
November
Shayeewi-Koon-Niipaahum
(MUNSEE)
First Snow Moon
Elderly Stream

Stockbridge-Munsee Community

Diane Burr
Eunice Stick Gathering Place Manager
Telephone: (715) 793-3044

PO Box 70
N8651 Maplewood St
Bowler, WI 54416



Koolamalsi (Hope this message finds you well),

Eunice Stick Gathering Place will have an Elder Benefit Specialist that can help you access benefits from ADRC of the Wolf River Region on Wednesdays from 8:00am-12:00pm.

You will see changes in the menu due to meal component updates. Refined grains, sugar, and non-nutritive sweeteners are discouraged, so you will be seeing more whole foods and less desserts.

On October 15, 2026, open enrollment for Medicare started. Watch for the red flags of scammers! Treat your Medicare number like a credit card number. Don't give your number to someone who contacts you unexpectedly. Take your time, ask questions and don't let anyone pressure you into changing your coverage.

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.

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

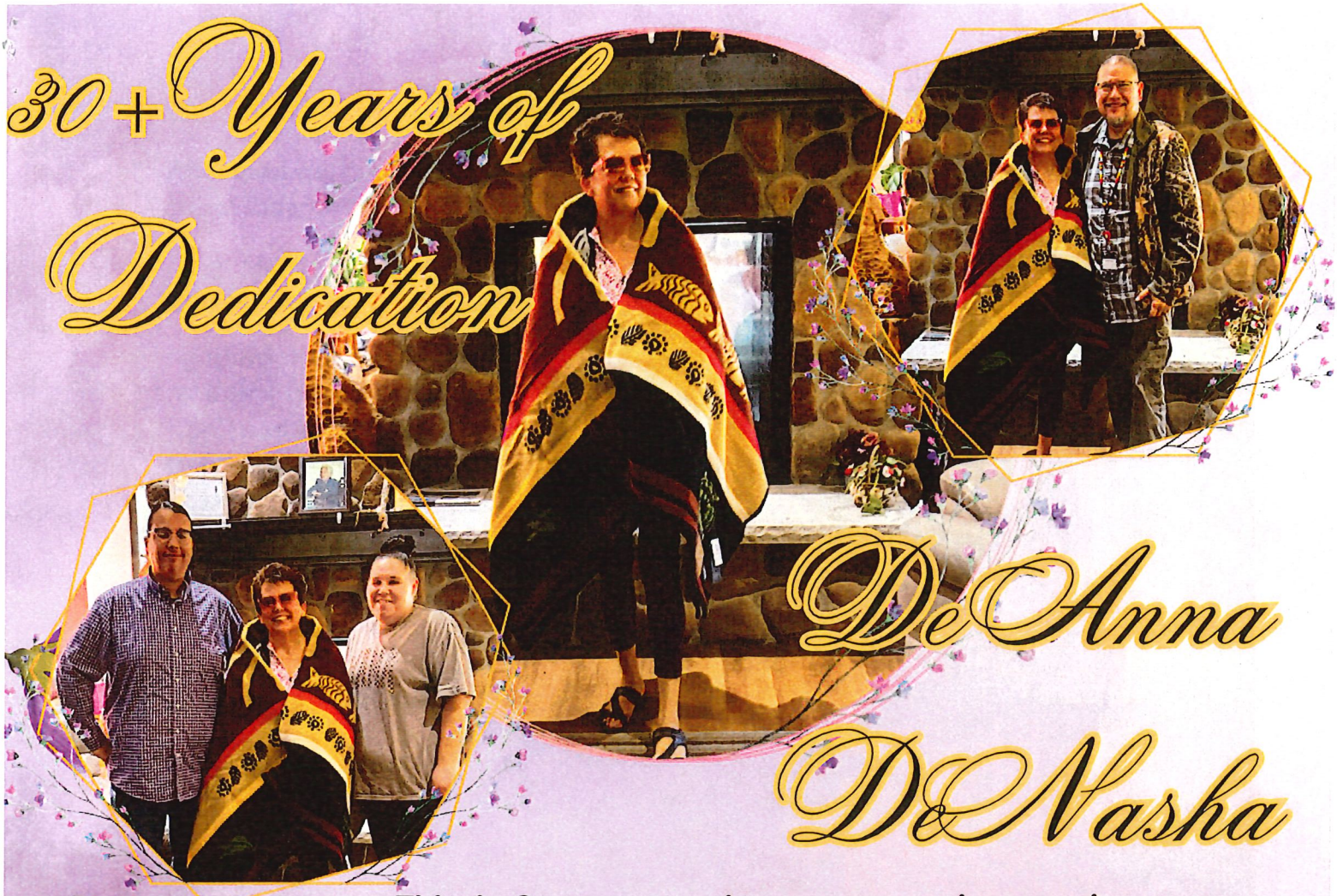
We also have an Elder Visitor and a Home Health Aide that are available to help with light chores around your home or grocery pickups for home bound elders. Please reach out if you need some help.

Thank you for being such an important part of our community.

Laapi uch kneewul, (See you again)

Diane Burr

30+ Years of Dedication



DeAnna DeNasha

During your time at Elderly Services, you became so much more than just an employee or coworker. You became a friend, someone who was always willing to listen when we needed to talk, someone who could make us laugh, and the life of the party. But most importantly, you became a Neighbor.

Not just a neighbor in the sense of living in the same community, but a Neighbor in the truest meaning of the word. Someone who cares about the people around her, who lends a helping hand, who listens when someone is struggling, who shares in the laughter, and who is there when people need her most.

Over these 30 years, you have touched the lives of so many elders, coworkers, families, and friends. You've given more than your time and hard work. You've given your kindness, your compassion, your laughter, and your heart.

Thirty years may mark the length of your service, but it could never measure the impact you've had on the people around you.

When we look back on your years at Elderly Services, we won't only remember the work you did. We'll remember the friend who listened, the laughter you brought into the room, the memories we made together, and the Neighbor who genuinely cared.

Thank you, Deanna, for 30 years, 10 months, and 20 days of dedication and service, but more importantly, thank you for being you.

Anushiik / Oneewe / Thank You

Fridays Breakfast with Steph-

Starting: November 6th, 2026
Every Friday
Time: 8am -11?

Eunice Stick Elderly Center

Questions Call Stephanie Bowman, Elder Social Worker at (715) 793-5619

Can help with Transportation,

Making appointments,

Completing Applications for housing, medical, food share, etc.

Providing social interaction, support and advice to any person.

Learn how to build connections.

Positive self image

Self-care

Accepting change

Laughter is good medicine

Understanding Bullying Among Seniors: It's Not Just a Young Person's Issue

May 24
Written By Paul David Bengil

Bullying is common in playgrounds and schoolyards; however, it is not limited to young people. Bullying affects between 10 - 20% of senior citizens. Older adults are not immune to the problem of bullying despite popular beliefs. Bullying among elderly citizens is on the rise, along with the aging of our population and the expansion of senior housing. This blog explores the different forms, underlying causes, and significant effects of bullying among seniors. By being aware of the complexity of elder bullying, we may endeavor to create respectful, inclusive environments where people of all ages can flourish.

Forms of Bullying Among Seniors

Bullying, while common in all age groups, frequently takes on distinct forms in senior communities. The typical forms of bullying in older adults include:

1. **Physical Bullying:** This covers any kind of physical violence or injury that a senior receives from another person, including shoving, beating, and even stealing personal items.
2. **Verbal Bullying:** Words are used to harass, insult, or intimidate a senior. Verbal bullying can involve shouting, making fun of, calling names, or spreading gossip.
3. **Social Bullying:** Social bullying, also known as relational aggression, is the intentional damage to a senior's relationships or social standing. It can involve keeping someone out of group events, spreading rumors to damage someone's reputation, or playing with social dynamics to make someone feel alone.
4. **Cyberbullying:** Concerns around cyberbullying have arisen as a result of seniors using technology more and more. Bullying of this type occurs when someone is a victim of intimidation, harassment, or defamation via email, messaging applications, or social media.

Causes and Risk Factors of Bullying Among Seniors

Bullying among seniors can have a variety of causes and risk factors, but some common ones are as follows:

1. **Social Isolation and Loneliness:** Bullying may be more likely to occur among senior citizens who feel alone or socially isolated. People who don't have many social networks may be more vulnerable and have fewer support networks, which makes them easier targets for bullying.
2. **Ageism and Stereotypes:** Ageism and preconceived notions about senior citizens have the power to sustain a society in which bullying is accepted or even encouraged. Abuse of older people in their communities may be due to negative assumptions about aging, such as ideas of weakness or incapacity.
3. **Mental Health Issues:** Senior bullying perpetrators and victims may have underlying mental health conditions such as anxiety, depression, or cognitive impairment. These circumstances may heighten sentiments of anger or vulnerability, which raises the risk of bullying behaviors occurring or being the target of bullying actions.

Impacts of Bullying on Seniors

Bullied seniors may experience severe consequences to their physical and mental health, social interactions, and general quality of life.

1. **Physical Health Consequences:** Senior bullying can result in several physical health problems, such as heightened stress, high blood pressure, irregular sleep cycles, and weakened immune systems. Bullying-related chronic stress can lead to the onset or aggravation of digestive disorders, cardiovascular disorders, and other health problems.
2. **Psychological Effects:** Bullying can have significant psychological impacts on senior citizens. Elevated anxiety, despair, and worthlessness or helplessness are possible outcomes. Bullied seniors frequently have low self-esteem and low confidence, which makes it challenging for them to build strong social bonds and engage in social interactions.
3. **Social Withdrawal and Isolation:** Seniors who have experienced bullying may experience social disengagement and loneliness as a result of their reluctance to engage in social activities or engage with people for fear of becoming victims again. This isolation can intensify mental health problems and loneliness, resulting in a vicious cycle of emotional distress and social alienation.

FREE MEMORY SCREENINGS

Caring for Our Minds Together

Location	Eunice Stick Gathering Place
Date	Friday, November 6, 2026
Time	8:00 AM - 4:00 PM

Come visit with us! All Stockbridge-Munsee community members age 18 and older are welcome. Whether you have concerns about your memory or would simply like a baseline for your brain health, we invite you to stop by and learn more.

NO APPOINTMENT NEEDED!

Just walk in and ask for:
Briana Terrio
Tribal Dementia Care Specialist

A Memory Screening May Be Helpful If You Have a History Of:

- ✓ Diabetes
- ✓ Stroke
- ✓ Cardiovascular disease
- ✓ High blood pressure
- ✓ Severe head injury
- ✓ Repeated concussions
- ✓ Drug use

These health conditions can increase the risk of memory and thinking changes.

Why Come In? Memory screenings are simple, confidential, and can help identify possible changes in memory and thinking. Taking care of our brain health helps us stay connected to our families, community, culture, and traditions.

Those who participate will be entered in for a chance to win a prize!!!!!

FREE • CONFIDENTIAL • WALK-INS WELCOME

TRIBAL DCS
Tribal Dementia Care Specialist

Virtual Dementia Tour

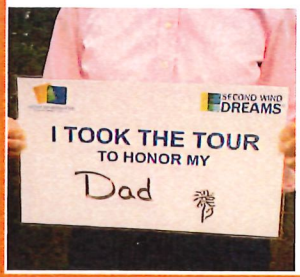


Experience firsthand what it is like to live with dementia.

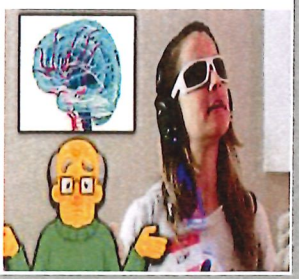
November 12, 2026 9:00am-3:00pm at the Konkapot Lodge
This event is open to the Stockbridge-Munsee Community and all Tribal employee's.

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



November Memory Café

NOVEMBER 19, 2026

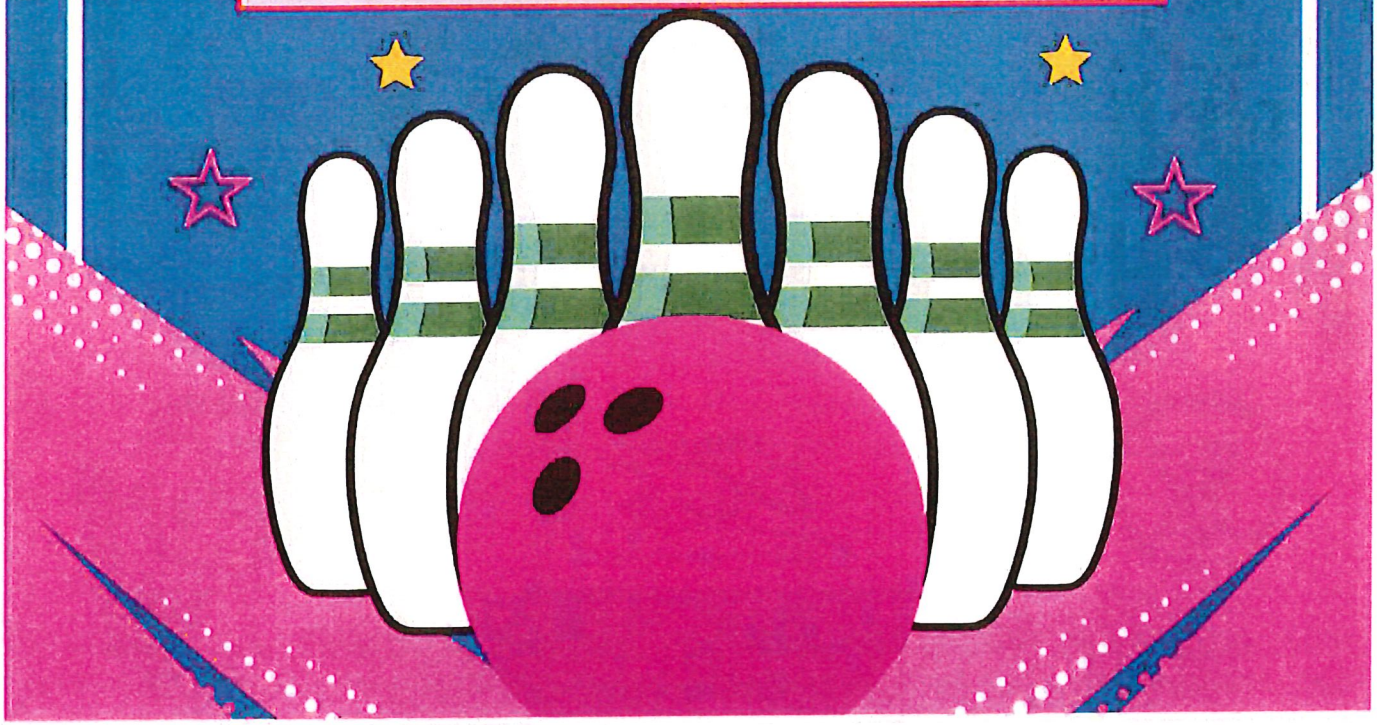
We will be taking a trip to lakeshore Lanes in Shawano from 1:00pm to 4:00pm

The bus will be leaving the Eunice Stick Gathering Place at 12:45pm

Bowling shoes, soda and a game of bowling will be provided .

Space is limited so if you would like to participate please contact

Briana Terrio at 715-793-3035





CAREGIVER TALKING CIRCLE!!!

DATE:

11/20/2026

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!!!!!

Stockbridge-Munsee Memory Care Program

TRIBAL DCS
Tribal Dementia Care Specialist

MOHICAN NATION
STOCKBRIDGE-MUNSEE BAND

Take Control of Your Health:
6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!



1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | @NCOAging | ©2023 | All Rights Reserved.

national council on aging.



3rd Annual Community Powwow

Honoring our Youth

Weemu Kniichaanuna

(all our children)

November 7, 2026

Grand Entry 1pm and 6pm

Mohican Family Center

N8605 Oak Street, Bowler WI 54416

Invited Drums:

Iron Gate

Cinnamon Bear

Gii Taa'se

Head Dancers:

Max Webster

BriArri Kroening



Dance Specials

Food and Craft Vendors

Sponsored by: HIV/AIDS Program

Drug and Alcohol Free Event

JOIN US FOR A

PACKERS POTLUCK

SUNDAY, NOVEMBER 15TH

Bring Your Favorite Meals & Enjoy Variety

Noon - 3:30pm

N8651 Maplewood St, Bowler Wi 54416

At Eunice Stick Gathering Place



Join Us for a

ELDER POTLUCK

BRING A DISH TO SHARE!

Friday, November 20th at Noon.

Enjoy delicious food & great company.

You're welcome to reach out to staff to sign up and let us know what dish you'll be bringing.

At Eunice Stick Gathering Place

(715)793-4236



Diabetes Awareness Month

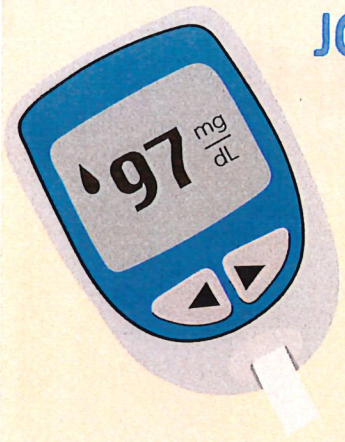
COMMUNITY
Health Screenings

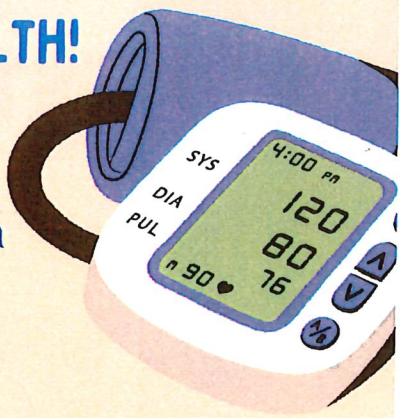
November is Diabetes Awareness Month. To help create awareness and early detection in our community we are offering blood glucose and blood pressure screenings. Early detection of potential health issues can make a significant difference in treatment outcomes and overall well-being.

STOP AT ONE OF THE LOCATIONS BELOW FOR SCREENINGS.

Nov. 4th	Nov. 13th	Nov. 18th
Admin	SMHWC Atrium	Konkapot
8:30-9:30am	10-12:00pm	8:30-9:30am

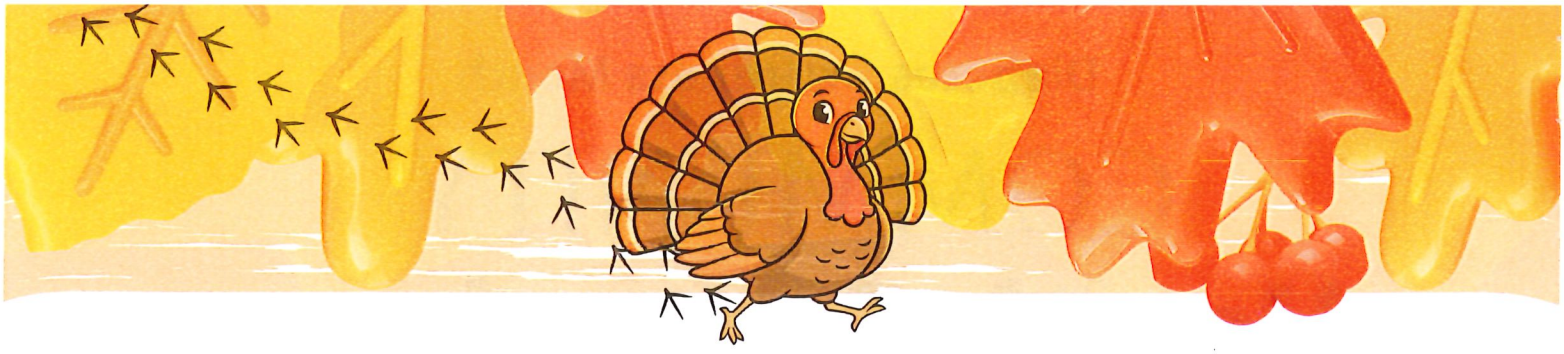
JOIN US TO CHECK IN ON YOUR HEALTH!





Celebrate Awareness & Strength

Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



COMMUNITY HEALTH IS HAVING ITS ANNUAL

Fall Turkey Trot

SATURDAY, NOVEMBER 14TH, 2026

MOHICAN FAMILY CENTER
N8605 OAK STREET, BOWLER

Trotting starts at 9:00am
Must be registered by 9:30am
for a chance to win a gift card!

COME TROT AROUND, ENJOY A LIGHT SNACK AND HAVE A CHANCE TO WIN A GIFT CARD FOR TURKEY, HAM OR PRODUCE.



MUST BE PRESENT TO WIN!

Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

For questions contact Vi Azzolina 715-793-3018

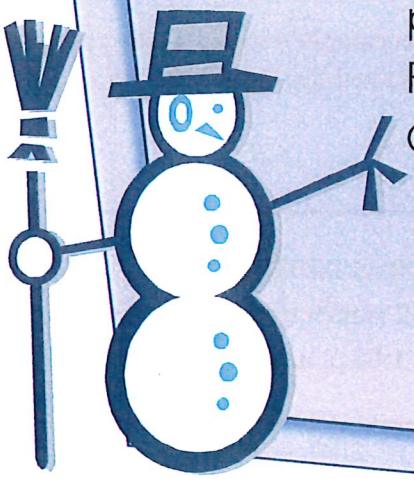
Elderly Christmas Party

Date: December 5th

Address: North Star Mohican Casino

Please be looking forward to your invite to this year's Elderly Christmas Party within the next couple weeks. If needing to make hotel reservations, please follow instructions on the invite. Please contact Eunice Stick Gathering Place with any questions.

(715)793-4236



Great Lakes Native American Elders Association (GLNAEA)

December 2nd & 3rd

Northern Waters Casino Resort

Waters, Michigan

December 2nd

- Dementia and Alzheimer's Training
- Veterans Talking Circle
- Social Activity



December 3rd

- Traditional and Culture Opening
- Updates and Reports
- Contest on Best Pie
- Christmas Theme on Ornaments and Hats
- Gift Exchange
- Raffles
- 50/50



The Elderly Services will be providing transportation and lodging to those who would like to attend.



There will be a sign-up sheet posted at the Eunice Stick Gathering Place and the sign up deadline is November 18th by 4:00 p.m.

There is limited room availability so those who are chosen for the trip will be contacted by November 19th.



BUS DEPARTURE

The bus will be leaving at 8:30 a.m. on December 2nd.

BUS RETURN

The bus will return on December 3rd between 1:00 p.m. and 4:00 p.m.

As part of the Tribes commitment to improving and centralizing communications, they have established a digital Weekly Newsletter to keep everyone informed about programs, events, services, announcements, and other important updates. The newsletter serves as a convenient way to stay connected with what is happening within our community. Whether you are a client, participant, family member, or community member, you can subscribe and receive information directly in your inbox. Everyone is welcome to subscribe to the Weekly Newsletter and stay informed about the latest news and opportunities.

Got to: www.mohican-nsn.gov

Scroll down to STAY CONNECTED, on the bottom of the main page

Under the Mohican Newsletter Icon - Click Here to Subscribe Now!

Medicare Improvements for Patients and Providers

Elder Benefit Specialist can help you access benefits

October 7, 14, 21, 28
November 4, 11, 18, 25
8:00am-12:00pm

MIPPA
Medicare Improvements for Patients and Providers Act

Medicare Low Income Resources and Preventive Services

Medicare Wednesdays empowers Native American elder to make informed healthcare decisions and maintain healthier, more independent lives.

Eunice Stick Gathering Place

N8651 Maplewood St
Bowler, WI 54416
715-793-4239

PROTECT YOURSELF FROM MARKETING VIOLATIONS

Medicare has rules about how plans, agents, and brokers can market their products. Knowing the rules can help you avoid misleading or aggressive sales tactics.

WATCH OUT FOR PEOPLE WHO:



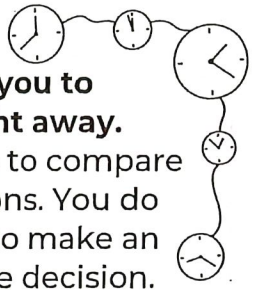
Ask for your Medicare number, Social Security number, or bank information. Do not share personal information unless you're ready to enroll in a plan.



Claim they represent Medicare. Plans and agents cannot say they are Medicare or endorsed by Medicare.



Contact you without permission. Plans must give you a way to opt out of marketing calls and messages.



Pressure you to enroll right away. Take time to compare your options. You do not have to make an immediate decision.



Offer you gifts to enroll in their plan. Gifts must follow Medicare rules and cannot be tied to enrolling in a plan.

KNOW YOUR RIGHTS:

A scope of appointment (SOA) is required. Complete a Scope of Appointment (SOA) before discussing plan options. No 48-hour waiting period is required.

Education & Marketing A marketing event may follow an educational event, but attendees must be notified and given an opportunity to leave.

One-on-one Appointments These appointments may be in person, by phone, or virtual. A written SOA is required for in-person meetings.

BEFORE ENROLLING

- Understand plan costs, benefits, and coverage.
- Compare options before making a decision.
- Get important details in writing.
- Never feel pressured to enroll right away.

REPORT POTENTIAL MARKETING VIOLATIONS

SMP Senior Medicare Patrol
smpresource.org | 877.808.2468

SHIP State Health Insurance Assistance Program
shiphelp.org | 877.839.2675

To your local **Senior Medicare Patrol (SMP)** or **State Health Insurance Assistance Program (SHIP)**. Your local SMP or SHIP can help you review the incident, report it to the correct authorities, and continue spotting marking violations

This flyer is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $2,534,081 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Wisconsin SMP

SCAM SPOTLIGHT

DON'T LET THE SCAMMERS CHOOSE YOU!

Open Enrollment gives people with Medicare an opportunity to review their coverage. It also brings an increase in calls, texts, and advertisements from scammers and misleading marketers. They may promise "new Medicare benefits," grocery or flex cards, money back, or other extras to get your Medicare number or personal information

WATCH FOR THESE RED FLAGS

- **Someone says they need to VERIFY YOUR MEDICARE NUMBER or send you a "new" Medicare card.**
- **A caller threatens that your BENEFITS WILL BE CANCELED unless you act immediately.**
- **You're pressured to SWITCH MEDICARE PLANS RIGHT AWAY.**
- **Someone offers FREE BENEFITS, MONEY, OR GIFT CARDS for your Medicare information.**
- **A salesperson comes to your home WITHOUT AN INVITATION to sell you a Medicare plan.**

PROTECT YOURSELF

- **Treat your Medicare number like a credit card number.**
- **Don't give your number to someone who contacts you unexpectedly.**
- **Take your time, ask questions, and don't let anyone pressure you into changing your coverage.**

REMEMBER

Legitimate plan benefits vary. Never give your Medicare number to an unexpected caller just to find out what you may qualify for.

SMP
Senior Medicare Patrol

If you receive a suspicious Medicare call or think your Medicare number has been compromised, contact:
Wisconsin Senior Medicare Patrol
888-818-2611 |smp-wi@gwaar.org | www.smpwi.org

This project was supported, in part, by grant number 90MPPG0102, from the U.S. Administration for Community Living,



Potato Basics



Russet bake, mash, roast

Potatoes are loaded with vitamin C and potassium.

For best results, match the type of potato with the suggested ways of cooking them.

Purple boil, steam, roast, salads, soups, stews



White all ways



Red boil, steam, roast, salads, soups, stews





Yellow all ways



New, Petite
(any potato harvested young)
boil, steam, roast



Fingerling bake, steam, roast

Store Well Waste Less

- **Potatoes keep best where it is dark, cool and well ventilated.**
- **Store in a cabinet or drawer so light will not cause the skin to turn green and bitter. Avoid storing under the sink or near appliances that get hot.**
- **Store in a cool place but not in the refrigerator. Temperatures below 45 degrees F can change flavor and texture.**
- **Store in a paper bag or a plastic bag with holes that allow air flow.**
- **Scrub potatoes under running water just before cooking.**
- **If potatoes turn green or sprout but are firm, they are safe to eat. Cut those parts away before cooking.**
- **Put raw cut potatoes in a bowl of cold water with a splash of vinegar or lemon juice to keep them from turning brown.**

Shop and Save

- Choose clean, smooth, firm potatoes with no cuts, bruises, sprouts or green skin.
- Potatoes are available year round. For best quality, buy the amount you can use within a few weeks.
- Potatoes are also available frozen, canned and dehydrated.



Oregon State University

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.

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Share on:

Enjoy Potatoes

Go to FoodHero.org for easy, tasty potato recipes

Potato Pals

Ingredients:

1 pound **potatoes**, cut in cubes
1 Tablespoon **vegetable oil**
½ teaspoon **salt**
½ teaspoon **garlic powder** or 2 cloves garlic, minced

Directions:

1. Preheat oven to 400 degrees F.
2. In large bowl, stir together potatoes, oil, salt and garlic powder.
3. Lay potatoes out on a baking sheet.
4. Bake until potatoes are soft, about 20 minutes. Toss a couple times while roasting.
5. Refrigerate leftovers within 2 hours.

Makes 3 cups
Prep time: 10 minutes
Cooking time: 20 minutes

Cheesy Potato Soup

Ingredients:

1 cup chopped **onion**
¼ cup chopped **celery**
1 teaspoon **vegetable oil**
2 cups diced **potatoes**
2 cups low-sodium chicken **broth**
¼ teaspoon **pepper**
3 Tablespoons **cornstarch**
1½ cups low-fat **milk**, divided
¾ cup (3 ounces) shredded **cheddar cheese**
1 Tablespoon **bacon bits** or 1 slice **bacon**, cooked and crumbled

Directions:

1. In a large saucepan over medium-high heat, sauté onion and celery in oil until onion pieces are clear, about 3 to 5 minutes.
2. Add the potatoes, broth and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 to 25 minutes or until the potatoes are tender.
3. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

Makes about 6 cups
Prep time: 10 minutes
Cook time: about 40 minutes

Mashed Potatoes

1. In a medium saucepan, cover with cold water 1½ pounds of potatoes, peeled (if desired) and cubed (about 6 cups).
2. Bring to a boil and simmer until potatoes are soft, about 15 minutes.
3. Drain and mash potatoes, then stir in ½ cup low-sodium broth or milk, 2 Tablespoons low-fat plain yogurt or sour cream, ½ teaspoon garlic powder, ½ teaspoon salt, ¼ teaspoon pepper and 1 Tablespoon margarine or butter, if desired.
4. Serve hot. Makes about 4 cups.

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- **scrub potatoes under running water.**
- **choose their own potato toppings for a quick meal.**



NOVEMBER 2026 MAKE & TAKE

TURKEY VEGETABLE SOUP

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, November 18th at From the Earth Farm from 11:45am -1:15pm. ***Sign up is November 2nd-6th.*** We will be drawing names for the virtual Make & Take. We will contact you on Monday, November 9th 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

NOVEMBER 2026
MAKE & TAKE

Turkey Vegetable Soup

INGREDIENTS

- 2 POUNDS GROUND TURKEY
- 1 LARGE ONION, CHOPPED
- 4 CLOVES GARLIC, SMASHED AND MINCED (AT LEAST 1 TABLESPOON)
- 2 & 1/2 TEASPOONS KOSHER SALT
- 1 TEASPOON BLACK PEPPER
- 1 TABLESPOON OREGANO
- 1/2 TEASPOON GARLIC POWDER
- 1/2 TEASPOON SMOKED PAPRIKA
- 1/4 TO 1/2 TEASPOON CELERY SEED
- 1 TEASPOON BASIL
- 1/4 TO 1/2 TEASPOON CRUSHED RED PEPPER
- 1/2 TEASPOON DRIED THYME OR 6 FRESH THYME SPRIGS
- 10-12 CUPS CHICKEN OR TURKEY BROTH
- 4-5 LARGE CARROTS, CHOPPED
- 1 & 1/2 CUPS CELERY, CHOPPED
- 1 SWEET POTATO, PEELED AND CHOPPED
- 2 CUPS COLESLAW CABBAGE, OR MORE TO TASTE
- 1 (14-OZ) CAN DICED TOMATOES , (I LIKE FIRE ROASTED)
- 1 (14-OZ) CAN WHITE BEANS
- 1 ZUCCHINI, CHOPPED
- 1 YELLOW SQUASH, CHOPPED
- CHOPPED PARSLEY, TO GARNISH (OPTIONAL; LOW CALORIE!)
- PESTO, TO GARNISH INDIVIDUAL BOWLS (OPTIONAL AND NOT LOW CALORIE!)
- PARMESAN CHEESE TO GARNISH, OPTIONAL (NOT LOW CAL!)

INSTRUCTIONS

1. IN A VERY LARGE SOUP POT (AT LEAST A 6-QUART CAPACITY), ADD 2 POUNDS GROUND TURKEY AND A CHOPPED ONION. BRING TO A SAUTÉ OVER MEDIUM HIGH HEAT, CRUMBLING THE TURKEY.
2. TURN OFF THE HEAT AND DRAIN THE FAT. (I LIKE TO DO THIS BY LINING A SMALL BOWL WITH FOIL, TILTING THE POT TO THE SIDE, AND REMOVING THE GREASE WITH A SPOON TO THE BOWL. THEN I REFRIGERATE IT UNTIL THE FAT IS HARDENED AND THROW IT AWAY.)
3. TURN THE HEAT BACK ON TO MEDIUM. ADD 4 CLOVES MINCED GARLIC AND ALL THE SPICES: 2 AND 1/2 TEASPOONS KOSHER SALT (ADD LESS IF USING TABLE SALT), 1 TEASPOON BLACK PEPPER, 1 TABLESPOON OREGANO, 1/2 TEASPOON GARLIC POWDER, 1/2 TEASPOON SMOKED PAPRIKA, 1/4 TO 1/2 TEASPOON CELERY SEED, 1 TEASPOON BASIL, 1/4 TO 1/2 TEASPOON CRUSHED RED PEPPER, 1/2 TEASPOON THYME IF USING DRIED THYME. COOK THE MIXTURE UNTIL THE SPICES AND GARLIC ARE FRAGRANT.

NOVEMBER 2026
MAKE & TAKE
Turkey Vegetable Soup

4. ADD 10-12 CUPS BROTH. I USED 8 CUPS CHICKEN BROTH THAT I HAD ON HAND, THEN ANOTHER 4 CUPS OF WATER WITH 4 TEASPOONS BETTER THAN BOUILLON TURKEY BASE. I LOVE THIS TURKEY BASE, IT BRINGS SO MUCH AMAZING FLAVOR. YOU CAN USE ALL CHICKEN BROTH IF THAT'S WHAT YOU HAVE, OR USE WATER AND EITHER CHICKEN/TURKEY BASE. 1 CUP OF WATER + 1 TEASPOON BASE = 1 CUP BROTH.
5. TURN THE HEAT TO HIGH TO BRING TO A BOIL. ADD ALL THE VEGETABLES EXCEPT THE SQUASH. START WITH THE HARDER VEGGIES AND ADD THEM AS YOU GO: CHOP THE CARROTS AND ADD THEM IN, THEN THE CELERY, SWEET POTATO, AND 2 CUPS COLESLAW CABBAGE. ALL OF THESE VEGGIE AMOUNTS CAN BE ADJUSTED. DON'T LIKE SWEET POTATO? LEAVE IT OUT AND ADD MORE CARROTS. SOUP IS VERY FORGIVING. ADD THE THYME SPRIGS ALONG WITH THE BROTH IF YOU ARE USING FRESH THYME.
6. ADD THE CAN OF DICED TOMATOES, INCLUDING THE JUICE. DRAIN THE CAN OF BEANS AND ADD TO THE POT.
7. ONCE THE SOUP COMES TO A BOIL, LOWER THE HEAT TO A MEDIUM SIMMER, SO IT'S BUBBLING BUT NOTHING TOO WILD. SIMMER FOR ABOUT 20 MINUTES, UNTIL THE CARROTS AND SWEET POTATO ARE ALMOST FORK TENDER.
8. ADD THE CHOPPED ZUCCHINI AND YELLOW SQUASH. CONTINUE SIMMERING FOR ANOTHER 5-10 MINUTES, UNTIL THE SQUASH IS TENDER.
9. IF ANY FOAM HAS GATHERED ON TOP OF YOUR SOUP, YOU CAN SKIM IT OFF WITH A SPOON. IF USING FRESH THYME, REMOVE THE STEMS AND DISCARD.
10. SERVE THE SOUP HOT! I LIKE TO GARNISH EACH BOWL WITH A SPOONFUL OF PESTO AND SOME SHREDDED PARMESAN (ALTHOUGH THAT DOES ADD EXTRA CALORIES). PARSLEY IS A DELICIOUS GARNISH THAT IS CALORIE FREE.

SLOW COOKER INSTRUCTIONS:

1. FOLLOW INSTRUCTIONS THROUGH STEP 3 (SAUTEING GARLIC AND SPICES WITH TURKEY).
2. ADD MIXTURE TO A SLOW COOKER, THEN ADD ALL THE BROTH AND VEGGIES EXCEPT THE ZUCCHINI AND YELLOW SQUASH.
3. COOK ON LOW FOR 4-5 HOURS, OR ON HIGH FOR 2-3 HOURS, UNTIL THE CARROTS ARE TENDER.
4. ADD THE ZUCCHINI AND SQUASH AND CONTINUE TO COOK FOR ANOTHER HALF HOUR OR SO, UNTIL TENDER.

Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Cheeseburger w/ Lettuce, Tomato Baked Potato Baked Beans Fresh Fruit	3 Loaded Fries w/ Taco Meat 3 Bean Salad	4 Cheesy Broccoli Soup Cold Ham & Cheese Cottage Cheese	5 Sesame Chicken Rice w/ Veggies Veggie Egg Roll	6 Oatmeal w/ Berries Scrambled Eggs Wheat Toast Fresh Fruit	7
8	9 Chicken Ceasar Wrap Cucumber Salad Fresh Fruit	10 Chili Cookoff @ 11:30 a.m. Grilled Cheese Salad	11 CLOSED Veterans Day 	12 Meatloaf Mashed Reds Green Beans Wheat Roll Banana Pudding	13 Potato Pancakes Sausage Links Fried Eggs Fresh Fruit	14
15	16 Chicken Patty Rice Pilaf Broccoli Glazed Carrots Fresh Fruit	17 Chef Salad Beets Cottage Cheese Cinnamon Applesauce	18 Baked Ham Roasted Sweet Potatoes Green Peas Wheat Bread	19 Birthday Meal Turkey Stuffing Bake Mashed Reds Green Bean w/Crispy Onions & Mushroom Cranberry Pumpkin Cake	20 Breakfast Egg Bake Bacon Wheat toast Fresh Fruit	21
22	23 Fish Sandwich on Wheat Coleslaw Homemade Fries Beans Fresh Fruit	24 Potato Bar Cucumber w/ Italian	25 Cooks Choice Homemade Roll Fresh Fruit	26 CLOSED 	27 CLOSED	28
29	30 Hot Roast Beef & Cheddar Sweet Potato Fries Green Beans w/ Bacon Fresh Fruit	**Menu is Subject to Change** Please Call (715)793-4236 to sign up for Lunch or Breakfast				

◄ Oct 2026

November 2026

Dec 2026 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 **Strong Bodies** **10:30am** Local Run 1pm Cardio Drumming@1:30	3 Rummy 10am Walking Club 11 BINGO 1:30	4 Green Bay 9am Bingocize 10:30am Thrift Wausau Trip @10:30am (Ollie's & Goodwill)	5 Food Box 10am **Strong Bodies** **10:30am** Ride To Kropfs @1pm	6 Shawano 9am Bingocize 10:30am Sewing Club-TreeSkirts @11am Ride To Pingels@2pm	7
8	9 **Strong Bodies** **10:30am** Nutrition Education 11:30am Local Run 1pm Cribbage@1pm	10 Bingocize10:30am Chili Cook Off @11:30am BINGO 1:30	11  CLOSED	12 Cardio Drumming @9am **Strong Bodies** **10:30am** Beaded Bracelets 1:30pm	13 Shawano 9am Bingocize 10:30am Sewing Club-TreeSkirts @11am Wittenburg Fish Fry@3:45p	14
15 **Packer Potluck** Noon-3:30pm 	16 **Strong Bodies** **10:30am** Local Run 1pm Dice Game 10000@1pm	17 UNO @ 10 am Walking Club 11 BINGO 1:30	18 Antigo 9am Bingocize 10:30am Sheepshead Card Game@1p Elder talking circle w/ Steph@2:30p	19 Food Box 10am **Strong Bodies** **10:30am** BIRTHDAY MEAL @NOON Painting @1pm	20 Shawano 9am Bingocize 10:30am Cooking with the Cooks @11 Elder Potluck @NOON (Canasta & Uno Games)	21
22	23 **Strong Bodies** **10:30am** Local Run 1pm Xmas Hat Decorating or Ornament making @2pm	24 Bingocize 10:30am SNAP Education 11:30am BINGO 1:30	25 Shawano 9am Cardio Drumming @9am Bingocize 10:30am Amish Stores & Amish Bakery: Leaving 9am	26  CLOSED	27  CLOSED	28
29	30 **Strong Bodies** **10:30am** Local Run 1pm Book Club @1pm Cardio Drumming@2pm Wittenburg Lanes@1:30pm					


MOHICAN NATION
STOCKBRIDGE-MUNSEE BAND
HELLO
FALL
UNO

Name: _____ Date: _____

November

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

A	T	Y	L	A	F	L	Q	E	V	A	V	Z	F	F	R	I	E	R	G	R
G	T	M	I	H	C	E	Y	G	M	E	D	I	R	Y	A	H	S	S	J	G
R	D	T	J	N	F	A	M	I	L	Y	H	D	A	V	T	F	T	X	T	Z
U	A	Q	R	A	P	A	I	W	I	L	D	L	C	H	I	L	L	Y	S	N
J	F	U	E	C	I	I	C	B	A	D	Q	I	S	R	I	H	S	K	E	A
E	Z	Q	M	E	V	A	L	G	C	G	C	O	J	M	Y	Z	E	L	V	T
D	E	V	E	P	V	S	Y	G	N	O	V	E	M	B	E	R	V	L	R	I
U	F	E	M	N	D	Z	A	R	R	I	M	Z	H	J	A	I	A	A	A	V
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I	T	E	R	F	I	W	T	Y	Z	S	M	I	M	W	R	D	L	T	U	A
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A	F	A	N	Z	V	X	M	T	R	U	I	H	C	S	C	A	J	O	Y	E
R	F	N	C	U	U	G	N	O	Q	O	B	Z	H	K	K	M	T	F	E	R
G	I	S	E	B	A	K	C	U	K	D	C	Q	F	M	N	N	O	E	K	I
F	N	G	S	Y	D	A	M	W	Y	V	A	R	G	R	S	S	A	A	R	C
I	G	U	Z	Q	I	U	X	F	F	H	I	E	L	B	B	O	G	H	U	A
A	P	P	L	E	C	I	D	E	R	D	B	O	N	F	I	R	E	B	T	N
D	L	C	C	B	M	I	G	R	A	T	O	R	Y	B	I	R	D	S	X	T
B	B	C	L	Z	H	C	D	Y	C	R	A	N	B	E	R	R	Y	X	A	S
A	I	P	O	C	U	N	R	O	C	Z	L	E	X	N	B	C	G	R	Q	H
T	S	A	E	F	P	U	M	P	K	I	N	C	K	K	S	U	E	Q	W	R

ACORN, APPLE CIDER, AUTUMN, BLACK FRIDAY, BONFIRE, CHILLY, CORNUCOPIA, CRANBERRY, FAMILY, FEAST, FOOTBALL, GOBBLE, GRATITUDE, GRAVY, HARVEST, HAYRIDE, LEAVES, MIGRATORY BIRDS, NATIVE AMERICAN, NOVEMBER, PECAN, PILGRIM, PUMPKIN, REMEMBRANCE, SCARF, STUFFING, SWEATER, THANKSGIVING, TURKEY, VETERANS

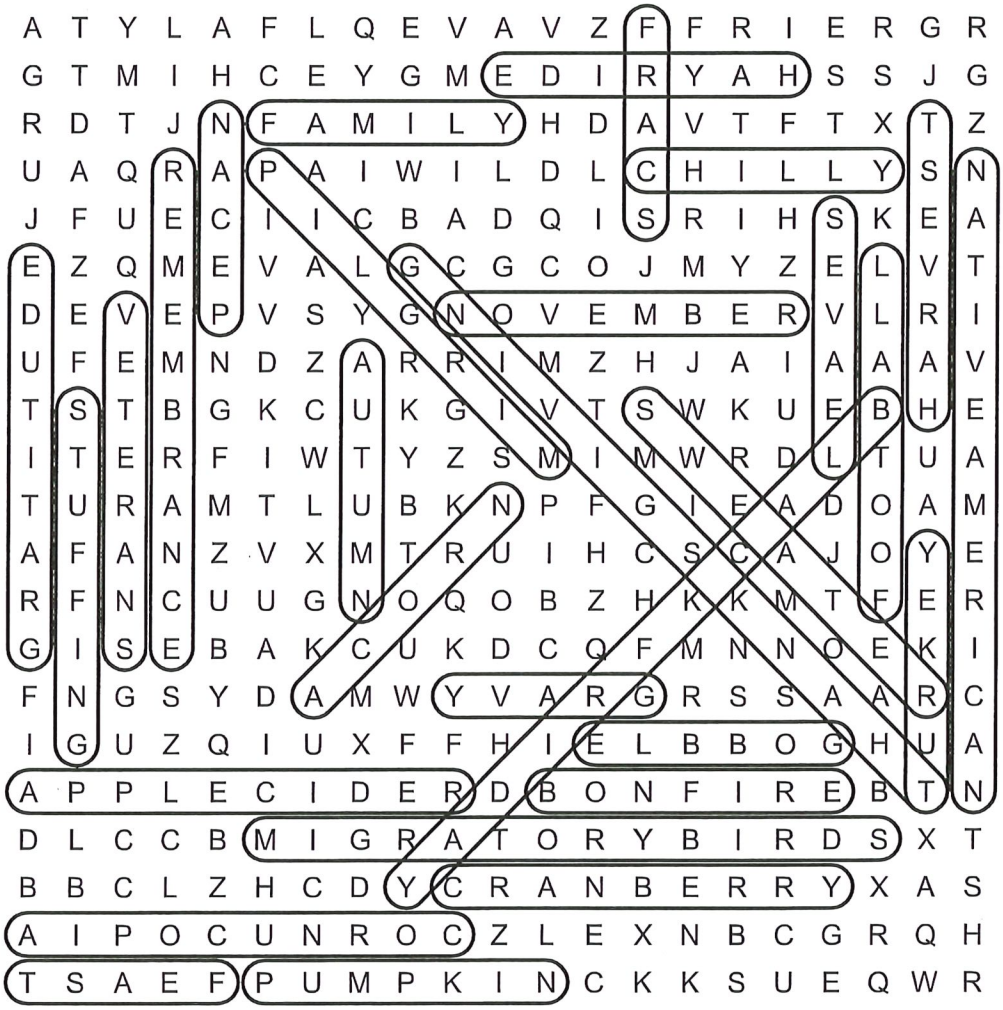


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November

Word Search

SOLUTION



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November
Birthdays
Louise RedCloud
Ernestine Ramirez
William Terrio
Stephanie Bowman
Elwood Davids
Barry Duffek
Joeseph Duquette
Karen Gardner
Debra Majerus
Mabel Miller
Anthony Quinney
Shawn Stevens
Jolene Bowman
Penny Brussow
Nancy Kasten
Joann Davids
Diane Davids
Bonnie Maas
Sandra Burr
Doreen West
Adrian Vele
Kimberly Schreiber
Scott Burr
Robert Welch
Cheryl Tiegs

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)