Valuable jewelry</td>
</tr>
<tr>
<td>♦ Social security cards</td>
<td></td>
<td>♦ Medical records for you and your children</td>
<td>♦ Address book</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>♦ Pictures and sentimental items</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>♦ Change of clothes for you and your children</td>
</tr>
</tbody>
</table>
Crisis line 641.481.0334 or toll free 855.840.7362
(24 hours a day, 7 days a week)

Happy New Year!

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy

New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers
WARRIOR BASKETBALL

The Lady Warriors have struggled to start the season but are working to improve. The team is making goals about competing, playing hard, working to get better, and enjoying the opportunity to play, as well as being a part of a team. -Coach Emmett Whalen

Varsity Girls Record: 1-6

The Warriors are working to get better. We had two tough losses to quality opponents, which I felt like if we played better, we could have won both. We have two quality opponents after break also, so there’s still a lot of basketball to be played. -Coach Joe Bear

Varsity Boys Record: 5-2

The Basketball teams are back in action at home on Jan. 5th vs Janesville Wildcats.
**EVERY TEAM MEMBER MAKES A DIFFERENCE**

**CULTURE, COLLABORATION & COMMUNITY**

Please take a look at the positions currently available to you.

We offer competitive wages, great group benefits (health, dental, life), paid vacation, sick leave, disability income protection, retirement benefits and more.

(Indian preferences given in accordance with Sac & Fox Code, Title 9, Sec. 9-1303.)

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**Special Education Teacher’s Associate - High School**

Meskwaki Settlement School

Teacher associates are responsible for the support of students in the classroom or area that they are assigned. They are responsible to the school administration and work under the immediate direction of the teacher(s) to whom they are assigned to.

The teacher associate works within the framework of the job description and assignment and make decisions only within that framework. Teacher associate are responsible for personal care activities, student safety and academic assistance as assigned to them.

**DUTIES & RESPONSIBILITIES:**

- Learn about, respect and support Meskwaki language and culture in and out of the classroom.
- Consult with Culture staff on teaching traditional Meskwaki values and related areas.
- Will refer all inquiries and concerns about students to the supervising teacher and/or the school administration as directed.
- Be knowledgeable and follow policies and procedures, in particular those dealing with confidentiality, culture, discipline, harassment, and communication.
- Treat students on a respectful, responsible, and fair manner with due consideration to student’s physical, cultural, social, and psychological development.
- Demonstrate motivation and enthusiasm when working with students.
- Assume recess and lunchroom duties as scheduled.
- Create and assist with extracurricular activities.
- Teacher associates will promote an atmosphere of respect for all students and adults.

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**MESKWAKI, INC. HAS AN OPENING!**

**Training Administrator**

Meskwaki, Inc. Administrative Operations

**DUTIES & RESPONSIBILITIES:**

- Administers a record keeping system to track training participation and progress.
- Identify and assess current and future training needs through job analysis, career paths, performance appraisals and consultation with leaders.
- Implement and oversee Management Training Program for Tribal citizens in various disciplines.
- Works in close partnership with leaders and functional teams to design and deliver functional training plans that supports priorities and development opportunities.
- Supports employee training, development, assessing and tracking.
- Works as part of the training team to create and deliver training solutions that translate complex business, process or technological concepts into easy-to-understand course materials and job aids.
- Ability to work independently in order to proactively solicit information from appropriate subject matter experts.
- Ability to execute in a variety of training mediums, such as online learning, classroom learning, and lectures.

**REQUIREMENTS:**

- Minimum Degree in business, engineering, education, HR or related field required.
- 5 years of directly-related experience.
- Proven track record of building and implementing high quality development strategies and solutions, working across organizational boundaries where needed.
- Familiarity with traditional and modern training methods (mentoring, coaching, on-the-job or in classroom training, e-learning, workshops, simulations, etc.).
- Strong interpersonal skills with a demonstrated ability to influence and motivate teams.
- Strong oral, written and presentation skills at all levels of an organization.
- Ability to organize and manage multiple concurrent projects and priorities.

**SALARY:** Range of 54,935 to 68,347 dependent on experience.

**POSITION OPEN UNTIL 01/08/2021**

If interested in applying, please contact Meskwaki, Inc. Human Resources at: 641-484-9567

Or if you would like, please send resumes to Human Resources email address: hr@meskwakiinc.com or mail resume to:

Meskwaki, Inc. Human Resources
Attn. Holly Youngbear-Schrock
1496 Hwy 30

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**FOR FULL JOB DESCRIPTIONS GO TO:**

WWW.MESKWAKI.ORG & CLICK ON “CAREERS”

Please submit your application/resume and salary expectations to Human Resources in one of three ways:

1. Email: applications@meskwaki-nsn.gov
2. Online: https://meskwaki.applicantpro.com/jobs
3. Mail: Sac & Fox Tribe of the Mississippi in Iowa 349 Meskwaki Road Tama, IA 52339

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**MESKWAKI NATION TIMES**

**VOLUME 18  ISSUE 01**

**Page 24**
EMPLOYMENT

These current jobs are still open and will remain open until filled unless a closing date is posted on our website.

• Cert. Police Officer $5k bonus
  - Meskwaki Nation Police Dept.

• Coaching Positions Available
  - Meskwaki Settlement School

• Custodian 2nd Shift
  - Meskwaki Settlement School

• Dentist
  - Meskwaki Health Clinic - Dental

• Education Technology Specialist
  - Meskwaki Settlement School

• Elder/Vulnerable Adult Case Manager
  - Family Services

• Family Services Director
  - Family Services

• Health Claims Editor/Collector
  - Meskwaki Health Clinic

• HVAC Instructor
  - Apprenticeship Program

• Lead Solar/Classroom Instructor
  - Apprenticeship Program

• PT Cert. Police Officer $5k bonus
  - Meskwaki Nation Police Dept.

• Plumbing Trainer
  - Apprenticeship Program

• Social Worker
  - Family Services

• Substitute Bus Driver
  - Meskwaki Settlement School

• Substitute Teacher
  - Meskwaki Settlement School

• Tribal Response/Emergency Manager
  - Executive Management

NEW STAFF

JOYRDN REYNOLDS
FAMILY SERVICES

Hello there. I’m Jourdan Reynolds and am a Victim Advocate with Family Services. I have a passion to work with and help others and believe there is a great need to give a voice for victims. I have a B.A. in Elementary Education and have a certification with Mentors in Violence Prevention and Iowa360 ACES. I have traveled to 5 different Native American communities. I am married and together my wife and I have 2 wonderful sons.

ANTHONY WASESKUK
SENIOR SERVICES

Hello, I’m Anthony Waseskuk but I go by Tony. I’m a Tribal Member and have been hired as the Driver and Custodian for Meskwaki Senior Services. I’m retired and was starting to become a couch potato so I decided to be more active in our community. I spent four years on active duty in the Marines and have had many different jobs during my lifetime from construction to employment with the casino and a little stint on the Tribal Council. I have a large family and I’m sure most everyone knows us. My wife is Kay Kapayou Waseskuk and we have five daughters and a son and a whole bunch of grandchildren.

ROD CLAUSSN
APPRENTICESHIP

Hi, my name is Maria Rubio, I’m a descendant and am the new Registration Clerk at the Meskwaki Tribal Health Center. I applied for this position to help gain work experience towards my career goals in the Health Administration field. I’m currently studying at DMACC to receive a Medical Office Specialist AAS degree. Outside of both work and school I love to spend the rest of my time with my son, Cameron and our family.
**Sac & Fox Tribe of the Mississippi in Iowa**

**MESKWAKI NATION**
349 Meskwaki Road
Tama, IA 52339-9634

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**Meskwaki Nation Times**

Preserving sovereignty, protecting traditions, promoting culture and building a stronger community through information, communication, and support.

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**Visit Us On-Line for the Most Up-To-Date Information**

[WWW. MESKWAKI.ORG](http://WWW. MESKWAKI.ORG)

- Community Calendar
- Career Opportunities
- "In The News"
- & more!

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**Tribal Council Minutes, Election info, and more is located in the "Members Only" section of the site.**

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**IT'S TIME FOR A LITTLE HEALTHY COMPETITION!**

**CHALLENGE STARTS ON JANUARY 18TH**

For details see Page 9

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**January 2020**

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**Senior Services Meal Calendar**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tr>
<td></td>
<td>Spaghetti w/ Meat Sauce</td>
<td>Chicken Fingers</td>
<td>Ground Buffalo Soup</td>
<td>Pinto Beans w/ Bacon</td>
<td>Chicken Noodle Soup</td>
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<tr>
<td></td>
<td>Garlic Toast</td>
<td>Wheat Bread</td>
<td>Cornbread</td>
<td>Wheat Bread</td>
<td>1/2 Cheese Sandwich</td>
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<tr>
<td></td>
<td>Green Beans</td>
<td>Mashed Potatoes</td>
<td>Corndog</td>
<td>Blueberries</td>
<td>Oyster Crackers</td>
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<td>Bananas</td>
<td>Grapes</td>
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<tr>
<td></td>
<td>Ground Pork w/ Cornmeal</td>
<td>Baked Chicken</td>
<td>Black Eyed Peas Ham</td>
<td>Beef &amp; Indian Corn</td>
<td>Fish w/ Cheese Sandwich</td>
<td>Fish w/ Cheese Sandwich</td>
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<td>Salad Greens</td>
<td>Confetti Rice</td>
<td>Soup</td>
<td>Frybread</td>
<td>Wheat Bun</td>
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<td>Tater Tot Casserole (Buffalo)</td>
<td>Grilled Cheese</td>
<td>Little Smokies</td>
<td>Beef Tips Gravy over Biscuit</td>
<td>Bean &amp; Cheese Burrito</td>
<td>Softshell Chicken Taco</td>
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<td>Mixed Veggies</td>
<td>Wheat Bread</td>
<td>Mac &amp; Cheese</td>
<td>Mashed Potatoes</td>
<td>Spanish Rice</td>
<td>Refried Beans</td>
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<td>Peaches</td>
<td>Tomato Soup</td>
<td>Broccoli</td>
<td>Apple Slices</td>
<td>Salad</td>
<td>Watermelon</td>
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<td>Cherries</td>
<td>2% Milk</td>
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<td>30</td>
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<tr>
<td></td>
<td>Chili Mac Beef</td>
<td>Softshell Chicken Tacos</td>
<td>Goulash w/ Ground Pork</td>
<td>Pork Loin</td>
<td>Fish Fillet</td>
<td>Meals</td>
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<tr>
<td></td>
<td>Crackers</td>
<td>Refried Beans</td>
<td>Bread</td>
<td>Roll</td>
<td>Rice Pilaf</td>
<td>delivered</td>
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<td>Carrot Stix</td>
<td>Watermelon</td>
<td>Peas</td>
<td>Corn</td>
<td>Greens Beans</td>
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<td>Vanilla Pudding</td>
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<td>Mandarin</td>
<td>Roasted Potato</td>
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<tr>
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<td>Clementine Cutie</td>
<td>Cottage Cheese</td>
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<td>(641) 484-9224.</td>
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Meals delivered daily (M-F) to Seniors. Call for delivery information (641) 484-9224.

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Per Capita Date: JANUARY 8TH, 2020 (BY MAIL)