

BACK-TO-SCHOOL

FAMILY SERVICES NEWSLETTER

SEPTEMBER 2026

Issue 101

HOURS

Youth Education Program

k-2nd pick up 6:30pm

3rd-5th pick up 8pm

7th-12th Grade pick up 9pm

Gym Hours

8am to 8pm

SET UP FOR SUCCESS

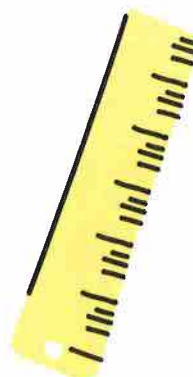
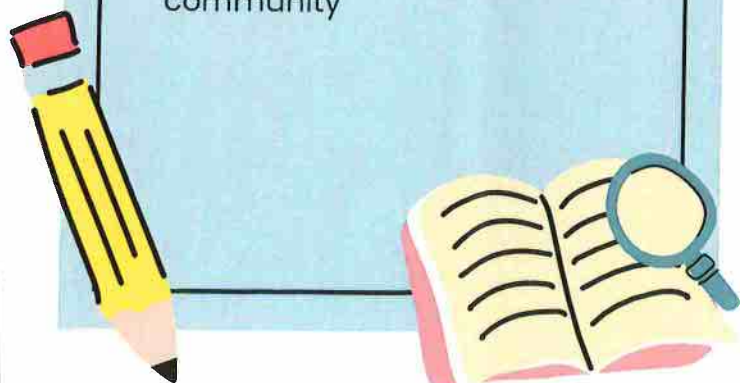
It is important that students start each year with the necessary materials and mindset needed to be successful. This includes completing assigned activities, having a positive attitude, and participating in class.

INSIDE THIS ISSUE

Staff Information
Calendar of Events
Resources
Pictures of our Youth

FAMILY SERVICES

Providing services to community members to build a stronger and healthier community



STAFF DIRECTORY

Crystal Malone
Human Services Area
Manager
715-793-4032

Kori Price
Family Services
Manager
715-793-4905

Joe Miller
Security Manager
715-793-4080

Jadin Parker
Client Services Advocate
715-793-4863

Jerry Burr
Community Services
Worker
715-793-4807

Steven Duffek
Community Services
Worker- Fitness
715-793-4803

Cheryl Pieper
Community Services
Worker- Recreation
715-793-4085

Linda Rudesill
Community Services
Worker - YEP
k-2nd

Skylar Hill
Community Services
Worker- Tutor

Anthony Sullivan
Community Services
Worker- Fitness
715-793-4803

Community Services
Worker-YEP
6th-12th grade
HIV/AIDS Worker
715-793-4906

Rikki Gulbranson
Community Services
Worker
3rd-5th Grade
715-793-3514



Safety Planning

Your safety and well-being are of the utmost importance. Take threats seriously. If you feel unsafe, trust your instincts. Making a safety plan before you need it will help you react quickly in an emergency. Some things to consider include:

- Know Who You Can Call When You Need Help
- Safe Place
- Keep Essential things with you at all times
- Changes at Home
- Changes at school/work
- Changes to daily Routines
- Use the buddy system
- Check places online where you have identifying information
- Consider filing a police report for an incident
- Consider filing a protection order



DOMESTIC VIOLENCE/SEXUAL ASSAULT SERVICES



**Stockbridge Munsee Family Services
Department
N8476 Moh He Con NUck Road
Bowler, WI 54416**

Jadin Parker
Client Services Advocate
715-793-4863

Jadin.parker@mohican-nsn.gov
Konkapot Lodge Room 109

**Family Services Program Goal is to
provide individuals and families with the
resources to reach long term and short-
term goals to improve their way of life
and to help them heal.**

**For More Information
Visit the Family Services page on
Mohican.com**



SERVICES FOR LOW INCOME



Stockbridge Munsee Family Services
Department
W12635 Country Road A
Bowler, WI 54416

Jadin Parker

Client Services Advocate

715-793-4863

Jadin.parker@mohican-nsn.gov

Family Services Program Goal is to provide individuals and families with the resources to reach long term and short-term goals to improve their way of life and to reach self-sufficiency to strengthen families

INCOME LIMIT

Family Size	Monthly Income
1	\$1,662
2	\$2,254
3	\$2,846
4	\$3,438
5	\$4,029
6	\$4,621
7	\$5,213
8	\$5,804

HOW TO APPLY.

Must live in the service area, fill out application and provide verification of income and address. Complete home visit and Individual Service Plan.

**For More Information
Visit the Family Services page on
Mohican.com**

**FSP offers Domestic Violence,
Sexual assault and child
permanency programs please
call Jadin Parker for more
information**

7-7-7 RULE

What is it?

The 7-7-7 rule in parenting is a time-management and connection framework suggesting you spend three focused, 7-minute blocks of undivided attention with your child daily.

Steps:

- Morning (First 7 minutes): Set a positive tone before the day begins with breakfast, snuggles, or encouraging words.
- Afternoon (Next 7 minutes): Hit pause when reuniting (e.g., after school or work) to ask how they are feeling.
- Night (Last 7 minutes): Unwind before bed with reading, cuddling, or discussing the best parts of the day



HOME PREPARATION

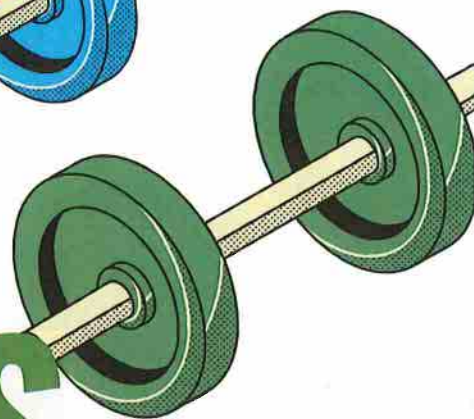
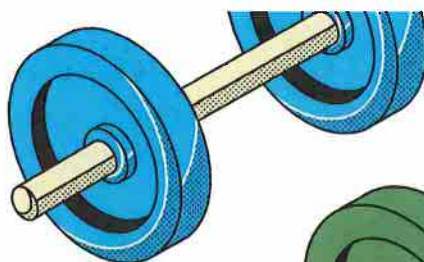
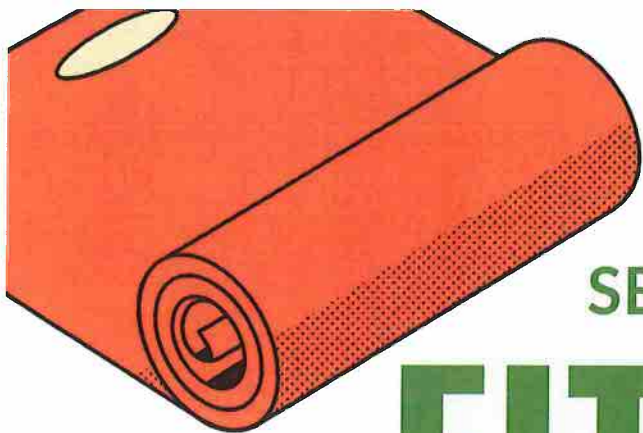
One thing to help you be self sufficient before the cold months is home preparations.

1. Stock up essentials: Gather firewood, winter animal feed, and basic paper or pantry goods before seasonal price shifts.
2. Check insulation: Seal drafty windows and doors, and service heating systems to lower your reliance on external energy as temperatures drop.



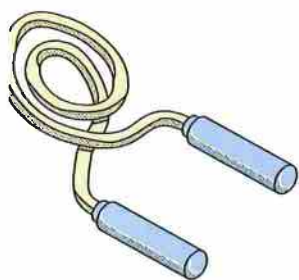
2026

We reserve the right to cancel, change or modify program dates and times.



SEPTEMBER

FITNESS RESET INCENTIVE

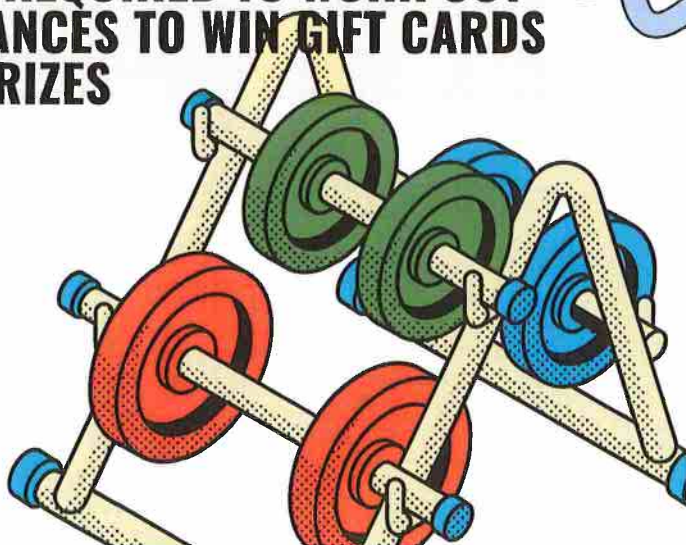
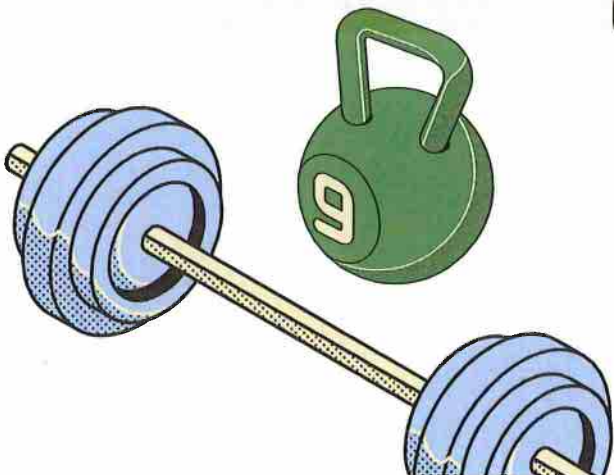
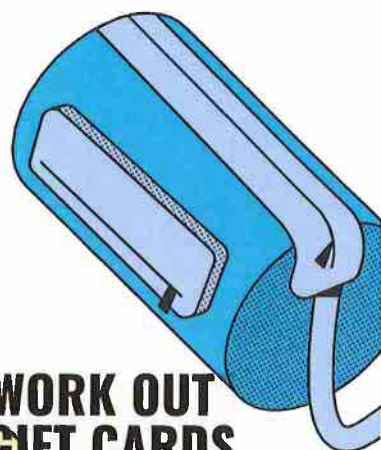


Kickstart your day, stay active,
and have fun in a supportive
environment!

September 1-30, 2026

Mohican Fitness Program

**MINIMUM OF 3 DAYS PER WEEK REQUIRED TO WORK OUT
MORE YOU WORK OUT MORE CHANCES TO WIN GIFT CARDS
OR OTHER PRIZES**



Mohican Family
Center
Center

September 2026

Join

WATER AEROBIC CLASS

An illustration of a person with dark hair and a blue swimsuit floating in a pool. Their arms are raised in the air, and there are blue ripples around them. The background is a dark green and blue marbled pattern.

low impact, high -energy workout perfect fo all ages
and fitness levels

Monday & Wednesdays 5:30pm with Tony
Thursdays 10am with Steven

REGISTER NOW →

• • • For More Information contact Tony or Steven at 715-793-4803

Water Therapy

swimming pool, hot tub, sauna

**FOR ADULT MEMBERS
ONLY!**

Please check the monthly calendar for dates and times.

**Members can use the pool for laps, therapy,
exercise, relax in hot tub or sauna
September Hours
6am to 7:45pm**

September is Pain Awareness Month

Types of exercise for chronic pain

Try regular gentle aerobic activity such as brisk walking, swimming, or bicycling to improve cardiovascular health and stay limber. Such exercise may also ease dull, cramping pain in the limbs caused by poor circulation.

Another option is Pilates, a form of exercise that focuses on building core strength in the abdominal and back muscles.

Though few studies have reviewed Pilates as a method of pain relief, there is good clinical evidence that it may be particularly useful for neck pain. It can be modified or used with special equipment if you have specific physical ailments.

It also can be done without special equipment to improve awareness and control of movements, posture, and strength.

Or you can try exercise that includes a meditative component, such as yoga or tai chi - both of which can calm the mind while invigorating the body.

For some pain conditions, physical activity is part of a therapeutic program. For instance, prescribed exercises are a key component of treatment programs for most people with back pain. Similarly, people with arthritis often benefit from range-of-motion exercises to increase their joint mobility. Although exercising won't specifically relieve pain in arthritic joints, it helps the joint move through its range of motion more easily, an important improvement for people with arthritis pain. It also helps prevent loss of range of motion, which can lead to other problems and limitations.

Recreation and events

A photograph showing a large field of pumpkins in the foreground, with a line of trees in the background under a clear sky. The pumpkins are orange and scattered across a field of green leaves. The trees in the background are green and yellow, suggesting autumn.



SEPTEMBER FAMILY OPEN SWIM



Every
Tuesdays & Fridays

1:30pm to 7:45pm



**Must be a member and all youth must be
accompanied by an adult
for Family Open Swim**



Limited Spots call to reserve your slot
Please call Cheryl at 715-793-4085
or Front desk 715-793-4807

SEPTEMBER
RECREATIONAL EVENTS

NOON BALL

Monday- Friday **NOON TO 1PM**

5 ON 5 BASKETBALL TUESDAY &
THURSDAYS 5:30PM-7:45PM AGES 14
AND UP

× × × ×
× × × OPEN GYM 5PM-7:45PM MONDAY,
× × × × WEDNESDAY AND FRIDAYS
× × × ×

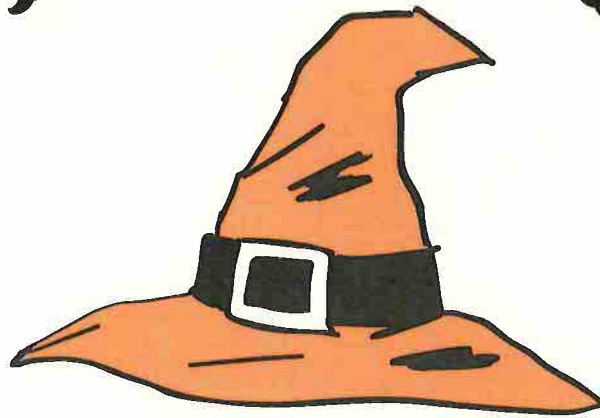
NO GYM ACTIVITIES ON 9/21/26





6th Annual Jerilyn
Johnson Halloween Event

CANDY DONATION



Please donate wrapped candy
for the annual Halloween event
in honor of Jerilyn

Halloween event will be at the Mohican Family
Center October 31, 2026



FAMILY NIGHT WORKSHOP

PREPARING YOUR HOME FOR THE COLD MONTHS



WORKSHOP DETAILS

SEPT 9, 2026

5PM-7PM
MOHICAN FAMILY CENTER

RESERVE YOUR SPOT

CHERYL PIEPER
CHERY.PIEPER@MOHICAN-
NSN.GOV

CALL
715-793-4085 OR 715-793-4087

DISNEY TRIVIA

Family Night

Wednesday September 16, 2026

Mohican Family Center

5pm-7pm

Join us for light supper and Trivia for
awesome Disney prizes
Please RSVP 715-793-4085



Family Night



**Light Supper, Conservation and
family door prizes**

**Mohican Family Center
Sept. 30, 2026
5pm-7pm**



September

Linda Rudesill
k-2nd grade

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Outside playground fun	2 Movies, gym time Games, video game time	3 Arts and Crafts Game day	4	5
Youth participate in Shawano 4-H And Kids in the Kitchen monthly,	6 Office Closed Holiday	7 extra Gym time Movie Day	8 Outside playground fun	9 Movies, gym time Games, video game time	10 Arts and Crafts Game day	11 
	13 Native American crafts	14 extra Gym time Movie Day	15 Outside playground fun	16 Movies, gym time Games, video game time	17 Arts and Crafts Game day	18
	20 	21 extra Gym time Movie Day	22 Outside playground fun	23 Movies, gym time Games, video game time	24 Arts and Crafts Game day	25
27 Native American crafts	28 extra Gym time Movie Day	29 Outside playground fun	30	We reserve the right to cancel, change or modify program times and dates Field trips and swimming are incentive, based on behavior and participation.		
Culture Lessons	ATODA lessons	ATODA lessons	Free Day			
					Interpersonal and Independent living skills	

September

715-743-3514

Rikki 3rd - 5th Grade

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Gym Time ¹	Culture Craft ²	NO SCHOOL ³	NO SCHOOL ⁴ Free Day	⁵
⁶	CLOSED ⁷	Video Games ⁸	Culture Craft ⁹	Gym/Outside ¹⁰	Free Day ¹¹ Swimming	¹²
 ¹³	Outside Fun ¹⁴	Gym Time ¹⁵	Culture Craft ¹⁶	Video Games ¹⁷	Free Day ¹⁸ Swimming	¹⁹
²⁰	Outside Fun ²¹	Video Games ²²	Culture Craft ²³	Gym/Outside ²⁴	Free Day ²⁵ Swimming	²⁶
²⁷	Outside Fun ²⁸	Gym Time ²⁹	Culture Craft ³⁰			
		Miss Rikki Back				
	ATODA	ATODA	CULTURE	INTERPERSONAL INDEPENDENT		

September

6th-12th Grade

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
715-793-4906		1 Culture movies and crafts	2 Game Day	3 Gym time	4 Craft day	5
6 	7 Office closed Holiday	8 Culture movies and crafts	9 Game Day	10 Gym time	11 Craft day	12 
13	14 Gym/ outside Game day	15 Culture movies and crafts	16 Game Day	17 Gym time	18 Craft day	19
20	21 Gym/ outside Game day	22 Culture movies and crafts	23 Game Day	24 Gym time	25 Craft day	26
27 	28 Gym/ outside Game day	29 Culture movies and crafts	30 Game Day	Youth Participate in Kids in the Kitchen And 4-H		We reserve the right to cancel, change or modify program dates and times.
	Free Day Mondays	Culture and Self Care	ATODA Lessons	ATODA Lessons	Interpersonal and Independent living skills	

YOUTH EDUCATION PROGRAM

FAMILY SERVICES DEPARTMENT

N8605 Oak Street
Bowler, WI 54416 715-793-4807

Providing Culture, field trips, independent living skills, fitness, interpersonal skill, self care and prevention & education on alcohol, tobacco and other drugs.

YOUTH INFORMATION

Full Name _____

Date of Birth ____ / ____ / ____ Nickname _____

Gender ☐ Male ☐ Female

Grade Entering: _____ School Attending: **Bowler Gresham Other:** _____

CONTACT INFORMATION

Parent/Guardian Name _____

Home Phone _____ Work/Cell Phone _____

Address: _____

Alternate Pick-up Contacts

Name: _____ Phone Number: _____

Relationship to youth: _____

MEDICAL INFORMATION

Does your child have any medical issues we should know about?

☐ Yes ☐ No

If yes, please explain

Is your child in need of medication during time at the Youth Education Program. If yes, please explain.

☐ Yes ☐ No

Additional information regarding my child

Such as food allergies, any behavior concerns etc.

I give:_____ permission to participate in swimming at the MFC pool
every Monday, Tuesday and Fridays.

Or

I do not want my child to use the MFC pool.

I give _____ permission to participate in the youth sport
conditioning fitness classes with Fitness staff during the YEP program.

or

I do not want my child to participate in youth sport conditioning fitness classes with
Fitness staff during the YEP program

I give:_____ permission to participate in field trips within 30
miles of the Youth Education program.

Or

I do not want my child to participate in field trips within 30 miles of the Youth Education
Program .

Parent/Guardian Signature:_____

I do not hold the Stockbridge Munsee Community or Stockbridge-Munsee Family Services
Program responsible for any injuries that may occur to my child while participating in this
activity. I also give the Stockbridge-Munsee Family Services staff/ designated chaperone
permission to act in loco parentis to seek medical attention, if needed by my child as the
result of participating in this activity. I also request that I be notified as soon as possible if
my child is injured. My child understands and agrees to obey all Stockbridge Munsee
Family Services rules and model safe, admirable behavior. I understand if my child -
misbehaves my child may lose privileges for any extra activities- Fitness, Swimming, Field
trips,etc

**This Form will be used for School and Summer enrollment, Please update the forms if
you have any changes.**

Youth Education Summer Program

Permission Slip and Medical Release

I understand my child will be required to participate in all grant objectives of the Youth Education program which includes daily fitness, prevention and education lessons on ATODA, independent living skills, interpersonal, cultural and self-care (hiv/aid 6th-1th grade only). If my child fails to participate or violates behavior expectations. I (the Parent/guardian) will be asked to pick up my child. Breaking major or minor rules can result in loss of privileges from all programming under the Family Services Department.

I also understand that if my child is sick or showing symptoms of illness they will be required to be picked up immediately.

Per Family Services policy, youth ages 14 to 17 years can use the Mohican Family Center without an adult. I give my child permission to sign out of the YEP after all programming is complete and utilize the MFC and understand Family Services Staff will not be responsible for my child.

Yes No

My child has permission to walk home: yes No
If my child leaves the building without permission please call:

I give the Family Center permission to video record or take photos of my youth during events to be used on social media, posters, educational boards and monthly Family Services newsletter.

Yes Or No

Parent/Guardian Signature:_____

Youth Education Program

Drop off time

7am for all ages when there is no school

3:30pm during school hours

School Pick up times:

k-2nd 6:30pm

3rd-5th - 7:30pm

6th-12th - 8:30pm

Summer Pick up times:

k-2nd 5:00pm

3rd-5th - 5:00pm

6th-12th - 7:30pm

Parents/Guardians it is important to pick up your child(ren) at their pick up times.

YEP Rules

Listen to peer and teachers

No Bullying

Think before you speak and use your manners

Keep your hands and feet to yourself

Respect personal space and avoid physical contact unless you have permission

Field trips, swimming at MFC are incentive, based on participation and behavior. Each group has their own field trip or swimming time

YOU WILL NOT attend the field trip or weekly swimming, if you just attend the YEP on field trip or swim days

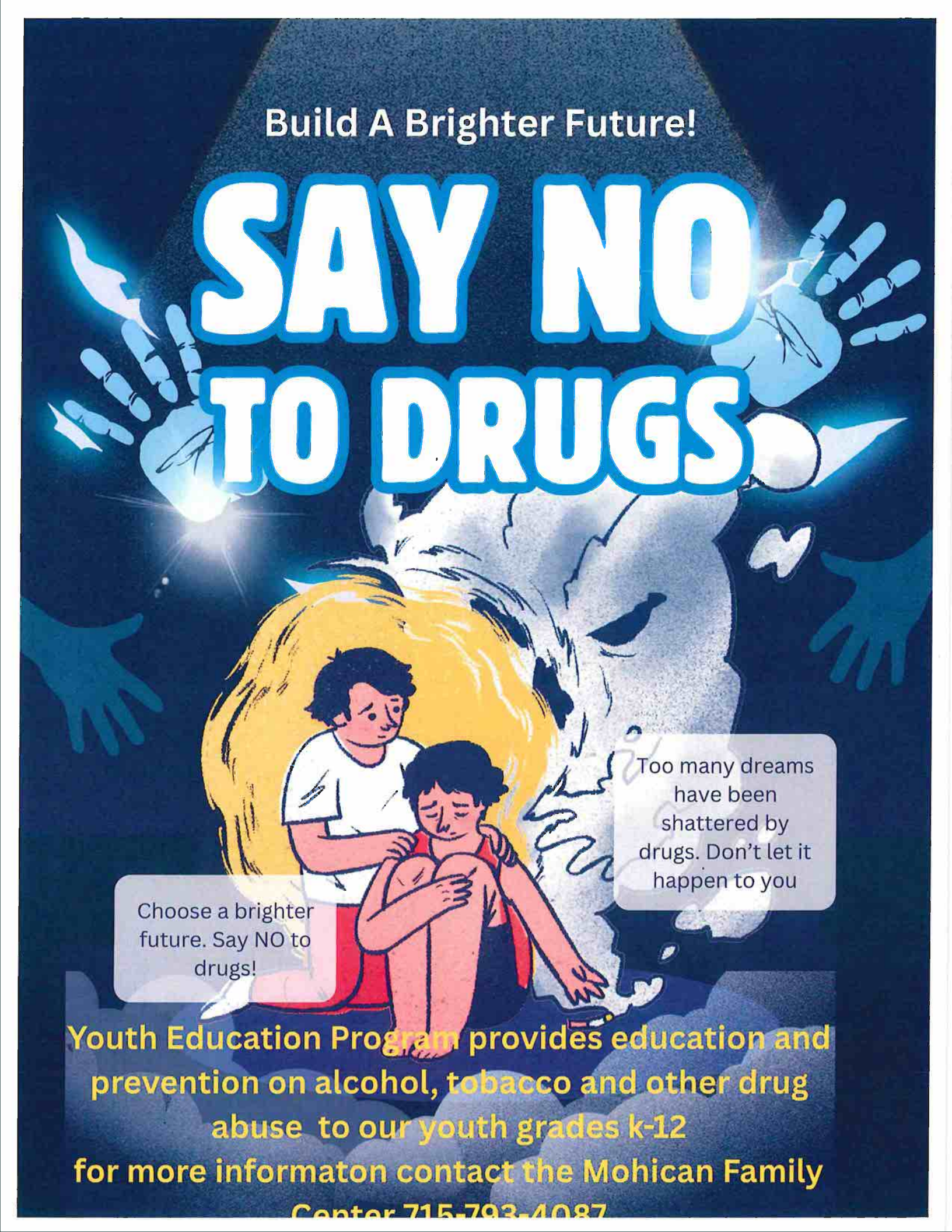
All youth are expected to participate in all planned activities. If youth fail to participate or violate behavior expectations youth will be asked to take a break from all programming of Family Services Youth Education Program.

Youth must follow all policies of the Mohican Family Center

Parents of youth attending YEP must be kind and respectful to all members and staff of the Mohican Family Center.

Build A Brighter Future!

SAY NO TO DRUGS



Choose a brighter
future. Say NO to
drugs!

Too many dreams
have been
shattered by
drugs. Don't let it
happen to you

Youth Education Program provides education and
prevention on alcohol, tobacco and other drug
abuse to our youth grades k-12

for more informaton contact the Mohican Family

Center 715-793-4087



CULTURE IS PREVENTION



NATIVE CULTURE IS PREVENTIVE

- ▶ Research shows Native culture promotes wellness and has a strong preventative effect on mental health.
 - Connection to Native culture lowers risk for depression, substance abuse, and suicide.
 - Strong social support, especially supportive and connected families, also lowers the risk for suicide attempts among Native youth.
 - Increasing protective factors is more effective at reducing Native youth suicide rates than decreasing risk factors.



NATIVE CULTURE IS PROTECTIVE

- ▶ By supporting Native relationships, practices, languages, and traditions, we reinforce the factors known to protect Native mental health:
 - Connection to Native culture
 - Strong family bonds
 - Spiritual connections
 - Traditional practices

BUILD BELONGING:

Support Native kids in developing/deepening their connection to one another and to their Native culture.

HOW TO HELP!

SUPPORT CULTURAL PRACTICES: Traditional cultural practices like smudging, drumming, basket weaving, and talking circles build spiritual connections and promote wellness.

ENCOURAGE PARTICIPATION in Native ceremonies and seasonal celebrations to deepen relationships, strengthen Tribal bonds, fortify collective health, and build hope.

TEACH SKILLS: Share knowledge and teachings of land-based skills such as harvesting, hunting, and fishing. Plant gardens and grow indigenous foods to cultivate Native food systems. Teach traditional techniques in indigenous arts and crafts.

CONNECT WITH NATURE: Offer outdoor experiences and camps that build connection to land and waterways.

PROMOTE LANGUAGES: Support the revitalization of Native languages and offer classes to youth.

INVEST IN RESILIENCE: Support efforts that address intergenerational trauma, reduce poverty, improve health, and strengthen social connectedness of Native communities.

SOURCES:

- SAMHSA, 2017. [Suicide Clusters within American Indian and Alaska Native Communities: A Review of the Literature and Recommendations](#).
- BMC Public Health, 2023. [The Culture Is Prevention Project: measuring cultural connectedness and providing evidence that culture is a social determinant of health for Native Americans](#)
- Indian Health Services, 2025. [Suicide Prevention and Care Program](#)



WISCONSIN OFFICE OF
**Children's
Mental Health**

FEB 2026

Family Services



HOMEWORK/TUTORING SERVICES



Need Help with Your
Studies? One-on-one
tutoring tailored to
your needs!



WHAT WE PROVIDE

- Math and geometry
- Science and biology
- English and writing
- Test Preparation



Contact us

Skylar Hill-Tutor

715-793-4807

Tuesday- Friday 3:30 to 6pm at the Mohican Family Center



FAMILY SERVICES DEPARTMENT

Free Self Care Bags

Self- Care bags contain condoms and other resources to promote the use of condoms to prevent HIV and other STIs.

FAMILY SERVICES DEPARTMENT

HIV/AIDS Program

MOHICAN FAMILY CENTER

N8605 Oak Street, Bowler WI

FOR MORE INFORMATION

call 715-793-4905

20% OF AMERICANS WITH HIV DON'T KNOW THEY HAVE IT

MORE THAN HALF OF PEOPLE LIVING WITH DIAGNOSED HIV IN THE UNITED STATES AND DEPENDENT AREAS ARE AGED 50 AND OLDER. SOME WERE DIAGNOSED LATER IN LIFE, WHILE OTHERS HAVE LIVED WITH HIV FOR MANY YEARS. SUPPORT SERVICES ARE AVAILABLE THROUGH HEALTH CARE PROVIDERS, LOCAL COMMUNITY CENTERS, OR HIV SERVICE ORGANIZATIONS. USE THE HIV SERVICES LOCATOR TO FIND SERVICES NEAR YOU.

GET INFORMED

GET TESTED

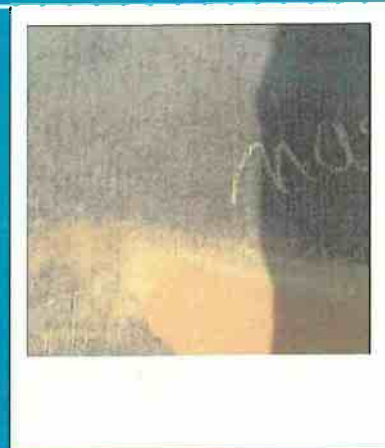
GET INVOLVED

National HIV/AIDS Aging Awareness

**September
18, 2026**

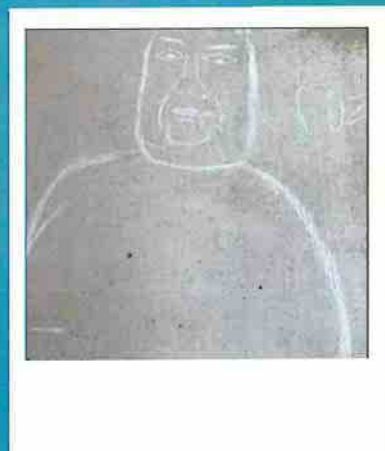
MORE INFORMATION ON HIV/AIDS CONTACT

FAMILY SERVICES 715 702 4005



SIDEWALK CHALK

FUN





Back to school event

