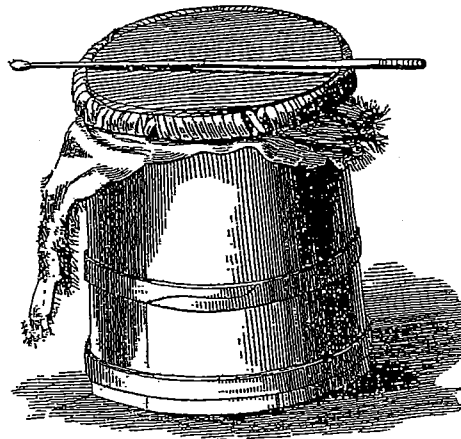


DRUMS

ELDERLY SERVICES
2907 S. Overland Rd.

ACROSS



ONEIDA

SENIOR CENTER
134 Riverdale Dr.

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Yutek?khwaiy?he Weh-hni-tahl

Food Storing Moon

October 2004



Happy
Halloween from
the Elderly
Service Staff
And the
Commission on
Aging Board

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
Title V

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
Elder Helper
Elder Helper
Elder Helper
Title V
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
Arleen Elm
Mildred Figueroa

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

Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Vacant
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 LaRock
Marena Pamanet

UP CLOSE AND PERSONAL
With Regina Vande Hei,
Respite Worker

Regina was born on March 16th, 1955 to the parents of Nelson & Rebecca Ninham. She is the youngest of 13 children.

Regina had the honor of assisting her mother for 2 1/2 years before she passed away. Just recently she assisted Lloyd (Skye) Schuyler before he passed away.

On December 8, 1984 she married Todd Vande Hei. They will be celebrating their 20th wedding anniversary this December. They have three beautiful children, Jeremy, 25yrs old, Vanessa 17, and Brandon 16.

She always wanted to work with elders. She was a CNA for 13 years. Regina transferred from Anna John Nursing Home where she worked for 3 years. She is now employed with Elderly Services for 4 years. Regina (Gina) enjoys her job meeting all kinds of people and making new friends young and old. Regina feels it is an honor to be working and assisting the Elderly. Gina enjoys working for the Elderly Services.

When you were a child, what did you think you'd like to be when you grew up?

A nurse - RN

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

My mother, husband and my children

What do you consider to be your greatest accomplishment?

My family

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

What is the best advice anyone ever gave you?

Simply enjoy life and don't take anything for granted

What advice would you give to some one who is about to retire?

Travel and enjoy your retirement.
Volunteer when you can.

What is your ideal vacation?
Hawaii

Favorite Meal: Oatmeal and bananas

Favorite Music: Gospel and Oldies

Favorite Books: Bible

Favorite Movies: Passion of the Christ

Favorite Hobbies: Movies, exercising and relaxing



LORNA'S CORNER ELDER HUMOR



When the casinos were first built everyone had to try their luck and so did the elders. We actually took a tour bus to another casino, but we eventually had to stop as it was getting to become a habit with the elders. We didn't want to be responsible for them making a habit of it. We did continue taking them to bingo, but that was eventually stopped also. During that time I had an elder that would whisper to me and ask if I could drop her off at the one stop and pick her up later. I knew what she was up to!! One day she whispered to me the same request and I said, "Oh, you mean the cleaners?" We laugh about it, but the other elders heard me say "cleaners." The very next day an elder asked me if I bring some things to be cleaned, do you think you can drop me off at the "Cleaners?" I laughed, as this elder was new to the community. So, I took her aside and explained, "The Cleaners" to her.

Oh yes, BEWARE of the CLEANERS!!

Home Visits

The new pastor was visiting in the homes of his parishioners. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. He took out a card, wrote "Revelations 3:20" on back and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned. Added to it the cryptic message, "Genesis 3:10."

Reaching for his Bible to check out the citation, he broke up in hearty laughter. Revelations 3:20 begins, "Behold, I stand at the door and knock." Genesis 3:10 reads, "I heard your voice in the garden and I was afraid because I was naked."

Iron In Building Strong Bones

When you think of ways to build, healthy bones, most people immediately mention calcium. New research indicates that iron might also make a difference in bone health.

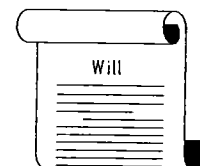
The role of iron in bone density may be linked to its role in the production of collagen, a key component of our bones. Good sources of dietary iron included beef, poultry, fish and beans.

Researches also found that iron's benefits may be tied to calcium consumption in the range of 800 to 1,200 milligrams per day. It appears that a balance intake of iron and calcium has the best benefit in terms of best health.

Iron and calcium are among other important nutrients for healthy bones so be sure to include a variety of foods from the Food Guide Pyramid every day.

THINK TWICE

Putting your children or grandchildren on bank accounts and investments. Many people put their children on a bank account as a way to pass an account to a child after death without going through probate. However, when you put someone else's name on an account, that person gets access to the money in the account. If that person is not trustworthy, they might clean out the account before you can act. And, even if the person is trustworthy, if they are having trouble paying their debts, your account might be in danger. So, think twice before putting someone else's name on your investments.



GREEN BAY PACKER GAME TICKET RAFFLE

**The Oneida Elderly Services is having a
raffle to benefit our Oneida Area Faith
In Action community volunteer
coalition.**

**We have two tickets for the
Sunday, November 14th Green Bay
Packer vs. Vikings game.**

**Tickets cost \$2.00 each or \$5.00 for three chances
to win and can be purchased at the Elderly
Services office at 2907 S. Overland Rd. or the
Elderly Mealsite at 134 Riverdale Dr.**

**The drawing for the tickets will be held on
Friday, November 12th at 2:00 p.m.**

**If you have any questions,
please call 869-2448 or 869-1551**

THANK YOU FOR YOUR SUPPORT

ACTIVITIES

OCTOBER

2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Shopping Banks Lunch Out 10-3 pm
4 Crafts 10 am Eld Svs Bldg Bowling League 1:30pm @ Ashw. Lanes	5 Crafts @ Epworth Hall 9:30-11:30am	6 Fitness Ctr 10am Bingo Hwy H 1:30- 3pm	7 The Price is Right 9:30 am @ Hwy H Thrift Store 1pm	8 Shopping Banks Lunch Out 10-3 pm
11 PACE exercise @ 11:15 am @ Sr. Ctr Bingo @ Site 2 1pm	12 Crafts @ Epworth Hall 9:30- 11:30am	13 Board Games 10am @ Eld Svs Bldg Bingo Hwy H 1:30- 3pm	14 The Price is Right 9:30 am @ Hwy H PACE, 11:15 am @ Sr. Ctr Trip to Amish Store 1pm in Bonduel	15 Shopping Banks Lunch Out 10-3 pm
18 PACE exercise @ 11:15 am @ Sr. Ctr Bowling League 1:30pm @Ashw. Lanes	19 Bingo @ Epworth Hall 9:30- 11:30am	20 Movie/Popcorn 10am @ Eld Svs Bldg Bingo Hwy H 1:30- 3pm	21 The Price is Right 9:30 am @ Hwy H PACE, 11:15 am @ Sr. Ctr Pumpkin Patch 1:30pm	22 Shopping Banks Lunch Out 10-3 pm
25 PACE exercise @ 11:15 am @ Sr. Ctr Bingo @ Site 2 1pm	26 Crafts @ Epworth Hall 9:30- 11:30am	27 Halloween Party at Sr. Center 1pm No bingo at Hwy H	28 The Price is Right 9:30 am @ Hwy H PACE, 11:15 am @ Sr. Ctr Birthdays Gifts & Music @ Sr. Ctr 12:15pm	29 Shopping Banks Lunch Out 10-3 pm

HAPPY BIRTHDAY TO ALL OCTOBER BABIES

Roland Burnette	10-21	Wendell McLester	10-24
Gloria Cornelius	10-12	Willis Melchert	10-20
Prudy Doxtatoer	10-15	Winona Mencheski	10-21
Russell DeMonie	10-19	Ida Moore	10-24
Dennis Fabian	10-29	Hazel Noble	10-20
Allen Green	10-19	James OLaughin	10-15
Lois Hayward	10-19	Paul Parmely	10-08
Harold Henn	10-05	Aron Powless	10-19
Eddie Hill	10-27	Lillian Skenandore	10-31
Melvin Jordan	10-28	Warren Skenandore	10-31
Betty Jorgenson	10-28	Ralph Steinfeldt	10-17
Harriet Kindness	10-15	Elmer Stenzel	10-13
Peter King	10-15	Lynn Summers	10-09
Jean Kiby	10-22	Harvey Vanderbloomer	10-16
Cecelia Kyrawzyk	10-26	Larry Webster	10-24
Dorothy Lenchek	10-27	Woody Webster	10-21
Donald Lutrell	10-19	Bernard Wheelock	10-23
Donald Mahn	10-03	Norine Wilbur	10-29



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


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



MENU

OCTOBER

2004

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>All meals are served with coffee, tea, or milk. All meals are subject to change.</p>	<p>All trips leave the Oneida Senior Center.</p>	<p>Birthstone: Opal Flower: Calendula</p>	<p>¹ Bacon Eggs Oatmeal Juice Grapefruit Sections</p>
	<p>⁵ Beef Veg. Soup Fresh Bread Jello w/ Fruit</p>	<p>⁶ Chicken Ala King Rice Biscuits Strawberry Whip Pie</p>	<p>⁷ Pork Steak Wild Rice Brussels Sprouts w/w Bread Cookies</p>	<p>⁸ Sausage Eggs Toasts Mandarin Oranges</p>
	<p>⁴ Brats Mac & Cheese Green Beans w/w Bread</p>	<p>¹³ Cube Steak Buttered Noodles Cream Corn w/w Bread</p>	<p>¹⁴ Pork Roast Potatoes Calif. Blend Veggies w/w Bread</p>	<p>¹⁵ SOS Juice Toast Applesauce</p>
	<p>¹¹ Tuna Salad Cottage Cheese Tomato Slices Croissants Melons</p>	<p>¹² Tomato Soup Egg Salad Ground Bologna Jello</p>	<p>²¹ Spaghetti Salad Garlic Bread Blueberries</p>	<p>²² Bacon Eggs Grits Toast Orange Juice</p>
	<p>¹⁸ Chop Suey Rice w/w Bread Mandarin Oranges</p>	<p>¹⁹ Corn Soup Fresh Bread Mixed Berries</p>	<p>²⁰ BBQ Pork Scalloped Potatoes Mix Veggies w/w Bread Ice Cream</p>	
<p>²⁵ Chili Cucumber Salad w/w Bread Pears</p>	<p>²⁶ Beef Stew Biscuits Raspberries</p>	<p>²⁷ Polish Sausage Red Potatoes Peas w/w Bread Peaches</p>	<p>²⁸ Birth Day Chicken Potatoes Carrots w/w Bread Jello Cake</p>	<p>²⁹ Scramble Eggs with Onions, Ham, Peppers Toast Juice Bananas</p>

Jack-O'-Lantern

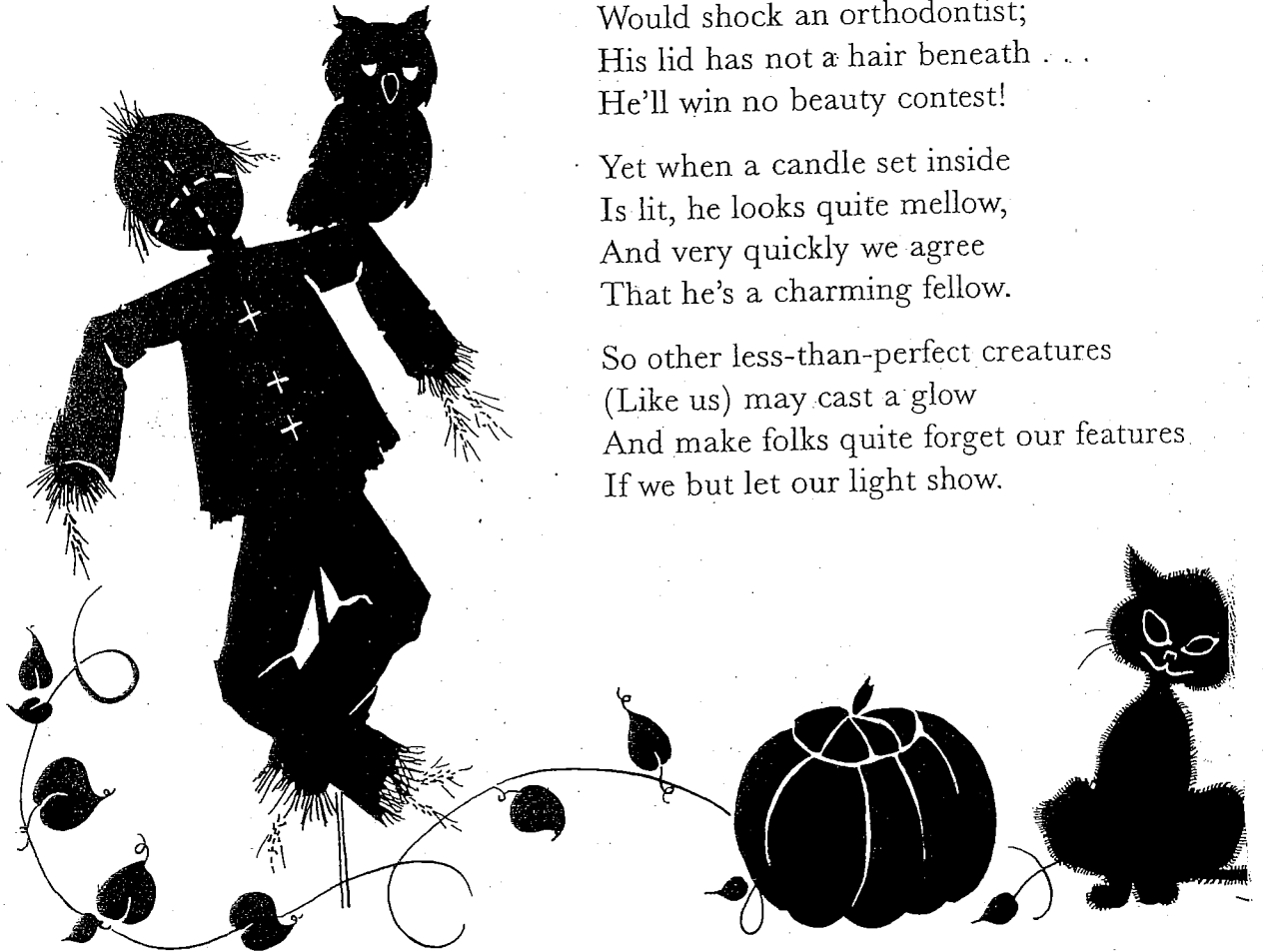
Ruth Van Gorder

His face, too broad for beauty, shows
Complexion far too florid;
His eyes are vacant, and his nose
Triangular and horrid.

The spaces left between his teeth
Would shock an orthodontist;
His lid has not a hair beneath . . .
He'll win no beauty contest!

Yet when a candle set inside
Is lit, he looks quite mellow,
And very quickly we agree
That he's a charming fellow.


So other less-than-perfect creatures
(Like us) may cast a glow
And make folks quite forget our features
If we but let our light show.





Autumn Rapture

George R. Kossik



I, when the summer was over,
Found autumn was covered with gold;
And colors more lovely than springtime
Were there for these eyes to behold.

Lost in a sweet fascination,
I gazed on with wonder and awe
Then, rapt in serene adoration,
Praised God in the glory I saw.



Hottest Research

Blood Glucose And Your Bones

High blood glucose can accelerate bone loss in older women with type 2, say researches from several centers across the United States who analyzed data from the Health, Aging, and Body Composition Study. When reviewing the histories of 461 men and women between the ages of 70 and 79 with diabetes, they found that those with AICs higher than 8% loss more bone density over the course of four years than those whose AICs were lower than 8 percent.

At the beginning of the study, those with AICs higher than 8 percent had greater bone mineral density in their hips as shown by bone scans. They weighed more than their counterparts with lower AICs, as well.

Bone scans of the participants' hips four years later revealed that bone loss was greatest among women with AICs higher than 8 percent. Men with AICs higher than 8% loss bone mineral density faster than their counterparts with lower AICs, but the researchers felt the difference was negligible. Among all participants, those with higher AICs were less likely to take estrogen. (Estrogen therapy is generally not recommended solely for the treatment or prevention of osteoporosis as the potential side affects may outweigh the benefits.) The researchers concluded that "among women with diabetes, poor glyceric control is a risk factor for bone loss."



"Wearing - Off of Levodopa Therapy

Why Levodopa Decreases Over Time

Dopamine is a natural occurring substance in the brain that helps provide control of movement and activities such as walking and talking. In Parkinson's disease, there is not enough dopamine in some parts of the brain to help patients perform daily activities such as dressing, walking, and handling utensils. To provide a medication to replace the missing dopamine, Levodopa therapy is the one most prescribed by healthcare professionals. The Levodopa enters the brain to help increase the amount of dopamine that will allow patients to function better. As Parkinson's disease progresses the number of dopamine cells continues to decrease and the regular Levodopa therapy changes in the levels of the drugs in the blood and is no longer as effective in providing dopamine in the brain. As a result of this loss the Levodopa medicine has a wearing off effect.

Wearing - Off: What is it, and what can be done about it? Since each person with Parkinson's disease is different, so timing is not the same for all patients. Most people on Levodopa will experience wearing off symptoms within 1 to 2 years. The symptoms of wearing off usually occur between Levodopa doses and one or two symptoms may be experienced depending on the Levodopa dose taken. The wearing off symptoms include:

- + Slowness of movement.
- + Tremors
- + Feeling of internal tremors.
- + Decreased manual dexterity.
- + Inability to move.
- + Sudden muscle spasms.
- + Pins and needles feelings.
- + Muscle pain.

- + Shortness of breath.
- + Voice softness.
- + Constipation.

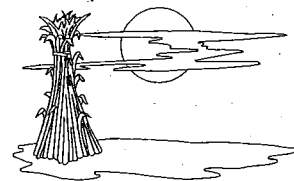
There are other medications becoming available and or are on the market soon. It is important for patients to be aware of new drugs for Parkinson's disease while working with healthcare professionals.

In the November issue look for Treatment Therapies.

Corn

In early spring when Samuel plows
And then begins to sow,
I see the YELLOW seeds of corn
And wish I were a crow.

And when the corn is tall as Sam
And HARVEST TIME is near,
I'd rather be just what I am
And eat it off the ear.



Blood Pressure - Blood Screening

October 8, 2004
8:30-10:00 am

Oneida Senior Center
134 Riverdale Dr.
Oneida, WI. 54155



Mr Cat

One day a cat died and immediately he arrived in heaven. St. Peter was doing his routine visitations, visitations and arrived at Mr. Cats. St. Peter told Mr. Cat that he was going to grant him one wish, and that he should think about it before deciding what he wanted the most. Mr. Cat h-m-m-m-d and haw-w-d for a few minutes and then responded, "I know, I know, I would like a nice fluffy pillow filled with goose feathers." Immediately his wish was granted, then St. Peter told Mr. Cat he would be back in a few weeks to visit.

A few days later a group of mice died, and immediately they arrived in heaven. St. Peter was making his daily rounds and decided to pay them a visit. St. Peter told the mice that he was going to grant them one wish, and to think hard before deciding what they wanted the most. The mice h-m-m-d and haw-w-w-d and finally came to a consensus. They responded to St. Peter, "We know, we each want a pair of roller skates, so we can get around heaven faster. Immediately their wishes were granted, and they each received the fastest and most up to date skated St. Peter had.

A few weeks passed and St. Peter decided that it was time to visit Mr. Cat again. He arrived at Mr. Cats pillow and there he was purring, preening, picking his teeth and cleaning his paws. St. Peter asked Mr. Cat how he was doing, and Mr. Cat answered, "I love my pillow, but I love those Meals-on-Wheels you've been sending even better!!"

A funny story that was heard at the NICOA Conference in Milwaukee.
Submitted by J. Johnson



Hoofing It To Prevent Neuropathy

If you want to cut your risk at painful diabetes-related nerve damage (neuropathy) start walking.

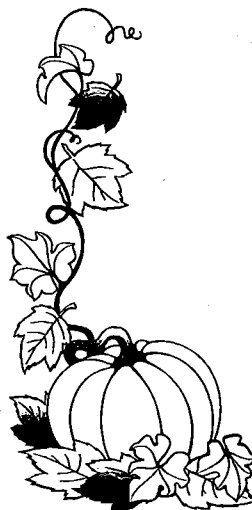
In a four year study of 78 men and women with type 2 in Rome, Italy, researchers divided the participants into two groups. Thirty-one participants (the exercise group) walked briskly for not less than four hours a week. The remaining 47 (the control group) remained sedentary. None of the participants had signs of neuropathy at the beginning of the study.

Among those in the control group, over four years almost 30 percent developed sensory neuropathy, which causes symptoms ranging from burning and tingling to numbness; 21 percent experienced changes in their ability to perceive vibration; and 17 percent developed motor neuropathy, which causes weakness and loss of dexterity.

However, in the exercise group, only 6.5 percent developed sensory neuropathy, about 13 percent experienced changes in their ability to perceive vibration, and not one developed motor neuropathy.

Source: Diabetes Forecast Magazine

There is no season
when such pleasant and
sunny spots may be
lighted on, and produce
so pleasant an effect on
the feelings, as now in
October.



Hawthorne



Autumn



APPLES
 BIKING
 BROWN
 BUSHEL
 CHILL
 CHILLY
 CIDER
 CINNAMON
 COLOR
 COOL

CORN
 COSTUME
 CROPS
 DINNER
 FALL
 FALLING
 FIRE
 FOOTBALL
 FROST
 HALLOWEEN

HAYRIDE
 HIKING
 LEAVES
 MUMS
 NOVEMBER
 NUTS
 OCTOBER
 ORANGE
 OUTDOORS
 PLAY

PLEASANT
 PUMPKIN
 RAKE
 RUNNING
 SEPTEMBER
 SPORTS
 THANKSGIVING
 TREAT
 TRICK
 YELLOW

You Can Fight The Flu

The flu strikes 20 to 26% of all Americans during this time of the year. An annual vaccination is the most effective way to protect yourself. While it is true that there is a relatively new nasal flu vaccine available at this time, its approved only for healthy people ages 5 to 49. So, a shot remains your best defense against the flu. October and November are the optimal months for a vaccination. However, even December and January isn't to late to get a flu shot.

Do you believe that flu shots are effective?
Here are some facts:

- + The shot may make your arm a little sore. But, contrary to popular opinion, you can not get the flu from a flu shot.
- + You may get the flu even if you are vaccinated. But it most likely will be a milder case.

When the flu does strike, comfort yourself with these measures.

- + Ask your doctor about prescription drugs that can make the symptoms disappear faster if you take them within 48 hours after becoming ill.
- + Drink a lot of fluids such as water, juice and soups. Avoid alcohol and caffeine.
- + Try over the counter (OTC) medicines to soothe muscle aches, a sore throat, congestion, sneezing, and a runny nose.
- + Use a humidifier to clear a stuffy nose.
- + Get plenty of rest.
- + Gargle with salt water to relieve a sore throat.

What two words have the most letters in them? Post Office.

What are public health emergencies?

Natural Disasters

In Wisconsin, a natural disaster might include severe weather such as tornadoes, heavy rains, flash floods, lightning strikes, or blizzards.

Storms: It is important to understand the difference between a **watch** and a **warning** for server weather.

- * A severe weather **watch** means that severe weather may develop.
- * A severe weather warning means a storm has develop and is on its way - take cover or seek safe shelter i immediately.

Blizzards: Weather forecasts often provide ample warning to prepare for an impending blizzard. In this event, candles, flashlights, a battery operated radio, cellular phones, and if possible a generator, are highly beneficial because electricity and phone services may be disrupted for several days or even weeks.

Flash Flooding: Move immediately and quickly to higher ground. The force of 6 inches of swiftly moving water can knock you off your feet! If flood water rise around your car, get out and move to higher ground. Cars can be easily swept away in just two feet of water.

Tornadoes: If you receive a tornado warning, seek shelter immediately. If you are in your car, stop. Get out and lie flat, face down in a low area. Cover your head and wait for the tornado to pass. At home, go to the basement, storm shelter, or rooms near the center of the house. In a high rise or other public building, move to the interior, preferably a stairwell or hallway.



Knock, knock

Who's there?

Navajo

Navajo who?

You'll Navajo how much I love you.

GOT KNEE PAIN?

Surgery Might Be Easier Than You Think!

When arthritis has progressed to the point that medication or other conservative measures are no longer effective in relieving the patients suffering, the family physician is likely to refer the patient to an orthopedic surgeon for consultation. Joint replacement surgery could be a recommended course of treatment. Certain patients who need total replacement of the hip or knee may be candidates for a new procedure called "minimally invasive surgery" (MIS) joint replacement.

The MIS Knee Joint Replacement technique is a giant step forward in total knee replacement surgery for a number of reasons such as less postoperative pain and rehabilitation time, and shorter hospital stays.

Unlike standard total knee joint replacement -which requires a large incision and significant disruption of muscles and tendons-MIS knee joint replacement disturbs fewer muscles and tendons, wound closure is easier and recover may be faster. Clinical studies have shown that the MIS technique results in less pain and quicker restoration of muscle control and strength.

Source: Bellin Health

Tomato-based foods may protect women from a heart attack or stroke. One daily serving-two slices of pizza or a half cup of tomato sauce-is all it takes. Women who ate at least seven weekly serving had about a 30% lower risk for those problems than did those who ate fewer than one and a half servings.



Milk your diet

Have you vowed to lose weight this year? There is a new approach to losing-one that doesn't mean depriving yourself or following the latest fad diet. Emerging research suggests that including calcium-rich milk to your weight loss plan does more than just keep your bones healthy, it may be a key to your weight loss strategy. Studies indicate that calcium may make it easier to lose weight.

A calcium rich eating plan, especially one that includes at least three serving of milk a day, seems to provide the nutritional support you need for healthy effective weight-loss.

In fact, research suggest that milk may help promote the loss of body fat while maintaining more muscle, which is important while dieting.

Dropping dairy foods as a calorie-cutting tactic is not only bad for bones, it could make it even harder to lose weight. So try "milking your diet" instead. That means 24 ounces in 24 hours, just three eight ounce glasses of low-fat milk or fat free milk every day to get the calcium the body needs.

Rules for being human

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.
2. There are no mistakes, only lessons. Growth is a process of trial and error, and experimentation. The **failed** experiments are as much a part of the process as the experiment that ultimately **works**.
3. "There" is no better than "Here". When your "there" has become a "here" you will simply obtain another "there" that will, again look better than "here."

SMILE FOR YOU

Smiling is infectious; you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw my grin
When he smiled I realized I'd passed it on to him.
I thought about that smile then I realized its worth,
A single smile, just like mine could travel round the earth.
So, if you feel a smile begin, don't leave it undetected
Let's start and epidemic quick, and get the world infected!

Keep the smile going by sending this on to a friend.
Everyone needs a smile!!!



Learn About Your Ancestors

Our NY Indian Genealogy database now contains 24,100 Indians and spouses associated with our Oneida, Stockbridge-Munsee, Brothertown and predecessor tribes. It is the result of 250 of us sharing our genealogy information. If you send me the names and birthdays of you, your Indian parents, grandparents, etc., so I can relate you to someone in your database. I will send you a chart showing your ancestors going back to the 1700s. All our charts and reports are free.

Dave Thomas
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NUTRITION NOTES

Jane Powless

CLEAN, COLD, AND COOKED **Avoid food Poisoning**

Have you ever had a "summer bug" or the "24 hour flu?" You probably had a simple case of food poisoning. Food poisoning can be very serious in children, elderly, and people who are weakened with other illness. Prevention is the best defense against bacteria.

Everything that touches your food should be clean, work surfaces and utensils. Your hands can spread bacteria so don't use them to mix

food. Keep meats as cold as possible until ready to cook. Cook fish to a temperature of 140° and poultry to 165° most meats at 150°, ground meats to 160°.

Pack your cooler wisely, chill drinks ahead of time. Use lots of ice or freezer pack inserts. Don't put the cooler in the trunk, it will be cooler in the passenger compartment.

Leftovers should be thrown away, anything that contains meat, dairy, eggs or fish can be a bacteria source.

WHEN IN DOUBT, THROW IT OUT!

FARMERS MARKET

DE PERE:

Tue. & Wed.-Festival Foods
July 13-Oct. 9am-12

Thur- Seroogy's
July 8-Oct. 7am-12

Green Bay:

Wed. Festival Foods W.
July 14- Oct. 8am-12

Sat. Market Downtown
June 5 - Oct 8am-12

Pulaski:

Open daily weather permitting
July- Oct 10am-6pm

Bounce can be used outside the dryer.

1. US Postal service sent out a message to all letter carriers to put a sheet in their uniform pockets to keep the yellow jackets away. Use them all the time when playing baseball or soccer.
2. Repels mosquitoes, tie a sheet through the belt loop when outdoors during mosquito season
3. Clean shower doors, it dissolves soap scum.
4. Run a threaded needle through a sheet, it prevents thread from tangling.
5. Place a sheet in your shoes or sneakers overnight, it deodorizes them.
6. Place a sheet at the bottom of your waste basket, it eliminates odor.
7. A used sheet will collect sand or dust like a tack cloth.
8. Place a sheet at the bottom of your laundry bag or hamper, it eliminates dirty laundry odor.
9. Put a sheet in the vacuum cleaner.
10. Collect cat hair, rubbing the area with a sheet will attract the loose hairs.

This is not an endorsement for this particular softener sheet, others might work as well.

IT'S TOMATO TIME

SERVING IDEAS

Tomatoes are delicious served fresh in salads, on sandwiches, or eaten "as is." They can be stuffed, stewed, fried, baked used in sauces, casserole, and in soups.

RECIPES: SALSA

- 2 medium tomatoes chopped
- 4 oz. can green chilies, chopped
- 1 c. corn
- ½ c. onion chopped
- ½ t. each chili powder and sugar
- t. each oregano and salt
- ⅛ t. cayenne pepper

Combine all ingredients. Cover lightly. Cook on stove top (about 20 Min.) until boiling.

Refrigerate at least 4 hours before serving.
Serves 10, 25 calories, 1g fat.

Stuffed Tomato Salad

- 1 tomato
- 1 tbs low fat cottage cheese
- 1 tbs. green pepper, chopped

Cut off top of tomato (stem end) and remove seeds. Cut from top half way down as if making wedges. Chop green peppers and mix with cottage cheese. Place mixture in tomato. Chill and serve. Serves 1, 40 Cal. 5 g fat.

KEY NUTRIENTS:

Vitamin C for healthy gums, skin and blood.

Potassium to help maintain normal blood pressure.

Antioxidant lycopene which may prevent certain types of cancer.

SEEING IS BELIVING



PLACE: ONEIDA SENIOR CENTER

DATE: OCTOBER 14TH

TIME: 12:00PM

PRESENTATION:

**STATE OF WISCONSIN
DEPARTMENT OF HEALTH AND FAMILY SERVICES
DIVISION OF DISABILITY AND ELDER SERVICES
BUREAU FOR THE BLIND**

SUSAN DACHELET, FIELD SUPERVISOR

SUSAN FROM THE DIVISION OF DISABILITY AND ELDER SERVICES BUREAU FOR THE BLIND WILL BE GIVING A PRESENTATION AT THE ONEIDA SENIOR CENTER ON OCTOBER 14TH DURING LUNCH. PLEASE COME WITH ALL YOUR QUESTIONS REGARDING SIGHT LOST, AND WHAT BENEFITS ARE AVAILABLE.

2003 Oneida Tribe of Indians of Wisconsin Elder Survey
March 23, 2004

Sponsored By:
Oneida Social Services
Oneida Elderly Services
Oneida Nation Commission on Aging
Oneida Health Center

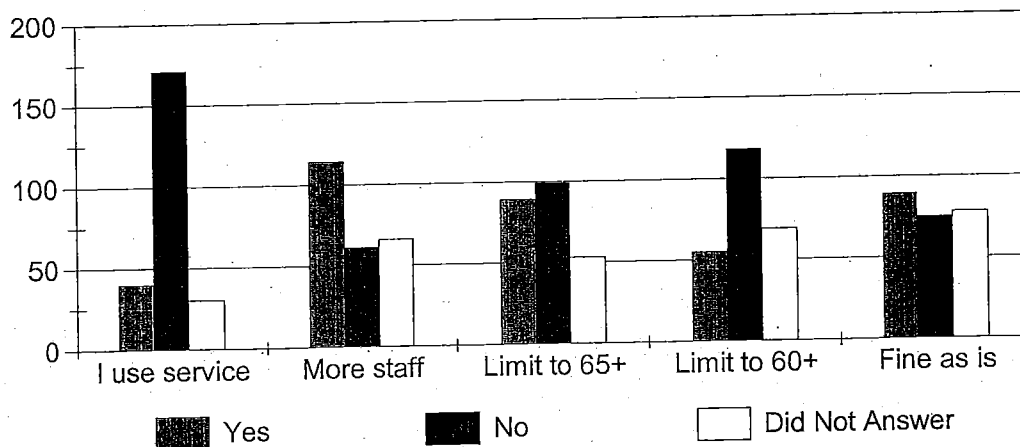
II. PERSONAL

1. Grass cutting is provided for Tribal members on the reservation who are over 55 at their request. However, we have a priority system which gives service first to elders 70 and older. We encourage those people who are able to maintain their own

lawns, and we encourage family members (who live in the home) to assist with this chore. Presently, based on the number of requests, the number of employees, and the weather; it takes us about 3 weeks to get around to everyone.

- a. I presently receive the grass cutting service
- b. I believe there should be more employees assigned to this
- c. I believe we should limit the service to people 65 and older
- d. I believe we should limit the service to people 60 and older
- e. The service is fine the way it is

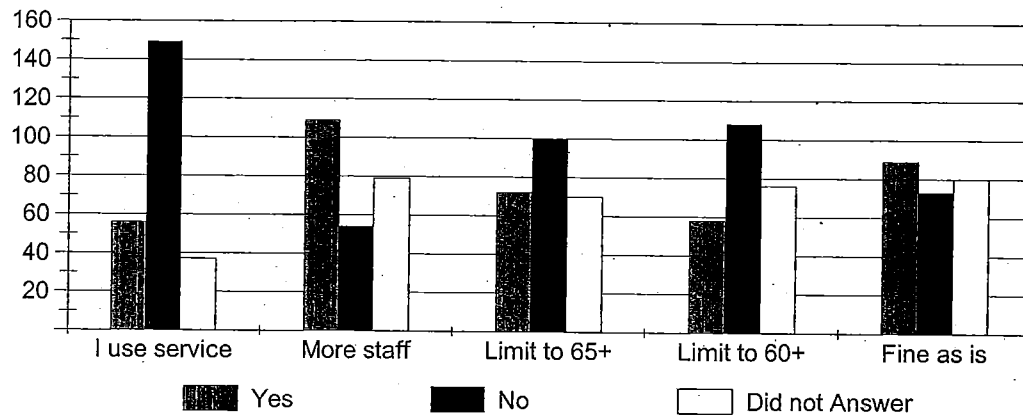
Grass Cutting Service



2. Snow plowing is provided for Tribal members on the reservation who are over 55 at their request. However, we have a priority system which gives service first to elders over 70 (to allow access for emergency vehicles.) We encourage those people who are able to, to maintain their own walkways and drives, and we encourage family members (who live in the home) to assist with this chore. Presently, based on the number of request, the number of employees, and the type of weather; it takes us about 3 days to get around to everyone. Remember, snow plowing is provided so you have access to emergency services if needed, not to enable you to drive on icy or snow covered roads.

- a. I presently receive the snow plowing service
- b. There should be more employees assigned to this
- c. We should limit the service to people 65 and older
- d. We should limit the program to people 60 and older
- e. The program is fine the way it is

Snow Plow Service



**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

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

