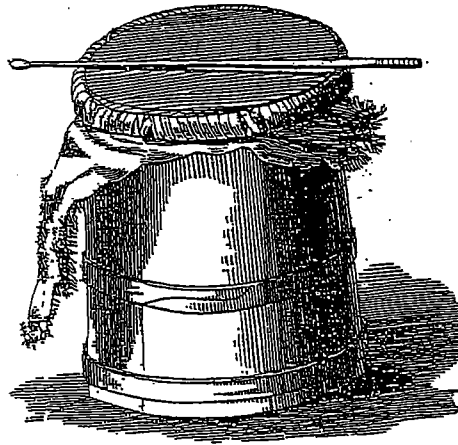


DRUMS

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 2005



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
Alzheimers/Respite Activities Specialist
Vista Worker
Title V
Title V

2907 S. Overland Rd. (P.O. Box 365)
Oneida WI 54155 1-920-869-2448
Florence Petri
Tina Pospychala
Vacant
Joyce Johnson
Cheryl Ault
Vacant
Lorna Christjohn
Connie Van Gheem
Dale Webster
Michele Cottrell
Cindy Brabbs
Sandy Charles
Amy Sumner
Joanne Close
Lorleen John
Jackie Ninham
Vacant
Marty Braeger
Marie Scott
Barbara Skenandore
Rita Summers
Sara Loken
Mildred Figueroa
Leland Danforth

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
Title V

134 Riverdale Drive (P.O. Box 365)
Oneida WI 54155 1-920-869-1551
Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Pat Beilke
Alfrieda Grignon
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Don Bogda
Jared Skenadore
Harold Dostalek
Richard Dodge
Cornelius Hill
Grover Smith
Jeannine LaRock
Marena Pamanet
Herb Powless

Celebrate Our October Birthdays

Roland Burnette	10-28
Gloria Cornelius	10-12
Prudence Doxtator	10-15
Dennis Fabian	10-29
Allen Green	10-19
Harikd Henn	10-05
Edward Hill	10-27
Betty Jorgenson	10-28
Harriet Kindness	10-15
Peter King	10-15
Cecelia Krawcyk	10-26
Dorthy Lencheck	10-27
Donald Lottrell	10-03
Wendell McLester	10-24
Willis Melchert	10-20
Winona Mencheski	10-21
Ida Moore	10-24
Hazel Noble	10-20
James O'laughin	10-15
Paul Parmely	10-08

Alice Schuyler	10-24
Lillian Skenandore	10-31
Warren Skenandore	10-31
Ralph Steinffeldt	10-17
Elmer Stenzel	10-13
Lynn Summers	10-09
Larry Webster	10-24
Woodrow Webster	10-21
Bernard Wheelock	10-23
Norine Wiblur	10-29

Elders, if you have a birthday in November
please join us at the Senior Center, at 134
Riverdale Dr. (Hwy H) on October 27, 2005.
Have lunch with us and sign the birthday book.

Birthdays for our elders are celebrated
on the last Thursday of every month.
Occasionally there might be a change
so watch your Drum's.

**Celebrate Eat Together Week
October 3-7,
2005**

**Making Memories! Meet, Greet & Eat
Add LIFE to Your Meals: Eat Together!**

1996, America's Pork Producers and the National Pork Board established National Eat Dinner Together Week to encourage Americans to use dinnertime as a daily opportunity to develop and nurture relationships with family members. We also believe in the value of eating together. The Senior Dining Sites throughout the state offer opportunities to build and strengthen relationships with food, fellowship & fun. We will be having special activities at the Senior Dining Locations during this week so if you haven't visited a Senior Dining location before or it's been a while, this would be a great way to share a delicious meal, laugh & have some fun!

Laughter Independence Friends & Energy

Aging Offices & Senior Centers are the gateway to living independently in Wisconsin. We are the first place to call if you have questions about the issues that may arise with aging. We can meet your individual needs with a variety of choices. Our motto is:

"We help you figure it out." Our goal is to "Add LIFE to your years" and help you remain independent and live life the way you choose.

Come Celebrate Eat Together Week with Us!

Oneida Senior Center

134 Riverdale Dr

Oneida, Wisconsin 54155

Lunch served Monday-Thursday at 12:00 Noon

Breakfast is served on Friday at 9:00 a.m.

Oneida Business Committee Members and the Oneida Police Department were invited to join in "National Eat Together Week".



Elder Fall Prevention

Presenter: Jodi Pelkola, UWGB

Date: Wednesday, Oct. 19, 2005

Time: 12:00 P.M. - 12:30 P.M.

Location: Oneida Elderly Meal Site
Hwy J, Oneida

UP CLOSE AND PERSONAL
With Sara Loken,
Vista Volunteer

Sara Loken was born in Green bay in 1980. She went to Green Bay East High School and graduated in 1999. Sara attended UWGB for one year before transferring to NWTC. She received her associates Degree from NWTC in 2002. Sara transferred to Northern Michigan University. She graduated in May of 2005 with a bachelor's degree in Criminal Justice and a minor in Social ology.

Sara applied with the Americorps in June wanting to do some community service either in Americorps or the Peace Corps.

Sara started as the Vista Volunteer at Oneida Elderly Services at the end of July after attending training in Albuerque .Sara has been in Oneida for almost two months and loves what she does. The community has been welcoming her and she has enjoyed meeting all the elders in the community. She looks forward to seeing them everyday and considers herself a better person from being around them and learning from their life stories and advice.

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

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

What do you consider to be your greatest accomplishment?
My bachelors degree

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

Wish I could sing

What is the best advice anyone ever gave you?

What doesn't kill you, makes you stronger

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

Spend a lot of time with your family

What is your ideal vacation?

Some place warm- (Sun and Beach)

Favorite Meal: Pizza

Favorite Music: Everything

Favorite Books : Comedies

Favorite Movies: Scary - suspense

Favorite Hobbies: Riding my bike and a Harley

Elderly Services Store and Gift Shop

This is an invitation for you to come and visit our Elderly Services Store and Gift Shop. Our store hours are from 8:00 am - 12:00 noon, Monday through Friday. We also feature delicious fresh popcorn daily.

The following is a list of items for sale:

- Bird Houses
- Crosses, all types (plastic canvas)
- Wreathes
- Floral Arrangements
- Greeting Cards, Native American, etc.
- Kleenex Box Sets (plastic canvas)
- Native American Dolls (all sizes)
- Necklaces
- Key Chains
- Pictures Frames
- Pillows
- Quilts (crib)
- Seasonal Items
- Memories of Oneida Elders tapes
- Oneida Singers Tapes
- Indian Jewelry
- Lamps
- And many other assorted items.
- Check out our FREE rummage box!

Our store is located at the Elderly Services Complex, on Overland Road, right next to the Airport Road, Daycare Center and directly across from the Oneida Community Health Center.

Attention Elders

If you want to participate in activities offered by the Oneida Elderly Services, you must sign up **in PERSON** at the Oneida Senior Center, 134 Riverdale Dr. Oneida. **(This also includes signing up for bingo passes.)** We will **no longer** accept phone calls and you **may not** sign up for someone else. There has been too many call in's and the same names on the sign up list more than once.

The dead line for signing up for activities will be 4:30 PM one day before the schedule event. **(THE ONLY EXCEPTION BEING WAKES AND FUNERALS.)**

Transportation will be provided by the Elderly Service Department to attend after hours or weekend activities providing there is a **minimum of 5 elders signed up to go.**

The following restrictions apply for out of town activities:

- a. Elders must be physically able to keep up with others and must be physically able to board the bus or van on their own.
- b. Elders with high risk of heart attacks (open heart surgery- or pace makers) may not attend.
- c. Elders with lung disease (dependent on oxygen) or Emphysema.
- d. Elders on medication that causes disorientation -dizziness or nauseousness.

Thank-you
Oneida Elderly Service Department

Why is lemon juice made of artificial flavor and dishwashing liquid is made with real lemons??

RURAL DEVELOPMENT

THE ELDERLY MEAL SITE
134 RIVERDALE DRIVE
ONEIDA, WISCONSIN 54155

First Thursday Of Every Month

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

Programs available to low and very low income household.

Stop for details or call the meal site office at 1-920-869-1551.

Shawano Rural Development Office
at 1-715-234-2148.

ONEIDA BENEFIT SPECIALIST

Tina Pospychala

Benefit Specialist from the Elderly Services Center will be available at the Oneida Senior Center, (meal site) every second and fourth Thursday of the month from 11 am - 1pm. She has valuable information on benefits and helpful programs for you, including information on health insurance. This is on a first come first serve basis. You can also sign up for Senior Care with Tina. For more information call 1-920-869-2448.

Blood Pressure/Blood Sugar Screening

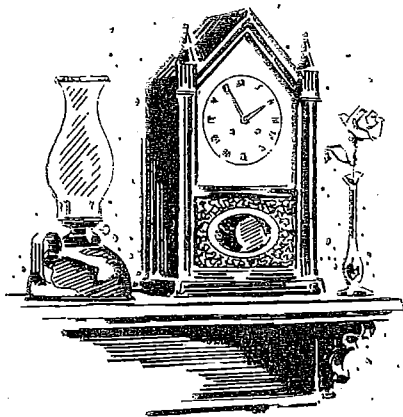
October 14th, 2005

Oneida Elderly Service Mealsite
134 Riverdale Drive

1-920-869-1551

LORNA CORNEER ELDER HUMOR

I was thinking, it seems like every time I turn around the elders were eating. I know we need to get elders involved in seminars that are educational for them. So when something was offered for the elders I would ask them if they would like to attend this seminar and I would explain to them what it was all about and tell them the food was FREE. I had elders go to most any seminar offered. I asked one elder to join us and the first thing she asked was if there was food. I told her "Yes of course." "I told them we were leaving early in the morning and that we would be stopping for breakfast and that lunch would be provided." This elder agreed to go. On our way home we stopped for supper and the same lady said, "What eat again? I can't eat anymore." The elders that were old pro's at this didn't eat all the food that was served. They had "Doggie Bags" and some wrapped their left overs in napkins and put them in their purses or bags that they carried. Matter of fact, one elder recently told me she found a sandwich that was sort of green and hairy looking. She was wondering what was smelly in her purse. Elders Never go hungry!!!!



YU TE KHAY AHE WEH- HNI-TAHL Falling Leaves Moon

At the time of the falling leaves, corn, beans, berries and other fruit were dried for winter use. Braided bunches of corn were hung beside long spirals of dried squash and pumpkin. Charred and dried shelled corn was kept in bark barrels which were buried in piles or caches. Bark barrels stored dried shell corn, beans, dried fruit, cured venison and other meats. Surplus meat and fish were dried, smoked or frozen for later use. Bark barrels also stored articles of clothing or personal adornments. From beginning to end the agricultural process cibsnyed a whoke summer filled with work.

BEWARE OF SCAMS

WE HAVE INFORMATION O N
PEOPLE CALLING ELDERS AND
ASKING THEM FOR MONEY TO
PAY TAXES IB MONEY THEY
WON THRU PUBLISHEERS
CLEARING HOUSE. DO NOT FALL
FOR THESE CALLS, IT IS A SCAM11
BEWARE OF CALLERS ASKING FOR
MONEY111

Monday

Tuesday

Wednesday

Thursday

Friday

OCTOBER ACTIVITIES

3	TRIP TO BLACK CREEK 9:30-11:30 BINGO SITE II 1:00	4	CRAFTS EPWORTH HALL 9:30-11:30	5	EXERCISE Elderly Services 10:00 BINGO Hwy H 1:30	6	BANKS, SHOPPING, LUNCH OUT 10:00-3:00	7	MIND, BODY, & SPIRIT CONFERENCE Radisson 10:00-3:00
10	DELZER'S PUMPKIN PATCH 10:00	11	CRAFTS EPWORTH HALL 9:30-11:30	12	EXERCISE Elderly Services 10:00 BINGO Hwy H 1:30	13	BOARD GAMES Elderly Services 10:00 BASKET MAKING Elderly Services 1:30	14	BANKS, SHOPPING, LUNCH OUT 10:00-3:00
17	THRIFT STORE 10:00 BINGO SITE II 1:00	18	BINGO EPWORTH HALL 9:30-11:30	19	EXERCISE Elderly Services 10:00 BINGO Hwy H 1:30	20	CARDS Elderly Services 10:00 BASKET MAKING Elderly Services 1:30	21	BANKS, SHOPPING, LUNCH OUT 10:00-3:00
24	CRAFTS Elderly Services 9:30-11:30 BINGO SITE II 1:00	25	CRAFTS EPWORTH HALL 9:30-11:30	26	EXERCISE Elderly Services 10:00 BINGO Hwy H 1:30	27	AJNH VISIT 10:00-11:00 BIRTHDAY LUNCH 12:00 MOVIE Elderly Services 1:00	28	BANKS, SHOPPING, LUNCH OUT 10:00-3:00
31	HALLOWEEN PARTY Senior Center 1:30								



The Oneida Trust & Enrollment Committee Requests Your Support

OCTOBER 2005

- The Trust & Enrollment Departments work cooperatively, but independently of each other, and will always be linked.
- The Trust-Enrollment Committee respectfully requests your support to create 2 committees out of 1 by approving the "development" of a Separation Plan.
- The Committee would best serve its roles, responsibilities and commitment if G.T.C. authorizes two distinct bodies to conduct business on behalf of G.T.C.
- Due to growth, Trust & Enrollment duties have become increasingly complex and time consuming.
- Each department has unique purposes and mission.
- G.T.C. elects people they trust to manage the Trust and Enrollment areas. We would not make a recommendation to G.T.C. unless it was necessary and in the best interest of the Oneida Nation.
- Both Committees will remain autonomous and be under the direct supervision of G.T.C.
- Your support in creating 2 out of 1 is the crucial beginning step.



Prepared by the Oneida Trust Committee, Trust and Enrollment Departments,

Trust Department - 920-490-3935

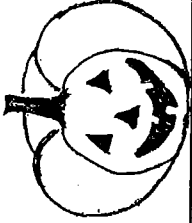

Enrollment Department - 920-869-2083

MENU

OCTOBER

2005

Oneida Senior Center, 134 Riverdale Drive Phone number: 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with coffee, milk or tea.	Menu is subject to change.			
3 Spaghetti Salad Garlic Bread Yogurt	4 Potato Soup Fresh Bread Juice Pudding	5 Chicken Breast Rice Pilaf California Blend Vegetables Sliced Oranges	6 Pork Roast Potatoes Peas & Carrots W/W Bread Apple Sauce	7 Ham & Eggs Cold Cereal Toastums Juice Bananas
10 Hot Dogs Macaroni & Cheese Green Beans W/W Bread Pineapple	11 Beef Stew Biscuits Jell-o	12 Pork Steak Red Potatoes Corn W/W Bread Mandarin Oranges	13 Chicken Pasta W/W Bread Blackberries	14 Bacon & Eggs Grits English Muffins Juice Pears
17 Chop Suey Rice W/W Bread Sherbert	18 California Blend Cheese Soup Fresh Bread Melons	19 Chef Salad Ham, Eggs, Turkey, Lettuce & Tomatoes Cottage Cheese Baked Apple	20 B.B.Q. Chicken Scalloped Potatoes Broccoli W/W Bread Ice Cream	21 Sausage Brunch Casserole Toast Juice Peaches
24 Chicken Ala King Rice W/W Bread Mandarin Oranges	25 Bean Soup Fresh Bread Pears	26 Turkey Casserole W/W Bread Jell-o	27 BIRTHDAY DAY Beef Roast Potatoes Carrots W/W Bread Lemon Cake	28 Pancakes Bacon Juice Strawberries
31 Goulash W/W Bread Juice Cookies	BIRTH STONE: OPAL	FLOWER: CALENDULA	HOURS: 8:00 A.M.-4:30 P.M. LUNCH SERVED 12:00 -1:00P.M.	BREAKFAST ON FRIDAYS SERVING FROM 9A.M-10A.M.

DATE: / /

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

A:\ENROLLME.WPD(11/26/02)

