

Lower Sioux Elder Newsletter

JANUARY/FEBRUARY 2021 EDITION



WHAT'S GOING ON?

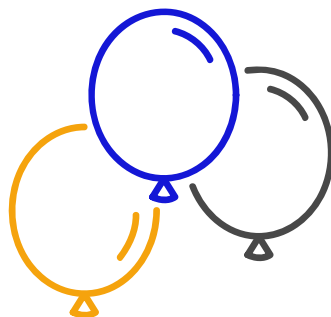
Lower Sioux Community Health sends their deepest apologies, as we have appeared distant over the last year as we tackle COVID-19 issues in our community. We have not gone anywhere, we just have to do our jobs a little different now! Currently, many of us are now back in office (days/times vary), practicing social distancing and recommended safety precautions. Unfortunately, we are still advised not to have any in person activities and events so we have been working on other ways to bring education and resources to you.

Cansayapi
Lower Sioux
Community Health
Misses You!



**We distance now
so when we gather again,
no one is missing.**

BIRTHDAYS



Martin Waite January 2nd!
Ken Goodthunder January 3rd!
Floyd Fischer January 4th!
Ron Bluestone January 5th!
Bob Abrahamson January 7th!
Rita Goodthunder January 10th!
Linda Whitaker January 13th!
Candice Wabasha January 14th!

Ricky Prinzing January 22nd!
Dagmar Rayburn January 25th!
Phillip Crooks January 26th!
Cheryl Fury January 29th!
Al Grunden January 29th!

James Gregg February 2nd!
Naomi Leith February 13th!
Bruce Berry February 14th!
Beverly Kosin February 16th!
Karen Swann February 22nd!
Patricia Northrup February 26th!
Loren Johnson February 26th!
Cathy Pendleton February 29th!

KEEPING BUSY WHILE PRACTICING SOCIAL DISTANCING

During these uncertain times, LSIC has encouraged our elders and those most at risk to practice social distancing and safety precautions. This means even distancing from family members. Social distancing is an effective, safe, and healthy way to prevent COVID-19 from spreading. LS Community Health also understands the affect social distancing has on our mental, emotional, and social health. Here are some ideas to try while safely social distancing to maintain your whole health and wellness..

- **REARRANGE & DECLUTTER YOUR HOME**

Changing your environment and getting rid of excess clutter can help you release and clear your mind of worry and stress.

- **JOIN OR START A BOOK CLUB**

Redwood Falls Public Library offers reading programs and book clubs. Call (507) 616-7420 for more info. If you are interested in starting a book club OR PUZZLE EXCHANGE call Sara B (507) 430-5668 or Josh (507) 430-9189.

- **START A NEW HOBBY OR CRAFT**

There are so many options! Make wreaths, indoor gardens, painting, knitting, sewing, or scrapbooking.

- **Video Chat with Family & Friends**
- **Try an Online Zoo or Museum Tour!**

What have you been doing to stay busy? Share a photo or story with us!
Call Kortni (507) 697-8946

ARTIST CALL!

LS Community Health is looking for a variety of artists in different areas to help us host events and activities in a safe way.

1. Do you love cooking and want to share a family recipe? We are looking for individuals willing to participate in virtual cooking videos (you may be on camera if you would like to or we can film just the cooking parts) featuring healthy and/or indigenous foods. A stipend will be provided to you for your time.
2. Are you an artist who is willing to teach the story and meaning of a ribbon skirt and how to make one? We would love to host an event with you through virtual videos for our community. A stipend will be provided to you for your time.
3. Do you have a special skill or teaching you would like to share with us and the community? Arts, traditional medicines, or a skill you feel would benefit others? There are so many opportunities. Please reach out to us we would love to hear from you.

Call Kortni (507) 697-8946



Keep an Eye Out for Upcoming Events:

- Intergenerational Ice Fishing
- Zoom Bingos
- Zoom Arts
- Snowshoeing

Need Help with Zoom? What is Zoom?

Zoom is a computer program used to host online virtual meetings and events. LS currently hosts community meetings through zoom. These can be accessed on your computer, laptop, tablet, or smart phone as long as you have a working screen, camera, speakers, and microphone. Community Health will soon be hosting live virtual events through Zoom. We want everyone to feel safe and be able to participate with us. Here are some steps on how to use Zoom.

On an smartphone or tablet: Download ZOOM app.
Follow instructions how to sign up for free.
On a computer: go to <https://zoom.us/download>
Click "Download" under Zoom Client for Meetings
Follow instructions how to sign up for free.



How to Join a Meeting? We will send meeting invites out to those who wish to participate and sign up for a specific event.

Participating in a Meeting:

You can mute and unmute yourself when needed.
The button looks like this.



You can start and stop your video when needed.
The button looks like this.



During Community Health Zooms we will require participants to have their cameras on so we can see our participants, but will instruct you if you need your audio on or off.

Need more help? Call us and we'll try our best to help you.
Sara (507) 430-5668 or Josh (507) 430-9189

Updates:

The Optical Department will be closed on Mondays until further notice.
Open Tuesdays - Fridays 9am - 5pm
closed for the lunch hour

Cansayapi Food Pantry:

January: Wednesdays 9am-6pm

Thursdays 9am-5pm

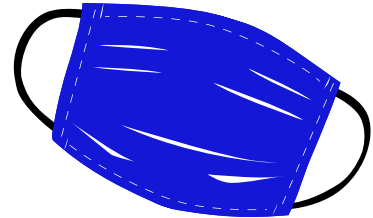
February: Will Be Posted

Pick Up Only | Pre-Packaged Boxes Available | Masks Required

Elder Meal Services are available weekly and on weekends.

Call Josh to sign up or receive a menu (507) 430-9189

COVID-19 Vaccine Update



We have been vaccinating elders from eldest down to 55 by chronological age. Please be sure your phone number is up to date with Lower Sioux Health Care Center. If you have had COVID-19, it is recommended that you wait for 90 days from your positive test and then schedule time to be vaccinated.

We are required to use all ten doses of the vaccine once we open the vial. It is very important for you to remember to keep your appointment for your second dose of the vaccine.

Thank you.

Darin Prescott, DNP, MBA, RN, CNOR, CASC
Health & Clinic CEO

COMMUNITY HEALTH STAFF HIGHLIGHTS



Stacy Hammer, RDN, LD, Director of Community Health & Registered Dietitian and Diabetes Coordinator

Hello, my name is Stacy Hammer. My parents are Gary and Diane Prescott. My husband Michael and I have two children, Conor and Anneliese. I am currently working as the Director of Community Health and Registered Dietitian for the LSIC. I am responsible for administering the Nutrition requirements and menu planning for the Elder Nutrition Program, as well as, overseeing all Community Health employees, grants and budgets. During the last year, my work as also shifted towards COVID-19 related responsibilities to ensure our community is safe and healthy.

**Contact Info: (507) 697-8945
stacy.hammer@lowersiouxhealth.com**

Josh Larsen, Intergenerational Coordinator

My name is Josh Larsen. My father is Curt Larsen and my mother is the late Ann Larsen (Pendleton). I have a daughter, Ellery, I am currently one of the Intergenerational Coordinators, but I have served my community in other jobs including at Jackpot Junction Casino, LS Recreation Director, and in Morton at a local business. My current job duties include the elder meal service, medication deliveries, assisting at the Food Pantry, and supporting elder and all Community Health activities.

**Contact Info: (507) 430-9189
josh.larsen@lowersiouxhealth.com**



Sara Bidinger, Intergenerational Coordinator

My name is Sara Bidinger. My father is Mark Bidinger and my mother is Dorothy Neis. My wife, Kortni, and I have 5 children. Outside of work my family and I enjoy traveling and spending time outdoors. I am working as an Intergenerational Coordinator. Previously, I have worked at Ford in Redwood Falls, Jackpot Junction, and for the LS Summer Youth Work Program. My current job duties include assisting at the Food Pantry, connecting elders with resources, lawn services, and supporting elder and all Community Health activities.

**Contact Info: (507) 430-5668
sara.bidinger@lowersiouxhealth.com**



Sara Tempel, RN

Community Health & Clinical Resource Nurse, COVID-19 Case Investigator & Contract Tracer

My name is Sara Tempel. I have four kids Alexis, Malakai, Zeke, and Elijah. I previously worked at Jackpot Junction for 13 years and at another healthcare facility. I began working for Lower Sioux in 2015 providing home health visits to members. My role has changed, expanded, and evolved in many ways. Currently, I am working as a COVID Case Investigator and Contract Tracer for LSIC. I also assist in Community Health programming & Clinic vaccinations and duties as needed.

Contact Info: (507) 697-8940
sara.tempel@lowersiouxhealth.com



Kortni Bidinger,

Healthy Generations Project Coordinator

My name is Kortni Bidinger. My parents are Lisa Thul & Scott Thul and my grandmother is the late Janice Gentry. My wife, Sara, and I are both Community Health workers and together we have 5 children. I enjoy traveling with my family and trying new cooking and baking recipes. I have been working in Community Health since 2016 under different roles. Currently, my work is focused on employee wellness and community member programming. I also assist with the Food Pantry and all other Community Health programming as needed including communications.

Contact Info: (507) 697-8946
kortni.bidinger@lowersioux.com



Gwen Kodet,

Community Health Assistant

Hello, my name is Gwen Kodet. My husband Jeff and I have two children, six grandchildren, and one great grandchild. My current job duties include mail duties, assisting with the Food Pantry and all Community Health programming. When COVID-19 restrictions are lifted, I am able to assist members in their home and on transports.

Contact Info: (507) 697-8941
gwen.kodet@lowersiouxhealth.com





Lyz LaBlanc, Wicozani Project Coordinator

Han Mitakuyapi, my name is Elizabeth LaBlanc. My parents are Joyce Pendleton and Tom LaBlanc. My Fiance Taylor and I have six children that keep us extremely busy. I was a Family Advocate for almost 3 years at the Lower Sloux Head Start and Early Head Start. I am now the Wicozani Project Coordinator working under the Good Health and Wellness in Indian Country grant. I started this position in Summer 2020 and have been focusing on food sustainability in our community, with that work we now have the Cansayapi Food Pantry, Once COVID restrictions are lifted, I will be able to shift my focus within our community on many new projects.

Contact Info: lyz.lablanc@lowersioux.com

Joey OBrien, Community Health Representative (CHR) & Transport

My name is Joey OBrien. My mother is Laura Wabasha and my father is Ben OBrien. I have three foster children in my home and a dog named Chewy. My previous work includes Jackpot Junction, OYATE C-store, and SHIP Coordinator in the Recreation Department. I recently switched over to my new position in the health department in January 2021. My new job duties include elder meal service, medication deliveries, assisting at the Food Pantry and all Community Health programming. When COVID-19 restrictions are lifted, I will be doing medical transports.

**Contact Info: (507) 430-6227 or (507) 697-8943
joey.obrien@lowersioux.com**



Dawn Pendleton SNAP Outreach Coordinator

My name is Dawn Pendleton. My husband, Earl, and I have 5 sons and 3 grandchildren. My current position in Community Health allows me to assist members with their SNAP (Supplemental Nutrition Assistance Program) Applications. Due to COVID-19 restrictions, we can safely do this over the phone, but once lifted, I will be able to meet in person with clients. I also assist with the Food Pantry and all Community Health programming as needed.

**Contact Info: (507) 637-7936
dawn.pendleton@lowersioux.com**



Teri Schemmel, IHS/Contract Health Services

Hello, my name is Teri Schemmel. I have been working in the Lower Sioux Health Department for 30 years. My services include paying medical bills through IHS, after primary insurance has covered their portions, and assisting during Community Health activities as needed.

Contact Info: (507) 697-8920
teri.schemmel@lowersiouxhealth.com



Monday: 10am-1pm & 3pm-6pm

Tuesday: 2pm-6pm

Wednesdays: 10am-1pm & 3pm-6pm

Thursday: 10am-3pm

Located inside the LS Health Care Center

For Appointments Call or Go Online:

(507) 697-8970

www.wakanchiropractic.com

Care for All Ages

Our Mission:

Wakan Chiropractic's mission is to create a space to heal; primarily utilizing chiropractic services to support healing in a natural way.



Dr. Jesse Leith

is a tribal member of the Lower Sioux Indian Community. He grew up in Redwood Falls, MN, playing sports throughout high school and because of this, acquired injuries, which led him to seek chiropractic care. He later attended MSU Mankato for undergraduate school where he studied Chemistry and Biomedical Science under the pre-chiropractic program. He then began graduate school at Northwestern Health Sciences University in Bloomington, MN where he studied the human body and nervous system. He graduated with a Doctorate of Chiropractic.

His passion is to help others help themselves in a natural way.