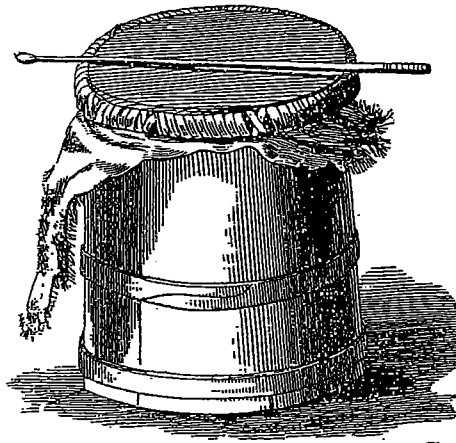


DRUMS

ELDERLY SERVICES
2907 S. Overland Rd.

ACROSS



ONEIDA

SENIOR CENTER
134 Riverdale Dr.

Elderly Services: 1-920-869-2448

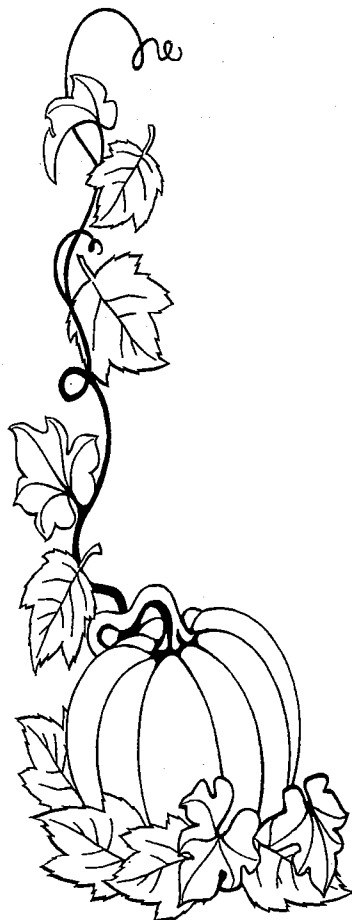
Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Tehutanuhela

Give Thanks Moon

November 2004



Let us be thankful that there is still sunshine,
that we can still glimpse the blue of the sky,
and in our onward way, continue to look up.

Let us be thankful for friends with kindly smiles
and cheerful words. This is a time for
grateful

THANKSGIVING.

ELDERLY SERVICES COMPLEX:

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

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

Florence Petri
Tina Pospychala
Julia Hill
Joyce Johnson
Cheryl Ault
Noreen Powless
Lorna Christjohn
Connie Van Gheem
Dale Webster
Margaret King-Francour
Cindy Brabbs
Amy Sumner
Michelle Cottrell
Joanne Close
Lorleen John
Regina Vande Hei
Debbie Ninham
Marty Braeger
Marie Scott
Barbara Skenandore

ONEIDA SENIOR CENTER:

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

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

Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Pat Beilke
Alfrieda Grignon
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Don Bogda
Jared Skenadore
Harold Dostalek
Richard Dodge
Cornelius Hill
Grover Smith
Jeannine La Rock
Marena Pamanet
Herb Powless

UP CLOSE AND PERSONAL
With Connie Van Gheem,
Transportation Driver for the Elderly

Connie Van Gheem was born in Green Bay on August 7, 1971 to the parents of Thomas and Lauren Van Gheem. They owned and operated Van Gheem's Grocer and Van's Corral.

In 1987, Connie moved to Kissimmee Florida with her parents. Connie had a variety of jobs. Her favorite one was working at Walt Disney World at the Magic Kingdom. Connie met and married her children's father and moved back to Wisconsin. Justin and Ciara keep her busy.

Connie is presently a single mom who is putting herself through college to obtain her Bachelor's of Business Science Management. Connie is an active member of Immaculate Conception where she helps with religious education. Connie enjoys working with the elderly.

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

Marine Biologist

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

My Mother

What do you consider to be your greatest accomplishment?

Raising my children on my own

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

Working with crafts

What is the best advice anyone ever gave you?

Take care of yourself , no one else will

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

Take a long trip

What is your ideal vacation?

Visiting my parents in Florida

Favorite Meal: Chicken and biscuits

Favorite Music: Country , Hip Hop

Favorite Books: Daniel Steel

Favorite Movies: Grease

Favorite Hobbies: Reading



Have a Blessed
Thanksgiving
from the
Elderly Service Staff
and the
Commission
on
Aging Board





ELDERLY FALLS PREVENTION

Presenter: Carol Macheek - Nurse
Educator - Green Bay Aging
Resource Center

Date: November 17, 2004

Time: 11:30 A.M. - Noon

Location: Oneida Elderly Meal Site
Hwy J, Oneida

Flu Vaccines

available beginning

Monday, November 1, 2004

Oneida Occupational Health Nursing

701 S. Packerland Drive

Monday - Friday

6:30 a.m. - 4:00 p.m.
(closed 12:00 - 1:00 p.m.)

GUIDELINES

Adults aged 65 and older

Persons with an underlying chronic medical condition
(i.e. heart, lung or metabolic problems, asthma, emphysema, diabetes or kidney failure)

Women who are pregnant

Health-care workers involved in direct patient care
Out-of-the-home caregivers & household contacts of
children 6 months or less

Any on-site flu clinics will be announced Monday
mornings.

ATTENTION ELDERS!!!

If you want to participate in the activities that require travel or an activity, you need to sign up personally in the blue book in the front office. Please sign up on your own. We will no longer take telephone calls to sign up. You must do this on your own.

There has been too many call in's and too many names signed in for one person. Please do your own signing in.

Thank-you
The Oneida Elderly Services

What's Acid Reflux

Daniel Cohn, was college student at Lawrence, Kansas when the problem started. He thought it was just indigestion, "I was eating antacids and more antacids," says Cohn.27, who now lives in Chicago. "I tried medication for awhile but it came back. Cohn's burning and discomfort worsened. That's when he learned from his doctor he had gastroesophageal reflux disease (GERD) commonly known as reflux.

About 7 million Americans have GERD. Most have mild or occasional symptoms, but those who have it more than twice a week can be helped, says Dr. Cohn who specializes in disorders of the stomach and digestive track at The Mayo Clinic. GERD happens when acid from the stomach backs up into the esophagus, the tube through which food moves from the mouth to the stomach. Symptoms includes an uncomfortable burning sensation between the breast bone, a sour taste in the mouth, difficulty or pain when swallowing, and chest pain. Anyone can have GERD, but is most common in people over 40.

According to Dr. Locke, lifestyle plays an important part, that smoking increases

stomach acid, being overweight, wearing to tight clothing, eating too heavy meals all seem to factor acid moving into the esophagus. Sometimes surgery is the answer, but lifestyle changes can help. If GERD occurs frequently, talk to your doctor, if left untreated it can turn to cancer of the esophagus.

In the meantime, try these suggestions to reduce GERD discomfort:

- Keep your weight at a normal range.
- Avoid large night meals.
- Don't smoke.
- Chew gum occasionally.
- Keep the head of your bed elevated 4-5 inches.
- Wear loose fitting clothing.
- Remain sitting up at least one hour after meals.
- Talk to your doctor to learn if any medications you take may be contributing to GERD.

Source: Mardy Fones

Carbohydrates and You

Be aware that many "sugar free" products contain carbohydrate and can increase blood glucose (blood sugars) levels.

Always note the amount of carbohydrates listed on food labels.

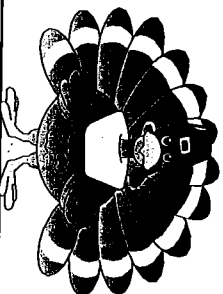
Understand that free foods (those that have little or no effect on blood glucose levels are those that have fewer than 20 calories or 5 grams or less of carbohydrates per serving. But don't be misled if you eat multiple servings of free foods.

ACTIVITIES

NOVEMBER

2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PACE exercise @ 11:15 am @ Sr. Ctr Bowling League 1:30pm @ Ashw. Lanes	2 Crafts @ Epworth Hall 9:30- 11:30am	3 Tsyuhckwa: Husking, Braiding 9:30am Bingo Hwy H 1:30- 3pm	4 The Price is Right 9:30 am @ Hwy H PACE @ 11:15 am, Sr. Ctr Making Cookie Dough 1pm Eld Svs Bldg	5 Shopping Banks Lunch Out 10-3 pm
8 PACE exercise @ 11:15 am @ Sr. Ctr Bingo @ Site 2 1pm	9 Crafts @ Epworth Hall 9:30- 11:30am	10. PACE exercise @ 11:15 am @ Sr. Ctr Bingo Hwy H 1:30- 3pm	11 VETERAN'S DAY Tribal Offices Closed	12 Shopping Banks Lunch Out 10-3 pm
15 PACE exercise @ 11:15 am @ Sr. Ctr Bowling League 1:30pm @ Ashw. Lanes	16 Crafts @ Epworth Hall 9:30- 11:30am	17 Baking 9 am @ Eld Svs Bldg Bingo Hwy H 1:30- 3pm	18 The Price is Right @ 9:30 am @ Hwy H PACE, 11:15 am @ Sr. Ctr Birthdays Gifts & Music @ Sr. Ctr 12:15pm Baking 1 pm @ Eld Svs Bldg	19 Shopping Banks Lunch Out 10-3 pm
22 PACE exercise @ 11:15 am @ Sr. Ctr Bingo @ Site 2 1pm	23 Bingo @ Epworth Hall 9:30- 11:30am	24 Shopping/Banks 10am PACE exercise @ 11:15 am @ Sr. Ctr Bingo Hwy H @ 1:30p	25 THANKSGIVING DAY Tribal Offices Closed	26 INDIAN DAY Tribal Offices Closed
29 PACE exercise @ 11:15 am @ Sr. Ctr Bowling League 1:30pm @ Ashw. Lanes	30 Crafts @ Epworth Hall 9:30- 11:30am	Happy Thanksgiving!		All trips depart from Senior Center All activities subject to change w/o prior notice



HAPPY BIRTHDAY TO ALL NOVEMBER BABIES

Harry Baird	11-15
Grace Baer	11-18
Tony Benson	11-17
Eva Danforth	11-19
Richard Dodge	11-21
Leola Douyette	11-13
Ruth Doxtator	11-12
Carole Elm	11-14
Florence Elm	11-13
Harold Erickson	11-04
Margaret Ferminich	11-30
Marlene Greatene	11-30
Donna Heida	11-04
Albert Jandreau	11-12
Margaret Johnson	11-26

Stanley King	11-25
Jeanne Metoxen	11-28
Helen Moriatry	11-26
Theresa Morgan	11-26
Betty Padilla	11-06
Lois Lunyan	11-04
Sharon Sanrowski	11-28
Beverly Skkenandore	11-21
Gordon Skenandore	11-13
Margaret Stowe	11-28
Milton Summers	11-07
Rita Summers	11-26
Louie Webster	11-06
Loretta R. Webster	11-06

Elders, if you have a birthday in November, please join us at the Senior Center, at 134 Riverdale Drive, (Hwy J) on October 28, 2004. Have lunch with us and sign the birthday book.

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




Blood Pressure/Blood Sugar Screening

November 12, 2004
8 :30-10:00am
Senior Center
134 Riverdale Dr.
Oneida, Wi.54155

MENU

NOVEMBER

2004

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dogs Mac & tomatoes Green Beans W/W Bread Peaches	2 Chicken Soup Fresh Bread Jell-o / fruit	3 Ham Sweet Potatoes Mixed Vegetables W/W Bread Applesauce	4 Roast Beef Potatoes Brussels Sprouts W/W Bread Cookies	5 Bacon & Eggs Toast Oatmeal Juice Grapefruit Sections
8 Chicken Salad Croissants Tomatoes & Cukes Melons	9 Potato Soup Fresh Bread Pudding	10 Chicken ala king Biscuits Rice W/W Bread Strawberries	11 Pork Roast Carrots Potatoes W/W Bread Peaches	12 Sausage Pancakes Juice Berries
15 Sub Sandwiches Assorted Veggies Chips Fresh Fruit	16 Bean Soup Fresh Bread Jello	17 Meatloaf Potatoes & Corn W/W Bread Pineapple Tidbits	18 Birthday Day & Thanks. Dinner Turkey & Ham Potatoes & Cranberries Stuffing & Pie	19 Poached Eggs Ham Toast Juice Pears
22 Sloppy Joe's Pasta Salad Beans Buns Applesauce	23 Split Pea Soup Fresh Bread Jello	24 Vegetable Lasagna Garlic Bread Salad Ice Cream	25 CLOSED THANKSGIVING DAY	26 CLOSED ONEIDA DAY
29 Chicken Patties Oven Br. Potatoes Green Beans W/W Bread Mandarin Oranges	30 Calif. Blend Cheese Soup Fresh Bread Berries	All meals are served with coffee, tea or milk.	Menu is subject to change.	

Cravin' Cranberries

.Parkinson's Disease

Treatments:

A person newly diagnosed with Parkinson may not need treatment right away if the symptoms are mild. Medication treatment is usually started when symptoms began to interfere with daily activities. Other treatments such as exercise, physical therapy, and occupational therapy is usually helpful at all stages of Parkinson's to help maintain strength, mobility, and independence.

The first medication considered is levodopa, sometimes referred to as the "gold standard" for Parkinson's. Levodopa has some side effects that may cause problems in later stages. Most recent studies suggest that other medications such as pramipexolide and pergolide can help the need to start treatment with levodopa and delay the onset of levodopa's negative side effects.

On Going Treatment

As Parkinson's disease progresses, symptoms usually become disabling. Mild to moderate tremors, movement is often slow and limited. The slowing down and loss of automatic and spontaneous movement may often determine the severity of symptoms against available medications. The doctor will adjust medications to deal with the symptoms as they appear. There are other measures that can be taken home to make dealing with Parkinson's easier. The December issue of Drum's will continue with treatment when conditions worsen.

Cranberry Muffins

2 c. flour
1¼ c. sugar
1½ t. baking powder
1 t. salt
½ t. baking soda
¼ c. vegetable oil
1 egg well beaten
¾ c. orange juice
1½ to 2 c. whole or halved cranberries
1 t. vanilla

Sift flour, sugar, baking powder, salt and baking soda into a large bowl. Add egg and orange juice; stir until evenly moist. Fold in cranberries.

Spoon batter into prepared muffin cups, ¾ full. Bake at 350°F for 25 to 30 minutes until golden brown. Serves 15, 155 Cal. 3.5 g fat. You may freeze leftovers.

Cranberry-Apple Maple Crisp

2 Tbs. sugar
2 Tbs flour
3 c. peeled sliced apples
3 c. cranberries
½ c. maple flavored syrup
½ c. quick cooking rolled oats
½ c. packed brown sugar
¼ c. flour
½ t. ground cinnamon
3 Tbs. margin

Preheat oven to 350°. Stir the sugar and flour into a large bowl. Add fruit to coat. Transfer fruit mixture into a 2 qt. baking dish. Drizzle maple syrup over fruit mixture. In another bowl combine oats, brown sugar, flour and cinnamon. Cut in margarine until crumbly. Sprinkle over fruit mixture. Bake uncovered for 45 minutes (or until apples are tender.) Cool on rack for 30 minutes.

Mother's Kitchen

Mother's kitchen is a cozy place
So full of warmth and cheer.
It's no wonder that the family
Always like to gather here.

On the stove a kettle is simmering,
A lilting gay refrain.
And the oven holds some goodies.
Mother's baked for Thanksgiving.

Her gayly colored curtains
And clock upon the wall,
The pantry with it's store of food,
Give happiness to all.

Everything is bright and shinny
And sort of seems to smile.
I guess because her busy hands,
Care for it all the while.

The kitchen is a special world
We all like to share,
Because it's full of Mother's love
And we find comfort there.



Sounds Like Old Times

Sounds that are no longer with us:

- * The chattering clicks of a dial telephone.
- * The clatter of coal going down the chute.
- * The click of shoe leather-saving cleats.
- * The hum of a treadle sewing machine and the click of the needle.
- * The slap of blackboard erasers being cleaned.
- * The slap of a wooden screen door.

Indian Summer

It is the Indian summer. The rising sun
blazes through the misty air like a
conflagration. A yellowish smoky haze fills
the atmosphere, and a filmy mist lies like a
silver lining on the sky. The wind is soft and
low. It wafts to us the odor of forest leaves
that hang wilted on the dripping branches or
drop into the stream. Their gorgeous tints
are gone, as if the autumnal rains had
washed them out. Orange, yellow, and
scarlet, all are changed to one melancholy
russet hue. The birds, too, have taken wing
and have left their roofless dwellings.
Not the whistle of a robin, not the twitter of a
eavesdropping swallow, not the carol of one
sweet voice. All gone. Only the dismal
cawing of a crow, as he sits and curses that
harvest is over, or the chit-chat of a idle
squirrel, the noisy denizen of a hollow tree,
the mendicant friar of a large parish, the
absolute monarch of a dozen acorns.

Source: H W Longfellow



Confluent

Indian summer is burning now,
Distant scenes are pearly gray. Migrating
birds have read the sign.
Small gleaners passday,
And, gathering, tell adventures.
In medley of song
Till gray goose formation
Hurries them along.
Shepherd's distant fires burn
Till embers die away.
Autumn fluting marches in,
With pennants bright and gay.

Source: Jennie L Richard

The latest on Islet Transplants

When researchers in Edmonton, Alberta, introduce their protocol for islet transplantation to the world in 2000, they began writing a book for people with type 1 diabetes. Since then, researches around the world have been adding to the story, with centers in the United States, Canada, and Europe, using the protocol to transplant human islet cells into people who have an unstable form of type 1 diabetes. The islets are injected into the portal vein of the liver, where they function as the islets to a healthy pancreas would by producing insulin as needed.

The latest chapter is a happy one: Nineteen of the 36 participants in the Immune Tolerance Network have remain free of insulin shots for as long as a year after their transplants. Five of them only required only one infusion, and seven required three infusions.

Seven of the remaining participants are who are still taking insulin are taking it at a lower doses, on average, than before their transplants. Four more participants withdrew from the trial before the protocol could be completed, leaving only six participants whose islet transplants failed entirely.

Although recipients of islet transplants must take powerful immunosuppressive drugs the rest of their lives, the researchers who developed the Edmonton Protocol regard the latest results as a sign of progress.

"In the years ahead, as we enroll further patients, we look forward to exciting new approaches that will prevent rejection without the need for immunosuppressive drugs and to increase (the procedure's) efficiency without so that we can routinely have success with one infusion," says James Shapiro MD.

Diabetes Affects Depression

Living with diabetes has been described as having a full time job that you didn't apply for, don't want, can't quit. The constant vigilance about what you eat, the fear of developing complications, and the effort required for daily task such as monitoring your blood glucose and taking your medications correctly can cause significant stress. Throw complications into the mix, and it's easy to be overwhelmed. This "job" can be enough to make you quit. Unfortunately, all of these factors make depression not only more likely, but tougher to handle, too. There also may be biological factors related to diabetes that can lead to an increased risk of depression. For example, chronically high blood glucose levels led to an improvement in the symptoms of depression.

The Good News

If you have depression, all is not lost. Groundbreaking studies by researches have reveled that people with diabetes respond well to standard treatment for depression, including antidepressant medication and brief psychotherapy (counseling). Furthermore, getting treatment for depression can improve your blood glucose levels.

Antidepressant medications may provide significant relief from depression, while counseling can address the important psychological aspects of depression- including the stress and frustration associated with living with diabetes. The best available evidence points to the particular value of **cognitive behavioral therapy**, a form of counseling provided by specially trained mental health practitioners that help you develop new and effective coping skills, learn how to challenge your own negative and unhelpful thoughts, and to set realistic goals for making changes.

Would A Trip to Enchanting New Mexico Interest You?

Sunday, Oct. 2nd 2005 (6days)

Price: \$1,624 pp/double occupancy
(Inc. land/air tax)

Travel Insurance optional:
Offered through Globus \$109 or
Can use a 3rd party insurance.

Credit Card payments will be accepted.

Included Features:

Hotel of Distinction- Santa Fe Inn

Exclusive: Flamenco Dancers

Behind the scenes: Tour of Museum of International Folk art.

Local Fare: La Fonda private luncheon

Unwind Time: Leisure time in Santa Fe.

Guided tours in ALBUQUERQUE, SANTA FE. LOS ALAMOS, CHIMAYO, and TAOS

Meals:

American breakfast daily.

2 lunches

3 dinners, choice of entrees.

Farewell dinner in Santa Fe.

For more information call :

Elderly Services at 920-869-2448

Ask for Florence or Noreen

To make this trip possible, we need a number of 20 participants.



Elderly Services Store and Gift Shop

This is an invitation for you to come and visit our Elderly Services Store and Gift Shop. Our hours are from 9:00 a.m. to 1:00 p.m., Monday through Friday. We also feature fresh popcorn daily.

The following is a list of items for sale:

- Bird Houses
- Crosses, all types (plastic canvas)
- Dresser Scarfs
- Door Hangers (plastic canvas)
- Wreaths
- Floral Arrangements
- Green Bay Packer Dolls
- Greeting Cards, Native American, etc.
- Hats and Booties
- Kleenex Box Sets (plastic canvas)
- Native American Dolls, all sizes
- Necklaces
- Key chains
- Picture Frames
- Pillows
- Quilts, (full and crib size)
- Book Covers
- Seasonal Items
- Memories of Oneida Elders Tape
- Oneida Singers Tapes

And Many Other Assorted Items

Our store is located in the Elderly Services Complex, on Overland Drive, right next to the Airport Rd. Daycare Center.

Talking Circles

Talking circles ease burden of Diabetes for Native Americans. Native Americans who have adopted this modern lifestyle have particularly hard hit. Native Americans have abandoned traditional healthy foods and have taken sit down jobs.

Now some Native American groups are adopting and modifying old traditions to fight modern problems such as diabetes.

First: Diabetes hits some Native Americans groups particularly hard; roughly 5% of Americans 19 and older have diabetes. The rate for Native Americans is roughly 12% for some tribes; it is much higher among the Pima tribe, half of that tribe has diabetes.

Second: Native American cultures stress that family comes before self. But good diabetes care requires people to devote much attention and time to themselves. This self focus can seem selfish at times.

Third: Fatalism about diabetes is common in Native American groups. People have watched relatives and friends who got poor medical care develop complications and die from diabetes. Some people think there's no way to avoid such a future. They don't bother getting medical care when they are diagnosed—and so they bring about the very future they most dread.

A Traditional Solution

Although the talking circle is a ceremony traditional to some tribes; it is beginning to spread throughout the country. People sit in a circle. Depending on the location, purifying herbs, such as sage may be burned in the center of the circle. People may pray. An eagle feather or other ceremonial object is passed from one person to another. The person who holds the feather has the right to talk

uninterrupted and the duty to speak truthfully. When that person is done and passes the feather to the next person, the recipient then has the floor.

A diabetes circle can help people in several ways.

- + People can share their thoughts, struggles, frustrations, and fears with others who have been through similar difficulties.

- + If a respected community leader with diabetes takes part, people learn that someone can have diabetes and can still be strong in spirit.

- + People may realize that taking care of oneself helps meet family obligations much better.

- + People learn that diabetes can be treated and managed and that they are not doomed to complications and death.

Some people have responded to Westernization by rejecting it completely; others, by embracing it completely. The Native American talking circle demonstrates the middle way. Take the best of the old and the best of the new. The diabetes talking circle combines a traditional ritual that has worked well for generations with up to date scientific information on diabetes.

Choose an exercise

Slow and easy is the best way to start. Some fun activities like golfing, ballroom dancing, walking the dog, vigorous housework and yard work. Some small changes can be getting up to change the TV channels, walk around while talking on the phone, take the stairs instead of the elevator, park further away from your office or the store. More formal exercise that most larger people can do :

- Walking
- Dancing
- Bicycling
- Stretching

A logo for Thanksgiving featuring a turkey silhouette inside a circular frame, with the word "Happy" in a stylized font above the word "Thanksgiving" in a larger, outlined font.



An Indian 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 many 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 rock and each leaf.

I ask for wisdom and strength, not to be superior to my brothers, but to fight my greatest enemy, MYSELF.

Make me ever ready to come before you with clean hands and straight eyes.

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

LORNA'S CORNER ELDERLY HUMOR

I get stories from the elders, incidents that were humorous also. This elder and her husband were getting ready to go to Appleton, who still had a son living at home. They were trying to hurry the son along. The husband had the car warmed up, as it really wasn't warm yet outside. As they finally got going toward Appleton, they smelled a skunk, like it just got hit. The smell was so bad they had to roll the windows down to air out the car. Of course the car got cold again, so they turned the heater on high to warm up the car. They just got the car warmed up when the son farted! So down came the windows again. She said, "I don't know if we ever got warm on that trip and it sure seemed like a long ride, next time he (son) stays home."

I don't blame her.
What about the skunk?

To My Children

When I spill some food on my nice clean dress or forget to tie my shoe; please be patient and perhaps reminisce about the many hours I spent with you. When I taught you how to eat with care, plus tying laces and your numbers, too. These were precious hours spent with you. So when I forget what I was about to say, give me a minute or maybe two. It probably wasn't important anyway.

If I tell the story one more time, and you know the ending through and through, please remember your first nursery rhyme, when I rehearsed it a hundred times for you.

When my legs are tired and it's hard to stand, or walk the steady pace that I would like to do ; please take me carefully by the hand and guide me now as I often did for you.

Physical Exercise

The doctor told me," physical exercise is good for you." I know I should do it, but my body is out of shape. So I have worked out this daily routine I can do anywhere.

Monday

Beat around the bush.
Jump to conclusions.
Climb the walls.
Wade through paper work.

Tuesday

Drag my heels.
Push my luck.
Make mountains out of mole hills.
Hit the nail on the head.

Wednesday

Bend over backwards.
Jump on the bandwagon.
Balance the books.
Run around in circles.

Thursday

Toot my own horn.
Climb the ladder of success.
Pull out the stops.
Add fuel to the fire.

Friday

Open a can of worms.
Put my foot in my mouth.
Start the ball rolling.
Go over the edge.

Saturday

Pick up the pieces.

Whew!!

What a workout.

You are invited to use my program without charge!!

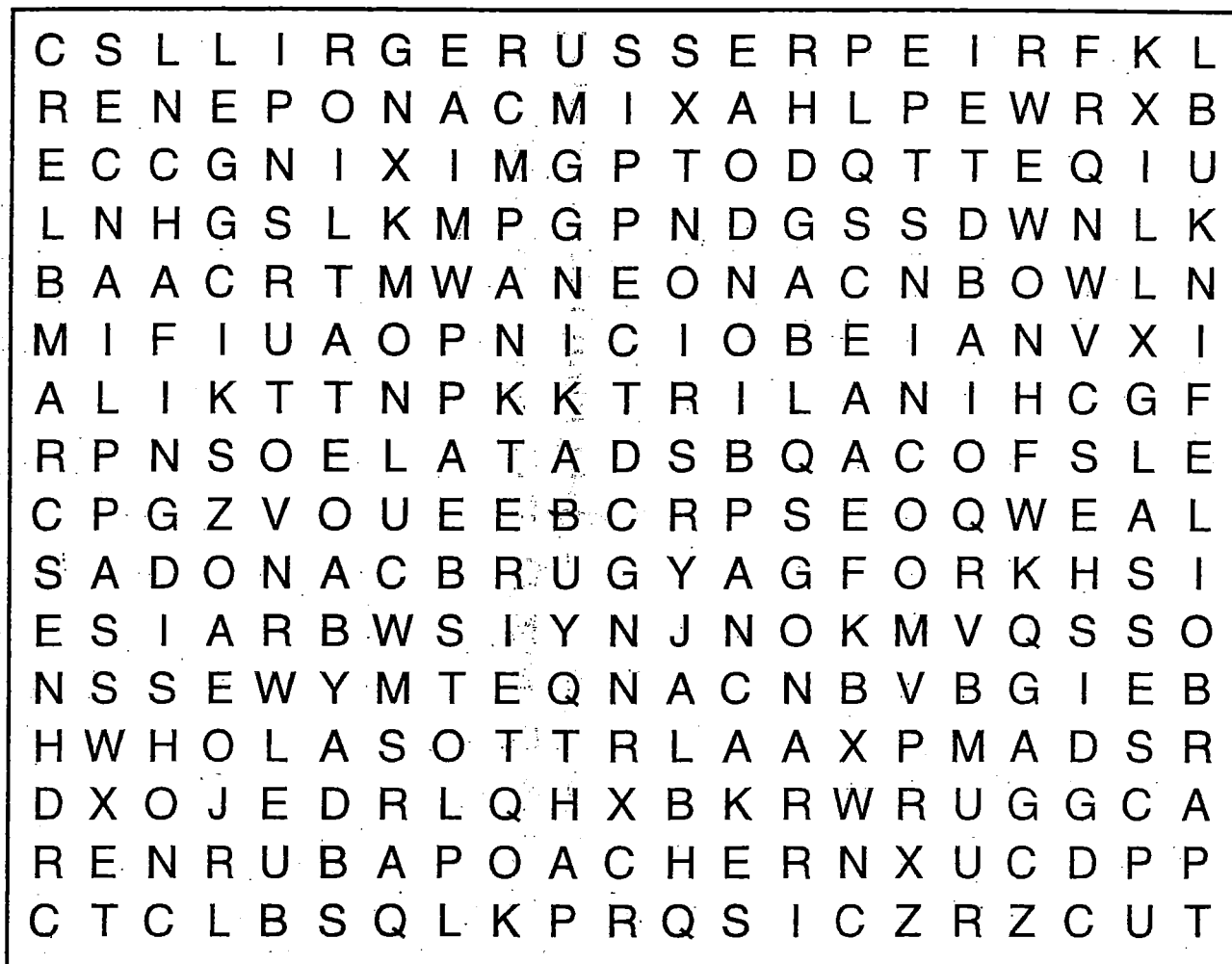
I have no Yesterdays, Time took them away.

Tomorrow may not be - but I have Today.

DON'T EVER
GIVE UP



Cooking Up Something Good



F1102

APPLIANCES

BAG

BAKING

BEATING

BISCUITS

BLENDER

BOWL

BRAISE

BROWN

BURNER

CAN OPENER

CHAFING DISH

CHINA

CODDLE

COOK

CREAM

CUPBOARD

CUTLERY

DISHES

FORK

GLASSES

GRILL

KNIFE

LADLE

MATS

MIX

MIXING

OVEN

PAN

PANCAKES

PARBOIL

PHONE

POACHER

POTS

PRESSURE

RANGE

ROASTER

SALT

SCRAMBLE

SET

To our Oneida Elders,

Oneida Elderly Services realizes your health is one of the most important aspects of your life. Our health dictates our ability to stay active...our ability to get around, visit others, go shopping, visit with family and work at home.

We invite you to join our ongoing exercise class entitled, PACE, People with Arthritis Can Exercise, at no cost to you.

What is the PACE Program? The PACE Program is a group recreational activity program designed specifically for people with arthritis.

It includes games and other activities that may help participants look and feel better, have more energy and have improved function. PACE provides participants with a fun exercise program that can supplement, but does not replace, exercises prescribed by a doctor or therapist.

Some benefits of regular exercise can restore and preserve flexibility, improve your coordination, increase your endurance, increase your energy and help you sleep better.

With this in mind, Oneida Family Fitness and the Oneida Elderly Services jointly invite you to attend our PACE classes held twice a week, Monday and Thursday at 11:15 a.m., at the Senior Center on 134 Riverdale Drive, Oneida. 8 12

We look forward to meeting you and helping you stay active.

Please stay for lunch at the Senior Center following class.

Please call us with any questions you may have.

Sincerely,

Ryan Engel,
Oneida Family Fitness
Certified PACE Instructor
(920) 490-3730

Margaret King-Francour
Elderly Services
Activities Specialist
(920) 869-2448

**ONEIDA NATION COMMISSION ON AGING
SPECIAL MEETING - AUGUST 24, 2004**
Elderly Services Complex Conference Room
1:00 P.m.

Minutes

I. CALL TO ORDER: The meeting was called to order by Chairwoman Dellora Cornelius at 1:20 p.m.

II. ROLL CALL: Present: Arlie Doxtator, Dellora Cornelius, Josephine Oudenhoven, Charlene Cornelius, Mary Edna Greendeer. Late: Lois Strong. Excused: Valder John, Dorothy J. Skenandore. Unexcused: Alfreda Green.

III. PRAYER: Arlie Doxtator delivered the opening prayer.

IV. AGENDA APPROVAL: Motion by Charlene Cornelius to approve with additions, 2nd by Mary Edna Greendeer, motion carried. ADDITIONS: Add under IX NEW BUSINESS, B. Budget Considerations; C. Mary Edna Greendeer's Reports from GLNAEA and CWAG. Add under X. ANNOUNCEMENTS, A. Governor's Conference on Aging Seniors - September 20, 2004; B. Older American's Act Training (request from Tina Pospychala).

V. MINUTES APPROVAL: No current minutes.

VI. REPORTS

A. Kevin Cornelius and Frank Schersing - Legislative Issues Concerning the Elderly. Motion by Mary Edna Greendeer that Sue work with Kevin to write a letter regarding ONCOA's position about legislative issues/funding levels, 2nd by Charlene Cornelius, motion carried.

VII. TABLED BUSINESS

A. July 20, 2004 - Special ONCOA Meeting: Motion by Charlene Cornelius to take from table, 2nd by Arlie, motion carried. Motion by Charlene Cornelius

to approve with corrections, 2nd by Arlie, motion carried. Jessica Oudenhoven's minutes of July 20, 2004. Motion by Lois Strong to approve, 2nd by Mary Edna Greendeer, motion carried.

VIII. OLD BUSINESS : None

IX. NEW BUSINESS

A. Special Meeting - September 28, 2004 - Conflict Resolution - Appeals Commission - Stanley Webster at 10:30 a.m. Motion by Arlie Doxtator to accept date, 2nd by Charlene Cornelius, motion carried.

B. Budget Considerations: Motion by Lois Strong to approve proposed budget for next two months, 2nd by Arlie Doxtator, motion carried.

C. Mary Edna Greendeer's Reports for GLNAEA and CWAG: Motion by Charlene Cornelius to accept Mary Edna Greendeer's GLNAEA and CWAG reports, 2nd by Arlie Doxtator, motion carried.

X. ANNOUNCEMENTS

A. Governor's Conference on Aging Seniors - September 20, 2004

B. Older Americans' Act Training

XI. EXECUTIVE SESSION: No Business

XII. ADJOURNMENT: Motion by Arlie to adjourn at 3:15 p.m., 2nd by Lois Strong, motion carried.

ONEIDA NATION COMMISSION ON AGING

Special Meeting - September 10, 2004
Elderly Services Complex Conference Room
10:30 A.M.

Minutes

I. CALL TO ORDER:

II. ROLL CALL: Lois Strong, Charlene Cornelius, Josephine Oudenhoven, Clifford Doxtator, Arlie Doxtator, Dorothy Skenandore, Dellora Cornelius.

III. PRAYER: Chairwoman Dellora Cornelius delivered the opening prayer.

IV. AGENDA APPROVAL: Motion by Josephine Oudenhoven to approve the agenda, 2nd by Dorothy J. Skenandore, motion carried.

V. MINUTES: None

VI. REPORTS: None

VII. TABLED BUSINESS: None

VIII. OLD BUSINESS: None

IX. NEW BUSINESS: None

X. ANNOUNCEMENTS: None

XI. EXECUTIVE SESSION: Motion by Lois Strong to go into executive session, 2nd by Charlene Cornelius, motion carried. (This is all that was on the tape).

XII. ADJOURNMENT

ONEIDA NATION COMMISSION ON AGING

Regular Meeting - September 14, 2004
Elderly Services Complex Conference Room
1:00 P.m.

Minutes

II. ROLL CALL: Lois Strong, Cliff Doxtator, Arlie Doxtator. Excused: Valder and Dellora. (Couldn't hear the rest). Josephine is excused.

III. PRAYER: Arlie delivered the opening prayer

IV. AGENDA APPROVAL: Add announcement from Alfreda Green, GLNAEA meeting in October. END OF TAPE. FROM NOTES: Agenda approval, Charlene, Cliff/2nd.

V. MINUTES: AUGUST 10, 2004 MINUTES: Alfreda, Dorothy. DEFER MINUTES 8/24/04 and 9/10/04 to 9/30/04 Meeting: Lois, Charlene

VI. REPORTS

A. Bay Area/Frank: Approve report: Dorothy/Cliff (2nd)

B. OBC Liaison - Brian Doxtator - Not present

C. Elderly Services Director - Florence Petri: Approve report: Charlene/Alfreda (2nd)

D. Monthly Report on Comprehensive Health Services - Deanna Bauman

E. Financial Report: July budget report. Motion to accept report: Lois/Cliff (2nd).

F. ONCOA Reports

1. Steering Committee Report - Dorothy J. Skenandore and Dellora Cornelius. TABLE

2. Bay Area Agency on Aging - Arlie Doxtator

3. NICOA Conference: Dellora Cornelius, Arlie Doxtator, Lois

Strong, Charlene Cornelius, Mary Edna Greendeer: Approve Dellora, Arlie, Lois and Charlene's: Charlene/Cliff (2nd). Motion: 2 day for attendance with report: Lois/Charlene (2nd).

4. Older Americans Act and Board Training: Dorothy (excused), Josephine Oudenhoven, Arlie Doxtator. Table: Lois/Charlene.

VII. TABLED BUSINESS

A. ONCOA Reports

1. Great Lakes Native American Elders Association Meeting - Watersmeet, Michigan: Arlie Doxtator, Charlene Cornelius. Take from table: Charlene/Lois (2nd). Approve GLNAEA meeting reports: Charlene/Cliff (2nd).

B. Operational Redesign (Follow up information was made available in the August 10, 2004 meeting packets. See email message from Melanie Burkhart dated July 21, 2004).

VIII. OLD BUSINESS

A. ONCOA Reports

1. Essentials of Funding Participants in Substitute Care: Dorothy J. Skenandore, Lois Strong. Approve Lois report: Dorothy/Alfreda (2nd).

IX. NEW BUSINESS

A. Election of Officers: Motion to table to regular October meeting: Charlene/Dorothy.

B. Elder's Emergency Planning - Lorna Christjohn: Motion to accept report: Charlene/Cliff (2nd).

C. Alfreda: Community issues need to get information on resources available out a different sources.

D. GLNAEA: October 7 and 8. Lac du Flambeau. Re: election of officers. ONCOA: Arlie, Cliff, Charlene. Motion:

Charlene/Cliff (2nd) to have procedural exception for travel to extend to all ONCOA attend and to have Sue follow up to submit this request to OBC before August 23 at 4:30 (e-mail Tina Benson) cc to Brian as an OBC sponsor of the request.

X. ANNOUNCEMENTS

XI. EXECUTIVE SESSION

XII. ADJOURNMENT: Motion : Cliff/Alfreda (2nd).

ONEIDA NATION COMMISSION ON AGING

September 28, 2004 - Special Meeting

Elderly Services Complex Conference Room
10:30 A.m.

Minutes

IN ATTENDANCE: Charlene E. Cornelius, Arlie Doxtator, Dellora Cornelius, Dorothy J. Skenandore, Josephine Oudenhoven, Clifford Doxtator, Lois Strong, Alfreda Green, Stanley Webster, Susan Daniels.

Meeting called to order at 10:45 a.m. Stanley Webster explained the Peacemaking process. Peacemaking is not recorded and is confidential. Motion by Charlene to end the meeting after lunch and reschedule another meeting to finalize, 2nd by Josephine, motion carried. The Chair announces that we are not going into a Peacemaking session.

Motion by Charlene to adjourn the meeting at noon, 2nd by Clifford, motion carried.

NEXT MEETING: September 30, 2004 at 9:30 a.m.

ONEIDA NATION COMMISSION ON AGING

September 30, 2004 - Special Meeting
Elderly Services Complex Conference Room
9:30 A.m.

Minutes

I. CALL TO ORDER: The meeting was called to order at 9:40 a.m. by Chairwoman, Dellora Cornelius.

II. ROLL CALL: Lois Strong, Dellora Cornelius, Dorothy J. Skenandore, Alfreda Green, Josephine Oudenhoven, Clifford Doxtator, Charlene E. Cornelius, Arlie Doxtator. Excused: Valder John. Others present: Stanley Webster and Susan G. Daniels

III. PRAYER: Arlie delivered the opening prayer

IV. AGENDA APPROVAL: Motion by Lois to approve the agenda with the addition of Peacemaking Session under New Business, Item A and Quarterly Report Review under New Business, Item B. 2nd by Arlie, motion carried.

V. MINUTES APPROVAL: None

VI. REPORTS: None

VII. TABLED BUSINESS: None

VIII. OLD BUSINESS: None

IX. NEW BUSINESS

A. PEACEMAKING SESSION: Discussion by ONCOA and Stan to clarify purpose and process of peacemaking. It was decided to convene another session devoted completely to the Peacemaking session separate from the ONCOA business meeting. Therefore, another time for Peacemaking was scheduled for 10/14 and 10/15/04 beginning at 9:00 a.m. with full day sessions and lunch

provided.

B. Quarterly Report Review: Motion by Lois to have all minutes both approved and draft submitted in the quarterly report to the OBC, 2nd by Dorothy J. Skenandore, motion carried. DISCUSSION: Addition to quarterly report to include minutes, impact if any on tribal policy or requiring OBC action, purposes of travel, personal comments and follow up issues. Motion by Dorothy to submit quarterly report to OBC with discussed changes, 2nd by Josephine, motion carried.

X. ANNOUNCEMENTS: None

XI. EXECUTIVE SESSION

A. Daily Activity Log/Reduction of Hours/Sue's Appointment to Personnel Commission - ONCOA, Victrietta Hensley, Susan Daniels. Motion by Lois to table executive session items until after the Peacemaking sessions in October 2004, 2nd by Josephine, motion carried.

XII. ADJOURNMENT: Motion by Charlene Cornelius to adjourn the meeting at 11:40 a.m., 2nd by Arlie, motion carried.

DATE: / /

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

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