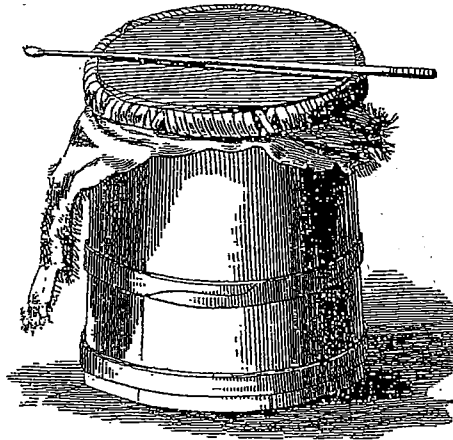


DRUMS ACROSS ONEIDA

SENIOR CENTER
134 Riverdale Dr.

P.O. Box 365



ELDERLY SERVICES
2907 S. Overland Rd.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Happy Thanksgiving !

November 2001

Moving To Oneida

Betty's father was Elmer Summers and her mother was Cynthia Cornelius they had one girl and another girl which was Bettys step sister. Betty and Goldie Haycroft wanted to go to Haskell but Betty got sent to Flandreau instead which wasn't good.

The family moved around a lot as she remembers to Milwaukee, Chicago and back to Milwaukee then in 1939 to California where Betty met Ernest Padilla and married him in Los Angeles, California.

She wrote countless letters to relatives in Oneida and missed them but soon had a family of her own, three girls and one boy. Both Betty and Ernest believed in education and raised their children such that they would go to college and they all did and Betty is so proud of her grandson who is so outstanding in math that he is going to be sent to NASA but I believe around that time they closed.



Betty & husband, Ernest Padilla

In 1995 Betty lost her husband Ernest and couldn't get used to living alone as she was once burglarized so she kept knickknacks on window sills as to hear if anyone broke in while she was home. She always wanted to come back to Oneida since her husband passed on and was encouraged by her relatives in Oneida to move back.

(Continued on page 3)

ELDERLY SERVICES COMPLEX:

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

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

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

ONEIDA SENIOR CENTER:

Head Cook Supervisor
Assistant Cook
Relief Cook
Relief Cook
Home-Delivered Meals Driver
Maintenance Supervisor
Home Repairs Coordinator
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Outreach Worker
Title V
Title V
Title V
Title V
Title V
Title V

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

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

Continued from page 1

She was told by her children to stay for a winter and see how the winters were since Betty didn't know how Wisconsin winters were (only warned about them) so she did and it turned out that she loved them. Betty had no problem flying to Wisconsin now and then to visit since her son-in-law is a pilot with Continental Airlines.

Finally Betty made the move back to Oneida and left most of her furniture in California and started fresh here in Oneida with only the so called bare necessities but I'm sure everyone helped her in one way or another.

Betty says since her father was an alcoholic and her mother was a smoker it helped her in a way that she did neither in her growing years and still doesn't, so very

good Betty!

Being out here in Oneida she says she loves it and loves all the elders that she has met and still can't believe the services that are offered to all elders, especially riding the bus, as long as that bus moves she'll go to the meal site where everyone is so special, of course if she doesn't remember your name (she says her memory is a little short) she knows you, but even so she has fond memories of younger days with Margaret Summers, Lydia Denny, Hazel Nobel, Amanda Summers, Mamie Ryan, Phillip Summers and Goldie Haycroft plus many more too numerous to mention so we at Elderly Services are glad to have you Betty Padilla in our community.

As told to me, Lorna Christjohn by Betty Padilla

CONTROLLING CHOLESTEROL – AT ANY AGE

What You Can Do

To lower your cholesterol without medication, institute the following program of "therapeutic lifestyle change":

- ♥ Limit saturated fat to 7 percent of your daily calories and total fat to no more than 35 percent of total calories.
- ♥ Consume no more than 200 milligrams of total cholesterol per day.
- ♥ Eat a diet high in soluble fiber, which is found in food such as whole grains, beans, fruits and vegetables.
- ♥ Consider using food products with plant stanol or sterol esters, such as the cholesterol-lowering margarines Take Control and Benecol. The recommended intake is 2 grams of stanol or sterol ester per day.
- ♥ Control weight and exercise regularly to raise HDL and lower LDL.

Dear Oneida Elders,

As we enter into the next season, I want to highlight a couple events that we are doing for your information and planning. First of all, we are planning a needs assessment in the form of a public forum. It will be held at the Radisson Hotel Auditorium on November 19th. This needs assessment is a requirement for our federal funding source from the Administration on Aging. It is also a great opportunity for you to attend and voice your needs as they relate to aging services. Watch for more reminders and notices that will come out in advance. We will coordinate transportation services so that you will not have to worry about parking and a lunch and snacks will be served if you wish to attend the full day. Your contribution will be greatly appreciated. In addition to the needs assessment we will be mailing out random surveys that have been professionally developed to obtain information from elders about their needs and we will anxiously look forward to your response. We are going to have a return stamped envelop for ease in returning but also arrange for drop off at a few locations throughout the tribe. The combination of our efforts will provide us with sound information on the needs of our elders for continued and new funding sources. We look forward to enhancing our service delivery to you.

If you recall, we had the grand opening and intergenerational kick off event at the recreation site on County H this past spring. At that time, we said that we would be planning more intergenerational events that would be held at this site. As a follow-up, I wanted to remind you of this activity and encourage your participation. We recently had a Halloween party there with a lot of positive feedback on the event so we are looking forward to more. Watch the calendar and any other notices to insure that you don't miss the action!

In case you haven't heard, our program is the proud grantee of funds for Native American Family Caregivers. We were awarded this grant at the end of September and the intent is to "Collaborate and Leverage" resources to meet the needs of Native American family caregivers. The grant is for \$300,000 for a three year period. Cindy Brabbs, Outreach Worker from our staff will be the designated coordinator and I will be the project manager for 25% of our time, we can be contacted at the same program number 920-869-2448. This award is a great honor and opportunity for our program because it demonstrates that we have established quality services. We will be working with the other tribes in Wisconsin as well as aging organizations to gather, disseminate and coordinate resources

for caregivers. We will also be creating a video that portrays real caregiving situations that Native American caregivers have experienced.

Finally, in light of the tragedy that we experienced on September 11, 2001, I want to let you know that we are making every effort to increase the awareness of potential needs for the elderly population surrounding this and current related events. Our staff stand prepared to assist in what ever way that may be helpful to you and I want to invite you to call us if you just want to talk to someone about this issue. We want to acknowledge that many elders who have been through past wartime experiences may be affected in ways that we are not aware so we need you to contact us. Please trust that although we are inexperienced in that respect, we are open to learning and taking action to find resources that may assist you if needed. My assurances are based on the continuous contributions of loyal and committed staff members who are diligent in recognizing the needs of elders.

In closing, I would like to wish you all a Happy Thanksgiving and holiday season. Stay warm and keep in touch!

Sincerely,

Roberta Kinzhuma

Notice:

Flu Vaccine Clinics

The vaccine is recommended for anyone, but particularly for elders & people with long-term problems such as asthma or diabetes.

Dec. 4th: 1 p.m.-4 p.m. at the *Health Center*, walk-in basis, however they will take the highest risk people first i.e. Elders.

Dec. 7th: 8 a.m.-11 a.m. at the *Oneida Senior Center*, will be done on a walk-in basis, however high risk people will be taken first.

The flu vaccine should not be given to:

- People with fever or other illness
 - Women in the first 3 months of pregnancy
 - People who are allergic to eggs
 - People who have had a severe reaction in the past to a flu vaccine
-

Halloween Party Highlights

On Thursday October 25th at 1:00 p.m. the Elders Halloween Party got under way. Many elders were in attendance including the elders from the Anna John Nursing Home. There were ghosts, witches, scarecrows among the many disguises. Some of the Elderly Services staff were also dressed in costume for the occasion. Festive snacks were provided.

Everyone was welcome to take their picture by the photo boards.

Our pumpkin decorating contest winner was Bob Schlegel. The popcorn name matching produced many lucky winners. All who were in costume received a handmade Halloween pin made by the Elders and the Activities staff members Margaret King-Francour and Lisa Huff.

The winners of the costume contest were: 1st Place-Ron John (Witch), 2nd Place-Grace Griffey (Nun) and 3rd Place- Don Vandehei(Scarecrow).

The elders even had time to play bingo. The black out winner was Richard Dodge who was awarded a Tsyunhehkwa Gift Box.

Thanks to all the staff for their hard work and dedication in making the event a successful one and an extra "Thank You!" to Communications, The Sunshine Club, Chris Doxtator and Julia Hill for the pictures, Mark Denning from SEOTS

Capitol Candlelight Vigil to Mark Alzheimer's Awareness Month

Governor Proclaims November Alzheimer's Awareness Month

MADISON, Wis., Oct. 31, 2001 - The Alzheimer's Association - Wisconsin Chapter Network will host a candlelight vigil on Monday, Nov. 12 from 6-6:30 p.m. at the State Street entrance to the Wisconsin State Capitol in recognition of individuals whose lives have been touched by Alzheimer's disease. This ecumenical event is free and open to all interested persons.

Candles will be provided at this first-time public event. Speakers will include the Rev. Gretchen Lord Anderson, vice president of public policy for the Wisconsin Council of Churches, and Paul Rusk, executive director for the Alzheimer's Association - South Central Wisconsin Chapter. Sinikka McCabe, of the Wisconsin Department of Health and Family services, will represent Gov. Scott McCallum who proclaimed November as Alzheimer's Awareness Month. The Assembly has also designated Nov. 12 as Alzheimer's Awareness Day in Wisconsin.

Participants are asked to bring a picture of their loved one for the "Faces of Alzheimer's" statewide collage that is being made to help show that persons from all walks of life are at risk for getting this most common form of dementia. The back of each picture should include the person's name, date of birth, and date picture was taken. Photos will be displayed at the Wisconsin Chapter Network's state conference in Stevens Point in May 2002.

- end -

November is National Alzheimer's Disease Month


ALZHEIMER'S DISEASE AND RELATED DISORDERS ASSOCIATION, INC.

Please remember your local Alzheimer's Association chapter/office in your will.
A non-profit tax exempt organization dedicated to information, education, support, and advocacy.

ACTIVITIES



2001

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| Bus leaves from the Oneida Senior Center for all trips. | Activities are subject to change. |  | 1 Game Day Hwy H 10 AM- 11:30 Puzzels, Games & Tournaments. | 2 Shopping Banks Lunch 10am-3pm |
| 5 Fitness 9:30-10:30am Bingo Site II 1 PM- 3 PM R.O.P.E.S 10 AM-11AM Hwy H | 6 EP Worth Hall 9:30-11:30am Crafts Activities 1:30 - 3 PM Hwy H | 7 Fitness 9:30-0:30am Arts & Crafts 1:30- 3 PM Hwy H | 8 Cooking Hwy H 10 AM- 1:30 | 9 Shopping Banks Lunch 10am-3pm |
| 12 CLOSED IN OBSERVANCE OF VETERANS DAY | 13 EP Worth Hall 9:30-11:30am Crafts Activities Hwy H 1:30 - 3 PM | 14 Fitness 9:30-10:30am Rubber Stamping 1:30 - 3PM | 15 Game Day Hwy H 10-11:30 Exercise w/ Dawn | 16 Shopping Banks Lunch 10am- 3pm |
| 19 Fitness 9:30-10:30am Bingo Site II 1-3 PM R.O.P.E.S Hwy H 10 AM | 20 EP Worth Hall 9:30-11:30am Crafts Activities Hwy H 1:30 - 3 PM | 21 Fitness 9:30-10:30am Shopping Banks Lunch 10- 3 PM | 22 CLOSED THANKSGIVING DAY | 23 CLOSED IN OBSERVANCE OF INDIAN DAY |
| 26 Fitness 9:30-10:30am R.O.P.E.S Hwy H 10 AM | 27 EP Worth Hall 9:30-11:30am Bingo Activities Hwy H 1:30 - 3 PM | 28 Fitness 9:30-10:30am Arts & Crafts Hwy H 1:30 - 3 PM | 29 BIRTHDAY Gifts 12:15-12:30 AJNH Visit 10-11 AM St Vincent De Paul 1 PM | 30 Shopping Banks Lunch 10am-3pm |



FAITH IN ACTION

**PLEASE JOIN US TO FORM A FAITH IN ACTION COALITION
IN THE ONEIDA COMMUNITY.**

**WOULD YOU LIKE TO BECOME A COALITION MEMBER OR A
VOLUNTEER/CARE-GIVER OF NEIGHBORS HELPING NEIGHBORS, CARING FOR
A FAMILY MEMBER OR FRIEND WHO SUFFERS FROM ARTHRITIS, DIABETES,
CANCER, ALZHEIMERS, AIDS OR OTHER LONG-TERM HEALTH CONDITION?
CAN YOU OFFER TRANSPORTATION, GROCERY SHOPPING, FRIENDLY
VISITING, CHORE SERVICES, ETC? COME AND LEARN MORE ABOUT
DEVELOPING A COALITION OF VOLUNTEERS IN OUR COMMUNITY.**

WHEN: THURSDAY, NOVEMBER 8, 2001

**WHERE: ONEIDA ELDERLY SERVICES CONFERENCE ROOM
BEHIND THE DAYCARE OFF AIRPORT RD**

2907 S OVERLAND RD

TIME: 9:00AM

**IF YOU HAVE TIME TO SPARE AND WOULD LIKE TO HELP BETTER THE LIVES
OF THE ELDERLY AND PEOPLE WITH LONG-TERM HEALTH NEEDS, COME
JOIN US FOR COFFEE AND SWEETROLLS/BAGELS**

GOVERNOR ANNOUNCES \$750,000 AWARD TO ESTABLISH LOAN PROGRAM FOR PEOPLE WITH DISABILITIES

Madison— Gov. Scott McCallum announced today that Wisconsin is getting a \$750,000 federal grant to provide loans to people with disabilities so they can buy equipment and technologies they need to remain independent.

Gov. McCallum said the grant from the U.S. Department of Education would be used to develop a low interest and guaranty loan program. He said the loans would help people with disabilities buy equipment such as hearing aids, home or vehicle modifications, and wheelchairs.

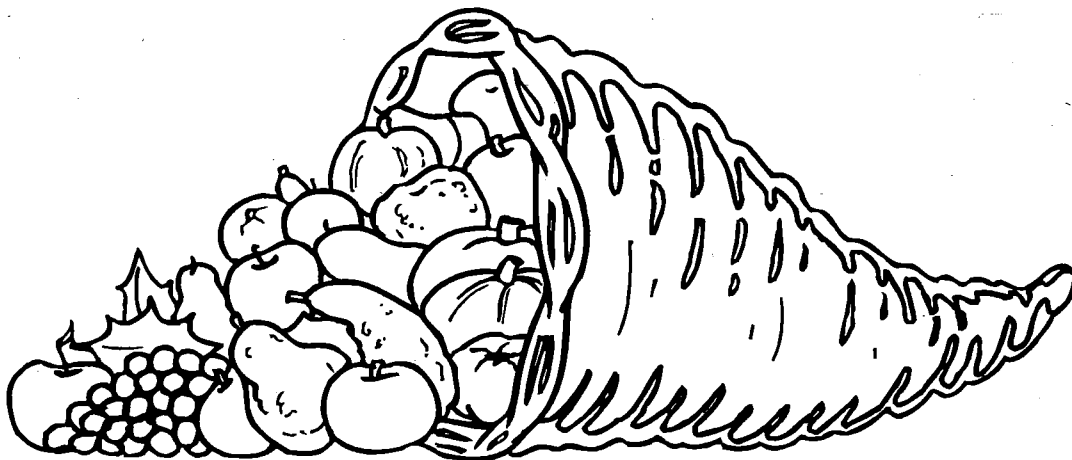
"This is a wonderful opportunity to provide people with disabilities more choices and opportunities to remain independent in the community and at work," Gov. McCallum said.

The 12 month program will be open to people of all ages who have disabilities and who seek to buy assistive technology. The program has no income requirements and does not require individuals to exhaust personal or public funding. Under the program, participating private banks will provide low interest loans for qualifying borrowers.

Under the grant, *IndependenceFirst*, an Independent Living Center based in Milwaukee, will provide program information and statewide coordination. Independent Living Centers throughout the state will provide technical assistance, applications and assistive technology. The State of Wisconsin Office for Persons with Physical Disabilities will provide oversight to the program.

For additional information, contact the Office for Persons with Physical Disabilities at (608) 266-8905 (voice) or (608) 267-9880 (TTY).

P.O. Box 7863, Madison, Wisconsin 53707 • (608) 266-1212 • FAX (608) 267-8983 • e-mail: wisgov@gov.state.wi.us



Stroke Rehabilitation: Recovery Comes With Time and Patience

For the best long-term prognosis, keep striving for improvement and be wary of post-stroke depression.

Stroke is one of the most traumatic medical events we may ever face. But even though stroke is a formidable foe, intensive rehabilitation programs can help the brain “rewire” itself and overcome damage – sometimes to a greater degree than expected.

Brain attack

During a stroke, the brain’s blood supply is interrupted. As a result, brain cells are starved of oxygen and begin to die. The extent and location of the damage largely determines a stroke victim’s prospects for recovery. This is why it’s so important to recognize the signs of stroke and get medical attention immediately.

Assessing the damage

The mental and physical impairments caused by a stroke depend on which areas of the brain suffer damage. The stroke may affect any of the specialized areas for movement, language, higher thought, and sensation, affecting the person’s ability to walk and perform day-to-day tasks.

The road to rehab

One of the immediate concerns of stroke survivors and their families is how complete a recovery is possible. This can be difficult to predict. The earlier you start to recover, generally the better you do. The brain possesses a certain degree of “plasticity,” or an ability to repair damage by recruiting unharmed areas of the brain. This allows a person in rehabilitation to “retrain the brain” through focused, repetitive practice of the sort required to learn how to play the piano or excel in a sport.

Some keys to success

The brain’s ability to heal isn’t limitless, but stroke survivors and their families and caregivers can still influence the recovery process. Understandably, stroke survivors may initially feel sad or hopeless about their situation. This saps the person’s motivation, slowing their recovery. But depression is treatable and should be addressed quickly. One of the most important things is to recognize post-stroke depression.

Stroke survivors and their loved ones often find national organizations and local support groups very helpful. These organizations, such as the Brain Injury Association and the National Stroke Association, provide information about rehabilitation and new treatments and referrals to local support groups.

Gout

A painful joint disorder

Waking at night with an attack of gout gives new meaning to the phrase "rude awakening." Your big toe is red-hot, swollen and so tender that even the weight of a blanket on it makes you wince in pain.

Gout is a joint disorder characterized by acute inflammation commonly affecting the big toe. It can also affect other joints, including the knees, ankles and wrists.

Fortunately, with proper treatment, a gout flare-up can be short-lived and permanent joint damage can usually be avoided.

Some 2 million Americans contend with gout. The pain and swelling associated with gout are the result of the body's inflammatory response to the accumulation of urate crystals in or around the affected joint. Typically, uric acid is dissolved in your blood as urate, passes on through your kidneys and then is eliminated in urine. High levels of uric acid in the blood, or other triggers, can cause urate crystals to form in joint spaces and other tissues. The result is a gout attack.

Gout is more likely to attack men than women, especially men between the ages of 40 and 50. Women become more susceptible to gout after menopause.

Typically, gout pain comes on suddenly. The attack produces intense pain, usually in one joint at a time, but on rare occasions it can affect multiple joints.

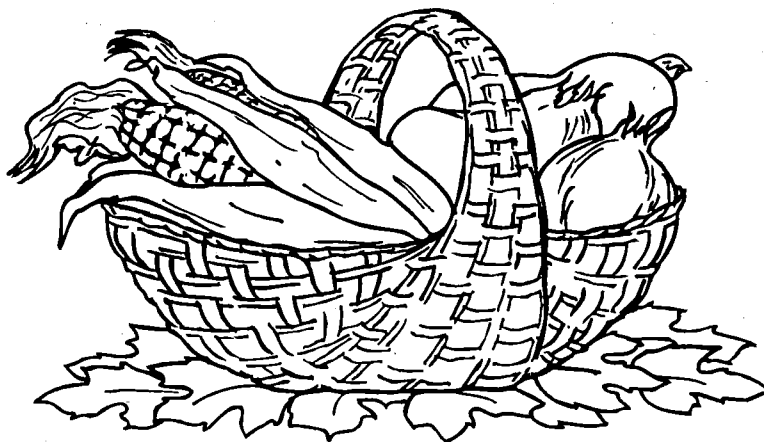
Gout attacks are usually short-lived. Pain and swelling in the affected joint usually go away over several days but may be stopped sooner with medications.

If you experience sudden pain in a joint, contact your doctor. Gout that's left untreated may result in increased pain and even joint damage.

The earlier an acute gout attack is treated, the faster the pain may clear up. Nonsteroidal anti-inflammatory drugs (NSAIDs) may be prescribed.

It's not uncommon for gout to recur. Preventive medications are generally recommended if you have frequent gout attacks – more than one attack a month or three over 6 months.

*Excerpt taken from Nov. 2001 Mayo Clinic Health Letter



Tea for You?

Care for a cup of tea? You might want to make tea a daily habit just for the potential health of it. Studies find that tea drinkers tend to have lower rates of cardiovascular disease and cancer.



What's in tea leaves? The Chinese have used tea in a medicinal fashion for 4,000 years. The many black, green and oolong teas on store shelves all have one thing in common – they're all made from the leaves of the bush *Camellia sinensis*.

Whether you drink tea for its flavor or as a “pick-me-up,” you're also getting something more. Tea leaves from the *C. sinensis* bush are loaded with flavonoids, a type of antioxidant. The same generally doesn't apply to herbal teas because they're produced from other plant sources and not from the *C. sinensis* bush.

Antioxidants are found in fruits, vegetables and whole grains. It's thought they protect the body by neutralizing the byproducts of your cells' normal metabolism (free radicals) that are believed to cause cellular damage.

Studies have demonstrated that tea consumption can affect cholesterol levels – the more tea consumed, the lower your cholesterol. Flavonoids found in tea also may play a role in cancer prevention. As with cardiovascular disease, the mechanism is uncertain.

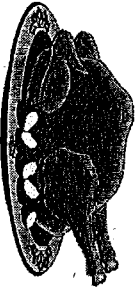
Caffeine concerns? Like coffee, regular tea does have caffeine. However, the amount of caffeine in a cup of tea is substantially lower than what's found in a standard cup of coffee. This chart lists the milligrams of caffeine in 8 ounces of each beverage.

| | |
|----------------------|-----|
| Brewed coffee | 135 |
| Instant coffee | 95 |
| Decaffeinated coffee | 5 |
| Black tea | 50 |
| Green tea | 30 |
| Instant tea | 15 |
| Decaffeinated tea | 2 |

MENU



2001

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| All meals are served with coffee, tea and milk. | Meals are subject to change. |  | 1 Beef Stew Biscuits Jell-O | 2 Pancakes Sausage Cran/Orange Juice Mixed Berries |
| 5 Ring Bologna Sauerkraut Potatoes Whole Wheat Bread Blueberries | 6 Split Pea Soup Fresh Bread Apple Juice Pineapple Tidbits | 7 Pork Steak Mac Noodles/Tomatoes Whole Wheat Bread Mandarin Oranges | 8 Lasagna Lettuce Salad Garlic Bread Sherbert | 9 S.O.S. Eggs Toast Pineapple Juice Peaches |
| 12 CLOSED IN OBSERVANCE OF VETERANS DAY | 13 California Blend Soup Fresh Rolls Orange Juice Diet Jell-o | 14 Cube Steak Buttered Noodles Broccoli Whole Wheat Bread Applesauce | 15 Thanksgiving Meal Chicken Potatoes Stuffing Cranberries Relish Pumpkin Pie | 16 Corn Meal Bacon & Eggs Toast Apple Juice Pears |
| 19 Spaghetti Lettuce Salad French Bread Blackberries | 20 Bean Soup French Bread Cranberry Juice Pudding | 21 Liver & Onions Potatoes Beets Whole Wheat Bread Whip n Chill | 22 CLOSED THANKSGIVING DAY | 23 CLOSED IN OBSERVANCE OF INDIAN DAY |
| 26 Chop Suey Rice Whole Wheat Bread Raspberries | 27 Chili Cucumber Salad Whole Wheat Bread Whip n Chill | 28 Tacos Rice & Beans Peaches | 29 BIRTHDAY Pork Chops Potatoes Brussel Sprouts Whole Wheat Bread Jell-o Cake | 30 Oat Meal Eggs Bacon & Toast Orange Juice Blackberries |

Spirit Of The

Harvest

Old-Fashioned Mincemeat Pie

Mincemeat:

- 1 quart apple cider
- 2 cups seedless raisins
- ½ cup dried currants
- ½ cup seeded dried chokecherries
or dried, tart cherries or dried,
sweetened cranberries
- 3 apples, peeled, seeded and diced
- 1 cup chopped suet or 1 cup butter,
cut in small pieces
- ½ pound lean ground buffalo, venison
or beef
- 2 teaspoons of salt
- 2 teaspoons of ground cinnamon
- 2 teaspoons of ground ginger
- 2 teaspoons of ground cloves
- 1 teaspoon grated nutmeg
- ½ teaspoon ground allspice

To make mincemeat: In a large saucepan, combine cider, raisins, currants and cherries. Cover and simmer over low heat for 30 minutes, stirring occasionally. Add apples, suet, ground meat and spices. Cover and simmer 30 to 45 minutes longer, stirring often so that the mixture doesn't stick. If making more than a few days in advance, divide mixture in half and freeze.

Traditional Pie Crust:

- 3 cups unbleached flour
- 1 teaspoon salt
- ¾ cup (12 tablespoons) lard or vegetable
shortening, chilled
- ½ cup plus 2 tablespoons cold water
- 1 egg beaten with 2 tablespoons milk or water

To make the pie crust: In a mixing bowl, combine flour and salt. Cut in lard until mixture resembles coarse meal. Gradually stir in water until dough comes together. Turn dough on to a lightly floured surface, divide into 3 equal rounds and wrap in wax paper or plastic wrap. Refrigerate for at least 30 minutes before rolling out, or freeze if making several days in advance. Roll out chilled rounds at least 10 inches in diameter and ¼-inch thick. Use 2 rounds to line 9-inch pie plates. Cut remaining crust into strips for lattice tops. Chill crusts for at least ½ hour if time permits.

Preheat oven to 400 degrees Fahrenheit. Fill chilled pie crusts with mincemeat. Lay lattice strips of crust over filling and brush lightly with egg wash. Fold overhanging edges of crust over strips and flute edges. Place in lower third of oven. After 15 minutes reduce oven temperature to 350 degrees and bake for 40 to 50 minutes, until crust is golden brown and filling is bubbling. Makes 2 pies (12 servings).

Oneida Elderly Abuse Prevention

10 Concepts on Aging

The best time to learn how to grow old with dignity and grace is during the younger years, and the best place is everyday life. Understanding all the aspects of the aging process enables us to understand more clearly those who are aged.

- * *Aging is universal.* It is common to every population and is not just a modern-day phenomenon in western civilization.
- * *Aging is normal.* 'Growing up' is spoken of with respect; 'growing old' with fear. This fear develops from the stereotyped picture of aging as a loss of faculties, beauty, energy and memory.
- * *Aging is variable.* Each individual ages in a unique way. The state later of life develops from former personal life patterns.
- * *Dying is normal and inevitable.* It is difficult for many to accept the idea that while in full, satisfying life is being lived, death can be anticipated as a meaningful closure of life.
- * *Aging and illness are not necessarily coincidental.* The stereotype image again lingers, but individuals should prepare for healthy old age through improved living habits in early and middle years.
- * *Older people really represent three generations.* The group known as 'the aged' covers the years 65 to 112, representing two and often three generations and may include parents, grandparents and great-grandparents. No other age group includes such diversity.
- * *Older people can and do learn.* Capacity to learn new things and re-learn the old is not necessarily diminished by old age. Learning patterns may change from youth and the speed of learning may slow but learning ability appears to be culturally determined, not restricted by years.
- * *Older people can and do change.* As one grows older, many adjustments become necessary, mates die, housing situations change, new activities are developed and new friendships established.
- * *Older people want to remain self-directed.* Where dependency on others for decision making exists among older people, it has often been learned as a direct result of loss of a sense of purpose and self-respect. To prevent this loss when older adults undergo life changes, their self-direction and sense of control should be maintained as much as possible, even if they become dependent in other ways.
- * *Older people are vital human beings.* Although physical disability is often associated with mental inadequacy, it should be recognized that the need for physical help in crossing the street does not mean that the person does not know where they are going.

From: The National Association of Adult Protective Service Administrators
National Center on Elder Abuse
The Oneida Elderly Abuse Prevention Program

Contact: C.J. Doxtater at 869-2448 for further information

NOTICE

For those Elders who received SSI(Supplemental Security Income) and also the September Per-Capita Payment.

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Since SSI is based on income, those elders who received the Per-Capita payment in September/October will most likely be over income for that month.

You will be receiving in the mail, a "Notice" from Social Security, telling you, "that you were overpaid" and you now have an "Overpayment" with Social Security. This letter will also state that they will be withholding a percentage (%) of your SSI, every month until this "Overpayment" is paid up. The amount of "over payment" should be the amount of SSI that you received for the month.

To remain eligible for SSI, you should spend down your Per-Capita money below the \$2000.00 asset guideline. Try to keep receipts of items spent, it is recommended that you spend it on yourself and your home.

Your MA (Medical Assistance) should not be effected by the Per-Capita payment.

If anyone has questions or concerns regarding this issue or the notice's you received in the mail, please contact Elderly Services, Julia Hill or Lori Metoxen, at 869-2448.

**\*REMINDER\***

If you receive SSI, and received a Per-Capita payment **YOU** should contact the Social Security Office letting them know that you received the Per-Capita payment. They may not automatically know this information. Social Security #433-3904.



# puzzle 54

## Brown

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

NUTMEG  
NUTRIA  
OAK  
OCHRE  
ORANGUTAN  
OTTER  
PANCAKE  
PINTAIL  
PRAIRIE DOG  
PRALINE

PTARMIGAN  
PUTTY  
QUAIL  
RACCOON  
RESIN  
ROAST  
ROBIN  
ROSIN  
RUSSET  
RUST

SABLE  
SAINT BERNARD  
SAND  
SANDALWOOD  
SANDY  
SCORCH  
SEA OTTER  
SEPIA  
SORREL  
SOY

STOAT  
TAFFY  
TAMARIND  
TAN  
TAWNY  
TEAK  
THRASHER  
TOAST  
TOFFEE  
TOPAZ

# ONEIDA NATION COMMISSION ON AGING BOARD MEMBERS



Dellora Cornelius  
(Chairman)  
N6319 Onondaga Drive  
Oneida, WI 54155  
869-1171

Hugh Danforth  
(Vice-Chair)  
874 Silver Creek Drive  
Oneida, WI 54155  
869-1762

Arlie Doxtator  
(Secretary)  
N5260 County E  
DePere, WI 54115  
788-5474

Mary Edna Greendeer  
W103 Service Rd.  
Oneida, WI 54155  
869-2907

Clifford Doxtator  
3035 Standing Stone Dr.Apt 2  
Oneida, WI 54155  
869-3590

Lois Strong  
N6407 County U  
DePere, WI 54115  
869-1126

Alfreda Green  
P.O. Box 12  
DePere, WI 54155  
869-2818

Lois Powless  
W1728 Poplar Ln.  
Seymour, WI 54165  
833-7745

Nadine Escamea  
W1428 Ray Road  
DePere, WI 54115  
713-6861

*Meetings are held on the second Tuesday of each month at 1:00 p.m. in the Elderly Services Conference room located at 2907 S. Overland Rd. Your participation is welcome.*

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?

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

☐ YES

☐ NO

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

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

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

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

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

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

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

\_\_\_\_\_ Name

\_\_\_\_\_ Title

\_\_\_\_\_ Phone

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

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: \_\_\_\_\_

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

DATE: \_\_\_\_\_

**DATE:**      /      /     

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