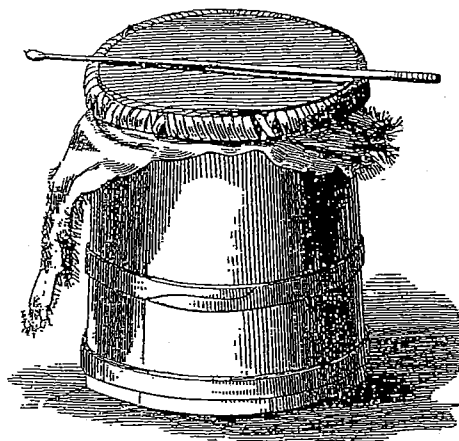


DRUMS ACROSS ONEIDA

ELDERLY SERVICES
2907 S. Overland Rd.



P.O. Box 365



SENIOR CENTER
134 Riverdale Dr.



Oneida, WI 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Food Storing Moon-Yutek?khwaiyAhe Weh-hni•tahl

October 2003



Happy
Halloween from
the Elderly
Services Staff
and the
Commission on
Aging Board

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
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
Elder Helper
Elder Helper
Title V

Florence Petri
Vacant
Lori Metoxen
Julia Hill
C.J. Doxtator
Cheryl Ault
Noreen Powless
Vacant
Lorna Christjohn
Connie Van Gheem
Dale Webster
Margaret King-Francour
Cindy Brabbs
Amy Sumner
Joanne Close
Lorleen John
Regina Vande Hei
Debbie Ninham
Marty Braeger
Marie Scott
Barbara Skenandore
Arleen Elm

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
Outreach Worker
Elder Helper
Elder Helper
Elder Helper
Title V
Title V

Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Althea Schuyler
Catherine Granquist
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Vacant
Jared Skenadore
Harold Dostalek
Warren House
Richard Dodge
Vacant
Grover Smith
Cornelius Hill
Marena Pamanet

UP CLOSE AND PERSONAL

**With Loretta Mencheski,
Assistant Cook**

Loretta Mencheski was born May 5, 1961 in Sturgeon Bay to the parents of Pat and Rodger Beilke. The grandparents are Ben and Julia Huff and Percy Johnson.

Loretta went to Southern Door High School. She met her husband Patrick and had six children, two daughters and four sons. She moved to Oneida and has lived here nine years. Loretta moved to the country in New Franken.

She went back to school and got her HSED. Loretta started work in 1996 for the Elderly Services as an ET.

She says now she can't see herself not working with the elders at the Senior Center. You get to know them when you see them everyday. They are just like your own family, you feel their happy times and sad times.



Who or what has had the biggest influence in your life?
My mom and dad.

What do you consider to be your greatest accomplishment ?
My HSED.

Is there something you've always wished you were great at doing?
Math

What is the best advice anyone ever gave you?
Never give up

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

What is your ideal vacation?
Spending a whole week-end alone with my husband.

Favorite Meal: Thanksgiving Dinner

Favorite Music: Country

Favorite Books: True Stories

Favorite Movies: Variety

Favorite Hobbies: Stock car racing

Fresh Snack Ideas!

Dip baked tortilla chips into salsa.

Spoon your favorite cereal into a cup of yogurt.

Dip pretzels, carrots or celery sticks in spicy mustard.

Slip an almond into the center of a dried plum, fig or date.

Reconnect with the fun and taste of dried fruit.

Spread mango chutney on whole-wheat crackers.

Try a veggie roll up: Wrap a leaf of lettuce around lean sliced turkey, a tomato slice and a spear of cucumber.

Make a custom mix of dried cranberries (or raisins), peanuts, cereal squares and pretzel sticks.

Liven up cottage cheese with canned or fresh fruit.s.

Swirl applesauce and cinnamon into vanilla yogurt.

Blend your favorite preserves

with fat-free cream cheese, then spread on crackers or toast.

Try raisin bread with the cream-cheese mix above, or with plain margarine.

Have a refreshing glass of low-fat milk.

Discover the new tomato and vegetable-blend drinks.

Freeze bananas and grapes for tasty treats.

Enjoy a glass of chilled, calcium-fortified juice.

Top off a rice cake with cheese, mustard and a slice of tomato.

Blend one cup frozen coffee cubes, 5 pitted prunes, $\frac{3}{4}$ cup low-fat milk, sweetener and ground cinnamon or cocoa powder – Cool!

Mix refried beans with salsa and lime juice. Enjoy with baked tortilla chips and raw

veggies.

Switch to savory soy nuts, which are lower in fat and higher in protein than other nuts.

Savor in invigorating cup of soup.

Spread cream cheese between cinnamon graham crackers.

Microwave a sweet potato (two minutes) to eat plain or with margarine, cinnamon and a little sweetener.

Make muffins with applesauce or prune puree instead of oil for moistness and less fat.

Spike sugar-free gelatin with fruit and fat-free whipped topping.

Sample a cold glass of chocolate soy milk – you might be pleasantly surprised! Make a smoothie of frozen strawberries, $\frac{1}{2}$ banana and a cup of yogurt.

October 13-17, 2003 is National Eat Dinner Together Week

We believe that the services we offer
"Add LIFE to Your Years"

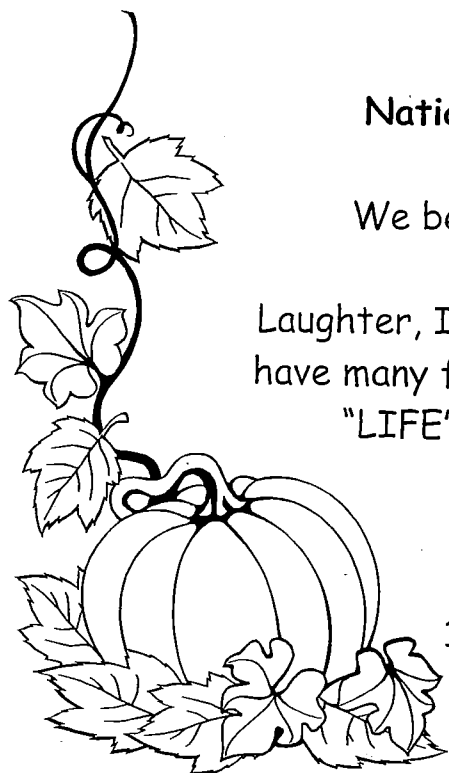
Laughter, Independence, Friends and Energy. We
have many fun activities planned. Come experience
"LIFE" and help us celebrate this event!

Please join us at the
Oneida Senior Center
134 Riverdale Dr. (HWY J.)
Oneida, Wisconsin, 54155

Senior Dining



Fellowship, Food & Fun



Series of Wellness Events from the Domestic Violence Program

Tentative schedule is as follows

- The first week in October will be dedicated to the Men in our community. ***There will be free food, give-aways, speakers, father's fair video & relaxation*** for all. (All genders are invited!)
For more information, please contact Gene Red Hail at 490-3736.

Date: Oct. 1, 2003
Where: Our Lady of Charity Building (Social Services Building)
Time: 5:30-7:30pm

- The second week in October will be dedicated to the Women in our community. ***There will be snacks, food, give-aways, massages, various booths, a day of relaxation for all women!! (All activities are geared towards women)*** The contact person for more information is Belinda Brennan 490-3821 or Jennifer Kruse 490-3717

Date: Saturday Oct. 11th, 2003
Where: Fitness Center Gym
Time: 10:00am - 6:00pm

- The third week in October will be dedicated to the Elders in the community. This event will be in collaboration with "DAY WITHOUT A MEAL", to revitalize the congregate meal sites and bring out the awareness of aging wellness and free from abuse.
For more information please contact C.J. Doxtator @ Elderly Services 869-2448

Date: Oct. 15th, 2003
Where: Senior Center Meal Site
Time: 10:00am - 3:00pm

- The 4th week in October will be dedicated to the children/youth of the community. There will be many games, prizes, & fun activities.

For more information please contact the D.V. child advocate @ 490-3822

Date: October 25th
Where: TBA (to be announced)
Time: 1:00pm - 5:00pm

- The last event will be dedicated to community members. A "Round Table" discussion will take place which includes a variety of spiritual leaders coming together to focus on "healing for our community".

Light snacks will be included for this event. For more information please contact C.J. Doxtator @ 869-2448

*Date: October 30th, *Where: TBA, *Time: 5:30pm-8:00pm

A BIT OF HUMOR!!!!

1. What is an owl's favorite TV program?
2. What kind of TV programs do wild animals?
3. What kind of bears like to go out in the rain?
4. How does a fish pay his bills?
5. What do you call frightened flapjacks?
6. What can you eat on a starvation diet?
7. What is the favorite cookie of Baltimore football games?
8. Which kind of witch turns out the lights?
9. Where do monsters get their education?
10. What do you call very small detectives?
11. How does a witch tell time?
12. What kind of pie sticks to your ribs?

1. Little whoos on the Prairie.
2. Game shows.
3. Drizzly bear.
4. With a credit card.
5. Griddle quakes.
6. Fast food.
7. Baltimore oreos.
8. A lights witch
9. At the little red ghouel house.
10. Sherlock Gnomes.
11. With a witch watch
12. Glue- berry pie.



ATTITUDE

There's a common adage that says, "Attitude is everything". It can make or break a day. Have you ever crawled out of the wrong side of bed and into a bad attitude?

Thoughts About Attitude

Charles R. Swindoll

"This may shock you, but I believe the single most significant decision I can make on a day-to-day basis is my choice of attitude. It is more important than my past, my education, my bankroll, my successes or failures, fame, or pain, what other people think of me or say about me, my circumstances, or my position. Attitude is that "single string" that keeps me going or cripples my progress. It alone fuels my fire or assaults my hope. When my attitudes are right, there's no barrier too high, no valley too deep, no dream too extreme, no challenge too great for me".

"I'm convinced that life is 10% of what happens to me and 90% of how I react to it. And so it is with you".

October 9, 1997, the Oxford Dictionary added the new words *Prozac* and *Road Rage*.

October 13 through 17 is *NATIONAL PET PEEVE WEEK*, what's yours?

October 15 is *NATIONAL GROUCH DAY*, who is your favorite grouch?

October 16 is *DICTIONARY DAY*, what's the most obscure word that you know?

October 25 is *MAKE A DIFFERENCE DAY*, what can you do?

October 26 is *DAYLIGHT SAVINGS TIME ENDS*, Spring Ahead, Fall Back.

OCTOBER 10 is *WORLD EGG DAY*

QUESTION -

Is there any way that I can tell from the egg carton how old those eggs are? Are there some guidelines for how long eggs are safe to eat?

ANSWER -

According to the USDA, "Many eggs reach stores only a few days after the hen lays them. Egg cartons with the USDA Grade Shield on them, indicating they came from a USDA Inspected Plant, must display the 'pack date' (the day that the eggs were washed, graded, and placed in the carton).

The number is a three-digit code that represents the consecutive day of the year (the 'Julian Date') starting with January 1 as 001 and ending with December 31 as 365.

Egg quality is usually maintained for five (5) weeks from the pack date, or 3 weeks after you bring them home from the store. Store them in their original container to maximize freshness.



FREE WEB SEMINAR SERIES ON OLDER DRIVER SAFETY AND MOBILITY

The subject of older adult driving is a critical, national issue that affects every community. There is a need to reframe the dialogue about older drivers so communities can focus on the many options for ensuring mobility and safety rather than engaging in a high-stakes battle over when to pull someone's license. We need to move from the reactionary "do we take away the keys" approach to the more constructive "how do we help older adults get where they need to go safely."

The information in these free seminars is designed to:

- * Promote conversations about and explore ways in which communities can make it easier and safer for older adults to get around;
- * Make appropriate driving choices that maximize their personal and community safety;
- * Provide a fresh look at older adults as community resources and how older driver wellness can extend the period of safe driving during the aging process;
- * Maximize mobility options;
- * Maintain active community participation.

This free web seminar series will benefit anyone who works with older adults, and will provide you with the information you need to help older drivers make the decision about mobility and safety. You will learn about the issues of independence and control that are major factors in this decision, and how to have a conversation with the older driver. You will be able to recognize safety concerns and identify alternative options such as how to maintain skills through exercises and adaptive devices.

The following web seminars will be available "on

demand" from now until December 30, 2003:

*** When Driving is a Problem: Talking to Families About Difficult Decisions.**

Presenter: Vicki Schmall, PhD, Gerontology Specialist and President, Aging Concerns, West Linn, OR.

*** Promoting Safety and Independence Through Older Driver Wellness.**

Presenter: Anne Long Morris, EdD, OTR/L, FAOTA, Geriatric Consultant, Elder Care Consulting, Springfield, VA.

*** Assessment of Driving Capacity.**

Presenter: Linda Hunt, MS, PhD, OTR, Faculty Member, Flathead Valley Community College, Whitefish, MT.

Visit www.asaging.org/webseminars for session descriptions and to register.

Miriam Oliensis-Torres
Geriatric Support Associates
5900 N Pt Washington Road, Suite B268
Milwaukee, WI 53217

Tel. 414-964-5030 Fax. 414-964-7650
motorres@geriatricsupport.com



Thank You! To everyone who brought in DONATIONS FOR THE ELDER LIBRARY they are very much appreciated.

Prudy Doxtator
Alice Torres
Josephine Oudenhoven
Loretta Metoxen
Frank Skenandore
Dixon Skenandore
Rose Cooper
Bernice Stueber



A Belated Thank you!

A note of "*Thanks*" to Florence Petri for giving me the opportunity to serve the Oneida Elders in the capacity of Activities Director, during Margaret's absence. It was an experience that I enjoyed very much, and found it to

be very rewarding.

I have enjoyed being a part of the Elderly Services staff; first as an E/T then as a volunteer, and then as an E/T again. Florence and Noreen, as well as all of the staff have been wonderful to work with, and I like the fact that everyone is so pleasant and willing to help one another.

I had the pleasure of meeting and working with Roberta Kinzhuma, and I still miss her, and probably always will. She was an extremely busy person, a good person and a good Director. I can understand why the Elderly Services staff were committed to her and to their positions for long lengths of time.

Respectfully,

Jan Frion
09.25.03

ACTIVITIES

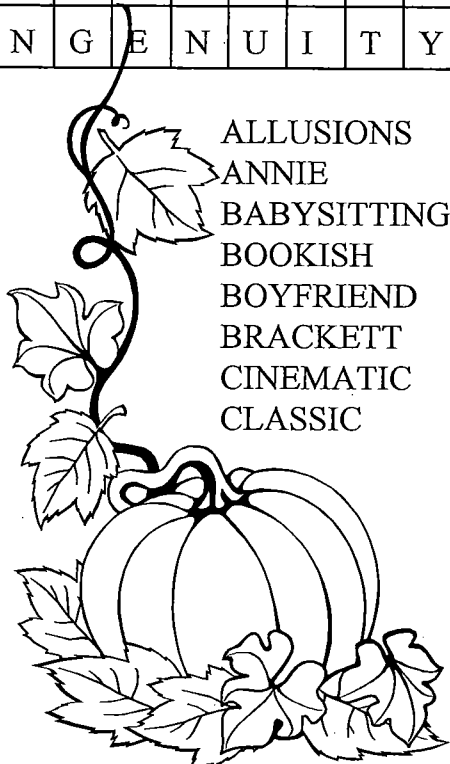
OCTOBER

2003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Celebrate with us International Day of Older Persons October 1		1 Grocery Store 10am Bingo Hwy H 1:30-3pm	2 Cooking at Hwy H 10am-11:30am Game day 1pm Elderly Svs Bldg	3 Shopping Banks Lunch Out 10-3 pm
6 Bingo @ Site 2 1pm Pottery at Hwy H 1:30pm	7 Crafts @ Epworth Hall 9:30-11:30am Gentle Stretching	8 Grocery Store 10am Bingo Hwy H 1:30-3pm	9 Cooking at Hwy H 10am-11:30am Movie/popcorn 1pm Elderly Svs Bldg	10 Shopping Banks Lunch Out 10-3 pm
13 Goodwill 10am Pottery at Hwy H 1:30pm	14 Crafts @ Epworth Hall 9:30-11:30am Gentle Stretching	15 Grocery Store 10am Bingo Hwy H 1:30-3pm	16 Cooking at Hwy H 10am-11:30am Bowling 1:30 pm @ Ashwaub. Lanes	17 Shopping Banks Lunch Out 10-3 pm
20 Bingo @ Site 2 1pm Pottery at Hwy H 1:30pm	21 Crafts@ Epworth Hall 9:30-11:30am Gentle Stretching 1:30pm Hwy H	22 Grocery Store 10am Bingo Hwy H 1:30-3pm	23 Cooking at Hwy H 10am-11:30am	24 Shopping Banks Lunch Out 10-3 pm
27 Pottery at Hwy H 1:30pm	28 Bingo@ Epworth Hall 9:30-11:30am Gentle Stretching 1:30pm Hwy H	29 Grocery Store 10am Bingo Hwy H 1:30-3pm	30 Birthdays Gifts & Music @ Sr. Ctr 12:15pm - 1:00pm Halloween Party 1-3pm	31 Shopping Banks Lunch Out 10-3 pm

Halloween

L	J	I	T	T	L	G	E	G	C	C	A	W	V	B	O	C	V	C	B	L	H	U	Y
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S	C	R	M	D	E	A	S	D	A	O	T	C	K	D	N	Z	E	E	C	K	L	P	I
T	I	S	N	I	H	U	G	R	A	L	R	T	N	H	O	U	X	M	K	M	O	S	S
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ALLUSIONS
ANNIE
BABYSITTING
BOOKISH
BOYFRIEND
BRACKETT
CINEMATIC
CLASSIC

COAX
CREEPY
DATE
DEATH
ESCAPE
EVIL
FALCON
FUNHOUSE
GNAW
HALLOWEEN
HAVOC

HOMETOWN
HOOT
HORROR
ILLINOIS
INEXPLICABLY
INGENUITY
JADED
LAURIE
LOOMIS
LURK
LINDA

MASK
MODERN
MUSIC
OMINOUS
PERIPHERY
PIANO
PSYCHIATRIST
PURSUIT
ROLICKING
SCREAMS

FALLS-CHECK YOUR HOME FOR SAFETY

KITCHEN

LOOK AT YOUR KITCHEN AND EATING AREAS

Q. Are the things you use most often on high shelves?

- * Move items in your cabinets. Heavier items should be on the lower shelves, so as not to fall.
- * Keep things you use often on the lower shelves (about waist high)

Q. Is your step unsteady?

- * Get anew, steady step stool with a bar to hold unto. Never use a chair as a step stool.

BEDROOMS

LOOK AT ALL YOUR BEDROOMS

Q. Is the light near the bed hard to reach? Does the switch turn easily? Is the bulb bright?

- * Place a lamp close to the bed where it is easy to reach. A lamp able to accommodate at least a 60- watt bulb is recommended.



Q. Is the path from bed to bathroom too dark or cluttered?

- * Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.
- * Make sure the path is clear.

BATHROOMS

LOOK AT ALL YOUR BATHROOMS

Q. Is the tub or shower floor slippery?

- * Put a non-slip rubber mat or self- stick strips on the floor of the tub or shower. Throw rugs should be rubber backed also.

Q. Do you have a grab bar to assist getting in and out of the tub/shower or up from the toilet?

- *Have a handyman or carpenter put in a grab bar inside the tub/shower and next to the toilet.
- * Hand- held shower heads and tub or shower chairs are also available.

SAFETY TIPS

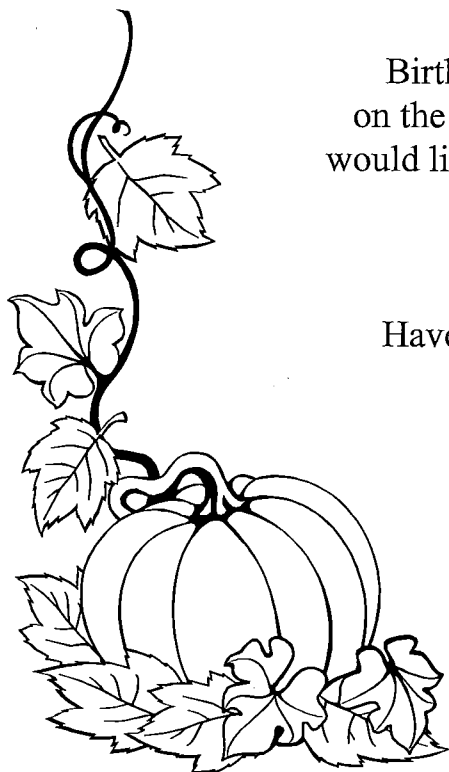
- * Improve the lighting in your home.
- * Use brighter light bulbs (at least 60 watts). Frosted bulbs reduce glare. Use lampshades and window coverings that reduce glare.
- * Check lamps cords (be sure you won't trip over them).
- *Do not wax floors (not even with non-skid wax).
- *Use stable chairs with arm rests to assist when getting up.
- * Keep emergency numbers in large print near each phone.
- *Include family and close relatives to call in case of emergency.
- *Put a phone near the floor in case you fall and can't get up.
- *Consider wearing an alarm device (help line) that will summon help quickly if you fall.

October Birthdays

Happy Birthday to All You October Babies!

Roland Brunette	10/28	Wendell Mclester	10/24
Gloria Cornelius	10/12	Willis Melchert	10/20
Prudence Doxtator	10/15	Winona Mencheski	10/21
Russell Denomie	10/19	Ida Moore	10/24
Dennis Fabian	10/29	Hazel Nobel	10/20
Allen Green	10/19	James O'laughlin	10/15
Harold Henn	10/5	Paul Parmely	10/08
Mable Henn	10/12	Rachel Reed	10/8
Edward Hill	10/27	Alice Schuyler	10/24
Elizabeth Jones	10/19	Lillian Skenandore	10/31
Melvin Jordan	10/28	Martha Skenandore	10/19
Betty Jorgenson	10/28	Warren Skenandore	10/31
Harriet Kindness	10/15	Ralph Steinfeldt	10/17
Peter King	10/15	Elmer Stenzel	10/13
Jean F Kirby	10/22	Lynn Summers	10/9
Cecelia Krawcyk	10/26	Harvey Vandembloomer	10/16
Dorothy Lenchek	10/27	Larry Webster	10/24
Donald Luttrell	10/19	Woodrow Webster	10/21
Donald Mahn	10/3	Bernard Wheelock	10/23
Theodore Mccarrell	10/16	Norine Wilbur	10/29

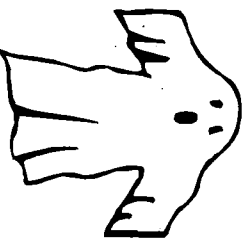
Birthdays for our elders are celebrated
on the last Thursday of every month. If you
would like your name added to our birthday list,
please visit us at the
Oneida Senior Center,
134 Riverdale Dr. (Hwy J.).
Have lunch and sign the birthday book.



MENU

October

2003

Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with coffee, tea, and milk.				
Meals are subject to change.				
		1 Ham Sweet Potatoes Peas Whole Wheat Bread Applesauce	2 Fish Red Potatoes Coleslaw Corn Bread Jello w/pears	3 Sausage/Eggs Grits Juice Toast Peaches
6 Chicken Salad Croissants Lettuce-tomatoes Orange Slices/spiced apples	7 Potato Soup Fresh Veggies Fresh Bread Melon	8 Cream Chicken over noodles Calif. Blend veggies Whole Wheat Bread Jello	9 Pork Roast Potatoes Corn Whole Wheat Bread Berries	10 Scrambled eggs w/ham & peppers Toast Juice Banana's
13 Chili Cucumber Salad Whole Wheat Bread Ice Cream	14 Corn Soup Fresh Bread Berries	15 Meat Loaf Potatoes Carrots Whole Wheat Bread Peaches	16 Brats/sauerkraut Potatoes Green Beans Whole Wheat Bread Whip & Chill	17 Bacon French Toast Juice Berries
20 Beef Stew Biscuits Pears	21 Chicken Veg. Soup Fresh Bread Pudding	22 Lasagna Garlic Bread Salad Melon	23 Hot Turkey Sandwich Mashed Potatoes Carrots Whole Wheat Bread	24 Bacon/Eggs Cormmeal Toast Juice Peaches
27 Goulash Whole Wheat Bread Jello	28 Beef Barley Soup Fresh Bread Mandarin Oranges	29 Chicken Breast Rice Pilaf Broccoli Whole Wheat Bread Sherbert	30 BIRTHDAY DAY Sloppy Joe Mac Salad Veggies Chocolate Cake HALLOWEEN PARTY	

HARVEST VEGETABLE STEW

Use any of your favorite vegetables in this recipe.

Prep : 25 minutes Cook: 30 minutes

3 beef bouillon cubes or 3 tsp. Instant beef bouillon granules.

5 cups water.

2 medium Yukon gold potatoes, peeled and cut into 1- inch pieces (8oz).

3 Roma tomatoes, chopped or one 14 1/2 oz can diced tomatoes undrained.

2 stalks celery, chopped (1 cup).

1 small green sweet pepper, chopped (1/2 cup).

1 small onion, chopped (1/3 cup).

2 cups shredded cabbage.

4 oz. Fresh green beans, trimmed and cut in half (1 cup).

1 small zucchini, chopped (1 cup).

1 15 -oz can red kidney beans, rinsed and drained.

8 to 10 fresh oregano sprigs, tied in a bunch with kitchen string.

1/4 cup ketchup.

1/4 tsp. Freshly ground black pepper.

dash bottled hot pepper sauce.

Salt and freshly ground pepper.

In a Dutch oven combine bouillon cubes or granules and water; bring to boiling. Add potatoes, undrained tomatoes, celery, green pepper, and onion. Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes. Add remaining ingredients. Simmer, uncovered, 15 minutes more or until vegetables are tender. Remove and discard oregano. Season to taste with salt and pepper. Makes 8 to 10 servings .

Each serving; 93 cal; 0 g total fat (0g sat. fat), 0 mg chol, 702 mg sodium, 19 g carbo; 6g dietary fiber; 4 g protein; Daily values: 9% vit A, 41% calcium, 8% iron.

COLE SLAW DRESSING

1c. Sugar

1c. Vinegar

1 tsp. Mustard

1tsp. Celery salt

1tsp. Salt

Bring all ingredients to a broil. Cool and refrigerate.

Ruth Baird

FRESH FRUIT DIP

1 8-oz. Pkg. Cream cheese

1 jar marshmallow cream

Soften cream cheese, then add marshmallow cream. Chill 1 hour before using. Great with fresh strawberries, peaches or any fresh fruit.

Eldena Radtke

RICE PUDDING

1c. Rice

1c. Sugar

1 1/2 qt. milk

pinch of salt

1/3 c. raisins, if desired

Wash rice. Mix together all ingredients. Place in baking dish and bake at 350 degrees until brown. Stir. LET THIS BROWN 3 TIMES; THEN ITS DONE.

Kate Skenandore



This is an excellent article discussing the experiences we can provide to people with dementia to help them remain spiritually connected, even in the latest stages of the disease.

God & memory: Can dementia and spirituality co-exist?

By Elaine Jarvik

The tiny woman was lying on her bed at the nursing home when the Rev. Susan Jackson went to visit her that Christmas. Suffering from dementia and unable to carry on a conversation, the woman was curled up like a baby bird. But then Jackson started singing "Silent Night."

The woman smiled then. And began singing along, finding not just the words stored somewhere deep inside but something apparently sweet and peaceful, too.

The verses of old hymns and carols, the words of familiar psalms and prayers — these often remain fresh for patients with dementia, even when the face of a favorite daughter draws a blank.

Whether all that recall means anything more than the fancy footwork of a stumbling brain, though, is not clear. What is it that persons with dementia get from an old hymn or the recitation of the rosary? Something spiritual? Just the comfort of hearing something familiar? Is hearing "Rock of

Ages" any more meaningful or comforting than an old childhood ditty like "Bicycle Built for Two"? Is the familiarity of either a kind of transcendence of its own?

The fact that there are no definitive answers to these questions underscores not just the mysteries of dementia but the mysteries of spirituality as well.

If we mean by spirituality the attempt to find meaning in our lives, to contemplate creation and the possibility of life beyond death, to marvel at the connection of our own lives to the lives of others — these require the ability to process thoughts in an abstract way, points out Carole Baraldi, a Salt Lake geriatrician whose patients have included a large number of people with Alzheimer's and other forms of dementia.

The problem, says Baraldi, is that as people develop more advanced forms of dementia, their thinking becomes more concrete. Their world appears to be framed by what they can see and hear, smell and taste. "What if" questions baffle them, she says.

"The concept of God, and following a set of rules based on outcome in the future, that's a fairly advanced cognitive function," says Baraldi. "I think the concept of a life beyond physical death might be a hard concept with someone with advanced dementia," and yet that concept is central to many religions, she says. And, too, she says, "I've never had a demented

patient bring up religion unsolicited." Even when those patients can still talk, they lose their capacity to discuss such matters.

But spirituality is also, at the same time, not about logic or abstraction or cognition at all.

Spirituality, at its core, is "ultimately unconscious," says Teresa Dieringer, a certified care manager with Caregiver Support Network, quoting Victor Frankel. It's about transcendence, she says, "the ability to connect with someone or something outside yourself." Most people assume that people with dementia can't transcend, she says, "when in fact they do it all the time."

Hearing a hymn or smelling incense burned at Mass may be the sensory key that unlocks a memory of God's love and the comfort of a time when the world was less foggy, more hospitable. So it's important for caregivers to provide those experiences, Dieringer says.

It's impossible to know what goes on in the mind of a person with Alzheimer's, notes Florida Presbyterian minister Stephen Sapp in an interview printed online at agelessdesign.com. But "if we are to continue to value them as children of God, we must treat them as if they are still able to experience a relationship with God, and therefore God's love. . . (W)ho are we to say God cannot continue to speak to even the most severely demented person if God so chooses?"

Still, the link between spirituality and dementia is often convoluted. "I've had several clients who have changed religions," says Dieringer, "and with dementia it's the first religion from childhood they remember." The further back the memory, the more likely it can be stirred up, says Dieringer. If she herself ever suffers from dementia, Dieringer says, it will probably be the smell of meatballs from her Italian childhood that will evoke the most intense emotion.

"People need an opportunity to transcend, whether it's meatballs or Mozart or a hymn," she says. In the case of the meatballs, it's not just about remembering the food itself. "It's remembering my grandmother and everyone sitting around the Sunday table talking so loud." The smell connects to a whole series of memories, "in the same way a few bars of a song can represent a whole relationship."

A dementia patient's spiritual needs are among the hardest needs to meet, says Serenity Post, "reminiscence coordinator" at Brighton Gardens. "It's something you're always trying hard to do."

Both Post and Kristi Hall, a social worker at Garden Terrace, find that hymns and scripture and prayers often make a patient less agitated. "We see residents that in group activity may be disruptive but in church services are quiet and content,"

says Hall.

Indeed, on a recent Sunday, a dozen dementia patients were led into a room at Garden Terrace, where members of Southeast Christian Church cheerfully encouraged them to sing along to "Amazing Grace" and other hymns. The residents for the most part didn't open their mouths, but several smiled and no one fidgeted.

"It provides a tremendous amount of comfort," says Kathleen Fallon, assistant administrator for mission and spiritual care at Christus St. Joseph's Villa. "You can provide the trigger for them. . . . If you walk into a room where there's a . . . dementia patient and maybe there's a picture on her wall of Jesus, and you bring it to her, it will usually spark a connection."

In this way, she says, "you're connecting at a deeper level with what is most important to them." Of course, as a chaplain or minister it's always hard to know if you're making an impact on your congregation, adds Fallon. "Sometimes we have to trust that the spirit does the work and we just have to provide the medium for that to happen." Often, she says, "it's a ministry of presence, of letting them know they're not alone."

The goal, says Dieringer of the Caregiver Support Network, is to "create an enjoyable now." And to do that,

she says, the caregiver also "has to be in the now." In workshops she runs for caregivers and health-care workers, she teaches Buddhist mindfulness exercises.

It's a technique of finding joy in the present moment, often a difficult proposition when the person they're caring for has become a series of tasks to be completed.

To keep their own spirits up, and nurture their own spirituality, caregivers need time off, support and a way to develop hope. Dieringer also encourages a practice known as "lovingkindness." "When you're having a difficult time as a caregiver, take a minute to sit down, breathe, see that person in your mind's eye. Then you start to surround them with light until they're completely engulfed in a halo."

It's a way of reminding yourself, she says, that your mother/father/sister/friend, although maybe not able to remember who you are, still is a person who can be touched — physically, emotionally and spiritually.

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When Muscles and Joints Won't Stop Hurting

Rheumatoid Arthritis (RA) is an inflammatory disease that generally begins in middle age and occurs with increased frequency as we grow older.

"People with Rheumatoid Arthritis suffer from pain, swelling, stiffness. And loss of joint function", says board-certified Rheumatologist Marlon Hermitanio. "Some individuals are only mildly affected by the disease, but others have a severe form that is active most of the time and leads to serious joint damage and disability".

Fortunately, a variety of treatment options are available to relieve pain, reduce inflammation, and slow down joint damage.

"Striking a balance between rest and exercise is important", explains Dr. Hermitanio. "During periods of joint inflammation, rest is important. When symptoms subside, exercise is crucial for building strong, healthy muscles, as well as maintaining joint mobility and flexibility".

Dr. Hermitanio notes that numerous drugs have been introduced in recent years that can be highly effective in decreasing or even halting the progression of the disease. "A variety of approaches can be successfully used to improve a patient's sense of well-being and ability to function. With careful monitoring and good communication, individuals with RA can have an active life".

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.

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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 (____) _____
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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**.

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Do You: ____ Rent ____ Own ____ *How many Others**

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Tribal Affiliation: _____ **Enrollment Number** _____

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***If poor please list health condition** _____

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____ Medicare ____ Medicaid ____ Representative Payee
____ None of the Above

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