DRUMS ACROSS ONEIDA

134 Riverdale Drive P. O. Box 365 Oneida WI 54155 920-869-1551 (Senior Center) 920-869-2448 (Elderly Services)

 SENIOR CENTER

OCTOBER 2000

Senior Center attempts first try at 'Outdoor Firing' Pottery Project

Red hot embers on a nice cool September morning at the Senior Center reminded participants of bon fire up at the lake.

Participants in a pottery project, coordinated by Rose Kerstetter, fired their pots outside the Senior Center in a firing pit put together by Robert LaGest, Elderly Maintenance Supervisor, and organized under Kerstetter's direction.

Having already been once fired in an electric kiln, this project would undergo another firing to complete the pottery project. Kerstetter was excited about attempting an outdoor project.

"Oh, I'm just tickled, the Elderly Services would try this out. I 've been looking forward to this," Kerstetter said.

Five pots were first arranged along the edge of the pit in order to be warmed up and adjust to the extreme heat it would be experiencing. They slightly turned color.

"In a firing, it's always possible someone's pot might break," said Kerstetter, humbly.

In the next step, LaGest moved all the wood to the edge of the pit, getting an opening clear for the pots to be placed in the very bottom of the pit. After the pots were put upside down in position, sticks were placed horizontally and vertically to cover the entire pots. So no pots were showing, the fire continued to burn. Cedar and Pine were used to burn the fire very hot and quick.

A day long project, the fire continued to burn and then was allowed to cool so the pots could be moved at a later time.

Kerstetter said that after successful firing and cooling pots could be glazed or painted. With wind being a major factor in the firing of the pots, some cracked.

Florence Petri, Assistant Director, said she enjoyed the project. "I like the old way," she said. Kerstetter added, "I want to do this more often."

ELDERLY SERVICES COMPLEX: 2907 S. Overland Rd. (P.O. Box 365)

Oneida WI 54155 1-920-869-2448

Program Director

Assistant Program Director Benefits Specialist Supervisor

Benefits Specialist

Elder Abuse Coordinator **Elderly Services Coordinator** Administrative Assistant

Office Manager

Transportation Coordinator Elderly Transit Driver Activity Coordinator Outreach Worker Outreach Worker In-Home Chore Worker

In-Home Chore Worker Respite Care Worker Respite Care Worker Administrative Assistant

Title V

Roberta Kinzhuma Florence Petri Lori Metoxen Julia Hill **VACANT** VACANT Noreen Powless

VACANT

Lorna Christiohn Marsha Salzman Terry Reed Cindy Brabbs

Margaret King-Francour

Joanne Close Lorleen John Amy Sumner Debbie Ninham Marty Braeger Alice 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

Title V Title V Title V Title V Title V Title V

Title V

Brenda Jorgenson

VACANT

Betty Jorgenson Althea Schuyler **VACANT** Robert LaGest Richard Summers Lee Domencich Lloyd Davis Lisa Huff Denise Johnson

Jared Skenandore Harold Dostalek Warren House Winona Mencheski Richard Dodge Elda Swamp Marie Scott Nancy Woodke Grover Smith

A Very Special Thank You

This is a very special thank you to an elder who spent, I'm not going to say "years" riding on the Do-do bus with us, because it sure hasn't seemed like years.

This elder has a sense of humor that everyone likes and I especially remember when one of the elders asked her if she was good today and her reply was, "Well, I'm not good at cooking and I'm not good at working anymore and I'm not good at even cleaning my own house, so I guess that makes me just plain no good.

This very special elder has given the Elderly Services the word that she will no longer be riding on the Do-do bus as she has come to the conclusion that she is finally getting old at 93 years of age. I know that this was a hard decision to make and a hard fact to accept.

This elder was always ready when I pulled up to pick her up and she never kept us waiting. I can only hope, when the time comes, that I will be able to know when to say, "I must be getting old and it's time for me to take life a little easier.

Thanks for riding the Do-do bus Melinda Doxtator, your one of the best.

Respectfully, Lorna Christjohn, Do-do Bus Driver

MENU

OCTOBER

2000

		T			
FRIDAY	6 Scrambled Eggs Ham Toast Pineapple Juice Pears	13 French Toast Sausage Cran/Orange Juice Mixed Berries	20 Ham Cheese Eggs Muffins Fresh Fruit	27 Oat Meal Eggs Toast Apple Juice Peaches	
THURSDAY	5 Baked Fish Potatoes Cole Slaw Rye Bread Pineapple Tidbits	12 B B Q Ribs Scalloped Potatoes Mixed Veg WW Bread Whip & Chill	19 Chicken Potato Salad Corn Whole Wheat Bread Ice Cream	26 BIRTHDAY Pork Roast Potatoes Brussel Sprouts Angel Food Cake With Berries	All meals are served with coffee, tea and milk.
WEDNESDAY	4 Pork Chops Potatoes/Green Beans Whole Wheat Bread Applesauce	11 Hamburger Casserole Rice Watermelon	18 Meat Loaf Potatoes Cauliflower Whole Wheat Bread Diet Jello/Pears	25 Ham Carrots Augratin Potatoes Whole Wheat Bread Blueberries	Meals are subject to change.
TUESDAY	3 Beef Stew Fresh Rolls Orange Juice Diet Jello	10 Tomato Soup Fresh Bread Cranberry Juice Peaches	17 Chicken Veg Soup Fresh Bread Pineapple Juice Diet Pud/Van Pudding	24 Vegetable Beef Soup Fresh Rolls Orange Juice Diet Jello	31 Corn Soup Fresh Bread Cranberry Juice Sherbert
Monday	2 Ring Bologna Sauerkraut Potatoes Whole Wheat Bread Sliced Pears	9 Chicken Ala King Broccoli Rice Biscuits Mandarin Oranges	16 Chicken Salad Tomato/Cucumbers Croissant Blackberries	23 Chop Suey Rice Whole Wheat Bread Raspberries	30 Goulash Whole Wheat Bread Orange Juice Diet Jello

WILD RICE CHICKEN SALAD

2/3 cup wild rice

2 cups water

11/2 teaspoons salt

2/3 cup mayonnaise

1/3 cup milk

1/3 cup lemon juice

½ small onion, grated

Or minced

2 whole chicken breasts, cooked Skinned, boned, diced

1 can water chestnuts, drained, Sliced

2 cups seedless green grape halves

1 cup cashews

1/8 teaspoon pepper

Lettuce leaves

1. Rinse rice thoroughly with warm water in medium saucepan, drain.

Return rice to pan; add 2 cups water and 1 teaspoon of the salt. Heat To boiling, reduce heat to low. Cook covered until rice is tender, 45
To 60 minutes.

2. Combine mayonnaise, milk, lemon juice and onion in a large bowl, mix

Well. Stir in rice, chicken water chestnuts. Refrigerate, covered, several

Hours. Just before serving, stir in grapes, cashews, pepper and remaining

Salt; spoon onto lettuce-lined platter. Se ves.



ACTIVITIES



2000

FRIDAY	6 Shopping Banks Lunch 10am to 3pm	13 Shopping Banks Lunch 10 am to 3 pm	20 Shopping Banks Lunch 10 am to 3 pm	27 Shopping Banks Lunch 10 am to 3 pm	Rober
THURSDAY	5 Leave for WIEA New Zoo 1pm to 3pm	12 Anna John Nursing Home 10am to 11:30am Thrift Store in DePere 1pm to 3pm	19 Diabetic Luncheon 10am to 11:30am Crafts 1pm to 3pm	26 BIRTHDAY Gifts 12:15-12:30 pm Crafts 1pm to 3pm	Activities subject to change.
WEDNESDAY	4 Door County Apples Lunch & Thrift Store 10am to 4:30 pm	11 Fitness 9:30am to 10:30am Dollar Store Green Bay 1pm to 3:30pm	18 Fitness 9:30am to 10:30 am Therapy by Margaret 1pm to 3pm	25 Fitness 9:30am-10:30pm Farmers Market for Pumpkins 1pm-3pm	Bus leaves from the Oneida Senior Center for all trips.
TUESDAY	3 EP Worth Hall 9:30-11:30 am Crafts Cards Beads	10 EP Worth Hall 9:30-10:30am Crafts Cards Beads	17 EP Worth Hall 9:30-11:30 am Crafts Cards Beads	24 EP Worth Hall 9:30-11:30 am Crafts Cards Beads	31 EP Worth Hall 9:30-11:30am Bingo
Monday	2 Fitness 9:30am to 10:30am	Fitness 9:30am to 10:30am Bingo Site II 1 pm to 3 pm	16 Fitness 9:30am to 10:30 am	23 Fitness 9:30 am to 10:30 am Bingo Site II 1 pm to 3 pm	30 Fitness 9:30am to 10:30am Halloween Party 6pm-8pm



offered by the

Health Promotion Department

Susan Grabia, presenter



There is no charge for the series and all classes will be held at the DeCaster House, 431 Hillcrest, Green Bay Light refreshments served. Call Jet to register for any or all of the classes:

869-2448

Please call at least one week prior to the start of the class.



HERBAL BASICS - The following topics are discussed:

Aromatic Herbs and Medicinal Herbs.

October 17, 2000, Tuesday 6 - 7:30pm

HOLIDAY STRESS SURVIVAL SKILLS - Identify what causes tension Halloween through New Years and learn how to minimize the stressors and look forward to the upcoming holidays.

November 14, 2000, Tuesday 6 - 7:30pm

THE ART OF RELAXATION - Develop an understanding of personal stress responses and discover how effective relaxation techniques can be in managing everyday stressors. A variety of techniques are practiced.

November 28, 2000, Tuesday 6 - 7:30pm

FINDING YOUR BALANCE - Identify where you are on the wellness continuum. Assess where you are within each dimension of the wellness wheel. Each person will have a reusable guide to aid in maintaining a healthy balance in their life.

NOTICE NOTICE NOTICE

Due to the Elderly Services Coordinator resigning her position as of September 27, 2000, Elderly Services is asking for your patience and understanding as we continue to meet your needs.

Please call (920) 869-2448

and we will gladly assist you
with your needs and make the proper referrals.
We look forward to serving you.

HAPPY HALLOWEEN!



FROM THE ELDERLY SERVICES

Do You Have Healthy Children?



Do you know who to thank for that? Do you know why parents don't worry about losing a child to polio anymore? Do you know why more babies live to their first year now than a hundred years ago? Have you thanked anyone for this wonderful gift?

Thank the March of Dimes. It is through the work done with funding by the March of Dimes that these miracles and many more happened.

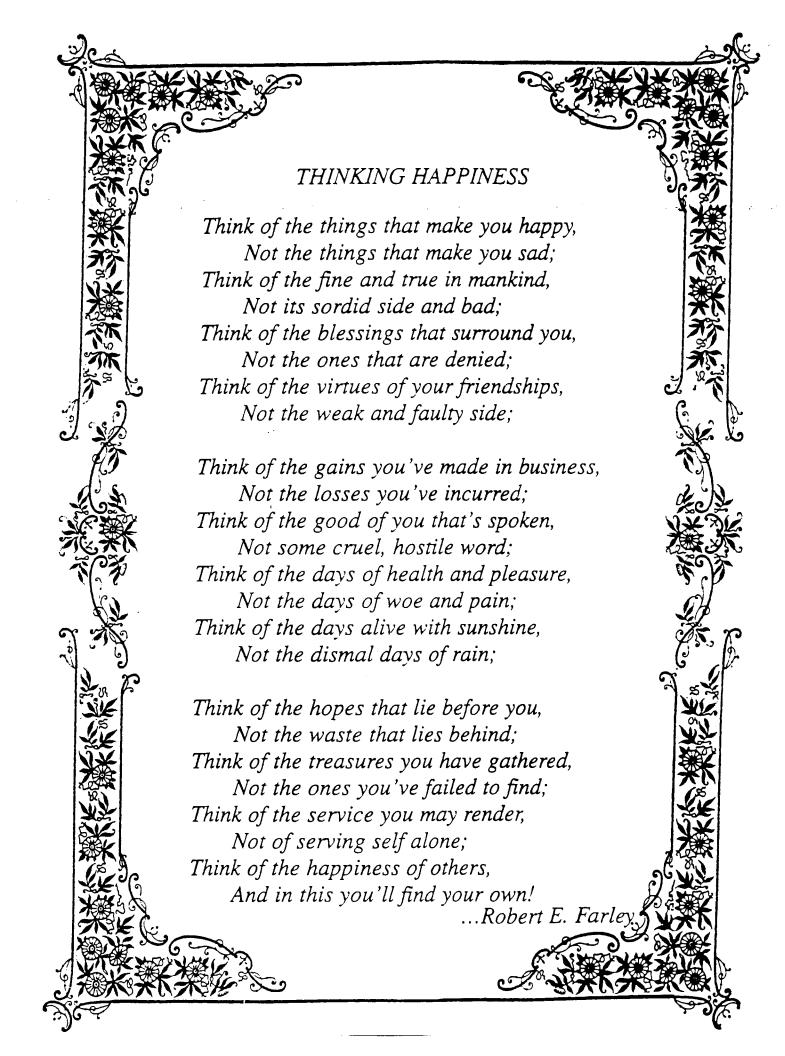
WE NEED YOU! TEAM ONEIDA NEEDS VOLUNTEERS!

There are many benefits to being a part of this great charity. Team leaders get great prizes and incentives. Invitations to fun events to meet local sports stars like Bill Schroeder, Reggie White, Adam Timmerman, and Antonio Freeman.

You will also receive the blessings of the knowledge that you have made a difference in the lives of children everywhere.

Say thanks by calling to find out what you can do.

Wendy Alvarez 490-8000 Doris Yelk-Wilberg 869-4515 Jane Schroeder at 869-2711 ext 4912



FIRST THURSDAY OF EACH MONTH FROM 9:30am to 12:30pm.

RURAL DEVELOPMENT WILL BE AVAILABLE.

Please feel free to stop in and see us. If you are interested in seeing us at any other time please, contact us at the Shawano Office at 715-524-2148, Lori Metoxen at the Oneida Elderly Complex at 920-869-2448 or Alan King the Housing Administrator at 920-833-9709.

USDA, Rural Development offers loans to purchase or build you a home.

Good credit history and stable income are required.



Rural areas and communities up to 10,000 population are eligible.

	BROWN COL	JNTY YOUR INC	OME MUST BE	BELOW:		_	_
	1	2	3	4	5	6	7
	\$28,900	\$33,000	\$37,150	\$41,300	\$44,600	\$47,900	\$51,200
VL	\$18,050	\$20,650	\$23,200	\$25,800	\$27,850	\$29,950	\$32,000
	OUTAGAMII	E COUNTY YOUR	R INCOME MUS	T BE BELOW:			_
	1	2	3	4	5	6	-/
	\$27,000	\$30,850	\$34,700	\$38,550	\$41,650	\$44,750	\$47,800
VL	\$16,850	\$19,300	\$21,700	\$24,100	\$26,050	\$27,950	\$29,900

If you own your home, need improvements, and your income is below the Very Low (VL) amount Rural Development also offers loans and/or grants to improve you home.



HOW DO YOU SPELL STRESS?

S ocial Isolation
T hinking Unrealistically
R igid Body
E motions Repressed
S elf-Neglect
S ensory Overload

HOW DO YOU RELIEVE STRESS?

S ing, Be Happy
T hink Positive Thoughts
R ead A Book, Relax
E xercise, Go For Walks
S eek The Things That Are Good
S ee The Good That You Can Do





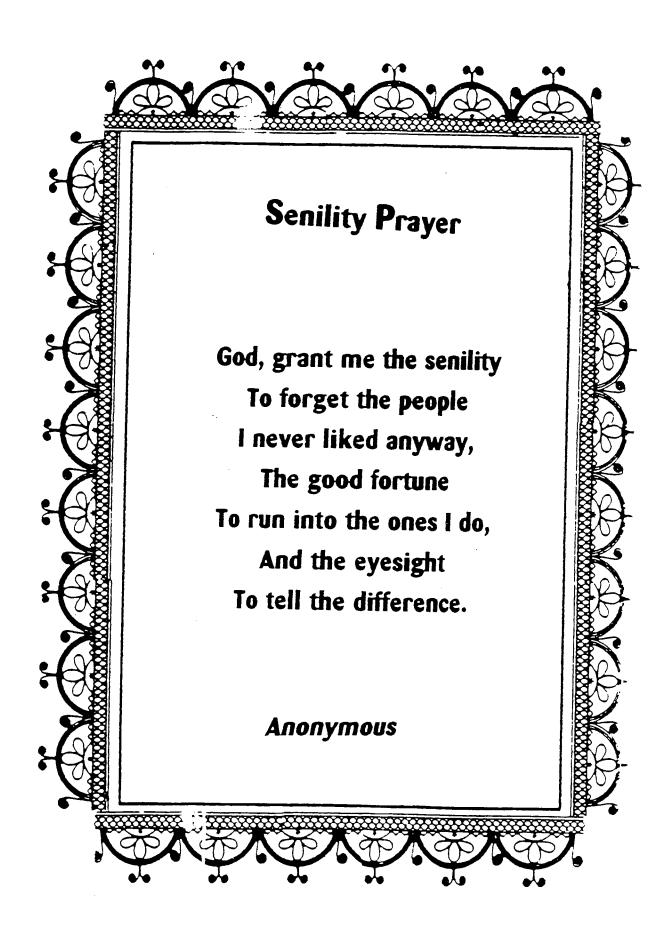
Local Senior Statesman Program Idea

The Senior Statesman program through the CWAG offers an excellent training familiarizing participants with the operation of various departments within the state government.

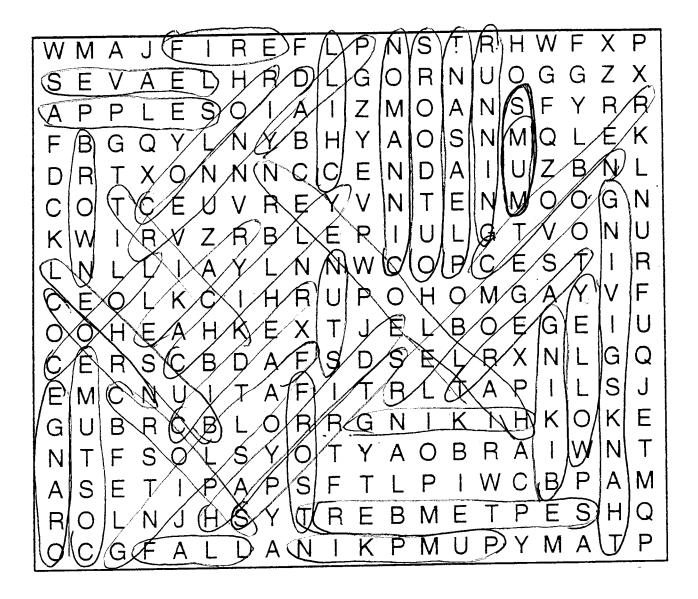
Participants have an opportunity to talk to their senator and assembly person; State Supreme Court judge and hear representatives from departments like the Legislative Fiscal Bureau, Legislative Reference Bureau, Board of Long Term Care and Bureau of Aging and Long Term Care Resources.

After the three-day session, participants have a better understanding of the workings of the state. How familiar are you with the workings of your county government? Outside you Commission on Aging members, how many people have attended a County Board meeting, toured your county garage, water treatment plant or heard plans and goals of the county parks and recreation department?

These and many more topics could be covered in your county's very own Senior Statesman program. Jerelyn Rohr and Barb Thoni from the Coalition stand read y to assist you in custom designing a Senior Statesman program for you county. Any questions, call Alice at Bay Area Agency on Aging. 1-920-469-8858 or 1-800-991-5578.



Autumn



APPLES/	
BIKING ~	
BROWN/	
BUSHEL/	
CHILL -	
CHILLY	
CIDER /	
CINNAMON	/
COLOR ~	
COOL /	

CORN COSTUME CROPS DINNER FALL FALLING FALL FROST HALLOWEEN

HIKING / LEAVES / MUMS -NOVEMBER / NUTS / OCTOBER / ORANGE / OUTDOORS -PLAY /

HAYRIDE 1

PLEASANT
PUMPKIN /
RAKE /
RUNNING /
SEPTEMBER /
SPORTS /
THANKSGIVING /
TREAT /
TRICK /
YELLOW /

FOR AGENDA PLANNING, PLEASE SUBMIT THIS FORM TO: ONCOA
Chairperson and ONCOA Secretary at the Elder Services
Complex Ten (10) Days before the ONCOA Regular Meeting Second Tuesday of the Month

ONCOA AGENDA REQUEST FORM

REG	GULAR MONTHLY	ONCOA AGENDA					
			· · · · · · · · · · · · · · · · · · ·	(SCHEDULED DATE)			
	CIAL MEETING AC y Request and Notice - 0		(SCHEDULED D	(SCHEDULED DATE)			
	-		N? □ YES	□ NO			
(Must comply with State Statutes 19.85 and Open Meetings Law) PURPOSE OR ITEM FOR DISCUSSION: Information Only Action Requested APPROXY THAT PROXY TEMPS TO THE P							
*NOTE: There is a prompt, prepared a	a fifteen (15) minute ting nd respect the time lim	ne limit for presentat its.	ions, unless otherwise appr	MINUTES oved. Please be			
1)							
2)							
REQUESTED BY:		Title	Phone DA	ΓE:			
This box is for ON	COA Officers to comple	te. Please do not writ	e in this box.				
APPROVED FO				etti (1) 1982 - Hillion Holling (1) 12			
□ Next Regula	r ONCOA Meeting	□ S	pecial ONCOA Meeting				
□ Executive Se	ession		Not ONCOA Business				
RECEIVED BY:			DATE:				

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.

Vame	Phone Number ()			
Address	Social Security Number			
City State Zip Cod	e County	DOB	/	
OUR PROGRAM POLICY FOR SERVICES is age, that are disabled/handicapped, living alone. are listed are our priority.				
Pease check the appropriate responses:				
Martial Status:MarriedSing	leWidowedDivorced			
Living Arrangement:Lives Alone Do You:RentOwn		s with Others* v many Others	*	
Verified monthly Household Income:	0-to-\$686.00\$687.00-to-\$924.00	\$925.0)0 + up	
Race:Native American	nCaucasianLatinoAsia	anAfric	an Ame	erican
Tribal Affiliation:	Enrollment Numb	er		
General Health status:Excellent	GoodFairPoor*			
*If poor please list health condition				
Do you currently have any of the following	:GuardianPower of AttyF	inances	Health_	· ·
	MedicareMedicaid	_Representativ	e Paye	2
	None of the A	Above		
In case of an emergencyplease contact	Name			
	Phone Number ()			
	Relationship			
The above information is correct to the best of for denial of services. All of the information of have signed an authorization form for release of Services.	on the enrollment form is confidential and will	not be released	to any p	ersons unles
Signature	Doto			

Please return to
Oneida Elderly Services Complex
Service Coordinator
2907 S Overland Rd
Oneida WI 54155

3-13-00 lym

					,