

DRUMS ACROSS ONEIDA

Oneida Elderly Service
2907 South Overland Rd.
Oneida, WI 54155
Ph: 920-869-2448
Fax: 920-869-1824



Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Ph: 920-869-1551
Fax: 920-869-1526

Yey^thos W<hn\$tae> Planting Moon May, 2009



"In recent years we have come to understand what progress is.

It is the total replacement of nature by an artificial technology.

Progress is the absolute destruction of the real world in favor of a technology that creates a comfortable way of life for a few fortunately situated people.

Within our lifetime the differences between the Indian use of the land and the white use of the land will become crystal clear.

The Indian lived with his land.

The white destroyed his land, he destroyed the planet earth."

Vine Deloria, Jr.

Submitted by: Rochelle Powless



ELDERS AND EVERYONE – DRUMS CONTACT

From the desk of: Linda F. Douglas

I am with Elderly Services and will be the main contact for the DRUMS Across Oneida newsletter. Please contact me with any comments, suggestions, concerns, complaints, etc. Thank you for your attention. My phone number: 920-869-2448 or 1-800-867-1551
Email ldouglas@oneianation.org

ELDER'S MEDITATION

"By listening to the inner self and following one's instincts and intuitions, a person may be guided to safety."

--Dr. A.C. Ross (Ehanamani), LAKOTA

Be still and know. The Medicine Wheel teaches the four directions of inner power-not personal power, but the power of God. The four directions are emotional, mental, physical and spiritual. As our emotions get too far out of control, we simultaneously create an equivalent mental picture....our physical body fills with stress and tension. We become spiritually confused.

When we experience these uptight feelings, the best thing to do is mentally pause, slow down our thinking, breathe slowly, or pray and ask the spirits to help. Only when we approach the stillness of the mind do we get access to our spiritual guidance system. To be guided, let your mind be still.

Creator, today, let me reside in Your stillness.

*Knowledge Speaks....
Wisdom Listens....*

Submitted by: Wayne Mc Reynolds, Elder

Thank You

To all employees of Elderly Services, "Good job ladies and gents, it is great having you on our team."

I know this is a very late "Thank You", but nonetheless I need to say "Thank You" again. You and your staff have done so much for us and we appreciate all of you.

Cheryl is a very responsible and caring person who pays attention to our needs whenever we need help. I don't ever remember having to call her for other than just that one initial time. She's very fit for her position.

Rich and his (side kick Geno), are always so willing to fix whatever it is we need. They so eagerly and willingly took on the job with our garage door and I felt so bad for them because it was so cold, but they stuck with it. There was another worker who came on the last day and I'm sorry that I don't know his name. When we did see him he was so apologetic because he thought he messed the job up. No way did he do that, but what he did do was to fix it.

Lloyd was always here to plow the snow from our driveway, no matter what day it was. If it snowed on a Saturday, he was here on Sunday! He would never say, but we think he was working 7 days a week and he did such a good job, always.

I recently had surgery and received help from Debbie M. and a young lady by the last name of Jordan. (I know that I have her name somewhere in this house but like so many other things, I do not remember where). House cleaning was a big issue for me at that time, but since I've asked for your help, I don't have that worry any longer.

And thank you Florence, Tina and Claudia for all that you do for us Oneida seniors. You are truly a blessing and I am so grateful for all of you. And I sincerely thank you for the respect you give us, at my age, and I'm sure those of all ages, truly appreciate "your respect for the individual".

I'm positive that I've forgotten to mention others, but I hope not. You have a very good working staff and our best to all of you.

Thank you again, and may you all be blessed for the good things that you do.

Gene & Jan Frion




MENU

MAY

2009

ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WI., 54155 PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Salad Croissants, Cucumbers, Tomatoes, Lettuce Juice Yogurt
4 Chop Suey Rice W/W Bread Orange, Pineapple, & Red Apple Slices	5 Beef Barley Soup Fresh Bread Juice Peaches & Cream	6 Spaghetti Garlic Bread Salad Ice Cream	7 Swedish Meatballs Noodles Carrots W/W Bread Pears	8 Chicken Cordon Bleu Brussels Sprouts Potatoes W/W Bread Pudding
11 Chili Cucumber Salad W/W Bread Peaches	12 Bean Soup Fresh Rolls Juice Jell-o	13 Chicken ala king Rice Biscuits Mandarin Oranges	14 B.B.Q. Pork Scalloped Potatoes Broccoli W/W Bread Melons	15 Sloppy Joe's Beans Buns Chips Ice Cream
18 Ham Sweet Potatoes Creamed Peas W/W Bread Yogurt	19 Boiled Dinner Potatoes, Carrots, Cabbage, & Rutabagas Fresh Bread Applesauce	20 Mostaccioli Salad Garlic Bread Berries	21 Beef Tips Potatoes & Gravy Green Beans W/W Bread Cookies	22 S. O. S. & Toast Eggs Juice Strawberries
25 Bratwurst Sauerkraut Potatoes W/W Bread Pears	26 Beef Stew Biscuits Juice Jell-o W/Bananas	27 Ham & Turkey Wrap Tomatoes, Lettuce, & Cheese Chips Sherbet`	28 BIRTHDAY DAY Pork Roast & Potatoes Mixed Vegetables W/W Bread Cake	29 Fish Potatoes Cole Slaw Rye Bread Mandarin Oranges
All meals are served with coffee, milk or tea.	Menu is subject to change.	BIRTH STONE: EMERALD FLOWER: LILY of the VALLEY	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	

13 Going on 30

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| Attracted | Genre | Party | Struggle |
| Awkward | Girls | Poise | Territory |
| Betray | Hockey | Popular | Thirteen |
| Beverly | Irrelevant | Power | Thirty |
| Chubby | Jenna | Quibble | Time Line |
| Classmate | Lucy | Rec Room | Transition |
| Cooperate | Magazine | Redesign | Trick |
| Cruel | Magic Dust | Renew | Wayne |
| Dilemma | Matt | Richard | |



He said to me...What have you been doing with all the grocery money I gave you?
I said...Turn sideways and look in the mirror!

Good Judgement comes from experience, and a lot of that comes from bad judgement..

The police officer got out of his car as the kid who was stopped for speeding rolled down his window. "I have been waiting for you all day," the officer said.
The kid replied, 'Yeah well!! I got here as fast I could.'



An Oneida police officer got out of his car as the kid who was stopped for speeding rolled down his window. "I have been waiting for you all day," the officer said. The kid replied, "yeah well!!! I got hear as fast as I could."

Why God Made Moms?

Second Grader Answers

She is the only one who knows where the scotch tape is
Mostly to clean the house
To help us out when we are getting born

How did God make mothers?

God used dirt, just like the rest of us
They had to get their start from men's bones
Then they mostly used string-I think

What kind of little girl was your mom?

My mom has always been my mom and none of that other stuff
I do not know, because I was not there, but my guess would be pretty bossy!
They say-she used to be nice

What did mom need to know about dad before she married him?

His last name
His back ground-like is he a crook? Does he get drunk on beer?
Does he make at least \$800.00 a year? Did he say no to drugs! And yes to chores

Why did your mom marry your dad?

My dad makes the best spaghetti in the world! And my mom eats a lot!
She got to old to do anything else with him
My grandmother says that mom did not have her thinking cap on

What is the difference between mom and dad?

Mom works at work and at home-dad just go to work at work
Mom knows to talk to teachers without scaring them
Dads are stronger and talkers-but moms have the real power

What would it take to make your mom perfect?

On the inside she is perfect
Outside-I think some kind of plastic surgery
Diet-you know-her hair. I would diet my be blue

If you could change one thing about your mom, what would it be?

She has this weird thing about keeping my room clean. I would get rid of that
I would make my mom smarter.
Then she would know it was my sister who did it! Not me!
I would like for her to rid of those eyes on the back of her head





FAITH
IN ACTION

AARPSM

BAKE SALE!

Oneida Bingo Hall
Sponsored by:
Oneida Area
Faith in Action

SATURDAY

MAY 9, 2009

10:00 A.M.—5:00 P.M.

Proceeds to benefit:

Oneida Area
Faith in Action
Program

For more information,
Contact Glory LaFlex
920-869-2448



What a Party!

Well, it does not take much for us to jump on an excuse to Party! On March 16th we celebrated St Patrick's Day. We had a blast...wearing our funny green hats, head bands and beer mug necklaces. We were all set for fun and games. When ever Bingo is involved, it is FUN for the Elders. We even had our GREEN BEER (punch). Fun was had by all.



GLNAEA

Great Lakes Native American Elders Association,
Sponsored by Forest County Potawatomi,



June 5th & 6th, 2009

Northern Lights Casino

618 State Hwy 32, Wabeno (Carter), WI

All elders who need a ride to GLNAEA please sign up at the Oneida Senior Center (Meal Site) by Monday, May 11 2009. We must have 20 people signed up to reserve a coach bus, or we will use tribal vans. Payment must be received by May 11 and the last day to cancel is Monday, May 18 for reimbursement of payment. We will be staying at the Indian Springs Lodge (attached to the Casino) and the cost is \$24.50 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, June 5th. Any questions please call Oneida Senior Center at (920)869-1551.

"Living Today For A Better Tomorrow"

"Calling All Elders"
"You Are Cordially Invited"

To attend the "Older Americans Month" of May
festivities!!!

May 8th : An evening of Dance and Socializing at the
Norbert Hill Cafeteria 6:00pm to 9:00pm
Live Music by "The Rockin Daddy's"
Wide variety of music...oldies...country...etc...
Light refreshments...door prizes...dance contests and prizes...
Guaranteed Fun!!! Put on your dancing shoes!!! No Charge!!!

May 14th : Trip to Two Rivers for the "Spring Sing"
The "Oneida Singers" will be performing plus
many more other groups

May 16th : Youth and Elder Fishing Event at Finger Lake
Plus a live band : The "Rockin Daddy's"

May 18th : Trip to Milwaukee SEOTS, enjoy a motor coach
trip...lunch with the elders...bingo...tour their new facility
30 seats available, so 1st come 1st serve...

May 28th : ONCOA Bingo at the Senior Center...many great
prizes...entertainment by various staff members...
from 1:00pm till ?????????? seating for 80

Sign up sheets at the Senior Center
If you have any questions
call : 920-869-2448 ext. 6844 ask for Joyce Ann Hoes

~~Below is a sample drop-in article for Older Americans Month 2009~~

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Older Americans Month 2009

Living Today for a Better Tomorrow

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May is Older Americans Month, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year's theme is "Living Today For a Better Tomorrow," and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.

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By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40% of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it ~~is's~~ healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

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In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but ~~most olderolder~~ adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

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Tobacco use increases the risk of heart disease and cancer and is the single most preventable cause of death in the United States. Older adults who stop smoking will gain immediate and long-term health benefits.

While it ~~is's~~ important for older Americans to have good physical health, it ~~is's~~ equally important that they maintain good mental health. Nearly 20 percent of Americans age 55 and older experience depression and anxiety disorders.

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Studies have shown that engaging in social activities within the community can greatly improve mental health. In fact, research has demonstrated a strong

relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

The U.S. Administration on Aging and its National Aging Services Network support a number of successful programs throughout the country that are helping older adults live better today and in the future. These programs keep people independent and out of nursing homes through streamlined access to health and long term care information and options and provide home and community-based systems of services that include the support for family caregivers. These programs also encourage older people to remain active and make behavioral changes through the increased use of evidence-based disease prevention programs under the Older Americans Act as well as the use of preventive benefits available under Medicare.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact Oneida Elderly Services your local Agency on Aging and to volunteer for activities in your area; promote community, state, and national efforts to serve older adults; and find ways to enrich the lives of older adults who touch your life. Additionally, actively search out ways you can involve your community's older adults in volunteer efforts, allowing them to share their wisdom and energy. By working together, we can improve the health and well being of our Nation's older adults and pave the way for better health as we age.

Thank You.

Oneida Elderly Services

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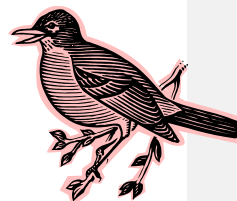
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Spring is Here!



Will you need your grass cut? Does your lawn need raking or mulching? Did you answer yes!

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You will need to call Elderly Services 920-869-2448.

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To get on the list!

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Ask for Cheryl Ault

Present & Future Resource Management
(in Oneida)

By: Bill Koonz,
Environmental Specialist for the Oneida Environmental
Health & Safety Division

**Tuesday May 5, 2009
12:00 P. M.**

**Elderly Meal Site
134 Riverdale Dr.
Oneida, WI 54155**

Bill will be discussing the land use in Oneida, as well as management, resource use, and future plans to preserve and better the natural habitat. Any questions please call Angela Ortiz, Benefit Specialist at (920) 869-2448 or (800) 867-1551.

WE STILL NEED YOUR RECIPES!!



We are looking for traditional and authentic Oneida recipes to help develop an Oneida culture-based cookbook.

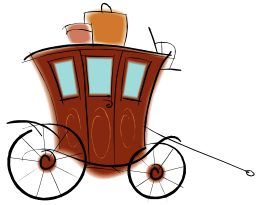
It can be meat, breads, vegetables, desserts, anything!

Danny Borgstrom
Hillary Lewis-Reimers

VISTA Members at the Oneida Nation-Elderly Services.
Feel free to contact us at 920-869-2448 or 1-800-867-1551

dborgstr@oneidanation.org

hlewis@oneidanation.org



UP CLOSE AND PERSONAL WITH:

Danny Borgstrom, VISTA

When you were a child, what did you think you would like to be?

Take over my dad's business (heating and air conditioning serviceman) or a priest

Who or what has had the biggest influence in your Life?

My Dad and my girlfriend Chelsey

What do you consider to be your greatest accomplishment?

Traveling to 13 countries and graduating from college

Is there something you have always wished you were great at doing?

Playing the guitar or math

What is the best advice anyone ever gave you?

Love everything. Even if you don't like it, love it simply because it exists
- My Mom

What advice would you give to someone who is about to retire?

Retire from a job, but don't retire from life...stay young for as long as you can

What is your ideal vacation?

A beach, a hammock, and friends to share it with

Favorite Meal: Tator-Tot Hotdish, and anything grilled

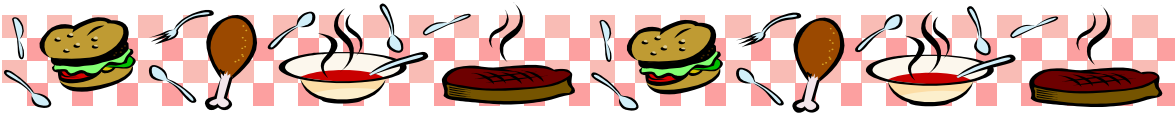
Favorite Music: Anything that makes me dance

Favorite Book: 1984

Favorite Movie/Movies: Trainspotting

Favorite Hobby/Hobbies: Hunting, ice fishing, camping, playing my didgeridoo





Attention all participants at the Senior Center Mealsite

Policies and procedures to the Older American Act-funded Nutrition Program.

We are looking to manage costs and quality improvement in our meal site program.

The meal site will maintain a reservation system for all those that eat at the meal site. All elders that plan on eating at the meal site will be asked to call in the day before and reserve their meal for the next day.

Your assurance is needed in helping us to meet our state requirements and assist us in minimizing leftovers and insure adequate meals served.

State requirement: 8.4.27.7 Meal Reservation and Participant Registration. Systems Programs should maintain an accurate and well-organized system so staff will know how many meals to order or plan for. Many programs find a registration system to be helpful for estimating meal orders for dining centers. This system should include follow-up of absent participants. The program may not “charge” an individual for a meal that is reserved and not eaten.

Mealsite Program Objectives:

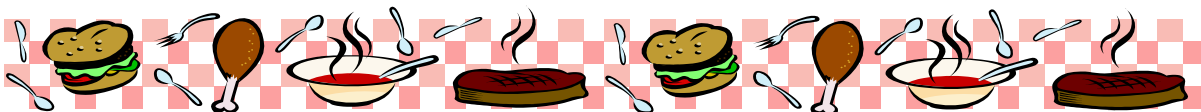
- Meet state funded requirements
- Monitor all waste carefully
- Train staff on policies and procedures, including food safety and sanitation practices.
- Check and recheck portion control. Use the proper size of scoops, ladles and pans.
- Each program shall implement procedures to minimize waste of food, including leftovers and uneaten meals.

Please call 920-869-1551 to reserve your meal when you are plan on eating at the meal site.

We would like to thank you for your patience during this transition.

When you are having a busy day and want lunch, we will leave the welcome mat out just for you. Come in and have a friendly meal.

For questions, please call Brenda Jorgenson at 920-869-1551.



	Tuesday	Wednesday	Thursday	Friday
May 2009 ACTIVITIES				*Activities due to change without notice.
<p>*Please sign up for trips at Senior Center Main Office.</p> <p>*All trips leave from Senior Center.</p>	<p><u>*Is this your Birthday month?</u></p> <p>* You must <u>sign up</u> in the Birthday Book at Senior Center, Main Office, Must be <u>present</u> at the Birthday lunch to receive your gift card.</p>		<p>* In observance of Older Americans month.</p>	<p>1</p> <p>Banks, Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>4</p> <p>Scrabble Elderly Services 9:30</p> <p>Bingo Site II 1:00</p>	<p>5</p> <p>Amish Trip Bonduel Lunch Out (on your own) 10:00 – 3:00</p>	<p>6</p> <p>Crafts Elderly Services 9:30 – 11:30</p> <p>Bingo Hwy H 1:30</p>	<p>7</p> <p>Visit and Lunch Oneida High School 9:30</p> <p>Bowling Ashw. Lanes 1:30</p>	<p>8</p> <p>Banks, Shopping Lunch Out (on your own) 10:00 – 3:00</p> <p>*Elder Spring Dance NHC 6:00– 9:00p.m.</p>
<p>11</p> <p>Price is Right Elderly Services 9:30</p> <p>Movie Elderly Services 1:00</p>	<p>12</p> <p>Crafts Elderly Services 9:30 – 11:30</p>	<p>13</p> <p>Oneida Language Elderly Services 9:30</p> <p>Bingo Hwy H 1:30</p>	<p>14</p> <p>*Spring Sing Two Rivers 8:00 – 4:30</p> <p>Wii – Bowling Hwy H 1:00</p>	<p>15</p> <p>Banks, Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>18</p> <p>*Visit/Lunch with SEOTS Milwaukee, WI 9:00</p> <p>Bingo Site II 1:00</p>	<p>19</p> <p>Crafts Elderly Services 9:30 – 11:30</p>	<p>20</p> <p>Yahtzee Game Elderly Services 9:30</p> <p>Bingo Hwy H 1:30</p>	<p>21</p> <p>Banks, Shopping Lunch Out (on own) 9:30</p> <p>Bowling Ashw. Lanes 1:30</p>	<p>22</p> <p>OFF Observance of Oneida Day</p>
<p>25</p> <p>OFF Observance of Memorial Day</p>	<p>26</p> <p>Bingo Methodist Church 9:30 – 11:30</p>	<p>27</p> <p>Oneida Language Elderly Services 9:30</p> <p>Bingo Hwy H 1:30</p>	<p>28</p> <p>Banks, Shopping 9:30</p> <p>Birthday Lunch 12:00</p> <p>* ONCOA Bingo Senior Center 1:00</p>	<p>29</p> <p>BC Elder Luncheon Radisson 10:00</p>

* If you have any questions or concerns Please call Michelle at 869 - 2448.