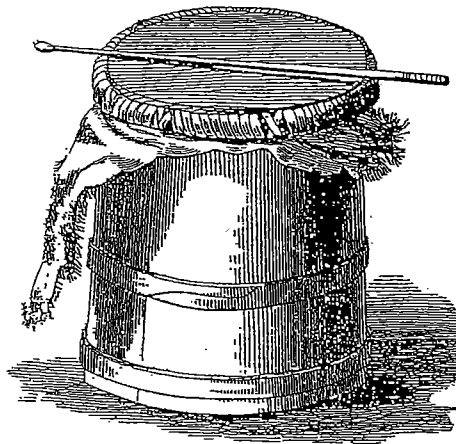


# DRUMS ACROSS ONEIDA

SENIOR CENTER  
134 Riverdale Dr.

P.O. Box 365



ELDERLY SERVICES  
2907 S. Overland Rd.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Food Storing Moon

October 2002

Join us for the  
"Strengthening Families" MEMORY WALK  
sponsored by the Domestic Violence and Elderly  
Services programs of the Oneida Nation in honor of  
the late Roberta J. Kinzhuma, Elderly Services Director



October is National Domestic Violence Month.  
We want to prevent continued abuse in our families, homes,  
and bring an awareness of Domestic Violence by promoting  
safety for our elders, youth and children.

SATURDAY OCTOBER 5, 2002  
WALK BEGINS AT 9:00 AM AT  
ONEIDA POLICE DEPARTMENT

LOOK FOR  
SENIORCARE  
BOOTH  
INSIDE  
ELDERLY SVS  
BLDG

## WALK ROUTE:

1.5 miles from Oneida Police Station to Florist Drive to Overland to Oneida Elderly Services building at conclusion of walk, a tree planting ceremony and honoring family members of Roberta Kinzhuma will be conducted

Refreshments will be available, day long activities on Elderly Services grounds at conclusion of walk, speakers, booths, free t-shirts, sweatshirts, bags to be given away at event.

**ELDERLY SERVICES COMPLEX:**

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

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

Vacant  
Florence Petri  
Lori Metoxen  
Julia Hill  
C.J. Doxtater  
Cheryl Ault  
Noreen Powless  
Vacant  
Lorna Christjohn  
Vacant  
Vacant  
Margaret King-Francour  
Cindy Brabbs  
Amy Sumner  
Joanne Close  
Lorleen John  
Regina Vande Hei  
Debbie Ninham  
Marty Braeger  
Arleen Elm  
Rita Summers

**ONEIDA SENIOR CENTER:**

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  
Outreach Worker  
Title V  
Title V  
Title V  
Title V  
Title V

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

Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Althea Schuyler  
Catherine Granquist  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Denise Johnson  
Jared Skenadore  
Harold Dostalek  
Warren House  
Winona Mencheski  
Vacant  
Vacant  
Marie Scott  
Grover Smith

**Up Close and Personal With,  
Florence Petri, Interim Program  
Director**

I was born in Green Bay, Wisconsin, on June 21, 1949 to the late Levander and Mary Hill. I have one brother and three sisters. I have five children and thirteen grandchildren.

The Elders are the Grandparents that I don't have. I like being around them. I enjoy listening to their stories. We can learn a lot from the Elders. I will be graduating from UWGB in December 2002 with a Bachelors Degree in Business Administration & Economics.

**1. When you were a child, what did you think you'd like to be when you grew up?**  
A nurse

**2. Who or what had the biggest influence in your life?**  
My grandmother, Electa Skenandore

**3. What do you consider to be your greatest accomplishment?**

Getting my degree. I will be graduating from UWGB in December of 2002 with a Bachelors Degree in Business Administration and Economics.

**4. Is there something you've always wished you were great at doing?** Speaking the Oneida Language and Spanish.

**5. What is the best advice anyone ever gave you?**

You can accomplish anything you want, if you just put your mind to it.

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

Life has just begun.

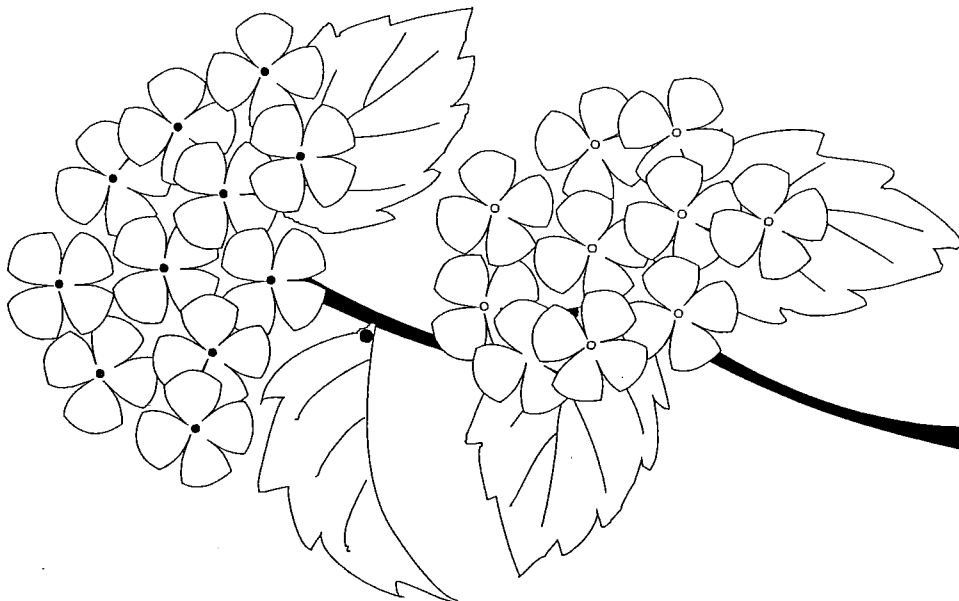
**7. What is your ideal vacation?**

Two weeks in Hawaii.

**Favorite Meal:** Steak & American Fries & Banana Cream Pie

**Favorite Music:** Oldies & Elvis Presley

**Favorite Movie:** Terms of Endearment



# Domestic Violence Awareness Month October 2002

\*\*\*\*\* "Strengthening the Family" \*\*\*\*\*

## YOU & YOUR FAMILY ARE INVITED TO:

Come support and learn about Domestic Violence while having fun on Saturday October 5<sup>th</sup> & 6<sup>th</sup>, 2002. Please come join us for this exciting event!

WHEN: Saturday Oct. 5<sup>th</sup>, Walk with Elders event (from Police Station to Elderly Complex

TIME: 8:30am - 3:00pm with a variety of events, variety of booths, music, prizes, food, recognitions, crafts, etc.

WHERE: Behind the Elderly Complex Building (on Overland Rd)

////////////////////////////////////  
WHEN: Sunday Oct. 6<sup>th</sup>, Family Day

TIME: 11:00 am - 3:00pm with a variety of events and fun booths, games, prizes, food, Scavenger Hunt, etc.

WHERE: Decaster Building/Property

WHY? It's National Domestic Violence Month. To prevent continued abuse in our families, homes, and bring an Awareness of Domestic Violence. Promote safety for our elders, youth & children.

**Free Sweatshirts & Bags  
Games for the whole family & Food  
Gift Certificates, Prizes, Food**

### From the Recipe Box

#### **Zucchini Squares**

8 C. Zucchini, peeled and sliced like apples  
2/3 C. Lemon juice  
Cook until tender.

Add 1 C. Sugar  
½ tsp. Nutmeg  
½ tsp. Cinnamon

Crust: 3 sticks of Oleo  
4 C. Flour  
2 C. Sugar

Put half of crust mixture in bottom of 9x13 cake pan and bake for 10 minutes in 350 degree oven. Pour cooked zucchini mixture and cover with remaining crust. Bake at 375 degrees for 40 minutes.

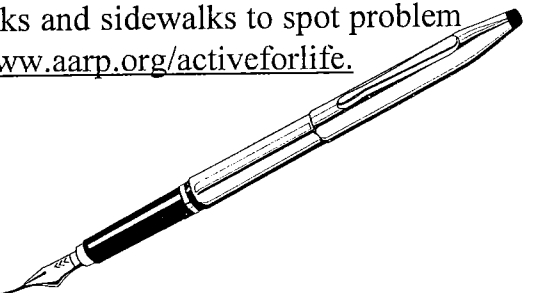
### New Drive Helps 50+ Americans Stay 'Active for Life'

Common sense and current science agree that exercise helps people live longer, healthier lives. The benefits are so compelling that AARP and the Robert Wood Johnson Foundation have joined together to launch a major program encouraging Americans age 50 and older to make exercise a part of their daily lives.

The initiative, "Active for Life," aims to get older people up and out and exercising for at least 30 minutes a day, five days a week. It will use ads, a website, booklets and a variety of programs to encourage exercise.

"Increased physical activity is one of the most important things Americans 50-plus can do to improve their health," says Bill Novelli, AARP executive director.

In pilot programs in Richmond, Va., and Madison, Wis., Active for Life is working with community groups, city health officials and businesses to publicize exercise and identify obstacles to staying fit. Volunteers will monitor traffic, parks and sidewalks to spot problem areas for walkers and bikers. For more information, visit [www.aarp.org/activeforlife](http://www.aarp.org/activeforlife).



# MENU

# OCTOBER

# 2002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with coffee, tea, and milk.	1 Beef Stew Fresh Rolls Cranberry Juice Diet Jello	2 Pork Chops Potatoes Green Beans W/W Bread Applesauce	3 Spagetti Lettuce Bread Stix Raspberries	4 Scramble Eggs Ham Toast Pineapple Juice Pears
7 Ring Bologna Sauerkraut Potatoes W/W Bread Mandarin Oranges	8 Bean Soup Fresh Bread Cranberry Juice Peaches	9 Hamburger Casserole Rice Watermelon	10 B B Q Ribs Scalloped Potatoes Mixed Veggies W/W Bread Whip & Chill	11 Poached Eggs Sausage Hash Browns Toast Mixed Berries
14 Chicken Salad Tomatoes Cucumbers Croissants Blackberries	15 Chicken Veg Soup Fresh Bread Pineapple Juice Diet Vanilla Pudding	16 Meatloaf Potatoes Peas W/W Bread Diet Jello w/Pears	17 Chicken Potatoes Corn W/W Bread Ice Cream	28 Ham Eggs Cheese Cinnamon Rolls English Muffins Fresh Fruit
21 Chop Suey Rice W/W Bread Raspberries	22 Veg Beef Soup Fresh Rolls Orange Juice Oatmeal Raisin Cookies	23 Ham Carrots Au gratin Potatoes W/W Bread Blueberries	24 Pork Roast Potatoes Brussels Sprouts W/W Bread Applesauce	25 Oatmeal Bacon Eggs Toast Apple Juice Peaches
28 Goulash W/W Bread Orange Juice Diet Jello	29 Pea Soup Fresh Bread Cranberry Juice Sherbert	30 Brats Oven Brown Potatoes Green Beans W/W Bread Whip & Chill	31 BIRTHDAYS Sloppy Joes Mac Salad Baked Beans Cup Cakes	Meals are subject to change.

# Cancellation Notice

Due to a staffing shortage the Diabetic Luncheon is being cancelled for September and October. We hope to be back in November. We will miss seeing you all.

Stay happy and healthy. We look forward to meeting again in November.

Sincerely,

*Betty Schwantes RDCDE.*

Oneida Community Health Center  
Nutrition Department

# **Foot Care Clinics**

**You're invited to make an appointment for the  
Foot Care Clinic sponsored by the Bellin  
College of Nursing and Oneida Community  
Health Nursing**

**When:**

**October 2**

**October 16**

**October 30**

**November 13**

**8:30 to 11 a.m.**

**Location: Elderly Services Apartments  
2907 S. Overland Road  
Lounge Area of Building A**

**Call 869-2711 Extension 4840 to schedule an  
appointment**

**\* Note: Clinics will be held on Wednesdays  
instead of Fridays this year.**







## Rural Development at the Elderly Mealsite

First Thursday of Every Month  
9:30 a.m. – 12:00 p.m.

504 Home Repair Loans and Loan/Grant Combinations.  
502 Home Purchase to build or buy.

*Programs available to low and very-low income households.*

Stop in for details or call the mealsite at 1-920-869-1551.  
Shawano Rural Development Office 1-715-524-2148.



## **Reminder:**

Daylight-savings time  
ends on Sunday, October  
27th.

# 2002

# OCTOBER

# ACTIVITIES

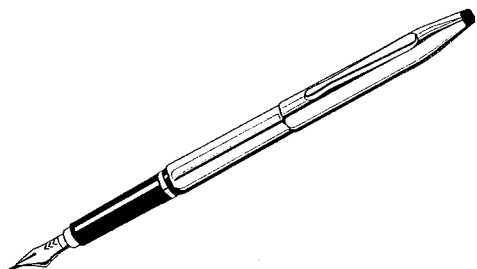
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Check out</b> <b>Sat. Oct 5 (9am)</b> <b>Memory Walk in</b> <b>honor of the late</b> <b>Roberta Kinzhuma</b>	<b>1</b> Crafts @ Epworth Hall 9:30-11:30	<b>2</b> Fitness 9:30-10:30 Bingo Hwy H 1:30- 3pm	<b>3</b> Shopping/Banks Lunch out 10-3 pm	<b>4</b> Cooking for Saturday Bake Sale Hwy H 9:30am-3:30pm
<b>7</b> Fitness 9:30-10:30 Bingo @Site 2 1pm	<b>8</b> Crafts @ Epworth Hall 9:30-11:30	<b>9</b> Fitness 9:30-10:30 Salvation Army 1pm or Bingo Hwy H 1:30- 3pm	<b>10</b> Decorate Your Own Apron 10 am- 11:30am Hwy H	<b>11</b> Shopping Banks Lunch Out 10-3 pm
<b>14</b> Picture Post Cards 1:30pm - 3:00pm Hwy H	<b>15</b> Crafts @ Epworth Hall 9:30- 11:30	<b>16</b> Stockbridge-Munsee Trip leave 9 am Bingo Hwy H 1:30- 3pm	<b>17</b> Halloween Craft 10 am- 11:30am Hwy H	<b>18</b> Shopping Banks Lunch Out 10-3 pm
<b>21</b> Fitness 9:30-10:30 Bingo @Site 2 1pm	<b>22</b> Crafts @ Epworth Hall 9:30- 11:30	<b>23</b> Fitness 9:30-10:30 Bingo Hwy H 1:30- 3pm	<b>24</b> AJNH visit 10-11am	<b>25</b> Shopping Banks Lunch Out 10-3 pm
<b>28</b> Chair Exercise 1pm-2pm Hwy H	<b>29</b> Bingo @ Epworth Hall 9:30- 11:30	<b>30</b> Fitness 9:30-10:30 Bingo Hwy H 1:30- 3pm	<b>31</b> Birthdays Gifts @ Sr. Ctr 12:15pm - 12:30pm Halloween Party 1-3pm Sr. Ctr	Bus leaves from the Oneida Senior Center for all trips. Activities are subject to change.

## Site 2 Elder Bingo

October 7,	1:00-3:00
October 21,	1:00-3:00

November 4,	1:00-3:00
November 18,	1:00-3:00

December 2,	1:00-3:00
December 16,	1:00-3:00
December 30,	1:00-3:00



## ABC'S of Aging

**A** is for arthritis.

**B** is for bad back,

**C** is for chest pains. Corned beef? Cardiac?

**D** is for dental decay and decline,

**E** is for eyesight – can't read that top line.

**F** is for fissures and fluid retention

**G** is for gas (which I'd rather not mention and not to forget other gastrointestinal glitches)

**H** is for high blood pressure

**I** is for itches, and lots if incisions

**J** is for joints, that now fail to flex.

**L** is for libido - what happened to sex? Wait I forgot about K!

**K** is for knees that crack all the time (But forgive me, I get a few lapses in my

**M** - memory from time to time)

**N** is for nerve (pinched) and neck (stiff) and neurosis

**O** is for osteo - for all the bones that crack

**P** is for prescriptions, that cost a small fortune

**Q** is for queasiness. Fatal or just the flu? Give me another pill and I'll be good as new!

**R** is for reflux - one meal turns into two

**S** is for sleepless nights, counting my fears on how to pay my increasing medical bills!

**T** is for tremor; I can't read my writing and the word "terminal" also rings too near

**U** is for urinary and the difficulties that flow (or not)

**V** is for vertigo, as life spins by

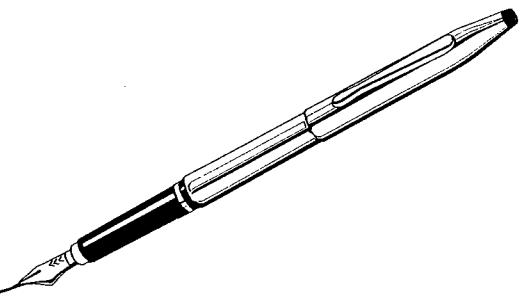
**W** is for worry, for pains yet found

**X** is for X-ray - and what one might find

**Y** is for year (another one I'm still alive) so

**Z** is for zest

For surviving the symptoms my body's deployed, and keeping twenty-six doctors gainfully employed.



### It All Depends on the Way You Look at Things

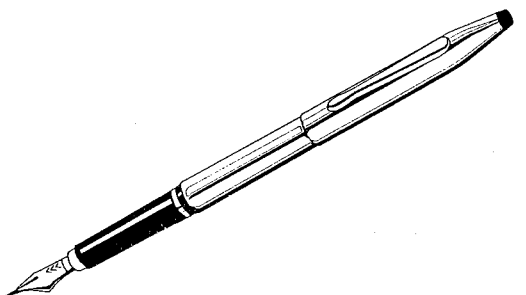
One day a father and his rich family took his son on a trip to the country with the firm purpose to show him how poor people can be. They spent a day and a night on the farm of a very poor family.

When they got back from their trip the father asked his son, "How was the trip?" "Very good Dad!"

"Did you see how poor people can be?" the father asked. "Yeah!" "And what did you learn?" The son answered, "I saw that we have a dog at home, and they have four. We have a pool that reaches to the middle of the garden; they have a creek that has no end. We have imported lamps in the garden. They have stars. Our patio reaches to the front yard. They have a whole horizon."

When the little boy was finishing, his father was speechless. His son added, "Thanks Dad for showing me how poor we are!" Isn't it true that it all depends on the way you look at things? If you have love, friends, family, health, good humor and positive attitude toward life - you've got everything! You can't buy any of these things, but still you can have all the material possessions you can imagine, provisions for the future, etc., but if you are poor of spirit, you have nothing!

Have a prosperous day!





## Smart

My dad gave me a one dollar bill  
‘Cause I’m his smartest son,  
And I swapped it for two shiny quarters  
‘Cause two is more than one!

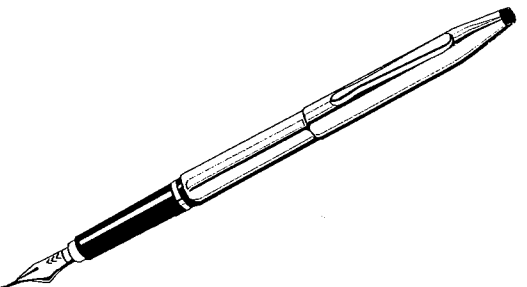
And then I took the quarters  
And traded them to Lou  
For three dimes - I guess he don’t know  
That three is more than two!

---

Just then, along came old blind Bates  
And just ‘cause he can’t see  
He gave me four nickels for my three dimes,  
And four is more than three!

And I took the nickels to Hiram Coombs  
Down at the seed-feed store,  
And the fool gave me five pennies for them,  
And five is more than four!

And then I went and showed my dad,  
And he got red in the cheeks  
And closed his eyes and shook his head -  
Too proud of me to speak!



## Lower Lipids Decrease Chance of Heart Attack and Stroke

Lipids are the fatty substances in your blood. Too much of the wrong kind of lipids increases your chance of heart attack and stroke. This is especially true if you have diabetes.

Your doctor can order a test called a lipid panel that tells your levels of each type of lipid. If your lipid levels are too high, you can lower them through weight loss, diet changes, exercise, reducing alcohol use, and quitting smoking.

### What are Lipids?

Lipids are four types of fatty substances found in human blood. Each type is important for a different reason.

**Cholesterol** itself is not bad. Your body makes its own supply because cholesterol is an essential building block for your body. It helps make certain vitamins and hormones in your body. The problem with cholesterol is that when your level increases beyond a certain point, so does your risk for heart disease, especially if you have diabetes.

Cholesterol builds up in your body for two reasons:

- ✓ You eat too much food that contains cholesterol or saturated fats
- ✓ Your body does not use up enough of the cholesterol in your body

Most people can reduce the amount of cholesterol in their blood by eating less food containing saturated fat. By exercising you can reduce the build-up of cholesterol in your blood.

**HDL (high-density lipoprotein)** is

often referred to as “good cholesterol.” HDL gets this good reputation because it carries cholesterol away from the blood vessel walls to the liver where it is broken down and sent out of the body. Therefore, the more HDL you have in your blood, the better!

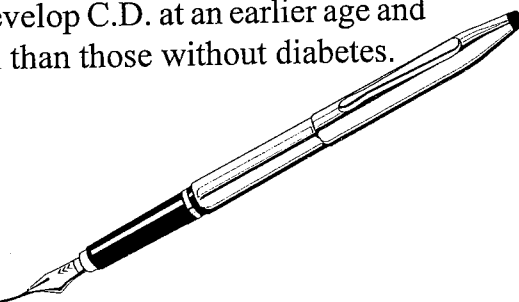
**LDL (low-density lipoprotein)** is often referred to as “bad cholesterol.” LDL’s job is to carry cholesterol to parts of the body that need it. The problem is that along the way, LDL can stick to blood vessel walls, leading to atherosclerosis (“hardening of the arteries”). The less LDL in your blood, the better.

**Triglycerides** are always present in your blood, especially after you eat foods high in saturated fats. If you have too many triglycerides in your blood you face a higher risk of heart attack, stroke, and transient ischemic attacks (“mini-strokes”).

### Why should I be concerned?

All adults should be concerned about their lipid levels, because high lipid levels, because high lipid levels increase the risk of developing cardiovascular disease (C.D.). Cardiovascular disease is a broad term that includes heart disease, stroke, high blood pressure, congestive heart failure, hardening of the arteries, and other diseases of the circulatory system.

For Native Americans, African Americans, and Hispanic Whites, high lipid levels are a particular problem. Members of these groups are more likely to develop diabetes, and people with diabetes develop C.D. at an earlier age and more often than those without diabetes.



## Are you Nutritionally Fit?

Read each statement and circle the response that applies to you. Add up your total and see **Results** below.

**Do you:**

Eat chicken, fish and lean cuts of beef and pork.

**Rarely**

1

**Sometimes**

5

**Often**

10

.....  
Eat at least a total of five servings of fruits  
and vegetables per day.

1

5

10

.....  
Eat foods such as bacon, sausage, hot dogs  
or luncheon meat.

10

5

1

.....  
Choose potato chips, corn chips, cheese curls,  
candy bars or cookies for snacks.

10

5

1

.....  
Read food labels at the grocery store to find out  
how much salt or fat is in the foods.

1

5

10

.....  
Eat low-fat or nonfat dairy products like skim or  
2% milk, low-fat cheese, low-fat yogurt

1

5

10

.....  
Limit fried foods to one serving per day.

1

5

10

.....  
Maintain a healthy body weight.

1

5

10

.....  
Pick low-fat foods when eating at fast food  
restaurants.

1

5

10

.....  
Choose doughnuts, biscuits or sweet rolls for  
breakfast.

10

5

1

.....  
Choose reduced fat or fat-free products, when  
available.

1

5

10

.....  
Add a lot of margarine, butter, salad dressings,  
sour cream, gravy and sauces to food.

10

5

1

.....  
Balance a high-fat dinner by choosing low-fat  
foods for breakfast and lunch.

1

5

10

.....  
Exercise (walk, run, swim, ride a bike)  
3 to 4 times a week.

1

5

10

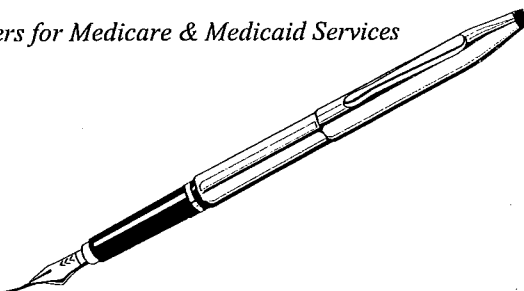
### Results

15 - 74=You can do better

75 - 112=You're on your way

113 - 150=Keep up the good work

*This material was produced by MetaStar under a contract with the Centers for Medicare & Medicaid Services (CMS).*





## **Scam Alert**

### **Car Repair Rip-Offs**

You've taken your car to a repair shop after noticing that it pulls sharply to the right whenever you hit the brakes. The mechanic tells you that your front disc brakes need to be adjusted, asks you to leave your car and says he'll call with an estimate. What should you do?

The short answer: Find another repair shop. Front disc brakes are self-adjusting, which means that something else - Maybe a problem with the left front caliper - is causing your car to pull to the right.

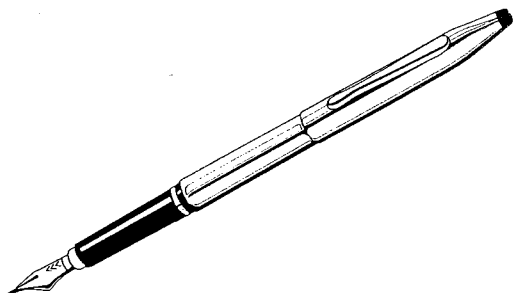
Auto repair rip-offs, in fact, consistently rank among the top five consumer complaints in many states according to the Consumer Federation of America. Older Americans are often targeted because they are perceived as having more money. They also tend to be more concerned than younger drivers about issues of safety and liability.

So how do you protect yourself against auto repair fraud? Here's some advice from the experts:

Find a good auto repair shop before you need one. "Go to somebody you know." says John Nielsen, the director of AAA's Approved Auto Repair program.

Protect your rights as you go. Get a written estimate before authorizing repairs, request that all replaced parts be returned and insist on a detailed invoice of work done, including and itemized description of parts and labor charges.

For major repairs, get a second, or even a third opinion.



COMMUNITY MEETING FOR OUR ELDERLY TRIBAL MEMBERS  
TUESDAY - SEPTEMBER 24, 2002  
MULTI-PURPOSE CENTER  
1:00 p.m. - 3:00 p.m.  
SPONSORED BY: ONCOA

MEETING NOTES

IN ATTENDANCE: Frank Summers, Julie Denny (Assistant to Councilman, Paul Ninham), Carole Liggins (Assistant to Vice-Chair, Kathy Hughes), Lori Metoxen (Benefit Specialist Supervisor), Deb Ninham (Respite Worker-Elderly Services), Florence Petri (Interim Program Director), Reka Smith, Ella Sauer, Amanda Summer, Marsella Powless, Bradley W. Graham, Roy Skenandore, Erv Thompson, Glenn C. Skenadore, Cynthia Thompson, Donald Davids, Phyllis Davids, Pearl McLester, Barbara Mendolla, Elaine Rentmeester, Millie VerBrugger, Lois Powless (ONCOA), Susan Daniels (Administrative Assistant - ONCOA), Lois Strong (ONCOA), Peter J. King, Mary E. Dodge, Luann King, Gwenevere Skenandore, Madelyn Genskow, Erma Doxtator, Margaret King Francour, Bob, Rick Summers, Pearl Summers. Others came into the meeting late and may not have signed in.

Arlie Doxtator, Secretary for ONCOA facilitated the meeting. He opened the meeting with a prayer and welcomed all who came. Arlie indicated the meeting was scheduled as a result of a request by an elder to have informational community meetings. Arlie opened the floor for ideas, comments, questions and suggestions.

I. PER CAPITA/SSI: Lois Powless indicated she had worked on this issue before and it had gone as far as the OBC level. Lori Metoxen was also involved in investigating why SSI was being withheld from the elderly. Elders did not receive SSI for September because the per capita will be distributed on September 30. The question was that when someone receives SSI they are to report any other income and then the next month's check would be affected. INFORMATION: People on SSI have the lowest income. They receive less than \$400 per month. ONCOA needs to advocate around this issue. SSI checks were sent out after Lori raised her concerns. QUESTION: Isn't it illegal to stop the check before the elderly actually receive their per capita? Isn't it the elderly's responsibility to report other income? The money should be taken out after per cap, not before. Why wasn't someone here from the OBC to explain this? Doesn't per cap have to be reported on taxes. COMMENTS: Some people seemed to think there was a "list" that was sent to SSI identifying those who would receive per cap and therefore, that is how their checks got stopped. CAROLE LIGGINS: THERE IS NO LIST!!! There should be follow up at the OBC level to straighten out the issue so this doesn't happen again next year. The OBC will provide a report to ONCOA outlining the process used to handle SSI and per capita. LORI METOXEN: Because elders reported to SSI the year before the receipt of per capita, there is information now that exists with

SSI the would red flag future per capita payments. ONCOA WILL INVESTIGATE AND REPORT BACK IN DRUMS about this issue. SUGGESTION: Talk to Congressman, bring this issue to their attention. OBC to be made accountable??? Issue per cap checks at the beginning of the month. QUESTION: What is the status of the proposal submitted by Carol Smith regarding a change in the policy and the age requirement? Currently a tribal member must be 62 by January 1 of the year per capita is to be paid. There is an amendment being proposed that if your birthday is anytime during the year per capita is to be distributed, and you will be 62 on that birthday, you will get payment for that year. CAROLE LIGGINS: There will be a public hearing soon to comment on the proposed amendments to the Per Capita Ordinance. All should come to that meeting to address their concerns. Lois Powless will ask the question of OBC once we get our quarterly meeting schedule worked out with them.

## II. OTHER CONCERNS:

- A. What kind of money are we getting from WalMart and S&L?
- B. What was our investment in Airadigm? Is there a return?
- C. What is up with Aradigm, Howard Johnson. Would like info on all our investments. There was a \$10 million investment (in Aradigm?) and to date there has been a total of \$50-60 million.
- D. Would like information meetings once a month to find out what is going on in the tribe.
- E. Would like to see secret ballot voting system at GTC meetings.
- F. Quorum: The OBC doesn't sign in if they don't want a quorum. We need a resolution that EVERYONE must sign in or leave the meeting.

There were 59 people at the budget meeting on Monday, September 23. There was no quorum. The OBC will take up the agenda/budget issue on Wednesday, September 25 at 5:00 p.m. QUESTION: Isn't it a requirement that a 30-day notice be given to the membership if there is no GTC quorum and the issue is to be discussed/decided by OBC? Lois Powless will research the 30-day notice and report back through DRUMS.

- G. Budget - The decision for the budget will go to OBC because there was no GTC quorum. Everyone should go. Did you know that the OBC is prepared to take out a \$9million loan to invest in more ventures: That we have lost over \$100 million already in investments such as ORTEK, Howard Johnson, Woodland Construction, ONE, Aradigm? There was a note on the flyer that went out for the GTC budget meeting indicating that if there was no quorum the OBC would vote on the budget on September 25, 2002. Maybe this satisfied the required 30-day notice. Community Support program is cut out of the 2003 budget.
- H. It is inconvenient to meet at the Norbert Hill Center for some of the elderly, to get to the second floor. Everyone should go to the OBC budget meeting on September 25. Some issues of concern include: 1. Put \$ in the budget for Community Support; 2. Don't borrow \$9 million for venture fund; 3. Pay the 20 or 30% matching to get buses for our community; 4. Need OBC to approve eight (8) elderly workers to work 20 hours. This is to pick up the Title V workers that

we will be losing. The cost would be around \$65,000 a year.

I. Parish Hall - They don't open the back door for wheelchair people.

J. Gas Card. Why does it take so long from the time you apply to the time you get your card?

K. Septic Tank: Must call to get filter checked out. If they change or clean the filter, they charge you for it. FLORENCE PETRI: Septic cleaning is a utility bill. Elderly Services does not pay utility bills. There is a \$40 elderly rate charge for cleaning septic filters. It is the homeowners responsibility to pay these bills.

L. Contract Health is not paying for bills. Names are going to collection. Elders are not going to the doctor because they do not want their name going to collection. Volunteers are currently doing billing in Contract Health. There is a big turn over of staff at Contract Health. Why?

M. The manager at Oneida Housing Authority is rude to elders.

N. Rides for dialysis. One husband takes his wife every other day for the past six months for dialysis. What can be done about it. ARLIE indicated he had met with Lorna Christjohn about transportation. Her program has lost two drivers. Lorna is now transporting. The Transportation Department has an opportunity to get two buses with lifts from Madison. The state will pay either 70 or 80% if the tribe matching the 30 or 20%. The tribe won't pay their share in order to get the buses.

O. There is a problem with HRD and their hiring policies.

ONCOA has a lot of power but is not using it. They need to be more organized and get the elderly population organized.

III. PREVENTIVE MAINTENANCE: Luann King indicated that elders who have private wells should be concerned about water quality. Poor quality is doing damage to appliances. Elders are buying bottled water. They need a water treatment system, but they are expensive. The elders cannot afford them. The water filtration recycles water and dumps it into the septic system, which requires the need to have the septic pumped more often. Luann is trying to work with grants to find out if we can get funds to help the elderly buy these water filtration systems.

IV. VOLUNTEERS: Green Bay has between 600-800 volunteers. Why can't Oneida get volunteers? ARLIE: The Faith-In-Action program needs 20 volunteers in order to receive training through NWTC. There are now 15 people signed up, they need 5 more. Faith-In-Action helps with people in the community, for example, they relieve care givers, etc. As far as insurance is concerned, Steve Hill came to a Faith-In-Action meeting and indicated that the volunteers in this program are covered, however, they will still need a background check. All are welcomed to this group.

P. Other casinos have special parking for tribal elderly, why doesn't Oneida? Our main casino and the casino on Hwy 54 are really dirty. Why don't elders get Match Plays anymore? ANSWER: Ron Summers said that there is only a 35% turn around for match plays in the casino. Most people come, cash them in and

leave.

Q. There will be an informational meeting on September 30 from 1:30 - 3:30. (See the KaliWisaks). There will be presentations on many of the programs within the tribe. Encourage everyone to attend to learn about these programs.

R. Can elders have a place to display their crafts? FLORENCE: Elderly Services is working on a policy for the store at the center for such things.

S. Garbage Pickup - Why do we have to pay extra to have some things picked up, like chairs, refrigerators, stoves, etc. There is an extra \$50.00 charge. SUGGESTION: Take recyclables to the building on 54, there is a landfill in DePere, a truckload is only \$3.00 to dump. They take freezers and refrigerators, or call the Environmental Department for help with this

T. DRUMS: Why does DRUMS come out so late? By the time some people get it, all the activities are over already.

Respectfully submitted,

Susan G. Daniels, ONCOA

The Oneida Nation Commission on Aging commissioners would like to thank those who attended the meeting and gave their input. The commissioners will begin to research information about each of the issues raised and will continue to update the elders of our community in both the DRUMS and Kalihwisaks. Watch for more community meetings!!

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

\_\_\_\_\_ REGULAR MONTHLY ONCOA AGENDA

\_\_\_\_\_ (SCHEDULED DATE)

\_\_\_\_\_ SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

\_\_\_\_\_ (SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ YES

☐ NO

(Must comply with State Statutes 19.85 and Open Meetings Law)

PURPOSE OR ITEM FOR DISCUSSION: ☐ Information Only ☐ Action Requested

APPROX. TIME REQUESTED TO DISCUSS ITEM: \_\_\_\_\_ MINUTES

**\*NOTE:** There is a fifteen (15) minute time limit for presentations, unless otherwise approved. Please be prompt, prepared and respect the time limits.

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

1) \_\_\_\_\_

2) \_\_\_\_\_

REQUESTED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

Name

Title

Phone

*This box is for ONCOA Officers to complete. Please do not write in this box.*

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

**DATE:**     /     /

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

**Please check the appropriate responses:**

**Living Arrangement:**           Lives Alone           Lives with Spouse           Lives with Others\*  
**Do You:**           Rent           Own           How many Others\*  
 \_\_\_\_\_

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

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

**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

H:\Newsletter\ENROLLME.WPD(1/25/02)

# SeniorCare

## Sign Up Now!

SeniorCare is a new program designed to help Wisconsin residents age 65+ with the cost of prescription drugs.

SeniorCare has three levels of participation. Only your projected income is considered in calculating individual levels of participation. Assets such as your house, your car, your savings, any other possessions **DO NOT COUNT**.

There is a \$20.00 application fee attached to this program but we will help you with this fee please bring in your tribal enrollment card to be eligible for the payment.

### **SIGN UP:**

**Oneida - October 1st, 3rd and 10<sup>th</sup> at the Senior Center (meal site)  
10 a.m. to 3 p.m.**

**Milwaukee- October 14<sup>th</sup> and 15<sup>th</sup> SEOTS Office 2778 S. 35<sup>th</sup> Street  
Milwaukee 9a.m. until 5 p.m. on the 14<sup>th</sup> and 9 a.m. until 1:00 p.m. on the 15<sup>th</sup>.**

Call to make an appointment at (920) 869-2448 to 1(800) 867-1551.

**\*SeniorCare sign up will be available at the "Strengthening Families" Memory Walk in honor of the late Roberta J. Kinzhuma, Elderly Services Director on October 5<sup>th</sup>, 2002 9:00 a.m. the walk begins from Oneida Police Department and walks to Oneida Nation Elderly Services Complex (approximately 1.5 miles) a special tree planting ceremony honoring Roberta will take place after the walk. Special Events all day, Refreshments will be served. (No appointment needed)**

Questions regarding eligibility can be directed to Lori Metoxen or Julia Hill at Oneida Nation Elderly Services (920) 869-2448 or 1(800) 869-1551.

SeniorCare is a state-funded program, approved by the governor and the state legislature last year to help Wisconsin adults 65+ with the cost of prescription medication. SeniorCare is administered by Wisconsin's Department of Health & Family Services (DHFS)