Family Services Newsletter

Family Services Department

Providing services to build a stronger and healthier community.

- Fitness/Cardio
- Youth Education Program
- Family Events
- Field Trips
- Activities for youth and adults

Inside this issue:
- Staff information
- Pictures
- Event Calendars
- Family Tips
- DV/HIV Resources
- Youth Tips

Building closed: July 4, 2023
**PROGRAMS OFFERED:**

**Domestic Violence and Sexual Assault Programs:** 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, crafts, 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.

715-793-4980/715-793-4905
Crystal Malone
Human Services Area Manager
715-793-4032

Kori Price
Family Services Manager
715-793-4905

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

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

Jadin Parker
Community Services Worker-Recreation
715-793-4080

LaKeisha Williams
Events Coordinator
715-793-4906

Joe Miller
Security Manager
715-793-4080

Joleen Kroening
Client Services Advocate
715-793-4863

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

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

Rikki Gulbronson
Community Services Worker-Education
Grades 3-5
715-793-4085

Trinity Malone
Community Services Worker-Education
Grades 6-12
HIV/AIDS Prevention Worker
715-793-4085
Domestic Violence
Services for Victims
and Survivors

Kori Price
Family Services Manager
715-793-4905

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

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

STOP VIOLENCE END THE SILENCE
Domestic Violence Awareness

DCF Service Area 1 - Domestic Violence
How to Have a Healthy Brain
8 brain-healthy tips to be smarter and feel better

Your brain is the most important organ of your body and directs everything you think, say, or do. It makes you who you are! If your brain works well, you’re happier and more successful. If it doesn’t, you’ll have a hard time in life. So follow these tips to have a healthy, happy brain!

1. Protect your brain from neurotoxic chemicals like alcohol, drugs (even marijuana), nicotine, excessive caffeine, and breathing toxic fumes, which can damage brain function.

2. Eat brain-healthy food like whole grains; fruits and vegetables such as dark green leafy vegetables, berries, broccoli, apples, oranges, bananas, pumpkin, spinach, and tomatoes; nuts and legumes such as walnuts, almonds, peanut butter, and beans; and healthy, low-fat protein found in food like Greek yogurt, non-fat cottage cheese, eggs, fish, and poultry. Begin each day with a glass of water to hydrate your brain, a healthy breakfast with low-fat protein, and a multi-vitamin. Studies show children learn better when they have excellent nutrition.

Avoid junk food, sugary drinks and cereals, drinks with caffeine, highly processed foods with artificial ingredients; foods high in sugars and syrups (including high-fructose corn syrup), and hydrogenated oils. For more information on healthy eating, visit ChooseMyPlate.gov

3. Get enough sleep each night. Getting less than seven hours of sleep at night decreases blood flow to the brain. It also contributes to depression and suicidal thoughts. In one study, teens who slept five hours or less a night were 71 percent more likely to suffer depression and 48 percent more at risk of becoming suicidal.

4. Engage in aerobic exercise that gets your heart pumping (sports, dance, brisk walks, etc.) at least 5 times a week. It improves learning and memory by increasing blood flow to the brain, and it generates an essential brain growth hormone called BDNF in the hippocampus. Exercise helps protects brain cells against stress and increases feel-good chemicals that improves mood. For a quick mental boost, stand and rise quickly up and down on your toes 20 times.

5. De-stress your brain and think positive thoughts. Chronic stress reduces brain cell growth, affecting memory and mood. Take a few moments several times a day to breathe slowly and deeply through your nose, tense and relax your muscles, and clear your mind with a peaceful thought.

6. Use Mindfulness to correct the Automatic Negative Thoughts (ANTs) that put your brain at risk for anxiety, depression, relationship problems, etc. (See Intro handout #7.) When you feel angry, sad, or anxious, write down the thoughts going through your head. If they are negative, question and replace them with a more hopeful way of thinking.*

7. Avoid too much “screen time” and junk culture. Teens who play violent video games show increased activity in the emotional arousal part of the brain and decreased response in the area governing self-control. Students who spent ten hours a day online developed less gray matter in the thinking part of the brain, compared to those who spent less than two hours a day online.

8. Study, read, and learn. Your brain is like a muscle—the more you use it, the stronger it becomes.
MULTICULTURAL MENTAL HEALTH

Does Mental Health Matter?
Mental health directly and indirectly impacts all of us.

1 in every 5 adults in the U.S. experiences a mental health condition.

1 in every 5 children ages 13-18 have or will have a serious mental health condition.

Mental health is part of overall health. Mental health conditions cause changes in thoughts, feelings and mood.
Mental health conditions can affect many areas of your life including home, work, school, relationships with others, sleep, appetite, decision making and may worsen other medical problems.

Does Mental Health Affect My Community?
Mental health affects everyone regardless of culture, race, ethnicity, gender and sexual orientation.

Percentage of Adults with Mental Health Conditions by Race (2012)

- Hispanic: 16.3%
- White: 19.3%
- Black: 18.6%
- Asian: 13.9%
- American Indian/Alaska Native: 28.3%

At 28.3%, American Indians and Alaska Natives have the highest rate of mental health conditions among all communities.

Rate of Suicides in the U.S. by Age per 100,000 People (2007)

- 0-18
- 19-29
- 30-44
- 45-59
- 60+

Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.
LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.
What Critical Issues Do Multicultural Communities Face?

- Less access to treatment
- Less likely to receive treatment
- Poorer quality of care
- Higher levels of stigma
- Culturally insensitive health care system
- Racism, bias, homophobia or discrimination in treatment settings
- Language barriers
- Lower rates of health insurance

Consequences
- Misdiagnosis and/or people dropping out of care.
- 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

Use of Mental Health Services among Adults (2008-2012)

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IT'S OK TO ASK FOR HELP.

Signs Someone May Need Help

- Feeling very sad or withdrawn for more than 2 weeks. For example, crying regularly, feeling fatigued, feeling unmotivated.
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Sudden or unexplained physical aches and pains such as headaches or backaches.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or eating habits. For example, waking up early, not eating, eating too much or throwing up.
- Extreme difficulty in concentrating or staying still that can lead to failure in school or problems at work.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes or work.

Is there hope?

Yes, there is hope.

When you start treatment early and play a strong role in your own recovery process you can live a full and successful life. Culturally competent care can improve access to and quality of treatment and services. This means better outcomes.

Ways to get help:

- Connect with other families
- Learn more about mental health
- Visit www.nami.org
- Talk to your doctor
- Get a referral to a mental health specialist
- Work together with your mental health provider to integrate your culture into your treatment plan

DCF Service Area 5 - Youth Services
THE OUTDOOR MONTH

July is the regular outdoor month.  
He's the king of the calendar, don't you think?  
Bright, blue sky-fresh, strong winds-  
And a golden sun that makes you blink.

A lake where the water steals from the sky  
Its bluest color, its white cloud ships,  
And thick green trees beneath whose shade  
Time doesn't pass but just gently slips.

A swim in the morning with the sun coming up,  
A hike in the scented woods at noon,  
Canoeing in the later hours,  
And another swim beneath the moon.

Living outdoors is so much fun!  
Just living beneath the open sky.  
Clouds in the daytime and stars at night.  
With the whole wide universe drifting by.

By: Lenore Hetrick
FAMILY RECIPE

Share your favorite family recipe for a chance to win an Instant Pot.

Submit your recipes to Joleen at joleen.kroening@mohican-nsn.gov by July 26, 2023

Call 715-793-4863 with any questions.
Rise & Shine
It's
Breakfast Time

Join us at the Family Center for a community breakfast.

Monday
July 10th, 17th & 24th
8:30am-9:30am
2023 KOREAN CULTURAL EXCHANGE @ the Mohican Family Center

Tuesday 8/8/23 - 10am-8pm
Wednesday 8/9/23 - 10am-8pm
Thursday 8/10/23 - 10am-?
Friday - Departure time will be announced

*The Youth Education Program will be open during normal hours.

*Children under the age of 14 years old must be accompanied by an adult or sibling over the age of 14.
SUMMER LACROSSE GAMES 2023

@Mohican Family Center Baseball Diamond
Every Thursday
4:30pm-5:30pm
Questions? 715-793-4906
SUMMER GOLFING

GRADES 7th-12th

Every Tuesday in July
2pm-4pm
@Pine Hills

to sign up or for more info:
Call Cheryl or Jadin

(715) 793-4863
FAMILY BINGO
Win Prizes!

17 JULY 2023
Light snack provided
5PM - 6PM

@ MOHICAN FAMILY CENTER

CALL FOR DETAILS
715-793-4080
ELDER BINGO

Get ready to shout "BINGO!" and win some prizes at this fun-filled event.

MONDAY, 24 JULY 2023
STARTS AT 2PM
@ Mohican Family Center

A light snack will be provided

Call for details
715-793-4080
Elder Movie Trip

Tuesday
July 25th, 2023
Time TBD

Call for details
715-793-4080
ELDER'S CORNER

Every Thursday at 10am in July

Join us for coffee, tea, sweets and conversation @ Mohican Family Center

Call for details 715-793-4080
VOLUNTEER
@ the Stockbridge-Munsee Garden
7/10/2023

Call for details
715-793-4080
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<th>Day</th>
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<td>Monday</td>
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Events

- **Monday**: Light snack provided
- **Tuesday**: Light snack provided
- **Wednesday**: Light snack provided
- **Thursday**: Light snack provided
- **Friday**: Light snack provided
- **Saturday**: Light snack provided

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**Monday**

- **7:00 - 7:15**: Open Gym
- **7:15 - 7:30**: Open Gym
- **7:30 - 7:45**: Open Gym
- **7:45 - 8:00**: Open Gym
- **8:00 - 8:15**: Open Gym
- **8:15 - 8:30**: Open Gym

**Tuesday**

- **7:00 - 7:15**: Open Gym
- **7:15 - 7:30**: Open Gym
- **7:30 - 7:45**: Open Gym
- **7:45 - 8:00**: Open Gym
- **8:00 - 8:15**: Open Gym
- **8:15 - 8:30**: Open Gym

**Wednesday**

- **7:00 - 7:15**: Open Gym
- **7:15 - 7:30**: Open Gym
- **7:30 - 7:45**: Open Gym
- **7:45 - 8:00**: Open Gym
- **8:00 - 8:15**: Open Gym
- **8:15 - 8:30**: Open Gym

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**Events**

- **Monday**: Open Gym
- **Tuesday**: Open Gym
- **Wednesday**: Open Gym
- **Thursday**: Open Gym
- **Friday**: Open Gym
- **Saturday**: Open Gym

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**Holiday**: Office Closed

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**Recreation**

**July**

**2023**
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<td>Community Facebook Page: Families &amp; Youth Education and Services</td>
<td>Family Fun on Community Facebook Page</td>
<td>HIV/AIDS, Self Care on adult Facebook Page</td>
<td>Domestic Violence/Sexual Assault Education on Adult Facebook Page</td>
<td>Adult Page FSP adult Services and Education</td>
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Family Services Program/
Stockbridge-Munsee Fire Department

*2nd Annual Fireman's Picnic*

July 16th, 2022

@Family Center Baseball Diamond

1pm-4pm

Bring a towel and your lawn chair!

Informational booths with prizes!

Food, Music and Fun

Slip 'n Slide

Sun, Drop, Slushies!

Come show your support!

Food Sale!

Brat and hamburger plates w/ beans, potato salad, and chips

Water, Soda, Sundrop slushies, & freeze pops for sale!

And have an afternoon of FUN!!!

Fundraiser for the Stockbridge-Munsee Fire Department

Any questions call:

(715) 793-4906
FAMILY SERVICES
BACK TO SCHOOL FAIR

E = MC²

Education, Fun Games, Food, Activities, PRIZES

At the MOHICAN FAMILY CENTER

More Info: 715-793-4906  FREE Event  August 3rd 12PM-6PM

Must pre-register by July 17, 2023 with the Family Services Program.

To be eligible you must live in the Stockbridge-Munsee Community, be an enrolled youth or a first line descendant.
2023-2024 Family Services Back to School Registration

YOUTH INFORMATION
First Name ___________________________ Last Name ___________________________
Address ____________________________________________________________

S/M Enrollment # ___________________________ Or first line descendant? □ No □ Yes
School Name ___________________________ Grade Entering ___________________________

PARENT INFORMATION
First Name ___________________________ Last Name ___________________________
Address ____________________________________________________________

S/M Enrollment # ___________________________ Or first line descendant? □ No □ Yes

FORMS DUE BY JULY 17, 2023

To be eligible you must meet all of the requirements:

1. Entering Grades k-12th (home school, online, in person)

2. Stockbridge-Munsee enrolled youth or 1st line descendant

3. Live within the original boundaries of the Stockbridge Munsee Community, including the townships of Red Springs and Bartleme and provide verification of residency

If there are any remaining backpacks the following will be served:

1. Entering Grades k-12th (home school, online, in person)
2. Stockbridge-Munsee 2nd line descendant
3. Live within the original boundaries of the Stockbridge Munsee Community, including the townships of Red Springs and Bartleme and provide verification of residency

Parent/Guardian
Signature: ___________________________ Date: ___________________________
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<td>Tony and Steven</td>
<td>715-793-4803</td>
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<td>9</td>
<td>Summer Shape Up</td>
<td>Class: What is weight Training?</td>
<td>Class: 4 different types of weight training</td>
<td>Youth Fitness on the Farm @ 2pm</td>
<td>Training Tri-sets</td>
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<td>30</td>
<td>Call and schedule appointment with Fitness staff for this month's training and classes</td>
<td></td>
<td>Weight room 18 years and older 15-17 years old must complete training program</td>
<td>Weight/Cardio Open 6am to 8pm Monday- Friday</td>
<td>Youth Fitness Daily @8:30am and 1:30pm</td>
<td>Cardio room 18 years and older 15-17 years old must have parental permission and Fitness Assistant approval</td>
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</tbody>
</table>
Suns Out Guns Out

Youth Fitness with Steven

July to August 2023

Summer Fitness Activities With Steven
Fishing, Kayaking, Hiking, Ag Farm, Frisbee

Field Trips:
Monday–Thursday at 2pm
Fridays at 11am
JULY 10th - 28th, 2023

SUMMER SHAPE UP

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Log sheets are available from MFC staff, please have log sheets turned by 8pm every Friday.

Complete 5 days of the following fitness to be eligible for a gift card:

- Swimming
- Walking
- Riding bike
- Weight Training

*If you are unable to complete the 5 days, you will still be eligible for a small prize for participating in Summer Shape Up.

For more information please contact Fitness staff at 715-793-4803.
YOUTH AGES 15-17
INTERESTED IN USING THE WEIGHT OR CARDIO ROOM WILL NEED TO COMPLETE A TRAINING PROGRAM.
CONTACT STEVEN OR TONY IN FITNESS TO SCHEDULE: 715-793-4803
SIGN-UP FOR 2023-2024 YOUTH EDUCATION PROGRAM

TRANSPORTATION WILL BE PROVIDED FOR THE FOLLOWING TIMES:

6:30PM FOR 3RD-5TH GRADE
7:30PM FOR 6TH-12TH GRADE
Youth Information
Full Name: ____________________________ Nickname: ____________________________

Date of Birth: ___________ Age: ______ Grade: ______

Medical Information
Please provide the information requested below, as it may be needed in case of an emergency
Any known allergies to any medications, animals, foods etc.: □ Yes □ No__________

Any known conditions that require special consideration: ____________________________

Does your child require: A. EpiPen □ Yes □ No  B. Inhaler □ Yes □ No
Please list any medication child is currently taking (Type of medication and time administered):
________________________________________________________
________________________________________________________

My child ______________________ has permission to participate in the Family Services
Youth Education Program. I understand that my child will be required to participate in daily
exercises and prevention lessons on alcohol, tobacco, and other drug use.
*If my child is in grades 6th-12th I understand that they will be learning about HIV, AIDS, and
STD prevention and awareness in addition to the ATODA lessons.

Parent/Guardian Information
Parent/Guardian #1 Name: ____________________________
Phone #: ________________________ Additional Phone #: ________________________
Email: __________________________

Parent/Guardian #2 Name: ____________________________
Phone #: ________________________ Additional Phone #: ________________________
Email: __________________________

Alternate Pick-up Contacts
Name: ________________________ Relationship to Youth: ________________________
Phone Number: __________________________

Name: ________________________ Relationship to Youth: ________________________
Phone Number: __________________________
I understand that parent pickup is:

5:30pm for k-2nd grade  7pm for 3rd-5th grade  8pm for 6th-12th grade

I understand that transportation will be provided to youth in grades 3rd-12th only, and those times are:

6:30pm for 3rd-5th grade  7:30pm for 6th-12th grade

I understand that if my child is sick or suggests that they are sick, they will be required to be picked up immediately. _______ Initials

I give the Youth Education Program permission to photograph or record my child for promotional purposes like the newsletter or Family Services Facebook page.  Yes  No  _______ Initials

I would like my child to do homework while in the Youth Education Program.  Yes  No

Per the Mohican Family Center Policy, youth ages 13 to 17 years old are able to utilize the Mohican Family Center without an adult. Do you give your child permission to sign out of the YEP and utilize the Family Center after the snack, gym time, and lessons are completed?  Yes  No

If you grant permission for your child to sign out of the YEP, please note the YEP staff will not be responsible if you child leaves the building and will not be responsible for providing transportation home to the child.

My child has permission to walk home. Yes  No

My child does not have permission to walk home, if my child leaves the building without permission please call: _____________________

I understand that I have signed my child up for the Youth Education Program at the Mohican Family Center and my child must participate in the planned activities. If my child fails to participate, l(the parent/guardian) will be asked to pick child up and child could lose privileges from the Mohican Family Services/Mohican Family Center.

_________________________  ________________________
Parent/Guardian Signature  Date
Behavior

The Youth Education Program will not tolerate bullying, verbal abuse, physical abuse, or disrespecting staff or other youth. Three strike rule will apply to all youth in the Youth Education Program. Incident reports will be emailed to parents explaining behavior. If child receives three strikes they will be asked to take a break from the Youth Education Program. If Minor and Major rules are broken per the MFC policy your child will lose privileges from the Youth Education Program and Mohican Family Center.

__________ Initials

- If your child is having symptoms of Covid, we will have your child wear a mask and ask that you pick him/her up to get tested. They will be able to return if COVID test is negative at any time.

- The Mohican Family Services Youth Education Program reserves the right to change or cancel events or field trips at any time.

- The Youth Education Program may close early or close for inclement weather or community activities.

- The Youth Education Program is closed for all Tribal Holidays
On Thursday's in July we will be taking the kids in the Summer Program to the Stockbridge-Munsee Farm. Here are a few thing to remember and be mindful of!

- Youth should have shoes and clothes that can get dirty.
- Water Bottle - to stay hydrated!
- There are bees and the possibility of being stung. (Does your child need an epi pen?)

If you have any questions or concerns please call us at 715-793-4080
YOUTH EDUCATION SUMMER PROGRAM
NEW HOURS!

The Youth Education Summer Program hours will now be:

MONDAY - FRIDAY

DROP-OFF: 7AM

PICKUP: 6PM
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<td>Cultural Lessons</td>
<td>Outside Fun</td>
<td>Beach Fun</td>
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<td>Craft- doggie</td>
<td>What can you eat that grows in the wild</td>
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<td>Shawano Lake</td>
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<td>4th of July</td>
<td>Offices Closed</td>
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- 2: What is Dog Days of Summer
- 3: Craft- doggie
- 4: 4th of July
- 5: What can you eat that grows in the wild
- 6: Outside Fun
- 7: Beach Fun
- 8: Shawano Lake
- 9: Importance of Trees
- 10: Laze under a shady Tree Craft
- 11: Team Building
- 12: Build a hammock
- 13: Cultural Lessons
- 14: Trip outside to identify foods you can eat
- 15: Outside Fun
- 16: Swim Trip
- 17: Park or Basaw
- 18: Quench your thirst
- 19: Importance of staying Hydrated
- 20: Craft
- 21: Team Building Activity
- 22: Create your own water park
- 23: Cultural Lessons
- 24: Activity- Build a flower
- 25: Language
- 26: Outside Fun
- 27: Field Trip
- 28: TBA
- 29: Ice Cream field trip
- 30: Recap on activities
- 31: Finish Up crafts
- Interpersonal Skills
- Cultural Lessons
- ATODA Lessons
SUMMER YOUTH EDUCATION PROGRAM

WEEKLY FIELD TRIP TIMES

Monday - Thursday - 2pm
Friday - 10am