

MARCH

Family Services Newsletter

Family Services Department



Inside this issue:

- Staff Information
- Event Calendars
- DV/HIV Resources
 - Pictures
 - Family Tips
 - Youth Tips



Building closed:

- 3/18/24
- 3/29/24
(1/2 day, closing at noon)

Providing services to build a stronger and healthier community.

PROGRAMS OFFERED:

Domestic Violence and Sexual Assault Program: Providing advocacy, counseling and client services to those effected by domestic violence and sexual assault. To qualify, you must live in the S/M service area.

Low Income Program: Providing advocacy, counseling, client services and tools to become self-sufficient. To qualify, you must live in the S/M service area and meet the income guidelines.

Shelter Services: Providing families and individuals returning to the community to find employment or to seek other services. To be eligible, you must be a community member.

Youth Education Program: After school program for youth grades K-12th. This service is provided Monday-Friday until 5:30pm. Healthy snacks, light meal, games, field trips and ATODA education and prevention.

Fitness: Providing incentives, exercise and weight equipment Monday-Friday 6am-8pm.

Family/Youth Activities: Provide daily activities and weekly or monthly field trips.

HIV/AIDS and Self-Care: Provide education and lessons to community and youth on prevention, supply free condoms and other self-care items.

Located at the Mohican Family Center

N8605 Oak St

715-793-4080/715-793-4905



Crystal Malone
Human Services Manager
715-793-4032

Joe Miller
Security Manager
715-793-4080

Kori Price
Family Services Manager
715-793-4905

Joleen Kroening
Client Services Advocate
715-793-4863

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

Linda Rudesill
Community Services Worker- Education
Grades K-2nd
715-793-4085

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

Rikki Gulbranson
Community Services Worker- Education
Grades 3rd-5th
715-793-4085

Cheryl Pieper
Community Services Worker- Recreation
715-793-4080

Jani Webster
Community Services Worker
715-793-4080

Trinity Malone
Community Services Worker- Education
Grades 6th-12th
HIV/AIDS Prevention Worker
715-793-4085

Jadin Parker
Community Services Worker
715-793-4080

LaKeisha Williams
Events Coordinator
715-793-4906



Domestic Violence Services for Victims and Survivors

Kori Price
Family Services Manager
715-793-4905



Joleen Kroening
Client Services Advocate
joleen.kroening@mohican-nsn.gov
715-793-4863



Stockbridge-Munsee Family Services
Program
N8605 Oak St
Bowler, WI 54416

CHILD DEVELOPMENT

Factors which influence development

Relationships are central to children's wellbeing and their learning, as sensitive adults engage in serve-and-return interactions and support and extend children's curiosity, learning, autonomy and self-regulation.

Children can thrive when they feel safe, valued and loved. Emotional self-regulation is a critical support for development and learning.

Good health and wellbeing enable children to participate in and enjoy learning experiences, and gain the most benefit.

Although development tends to follow predictable patterns overall, each child's journey will be an individual, winding pathway, unique to that child.

Children develop and learn through physical and mental engagement and challenges. They have agency in their involvement with other people, objects, ideas and events, and build working theories about the world around them.

Children's early experiences influence biological and neurological development and ability to learn.

A sense of belonging and place in the community provides a base for a child's developing identity and enhances learning.

Culture and community

Experiences in the world

Child as active learner

Individual pathways

Physical health and wellbeing

Emotional health and wellbeing

Interactions



KINDNESS BINGO



| | | | | |
|-----------------------------------|-----------------------------------|-----------------------|--------------------------------|------------------------------------|
| Donate clothes you no longer wear | Give someone a hug | Share a snack | Volunteer | Tell a family member you love them |
| Give someone a compliment | Clean up after yourself | Say thank you | Hold a door open for others | Send a nice text to someone |
| Do a chore without being told | Write a thank you note to someone | <i>KIND VIBES</i> | Help someone make friends | Give a gift |
| Sit with someone new at lunch | SMILE | Help a friend in need | Help someone before they ask | Help an elder |
| Greet someone when they walk in | Help your parents make dinner | LAUGH | Help a classmate with homework | Help a teacher clean up |



Communicate with Love and Understanding



FAMILY GOALS:

1. Use "LUV-Listening" and assertive "I-Messages" when communicating. Avoid "You-Messages." Track progress daily.
2. When communicating, use a respectful tone of voice, banish Communication Boulders, and apologize for mistakes.
3. Hold a family meeting this week following the "Family Meeting Agenda and Rules" handout. Begin with compliments, take notes, serve treats, and have fun.

FAMILY FUN:

During your first family meeting, plan a fun activity for the weekend that everyone can enjoy.

POWER PHRASE:

"LUV-Listening, respectful I-Messages and banishing C-Boulders in our family will help us feel more love and peace.

● Use "LUV" when listening:

- a) **LISTEN** with your ears, eyes and heart to understand the other person's feelings. Try to put yourself in his or her place.
- b) **UNDERSTAND:** Repeat back the main ideas in your own words to show understanding. Ask respectful questions.
- c) **VALIDATE** by expressing empathy, even if you disagree. Express confidence in his or her ability to find solutions.

● Use "I-Messages" when speaking:

- a) Begin with the word, "I" then state your feelings, needs, or thoughts in a respectful way.
- b) Describe specifically what you want, or the behavior that bothers you in a non-blaming way.
- c) Explain the reasons for your feelings/thinking/desires.

Three Easy Communication Skills

Tracking Sheet—Adult



Good communication skills are essential to have a peaceful, loving family. Learn and practice these skills with your children. Then daily pick one conversation you had with a family member and rate yourself on how well you “LUV-Listened,” used “I-Messages,” avoided Communication Boulders and showed respect. Use a score of 1–5 (5 being the highest). Ask the other person to also rate you.

1 “LUV-Listen”

LISTEN politely with a true desire to understand other people’s ideas and feelings when they talk to you.

UNDERSTAND: Show understanding by nodding your head, asking polite questions, or repeating back the main points to make sure you understand.

VALIDATE the other person’s point of view, even if you disagree, by saying, “I see why you feel that way . . .”

2 Use “I-Messages”

I-MESSAGES:

- 1) Begin with “I,” then say how you think or feel.
- 2) Describe what you want, or the thing that bothers you, without blaming the other person.
- 3) Explain the reasons for your feelings, ideas, or needs: “I feel . . . when . . . because . . .”
- 4) Avoid “You” messages, like: “You make me mad when . . .”

3 Show Respect

RESPECT:

- 1) Use a polite tone of voice.
- 2) Avoid Communication Boulders. “C-Boulders” are non-respectful ways of speaking each other. (See handout 2-5.)
- 3) Be assertive, not aggressive or passive.
- 4) Use the five most important words often: “I love you” and “I’m sorry.”



| Name: | Date: | Topic of Conversation: | Rate Yourself: (Top space is for you, bottom for other) | | | | |
|-------|-------|------------------------|---|--|--|--|--|
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* KIDS: If your conversations with a family member are routinely unpleasant, ask a parent to serve as a “Conversation Coach” next time you talk with that person.

Three Easy Communication Skills

Tracking Sheet—Teen



The words and tone of voice you choose to use greatly affects family relationships. Use this winning formula to help create a happy, loving family: **LUV-Listening + I-Messages - Communication Boulders = Happy Family**

1 "LUV-Listen"

LISTEN politely with a true desire to understand other people's ideas and feelings when they talk to you.

UNDERSTAND: Show understanding by nodding your head, asking polite questions, or repeating back the main points to make sure you understand.

VALIDATE the other person's point of view, even if you disagree, by saying, "I see why you feel that way..."

2 Use "I-Messages"

I-MESSAGES:

- 1) Begin with "I," then say how you think or feel.
- 2) Describe what you want, or the thing that bothers you, without blaming the other person.
- 3) Explain the reasons for your feelings, ideas, or needs: "I feel... when... because..."
- 4) Avoid "You" messages, like: "You make me mad when..."

3 Show Respect

RESPECT:

- 1) Use a polite tone of voice.
- 2) Avoid Communication Boulders. "C-Boulders" are non-respectful ways of speaking each other. (See handout 2-5.)
- 3) Be assertive, not aggressive or passive.
- 4) Use the five most important words often: "I love you" and "I'm sorry."

Put a + in the boxes below for each day you remember to LUV-Listen and use respectful I-Messages and avoid Communication Boulders. Put a 0 for the days you forgot.

| Name of Family Member | MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----------------------|-----|------|-----|-------|-----|-----|-----|
| | | | | | | | |
| | | | | | | | |
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| | | | | | | | |

Three Easy Communication Skills

Tracking Sheet—Child



Listening politely and talking nice to each other helps create a loving family. It is called “LUV-Listening.”

1 “LUV-Listen”

LISTEN politely with a true desire to understand other people’s ideas and feelings when they talk to you.

UNDERSTAND: Show understanding by nodding your head, asking polite questions, or repeating back the main points to make sure you understand.

VALIDATE the other person’s point of view, even if you disagree, by saying, “I see why you feel that way . . .”

2 Use “I-Messages”

I-MESSAGES:

- 1) Begin with “I,” then say how you think or feel.
- 2) Describe what you want, or the thing that bothers you, without blaming the other person.
- 3) Explain the reasons for your feelings, ideas, or needs: “I feel . . . when . . . because . . .”
- 4) Avoid “You” messages, like: “You make me mad when . . .”

3 Show Respect

RESPECT:

- 1) Use a polite tone of voice.
- 2) Avoid Communication Boulders. “C-Boulders” are non-respectful ways of speaking each other. (See handout 2-5.)
- 3) Be assertive, not aggressive or passive.
- 4) Use the five most important words often: “I love you” and “I’m sorry.”

Put a + in the boxes below for each day you remember to LUV-Listen and use respectful I-Messages. Put a 0 for the days you forgot.

| Name of Family Member | MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----------------------|-----|------|-----|-------|-----|-----|-----|
| | | | | | | | |
| | | | | | | | |
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Draw a happy face in the boxes below for each day you avoided using any “Communication Boulders.”

Communication Boulders: yelling, swearing, sarcasm, a cross or angry voice, put-downs, blaming, criticising, or taking offense.

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|------|-----|-------|-----|-----|-----|
| | | | | | | |

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

MARCH

WEEKEND WINTER HOURS

SATURDAY

MARCH 2

4:00 PM - 8:00 PM

SATURDAY

MARCH 9

4:00 PM - 8:00 PM

SATURDAY

MARCH 23

4:00 PM - 8:00 PM

SATURDAY

MARCH 30

4:00 PM - 8:00 PM

***LAST DAY OF WINTER HOURS**

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

Strengthening Together Incentive Program



The Family Services Department strives to involve all community members to help build and maintain a strong healthy community.

Here's how it works

Sign up with the Events coordinator

- Participate in one community event
- Participate in one Recreational event
- Donate your time by reading book to YEP, playing in the gym, sharing your interested, etc
- Donate a snack to YEP, craft supplies, or bingo prizes
- Volunteer to work at a recreational event
- Volunteer to work at an Community Event

You must complete at least three of the six tasks every month from January to June to be eligible.

That will be 18-36 tasks over 6 months.

Those that sign up will receive a copy of the monthly Newsletter that has all the events listed

Join our incentive program for a chance to win one of our great family gifts!

Starting

January 3rd, 202~~3~~⁴

June 30th, 202~~3~~⁴

Anyone can join!

More Information & Sign Up :

LaKeisha Williams
715-793-4906

Kori Price
715-793-4905



GIFT

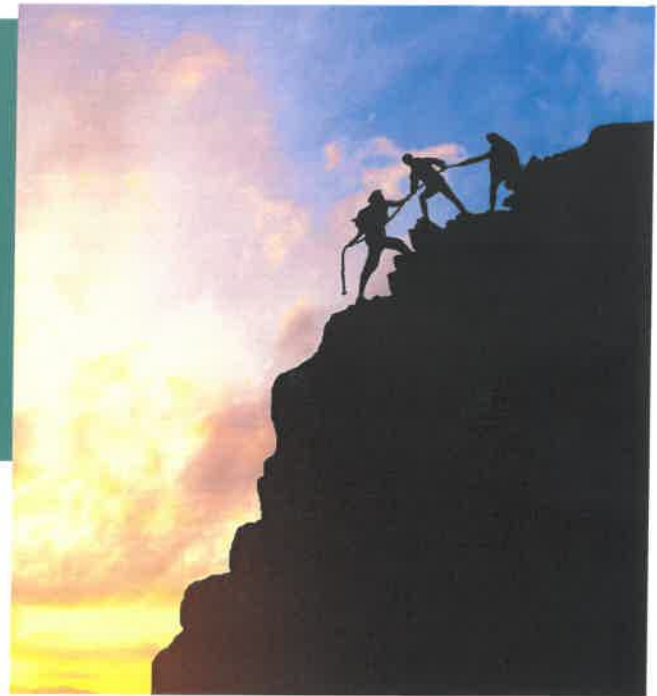
Voucher

**To individuals who successfully complete the
Strengthening Together Incentive Program**

SERVICES FOR LOW INCOME

Stockbridge-Munsee Family Services Department

N8605 Oak Street Bowler, WI 54416



JOLEEN KROENING

CLIENT SERVICES ADVOCATE

JOLEEN.KROENING@MOHICAN-NSN.GOV

715-793-4863

The goal of the Family Services Program 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.

HOW TO APPLY

To apply for our low-income services, please reach out to our dedicated Client Services Advocate. They will provide you with the necessary application. The application procedure involves a home visit and the creation of an Individual Service Plan. To qualify, you must live in the service area and provide verification of income and address.

INCOME LIMIT

FAMILY SIZE MONTHLY INCOME

| | |
|----------|----------------|
| 1 | \$1,519 |
| 2 | \$2,054 |
| 3 | \$2,590 |
| 4 | \$3,135 |
| 5 | \$3,660 |
| 6 | \$4,196 |
| 7 | \$4,731 |
| 8 | \$5,267 |

FOR MORE INFORMATION VISIT THE FAMILY SERVICES PAGE ON WWW.MOHICAN.COM OR CONTACT OUR CLIENT SERVICES ADVOCATE USING THE CONTACT INFORMATION ABOVE.

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

Stockbridge-Munsee Community Family Services Department Presents

‘Place where community gathers’
**Tuputaawi-Eenda MaaweHLAANGW
COMMUNITY POWWOW**

Sponsored by the HIV/AIDS Awareness Grant

March 20 is National Native HIV/AIDS Awareness Day, a day to promote HIV testing, prevention, and treatment in American Indian, Alaska Native, and Native Hawaiian communities.

SATURDAY 03/16/2024

🕒 12:00pm - 5:00pm

Grand Entry 1:00pm

📍 Mohican Family Center

N8605 Oak St Bowler, WI 54416

- Craft Vendors
- Educational booths/Raffles
- Social Dancing
- Giveaway



Free meal provided at 3pm

Flags presented by the Stockbridge-Munsee Veterans.

MC Harold Katchenago

INVITED DRUMS



BYOC

Bring Your Own Chair

Head Dancers

Janiyakuha Webster

Jeremy Mohawk Jr.

GiiTaa’s

Shkodack

Iron Gate

Free Entry

A limited number of vendor spots available.

For more information contact:

Kori Price 715-793-4905 LaKeisha Williams 715-793-4906

MOHICAN BOXING

MARCH DATES

3/4, 3/12, 3/26

START TIME IS 3:00PM

@MOHICAN FAMILY CENTER
N8605 OAK ST, BOWLER, WI, 54416

- ATHLETES OF
ALL AGES
WELCOME
- VOLUNTEERS/
INSTRUCTORS
WELCOME

FOR MORE INFO OR QUESTIONS

**call us at
(715) 793-4906**

**email
lakeisha.williams@mohican-nsn.gov**

Please note that the event is subject to change or cancellation at any time due to unforeseen circumstances. We reserve the right to change the date or cancel the event if necessary.

STOCKBRIDGE-MUNSEE COMMUNITY FAMILY SERVICES DEPARTMENT PRESENTS

MARCH MADNESS BRACKET CHALLENGE

ALL PARTICIPANTS WILL BE
ENTERED INTO **DRAWING!**



FILL OUT BRACKETS FOR MEN'S AND WOMEN'S
COLLEGE BASKETBALL MARCH MADNESS!
PICK UP A BRACKET AT THE MOHICAN FAMILY CENTER
ANYTIME BETWEEN **MARCH 1ST - MARCH 15TH**
**BRACKETS MUST BE COMPLETED AND
HANDED IN BEFORE: MARCH 15TH, 2024**

MORE INFORMATION & SIGN UP :
EVENTS COORDINATOR | LAKEISHA WILLIAMS
715-793-4906 | LAKEISHA.WILLIAMS@MOHICAN-NSN.COM

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

NATIONAL DAY OF UNPLUGGING



Friday 03/01/2024

6:00pm-8:00pm

@Mohican Family Center

Snacks and water

Join us for a night of unplugging! Get a chance to win door prizes if you're unplugged and actively participating in physical activities.

**Call for more details and to Sign-Up
(715) 793-4080**

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

COMMUNITY CULTURAL TEACHINGS

WITH JANIYAKUHA



 **N8605 OAK STREET
BOWLER, WI 54416**

Join Jani this month, - March 5th and 19th, both at 6:30 pm. We'll be exploring stories, traditions, and teachings that shape our community.

**March 12th and 20th
6:30pm-7:30pm**

More Information:

LaKeisha Williams 715-793-4906
lakeisha.williams@mohican-nsn.com

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

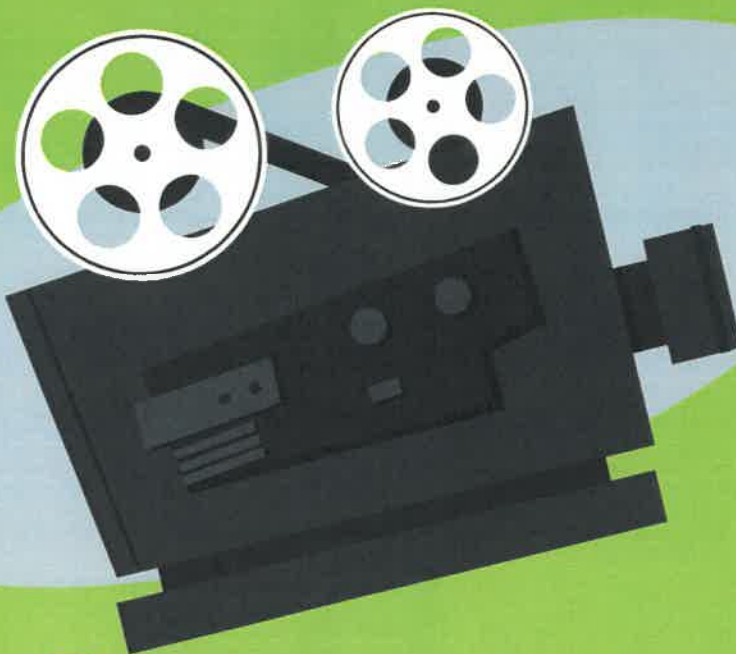


ELDER MOVIE TRIP



Join us for a movie outing you
won't want to miss!

Monday
March 4th, 2024
Time TBA



Call for more details and to Sign-Up
(715) 793-4080

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.



**STOCKBRIDGE-MUNSEE COMMUNITY
FAMILY SERVICES DEPARTMENT**



PRESENTS



MOVIES WITH AN ELDER

03/06/2024

NOON - 5PM

**PICK UP A MOVIE CARD
AND TAKE AN ELDER TO
THE MOVIES!**

PICK UP @ MOHICAN FAMILY CENTER

Call for more details and to Sign-Up

(715) 793-4080

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WELLNESS WITH WOMEN

6:00PM-
7:00PM

THURSDAY
03.07.2024

MOHICAN
FAMILY CENTER

Join us for "Wellness with Women," an event celebrating Women's History Month in March! It's a time all about embracing your well-being and radiance. Bring your gals and enjoy some chill time as we celebrate well-being, community, and the strength of women.

MORE INFORMATION & SIGN UP :
EVENTS COORDINATOR | LAKEISHA WILLIAMS
715-793-4906 | LAKEISHA.WILLIAMS@MOHICAN-NSN.COM

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.



N8605 OAK ST. BOWLER, WI 54416

STOCKBRIDGE - MUNSEE
COMMUNITY FAMILY SERVICES
DEPARTMENT PRESENTS

COMMUNITY 5 v 5

BASKETBALL THURSDAYS

EVERY THURSDAY IN MARCH
6:30PM-8:00PM

AGES 13 AND UP

PARTICIPATE FOR A CHANCE TO WIN A PRIZE!

MORE INFORMATION:

LaKeisha Williams

715-793-4906

lakeisha.williams@mohican-nsn.com



JOIN US FOR

ECHO FRIDAYS



DO YOU NOT HAVE HULU OR DISNEY+ BUT
STILL WANT TO WATCH ECHO STARRING
ALAQUA COX?

JOIN US ON FRIDAY'S IN THE MFC LOBBY!
EVERY FRIDAY IN MARCH FROM 12PM-3PM
WE WILL BE STREAMING ECHO!

**FRIDAYS IN
MARCH**

**12:00PM-
3:00PM**


**FREE POPCORN AND
DRINKS**



**Mohican Family Center
N8605 Oak Street Bowler, WI 54416**



TAKE



Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

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STOCKBRIDGE-MUNSEE COMMUNITY FAMILY SERVICES DEPARTMENT PRESENTS

Family Movie

Trip

Limited Slots



**03/11/2024
&
03/20/2024**

Noon - 5pm

Pick up a movie card and take your family to the movies!

Pick up @ Mohican Family Center

Call for more details and to Sign-Up
(715) 793-4080

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Stockbridge-Munsee Community
Family Services Department Presents

Coffee, Tea, and Sweets with Cheryl

yum

March 12th, 2024
10:00am - Noon

OPEN TO ALL AGES!



YUMMY



*Drop by for good
conversation, a hot cup of
something, and sweet
treats on Monday the 11th!*

 Mohican Family Center

Call for details and Sign-Up
(715) 793-4080

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Stockbridge-Munsee Community
Family Services Department Presents

BOOK CLUB



FIRST 15 PARTICIPANTS
TO SIGN UP WILL
RECEIVE A FREE BOOK!

SIGN-UP IS REQUIRED

THIS MONTH'S PICK

Warrior Girl Unearthed
by Angeline Boulley

March 13, 2024 • 6:00 PM to 7:00 PM
Mohican Family Center Lobby

For more Information and Sign up Contact:



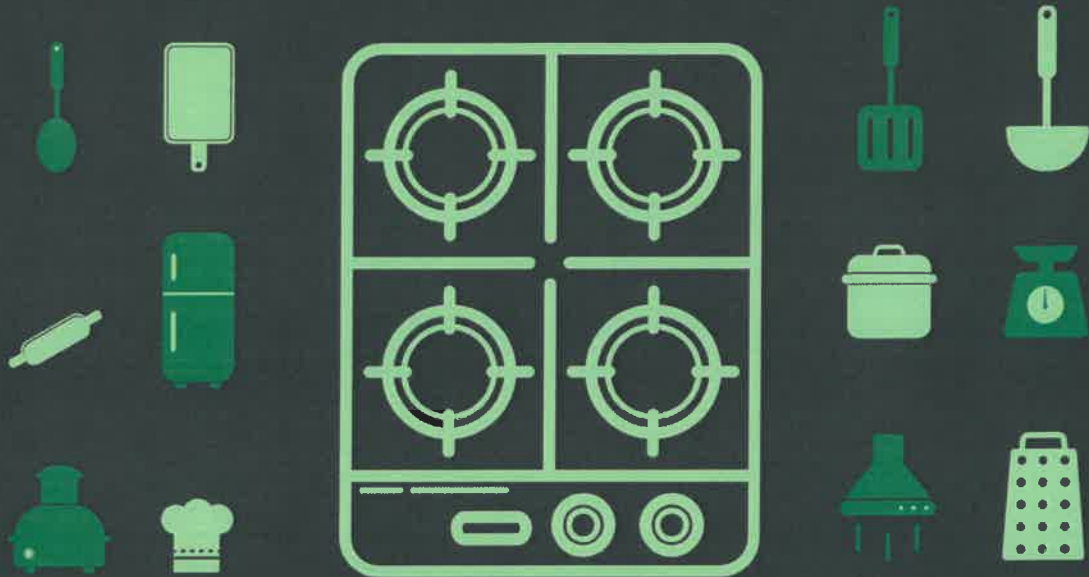
715-793-4906



lakeisha.williams@mohican-nsn.com

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THIS MONTH'S RECIPE IS
BREAKFAST CASSEROLE



Stockbridge-Munsee Community Family Services Department Presents

TAKE & BAKE

SIGN UP BY: 03/15/2024

PICK UP ON: 03/22/2024

11:00AM-6:00PM

PICKUP @MOHICAN FAMILY CENTER

More Information & Sign Up :
Events Coordinator | LaKeisha Williams 715-793-4906 |
lakeisha.williams@mohican-nsn.com

NATIONAL NATIVE HIV/AIDS
AWARENESS DAY
COMMUNITY LUNCHEON

It's all relative, our experience
makes a difference.



For NNHAAD 2024 Join us on Facebook: FSP Adult Services & Education, for information about HIV/AIDS in Indian country and daily prizes. On Tuesday, March 19th join us for a luncheon.

March 19 • 11:30 to 1PM
Mohican Family Center
Admission is FREE

For more information contact
Trinity Malone (715)793-4807
LaKeisha Williams (715)793-4906



#NWGHAAD

**NATIONAL WOMEN AND GIRLS
HIV/AIDS AWARENESS DAY**

**PREVENTION AND
TESTING AT EVERY AGE**
**CARE AND TREATMENT AT
EVERY STAGE**

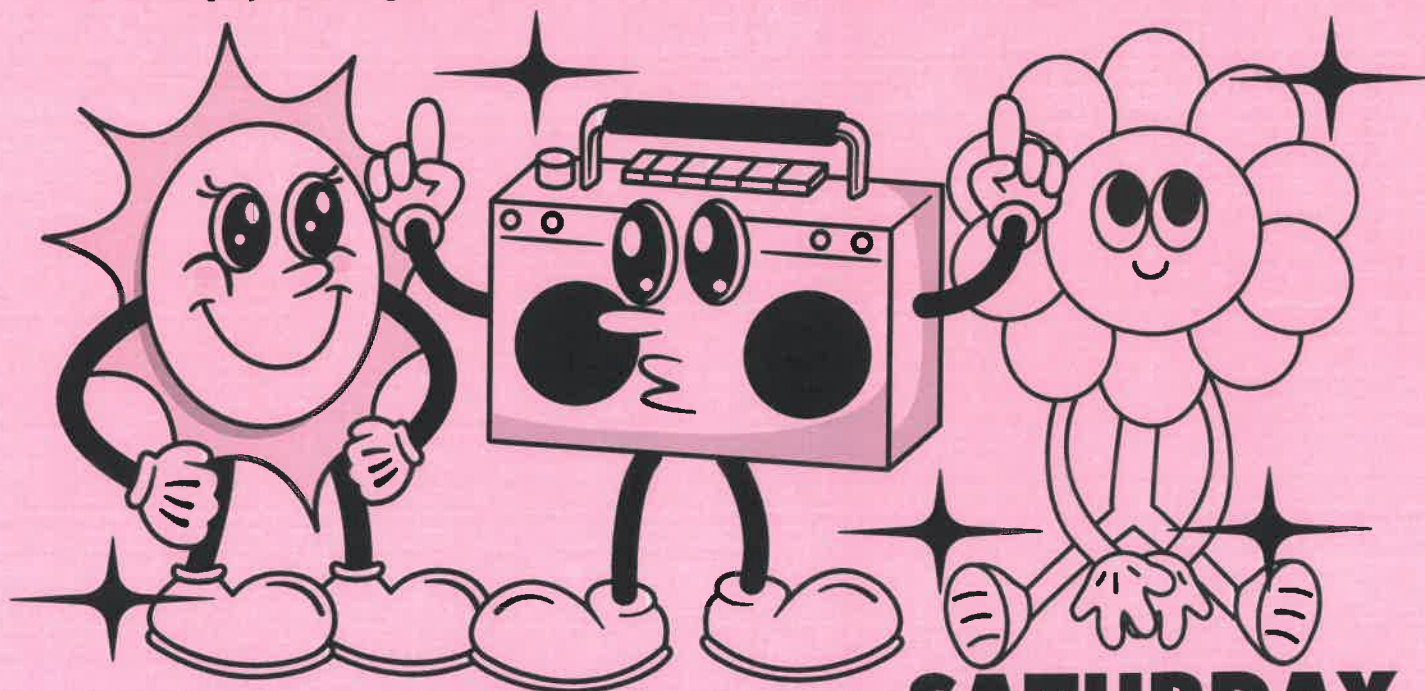
**FOR MORE INFORMATION CONTACT:
TRINITY MALONE
(715)-793-4807
TRINITY.MALONE@MOHICAN-NSN.GOV**

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**STOCKBRIDGE-MUNSEE COMMUNITY FAMILY
SERVICES DEPARTMENT PRESENTS**

GOOF OFF WITH YOUR GANG

Join us for a laid-back gathering where you can simply unwind and have a blast with your gang! This event is for all friend groups - come and enjoy some games, snacks, and the joy of goofing off together!



**AT MOHICAN FAMILY CENTER
N8605 OAK STREET BOWLER, WI
FUN TIMES, DOOR PRIZES, AND TASTY SNACKS**

**SATURDAY
MARCH 25**

6:00PM - 7:00PM

MORE INFORMATION & SIGN UP :
Events Coordinator | LaKeisha Williams

715-793-4906 | lakeisha.williams@mohican-nsn.com

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.



EASTER EGG DECORATING

MARCH 27TH, 2024 | 5:30PM – 7:00PM
EVERYONE IS WELCOME | MOHICAN FAMILY CENTER

**Get ready for an egg-stra special event on
3/27/24! Join us for an Easter Egg Decorating
from 5:30 pm to 7:00 pm. Bring your creativity
and let's turn ordinary eggs into works of art!**



MORE INFORMATION & SIGN UP :
Events Coordinator | LaKeisha Williams

715-793-4906 | lakeisha.williams@mohican-nsn.com

DRUG/ALCOHOL FREE EVENT

**NATIVE AMERICAN
TALKING CIRCLE**



**Thursdays
7-9PM
Mohican
Family Center
N8605 Oak St.
Bowler, WI
54416**

**"PASSING HOPE
BEYOND
ADDICTION,
ABUSE, AND
INCARCERATION."**

**Contact Yvonne Burr (Peer Support/Recovery Coach)
@ 715-326-0891 with any questions/concerns.**

MARCH MADNESS FITNESS INCENTIVE



Walk on treadmill 10 minutes

3



Dribble in place for 40 seconds

10



Walk on treadmill 10 minutes

17



Dribble in place for 50 seconds

24

Dribble in place for 30 seconds

5

Walk/run on treadmill for 10 minutes

12

10 jump shots

19

Weight lifting of your choice 5 sets

6

10 free throws

13

Weight lifting of your choice 5 sets

20

Shoot around in the gym for 10 minutes

27

5 minutes on MR. Dish Machine

7

10 jumping jacks

14

5 minutes on MR. Dish Machine

21

Weight lifting of your choice 5 sets

28

Shoot around in the gym for 10 minutes

8

15 free throws

15

Walk on treadmill 10 minutes

22

Play a game of horse with any Staff

29

1

2

9

16

23

30/31

Stockbridge-Munsee Community
Family Services Department Presents

MILE MOCS

WALKING CLUB

KICKOFF EVENT!



Join us as we celebrate National Walking Day and kick off the Mile Mocs Walking Club - a journey towards better health and community connection!

4/3/2024
5:00pm-7:00pm

@ Mohican Family Center

Call for more details

LaKeisha Williams 715-793-4906
lakeisha.williams@mohican-nsn.com

**Ages
0-18**

**April 14th
12pm-3pm**

Unity Play Date

This sensory-friendly playdate is specifically designed to welcome children on the autism spectrum, while also extending a warm invitation to their neurotypical peers.

Our goal is to foster understanding, acceptance, and joyful connections among all participants.



**LIMITED
SLOTS!**

- Sensory-friendly play areas
- Relaxing spaces for downtime
- Light supper
- Permission Slips required

 **Mohican Family Center
N8605 Oak St, Bowler, WI, 54416**

Call for more details

LaKeisha Williams 715-793-4906

lakeisha.williams@mohican-nsn.com

Youth Education Program

Permission Slip and Medical Release

FAMILY SERVICES YOUTH EDUCATION PROGRAM
N8605 Oak Street, Bowler, WI 54416 (715)-793-4905

EVENT: Unity Play Date

Date: 04/14/2024

Chaperones: Family Services Staff

Departure Time: 12pm

Arrival Time: 3pm

Things to Bring: Good Attitude

_____ ***** *Please tear off the bottom half and return. Keep top half as your reminder*

EVENT: Unity Play Date

Date: 04/14/2024

Chaperones: Family Services Staff

Departure Time: 12pm

Arrival Time: 3pm

Things to Bring: Good Attitude

I give _____ permission to participate in the above-described Mohican Family Services Program activity. I understand that my child will not be allowed to go on any trips or participate in activities sponsored by the Mohican Family Services Program unless he/she has the consent of his/her parent/guardian and a medical release.

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 the parent may be required to come pick up the child from the event and can result in loss of attending future field trips with YEP

Are there special requirements legal or otherwise that you would like to inform staff of:

Parent/Guardian Name:

Address:

Phone #:

Emergency Phone #:

Allergies:

Conditions requiring special consideration (medical/physical):

Does your youth require: **Epipen** Yes No (B) **Inhaler** Yes No (C) **ANY MEDICATION CURRENTLY TAKEN:** (Type of medication and time of administration):

Additional Contact for child(if no parent at home during drop off time)

Primary contact name :

Relationship to youth:

Secondary Contact Name:

Relationship to youth:

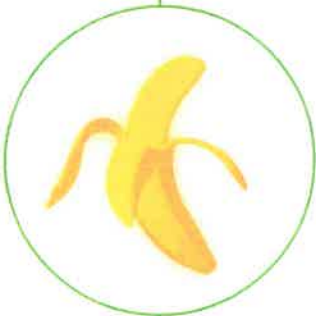
Phone #:

Work Phone #:

Cell Phone/Pager #:

30
WAYS in
30
DAYS

to Stretch
Your Fruit &
Vegetable Budget






- 1** Calculate an appropriate **Healthy Food Budget** for your family, based on USDA's **Low-Cost Food Plan**. This easy-to-use calculator, offered by Iowa State University Extension, helps to create a budget for what is a reasonable amount to spend to feed your family healthy meals. (www.extension.iastate.edu/foodsavings/fooddollar/).
- 2** Cook enough for several meals and freeze leftovers. Place enough food for 1-2 meals in each container.
- 3** Create a **meal plan** for the week that uses similar fruits and vegetables, prepared in different ways. Make the most out of the produce that you buy.
- 4** Buy fruits and vegetables **in season** at farmers' markets or at your local grocery store.
- 5** Grow your own vegetables. Invest a little in seeds, and get a lot of vegetables in return. Try indoor pots or greenhouse growing for the cooler months. Visit www.cdc.gov/Features/GrowingVegetables/ for more information.
- 6** Mix it yourself. **100% juice** from frozen concentrate is often less expensive per serving than pre-bottled juice.
- 7** Minimize waste, by buying only the amounts your family will eat.
- 8** Learn basic **food math**. Taking the time to make a food budget before grocery trips can make food buying decisions easier. Simple food math can help you decide if the watermelon or the bunch of grapes is a better buy.
- 9** Enjoy the comforts of **home** more often. Eating at restaurants can increase the amount you spend on food. Include fruits and vegetables in quick, simple meals that you prepare at home. Visit http://recipefinder.nal.usda.gov/index.php?mode=pick_search&theme=2&cost_serving_num=&cost_recipe_num=&submit=Search for more information.
- 10** Be creative! To get the most out of your purchase, enjoy your fruits and vegetables in different ways. For example, you can use fruits for dessert. Try baking apples or poaching pears with some cinnamon. Visit <http://apps.nccd.cdc.gov/dnparecipe/RecipeSearch.aspx> and www.fruitsandveggiesmorematters.org/?page_id=10 for more information.

March

Recreational and Events

2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
| <p>Cheryl 10am-6pm Lakeisha Noon-8pm Jani 2pm-8pm</p>  | Activities subject to change or cancel at any time! | | | | | |
| <p>3  Elder Movie Trip TBA Boxing</p> | <p>4 Open gym</p> | <p>5 Movies with an elder Noon to 5pm (Take and Elder to a movie)</p> | <p>6 Wellness with Women 6pm-7pm 5 on 5 Basketball 6:30-8pm</p> | <p>7 Open Gym Echo Fridays noon to 3pm</p> | <p>1 National Unplugging day @ MFC 6pm-8pm Echo Fridays noon to 3pm</p> | <p>2 Open Gym 4pm to 8pm</p> |
| <p>10 Family Movie Trip Noon to 5pm</p> | <p>11 Sweets with Cheryl! 10am to noon Open to all ages Boxing Community Cultural Teaching 6:30 to 7:30pm</p> | <p>12 Book Club 6pm-7pm</p> | <p>13 5 on 5 Basketball 6:30-8pm</p> | <p>14 Open Gym Echo Fridays noon to 3pm</p> | <p>15 Open Gym Community Pow wow 1pm to 5pm</p> | <p>16 Community Pow wow</p> |
| <p>17 Family Facebook Activities</p> | <p>18 Office Closed Holiday</p> | <p>19 Native American HIV Awareness Lunch 11:30 to 1pm</p> | <p>20 Family Movie Trip Noon to 5pm</p> | <p>21 5 on 5 Basketball 6:30-8pm</p> | <p>22 Open Gym Echo Fridays noon to 3pm Take and Bake pick up 11 am to 6pm</p> | <p>23 Open Gym 4pm to 8pm</p> |
| <p>24  Goof off with your Gang 6pm to 7pm</p> | <p>25 Boxing Community Cultural Teaching 6:30 to 7:30pm</p> | <p>26 Easter Egg Activities 5:30-?</p> | <p>27 5 on 5 Basketball 6:30-8pm</p> | <p>28 Good Friday closed at noon</p> | <p>29 Open Gym 4pm to 8pm</p> | <p>30 Open Gym 4pm to 8pm</p> |

March

Fitness Program






2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|------------------------------------|--|------------------------------------|--|---|
| <p>Steven 6am to 2:30pm Tony 11:30 to 8pm</p>  | | | | | <p>Youth Exercise @3:45</p> | <p>2 Cardio/Weight room open 4pm to 8pm</p> |
| <p>3 March Madness Incentive begins</p> | <p>4 Youth Exercise @3:45 Strong Bones 10am</p> | <p>5 Youth Exercise @3:45</p> | <p>6 Ella B Exercises 10am Strong Bones 1pm</p> | <p>7 Youth Exercise @3:45</p> | <p>8 Youth Exercise @3:45</p> | <p>9 Cardio/Weight room open 4pm to 8pm</p> |
| <p>10 March Madness Incentive</p> | <p>11 Youth Exercise @3:45 Strong Bones 10am</p> | <p>12 Youth Exercise @3:45</p> | <p>13 Ella B Exercises 10am Strong Bones 1pm</p> | <p>14 Youth Exercise @3:45</p> | <p>15 Youth Exercise @3:45</p> | <p>16 Cardio/Weight room open 4pm to 8pm</p> |
| <p>17 March Madness Incentive</p> | <p>18 Office Closed</p> | <p>19 Youth Exercise @3:45</p> | <p>20 Ella B Exercises 10am Strong Bones 1pm</p> | <p>21 Youth Exercise @3:45</p> | <p>22 Youth Exercise @3:45</p> | <p>23 Cardio/Weight room open 4pm to 8pm</p> |
| <p>24 March Madness Incentive</p> | <p>25 Youth Exercise @3:45 Strong Bones 10am</p> | <p>26 Youth Exercise @3:45</p> | <p>27 Ella B Exercises 10am Strong Bones 1pm</p> | <p>28 Youth Exercise @3:45</p> | <p>29 Youth Exercise @3:45</p> | <p>30 Last Day Cardio/Weight room open 4pm to 8pm</p> |
| <p>31 </p> | <p>Weight room 18 years and older 15-17 years old must complete training program Weight room 18 years and older 15-17 years old must complete training program</p> | | <p>Cardio room 18 years and older 15-17 years old must have parental Permission and Fitness Assistant approval</p> | | <p>Please respect the weight /cardio room and clean up your areas and put any equipment back</p>  | |

March

Family Services Program

2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---------|---|----------|----------------------------|---|
| <p>Joleen Kroening Client Services Advocate 715-793-4863</p> | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| DV education & Information on Facebook | | | | | | |
|  | | |  | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| DV education & Information on Facebook | | | Independent Living Skills Housing search | | | Community Pow-Wow 1pm to 5pm |
| | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Holiday Office closed | DV education & Information on Facebook | | Independent Living Skills Housing Search | | | |
|  | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| DV education & Information on Facebook | | Beading | Independent Living Skills Housing Service | | Good Friday closed at noon | |
| | | | | | | |
| 31 | | | | | | |
|  | Activities subject to change or cancel at any time. | | | | |  |

March

Youth Education Program K-2nd Grade

2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------|-------------------------------|--|-------------------------------|--------------------------------------|---|
| Linda Rudesill 10am-6pm 715-793-4080 | | |  | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Cultural teachings with Jani | McGruff Lesson and Activities | McGruff Lesson and Activities | McGruff Lesson and Activities | McGruff Lesson and Activities | Self-Image activities |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Cultural teachings with Jani | McGruff Lesson and Activities | McGruff Lesson and Activities | McGruff Lesson and Activities | McGruff Lesson and Activities | Self Love Activities | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Holiday Building closed | McGruff Lesson and Activities | McGruff Lesson and Activities | McGruff Lesson and Activities | McGruff Lesson and Activities | Easter Activities | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Cultural teachings with Jani | McGruff Lesson and Activities | McGruff Lesson and Activities | McGruff Lesson and Activities | McGruff Lesson and Activities | Good Friday Offices close at noon | |
| 31 | | | | | | |
| Cultural | ATODA | ATODA | ATODA | ATODA | Interpersonal | Field trips are incentive, based on behavior and participation |

All activities are subject to change or cancel at anytime

March

Youth Education Program 3rd-5th Grade

2024

Ms. RIKKI
11am to 7pm
715-793-3514

All activities are subject to change of cancel at any time!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------------------------------|------------------------------------|--|--|--|------------------------------------|
| | | | | | | |
| 3 Transportation provided at 6:30pm ONLY | 4 ATODA lessons and Activities | 5 Cultural Teaching with Jani | 6 ATODA lessons and Activities | 7 Life Transition skills | 8 ATODA lessons and Activities | 9 ATODA lessons and Activities |
| 10 ATODA lessons and Activities | 11 Cultural Teaching with Jani | 12 ATODA lessons and Activities | 13 ATODA lessons and Activities | 14 Ind.Living Skills 5 th Grade only Life Transition skills | 15 ATODA lessons and Activities | 16 ATODA lessons and Activities |
| 17 Holiday Office Closed | 18 Cultural Teaching with Jani | 19 ATODA lessons and Activities | 20 Ind.Living Skills 5 th Grade only Life Transition skills | 21 ATODA lessons and Activities | 22 ATODA lessons and Activities | 23 ATODA lessons and Activities |
| 24 ATODA lessons and Activities | 25 Cultural Teaching with Jani | 26 ATODA lessons and Activities | 27 Ind.Living Skills 5 th Grade only Life Transition skills | 28 Good Friday offices closed at noon | 29 Good Friday offices closed at noon | 30 ATODA lessons and Activities |
| 31  | ATODA | Culture | ATODA | Interpersonal and Independent Living Skills | ATODA | |

Field trips are incentives: based on participation and behavior

March - Women's History Month

Trinity Malone
 Grades 6th-12th
 Monday-Friday
 Noon to 8pm

2023

715-793-4807

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|----------------------------|---------------|----------------------------|----------------------------|----------------------------|----------|
| Transportation will be provided at 7:30PM only. | | | | | No school | |
| | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Women's history | Women's history | Open gym time | Women's history | Women's history | Women's history | |
| | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| New moon | Women in native traditions | Open gym time | Women in native traditions | Women in native traditions | Women in native traditions | |
| | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Closed | Sewing day | Open gym time | End of Q3 Talking Circle | No school | | |
| | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| No school | No school | No school | No school | Half day | | |
| Full moon | | Open gym time | | No school | | |
| | | | | | | |
| 31 | | | | | | |

ATODA ATODA ATODA HIV/INTERPERSONAL HIV/CULTURAL

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.