



April

WUSKIIXASKWAL WAAK
WAAPSOWIHLEEWI
NIIPAAHUM

(Munsee)

Grass and Geese Moon

Elderly Stream





Greetings!

Hopefully the nice weather is here to stay!

Reminder we are closed Friday April 3rd for Good Friday!

Just a reminder please call at least one day ahead of time to let us know you will be coming for lunch. This is so we can make sure we have enough food for everyone.

Please check out our fun filled calendars attached for new exciting opportunities and our lunch menu. We ask that you sign up ahead of time for meals whenever possible, in order to eliminate food waste and to help the cooks with meal preparation. Meals are served Monday-Thursday at noon and breakfast is served Fridays from 7:30am-10:00am. The costs of the meals are \$1.00 for elders and \$3.00 for others. Don't be afraid to offer ideas and suggestions for new activities, trips, and foods.

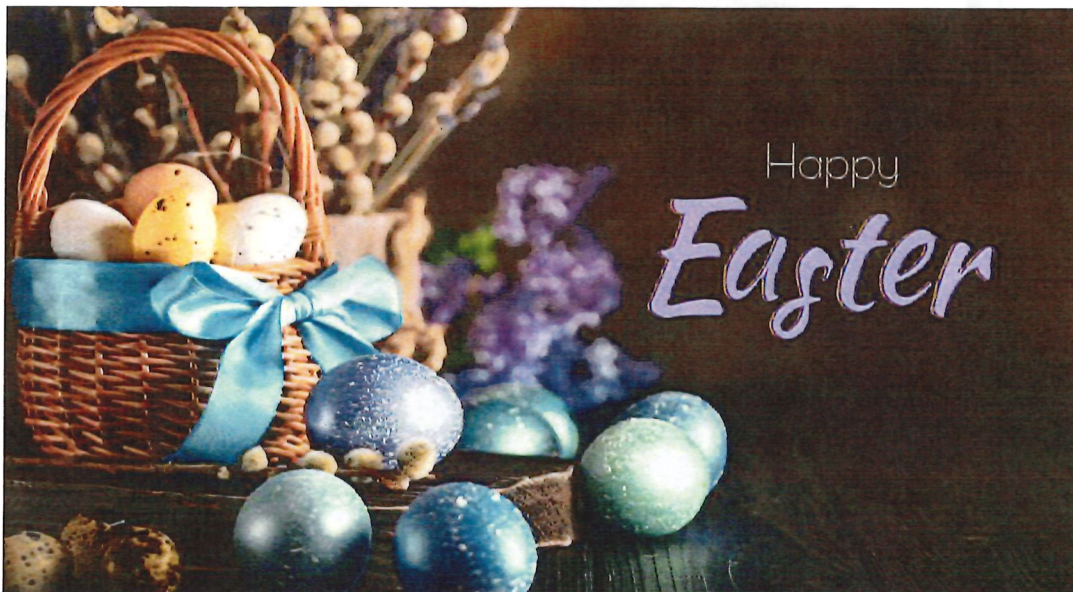
Transportation is available weekly to local vendors on Mondays and Wednesdays, Shawano on Fridays, and once per month to Green Bay. Call 715-793-4236 for more information.

We also have an Elder Visitor and a Home Health Aide that are available to help with light chores around your home or grocery pickups for home bound elders. Please reach out if you need some help. This is a reminder that scheduled cleaning times and shopping days are approximate. We cannot control if clients prior to your appointment run over, traffic, or emergencies come up that take precedence. We will try our best to let you know when we are running late. Lunch delivery time also varies depending on drivers, kitchen, and bad weather. Please do not call about late lunch arrivals until 1:15pm.

Sincerely

Melissa Penass

Aging and Disabled Services Area Manager



Protect yourself and your loved ones during a winter storm.

During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.

Make a plan.

Be prepared before a winter storm hits by planning ahead. If you are in an area prone to winter weather, be sure to [create a communication and disaster plan](#) for your family ahead of time.

Weatherproof your home.

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. Caulk and weather-strip doors and windows.

Insulate walls and attic.

Install storm or thermal-pane windows or cover windows with plastic from the inside.

Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

Have your chimney or flue inspected each year.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

Install a smoke detector and a battery-operated carbon monoxide detector.

If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.

Keep a multipurpose, dry-chemical fire extinguisher nearby.

All fuel-burning equipment should be vented to the outside.

Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

For older adults, keep an easy-to-read thermometer inside your home.

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.



Get your car ready

Make sure your car is ready for winter weather.

Have maintenance service on your vehicle as often as the manufacturer recommends.

Be Ready! Winter Weather

If power lines fall on your car, warn people not to touch the car or power lines.

If power lines are down, call your local utility and emergency services

Have your chimney or flue inspected every year.

Install a smoke detector and carbon monoxide detector in your home.

Make sure the batteries are working!

Weatherproof your home to protect against the cold.

Check out more tips on winter weather indoor safety.

Insulate walls and attic.

Caulk and weather-strip doors and windows.

Never leave lit candles or other flames unattended.

Bring your pets indoors as temperatures drop!

Prepare yourself for exposure to winter weather.

Dress warmly and limit exposure to the cold to prevent frostbite.

Avoid getting wet to prevent hypothermia.

Make sure your car is ready for winter travel.

Check antifreeze level and have radiator system serviced.

Replace worn tires and check tire air pressure.

Keep gas tank full to avoid ice in tank and fuel lines.

Make a winter emergency kit to keep in your car.



CONGREGATE MEAL AND NUTRITION COUNSELING REGISTRATION

| | |
|--|--------------------------------|
| Name (Last, First, MI, Suffix): | Date of Registration: |
| Residential Address (Fire No. & Street): | Phone Number (with area code): |
| City: | Email Address: |
| State/Zip: | County: |

| | | | |
|-------------------------------------|--|---|--|
| Gender: Specify: _____ | Date of Birth (month/day/year): ____/____/____ | Household: <input type="checkbox"/> I live alone. <input type="checkbox"/> I live with others. | Preferred Language: <input type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Hmong <input type="checkbox"/> Other: _____ |
|-------------------------------------|--|---|--|

| | | | | | | | | | | | | |
|---|---|--|-----------|--------------|---|--------------------|---|--------------------|---|--------------------|---|--------------------|
| Race: <input type="checkbox"/> American Indian or Native Alaskan <input type="checkbox"/> Asian or Asian American <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Middle Eastern or North African <input type="checkbox"/> Other: _____ | Ethnicity: <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino | Income Status: Is your income at or below the following guidelines? <input type="checkbox"/> Yes <input type="checkbox"/> No <table style="margin-top: 5px;"> <tr> <td># in Home</td> <td>Month / Year</td> </tr> <tr> <td>1</td> <td>\$1,330 / \$15,960</td> </tr> <tr> <td>2</td> <td>\$1,804 / \$21,640</td> </tr> <tr> <td>3</td> <td>\$2,277 / \$27,320</td> </tr> <tr> <td>4</td> <td>\$2,750 / \$33,000</td> </tr> </table> | # in Home | Month / Year | 1 | \$1,330 / \$15,960 | 2 | \$1,804 / \$21,640 | 3 | \$2,277 / \$27,320 | 4 | \$2,750 / \$33,000 |
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| 1 | \$1,330 / \$15,960 | | | | | | | | | | | |
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| 3 | \$2,277 / \$27,320 | | | | | | | | | | | |
| 4 | \$2,750 / \$33,000 | | | | | | | | | | | |

Is the participant enrolled in a Family Care or IRIS program?

- Yes, refer participant to their Care Manager
 No, continue registration

| Office Use Only | |
|--|---|
| NSIP Eligible: <input type="checkbox"/> Yes <input type="checkbox"/> No | NSIP Eligibility Reason (select one): <input type="checkbox"/> Age 60 and older <input type="checkbox"/> Under age 60 spouse of person age 60+ <input type="checkbox"/> Under age 60 person with disability living with person age 60+ <input type="checkbox"/> Under age 60 person with disability living in dining facility <input type="checkbox"/> Under age 60 Nutrition program volunteer <input type="checkbox"/> Under age 60 informal caregiver (connect with NFCSP or AFCSP program) <input type="checkbox"/> NSIP Ineligible |

| | |
|--|--------------------------|
| Emergency Contact (Last Name, First Name): | |
| Emergency Contact Relationship: | Emergency Contact Phone: |

Privacy Statement: "The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal and state reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to ensure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the aging unit staff."

| Nutrition Screening (NSI) | No | Yes |
|--|-----------|------------|
| I have an illness or condition that made me change the kind and/or amount of food I eat. | 0 | 2 |
| I eat fewer than 2 meals per day. | 0 | 3 |
| I eat few fruits, vegetables or milk products. | 0 | 2 |
| I have 3 or more drinks of beer, liquor or wine almost every day. | 0 | 2 |
| I have tooth or mouth problems that make it hard for me to eat. | 0 | 2 |
| I don't always have enough money to buy the food I need.* | 0 | 4 |
| I eat alone most of the time. | 0 | 1 |
| I take 3 or more different prescribed or over-the-counter drugs a day. | 0 | 1 |
| Without wanting to, I have lost or gained 10 pounds in the last 6 months.** | 0 | 2 |
| I am not always physically able to shop, cook and or feed myself. | 0 | 2 |

Risk Level: ___ 0-2 Low ___ 3-5 Moderate ___ 6 + High

TOTAL _____

| *Food Security Screening | | | |
|--|-------------------------------|-------------------------------|------------------------------|
| For each of the following statements, please tell me which one is "often true," "sometimes true" or "never true" for the past 12 months. | Often True | Sometimes True | Never True |
| 1. We (I) worried whether our food would run out before we (I) got money to buy more. | <input type="checkbox"/> Yes* | <input type="checkbox"/> Yes* | <input type="checkbox"/> Yes |
| 2. The food that we (I) bought just didn't last and we (I) didn't have money to get more. | <input type="checkbox"/> Yes* | <input type="checkbox"/> Yes* | <input type="checkbox"/> Yes |

| **Malnutrition Screening |
|--|
| <p>1. Have you recently lost weight without trying?</p> <p><input type="checkbox"/> No (0)</p> <p><input type="checkbox"/> Unsure (2)</p> <p><input type="checkbox"/> Yes</p> <p>If yes, how much weight have you lost?</p> <p><input type="checkbox"/> 2-13 pounds (1)</p> <p><input type="checkbox"/> 14-23 pounds (2)</p> <p><input type="checkbox"/> 24-33 pounds (3)</p> <p><input type="checkbox"/> 34 pounds or more (4)</p> <p><input type="checkbox"/> Unsure (2)</p> |
| <p>2. Have you been eating poorly because of a decreased appetite?</p> <p><input type="checkbox"/> No (0)</p> <p><input type="checkbox"/> Yes (1)</p> |
| <p>Weight loss score: _____ Appetite Score: _____ MST Score (Total): _____</p> |

Allergies or Special Dietary Needs: _____

Program Contributions

- Participant would like a contribution letter mailed to home.
- Participant will make contributions directly. Do NOT mail a contribution letter.
- Someone else who will be contributing on behalf for services. Send contribution letter to:

Name: _____
Address: _____
Phone: _____ Email: _____



**4th ANNUAL DEMENTIA AWARENESS
COMMUNITY COOKOUT**

Hosted by the Stockbridge-Munsee Memory Program

Activities for all ages, educational/informational booths,
and merchandise booths from various vendors.

Traci Edmondson from the Alzheimer's Association will
be presenting on "Your Aging Brain vs Fact or Fiction"

Free Indian Taco's and Walking Taco's
(fry bread provided by Bev Miller)

Door Prizes for adults & children.

Opening Ceremony right away at 1pm
&
Entertainment provided by Bob & Missy Tucker &
Friends from 2pm - 4pm

This event is only open to the Stockbridge-Munsee Community.
For more information or if you would like to be a vendor at this
event please contact Briana Terrio at 715-793-3035



Location:

Many Trails Campground
N 9125 Resv Hwy 21
Bowler, WI 54416

Date:

June 06, 2026
1pm-4pm



Save the Date

This event is free and open to the general public



Tribal Caregiver Conference at the North Star Mohican Casino Resort

“Finding Strength in the Journey of Caregiving”

Presented by

Wisconsin’s Tribal Dementia Care Specialist

August 25, 2026 8:00AM-5:00PM

If you are interested in setting up as a vendor please contact Briana Terrio 715-793-3035





Caregiver Support Talking Circle

Are you taking care of someone with Dementia such as Alzheimer's, Parkinson's, Lewy Body Disease, Vascular Dementia, FTD or cognitive memory loss?

Join us for a light lunch & talking circle

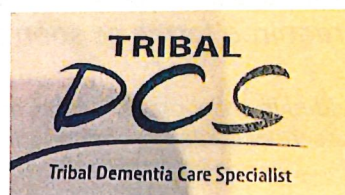
Place- Konkapot Lodge

Time- 12pm to 1pm

Date- WED April 29th, 2026

Join us in supporting each other to get through this complicated road. We can offer support, ideas, knowledge, and resources to those in need.

Caregivers that attend the meeting will be entered into a drawing for some door prizes.



WILLS CARAVAN TOUR 2026



Legal Action of Wisconsin is proud to continue to host the Indian Law Office's Annual Wills Caravan, formerly hosted by Judicare Legal Aid, in **March and April of 2026**. We will be providing **FREE** basic estate planning services to Tribal Elders during three separate tours:

SOUTHERN TOUR

**Stockbridge-Munsee's
North Star Mohican Casino Resort**
W12180 City Road
Bowler, WI 54416
When: March 31, 2026
9:00am - 5:00pm

**Ho-Chunk Nation
Tribal Aging Unit**
W8825 Decorah Road, P.O. Box 430
Black River Falls, WI 54615
When: April 1, 2026
9:00am - 5:00pm

**Ho-Chunk Nation
Tribal Aging Unit**
E8863 Winneshiek Drive
Baraboo, WI 53913
When: April 2, 2026
9:00am - 5:00pm

HOW TO SCHEDULE AN APPOINTMENT:

1 Call or email Beth Shampo to request the required forms.
*Phone: (715) 847-4526
Email: bshampo@legalaction.org*

2 Complete & return the required forms - signed & dated - no later than **March 13, 2026**.
*Please note: Appointments will only be scheduled **once your paperwork is submitted**.*

3 Beth Shampo will contact you via email or phone to schedule your appointment.

**LEGAL
ACTION
OF WISCONSIN**


Appointments are in high demand. We recommend that you submit all required forms as soon as you can to secure a spot.

Services provided in collaboration with Columbia, Marquette, and University of Wisconsin law school students, and Northcentral Technical College paralegal students.

for more information visit legalaction.org

Prevent Falls and Fractures

Having strong and healthy bones is important as we age. Osteopenia and osteoporosis (defined on the next page) are not inevitable! By taking some simple steps, we can reduce the risk of falls and bone fractures to enjoy a safer, more confident lifestyle.



- **Stay active.** Do regular strength exercises to stimulate bone-building cells and increase bone health and density and practice balance exercises to reduce the risk of falls.
- **Eat for bone health.** Get enough calcium and vitamin D to support bone health and density. Ask your doctor what's right for your needs.
- **Make your home safer to reduce the risk of falls.** Secure loose mats or rugs, install handrails or grab bars, keep regularly used items at an easy-to-reach level, and check that your stair handrails are sturdy and secure.
- **Avoid smoking and limit alcohol.** Smoking cigarettes can decrease blood supply to the bones and slow production of bone-building cells. Heavy alcohol consumption can decrease vitamin and mineral absorption into the bones, which slows bone formation and repair.
- **Care for your vision.** Keep glasses clean, use caution with bifocals on stairs, and wear sunglasses to reduce glare.
- **Choose comfortable shoes with good support** and non-slip soles for stability.

Learn more at [FallsFreeWI.org](https://www.FallsFreeWI.org).



Bone Health & Falls

Osteopenia is the stage before osteoporosis, when bone density is lower than normal and the risk of osteoporosis is higher. We can reduce our risk by strengthening our bones and asking our doctor for a bone density test.

Osteoporosis is a disease that causes bones in the spine and limbs to lose density and strength over time. This can lead to pain and make daily activities harder. The risk increases as we age and is more common in women.

How are Falls and Bone Health Linked?

Weaker bones break more easily—sometimes slowly over time, or suddenly after a fall. Once one fracture happens, the chance of another goes up. Osteoporosis and muscle weakness are closely connected, and inactivity can further increase the risk of falls, fractures, and loss of balance.

Osteoporosis in the spine may also cause posture changes, such as a curved upper back, which can make daily activities more difficult or painful.



Learn more about bone health from the Bone Health & Osteoporosis Foundation at [AmericanBoneHealth.org/density](https://www.AmericanBoneHealth.org/density) and use the Fracture Risk Calculator to find your risk: [AmericanBoneHealth.org/ncoafrc](https://www.AmericanBoneHealth.org/ncoafrc).

Bone Health and Falls

Recommendations & Resources:

- Follow the U.S. Preventive Services Task Force Screening recommendations: bit.ly/USPSTFOsteoporosis.
- Look at your local falls and osteoporosis/osteopenia prevalence data to inform prevention.
- Share this information with patients to raise awareness, prevent injuries, and improve health outcomes.
- Refer patients to community exercise or health promotion programs. Aging & Disability Resource Centers (ADRC) are a great starting place: dhs.wisconsin.gov/adrc/contacts.htm.

Falls, Hip Fractures, and Osteoporosis Data:

- In the U.S. it is estimated that 10 million people ages 50+ have osteoporosis (80% of which are female), and over 43 million more people have low bone mass (63% female).¹
- In the U.S., **13%** of people 50+ years old have osteoporosis at either the femur neck or lumbar spine. For prevalence of low bone mass, this increases to **43%**.²
- Each year, almost **319,000 hospitalizations** are due to fall-related hip fractures in older adults.³
- Low bone mass (below peak) in the hip leads to a 2.5x greater risk of hip fracture.⁴

References

1. [Healthy People 2030](#).
2. [Centers for Disease Control and Prevention](#).
3. [Centers for Disease Control and Prevention](#).
4. [John Hopkins Arthritis Center](#).

DRUG TAKE BACK DAY

APRIL 25,
2026
10AM-2PM



Bonduel Police
Department
205 S. First Street
Bonduel, WI 54107

Stockbridge-Munsee
Public Safety
W13455 Camp 14
Road
Bowler, WI 54416

SIGA FUNMAKER
Community Center
W17634 Radke Rd.
Wittenberg, WI 54499

Permanent Drop Boxes:

Stockbridge-Munsee Health & Wellness Center

Shawano Sheriff Department

Theda Care Shawano

Bonduel Police Department

Any questions please call 715-526-3111

All this made possible through the help and work of Shawano Co Sheriff Dept, Stockbridge-Munsee Health and Wellness, Stockbridge PD, Theda-Care, Bonduel PD, and Shawano Co DHS.

Let's keep the STREETS SAFE!

POKER

Fitness



TUESDAY, APRIL 7TH 2026

MOHICAN FAMILY CENTER

4:45 - 6:00PM

N8605 OAK STREET, BOWLER

**EXERCISE FOR ALL FITNESS LEVELS WITH CHANCES TO WIN!
★ THE MORE YOU TRY, THE MORE CARDS YOU GET! ★**

TO-GO MEAL PROVIDED

CHILDREN MUST BE SUPERVISED BY PARENT/GUARDIAN



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

Questions? Contact Cami
715.793.5064
cami.miller@mohican.com



Stockbridge-Munsee Community Health Department

BINGO *size*®

2



A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!

EVERY WEDNESDAY & FRIDAY STARTING

APRIL 8TH, 2026

10:30-11:30AM

EUNICE STICK GATHERING PLACE

N8651 MAPLEWOOD ST

BOWLER

Space is limited!

SIGN UP NOW!

Contact Cami Miller at
cami.miller@mohican.com or
715-793-5064 to sign up!





Give Them More
of the
Good Stuff!

Drink Water Your Way

Make It Tasty

Try adding one of these to your water:

- Fresh ice.
- A splash of 100% fruit juice. It could be left over from fruit canned in 100% juice.
- Fresh fruits, veggies or herbs that have been torn, cut or mashed to release their flavor.
- Frozen fruits, vegetables, juice or herbs:
 - frozen berry pieces
 - make ice with pieces frozen into it
 - freeze mashed fruit in an ice cube tray
 - freeze 100% fruit juice



Choosing water at home and out will save money and lower calories!

Water helps keep your body temperature normal



Make it Easy

- Try a reusable bottle - choose one that is easy to carry, easy to fill, easy to keep clean and seals tightly.
- Add ice to your water bottle for cold water while you are out and about.
- Keep water handy and cold in the refrigerator so it is an easy choice.



Make It Special

- Choose a nice looking container or glass.
- Ask kids to choose a name for their drink.
- Add a garnish to each glass - try a citrus slice over the edge, a single piece of fruit, or a cucumber slice.
- Make it fizzy by adding sparkling water or soda water (unsweetened) with some 100% fruit juice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. 2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:



Flavored Water Basics

Flavor Options

Try these flavors or make up your own!

For 1 quart (4 cups) of water:

| | | |
|----------------------------|---|--|
| Cucumber | ½ cucumber | Cut into thin slices; leave the skin on for color. |
| Citrus | lemon, lime, orange or grapefruit - ½ small fruit or ¼ grapefruit | Leave the skin on; slice thinly in whole circles or quarter wedges. |
| Herbs | mint, basil or rosemary | 10 small leaves or a small sprig. Tear or crush the leaves. |
| Apple Cinnamon | ½ cinnamon stick and ½ apple | Leave the apple skin on for color; core can be left or removed. Slice into thin slices or circles. |
| Strawberry and Kiwi | 3 to 4 strawberries and ½ kiwi | Peel the kiwi; slice both fruits into thin slices. |

1. Slice, tear, or mash the fruit to release the most flavor.
2. Refrigerate for several hours or overnight to allow the most flavoring.
3. Use within 2 days for best quality.

Flavored Ice

Don't let oranges, grapefruit, lemons and/or limes go to waste. Squeeze their juice into a bowl, mix with water and pour into ice trays to make flavorful ice.

Keep It Safe

- Wash all fresh fruits, veggies and herbs by scrubbing or rubbing gently under running water.
- Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.
- Keep water cold after fruits or veggies are added. Make an amount you can use within 2 days.

April 2026 Make & Take Mini Frittata Sheet Pan Squares with Ham and Cheese



PARTICIPANTS MUST HAVE ACCESS TO INTERNET AS THE MAKE & TAKE WILL BE DONE VIRTUALLY, SESSIONS WILL BE PRE-RECORDED AND SENT OUT VIA EMAIL PRIOR TO PICK UP. INGREDIENTS MUST BE PICKED UP ON WEDNESDAY, APRIL 15TH AT THE SMHWC FROM 11:45AM -1:15PM. SIGN UP IS MARCH 30TH - APRIL 3RD. WE WILL BE DRAWING NAMES FOR THE VIRTUAL MAKE & TAKE. WE WILL CONTACT YOU ON MONDAY, APRIL 6TH IF YOUR NAME HAS BEEN CHOSEN.

Contact Violet Azzolina, Community Health
Representative to sign up!

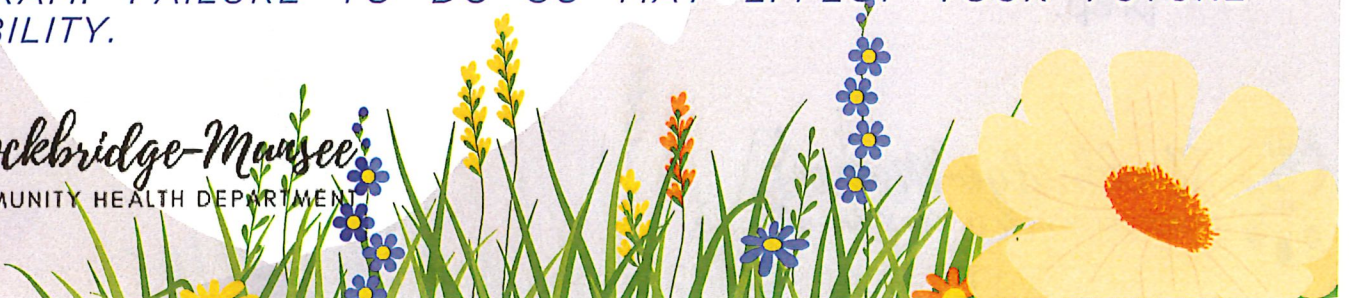
PHONE: 715.793.3018

EMAIL: VIOLET.AZZOLINA@MOHICAN.COM

ATTENTION: MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THROUGH GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO VIOLET. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



April Make & Take

Mini Frittata Sheet Pan Squares with Ham and Cheese

Ingredients:

- 10 large eggs
- ½ cup milk or unsweetened almond milk
- 1 cup chopped cooked ham
- ½ cup shredded cheddar cheese
- ¼ cup chopped green onions
- Salt and pepper to taste
- Cooking spray or olive oil for pan

Instructions:

1. Preheat oven to 375°F (190°C) and line a sheet pan with parchment paper.
2. In a large bowl, whisk together eggs, milk, salt, and pepper.
3. Stir in ham, cheese, and green onions.
4. Pour mixture into prepared pan and bake for 20–25 minutes until set.
5. Cool slightly, then cut into squares. Serve warm or store for meal prep.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



2026 COMMUNITY CLEAN-UP WALK

APRIL 19TH - 25TH

VIRTUAL EARTH DAY WALK

GATHER FRIENDS AND FAMILY TO WALK AROUND THE COMMUNITY AND CLEAN UP TRASH. SNAP A PICTURE OF YOU OR YOUR FAMILY AND SUBMIT IT TO CAMI.MILLER@MOHICAN.COM BY APRIL 25TH TO BE ELIGIBLE FOR A PRIZE DRAWING.

PRE-REGISTERED PARTICIPANTS ARE ELIGIBLE FOR GLOVES, GARBAGE BAGS, AND PICK UP TOOLS (LIMITED NUMBER AVAILABLE).



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



**CONTACT CAMI MILLER @ 715-793-5064 OR CAMI.MILLER@MOHICAN.COM
TO PRE-REGISTER FOR A CLEAN-UP KIT.**

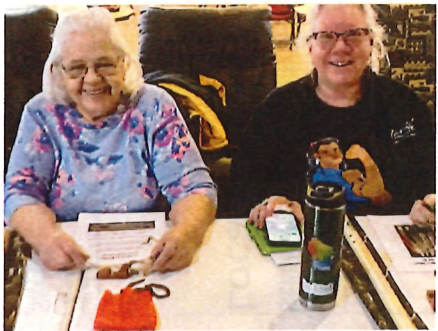
April 2026

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|--|--|-----|
| | | | 1 Cheesy Broccoli & Cauliflower Soup Ham & Cheese Sandwich Fresh Fruit Cottage Cheese | 2 Tater Tot Casserole Corn Wheat Bread | 3 Closed | 4 |
| 5 | 6 Chicken Ceasar Wrap Baked Beans Chips Orange | 7 Salad Bar 3 Bean Salad Fresh Fruit | 8 BLT Salad Tomato Soup Poke Cake w/ Berries | 9 Mashed Potato w/ Meatball Gravy Peas & Carrots Dinner Roll Yogurt Parfait | 10 Blueberry Pancakes Scrambled Eggs Bacon Fruit | 11 |
| 12 | 13 Chili Dog Sweet Potato Fries 3 Bean Salad Veggies w/ Dip | 14 Pizza Bar Green Salad | 15 Creamy Potato Soup Bologna Spread on Wheat Broccoli Slaw Jello w/ Fruit | 16 Baked Fish Potato Salad Coleslaw Rye Bread Cupcake | 17 Breakfast Sandwich (Ham, Bacon, Tomato, and Cheese, & Egg) Banana Foster Yogurt | 18 |
| 19 | 20 Tuna Spread on Wheat Tomato Cucumber Salad Cookie Chips | 21 Baked Potato Bar | 22 Chili w/ Noodles Frybread Cottage Cheese Peaches & Cool Whip | 23 Baked Chicken Mac & Cheese Mixed Veggies Wheat Bread Brownie | 24 Breakfast Bake (Ham, Spinach, Pepper, & Onion) Fruit Toast | 25 |
| 26 | 27 Chef Salad Cottage Cheese Fruit | 28 Taco Bar Churro | 29 Veggie Soup Cold cut Sub Fruit Fluff | 30 Birthday Meal Ham Mashed Potatoes Green Bean Casserole Wheat Roll Cake Ice Cream | Menu is Subject to Change Please Call (715)793-4236 to sign up for Lunch or Breakfast | |

April 2026 Activity Calendar

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|---|-----------|
| | | 1 Marion Run 1pm Easter Pillows 1pm | 2 Cardio Drumming 9:30am Strong Bodies 10:30am Easter Eggs 1pm | 3 Good Friday | 4 |
| 6 Strong Bodies 10:30am Local Run 1pm | 7 Walking Club 11am SNAP Education 11:30am Crazy Hat Bingo 1:30pm | 8 Green Bay Run 9am Scrabble 9am Bingocize 10:30 Flute Club 1pm | 9 Cardio Drumming 9:30am Strong Bodies 10:30am Expressive Art 1pm | 10 Shawano Run 9am Chair Yoga 9:30 Bingocize 10:30 Sewing Club 11:30am | 11 |
| 13 Strong Bodies 10:30am Local Run 1pm Book Club 1pm | 14 Walking Club 11am Bingo 5:30pm | 15 Antigo Run 9am Bingocize 10:30 Wellness with Tracey 1pm Wing Night North Star Casino 3pm – 6pm | 16 Cardio Drumming 9:30am Strong Bodies 10:30am Expressive Art 1pm | 17 Shawano Run 9am Chair Yoga 9:30 Bingocize 10:30 Sewing Club 11:30am | 18 |
| 20 Strong Bodies 10:30am Nutrition Education 11:30am Local Run 1pm Bonduel Amish Store Run 1pm | 21 Walking Club 11am Bingo 1:30pm | 22 Bingocize 10:30 Wittenberg Run 1pm Flute Club 1pm | 23 Cardio Drumming 9:30am Strong Bodies 10:30am Stepping Stones 1pm | 24 Shawano Run 9am Chair Yoga 9:30 Bingocize 10:30 Cooking with the Cooks 11am Rummage 12pm Dementia Friends 2pm – 3pm | 25 |
| 27 Strong Bodies 10:30am Local Run 1pm Book Club 1pm | 28 Walking Club 11am Bingo 5:30pm | 29 Bingocize 10:30 Keshena Run 1pm Caregiver Support Talking Circle 12pm – 1pm at Konkapot Lodge | 30 Cardio Drumming 9:30am Strong Bodies 10:30am Birthday Meal 12pm Expressive Art 1pm | Eunice Stick Gathering Place (715)793-4236 Please call or stop in to sign up for activities | |

Flute Class with Mark Church



April Activities Calendar

Weekly Activities

Strong Bodies – Mondays & Thursdays at **10:30 AM**

A strength and balance class designed to help improve mobility, balance, and overall wellness.

Walking Club – Tuesdays at **11:00 AM**

Come walk laps inside the **Eunice Stick Gathering Place** for a chance to win door prizes and participate in our lap and mile competition.

Chair Yoga & Stretching with Sandee Barton –

Fridays at **9:30 AM** A gentle, relaxing movement class designed to improve flexibility, balance, and circulation while seated or using a chair for support.

Cardio Drumming – Thursdays at **9:30 AM**

A fun, energetic workout using drumsticks and exercise balls to get your heart pumping.



Monthly Clubs

Book Club – Mondays, April 13 & April 27 at **1:00 PM**

Sewing Club – Fridays, April 10 & April 17 at **11:00 AM**

Practicing quilting and working on sewing projects together.

Flute Club – Wednesdays, April 8 & April 22 at **1:00 PM**

Mark Church will be here to help answer questions and guide practice.

Expressive Art with Rainer Posselt – Thursdays, April 9, April 16, & April 30 at **1:00 PM**

Join us for creative art activities that support relaxation and overall well-being.

April 1 (Wednesday)

• **1:00 PM — Easter Egg Dyeing**

Come dye Easter eggs.

April 2 (Thursday)

• **1:00 PM — Easter Tie Pillows**

Create festive Easter-themed tie pillows.

April 7 (Tuesday)

• **1:30 PM — Crazy Hat Bingo**

Wear a crazy hat for extra chances to win prizes!

April 8 (Wednesday)

• **9:00 AM — Scrabble**

• **1:00 PM — Flute Club**

April 10 (Friday)

• **11:30 AM — Sewing Club**

April 13 (Monday)

• **1:00 PM — Book Club**

April 15 (Wednesday)

• **1:00 PM — Wellness with Tracey**

• **3:00–6:00 PM — Wing Night at North Star Casino**

A ride to enjoy 75¢ wings at the casino.

April 17 (Friday)

• **11:30 AM — Sewing Club**

April 20 (Monday)

• **1:00 PM — Amish Store Trip**

Trip to the Amish stores in the Cecil/Bonduel area.

April 22 (Wednesday)

• **1:00 PM — Flute Club**

April 23 (Thursday)

• **1:00 PM — Garden Stepping Stones**

Create a beautiful stepping stone for your garden.

April 24 (Friday)

• **11:00 AM — Cooking with the Cooks**

Join our cooking staff for a fun, hands-on lasagna making experience.

• **12:00 PM — Rummage Sale Run**

April 27 (Monday)

• **1:00 PM — Book Club**



April

Word Scramble



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April

Word Scramble



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SBNAMEU

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APRIL *Birthdays*

REVA
FUHRMAN

BETH
GARDNER

LEE
BOWMAN

FRANK
AZZOLINA

TIMMY
MALONE

DAVE
GARDNER

ELIZABETH
RAMIREZ

MERLE
MOEDE

PERRY
BUBLITZ

SHEILA
POWLESS

JUDY
MOHAWK

JEANNIE
VELE

LORRAINE
WELCH

MELLODY
VANBOXTTEL

Mailing Address is: P.O. Box 70, Bowler WI 54416 (715-793-4236)

The Elderly Stream monthly newsletter is available online at www.mohican.com.

Free 1-855-492-2372 or visit www.adrcwrr.org.

Stockbridge-Munsee Elderly Services is also a satellite office of The Aging & Disability Resource Center of the Wolf River Region which also includes the counties of Shawano, Menominee, and Oconto. The ADRC offers information and assistance on issues affecting older people and those with disabilities regardless of their income. For more information call Toll Free 1-855-492-2372 or visit www.adrcwrr.org.

RESERVE YOUR MEAL.

WE ASK THAT YOU CALL AT LEAST 24 HOURS IN ADVANCE TO

NO ELDER WILL BE TURNED AWAY, REGARDLESS OF ABILITY TO PAY.

Anyone under the age of fifty-five is required to pay \$3.00 per meal.

A contribution of \$1.00 is asked for Congregate meals.

eligible regardless of age.)

A contribution of \$1.00 is asked for delivered meals (your spouse is

Tribe recognizes at the age of fifty-five years or older.

The Stockbridge-Munsee Meal Site is supported through State, Federal and Tribal Funding as well as donations received. State Grants recognize an elder at age sixty years or older and Federal Grants allow tribes to specify Native elder status, which the SM Tribe recognizes at the age of fifty-five years or older.