

OCTOBER

ELDERLY TRIP



PUNTHLE-WANIIPAKW-NIIPA AHUM
(MUNSEE)
FALLING LEAF MOON

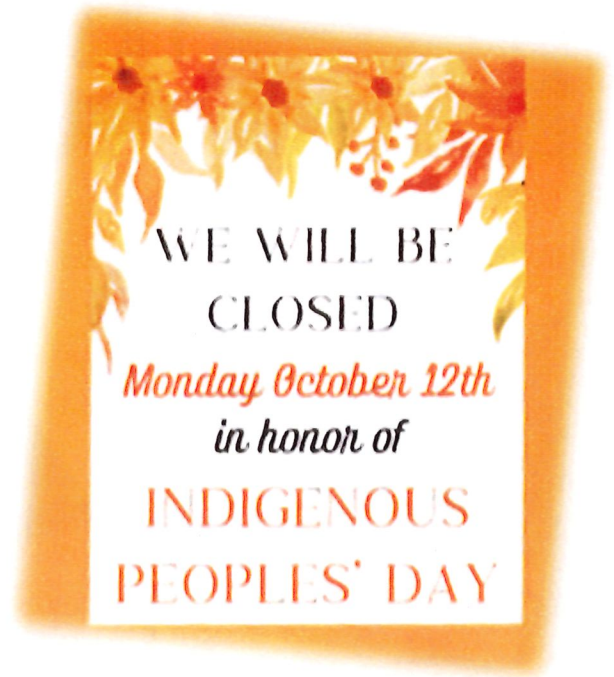
Koolamalsi,

Hope this message finds you well.

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

Important dates in September:

- October 10th Rides to vote 10:00am
- October 12th CLOSED Indigenous Peoples' Day
- October 30th Halloween Party 11-2
- Strong Bodies Mondays & Thursdays 10:30-11:30
- Bingocize Wednesdays & Fridays 10:30-11:30

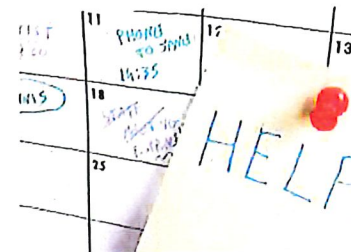


Looking forward to seeing you this month at an event or lunch. Please sign up ahead of time for meals whenever possible, to eliminate food waste and to help the cooks with meal preparation. Join us for a meal Monday-Thursday at noon and breakfast is served Fridays from 7:30am-10:00am. A voluntary contribution of \$1.00 is recommended for elderly and \$3.00 for elder guests under 55 years old. Based on program expenses and number of meals: Full cost of meal is \$19.32 for home delivered meals and \$14.36 for congregate meals.

Transportation is available weekly to local vendors on Mondays and Wednesdays, Shawano on Fridays, and month to Green Bay or Wausau. 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.

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 signing up for activities, please don't hesitate to call. Sending caring thoughts and warm wishes your way.



HOW Stress AFFECTS YOUR HEALTH

Stress: We've all felt it. Sometimes stress can be a positive force, motivating you to perform well at your piano recital or job interview. But often — like when you're stuck in traffic — it's a negative force. If you experience stress over a prolonged period of time, it could become chronic — unless you take action.

A NATURAL REACTION

Have you ever found yourself with sweaty hands on a first date or felt your heart pound during a scary movie? Then you know you can feel stress in both your mind and body.

This automatic response developed in our ancient ancestors as a way to protect them from predators and other threats. Faced with danger, the body kicks into gear, flooding the body with hormones that elevate your heart rate, increase your blood pressure, boost your energy and prepare you to deal with the problem.

These days, you're not likely to face the threat of being eaten, but you probably do confront multiple challenges every day, such as meeting deadlines, paying bills and juggling childcare that make your body react the same way. As a result, your body's natural alarm system — the "fight or flight" response — may be stuck in the "on" position, and that can have serious consequences for your health.

PRESSURE POINTS

Even short-lived, minor stress can have an impact. You might get a stomachache before you have to give a presentation, for example.

.....

... Some people don't know they have a problem until acute stress causes a heart attack or something worse.

More major acute stress, whether caused by a fight with your spouse or an event like an earthquake or terrorist attack, can have an even bigger impact.

Multiple studies have shown that these sudden emotional stresses — especially anger — can trigger heart attacks, arrhythmias and even sudden death.¹ Although this happens mostly in people who already have heart disease, some people don't know they have a problem until acute stress causes a heart attack or something worse.

CHRONIC STRESS

When stress starts interfering with your ability to live a normal life for an extended period, it becomes even more dangerous. The longer the stress lasts, the worse it is for both your mind and body.

You might feel fatigued, unable to concentrate or irritable for no good reason, for example. But chronic stress causes wear and tear on your body, too.

Stress can make existing problems worse.² In one study, for example, about half the participants saw improvements in chronic headaches after learning how to stop the stress-producing habit of "catastrophizing," or constantly thinking negative thoughts about their pain.³

Chronic stress may also cause disease, either because of changes in your body or the overeating, smoking and other bad habits people use to cope with stress.





apa.org/helpcenter
Learn more about managing stress

ONLINE RESOURCES



PsychologistLocator.org
Find a psychologist

Job strain — high demands coupled with low decision-making latitude — is associated with increased risk of coronary disease, for example.⁴ Other forms of chronic stress, such as depression and low levels of social support, have also been implicated in increased cardiovascular risk.

And once you're sick, stress can also make it harder to recover. One analysis of past studies, for instance, suggests that cardiac patients with so-called "Type D" personalities — characterized by chronic distress — face higher risks of bad outcomes.⁵

WHAT YOU CAN DO

Reducing your stress levels can not only make you feel better right now, but may also protect your health long-term.

In one study, researchers examined the association between "positive affect" — feelings like happiness, joy, contentment and enthusiasm — and the development of coronary heart disease over a decade.⁶ They found that for every one-point increase in positive affect on a five-point scale, the rate of heart disease dropped by 22 percent.

While the study doesn't prove that increasing positive affect decreases cardiovascular risks, the researchers recommend boosting your positive affect by making a little time for enjoyable activities every day.

Other strategies for reducing stress include:

- **Identify what's causing stress.** Monitor your state of mind throughout the day. If you feel stressed, write down the cause, your thoughts and your mood. Once you know what's bothering you, develop a plan for addressing it. That might mean setting more reasonable expectations for yourself and others or asking for help with household responsibilities, job assignments or other tasks. List all your commitments, assess your priorities and then eliminate any tasks that are not absolutely essential.
- **Build strong relationships.** Relationships can be a source of stress. Research has found that negative, hostile reactions with your spouse cause immediate changes in

stress-sensitive hormones, for example.⁷ But relationships can also serve as stress buffers. Reach out to family members or close friends and let them know you're having a tough time. They may be able to offer practical assistance and support, useful ideas or just a fresh perspective as you begin to tackle whatever is causing your stress.

- **Walk away when you're angry.** Before you react, take time to regroup by counting to 10. Then reconsider. Walking or other physical activities can also help you work off steam. Plus, exercise increases the production of endorphins, your body's natural mood-booster. Commit to a daily walk or other form of exercise — a small step that can make a big difference in reducing stress levels.
- **Rest your mind.** According to APA's 2012 *Stress in America*[™] survey, stress keeps more than 40 percent of adults lying awake at night. To help ensure you get the recommended seven or eight hours of shut-eye, cut back on caffeine, remove distractions such as television or computers from your bedroom, and go to bed at the same time each night. Research shows that activities like yoga and relaxation exercises not only help reduce stress, but also boost immune functioning.⁸
- **Get help.** If you continue to feel overwhelmed, consult with a psychologist or other licensed mental health professional who can help you learn how to manage stress effectively. He or she can help you identify situations or behaviors that contribute to your chronic stress and then develop an action plan for changing them.

¹Krantz, D. S., Whitaker, K. S., & Sheps, D. S. (2011). "Psychosocial risk factors for coronary artery disease: Pathophysiologic mechanisms." In Allan R., Fisher, J. (Eds.), *In Heart and Mind: Evolution of Cardiac Psychology*, (pp. 91–113). Washington, DC: APA.

²Kiecolt-Glaser, J., & Glaser, R. Stress and health research homepage: <http://pni.osumc.edu>.

³Thorn, B. E., Pence, L. B., et al. (2007). "A randomized clinical trial of targeted cognitive behavioral treatment to reduce catastrophizing in chronic headache sufferers." *Journal of Pain*, 8, 938–949.

⁴Krantz, D. S., & McCeney, M. K. (2002). "Effects of psychological and social factors on organic disease: A critical assessment of research on coronary heart disease." *Annual Review of Psychology*, 53, 341–369.

⁵Denollet, J., et al. (2010). "A general propensity to psychological distress affects cardiovascular outcomes: Evidence from research on the type D (distressed) personality profile." *Circulation: Cardiovascular Quality and Outcomes*, 3, 546–557.

⁶Davidson, K. W., Mostofsky, E., & Whang, W. (2010). "Don't worry, be happy: Positive affect and reduced 10-year incident coronary heart disease: The Canadian Nova Scotia Health Survey." *European Heart Journal*, 31(9), 1065–1070.

⁷Kiecolt-Glaser, J., & Glaser, R. Stress and health research homepage: <http://pni.osumc.edu>.

⁸Ibid.



AMERICAN PSYCHOLOGICAL ASSOCIATION

The American Psychological Association's Practice Directorate gratefully acknowledges the assistance of David S. Krantz, PhD; Beverly Thorn, PhD; and Janice Kiecolt-Glaser, PhD, in developing this fact sheet.



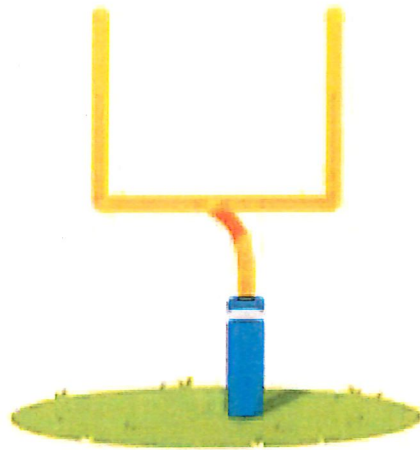
JOIN US FOR A

PACKER POTLUCK!!!

BRING YOUR FAVORITE MEALS AND ENJOY VARIETY

Sunday, October 4th

From NOON – 4PM



Packers
Away

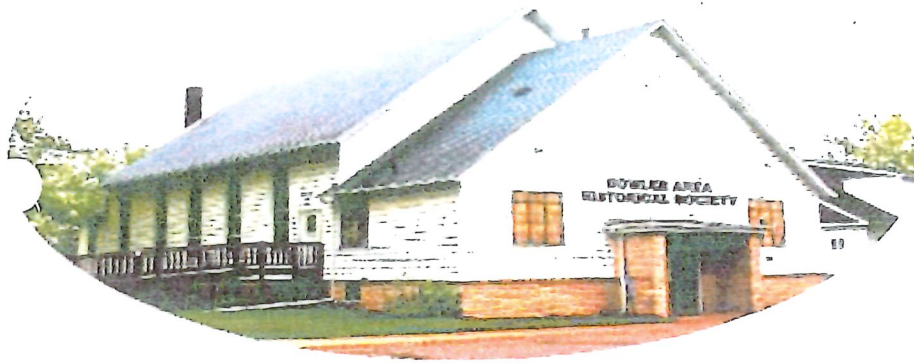
Sun, Oct 4
12:00 PM

Buccaneers
Home



N8651 MapleWood ST, Bowler WI

At Eunice Stick Gathering Place



Bowler Area Historical Society, Inc.
104 E Main Street
P.O. Box 75
Bowler, WI 54416
ron@bowlerhistory.com

All members of the Bowler Area Historical Society as well as the general public are invited to attend the annual meeting of the society on Tuesday, October 6. The museum will be open for visitors to tour from 9am until noon when a meal will be served and followed by a presentation by Tim Maas. Tim is a former Bowler educator and historian with ties to the Town of Seneca and Tilleda. Tim will present family genealogy on some of the key families that were a significant factor in the settlement of the area and what they did. He will offer insight into a possible public forum to gather information from families who founded this part of Shawano county.

Please come to enjoy a look into the past of our area in the museum as well as a good meal, election of Board of Directors members, and fellowship with others and your part in the future of the preservation of the history of the Bowler area

Annual Meeting of Bowler Area Historical Society
Tuesday, October 6, 2026
Doors open at 9am
Lunch at noon followed by
Presentation by Tim Maas

Virtual Dementia Tour

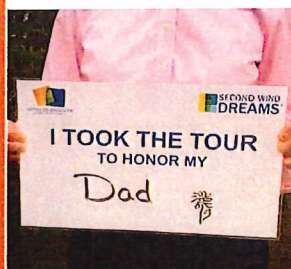


Experience firsthand what it is like
to live with dementia.

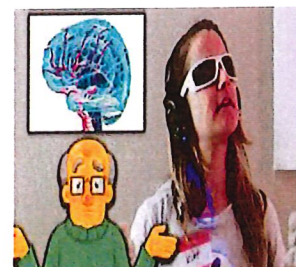
November 12, 2026 9:00am-3:00pm at the Konkapot Lodge
This event is open to the Stockbridge-Munsee Community and all
Tribal employee's.

Limited 20 minute time slots available so please contact
Briana Terrio at 715-793-3035
for more information and to reserve your time slot.

Those who attend the VDT will be entered in the door prize
drawing.



TRIBAL
DCS
Tribal Dementia Care Specialist





CAREGIVER TALKING CIRCLE!!!

DATE:

10/23/2026

TIME:

2:00pm-3:00pm

LOCATION:

Ella Besaw Center

This talking circle is for those who are caring for or is a family member of someone who has been diagnosed with dementia.

Those who attend will be entered into a drawing for a chance to win a door prize!!!

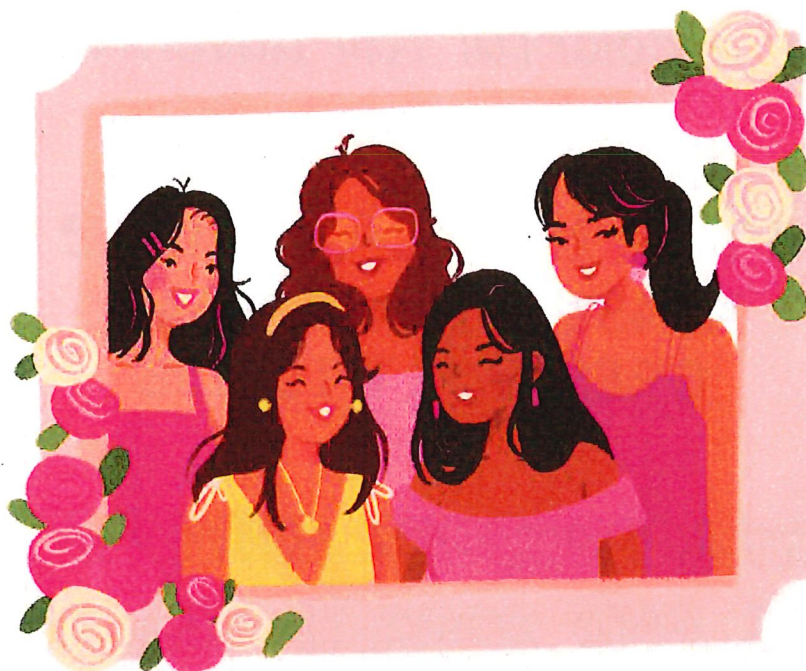
Coffee, juice, and snacks will be provided!!!!





WEAR PINK WEDNESDAY'S IN OCTOBER

Early detection saves lives



*Show us you're wearing **Pink** every **Wednesday**
in October for your chance to win a prize!*

Post a picture to the SMHWC Community Health FB page or submit to Vi Azzolina at violet.azzolina@mohican.com or stop by the SMHWC atrium between 11:45-1:15pm on Wednesdays to be entered into a weekly prize drawing.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT





Annual **FALL COLOR WALK**

Wednesday, October 7th, 2026 • 4:45-6pm

*Grab your walking shoes and join us
for a colorful fall adventure!*

**Pine Hills A Frame
N9498 BIG LAKE ROAD
GRESHAM, WI 54128**

**LOCAL FALL PRODUCE SUCH AS APPLES,
PUMPKINS, AND SQUASH WILL BE GIVEN
AWAY TO PARTICIPANTS.**

Snacks will be provided

For more information contact Vi Azzolina at 715-793-3018

Sponsored by:



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT





October Memory Café



We will be taking a trip to Porter's Patch in Bonduel for October's memory café. Memory cafés are for those who are living with dementia or cognitive memory loss and can be accompanied by their caregiver or a family member. Space is limited so if you would like to participate please contact

Briana Terrio at 715-793-3035

A light lunch will be provided, lots of activities, crafting, petting zoo, live music and more!!!

Date: Saturday October 17th

Time: 11am to 4pm

Please meet at the Elderly Center by 10:45am

This event is open to Stockbridge-Munsee only



Join us for **BREAST CANCER BINGO**



Join us for an afternoon of fun, connection, and Breast Cancer Bingo! Gather with friends, enjoy great company, and learn about breast health. We look forward to seeing you there!



Hosted by:

Ashley Smith, Outreach Specialist
at UW Carbone Cancer Center



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

OCTOBER 21, 2026

MOHICAN FAMILY CENTER

12:00 PM – 1:00 PM

N8605 OAK STREET
BOWLER



**More
Information:**

violet.azzolina@mohican.com

715-793-3018



OCTOBER 2026 MAKE & TAKE

SHEET PAN PESTO CHICKEN AND VEGETABLES

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, October 21st, at the SMHWC from 11:45am -1:15pm. **Sign up is Oct. 5th - 9th.** We will be drawing names for the virtual Make & Take. We will contact you on Tuesday, Oct. 13th 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



October 2026 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Menu is Subject to Change	Please Call (715)793-4236 to sign up for Lunch or Breakfast		1 Goulash Cucumber Tomato Salad	2 Potato Pancakes Scrambled Eggs Sausage Applesauce Juice	3
4	5 Philly Cheesesteak Sloppy Joe on Garlic Bread Chips Jello w/ Fruit	6 Quinoa Bowl Bar	7 Cream of Mushroom Soup Grilled Cheese w/ Spinach Frozen Cinnamon Coffee Cheesecake	8 Shepards Pie Whole Wheat Roll Brownie	9 Boiled Egg Fresh Fruit Cold Cereal (Cheerios) Muffin Juice	10
11	12 Closed	13 Fish Sandwich Mac & Cheese w/ Peas Coleslaw Maple Nut Cookie	14 Mexican Beef & Rice Soup Strawberry Fluff	15 Chicken Spaghetti Bake Lemon Blueberry Shortcake	16 Oreo Cinnamon Rolls Boiled Egg Bacon Fresh Fruit	17
18	19 Pizza Pocket Brownie	20 Chef Salad Pudding Apple Bread	21 Creamy Butternut Squash Soup Blueberry Pineapple Dump Cake	22 Saurkraut Kielbasa Wheat Bread Carrots & Potatoes Creamy No Bake Pecan Pie Lasagna	23 Breakfast Casserole Fruit Salad Juice	24
25	26 Cooks Choice Yogurt Parfait	27 Lasagna Side Salad Green Beans Fruit Fluff Juice Milk	28 Beef Stew Cheesy Biscuit Salad Greens Peanut Butter & Jelly Snack Cake	29 Ham Stuffing Potatoes Corn Wheat Roll Mini Pumpkin Spice Cake & Ice Cream	30 Apple Cinnamon Oatmeal Wheat Toast Scrambled Eggs w/ Roasted Squash Greek Yogurt Parfait	31

October 2026							Nov 2026 ▶
◀ Sep 2026	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Senior Safari Fall Trolley Ride 9:45am Strong bodies 10:30 Art Therapy w/ Rainer Posselt @1pm	2 Shawano 9am Bingocize 10:30 Sewing Club @11am (Ribbon Aprons)	3
4 Shawano Flea Market 9am – 11am PACKER POTLUCK NOON-4PM 	5 Strongbodies 10:30 Local Run 1pm Thrift Store Trip @NOON	6 Yahtzee 10:00 Walking Club 11 Bingo 1:30	7 Green Bay Run 9am Bingocize 10:30 SNAP Education 11:30am UNO @1:30pm	8 Strongbodies 10:30 Food Box 10am Beaded Pendants @1:30p	9 Shawano 9am Bingocize 10:30 Halloween Shirt making @1:30p Ride To Julies Café Mattoon @3pm	10 Rides To Vote @10am 	
11		12 (INDIGENOUS PEOPLES DAY) CLOSED	13 Rummy 500 9:30 Walking Club 11 Bingo 1:30	14 Cardio Drumming @9:30am Bingocize 10:30 Wittenberg 1pm	15 Strongbodies 10:30 Wittenberg Lanes @1pm Art Therapy w/ Rainer Posselt @1pm	16 Shawano 9am Bingocize 10:30 Sewing Club @11am (Ribbon Aprons)	17
18		19 Strongbodies 10:30 Nutrition Education 11:30am Local Run 1pm Dice Game 1000@2pm	20 Crazy 8's 9:30 Walking Club 11 Bingo 1:30	21 Antigo 9am Cardio Drumming @9:30am Bingocize 10:30 Hand&foot @NOON	22 Strongbodies 10:30 Food Box 10am Beaded Pendants @1:30p	23 Shawano 9am Bingocize 10:30 Cooking with the Cooks 11:00 Grace & Sophies Pumpkin Patch in Merrill @1pm	24
25		26 Strongbodies 10:30 Local Run 1pm BOOK CLUB 1PM	27 Cribbage 9:30 Walking Club 11 Bingo 1:30	28 Bingocize 10:30 Keshena 1pm Painting @1pm	29 Strongbodies 10:30 Birthday Meal @NOON 	30 Shawano 9am Bingocize 10:30 Halloween Party 11a-2p 	31 (Halloween) 

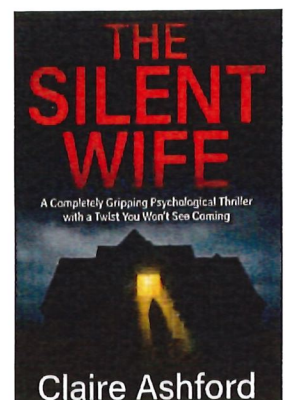
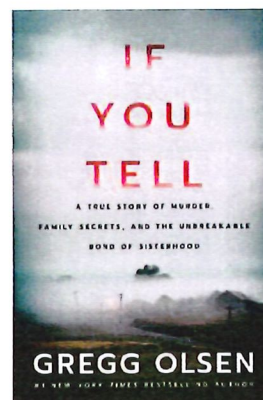
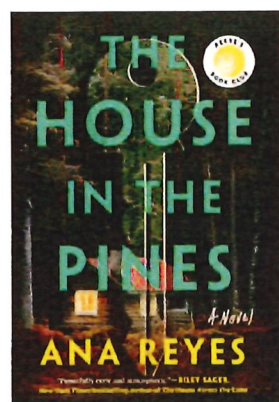
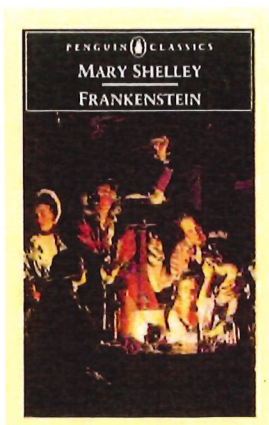
Upcoming Book Club Books at the Eunice Stick Gathering Place:

October Frankenstein by Mary Shelley – A young scientist, Victor Frankenstein, creates a living being through an experiment, but is horrified by what he's made. As the creature struggles with loneliness and rejection, it turns toward revenge, raising questions about responsibility, humanity, and the dangers of unchecked ambition.

November The House in The Pines by Ana Reyes – A woman, Maya confronting past trauma, unreliable memories, and a mysterious death linked to her high school friend. Maya, haunted by her best friend's mysterious death, who is pulled back into her past when a viral video shows another woman dying in the same way. Trauma prompting her to return to her hometown and uncover the truth.

December If You Tell by Gregg Olsen – Shelly's troubled childhood, marked by instability, lies, and cruelty, which foreshadows her later abusive behavior. After marrying Dave Knotek, Shelly's sadistic tendencies escalated, affecting not only her daughters but also others drawn into her household, including Kathy Loreno and Shane Watson, who became victims of her cruelty. The sisters witnessed horrific events, including Kathy's decline and death, and the mysterious disappearance of Shane, which intensified the danger they faced.

January The Silent Wife by Claire Ashford – For three years, Mara communicates only through notes and nods, she hasn't spoken since her husband vanished, living under suspicion and public assumption that she destroyed her marriage. A body was found in the woods. Blunt force trauma, buried for years. The Discovery reveals the body was moved, and someone is trying to make Mara pay for a murder she didn't commit. As a Detective closes in, Mara realizes her silence has been protecting someone else's secret not her own safety. She must decide whether to keep quiet or speak and what happens when the truth is more dangerous than silence.



Name: _____ Date: _____

GHOST

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

APPARITION

BOO

CASPER

CHAINS

COSTUME

CREEPY

ECTOPLASM

EERIE



FOG

PHANTOM

GHOST

POLTERGEIST

GHOSTBUSTERS

SHEET

GHOUL

SPECTER

HALLOWEEN

SPIRIT

HAUNTED HOUSE

SPOOKY

JACK-O'-LANTERN

SUPERNATURAL

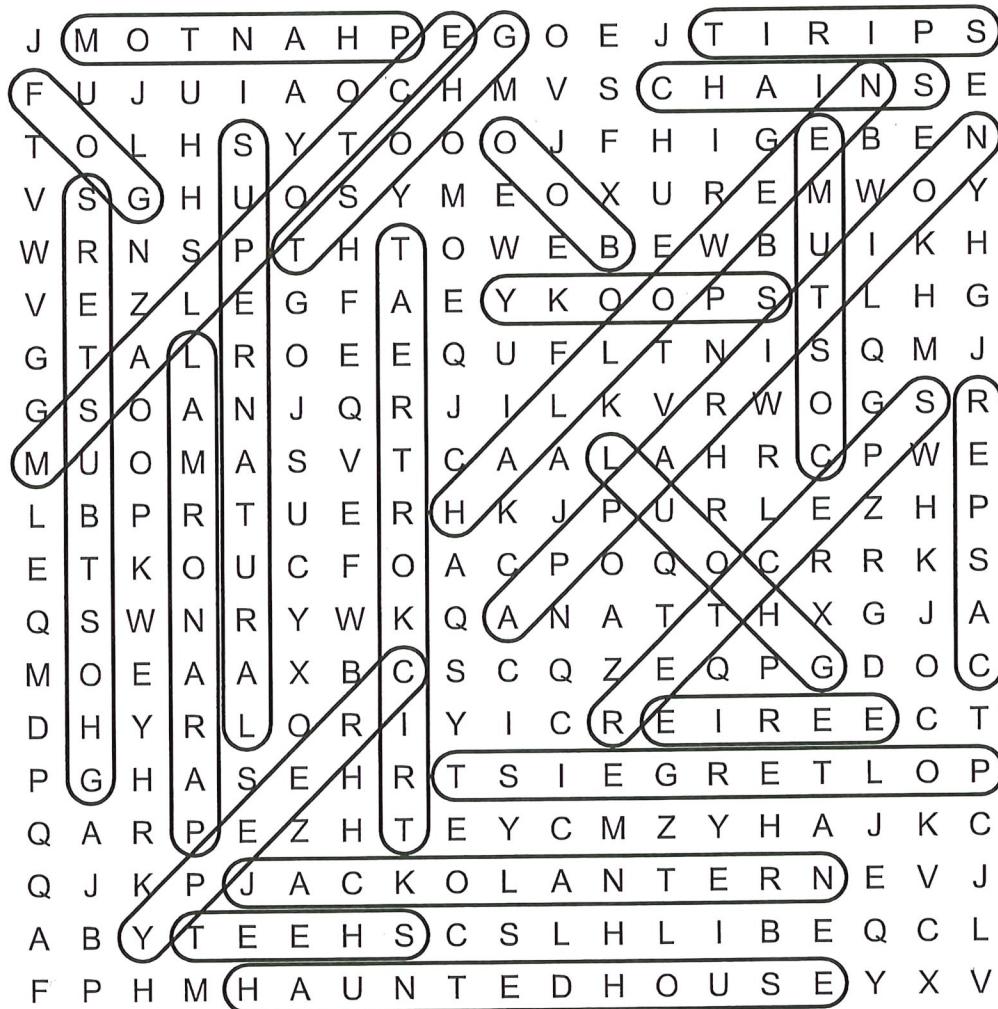
PARANORMAL

TRICK-OR-TREAT

GHOST

Word Search

SOLUTION



OCTOBER BIRTHDAYS



**Martin
Kosowski**

**Patricia
Miller**

**Terrie
Vigue**

**Joesph
Miller**

**Elizabeth
McDowell**

**Annette
Schreiber**

**Claudette
Weiterman**

**Shirley
Bowman**

**Richard
Gardner**

**Irene
Gennet**

**Lisa
Vele**

**Bill
Welch**

**Gordon
Jacobs**

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)