

# *DRUMS ACROSS ONEIDA*

ELDERLY SERVICES  
2907 S. Overland Rd.

SENIOR CENTER  
134 Riverdale Dr

P.O.Box 365

Oneida, Wi. 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

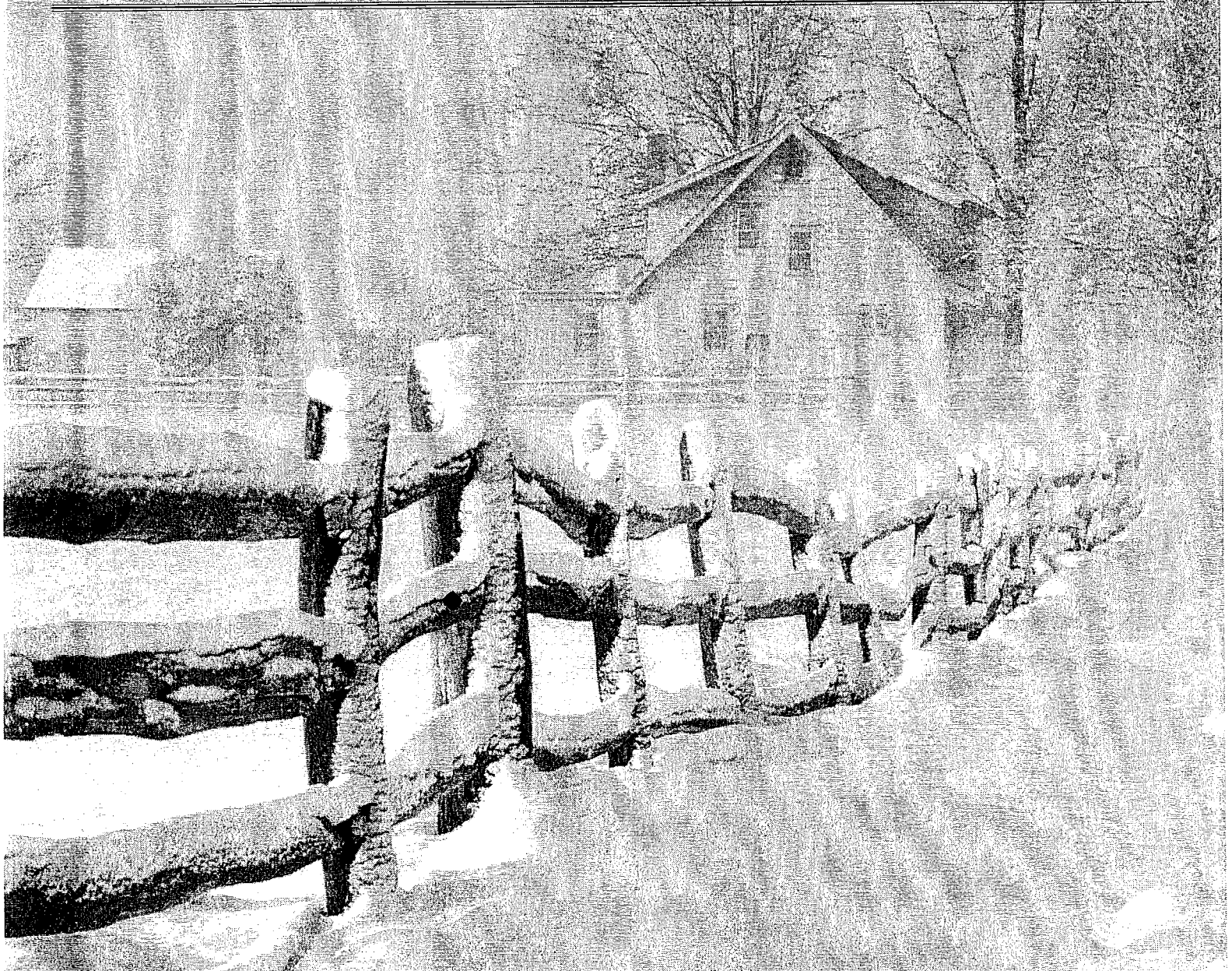
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Yohsla-se Weh-hni-tahl

New Year Moon

January 2005

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**ELDERLY SERVICES COMPLEX:**

Program Director  
Assistant Program Director  
Benefits Specialist  
Elder Abuse Coordinator  
Elderly Services Coordinator  
Office Manager  
Transportation Coordinator  
Transportation Driver  
Transportation Aide  
Activity Coordinator  
Outreach Worker  
Outreach Worker  
Outreach Worker  
In-Home Chore Worker  
In-Home Chore Worker  
Respite Care Worker  
Respite Care Worker  
Administrative Assistant  
Elder Helper  
Elder Helper  
Title V

2907 S. Overland Rd. (P.O. Box 365)  
Oneida WI 54155 1-920-869-2448

Florence Petri  
Tina Pospychala  
Julia Hill  
Joyce Johnson  
Cheryl Ault  
Noreen Powless  
Lorna Christjohn  
Connie Van Gheem  
Dale Webster  
Margaret King-Francour  
Cindy Brabbs  
Amy Sumner  
Michelle Cottrell  
Joanne Close  
Lorleen John  
Regina Vande Hei  
Debbie Ninham  
Marty Braeger  
Marie Scott  
Barbara Skenandore  
Oscar Schuyler

**ONEIDA SENIOR CENTER:**

134 Riverdale Drive (P.O. Box 365)  
Oneida WI 54155 1-920-869-1551

Head Cook Supervisor  
Assistant Cook  
Relief Cook  
Relief Cook  
Home-Delivered Meals Driver  
Maintenance Supervisor  
Home Repairs Coordinator  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Elder Helper  
Elder Helper  
Elder Helper  
Title V  
Title V  
Title V

Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Pat Beilke  
Alfrieda Grignon  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Don Bogda  
Jared Skenadore  
Harold Dostalek  
Richard Dodge  
Cornelius Hill  
Grover Smith  
Jeannine La Rock  
Marena Pamanet  
Herb Powless

*Angela*

## Hoyan

I'd like to wish you all a very Happy New Year and may you have nothing but joy and peace in the year ahead. I hope you have enjoyed the Christmas party. Again, thanks for being a part of our yearly event. We have already set a date for the 2005 Christmas party. For those who like to plan ahead, the date is December 16<sup>th</sup>, 2005. So mark your calendars.

We have had a lot of things happen this past year. We hired Tina Pospychala as the Assistant Program Director. With all the administrative duties and responsibilities, we can better manage to stay abreast with new opportunities for our elders.

I attend monthly meetings with our local surrounding County Aging Units and working on plans for new grants. Each month I attend the Planning and Service Area training, always learning updates for the program. There are 72 Aging Unit Counties and Senior Centers in Wisconsin. Of those I meet with 19 Aging Unit Counties, and two other Tribal aging units and receive updates from the state. Each one is unique in their own way. I also meet on a quarterly basis with Brown and Outagamie County Aging Directors and we share ideas and discuss program procedures. As you all may know we each fear any budget cuts, whether it come from the State, Federal or local, it has an effect on our level of service. We also meet with the Wisconsin Association of Nutrition Directors on a regular basis to learn all the updates for the meal site service. We attend The Administration on Aging, Title VI trainings twice a year to keep informed on services to Native American elders nation wide.

Staff attend training on Alzheimers, Dementia, Respite Care, Nurses Aid, Family Caregiving, Food Service, Information and Referral for Alternate Resources, transportation, our volunteer Faith in Action and other Supportive Services.

I encourage you to stop in and visit our store. Run and operated by our elders. Our library is loaded with books, videos, and puzzles. We have four computers for your use. Don't forget to check out our website, which is now located off a link from [www.Oneidanation.org](http://www.Oneidanation.org)

I'd like to also acknowledge those employees who have served our elders in one capacity or another. On the opposite side of the front cover of the DRUMS is a list of their names and titles. They all play a part in seeing that your needs are met. Please acknowledge and thank them when you see them. Don't forget our Elder Helpers and Title V workers.

I'd also like to thank the ONCOA Board members for their support and guidance throughout the year. Dellora Cornelius, Lois Strong, Charlene Cornelius, Alfreda Green, Arlie Doxtator, Dorothy Skenandore, Josephine Oudenhoven, Valdor John, and Clifford Doxtator. In closing, I want to thank you all for allowing us the opportunity to serve you. Best of wishes from all the staff for a warm and happy new year.

Florence Petri, Program Director

## Attention Elders

1. If you want to participate in activities offered by the Oneida Elderly Services, you must sign up **in person** at the Senior Center on Riverdale Dr. **(It also includes signing up for Bingo Passes.)** We will **no longer** be accepting phone calls and you **may not** sign up for someone else! There has been too many call in's and the same name on the sign up sheet more than once.

2. The deadline for signing up for all activities will be 4:30 pm, one day before the scheduled event. **(The only exception will be for wakes or funerals.)**

3. Transportation will be provided by the Elderly Service Department to attend after hour or week-end activities provided there is **a minimum of 5 elders** signed up to go.

4. The following restrictions apply for transport to out of town activities:

- + Elders must be physically able to keep up with others, and must be physically able to board the bus or van on their own.

- + Elders with high risks of heart attacks, open heart surgery, pace makers may not attend.

- + Elders with lung disease (dependent on oxygen) or emphysema.

- + Elders on medications that causes disorientation, dizziness, or nauseousness.

**Thank- you**  
**Oneida Elderly Services**  
**Department**

## Snow Fall

The snow fell softly in the night,  
Adorned the trees in white,  
Bowed branches graceful to the ground.  
And frosted earth without a sound,  
Etched fragile stars on windowpane.  
Spread fluffy carpet on the lane.

Of barren field there is no trace,  
The whole farm wears a fresh new face.  
The orchard, mill, and fence all look ,  
Like stories in a story book.  
This has wrapped the earth in snow,  
And set my winter heart aglow.

Source: L P Corder  
Especially for Marty B.

---

## The Sound Of Winter

The creek of frozen bough,  
The sleigh bells frosty peal,  
The muted murmur of the brook  
Beneath it's icy seal.

All speak the season's silvered voice,  
There is no springtime now.  
Across the sibilance of snow  
It's winter country now.

And just across the snow-carved hill,  
The river's icy bars  
Reflect in silent solitude,  
The message of the stars.

Source: E.A. Moore

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Letting off steam always produces more heat  
then light.

## **Elderly Request for Service Procedure**

Clarification of emergency and non-emergency request for service and the procedure for the Elderly Services/Senior Center and payment of bills. If you need a service which is usually handled by another area, such as, Plumbing, Utilities, Department of Public Works, etc. or any service area/vendor outside the Tribe, call the Elderly Services at (920)869-2448. All requests for services go to the Elderly Services Coordinator.

Upon receiving your request, an Initial Contact Form will be generated and routed to the proper vendor for service, by the Elderly Services Coordinator.

The policy is to serve seniors 70 and older, disabled or handicapped. Our priority for serving this age group would be an immediate emergency, economic or health and safety issue. Follow-up by the Elderly Services Coordinator will be done to make sure services are satisfactorily completed.

Every effort will be made to meet the needs of the Elders in the 55/69 age group. As of this notice, unless the Elderly Services/Senior Center makes the referral to a vendor, this department will not be responsible for the charges incurred by you. You will be responsible for the full cost of these charges.

We recognize emergencies do arise however your help in contacting us to verify cost estimates before completing the work and the billing process would be greatly appreciated in all future requests.

\* We provide a 24-hour answering service and are able to access immediate service in areas of electrical, plumbing and furnace repairs. An after hours phone service is available evenings and weekends, please leave a message and the messages will be directed to the appropriate staff person for your assistance.

This procedure is only applicable as funds are available. Thank you for your attention to this matter.

If you have any questions, please do not hesitate to call (920) 869-2448. Office hours are Monday thru Friday, 8:00 a.m. to 4:30 p.m.

<b>ONEIDA NATION OF WISCONSIN STANDARD OPERATING PROCEDURE</b>	<b>TITLE INITIAL CONTACT FORM (ICF)</b>	<b>SOP NO. DATE: Sept 8, 2003 REVISION DATE: October 13, 2004</b>
<b>DIVISION:</b> Governmental	<b>APPROVED BY: Manager</b>	<b>DATE:</b>
<b>DEPARTMENT:</b> Elderly Services	<b>APPROVED BY: Director</b>	<b>DATE:</b>
<b>AUTHOR:</b> Tina R Pospychala Assistant Director	<b>APPROVED BY:</b>	<b>DATE:</b>
<b>PAGE 1 OF 3</b>	<b>REVIEWED BY: HRD</b>	<b>DATE:</b>

**POLICY:** It is the Policy of the Oneida Elderly Services Department that all employees must complete an Initial Contact Form (ICF) for all requests by the public or staff, for any and all services rendered to an Elder. This Policy is dependant upon the availability of funds.

**PURPOSE:** To ensure that all Oneida Elderly Services Department's employees follow the correct procedure as it pertains specifically to the ICF. To properly maintain the most effective tracking system for priority Elders, per the Program Policy, and to ensure compliance of Tribal, State and Federal reporting, for, and by the Elderly Services Program.

**PROCEDURE:**

1. To fill out the top of the Form:
  - 1a. Date of Contact
  - 1b. Time of Call
  - 1c. Client's Name
  - 1d.. Date of Birth
  - 1e. Full Address
  - 1f. Telephone Number
2.
  - 2a. Tribal Affiliation
  - 2b. Roll Number
  - 2c. Other
3. Describe the Nature of the Problem
4. Initials: The person taking the information.

## INITIAL CONTACT FORMS (ICF's)

September 8, 2003

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The person filling out the ICF will stop here and forward the completed form (all copies) to the Elderly Services Coordinator. **IF THIS IS AN EXTREME EMERGENCY, THE ICF WILL GO DIRECTLY TO THE SUPERVISOR OF THAT DEPARTMENT TO INITIAL THE APPROVAL OF THE EMERGENCY REQUEST.**

5. The Service Coordinator will verify that the client requesting services:
  - 5a. Lives in Brown or Outagamie Counties and within Reservation Boundaries.
  - 5b. Is enrolled with Elderly Services. If not, they must fill out an Enrollment Form that will need to be completed within 3 to 5 days.
  - 5c. Complete an Assessment Form to determine if they are eligible for our services.
6. **The Policy is:**
  - 6a. 70 years and older,
  - 6b. 55 to 69 years who are disabled/handicapped and living alone
  - 6c. 55 to 69 with serious health or safety issues**THESE ARE OUR PRIORITIES**
7. Will there be a donation? In reference to Program funding source requirements, you will be asked for a donation for all requests for services, documenting the amount if any.
8. After assessing the request, the Service Coordinator will refer the ICF to the proper supervisor for completion (white, pink, and yellow copies).

8a. Administration	8h. Benefits
8b. Home Chore	8i. Nutrition
8c. Home Repairs	8j. Meals-On-Wheels
8d. In-Home Services	8k. Info/Referral
8e. Respite Care	8l. Supportive Services
8f. Elder Abuse	8m. Outreach
8g. Transportation	8n. Service Coordinator
9. **IF THIS IS AN EXTREME EMERGENCY:**
  - 9a. **Proceed according to the Elderly Services criteria for eligibility; 70 years and over, 55-69 years that are disabled/handicapped and living alone, 55-69 years with serious health/safety issues.**



## INITIAL CONTACT FORMS (ICF's)

September 8, 2003

Page 3.

- 9b. If the service is deemed an emergency by the Elderly Services Program, we will provide the service to the Elder, pending availability of funds. If not previously approved for service, Elderly Services **WILL NOT** be responsible for any of the charges incurred by the client.
- 10. Elderly Services can provide up to \$200.00 per request for supportive services.
- 11. Elderly Services will seek a provider if we are unable to provide the service.

**There will be no commitment of funds without the prior, signed approval by the Elderly Services Program Director. All requests that are over \$200.00 will be an Elderly Services group decision for approval/disapproval, based on economic need, and the Elderly Services criteria for eligibility.**

- 12. All invoices submitted for approval must have a copy of an ICF attached for payment.
- 13. A followup with documentation of any action or comments as to what had transpired with the ICF, and what steps were taken to complete the task must be made.
- 14. After approval has been received, provide a copy of the ICF with the estimate and a copy of all the receipts, to the Administrative Assistant for the purchasing or processing of the ICF and include a set of the copies that are to be sent to the Tribal Vendor completing the job.
- 15. The person completing the job/task will briefly comment on what was done to complete the task, initial the ICF, and provide Elder comments (if any), sign and date.
- 16. The yellow copy of the ICF will be given to the person(s) completing the job/task , and the white copy will be returned to the Elderly Services Coordinator. **A Progress Report should be completed and attached to the ICF if the client is not served within five (5) working days.**
- 17. All other outside services, i.e., Catastrophic, Community Support, etc., will be exhausted prior to Elderly Services funds.





## **SAFE RECYCLING METHODS**

**Presenter:** Dianne Jourdan-Oneida  
Recycling



**Date:** Thursday, January 6, 2005

**Time:** 11:30 A.M. - Noon

**Location:** Oneida Elderly Meal Site  
Hwy J, Oneida



## 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bingo @ Site 2 1pm	4 Crafts @ Epworth Hall 9:30-11:30am	5 Bingo Hwy H 1:30-3pm	6 The Price is Right 9:30 am @ Hwy H	7 Shopping Banks Lunch Out 10-3 pm
10 Winter Craft 10 am @ Eld Svs Bldg Thrift Store 1pm	11 Crafts @ Epworth Hall 9:30-11:30am Bowling League 1:30pm Ashw. Lanes	12 Bingo Hwy H 1:30-3pm	13 The Price is Right 9:30 am @ Hwy H	14 Shopping Banks Lunch Out 10-3 pm
17 Board Games 10 am @ Eld Svs Bldg Bingo @ Site 2 1pm	18 Bingo @ Epworth Hall 9:30- 11:30am	19 Bingo Hwy H 1:30-3pm	20 The Price is Right 9:30 am @ Hwy H	21 Shopping Banks Lunch Out 10-3 pm
24 Movie/Popcorn 1pm @ Eld Svs Bldg	25 Crafts@ Epworth Hall 9:30- 11:30am Bowling League 1:30pm Ashw. Lanes	26 Bingo Hwy H 1:30-3pm.	27 The Price is Right 9:30 am @ Hwy H	28 Shopping Banks Lunch Out 10-3 pm
31 Indoor Fun Exercise 10 am Eld Svs Bldg Bingo @ Site 2 1pm				Activities subject to change without prior notice



## HAPPY BIRTHDAY TO ALL JANUARY BABIES HAPPY NEW YEAR 2005

Ina G. Bain	1-06	Doyle Jordan	1-03
Marcella Bannach	1-10	Clara Kerwin	1-28
Sylvia Bannach	1-11	Lillian King	1-30
Marie Bastin	1-31	Arletta Kurowski	1-09
Catherine Breitrete	1-11	Anton Laencheck	1-17
Noel Cleven	1-28	Rose Laitinin	1-12
Howard Cornelius	1-01	Mary Metoxen	1-07
Sadie Cornelius	1-01	Darlene Neconish	1-16
Wayne Cornelius	1-14	Josephine Nolan	1-06
Reynold Crowe	1-02	Alberta Oshogay	1-10
Pat Damon	1-12	James Overman	1-06
Charles Daniels	1-28	Ramon Paull	1-31
Mary Dodge	1-24	Mildred Peshlakal	1-03
Delphine Doxtator	1-18	Matthew Powless	1-17
Ray Elm	1-05	Joan Schuster	1-26
Jan Frion	1-02	Oscar Schuyler	1-24
Phyllis Garlow	1-23	Dixon Skenandore	1-10
Cornelius Hill	1-03	Lydia Skenandore	1-16
Laverne Hill	1-07	Leona Smith	1-18
Leona House	1-21	Dorris Vannise	1-10
Roy Huff	1-10	Loretta Webster	1-03
Lester Jacobs	1-27	Marlene Weisrock	1-31
Ernest John	1-10		

Elders, if you have a birthday in February, please join us at the Senior Center, 134 Riverdale (Hwy H) on December 30, 2004. Have lunch with us and sign the birthday book.

Birthdays for our elders are celebrated on the last Thursday of the month.



# 10 Tips for family caregivers



1. Choose to take charge of your life.

2. Remember to be good to yourself.

Love, honor and value yourself. You're doing a very hard job and you deserve some quality time just for you...

3. Watch out for signs of depression.

4. When people offer to help ... let them...

5. Educate yourself about your loved one's condition.

6. There's a big difference between caring and doing ..  
promote your loved one's independence.

7. Trust your instincts.

8. Grieve for your losses, then allow yourself to dream  
new dreams.



9. Stand up for your rights as a caregiver.

10. Seek support from other caregivers. You are not alone.

# Just for Today...

1. **Just for today** I will be happy. This assumes that what Abraham Lincoln said is true, that "most folks are about as happy as they make up their minds to be." Happiness is from within.
2. **Just for today** I will try to adjust myself to what is, and not try to adjust to everything to my own desires. I will take my family, my business and my luck as they come and fit myself to the.
3. **Just for today** I will take care of my body. I will exercise it, care for it, nourish it, not abuse it nor neglect it, so that it will be a perfect machine for my bidding.
4. **Just for today** I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.
5. **Just for today** I will exercise my soul in three ways: I will do somebody a good turn without them knowing who did it. I will do at least two things I don't want to do, just for exercise.
6. **Just for today** I will try to live through this day only, not to tackle my whole life problems at once.
7. **Just for today** I will have a quiet half-hour all by myself and relax. In this half-hour sometimes I will think of God, to get a little more perspective into my life.
8. **Just for today** I will be unafraid, I will not be afraid to be happy, to enjoy what is beautiful, to love, and to believe that those I love, love me....

## 2005

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31 Indoor Fun Exercise 10 am Eld Svs Bldg				Activities subject to change without prior notice



## **WHAT LAUGHTER DOES:**

- **STRENGTHENS THE IMMUNE SYSTEM**
- **IMPROVES BREATHING AND BLOOD PRESURE**
- **GOOD CARDIO-VASCULAR EFFECTS**
- **RELIEVES STRESS, LIFTS SPIRITS**
- **RELEASES EMOTIONAL TENSION**
- **IMPROVES SENSE OF WELL-BEING**
- **IMPROVES ENTHUSIASM**
- **INCREASES SELF-CONFIDENCE**
- **PREVENTS "HARDENING OF THE ATTITUDES"**

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## **THE WORLD LAUGHTER TOUR MISSION**

"Together we can lead the world to health, happiness, and peace through laughter and the formation of World Laughter Tour Laughter Clubs."

OUR SLOGAN: THINK GLOBALLY, LAUGH LOCALLY.

OUR VALUES: WLT LAUGHTER CLUBS ARE:

NON-POLITICAL  
NON-RELIGIOUS  
NON-EXPLOITIVE  
NON-PAROCHIAL  
NON-THREATENING  
NON-COMPETITIVE  
NON-CULT  
NON-PERFECTIONALISTIC

**EVERYONE IS WELCOME!**



*Especially for You*



## *IN APPRECIATION*

*A SPECIAL "THANK-YOU" TO  
JAN FRION FOR THE HOURS OF  
VOLUNTEERING HER TIME AND  
TALENT FOR THE YEAR OF  
2004, AT THE ELDERLY  
SERVICES.*

*ANOTHER WARM 'THANK-YOU'  
TO LANEVA HILL (KAYO) FOR  
DECORATING THE ELDER  
STORE.*

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### **ATTENTION**

January 5, 2005 Elderly Services will hold special activities for elderly people experiencing alzheimer's or dementia symptoms.

**Where:** Elderly Service Complex  
Pod- A

**Time :** Every Wednesday morning 9:30am-  
11:00am

Referrals are being accepted at the Elderly Service Complex, starting December 20<sup>th</sup> 2004.

For more information call Rita Summers at 869-2448 between the hours of 8am -12 noon.

### **The Smile Song** **Sung to the tune of "Battle Hymn of the Republic"**

It isn't any trouble just to S-M-I-L-E  
It isn't any trouble just to S-M-I-L-E

So when you're in trouble  
It will vanish like a bubble



If you'll only take the trouble t  
Just to S-M-I-L-E

It isn't any trouble just to L-A-U-G-H  
It isn't any trouble just to L-A-U-G-H

So laugh when you're in trouble  
It will vanish like a bubble



If you'll only take the trouble  
Just to L-A-U-G-H

It isn't any trouble just to G-R-I-N, Grin!  
It isn't any trouble just to G-R-I-N. Grin!

So grin when you're in trouble  
It will vanish like a bubble

If you'll only take the trouble  
Just to G-R-I-N, Grin!

It isn't any trouble just to Ha-Ha-Ha-Ha-Ha  
It isn't any trouble just to HA-Ha-Ha=Ha-Ha

So HA when your in trouble  
It will vanish like a bubble.

If you'll only take the trouble  
Just to HA-Ha-Ha-Ha-Ha!



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You've reached middle age when all you  
exercise is caution.

Franklin Jones

## Lorna's Corner Elder Humor

You know, the elders have a lot of compassion for each other as well as for wildlife. It was getting close to the winter and the weather was getting very cold. (Our bus was always very warm though.) One day as we were going down the road, there laid a raccoon that probably met his fate with a automobile. Just the way that raccoon was laying; along side of the road it looked as if he was sleeping with his head on one arm and the other arm was frozen straight up in the air, just as if he was waving to the traffic as they passed by. So, I drew the attention of the elders to that raccoon. I said, "see his waving his last good-bye," then everyone waved to the dead raccoon in silent memorial as we rode on. I don't know to this day whatever happen to that raccoon, but on a daily basis every time we rode by that dead raccoon we all waved. Humorous, but also a little sad, don't you think?



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### Winter Facts

Typically there are over 19,800 vehicle accidents in Wisconsin during the winter months when roads are covered with ice, snow or slush.

On average in Wisconsin, 78 people are killed and 7,115 people are injured each winter season in accidents when roads are ice, snow or slush covered. Most crashes are caused by "driving too fast for current conditions." This is especially true during the first couple snowfalls or freezing rain events. **SLOW DOWN!**

## Winter Driving

Plan your travels and check the latest weather reports to avoid the storm. You can find out the latest road conditions by going to the Wisconsin Department of Transportation website at <http://www.dot.wisconsin.gov> or call toll free at 1-800-762-3947.

Drive with your headlights on-make it easier for others to see your vehicle. Allow plenty of time!!

It is also important to check and winterize your vehicle before the winter season begins. Keep your gas tank near full to avoid ice in the tank and fuel line.

Carry a winter storm survival kit that includes:

- Blankets or sleeping bags.
- Flash light with extra batteries.
- First-aid kit.
- Shovels, tools, booster cables, windshield scraper.
- High calorie non-perishable food.
- Sand or kitty litter to use for traction.

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### Wisconsin Snowfall Stats

Greatest daily total: Neillville 26 "12-27-04  
Greatest single storm: Superior 31" 10-31-91  
Greatest monthly total: Hurley - 103.5 " 1-97  
Greatest seasonal total: Hurley 301.8 96-97  
Deepest snow on the ground, including drifts  
Hurley- 60" 1-30-96

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Happy  
New  
Year!



## Tired, Cramped Legs: A Warning Sign of....Heart Troubles?

Without even knowing it, you could have a common condition that multiplies your risk of dying of a heart attack or stroke. Peripheral arterial disease (PAD) is caused by fatty buildup in the arteries. This buildup blocks circulation to the legs and feet. The same process of artery clogging also may be affecting the arteries to your heart and brain.

The risk for PAD increases with age. Men face a higher risk than women. Other risk factors include diabetes, high cholesterol, smoking, obesity and physical inactivity.

PAD often begins without symptoms. Eventually, though, many sufferers experience cramps or fatigue in their hips, buttocks, thighs, calves, or feet when they walk. These symptoms typically ease while resting.

Unfortunately, only about 25% of people with this serious condition are getting treatment. Many older adults assume the pain they have while walking is a natural result of aging. If you experience symptoms of PAD talk to your doctor.

A healthy lifestyle can help you slow down the progression of PAD and cut your risk of a heart attack, stroke, or other problems. Plan on walking for a least 30 minutes every other day. Walk until it hurts, rest for a few minutes, then walk some more. Rest assured that the pain won't do any damage. And, if you smoke, quitting will go a long way toward preventing future cardiovascular troubles.

Certain medications and procedures, including angioplasty, are also effective in treating PAD.

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**Hoyan!!**

## Famous People, Famous Places.

- 1 Independence, Missouri
- 2 Hyannis Port, Mass.
- 3..Mt.Vernon, Virginia
- 4..San Clemente, California
5. Camp David, Maryland
6. Springfield, Ill.
7. Casablanca
- 8.Stratford-on-Avon
9. Antarctic
10. Pickfair
11. San Simeon

### Match names with places.

- |                          |       |
|--------------------------|-------|
| 1.A.Lincoln              | 1-4   |
| 2. J. Kennedy            | 2-2   |
| 3. Bogart & Bergman      | 3-6   |
| 4. H. Truman             | 4-5   |
| 5. R. Nixon              | 5-11  |
| 6. G. Washington         | 6-1   |
| 7. W. Shakespeare        | 7-3   |
| 8 .W. Hearst             | 8-7   |
| 9. R.Byrd                | 9-9   |
| 10. Pickford & Fairbanks | 10.10 |
| 11. D. Eisenhower        | 11-8- |
- 


## Coffee Shop Humor

A guy goes into a coffee shop and orders three flat tires, a pair of headlights, and a pair of running boards.

The waitress not wanting to look stupid goes to the kitchen and says to the cook, "There is a guy out there who ordered three flat tires, a pair of headlights, and a pair of running boards. What does he think this is, an auto parts store?" "No" the cook says. "Three flat tires means three pancakes, a pair of headlights is, two eggs sunny side up and running boards are two stripes of crisp bacon."

"Oh" said the waitress. The waitress thought about this a minute, then spoon up a bowl of beans and give it to the customer. He said, "What are the beans for?"

The waitress replies, "I thought while you were waiting for the flat tires, headlights and running boards, you might want to gas up."

Menu					January		2005
Monday	Tuesday	Wednesday	Thursday	Friday			
3 Chili W/W Bread Ice Cream	4 Chicken Soup Fresh Bread Jell-o	5 BBQ Ribs Scalloped Potatoes Corn W/W Bread Mandarin Oranges	6 Fish Potatoes Cole Sla W/W Bread Applesauce	7 Scramble Eggs Sausage Toastums Juice Pears			
10 Ham Sweet Potatoes Green Beans W/W Bread Pears	11 Bean Soup Fresh Bread Berries	12 Meat Loaf Potatoes Brussel Sprouts W/W Bread Pineapple Tidbits	13 Turkey & Gravy Potatoes Peas W/W Bread Whip & Chill	14 Bacon & Eggs Corn Meal Toast & Juice Grapefruit Sections			
17 Brats Sauerkraut Potatoes W/W Bread Applesauce	18 Potato Soup Fresh Bread Peaches	19 Lasagna Salad Garlic Bread Sherbert	20 Cube Steak Buttered Noodles Broccoli W/W Bread Pudding	21 Sausage French Toast Juice Strawberries			
24 Chicken Salad Croissants Tomatoes Cukes Melons	25 Beef Barley Soup Fresh Bread Pears	26 Ring Bologna Tator Tots Beans W/W Bread Cookies	27 Birthday Day Beef Roast Potatoes Carrots W/W Bread Jell-o Cake	28 Scramble Eggs W/ Ham & Peppers Toast & Juice Oranges			
31 Spaghetti Salad Garlic Bread Peaches	Meals are subject to change.			All meals are served with coffee, tea, or milk.			
					Flower - Carnation Birth Stone: Garnet		
							

## Buttermilk Doughnuts

1¼ c. sugar  
3 eggs  
1 t. salt  
1 t. nutmeg  
¼ c. melted butter  
1 c. buttermilk  
1 t. baking soda  
2 t. baking powder  
3½ c. flour

Beat eggs well, add buttermilk and baking soda. Add melted butter, sugar and spices, mix well. Add flour and baking powder until proper consistency; dough will be pliable but not sticky. Roll out on lightly floured board about ½ inch thick. Cut and fry in hot oil or fat, deep enough so donut will float freely and does not touch the bottom of pan. Serve plain or sugared. Dough can be made the day before, as it should be chilled at least 2 or 3 hours before rolling out and frying.

**Happy Ho-yan**

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## Attention Recylers

If you have any old empty plastic detergents bottles ,the Elderly Services Activity Department is in need of the bottles.  
(Dawn, Palmolive, Joy etc.)

I will pick them up personally. Please call me, Margaret, at Elderly Services at 869-2448.

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The secret of staying young is to live honestly, eat slowly, and lie about your age.  
So says Lucille Ball.

I don't deserve this award, but I have arthritis and I don't deserve that either.  
So says Jack Benny

## Diabetes and Eye Health

Complications with diabetes, particularly retinal damage, can be avoided if make good lifestyle and nutrition choices with your physicians. Preventing diabetic retinopathy and eye damage is possible if you take control of your diabetes. Here are some suggestions to help:

+ Control your blood sugar. Check your blood sugar levels frequently and make sure your diabetic plan is working for your lifestyle.

+ Have a comprehensive, dilated once a year.

Regular checkups will reveal any changes that may be taking place without you even being aware of it.

+ Don't smoke!! It's not healthy for anyone, especially people with diabetes with a propensity toward diabetic eye disease; it can make conditions worse.

+ Check blood pressure frequently. High blood pressure can add stress to already fragile blood vessels in the eye.

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**Thank-you**

From the desk of Harvey A. Swamp a big "THANK YOU," for the computer he received from the Oneida Tribe.

Harvey A. Swamp  
38 Ellwood Street  
Mt. Clements, MI 48083-1314

I'm sure you will find enjoyment learning about your computer.

Elderly Services  
2907 S. Overland Rd.  
Oneida, Wi. 54155

# Dancing



F1130

BOLERO

BOOGIE

BOP

BOSSA

BOW

BREAK

BUMP

BUNNYHOP

CANCAN

CHA CHA

CHARLESTON

CHOREOGRAPH

CLASS

CLOG

CONGA

CONTEST

COOL

COTILLION

COUNTRY

CROWDS

CRUSH

DANCE

DATE

DIP

DISCO

DUST

DYNAMIC

EASY

EXPRESSION

FANDANCE

FANDANGO

FLAMENCO

FLING

FLIPPING

FLOAT

FLOOR

FLOW

FLY

FOLK DANCING

FORM

**ONEIDA ELDERLY SERVICES  
ENROLLMENT FORM**

DATE:     /     /    

**NOTE:** The state and federal government have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name _____			Phone Number (     ) _____		
Address _____			Social Security Number     /     / _____		
City _____	State _____	Zip Code _____	County _____	DOB     /     / _____	

**OUR PROGRAM POLICY FOR SERVICES** is as follows: 1) Elders aged **70 years** and older. 2) Elders aged **55-69 years** of age, that are **disabled/handicapped, living alone**. 3) Elders aged **55-69 years** of age, **with health/safety issues**. The elders that are listed are our priority.

**Please check the appropriate responses:**

**Marital Status:** ☐ Married ☐ Single ☐ Widowed ☐ Divorced

**Living Arrangement:** ☐ Lives Alone ☐ Lives with Spouse ☐ *Lives with Others\**

**Do You:** ☐ Rent ☐ Own ☐ *How many Others\**

**Race:** ☐ Native American ☐ Caucasian ☐ Latino ☐ Asian ☐ African American

**Tribal Affiliation:** \_\_\_\_\_ **Enrollment Number** \_\_\_\_\_

**General Health status:** ☐ Excellent ☐ Good ☐ Fair ☐ Poor\*

**\*If poor please list health condition** \_\_\_\_\_

**Do you currently have any of the following:** ☐ Guardian ☐ Power of Atty--Finances ☐ Health \_\_\_\_\_  
☐ Medicare ☐ Medicaid ☐ Representative Payee \_\_\_\_\_  
☐ None of the Above

**In case of an emergency--please contact** Name \_\_\_\_\_  
Phone Number (     ) \_\_\_\_\_  
Relationship \_\_\_\_\_

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form, are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elderly Services.

_____ Signature	_____ Date
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*Please return to*  
**Oneida Elderly Services Complex  
Service Coordinator  
P.O.Box 365  
Oneida WI 54155**