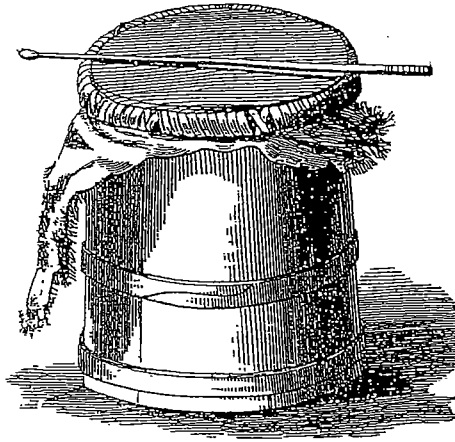


DRUMS ACROSS ONEIDA

ELDERLY SERVICES
2907 S. Overland Rd.

P.O. Box 365



SENIOR CENTER
134 Riverdale Dr.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

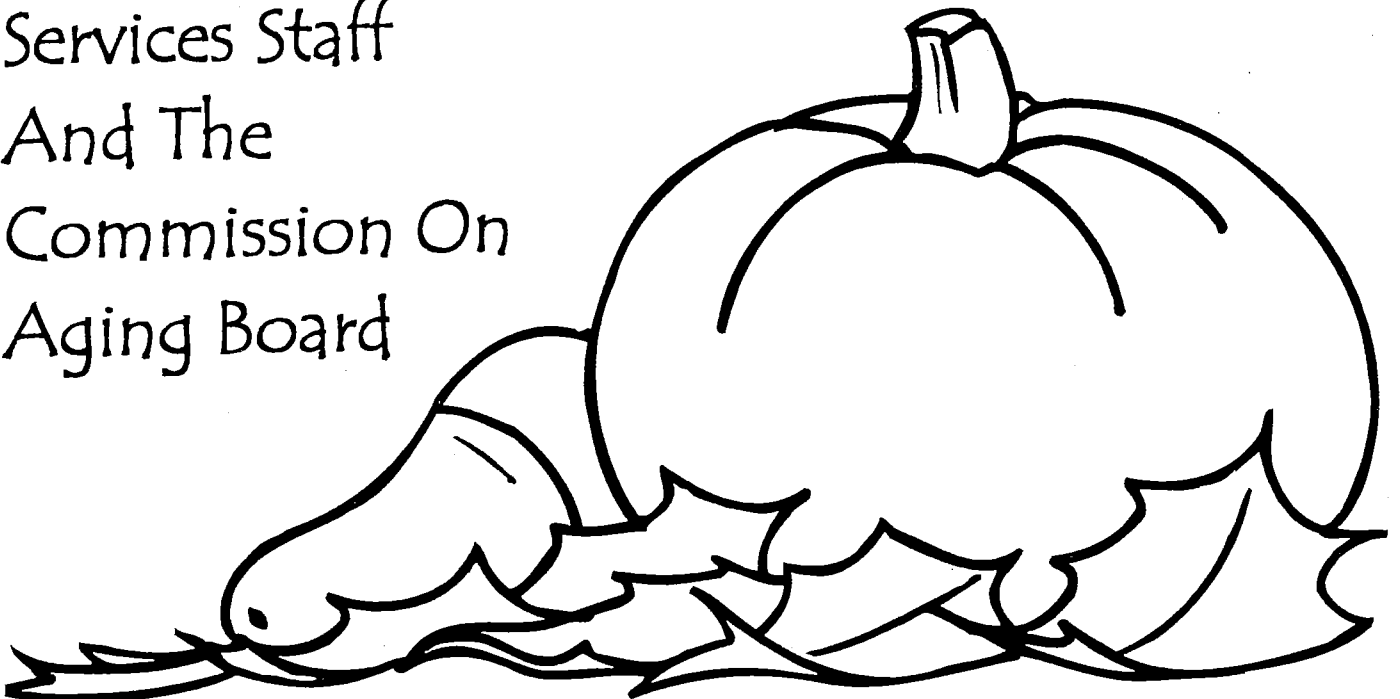
Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Give Thanks & Hunting Moon

November 2003

Happy Thanksgiving
From The Elderly
Services Staff
And The
Commission On
Aging Board



ELDERLY SERVICES COMPLEX:

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

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

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

ONEIDA SENIOR CENTER:

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

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

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

UP CLOSE AND PERSONAL

**With Lori Metoxen,
Benefit Specialist Supervisor**

Lori Lynn Metoxen was born in Kaukauna, WI on 9-20-67 to the parents of Ronald & Carole Metoxen. My grandparents are Freeman & Hazel (Smith) Metoxen and Robert & Leone Stadler.

Lori attended High School in Little Chute, where she grew up and lived most of her life until she moved to Green Bay, Five years ago. Lori attended UW Parkside where she received her Gerontology Certificate.

Lori has two siblings, one sister Jaime and one brother Ryan. And two completely adorable nephews, Devon and Ryan.

Lori always felt comfortable around elders as a child. She was known to visit all the elders in her neighborhood. Lori receives such a high degree of satisfaction and pride being able to help make elders life a little bit better. She enjoys her job and can't see herself anywhere else.

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

A mother

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

My parents

What do you consider to be your greatest accomplishment?

Being able to work for the elders

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

I wish I was more musically inclined, being able to carry a tune.

What is the best advice anyone ever gave you?

Work like you don't need the money
Love like you've never been hurt
Dance like nobody is watching
Sing like nobody's listening and
Live like it's heaven on earth.

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

Plan

What is your ideal vacation?

Two week Caribbean Cruise with my best friends.

Favorite meal: Anything my mother cooks

Favorite Music: R & B

Favorite Books: Are you there God it's me Margaret (when I was a kid)

Favorite Movies: Officer & a Gentlemen

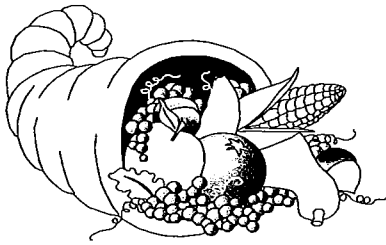
Favorite Hobbies: Babysitting my nephew



Fall Decorating?

Shop at the Elderly Complex Store

Gifts and Crafts all handmade by Oneida
Elders available for purchase



Located in the Elderly Complex/ Apartments
on Overland Rd. (right behind Airport Rd.
Child Care Center)

Get your Halloween and Fall Decor to trim
your home. We feature beautiful handmade
jewelry, Native American decor including
mirrors, towels, knick knacks, and packer
dolls. Stay warm with our Double and Baby
Size Quilts.

We also feature gift cards by Leanin' Tree.
Stop in for a cup of coffee and grab a bag of
fresh popcorn.

Store hours: Mon-Fri 9 am-1 pm

The main entrance and parking is located on
the side of the building where the flagpoles
are located. Upon entering the building the
store is located on the left next to the Elderly
Services reception area.

Elderly age 55 and older please inquire to
display your handmade arts and crafts in our
store.

For more information on becoming a vendor
please call Margaret at 869-2448, ext. 4965

What is blood pressure? Blood pressure is the
force of blood pushing against your blood vessels.

Systolic blood pressure is blood pressure at its
greatest force when your heart contracts and is
pumping blood.

Diastolic blood pressure is when your heart rests
between beats and your blood pressure falls.

The numbers are usually written one above or
before the other, with systolic first, for example,
120/80.

Is high blood pressure really a big deal? YES!

When your blood pressure is high, your heart has
to work harder than it should to pump blood to all
parts of the body. High blood pressure is called
the "SILENT KILLER" because most people feel
healthy and don't even know that they have it. If
it is not treated, high blood pressure can cause
stroke, heart attack, kidney problems, or even
death.

Know your number. Have your blood pressure
checked. It is easy, quick, and painless. Your
blood pressure should be checked by your health
care provider at least once each year. If you have
high blood pressure, it should be checked more
often. You can have your blood pressure checked
at your doctor's office, your neighborhood clinic,
health fairs at your church, or some shopping
malls.

Blood Pressure Screenings

Oneida Community Health Nursing and the
Oneida Commission on Aging have joined
forces to provide FREE Blood Pressure and Blood
Sugar Screenings. The screening dates are
usually the second Friday of every month from
8:30am - 9:30am. The next screenings will be
November 14th and December 12th at the Oneida
Commission on Aging (Senior Center) on
Riverdale Drive.

Need more information: Call Oneida
Community Health Center - Community Health at
(920)869-2711

An Indians Prayer

Oh great Spirit, whose voice I hear in the
winds

And whose breath gives life to everyone,
Hear me.

I come to you as one of your children
I am weak....I am small....I need your wisdom
and your strength.

Let me walk in beauty, and make my eyes
ever

behold the red and purple sunsets
Make my hands respect the things you have
made,
and make my ears sharp so I may hear your
voice.

Make me wise, so that I may understand
what

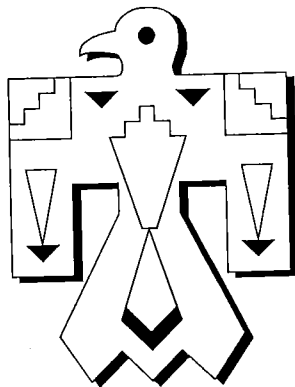
you have taught my people and
The lessons you have hidden in each leaf
and each rock.

I ask for wisdom and strength,
Not to be superior to my brothers, but to be
able

to fight my greatest enemy, myself.
Make me ever ready to come before you with
clean hands and straight eye.

So as life fades away as a fading sunset,
My spirit may come to you without shame.

~Author unknown



This message comes to us from Joyce Sequichie Hilfer

Gentleness has amazing strength. Where
some would dominate, others are sweet and
compassionate and this gives us hope. A
gentle person is cool ,clear water on a hot
day-a refreshing change from hostile
attitudes,

How many times we have met someone we
wanted to admire but couldn't. They
would not trust us to see beyond their

protective walls. Caring and friendship were
sorely needed but bitterly ignored. .To
understand these things makes us gentle. It
gives us the touch we need with **every** age.
Young and old yearn to hear a voice that tells
them they are so important, so loved, that
nothing could make us turn from them.

A gentle word is warm sunshine to every
heart, a touch that is never forgotten.

35

CIRCLE
A
WORD

CORNHUSK DOLLS

40

One of the easiest toys a child can make is a doll made from cornhusks. With a little creativity and a few ties, the husks come to life for hours of fun.

You are looking for a 12-letter word.

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

Imagination

Inexpensive

Knickers

Material

Natives

Noses

Pilgrims

Pins

Plains

Playmates

Rubber

bands

Aprons

Elastics

Favorites

Special

Autumn

Fairs

Florists

Straws

Care

Farmers'

Girls

Traditional

Easy

market

Hats

Versatile

4th Annual Community Thanksgiving Feast

Thursday, November 27, 2003

Parish Hall

11 a.m. – 2 p.m.

Traditional Thanksgiving Meal Served

Please contact:

Paula King-Dessart

Chris Doxtator

Carole Liggins

Brian A. Doxtator - 869-2170

bdox@earthlink.net

INFORMATION FOR ELDERS

We do transport to wakes but will transport only if we have 5 or more elders going. We usually have a good sign up of more than 5, so if you are taking the Dodo bus please do. What happens is elders cancel last minute and go with someone else. That is fine but if we end up not having more than 5 then maybe this service isn't needed and will be cancelled. So please use this service as the driver is contributing their over time doing this for you also.

Thank you.

Lorna Christjohn,

Elderly Services

Transportation Supervisor

Microwave Quiche

12 slices of bacon

1 c. swiss cheese, shredded

½ c. cheddar or colby cheese, shredded

¼ c. onion chopped

1 ¾ c. milk

½ c. bisquick baking mix

4 eggs

¼ tsp. salt

⅛ tsp. pepper

paprika

Microwave bacon on high until crisp, about 9 minutes. Crumble bacon. Combine cheese with onion and bacon. Sprinkle mixture in a lightly greased 9-inch glass pie plate. Combine milk, baking mix, eggs, salt and pepper. Beat on high for 1 minute. Pour over bacon-cheese mixture. Sprinkle with paprika. Microwave on medium-high for 18 minutes. Rotate dish twice while cooking.

Notes: Easily reheated in microwave. For each serving, microwave on high uncovered for 45-50 seconds.

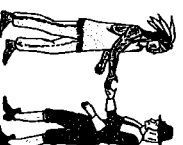
From the kitchen of Phyllis Johnson

MENU

NOVEMBER

2003

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chop Suey Rice w/w Bread Mandarin Oranges	4 Potato Soup Fresh Rolls Raspberry Whip	4 Hamburger Patties Scalloped Potatoes Green Beans w/w Bread Peaches	6 Fish Potatoes Cole Slaw Rye Bread Sherbert	7 SOS Eggs Toast Juice Pear
19 Spagetti Lettuce Salad Garlic Bread Pineapple Tidbits	11 Closed In observance Veterans Day	12 Spanish Rice Green Beans w/w Bread Jello	13 Liver & Onions Potatoes Beets w/w Bread Applesauce	14 Bacon & Eggs Toast Oatmeal Peaches
17 Hot Dogs Mac & Cheese Green Beans w/w Bread	18 Tomato Soup Grill Cheese Sand. Custard	19 Pork Roast Pasta Salad w/w Bread Mandran Oranges	29 Birthdays Turkey Potatoes & Gravy Squash Relish Rolls Pumpkin Pie	21 Ham Scramble Eggs Toast Fruit Juice
24 Chili Cukes w/w Bread Ice Cream	25 Beef Barley Soup Fresh Bread Jello Pears	26 Shepards Pie w/w Bread Berries	27 CLOSED Thanksgiving Day	28 CLOSED
Menu subject to change. All meals are served with coffee, tea and milk.				



Elderly Services Contribution (DONATION) Policy and Procedure

All participants are to be offered the opportunity to contribute towards the cost of any service provided through the Elderly Services program. No means test (level of income) will be used and no eligible participant will be denied service regardless of whether he/she contributes. We shall provide each elder with a free and voluntary opportunity to contribute to the cost of a service.

A "lock box" installed at the congregate site will be clearly marked "DONATIONS". All appropriate safeguards are in place to assure security of donations.

A suggested donation sign is posted at all times.

Privacy for contributors is assured by allowing each individual to approach the box or table containers and deposit whatever they wish. Protect the privacy of each elder with respect to his or her contribution.

Suggested donations for Home Delivered is an unmarked sealed envelope to be placed in secure donations receptacle for confidentiality and privacy. Envelopes are not to be opened except in Site Manager's office to assure accountability.

Each site will empty the donations box each week in front of another individual/employee to assure accountability. Money will be counted with two (2) people present, deposit slip prepared with both initializing, and deposit to the Office Manager.

All donations for meal services will be used solely for the purpose of expanding nutrition services in the Nutrition programs. Other service contributions will be used to expand comprehensive and coordinated service systems for all elders.

Administration on Aging Program Requirement:

FOOT CARE TIPS

For active adults

Whether you run marathons or errands, your feet often bear the brunt of an active, busy lifestyle. In an average lifetime, our feet carry us more than 100,000 miles; that's more than four times around the globe! That number is conservative if you're into fitness.

Dryness and calluses are among the most common foot complaints. but taking proper care of your feet can help bring relief. For anyone whose feet could use a little TLC, podiatrists recommend these tips for optimum foot health:

*Wear proper-fitting footwear. Shoes that are small and squeeze the toes may lead to calluses, corn and bunions. Footwear that is too loose allows the foot to slide and rub, which also may lead to calluses.

*Choose socks, stockings and shoes made of breathable fabrics. Natural fibers are best - cotton wool for socks. leather or canvas for shoes. Do not wear the same pair of shoes every day.

*keep feet clean and dry, and check for signs of dryness and cracking. If you tend to have sweaty feet or suffer from athlete's foot, use a good foot powder to help keep your feet dry.

*In certain cases, a visit to the podiatrist may be warranted, especially if you have doubts about the nature of your foot disorder, are diabetic or have circulatory problems.

Health and wellness

Issue 1

Volume 1

Fall 2003

FYI

WIEA, WISCONSIN INDIAN ELDERLY ASSOCIATION, HAS A NAME CHANGE WE ARE NOW CALLED, GLNAEA, GREAT LAKES NATIVE AMERICAN ELDERLY ASSOCIATION. Our next meeting will be December 5, 2003, at Carter. This will also be our Christmas meeting. We will be having a gift exchange for a woman or man and not to exceed \$20.00. Hope to see you there.

RIDES

ATTENTION: Do you need a ride? When you need a ride through Elderly Services you need to give a 24 hour notice. You also need to go through Cheryl Ault, at Elderly Services, phone number 869-2448.

TRANSIT

NUMBERS FOR TRANSIT:

869-1658

869-1659

TOLL FREE

1-866-718-1658

DRUMS

Remember that the DRUMS is your paper. Do you have anything to submit? You may send your submissions to Ms. Noreen Powless, P.O. Box 365, Oneida, WI 54155

Seniors, Need to Keep Fit?

Join Us for Exercise Every Tuesday Afternoon at the Hwy. H Recreation Building - 1:30pm to 3pm.

Keep your heart pumping and spirit motivated!
Improving circulation does the body good!

Every Tuesday, we will work together to gently stretch our bodies and keep active.

Every week is different, sometimes we will stretch to music, dance, use balls, bands or other recreational equipment to motivate our way to fitness. Fitness information will also be available.

Margaret Francour, massage therapist and elderly activity specialist, will be our weekly instructor along with monthly guest instructors.

WE WANT TO SEE YOU HEALTHY, PLEASE JOIN US! All elders welcome, no matter what your fitness level. If you have any questions, please call the Oneida Elderly Services at 869-2448.



A Poem for Computer User's over 50

A computer was something on TV from a science fiction show of note. A window was something you hated to clean and ram was the cousin of a goat.

Meg was the name of my girlfriend and gig was a job for the nights. Now they all mean different things and that really mega bytes!

An application was for employment. A program was a TV show. A cursor used profanity. A keyboard was a piano.

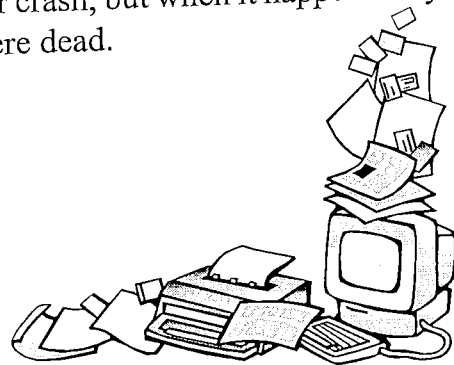
Memory was something that you lost with age. A CD was a bank account, and if you had a 3-inch floppy you hoped nobody found out.

Compress was something that you did to the garbage, not something you did to a file, and if you unzipped anything in public you'd be in jail for awhile.

Log on was adding wood to the fire. Hard drive was a long trip on the road. A mouse pad was where a mouse lived, and a backup happened to your commode.

Cut you did with a pocket knife. Paste you did with glue. A web was a spider's home, and a virus was the flu.

I guess I'll stick to my pad and paper, And the memory in my head. I hear nobody's been killed in a computer crash, but when it happens they'll wish they were dead.



NOVEMBER BIRTHDAY'S

Tony Benson Sr.	11-17	Stanley King Jr.	11-25
Eva Danforth	11-19	Jeanne Metoxen	11-26
Richard S. Dodge	11-21	Helen Moriatry	11-26
Leola Douyette	11-13	Elizabeth Padilla	11-06
Ruth Doxtator	11-12	Lois J. Runyan	11-04
Carol L. Elm	11-14	Sharon Sarnowski	11-28
Florence Elm	11-13	Bill Sauer	11-07
Harold Erickson	11-04	Beverly Skenandore	11-21
Maggie Fermanich	11-30	Gordon Skenandore	11-13
Marlene Greatens	11-30	Victoria Stevens	11-29
Donna Heise	11-09	Margaret Stowe	11-26
Albert Jandreau	11-12	Milton Summers	11-07
Margaret Johnson	11-26	Rita Summers	11-26
		Louis E. Webster	11-06

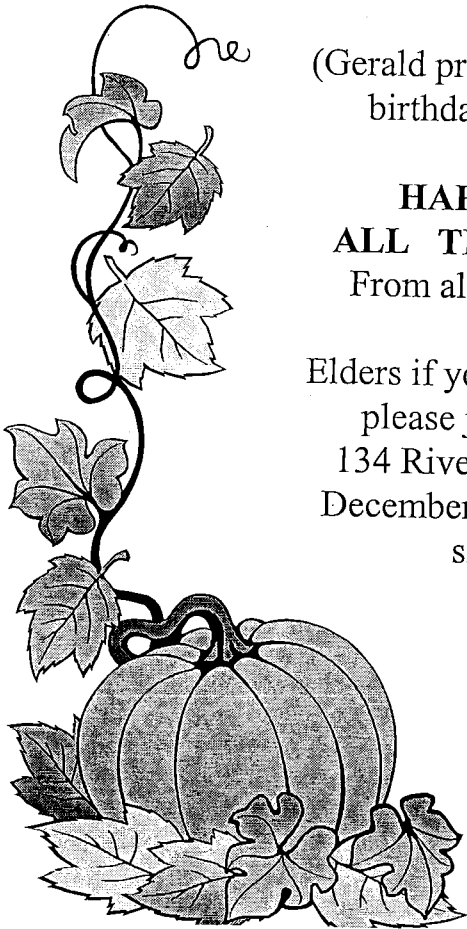
A Happy Belated Birthday to Gerald Graham
on September 25.

(Gerald provides the music at our monthly
birthday party at the Senior Center)

HAPPY BIRTHDAY TO ALL THE NOVEMBER BABIES

From all the staff at Elderly Services

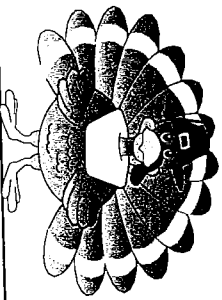
Elders if you have a birthday in December
please join us at the Senior Center,
134 Riverdale Dr. (Hwy J), Oneida on
December 18th. Have lunch with us and
sign the birthday book.



ACTIVITIES

NOVEMBER

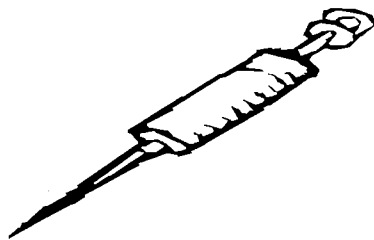
2003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Salvation Army 10am Bingo @Site 2 1pm</p>	<p>4 Crafts @ Epworth Hall 9:30- 11:30am Gentle Exercise Hwy H @ 1:30pm</p>	<p>5 Grocery Store 10am Bingo Hwy H 1:30- 3pm</p>	<p>6 Cooking 10 am-11:30am Hwy H</p>	<p>7 Shopping Banks Lunch Out 10-3 pm</p>
<p>10 Pottery Hwy H @ 1:30pm</p>	<p>11 VETERAN'S DAY Tribal Offices Closed</p>	<p>12 Grocery Store 10am Bingo Hwy H 1:30- 3pm</p>	<p>13 Cooking 10 am-11:30am Hwy H Game Day 1:30pm Elderly Svs Bldg</p>	<p>14 Shopping Banks Lunch Out 10-3 pm</p>
<p>17 Movie/popcorn 10 am Eld Svs Bldg Bingo @Site 2 1pm</p>	<p>18 Crafts @ Epworth Hall 9:30- 11:30am Gentle Exercise Hwy H @ 1:30pm</p>	<p>19 Grocery Store 10am Bingo Hwy H 1:30- 3pm</p>	<p>20 AJNH visit 10-11am Birthdays Gifts @ Sr. Ctr 12:15pm -12:30pm</p>	<p>21 Shopping Banks Lunch Out 10-3 pm</p>
<p>24 Pottery Hwy H @ 1:30pm</p>	<p>25 Bingo @ Epworth Hall 9:30- 11:30am Gentle Exercise Hwy H @ 1:30pm</p>	<p>26 Shopping Banks Lunch Out 10-3 pm</p>	<p>27 THANKSGIVING DAY Tribal Offices Closed</p>	<p>28 INDIAN DAY Tribal Offices Closed</p>
All activities subject to change w/o prior notice		<p>Happy Thanksgiving!</p> 		<p>All trips depart from Senior Center</p>

Oneida Community Health Nursing 2003 Community Flu Shot Clinic Schedule

Oneida Community Health Center 525 Airport Drive	Wednesday, November 5	4:30 pm - 6:30 pm
Senior Center (ONCOA) 134 Riverdale Drive	Friday, November 7	8:30 am - 11:30 am
Oneida Community Health Center 525 Airport Drive	Monday, November 10	9:30 am - 12:30 pm
Oneida Community Health Center 525 Airport Drive	Thursday, November 13	11:30 am - 2:30 pm
Oneida Community Health Center 525 Airport Drive	Monday, November 17	9:30 am - 12:30 pm
Oneida Community Health Center 525 Airport Drive	Wednesday, November 19	4:30 pm - 6:30 pm
Oneida Community Health Center 525 Airport Drive	Thursday, November 20	11:30 am - 2:30 pm
Oneida Community Health Center 525 Airport Drive	Monday, November 24	9:30 am - 12:30 pm
Oneida Community Health Center 525 Airport Drive	Thursday, December 4	11:30 am - 2:30 pm
Oneida Community Health Center 525 Airport Drive	Thursday, December 11	11:30 am - 2:30 pm

We will NOT be holding flu clinics during our Tuesday walk in immunization clinics. Please refer to the above dates and times. Feel free to call the Oneida Community Health Nursing Department at 869-4840 with further questions.



Oneida Nation Elderly Services presents...

"ARTHRITIS & YOU"

**COME AND LISTEN TO A INFORMATIONAL
PRESENTATION. LEARN ABOUT ARTHRITIS
IN THE ELDERLY AND ABOUT THE NEWEST
TREATMENTS AVAILABLE!**

DATE: THURSDAY NOVEMBER 13, 2003

TIME: 11:00 A.M. - 2:00 P.M.

**LOCATION: SENIOR CENTER 134 RIVERDALE DRIVE
PRESENTATION STARTS AT 11:00 A.M. WITH TIME
FOR QUESTIONS AND ANSWERS FROM 12:00 UNTIL
2:00 P.M.**

**PRESENTER IS FAITH METOXEN, ARTHRITIS
FOUNDATION WISCONSIN CHAPTER**

A BIT OF HUMOR

Morris, an 82-year old man, went to the doctor to get a physical.

A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said Doc. "Get a hot mamma and be cheerful."

The doctor said, "I didn't say that. I said, "You've got a heart murmur. Be careful."

(James E. Fox, Jr., Hamilton, Ohio)

Three proven rules for good, healthy teeth:

1. Brush after every meal.
2. See your dentist twice a year.
3. Mind your own business.

(George Kottwitz, Edwardsville, ILL.)

Barber: "Haven't I shaved you before?" Sgt.: "No, I get this scar at Pearl Harbor."

(James P. Marinos, Waterford, MI)

Now that I'm older, I've discovered:

I started out with nothing ... and still have most of it;

When did my wild oats turn into prunes and All Bran?

I finally got my head together, now my body is falling apart;

Funny, don't remember being absent-minded;

All reports are in. Life is officially

unfair;

If all is not lost, where is it?

It is easier to get older than it is to get wiser;

Some days you're the dog, some days you're the hydrant;

It's not the pace of life that concerns me, it's the sudden stop at the end.

It's hard to make a comeback when you haven't been anywhere;

If God wanted me to touch my toes, he would have put them on my knee caps;

When you are finally holding all the cards, why does everyone else decide to play chess?

(Calvin Tintinger, San Diego)

VFW Sept. 2003

1. What do you call a cocoon who hates parties?
2. Why did the itchy dog think he was a sheep?
3. Why did the buffalo think that 1976 was their year?
4. What kind of fish likes to borrow books?
5. What do healthy ghosts eat for breakfast?

1. Party pupa
2. He had fleece
3. It was the bison-centennial
4. A library cod
5. Hex chex

The Silly Joke Book
Scholastic Inc.

CASABLANCA (1942)

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

AMERICAN
BERGMAN
BLAINE
BOGART
COLLECTIVE
CYNICAL
DAYDREAMS
ENTERTAINING
ESCAPE
EVIL

EXPATRIATE
FASCISM
GERMANS
HARROWING
HENREID
HEROIC
HUMPHREY
ICON
ILSA
INGRID

INTRIGUE
LINEN
LORRE
LOVE
LUCKY
MELODRAMA
NIGHTCLUB
NOSTALGIA
OWNER
PAUL

PETER
RICK
ROMANTIC
SENTIMENT
STAR
SUBTLE
SUITS
SUNHATS
TRANSIT
TURBULENT



Rural Development at the Elderly Mealsite

First Thursday of Every Month

504 Home Repair Loans and Loan/Grant Combinations.

502 Home Purchase to build or buy.

Programs available to low and very-low income households.

Stop in for details or call the mealsite at 1-920-869-1551.

Shawano Rural Development Office 1-715-524-2148.



HELPFUL HINTS

When it comes to buying turkey and chicken, think big and save.
The larger the bird, the more meat and less bone and fat per pound.

The insides of a baked potato vitamins are concentrated near the skin, and the skin itself provides valuable roughage to aid indigestion.

Make salads the very last minute. The darker the greens, the higher the vitamins and mineral content.

If you like the taste of sweet potato, do not refrigerate. Temperature below 50F will cause starch changes, which will alter the flavor. This high in vitamin A vegetable keeps best in a cool dark place.

FOR AGENDA PLANNING, PLEASE SUBMIT THIS FORM TO: **ONCOA**
Chairperson and ONCOA Secretary at the Elder Services Complex
Ten (10) Days before the ONCOA Regular Meeting - Second
Tuesday of the Month

ONCOA AGENDA REQUEST FORM

_____ REGULAR MONTHLY ONCOA AGENDA

_____ (SCHEDULED DATE)

_____ SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

_____ (SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ YES

☐ NO

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

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

APPROX. TIME REQUESTED TO DISCUSS ITEM: _____ MINUTES

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

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: / /

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

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