

The image features a decorative border of autumn leaves and berries. The top border consists of various shades of red, orange, and yellow maple leaves, some with green tints, and small red berries. The bottom border is similar, with a dense arrangement of leaves and berries. The background is a light cream color with faint, repeating text patterns.

Ehalawüit Nüpaahum - Hunting Moon
(Munsee)

SEPTEMBER

Elderly Stream

Koolamalsi,

Hope this message finds you well.

Eunice Stick Gathering Place offers air-conditioning, socialization, well-balanced meals, and activities. Hope to see you soon.



Important dates in September:

- September 7th CLOSED for Labor Day
- September 13th National Grandparents Day
- September 18th Summer Picnic with Musical BINGO 11-3
- Strong Bodies Mondays & Thursdays 10:30-11:30

Looking forward to seeing you this month at an event or lunch. Please sign up ahead of time for meals whenever possible, to eliminate food waste and to help the cooks with meal preparation. Join us for a meal 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. Your opinion matters if you have any suggestions for meals or activities.

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.

Thank you for being such an important part of our community. We look forward to seeing you soon! If you have any questions, or if you need assistance with meal registration, or activities, please don't hesitate to reach out at 715-793-3044.

Sending caring thoughts and warm wishes your way.



Strong Bodies Classes

Monday & Thursdays

10:30am - 11:30am

At Eunice Stick Gathering Place

N8651 MapleWood St, Bowler WI

Join us Tashawn & Diane the New Certified Instructors.

This is a Free strength training program open for the Stockbridge Elders and Spouses.

The program has many benefits:



- Increased Strength
- Increased Energy
- Increased Flexibility
- Increased Balanced
- Improved Mood
- Better Sleep Quality

Contact TaShawn Activities Coordinator if you have any questions/concerns or if you need accommodations to participate in the program. (715) 793-4239



CAREGIVER TALKING CIRCLE!!!

DATE:

09/30/2026

TIME:

12:00pm-1:00pm

LOCATION:

**KONKAPOT LODGE
CONFERENCE ROOM**

This talking circle is for those who are caring for someone who has been diagnosed with some form of Dementia or who has cognitive memory loss. Caregivers who attend will be entered into a drawing for a chance to win a door prize!!!

Coffee and snacks will be provided



Elder Social Worker: Stephanie Bowman September 2026

Hello to all of our Elders-I just want to put a small note about the importance of maintaining a healthy mind. We are all consumed with everyday surroundings of different energies, dynamism, vitalities; whatever you consider call bad thoughts. To maintain a healthy mind involves nurturing positive thinking, emotional balance and mental flexibility, which are crucial for our overall wellbeing. In other words," bad thoughts cause illness of the Mind, Body and Spirit - Practice Optimism"

8 Lifestyle Strategies & Habits for a Healthy Mind

While several factors and triggers are outside our control, we can adopt many positive strategies and habits to give us the best possible opportunity for positive aging (National Institute on Aging, n.d.a; Ballesteros, 2022).

1. *Maintain physical wellness*

Taking care of physical wellbeing supports cognitive wellness (National Institute on Aging, n.d.a).

- Attend recommended health screenings and checkups.
- Manage health problems and take appropriate medication for diabetes, depression, high cholesterol, and depression.
- Reduce the risk of brain injuries from falls, etc.
- Limit alcohol and avoid illicit drug use.
- Do not smoke or take other nicotine products.
- Aim for between seven and nine hours of sleep.
- Manage high blood pressure by discussing it with a doctor and taking prescribed medication.

2. *Physical exercise*

Regular physical activity is vital for physical and mental wellbeing. Activities such as aerobic exercise, dance, martial arts, and tai chi can be beneficial to maintaining good cognitive performance.

3. *Eat healthily*

While a healthy diet reduces the risk of chronic diseases, it is also recommended for brain health.

4. *Social engagement and staying connected*

Building and maintaining social connections and getting involved in community activities is essential to keeping a healthy mind — as is avoiding chronic loneliness. Visit friends and family, volunteer for local organizations, or find a new, shared hobby.

5. *Cognitive training and engagement*

Keeping a healthy mind that is active and engaged is vital for better memory and problem-solving skills. This might include memory training, mental skills, video games, reading, playing board games, or learning new languages.

6. *Embrace new talents*

Engagement in activities such as music, dance, art, and creative writing can improve quality of life, self-esteem, and memory.

7. *Manage stress*

While short-term stress can help focus our thoughts, chronic stress can damage the brain. Manage stress better by doing exercise, going for walks, listening to music, writing in a journal, and joining relaxation classes.

8. *Review medicines*

Consult a physician regularly to monitor and review the impact of drugs and supplements on brain health.

The activities above positively affect cognition in older adults and reduce mental decline (Ballesteros, 2022).

Key Insights

- Maintaining a healthy mind involves nurturing positive thinking, emotional balance & mental flexibility, which are crucial for overall wellbeing.
- Practices such as mindfulness, regular physical activity & sufficient sleep foster mental health & resilience against stress.
- Building strong social connections & engaging in lifelong learning can enhance cognitive functioning & emotional wellbeing.

PositivePsychology.com

26 Jun 2024 by Jeremy Sutton, PhD

5 Ways Taking Care of Your Vision and Hearing Help Lower Falls Risk

Being able to see and hear well is important for good balance. Poor vision and hearing loss can increase the risk of falls. Here are five easy actions you can take today to make sure your eyes and ears are helping you reduce your risk of falling.

- 1. Get an eye exam every year.** Remember to have a dilated eye exam once a year to update your glasses and to detect eye diseases, like cataracts and glaucoma. Early detection and treatment can help protect vision and prevent vision loss and falls.
- 2. Wear glasses properly.** Use prescribed glasses and avoid wearing sunglasses inside.
- 3. Be safe while wearing bifocals:** Bifocals can make your vision blurry when navigating steps, curbs, or edges, especially while outside. If you wear bifocals, tuck your chin in when stepping over curbs and on stairs to look through the distance portion of your glasses, which provides a clearer view. Or wear single vision glasses while outside and on stairs while inside.
- 4. Check for hearing changes.** Get a hearing test once a year and receive treatment if any hearing loss is identified. Hearing tests are available online, and hearing aids for mild to moderate hearing loss are sold over-the-counter in retail stores and pharmacies.
- 5. Light it up!** Add a nightlight in the bedroom, bathroom, and hallway to help you navigate in the dark and find the light switch.

EXERCISE WORKSHOP



BINGO + EXERCISE = BINGOCIZE

**LOOKING FOR A FUN, NEW
WAY TO BE ACTIVE?**

Bingocize is a 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall. BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!

JOIN THE FUN!

Every Wednesday & Friday

WHERE: *Eunice Stick Gathering Place*

WHEN: Starts September 30th

TIME: 10:30am

***Limited Spots!* CONTACT CAMI TO SIGN UP!**



715-793-5064



cami.miller@mohican.com

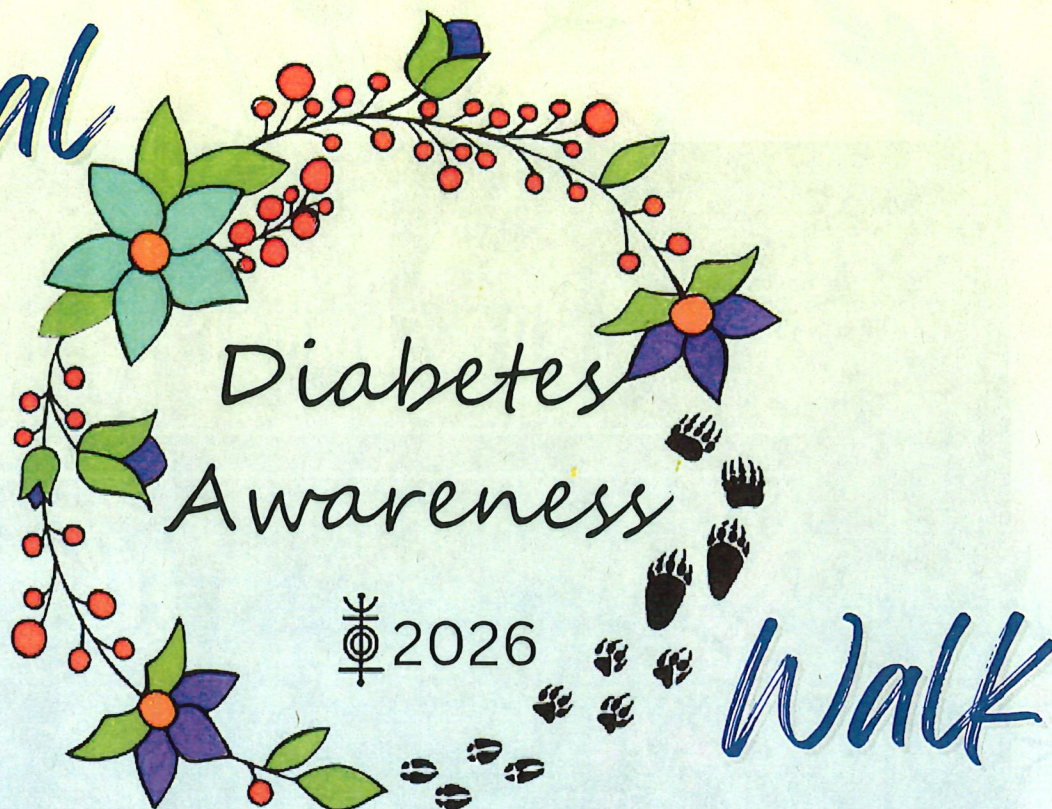


- Free Prizes
- Open to Everyone
- Free Smiles!



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

Annual



*Balance your habits, monitor your health,
and take control every day.*

Saturday, September 12th
9:00-11:00am
Many Trails Pow-Wow Grounds

We will be serving a light breakfast following the walk.

*Pre-registered participants must attend
the walk to receive your shirt!*



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

FOR MORE INFORMATION CONTACT:
Vi Azzolina: (715) 793-3018

It is recommended to get 150 minutes of physical activity per week to prevent, delay, and manage Diabetes.



END OF THE SUMMER PICNIC



• September 18th •

• 11am-3pm •

• N8651 MapleWood St, Bowler WI •
At Eunice Stick Gathering Place

• Join us •

11am-1pm FOOD (Side pork on Frybread, chicken potato salad from Charlies, Lemonade Stand And Strawberry Short Cake.) 1pm-3pm Musical BINGO!! Tons of Gift Card Raffles and Additional Prizes. MUST BE PRESENT TO WIN!

Wisconsin Dells Trip

WHEN

September 23rd

Leaving Elderly Center @8:15am

ITINERARY-

Paul Bunyons for Breakfast@10:30am

Original Wisconsin Ducks Ride @1:00pm

(Check Into Hotel HoChunk Casino Hotel Baraboo)

Load Bus @5:15pm

Sneaky Pete's Dinner Show Arrive @6:15pm

SEPTEMBER 24TH ITINERARY-

Checkout @10:00am

Breakfast at Mr. Pancakes

Outlet Mall Shop from 11:30am-1:30pm

Leave for home @ 1:30pm



**GET IN ON
DRAWING
FOR
WISCONSIN
DELLS TRIP!!**

**Deadline to sign up
for trip is: 09/11/26**

**\$10 DEPOSIT
TO ELDERLY
CENTER**

**Need Credit Card for
incidentals for
rooms**

**PREFERENCE WILL
BE GIVEN TO
THOSE THAT DID
NOT PARTICIPATE
IN 2025 TRIPS.**

**CALL #4236
TO SIGN UP
OR WITH ANY
QUESTIONS.**

STOCKBRIDGE-MUNSEE
COMMUNITY HEALTH

Elder Flu Vaccine Clinic

AS YOU AGE, YOU ARE AT HIGHER RISK OF SERIOUS FLU AND
FLU-RELATED COMPLICATIONS



INFLUENZA VACCINES ARE A SAFE AND EFFECTIVE WAY TO HELP PEOPLE STAY
HEALTHY, PREVENT ILLNESS, AND EVEN SAVE LIVES!



When: *Friday,*
September 25th

Time:
10:00AM - 2:00PM

Where: Eunice Stick Gathering Place

WALK-IN CLINIC, NO APPOINTMENTS NEEDED
MUST BE A REGISTERED PATIENT AT SMHWC

For more information contact Vera/Judy Heubel at 715-793-5060



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT





Food Hero for Older Adults

Focus on Fiber



Corn, beans and squash grow well when planted together and are known as the "Three Sisters."

Beans are a good source of plant protein and fiber.

To save time and energy in the kitchen, use pre-cut frozen or canned vegetables.

Add cooked poultry or meat for protein and flavor – a great way to use leftovers.

Freeze leftovers in portions for another easy meal.

Three Sisters Soup

Makes 8 cups **Prep time:** 15 minutes

Cook time: 30 to 45 minutes

Ingredients

- 1 ½ Tablespoons **vegetable oil**
- ¾ cup diced **carrot**
- 1 cup chopped **onion**
- 1 teaspoon **garlic powder** or 4 cloves of **garlic**, minced
- 2 cups diced **summer or winter squash** (fresh or frozen)
- 1 ½ cups **corn** (fresh or frozen) or a 15-ounce can (drained and rinsed)
- 1 ½ cups cooked **beans** (any type) or a 15-ounce can (drained and rinsed)
- 1 can (15 ounces) diced **tomatoes** or 2 cups diced fresh tomatoes
- 3 ½ cups low-sodium **broth** (any type)
- 1 teaspoon **cumin**
- ¼ teaspoon **pepper**

Directions

- 1.** Heat oil in a large pan on medium heat. Add carrot and onion and saute until onions have begun to turn slightly brown, approximately 8 to 10 minutes.
- 2.** Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
- 3.** Add beans, tomatoes, broth, cumin and pepper.
- 4.** Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).
- 5.** Refrigerate leftovers within 2 hours.



Nutrition Facts

8 servings per container	
Serving size	1 cup (297g)
Amount per Serving	
Calories	170
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 494mg	10%
Vitamin A 294mcg	33%
Vitamin C 16mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Try This: Change the vegetables and beans based on what you have on hand. Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 Tablespoon of curry powder.

Classics Stay Strong

The fiber in fruits, beans, other vegetables, whole grains, nuts and seeds supports a healthy gut and prevents constipation.

After age 50, aim for 21 grams of fiber (for women) or 30 grams (for men) each day.

Food packages and Food Hero use the Nutrition Facts label to show you the amount of fiber in grams (g) of one serving of the food or recipe.

Make snacks count! Examples of high-fiber snacks include:

- any kind of fruit.
- peanut butter on whole-wheat bread.
- brown rice pudding.
- whole-grain crackers with bean dip.

Blueberry Crisp

Makes 2 cups Prep time: 5 minutes

Cook time: 25 minutes

Ingredients

3 cups frozen or fresh **blueberries**

topping:

2 teaspoons **margarine** or **butter**, softened

1 Tablespoon **all-purpose** or **whole-wheat flour**

1 Tablespoon **brown sugar**

½ cup **old fashioned rolled oats**

½ teaspoon **cinnamon**

Directions

1. Preheat the oven to 375 degrees F.
2. Place frozen blueberries in a 9-inch pie plate or baking dish. If using fresh blueberries, wash and drain before placing in the plate or dish.
3. Make the topping: In a small bowl, use a fork to mix the margarine or butter, flour, sugar, oats and cinnamon.
4. Sprinkle the topping over the blueberries.
5. Bake for about 25 minutes. Enjoy while warm!
6. Refrigerate leftovers within 2 hours.

Notes

- For variety, make with different fresh, frozen or canned fruits.
- To add protein, serve with yogurt for breakfast, snack or dessert.

For a single serving, try this:

Place ¾ cup fruit (fresh, canned or frozen and thawed) in an oven-proof bowl that measures 4 to 6 inches in diameter. Follow directions above for making the topping and sprinkle 1 ½ Tablespoons of topping over the fruit. Bake in a 375 degree F oven for about 20 minutes.

Place the remaining topping in a sealed and dated container. It can be stored in the refrigerator for up to 2 months or in the freezer for up to 6 months. You should have enough to make 3 more single servings.



Nutrition Facts

4 servings per container
Serving size 1/2 cup (131g)

Amount per Serving
Calories 150

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 30g 11%

Dietary Fiber 4g 14%

Total Sugars 15g

Includes 3g Added Sugars 6%

Protein 3g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 1mg 6%

Potassium 133mg 2%

Vitamin A 3mcg 0%

Vitamin C 11mg 12%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SEPTEMBER 2026 MAKE & TAKE

Parmesan Crusted Chicken Sheet Pan

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, September 16th, at the From the Earth Farm from 11:45am -1:15pm. **Sign up is Aug 31st- Sept 4th.** We will be drawing names for the virtual Make & Take. We will contact you on Monday, September 8th 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

SEPTEMBER 2026 MAKE & TAKE

Parmesan Crusted Chicken Sheet Pan

- INGREDIENTS

FOR THE CHICKEN:

- 1½ LB CHICKEN BREAST (ABOUT 3-4 PIECES), APPROX. 1 INCH THICK
- 2 TBSP OLIVE OIL
- 2 GARLIC CLOVES, MINCED
- ⅓ CUP GRATED PARMESAN
- ⅓ CUP BREADCRUMBS, ITALIAN OR PLAIN—CAN ADD 1 TSP ITALIAN SEASONING TO PLAIN BREADCRUMBS!
- ½ TSP CRACKED PEPPER
- ½ – ¾ TSP SEA SALT

FOR THE POTATOES:

- 2 LB RED POTATOES, CUT INTO BITE SIZED PIECES, (IF SMALL QUARTERED, LARGER POTATOES WILL BE CUT INTO 6THS OR 8THS EVEN)
- 1 – 2 GARLIC CLOVE, MINCED
- 2 TBSP OLIVE OIL
- 2 TBSP GRATED PARMESAN
- SALT AND PEPPER TO TASTE

FOR THE GREEN BEANS:

- 1 LB FRESH GREEN BEANS, ENDS TRIMMED
- 1 TBSP OLIVE OIL
- 1 GARLIC CLOVE, MINCED
- 1 TBSP PARMESAN (OPTIONAL)
- SALT AND PEPPER TO TASTE



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

SEPTEMBER 2026 MAKE & TAKE

Parmesan Crusted Chicken Sheet Pan

INSTRUCTIONS

1. PREHEAT OVEN TO 425°F.
2. LINE A SHEET PAN WITH PARCHMENT FOR EASIER CLEANING OR SPRAY WITH COOKING OIL. IN A MEDIUM BOWL, TOSS ALL INGREDIENTS FOR POTATOES TOGETHER AND STIR WELL TO EVENLY COAT. SPREAD THE POTATOES ON 1/3 OF THE PAN AND PLACE IN OVEN FOR ABOUT 10-15 MINUTES. (IF YOU LIKE YOUR POTATOES NICE AND BROWNED, GO WITH THE EXTRA FIVE MINUTES.)
3. WHILE POTATOES ARE COOKING, TOSS ALL INGREDIENTS FOR CHICKEN IN THE SAME BOWL AND COAT ALL THE CHICKEN WELL. REMOVE THE PAN WITH THE POTATOES AND ADD THE CHICKEN. PLACE IN OVEN WHILE YOU TOSS EVERYTHING TOGETHER FOR THE GREEN BEANS AND ADD THEM TO THE PAN.
4. BAKE FOR ABOUT 25 MINUTES OR UNTIL CHICKEN REACHES AN INTERNAL TEMPERATURE OF 165°F. FOR EXTRA CRISPY POTATOES, TURN THE OVEN TO BROIL ON HIGH FOR 4-5 MORE MINUTES IF DESIRED.
5. REMOVE FROM OVEN AND ALLOW TO COOL SEVERAL MINUTES BEFORE SERVING.
ENJOY!



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

September 2026

Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Salad Bar Garlic Bread Cottage Cheese Fluff	2 Pea Soup w/ Ham Cheese Sandwich Pudding	3 Chicken Ala King Peas & Carrots Wheat Roll Peaches and Cream	4 Biscuits & Gravy Scrambled Eggs Fresh Fruit	5
6	7 Closed	8 Baked Potato Bar Soup Jello w/ Fruit	9 Chicken Dumpling Soup Biscuits Poke Cake	10 Cod Rye Bread Fries Coleslaw Baked Beans Fresh Fruit	11 Oatmeal w/ Berries Toast Boiled Egg Apples Juice	12
13	14 BLT Sub Broccoli Slaw Chips Fresh Fruit	15 Pasta Bar Garlic Bread Brownie	16 Cooks Choice Cookie Greek Salad	17 Pork Chops w/ Gravy Rice Beets Fresh Fruit	18 End of Summer Picnic No Breakfast to be served Wild rice & Berry Salad Strawberry Shortcake	19
20	21 Turkey Hummus Pita Sweet Potato Fries Fruit Salad	22 Taco Bar Churros	23 Clam Chowder Cold Ham & Cheese Cucumber Salad Fruit Bar	24 Birthday Meal Lasagna Garlic Bread Side Salad Cake & Ice Cream	25 Breakfast Sandwich on Croissant Banana Juice	26
27	28 Hot Dog w/ Whole Wheat Bun Baked Beans Strawberry Spinach Salad Jello w/ Cool Whip	29 Stir Fry Bar Pudding	30 Boiled Dinner Fry Bread Yogurt Parfait	Menu is Subject to Change Please Call (715)793-4236 to sign up for Lunch or Breakfast		

SEPTEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Walking Club 11am SNAP Education 11:30am BINGO 1:30pm	2 Cardio Drumming 10am SM Farmers Market 1:30pm Wittenburg Run 1pm	3 Strong Bodies 10:30am Ride to Kropf's Meats 1:30pm	4 Shawano 9:00am Sewing Club @11am Amish Bakery 12:30pm	5
6	7 (LABOR DAY) CLOSED	8 Ride to Pingel Meats 9:30am Walking Club 11am BINGO 1:30pm	9 Greenbay Run 9am Chair Yoga @10:30am SM Farmers Market 1:30pm Kings Corner 2pm	10 Food Box 10am Strong Bodies 10:30am Bowler Ladies Luncheon 12pm Cricut Cup Making 2pm	11 Shawano 9:00am Cardio Drumming 10am Sewing Club @11am Fishing @Noon Amish Bakery 12:30pm	12 Shawano Farmers Market 8am-Noon
13	14 Strong Bodies 10:30am Nutrition Education 11:30am Local Run 1:00pm Homemade Jam Making 1:30pm	15 Walking Club 11am UNO 9:00am BINGO 1:30pm	16 Cardio drumming 10am Chair Yoga @10:30am SM Farmers Market 1:30pm Keshena Run 1pm	17 Shawano Run 9am Strong Bodies 10:30am Fishing 1:00pm	18 SUMMER PICNIC 11a-3p (11a-1pm Food 1p-3p Musical BINGO)	19
20	21 Strong Bodies 10:30am Local Run 1:00pm Homemade Salsa 1:30 pm	22 Walking Club 11am Rummy 500 9:30am BINGO 1:30pm	23 WisDells Trip 9am Antigo Run 9am Chair Yoga @10:30am SM Farmers Market 1:30pm	24 Food Box 10am Strong Bodies 10:30am	25 Shawano 9:00am Cardio Drumming 10am Flu Clinic 10a-2p Cooking With The Cooks 11AM Crazy 8's @ NOON	26
27	28 Strong Bodies 10:30am Local Run 1:00pm Canasta Hand&Foot 1:30pm	29 Walking Club 11am Yahtzee 9:30am BINGO 1:30pm	30 Bingo Size 10:30am Marion Run 1pm Painting@1pm			

IT'S GREAT TO HYDRATE.

Staying hydrated benefits your body.



What is hydration?

Your body needs water to function. Hydration is the process of replacing water within your body.



What are sources of hydration?

Water is best. Water-rich foods (like fruits and veggies) also work to hydrate you.



Why is hydration important?

Staying hydrated helps your heart pump blood through the body, and helps to rid the body of waste. It also helps to regulate body temperature.



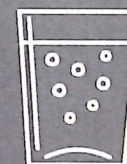
Rethink what you drink.

Avoid sugary fruit juices and sodas. (Even many "sports drinks" are high in sugar and calories.) Caffeinated beverages cause you to lose fluids and become less hydrated.



Staying well-hydrated.

Each person is different. But, in general, experts recommend about 15 and a half cups (or 3.7 liters) of fluids per day for men, and about 11 and a half cups (or 2.7 liters) of fluids per day for women. *(Note that's cups, not glasses. Drinking glasses and water bottles often hold more than one cup.)*



Make hydration a habit.

Our "**Habit Coach**" videos unpack the science behind habits.

Make good hydration a daily routine.

Name: _____ Date: _____

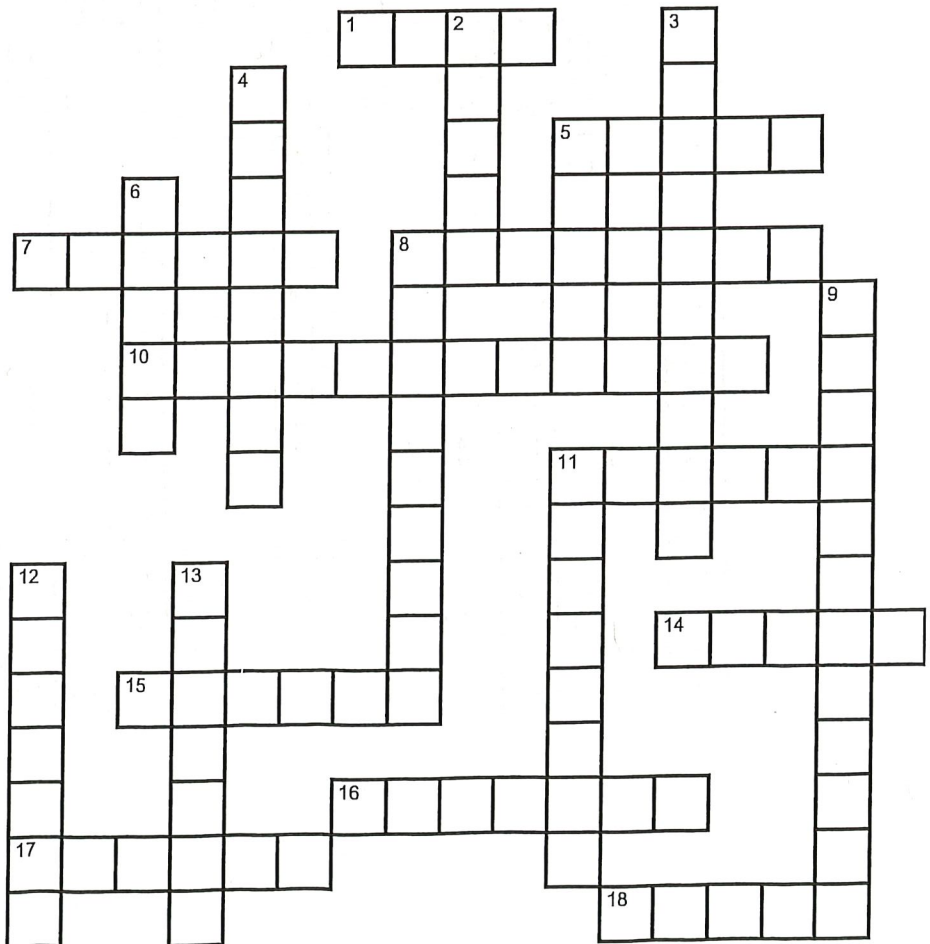
ACROSS

1. Season that begins in September.
5. Flower associated with September.
7. Number of days in September.
8. Birthstone for the month of September.
10. Celebrated on the second Sunday of September: ____ Day.
11. These might get raked into a pile in September.
14. September is the ____ month of the year.
15. Season that ends in September.
16. Where you might pick apples in the fall.
17. This might start up in September.
18. Fruit of the oak tree.



DOWN

2. Astrological sign for the second half of September (pair of scales).
3. September 11th.
4. Team sport often associated with September.
5. Crisp fruit which is often red.
6. Astrological sign for the first half of September (maiden).
8. Name for this month comes from the Roman word for seventh.
9. Celebrated on September 17th: ____ Day.
11. First Monday of September.
12. Gathering of crops at the end of summer.
13. Event which occurs around September 22nd or 23rd.

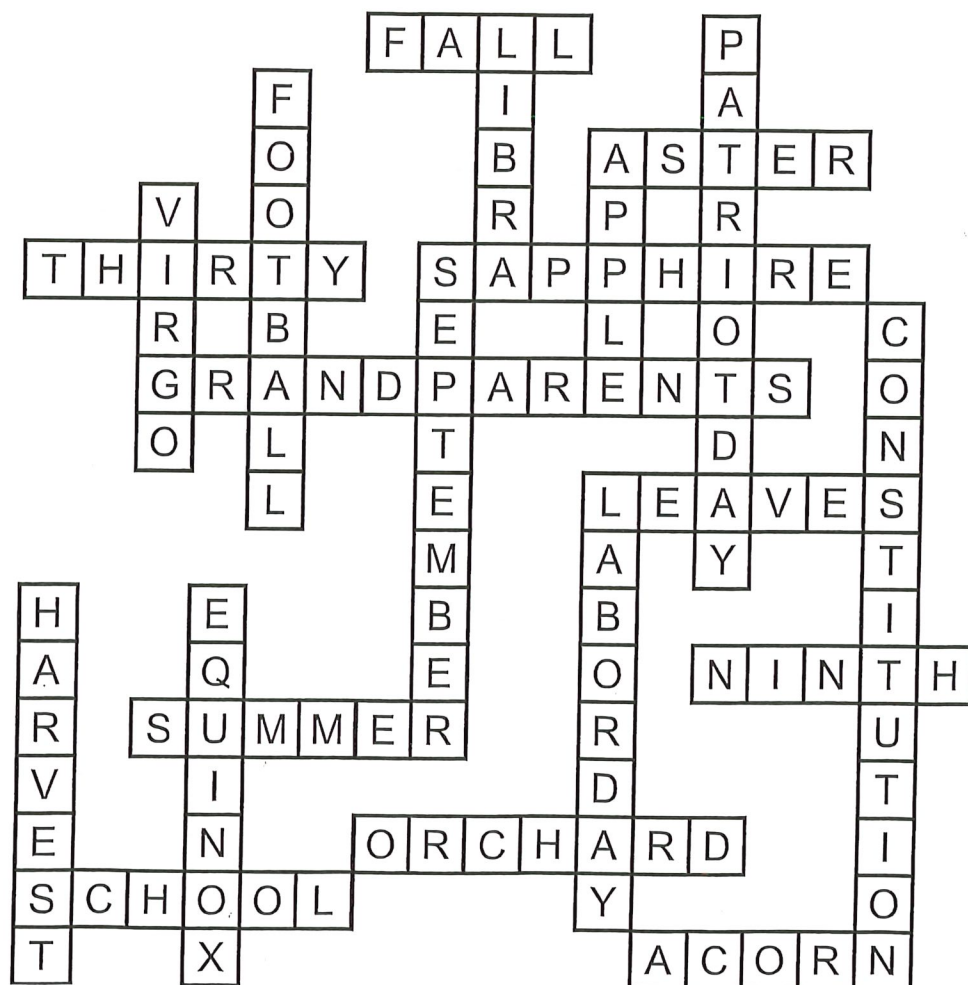


- | | |
|--------------|-------------|
| Acorn | Libra |
| Apple | Ninth |
| Aster | Orchard |
| Constitution | Patriot Day |
| Equinox | Sapphire |
| Fall | School |
| Football | September |
| Grandparents | Summer |
| Harvest | Thirty |
| Labor Day | Virgo |
| Leaves | |

SEPTEMBER

Crossword

SOLUTION



Find more crossword puzzles for kids:

<https://www.puzzles-to-print.com/crossword-puzzles-for-kids/index.shtml>



SEPTEMBER BIRTHDAYS

Ruthie Eggert

Kathryn Footit

Jeffrey Krutz

Allen Zima

LaNette Kroening

Audrey Williams

Alice Demjen

Marlene Miller

Oleyana Hirthe

Gwen Miller

Jerrold Hill

Vicki Dalve

Gail Pringle

Sterling Schreiber

Lucinda Church

Eileen Steiner

Sandra Burr

Christy Carpenter



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.

A contribution of \$1.00 is asked for delivered meals (your spouse is eligible regardless of age.)

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

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

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

**WE ASK THAT YOU CALL AT LEAST 24 HOURS IN ADVANCE TO
RESERVE YOUR MEAL.**

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.

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

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