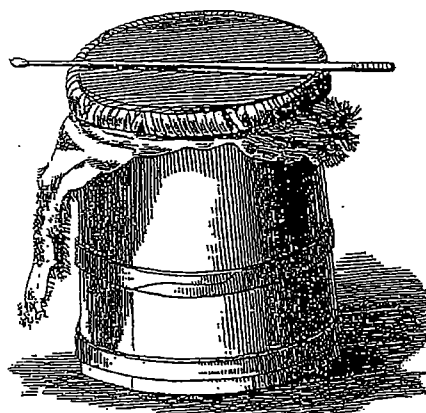


DRUMS ACROSS ONEIDA

Elderly Services
2907 S. Overland Rd.

P.O. Box 365



Senior Center
134 Riverdale Dr.

Oneida, Wi. 54155

Elderly Services 1-920-8692448

Senior Center 1-920-869-1551

Toll Free:1-800-867-1551

YUTEK?KHWAIYAHE WEH-HNI-TAHL

FOOD STORING MOON

2006



FROM OUR HOUSE TO YOURS
HAPPY HALLOWEEN FROM THE ELDERLY SERVICE STAFF
AND THE COMMISSION ON AGING BOARD

Elderly Service Complex 2907 S. Overland Rd. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-2448

Program Director	Florence Petri
Assistant Program Director	Tina Pospychala
Benefits Specialist	Angela Ortiz
Elder Abuse Coordinator	Joyce Johnson
Elderly Services Coordinator	Cheryl Ault
Office Manager	Claudia Skenandore
Transportation Coordinator	Lorna Christjohn
Transportation Driver	Connie Van Gheem
Transportation Aide	Dale Webster
Activity Coordinator	Michele Cottrell
Outreach Worker	Cindy Brabbs
Outreach Worker	Sandy Charles
Outreach Worker	Amy Sumner
In- Home Chore Worker	Joanne Close
In-Home Chore Worker	Lorleen John
Respite Care Worker ET	Julia Behling
Respite Care Worker	Glory LaFlex
Administrative Assistant	Marty Brager
Elder Helper	Marie Scott
Elder Helper	Barbara Skenandore
Alzheimer/Respite Activities Specialist	Rita Summers
Title V	Vacant
Title V	Jean Denny
Title V	Wayne McReynolds
Title V	Carmen Pasquale

ONEIDA SENIOR CENTER 134 Riverdale Dr. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-1551

Head Cook Supervisor	Brenda Jorgenson
Assistant Cook	Loretta Mencheski
Relief Cook	Betty Jorgenson
Relief Cook	Pat Beilke
Home-Delivered Meals Driver	Alfrieda Grignon
Maintance Supervisor	Robert LaGest
Home Respite Coordinator	Richard Summers
Home-Chore Worker	Lee Domencich
Home-Chore Worker	Lloyd Davis
Home-Chore Worker	Lisa Huff
Home-Chore Worker	Don Bogda
Home-Chore Worker	Tod Hill
Home-Chore Worker	Harold Dostalck
Elder Helper	Richard Dodge
Elder Helper	Cornelius Hill
Elder Helper	Marena Pamanet
Title V	Jeannine La Rock
Title V	Vacant

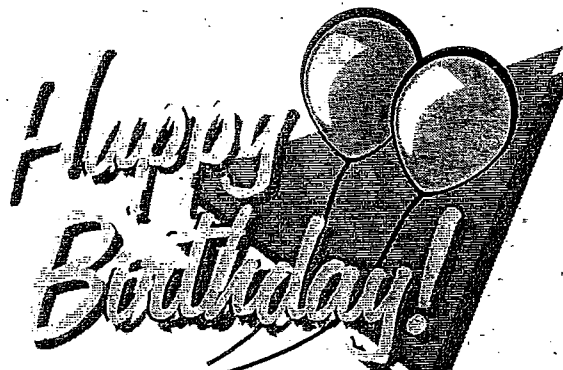


Celebrate Our October Birthdays

Loralee Begay	10-26	Gaynora Melchert	10-14
Harry Brownbear	10-06	Willis Melchert	10-20
Karen Christjohn	10-23	Yvonne Metivier	10-29
Gloria Cronelius	10-12	Ida Moore	10-24
Josephine Daebler	10-01	Darwin Ninham""	10-24
Gladys Disney	10-07	Debbie Ninham	10-27
Roman Doxtator	10-11	Hazel Noble	10-20
Prudence Doxtator	10-15	Paul Parmely	10-08
Dennis Fabian	10-29	Lois Powless	10-20
Mildred Figueroa	10-22	Alice Schuyler	10-24
Allen Green	10-19	Warren Skenandore	10-31
James Green	10-21	Owen Somers	10-08
Edward Griffy	10-13	Archie Stevens	10-14
Harold Henn	10-05	Gladys Stevens	10-14
Edward Hill	10-27	Lynn Summers	10-09
Penny Jordan	10-02	Milton Summers	10-07
Betty Jorgenson	10-28	Harvey Vanden Bloomer	10-16
Harriet Kindness	10-15	Norine Wilbur	10-29
Peter King	10-12	Larry Webster	10-24
Cecelia Krawcyk	10-26	Woodrow Webster	10-21
Wendell McLester	10-24	Bernard Wheelock	10-23

Elders, if you have a birthday in November please join us at the Senior Center, at 134 Riverdale Drive, (Hwy J) Oneida, Wi. 54155. Have lunch with us and sign the birthday book.

Birthdays for our elders are celebrated on the last Thursday of the month . Your name MUST be on the birthday BOOK to receive a gift for that month.



BIRTHDAY MONTH

Just a little reminder:

***We celebrate Birthdays on the last Thursday of the month at the Senior Center.**

***There is a Birthday Book you need to sign up in at the Senior Center the month of your Birthday. You need to sign the sheet before 4:30, the Wednesday before the Birthday lunch in order to receive your Birthday Gift Card in the amount of \$5.00.**

***This does not carry over from year to year. You need to sign-up each year, the month of your Birthday.**

***Even if your name is on the Birthday list in the Drums Across Oneida, you still need to be signed up in the Birthday Book at the Senior Center.**

***Finally, you need to be present at the Birthday lunch to receive your Birthday Gift Card.**

If you have any questions please call me at 869-2448.

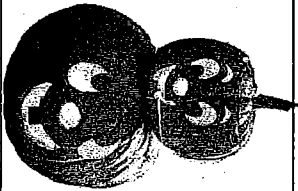
**Thank you,
Michelle Cottrell
Activity Coordinator**

MENU 134 Riverdale Dr.

OCTOBER

1-920-869-1551

2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Brats & Kraut Potatoes W/W Bread Sherbert	3. Beef Stew Biscuits Juice Peaches	4. Cube Steak Mac & Tomatoes Green Beans W/W Bread & Jell-0	5. White Fish Red Potatoes Cole Slaw Bread & Melons	6. S.O.S. & Eggs Toast Juice Orange Slices
9. Chop Suey & Rice Juice W/W Bread Pineapple	10. Corn Soup Fresh Bread Juice Baked Apple	11. Chef Salad Cottage Cheese Rolls Sherbert	12. Turkey & Gravy Potatoes Brussels Sprouts W/W Bread Bread Pudding	13. Cornmeal Eggs & Toast Juice Mandarin Oranges
16. Hot Dogs Buns Mac & Cheese Green Beans Peaches	17. Corn Chowder Fresh Bread Juice Berries	18. Pork Steak Red Potatoes Green Beans W/W Bread	19. Meat Loaf Potatoes & Carrots W/W Bread Cookies	20 Scramble Eggs w/ Han, Peppers, Cheese Toast & Juice Peaches
23. Chicken Salad Croissant Cukes, Tomatoes, Lettuce Ice Cream	24. Tomato Soup Ground Bologna & Egg Salad Sandwich Juice Pears	25. Chili Cuke Salad Juice W/W Bread	26. BIRTHDAY'S Roast Beef & Potatoes Acorn Squash W/W Bread Juice Cake	27. Eggs Toastums Sausage Juice Applesauce
30. Chicken Ala King Biscuits Rice Mandarin Oranges	31. Sub Sandwich Veggie Tray Fresh Fruit Diet Cake			All meals are served with coffee, tea, or milk. Menu is subject to change.

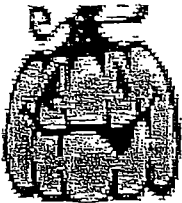
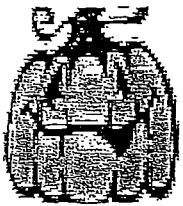
Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

OCTOBER 2006 ACTIVITIES

2	P.A.C.E. EXERCISE Elderly Services 9:30 BINGO Site II 1:00	3	CRAFTS EPWORTH HALL 9:30-11:30	4	TSYUNHEHKWA Husking Bee 10:00-11:30 BINGO HWY H 1:30	5	PRICE IS RIGHT/P.A.C.E. Hwy H 9:45 BOWLING Ashw. Lanes 1:30	6	BANKS SHOPPING LUNCH 10:00 - 3:00
9	P.A.C.E. EXERCISE Elderly Services 9:30 DELZER'S PUMPKIN PATCH 1:00	10	CRAFTS EPWORTH HALL 9:30-11:30	11	COOKING Elderly Services 9:30 BINGO HWY H 1:30	12	PRICE IS RIGHT/P.A.C.E. Hwy H 9:45 MOVIE HWY H 1:00-3:00	13	BANKS SHOPPING LUNCH 10:00 - 3:00
16	P.A.C.E. EXERCISE Elderly Services 9:30 BINGO Site II 1:00	17	TRIP TO BLACK CREEK 9:30-11:30 FALL FESTIVAL Conservation 12:00	18	ONEIDA LANGUAGE Elderly Services 9:30 BINGO HWY H 1:30	19	PRICE IS RIGHT/P.A.C.E. Hwy H 9:45 BOWLING Ashw. Lanes 1:30	20	BANKS SHOPPING LUNCH 10:00 - 3:00
23	ST. VINCENT DE PAUL STORE/LUNCH OUT (ON YOUR OWN) Appleton 10:00	24	BINGO EPWORTH HALL 9:30-11:30	25	ONEIDA LANGUAGE Elderly Services 9:30 BINGO HWY H 1:30	26	PRICE IS RIGHT/P.A.C.E. Hwy H 9:45 BIRTHDAY LUNCH 12:00 MOVIE Hwy H 1-3	27	BANKS SHOPPING LUNCH 10:00 - 3:00
30	P.A.C.E. EXERCISE Elderly Services 9:30 BINGO Site II 1:00	31	HALLOWEEN PARTY Senior Center 1:00	* Please sign up for trips at Senior Center Main office. * All trips leave from Senior Center.		* If not attending trips, bus will pick up for lunch only.		* If not attending trips, bus will pick up for lunch only.	

LET'S GO TO DELZER'S PUMPKIN PATCH!

MONDAY, OCTOBER 9TH AT 1:00



****PUMPKINS****
****HAY RIDES****
****PETTING ZOO****
****HAUNTED GRANARY****
****CORN MAZE****



ALL FOR ONLY \$3.50 A PERSON

****(THOSE WHO ARE OXYGEN DEPENDANT, ON MEDICATION THAT CAUSES DIZZINESS, DISORIENTATION, OR THOSE WITH HIGH RISK OF HEART ATTACKS ARE INELIGIBLE FOR TRAVEL.)****

-----BRING ALONG A JACKET-----

SIGN UP AT THE MEAL SITE MAIN OFFICE BY
OCTOBER 6TH, ONLY 14 PEOPLE ARE ABLE TO
GO.



NATIONAL EAT TOGETHER WEEK!!!!!! OCTOBER 9 - 13

*“SHARE A MEAL,
SHARE A SMILE,
COME HAVE SOME FUN FOR AWHILE!”*

****THEME FOR THE WEEK.****

MONDAY: WEAR YOUR FAVORITE HAT.

TUESDAY: TALK AND WALK DAY.

WEDNESDAY: BRING A FRIEND TO LUNCH
DAY.

THURSDAY: JOKE DAY.

FRIDAY: SHARE YOUR FAVORITE
MEALTIME MEMORIES.

A decorative border of stylized leaves and vines surrounds the central text box. The leaves are dark and solid, while the vines are light and stippled.

Come Join Us

Oneida Nation Environmental,
Health & Safety Division

Fall Festival

OCTOBER 17, 2006

12:00 PM TO 5:30 PM

Oneida Conservation Office

New Location!

N8047 County Road U

Free Lunch 12:00 to 1:15

- Live Music by Rick & Ted's
Excellent Adventure 1:30-4:30
- Tours of Restoration sites
- Learn about:
 - Healthy Homes
 - Oneida Lake
 - Medicinal Plants
 - Hunting Regs
 - Fire Prevention
 - Energy Conservation
 - Forestry
 - Hybrid Cars (invited)
 - Cordwood Homes
 - Woodstove Demonstration
- Packer Ticket Raffle for
the Jets game, December 3,
2006
- SPIN the Prize Wheel
- Conservation
Demonstrations
- Safety Demonstrations
- Hunter & ATV Safety
- Experiential Adventures
- Meet the staff
- Learn about ways to
conserve energy and
protect the environment

Sponsors: Environmental Resource Board, Experiential Therapy
& the Environmental, Health & Safety Division

***JOIN US FOR A SPOOKY TIME
AT THE ELDERLY SERVICES***

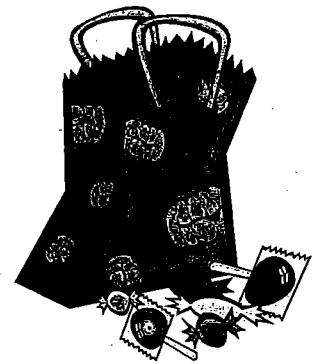
***HALLOWEEN
PARTY!***



WHERE: SENIOR CENTER
134 RIVER DALE DR., ONEIDA

WHEN: TUESDAY
OCTOBER 31, 2006

TIME: 1:00



******* DRESS UP FOR OUR ELDERLY COSTUME
CONTEST.... OR.... ENTER OUR PUMPKIN
PAINTING or CARVING CONTEST AND WIN PRIZES !! *******

(Bring your own pumpkins carved or painted)

PLAY BINGO FOR PRIZES!

DOOR PRIZES / FUN / SNACKS/CIDER

P.A.C.E.

PEOPLE WITH ARTHRITIS CAN EXERCISE

BROUGHT TO YOU BY ARTHRITIS FOUNDATION WISCONSIN CHAPTER AND
ONEIDA FAMILY FITNESS AND RECREATION

- *RESTORE AND PRESERVE FLEXIBILITY
 - *RESTORE AND PRESERVE STRENGTH
 - *PROTECT JOINT FROM FURTHER CHANGE
 - *IMPROVE YOUR COORDINATION
 - *INCREASE YOUR ENDURANCE
 - *INCREASE YOUR ENERGY
 - *DECREASE DEPRESSION
 - *HELP YOU SLEEP BETTER
 - *KEEP BONE AND CARTILAGE TISSUE STRONG AND HEALTHY
 - *LEAD TO IMPROVED SENSE OF SELF-ESTEEM AND ACCOMPLISHMENT
-

WHEN: 8 WEEK SESSION BEGINNING 10/2/06
DAYS: * MONDAY ONEIDA ELDERLY SERVICES - Activity Room
* THURSDAY - HWY H RECREATION CENTER
TIME: 11:00 A.M.-11:30 A.M.

*****Must have a Doctor's release form filed out before first session begins*****

**FREE FOR ELDERS OVER 55 AND LIMITED
TO THE FIRST 20 PEOPLE.**

*** IF INTERESTED PLEASE SIGN UP AT THE MEAL MAIN OFFICE***
Any questions or concerns call Michelle at 869-2448

Elder Bingo

**Hosted by
Oneida Housing Authority**

WHEN: Monday, October 2, 2006
Monday, October 16th
Monday, October 30th
Monday, November 13th
Monday, November 27th
Monday, December 11th
Monday, December 18th

TIME: 1 p.m.

WHERE: Site II Building
W1144 Park Drive

B	I	N	G	O
7	17	41	57	75
13	29	39	48	63
5	26	Free Space	59	72
9	19	33	51	67
12	23	40	49	71

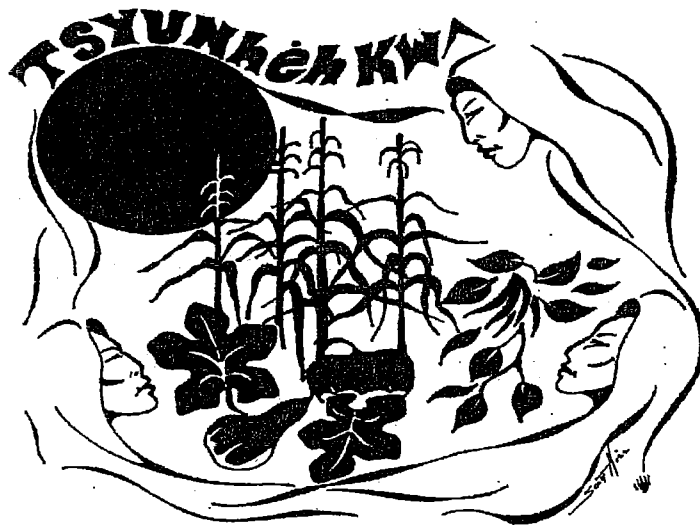
B	I	N	G	O
7	17	41	57	75
13	29	39	48	63
5	26	Free Space	59	72
9	19	33	51	67
12	23	40	49	71

B	I	N	G	O
7	17	41	57	75
13	29	39	48	63
5	26	Free Space	59	72
9	19	33	51	67
12	23	40	49	71

For more information, please call (920) 869-2227

tsyunhéhkw[^]
"... life sustenance ..."
13th Annual

Husking Bee & Community Harvest
Saturday, 30 September 2006
thru
Friday, 6 October 2006
9am - 5pm daily



October 2,3,4 Education Days
9am-noon morning session
1:30 - 3:30pm afternoon session

shakoh[^]ta?slu.ni^{he}? Agricultural Site
139 Riverdale Drive (Hwy J)
Downtown Oneida
920-869-2718

For Further Information please contact Ted Skenandore, Horticulture Farmer
920 - 869 - 2718 or tskenan2@oneidanation.org

Family Care Givers Support Group

When: Friday, October 27th, 2006

Where: Oneida Elderly Services
2907 S Overland Rd
Oneida WI 54155

Time: 10:00 - 12:00pm



Care-Giver Support Group to address the needs and concerns of care-givers and their loved ones with solutions...

Come and enjoy some refreshments, support of other Care-Givers and bring your loved one with you and we'll provide Respite Care and/or activities for your loved ones...

JUST A LITTLE REMINDER!

METHODIST CHURCH CRAFT ACTIVITIES AND LUNCH WILL BE CANCELLED FOR

OCTOBER 17TH DUE TO THE ENVIRONMENTAL FALL FESTIVAL AT THE NEW

CONSERVATION OFFICE AND OCTOBER 31ST DUE TO OUR ELDER HALLOWEEN

PARTY AT THE SENIOR CENTER.

Living Well With Chronic Disease

Presenter: Mary Beth Fumelle -
Good Shepherd Nursing Home,
Seymour

Date: Wed., Oct. 25th, 2006

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

Location: Oneida Elderly Meal Site
Hwy J, Oneida

CONDOLENCES

To the Robert Westgor family.
To the Judith Smith family.
To the Steven Johnson family.
To the Gloria Skenandore family.
To the Ethel Austin family.
To the "Chiefy" Skenandore family.
To the Ralph "Butchie" Denny
To the Angel Doxtator family.

THANK-YOU TO ELDERLY SERVICES

I just want to thank your employees for the grass cutting service for Loretta F. Webster "my mother," Especially Lloyd Davis and Harold for the wonderful cut on her lawn this pass summer. Thanks to Richard Summers for the screen door he put on, and any helpers they had. I also saw Moon one day. The services your center provides are really appreciated.

Carol L. Elm

Drums For November Is Due October 24th, 2006

A BIG THANK YOU!!!

To Murphy Concrete Construction and the striping was done by Clyde Skenandore for our newly paved driveways and parking lot at the Senior Center.

I am a old man and have known great many troubles, but most of them never happened.

Mark Twain

The Undeceived Pumpkin

"I wonder," said the big pumpkin
Who was round and quite fat.
While nestling at the cornshocks feet,
With whom he love to chat.

"If I should be a pumpkin pie,
Or since I'm built just right,
Or should I be a jack-o-latern,
On this Hallowe'en night.

"I can't deceide what I should be,
A lantern or a pie?
And so he sat and thought and thought,
But as he gave a sigh.

A small boy pounced and homeward ran,
And scopped the pumpkin out,
From which his mother made a pie,
And then with a glad shout.

He carved a happy pumpkin face,
One with a toothy grin,
And he found a stubby candle,
To light him from within.

On Hallowe'em night the pumpkin
Graced the table as a pie,
And carved as a jack-o-lantern
He smiled at passersby



V. Hardman

Are Your Appliances Truly "Off?"

You may not realize it, but the power supply in many computers, computer speakers, TV, clock radios, DVD players, and other devices continues to draw small amounts of power even after you've switch them off-as long as they remain plugged in. That's because many are powered by transformers which remain on and continue drawing power-up to 10 watts per hour around the clock.

UP CLOSE AND PERSONAL
With Wayne Mc Reynolds
Title V Worker

Wayne Mc Reynolds was born on May 3, 1949 to the parents of Mildred Doxtator and Ward Mc Reynolds in Los Angeles California. Wayne went to Balwin Park High School in California.

Wayne would like to meet more of his mothers family which live in Wisconsin. He moved to Wisconsin in 2005. Wayne has driven across the U.S. twice.

Wayne started working for Elderly Services on May 29 , 2006. He got the job through NICOA Title V program. This has been a very nice place to work ,and everybody has been friendly.

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

Who or what has had the biggest influence in your life?
History teacher in High School

What do you consider to be your greatest accomplishment?
Being alive

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

What is the best advice anyone ever gave you?
Be determined

What advice would you give to someone who is about to retire?
Be sure they really want to do that.

What is your ideal vacation?
Trip to Hawaii

Favorite meal: Liver and onions

Favorite Music: Country western

Favorite Books: Science Fiction

Favorite Movies: Any Adventurer Movie

Favorite Hobbies: Work with my hands

Attention Elders

Oneida Elderly Services encourages all who participate in elderly activities and bus transportation to create a positive atmosphere for all participants including themselves, other elders, and employees. Courteous behavior to other elders and employees is expected. Transportation will be provided by Elderly Services to those activities scheduled on the monthly activity calendar. **Activities are subject to change or cancellation.** Transportation to after hour activities (After 4:30 P. M.) or weekend activities will be provided by Elderly Services providing there is a **minimum of five(5) passengers.** The deadline for signing up for these activities is **4:40 pm** the day before the event (**except wakes and funerals.**)

The following restrictions apply to traveling to out of town activities:

- * Passengers must be physically able to board the bus or van on their own and must be able to keep up with others.
- * Those individuals with high risk of a heart attack, wheel chair bound, have had open heart surgery, have a pacemaker, oxygen dependent, or medication that caused dizziness, disorientation or nausea are ineligible to travel.

Seat belts (if equipped) are **mandatory** at all times while on the bus

Physical or verbal abuse of other elders or employees will not be tolerated.

If you have an illness that may be contagious, be considerate of those riding the bus and please stay home until you are better so others will not become infected.

Please practice proper hygiene at all times.

It is each individual's choice as to which activities they wish to attend.

A donation will be appreciated when riding the bus.

If you wish to participate in special activities offered by Oneida Elderly Services, you must sign up in person (**no call -ins or signing for someone else, this includes signing up for bingo passes**) at the Oneida Senior Center, 134 Riverdale Drive, Oneida. For transportation to our monthly activities that you wish to attend, please call 869-2448.

RURAL DEVELOPMENT

**The Elderly Meal Site
134 Riverdale Dr.
Oneida, Wi. 54155**

First Thursday Of Month

504 Home Repair Loans and Loan Grant Combination. 502 Home Purchases to buy or build. Programs are available for low and very low income households. Stop for details or call the meal site office at 1-920-869-2448.
Shawano Rural Development Office at
1-715-234-2148.

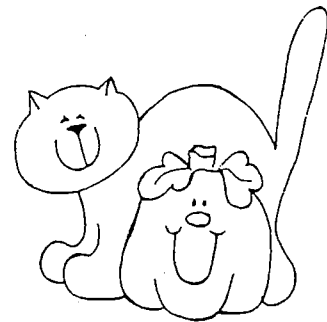
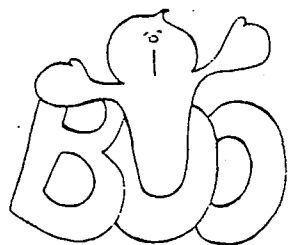
ONEIDA BENEFIT SPECIALIST

Angela Ortiz

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

BLOOD PRESSURE AND BLOOD SUGAR SCREENING

October 13th, 2006
Oneida Senior Center (meal site)
134 Riverdale Drive
1-920-869-1551



GHOST STORY

S	F	O	G	E	E	O	U	T	V	Y	S
N	H	K	W	V	T	V	O	G	N	R	U
U	T	R	A	L	I	O	A	O	K	C	F
E	H	R	O	E	H	A	M	P	O	G	S
K	G	U	W	U	W	E	S	T	O	R	M
G	I	H	G	S	D	C	J	C	P	R	I
F	R	Z	O	I	C	N	D	A	S	D	W
C	F	I	S	S	H	A	U	N	T	R	N
G	D	N	D	O	T	E	R	F	E	A	R
Z	C	A	M	P	U	S	Y	E	O	W	X
P	E	P	R	T	A	L	E	M	A	J	G
D	P	O	K	K	F	U	E	K	Y	Z	C

CAMP
CRY
DARK
DEAD
DEMON
FEAR
FLY
FOG

FRIGHT
GHOST
GRAVE
HAUNT
HOOT
MOAN
OWL
SCARE

SEANCE
SHROUD
SOUL
SPOOK
STORM
TALE
VAPOR
WHITE

SWEET DREAMS

Dreams come in many forms. They can reflect a desire for something or someone. Dreams can harken back to a memory. One of my favorite dreams is eating a piece of my mother's fudge cake with icing.

At nineteen I found out I had diabetes. My doctor told me about the possibilities of getting complications, the lifestyle changes, I needed to make and what my future might look like. He said that if I took good care of myself I could live to be an old lady.

He was right. I am 79 years old now, and I had diabetes for 60 years. Although life with diabetes hasn't been easy, I have to say that I've been living with it to the best of my ability.

At eighteen my dream was to go to college and become a teacher. But when I was in college my health situation changed. I recalled moments when I didn't feel well enough to walk across the campus, in fact I had to rely on eating two candy bars and drinking lots of water to keep my energy up. Things got worse and after a few months I ended up in the hospital in a coma. It was then I was diagnosed with diabetes.

I dropped out of school and went back home to learn about diabetes care. It required a lot more work back then, as I had to sterilize needles, syringes, and test tubes. Disposable syringes came much later.

To check my blood glucose level I had to put urine in a test tube and add a tablet to see if it would change color according to the sugar in my urine.

Then a new type of insulin was developed, which I took once a day. I found taking insulin very convenient, but I had to deal with low blood glucose.

At the age of 20 I went back to college only to drop out soon thereafter because I developed

cataracts in my eyes. My doctor thought I would need surgery, but with good blood glucose control I did not need cataract surgery for another 35 years.

My dream to become a teacher was soon replaced by the desire to get married and have a family. I have been married to a man who has been my love and support for 59 years.

Great advances have been made in my life time. We have more choices now about what we eat and know more about how to manage the disease. Living with diabetes has been difficult, but with determination and discipline I've made my dreams come true.

Mischievous Grandmas

Three mischievous grandmas were sitting on a bench outside a nursing home when a old grandpa walked by. One of the grandmas yelled out, "We bet we can tell exactly how old you are." The old man said, "There ain't no way you can guess it, you old fools." One of the ornery grandmas said, "Sure we can! Just drop your under shorts and we can tell your exact age." Embarrassed a little, he dropped his drawers. The grandmas stared at him for a while, asked him to turn around a couple of times, asked him to jump up and down for a little while and then they all piped up and said, "You are 84 years old." "How in the world did you guess?" The ornery old grandmas, snickered and laughed slapping their knees and grinning from ear to ear, all three happily yelled in unison, "Because we were at your birthday party yesterday!!"

**DRUMS FOR NOVEMBER IS
DUE OCTOBER 20TH, 2006.**

ELDERLY SERVICE GIFT SHOP

THIS IS AN INVITATION FOR YOU TO COME AND VISIT OUR ELDERLY SERVICE GIFT SHOP. OUR HOURS ARE FROM 8:00 AM- 12:00 AM., MONDAY THROUGH FRIDAY. WE ALSO FEATURE FRESH POPCORN DAILY.

The following is a list of items for sale:

- Seasonal Items
- Crosses, all types (plastic canvas)
- Dresser Scarfs
- Floral Arrangements
- Greeting Cards, Native American etc.
- Hats and Booties
- Kleenex Box Sets (plastic canvas)
- Native American Dolls
- Necklaces
- Key Chains
- Picture Frames
- Pillows
- Quilts (crib size)
- Lap Throws
- Memories of Oneida Elders Tapes
- Oneida Singers Tapes
- Many Other Assorted Items

Our gift shop is located in the Elderly Service Complex, on Overland Road, right next to the Airport Road Daycare Center.
Elders, display your arts and crafts in our store FREE.

How Fast The Years Have Gone

How fast the years have gone by, since I was but a child

When things were plain and simple, and life's pleasures were very mild.

It seems it wasn't so many years ago, that brother John and I were small.

Playing around the old home place, until, "It's suppertime!" Mom would call.

When I look back, it's like yesterday that I was a new bride.

My husband and I starting life together, working and planning together side by side.

When I think of my children, oh, how time went so fast, never slow....Soon they were all grown up, and it was very hard to let go.

My grand and great grandchildren, I look at them and often say, "How did you get so big and tall?" It seems they were babies just yesterday.

When I look in the mirror, an old women I always see, I wonder where the years have gone. Yes, that old women is really me.

And then I thank the Lord above, for his blessings and much more. For time doesn't really matter, it's what I hold dear in my heart and what I am living for.

OCTOBER LOVE



I love October's autumn's flowers
In early twilight fading hours
I love its sunset flaming bright
The serenity of coming night.

Foods Seniors are Advised Not To Eat

To reduce risks of illness from bacteria in food, seniors (and others who face special risks of illness) are advised not to eat:

- * Raw fin fish and shellfish, including oysters, clams, mussels, and scallos.
- * Raw or unpasteurized milk or cheese.
- * Soft cheese such as feta, Brie, Camembert, blue-veuned, and Mexican-style cheese. (Hard cheeses, processed cheeses, cream cheese, cottage cheese, or yogurt need not be avoided.
- * Raw or lightly cooked egg or egg products including salad dressings, cookie batter, sauces, and beverages such as egg nog (Foods made from commercially pasteurized eggs are safe to eat,)
- * Raw meat or poultry.
- * Raw sprouts (alfalfa, clover and radish.)
- * Unpasteurized or untreated fruit or vegetable juice. (These juices will carry a warning label.)

Source; FDA

Reheating Ready-To-Eat Foods

It's important to reheat some foods that you buy pre-cooked. That's because these foods can become re-contaminated with bacteria after they have been processed and packaged at the plant. These foods include: hot dogs, luncheon meats, cold cuts, fermented and dry sausage, and other deli-style meat and poultry products.

- * Reheat these foods until they are steaming hot. If you cannot reheat these foods, don't eat them.
- * Wash your hands with hot, soapy water after handling these types of ready-to-eat foods. (Wash at least 20 seconds.) Also wash cutting boards, dishes, and utensils.

Cranberry Apple Pie

1 refrigerated pie crust
4 lrg. Baking Apples peeled, cored, thinly sliced
1 c. sweetened dried cranberries
½ t lemon zest
½ c Splenda sweetener
3T all-purpose flour
½ t cinnamon
½ t nutmeg
¼ t ginger
½ c unsweetened applesauce

Topping:

¾ c all-purpose flour
¼ c Splenda
¼ c packed light brown sugar
⅓ c margarine, cut into small pieces, (do not soften)

Preheat oven to 400° F. Unfold pie crust and press out fold lines. Fit crust into a 9 inch deep-dish pie plate according to package directions. Combine apples, cranberries, lemon zest, ½ c. Splenda, 3T flour, cinnamon, nutmeg, and ginger in a large bowl, toss gently to mix well. Add applesauce and toss to coat. Spoon mixture into pie crust, piling up apples. (They will shrink down with baking.)

In a separate bowl, combine flour, Splenda, brown sugar, and margarine. Mix by mashing with a fork until crumbly. Sprinkle topping evenly over apple filling and press on to cover pie. Bake 45-50 minutes or until apples are tender, cover edges of pie crust with aluminum foil to prevent from browning if necessary. Allow pie to cool at least one hour before serving.

OCTOBER

October wears a paisley shawl
Gourd-patterned pumpkin-dotted
Unmindful of the tangle fringe,
Where shocks of corn have knotted.

Food Facts

Feel like a nut? Need a quick snack? Good nibble on a nut. A handful a day can help keep you healthy, they say. Through nuts are higher-fat and may help lower “bad” LDL cholesterol. As long as you control total calories, eating a handful of nuts daily may help prevent weight gain and possibly promote weight loss. The fat, protein and fiber in nuts help you feel full longer, so you may eat less during the day. By helping induce a feeling of satiety, nuts may help people feel less deprived and not like they’re dieting. Just limit your portion to a healthy handful.

Dunk a Donut!! Pick the right one!! A fast food online audit at [dunking donuts .com](http://dunkingdonuts.com) and found that a plain bagel with light cream cheese contained more than double the calories of a maple-flavored doughnut. The doughnut sounds very enticing, doesn’t it? Remember though, the calorie and fat content at one fast food establishment may not be the same at another. Bottom line: Consumers should read labels on their favorite foods to make sure they are low in both trans fat and saturated fat and calories.

Source: Food and Health

Trick or Treat Groaners



- * What do ghosts add to their morning cereal? Booberies!
- * Do zombies eat popcorn with their fingers?

No, they eat the fingers separately!

- * Why did the vampire go to the orthodontist? To improve his bite!
- * What do birds give out on Halloween night? Tweets!
- * What’s a vampire’s favorite fast food? A guy with very high blood pressure!



JOB OPPORTUNITY

Are you 55 or older and looking for work?

NICOA Senior Community Service Employment Program may be just what you are looking for. Eligible candidate must meet income guidelines and be available to work 20 hours per week. Training is provided.

For more information call Claudia at 869-2448.

MEALS MATTER! What would you like to see on the menu at Oneida Senior Center Meal Site?

Please contact Brenda Jorgenson at 869-1551 if you have ideas or menus to share. Thank you.

THE ELDERLY SERVICES PROGRAM MISSION IS TO ASSIST OUR ELDERS IN MAINTAINING AN INDEPENDENT, HEALTHY, PRODUCTIVE, AND QUALITY LIFESTYLE. TO ACCOMPLISH OUR MISSION, OUR SERVICES ARE RENDERED THROUGH LOVE, CARING, AND RESPECT FOR THE INDIVIDUAL BY THE SERVICES WE PROVIDE.

ONEIDA ELDERLY SERVICES

DATABASE FORM

DATE: ___/___/___

NOTE: The state 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) Elder 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

Maiden Name: _____

Veteran: _____ Yes _____ No

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

