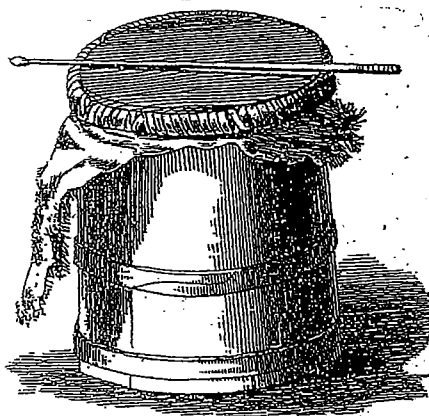


DRUMS ACROSS ONEIDA

ELDERLY SERVICES
2907 S. OVERLAND RD.

P.O. BOX 365



SENIOR CENTER
134 RIVERDA;E DR.

ONEIDA, WI. 54155

ELDERLY SERVICES 1-920-869-2448

SENIOR CENTER 1-920-869-1551

TOLL FREE 1-800-867-1551

TEHUTANUHELA

GIVE THANKS MOON

NOVEMBER 2005



HAPPY THANKSGIVING
FROM THE
ELDERLY SERVICE STAFF
AND THE
ONEIDA COMMISSION
ON
AGING BOARD

ELDERLY SERVICES COMPLEX:

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

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

ONEIDA SENIOR CENTER:

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

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

Celebrate Our November Birthdays

Harry Baird	11-15	Mary Jakubowski	11-17
Grace Baer	11-11	Margaret Johnson	11-26
Tony Benson	11-17	Stanley King	11-25
Pat Bielke	11-18	Thresa Morgan	11-26
Elwood Davids	11-12	Carole Machek	11-06
Eva Danforth	11-19	Betty Padilla	11-06
Diana Denny	11-26	Sharon Sanrowski	11-28
Ralph Denny	11-18	Beverly Skenandore	11-21
Richard Dodge	11-21	Gordon Skenandore	11-13
Leola Douylette	11-13	Madaline Skenandore	11-23
Ruth Doxtator	11-12	Noreen Smith	11-26
Carole Elm	11-14	Milton (Tony) Summers	11-07
Florence Elm	11-19	Rita Summers	11-26
Haarold Erickson	11-04	Maxine Thomas	11-09
Margaret Ferminich	11-30	Lorine Wilbur	11-06
Ronald Freemond	11-15	Louie Webster	11-06
Donna Heida	11-04	Loretta R. Webster	11-06
Daniel Kramer	11-19	Ruby White	11-03

Elders if you have a birthday in December, please join us at the Senior Center, at 134 Riverdale Dr. (Hwy J.) On November 23rd 2005. Have lunch with us and sign the birthday book.

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



America Is Home

Helen Virden

America is home to men
Who knew and loved this blood-red earth
Long years before Columbus came.

*The Indian tomahawks are buried now
And ashes from their pipes of peace
Are scattered far,
But legends live of redskin warrior chiefs,
Their cunning and their wild, courageous strength.
With pride, we speak of them in tones of awe.*

Today where oil gushers spout
Their blackened gold;
Where factories play their organ pipes
Above a city's roar;
And farmers turn their land to find
Stone Indian relics of another age,
Here brave men lived . . .
Rode horses bareback through lush fields,
With spear and bow they earned their bread
And under a thin-edged moon
They loved and dreamed.

©

IN APPRECIATION TO

Maria Hinton for her donation to
the Elderly Services.

Betty Padilla for organizing the
library.

Emmerson Reed for the donation
of books.

Thank-You
Oneida Elderly Services

ATTENTION

DO YOU NEED SOMEONE TO
READ TO YOU OR TO PLAY
CARDS WITH? FOR MORE
INFORMATION CALL BETTY
AT 869-3484

CAN YOU READ THIS?

OLNY SMATM POELPE CAN. I CDNUOLT
BLVEIEE TAHT I CLUOD AULACITY
UESDNATNRD WAHT I WAS RDANIEG.
THE PHAONMNEAL PWEOR OF THE
HMUAN MNID, AOCCDMIG TO A
RSCHEEARCH AT CMABRIGDE
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WROD AS A WLOHE. AMZANIG HUH?
YAEH AND I AWLYAS TGHUOL
SIPELING WAS IPMORANTT! IF YOU CAN
READ TIHS PSAS IT ON.

TIPS FOR SENIORS

The National Electric Safety Foundation offeres tips
that seniors and everon should plug into:

- + When using extension cords,put them in
places where people can't trip over them.
Never put cords under carpets or rugs.
- + Connecting multiple cords or using
damaged ones may cause overheating and
fires.
- + Keep appliances and their cords away from
water. If an appliance falls into water, don't
reach in to retrieve it until you unplug the
appliance.
- + Keep space heaters and fans at least three
feet away from curtains to help avoid a fire.
- + Make sure ground fault circuit interrupter
(GFCI) outlets are installed in any area
where there is water.
- + Never go to bed with a heating pad or space
heater turned on.

It's never to late to be safe!

ATTENTION ATTENTION

Enrollment Office Closed

Thursday November 4th., 2005

all day

and closed on

Friday November 5th, 2005

closed from 8 am-1 pm

Reopen at 1pm on Friday

P.A.C.E.

PEOPLE WITH ARTHRITIS CAN EXERCISE

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

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

WHEN: 8 WEEK SESSIONS, DECEMBER, 2005 - JANUARY, 2006
FEBRUARY, 2006 - APRIL, 2006
WHERE: ONEIDA ELDERLY SERVICES - Activity Room
DAYS: MONDAY AND THURSDAY
TIME: 11:00 A.M.-11:30 A.M.

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

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

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



The Oneida Trust & Enrollment Committee Requests Your Support

NOVEMBER 2005

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



Monday Tuesday Wednesday Thursday Friday

November 2005 ACTIVITIES

	1	CRAFTS EPWORTH HALL 9:30-11:30	2	LEARN ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30	3	10:00 APPLETON GOODWILL LUNCH OUT (on your own)	4	BANKS SHOPPING LUNCH OUT 10-3 CHILI/FRY BREAD 11-1 Sn.cent. FUND RAISER	
7	EXERCISE Elderly Services 10:00 BINGO SITE II 1:00	8	CRAFTS EPWORTH HALL 9:30-11:30	9	CARDS Elderly Services 10:30 BINGO HWY H 1:30	10	BANKS SHOPPING LUNCH OUT 10:00-3:00	11	OFFICE CLOSED VETERAN'S DAY
14	EXERCISE Elderly Services 10:00 NEVILLE MUSEUM "Dinosaur Exhibit" 1:30 \$4.00 Per Person	15	CRAFTS EPWORTH HALL 9:30-11:30	16	LEARN ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30	17	BOARD GAMES Elderly Services 10:00 BIRTHDAY LUNCH 12:00 CHRISTMAS CRAFT Elderly Services 1:00	18	BANKS SHOPPING LUNCH OUT 10:00-3:00
21	GREEN BAY PACKER PARTY Elderly Services 10:00 BINGO SITE II 1:00	22	BINGO EPWORTH HALL 9:30-11:30	23	9:00 a.m. BANKS, SHOPPING, (Lunch at Senior Center) BINGO HWY H 1:30	24	OFFICE CLOSED HAPPY THANKSGIVING	25	OFFICE CLOSED INDIAN DAY
28	SCRAP BOOKING Elderly Services 10:00 MOVIE Elderly Services 1:00	29	CRAFTS EPWORTH HALL 9:30-11:30 MOTIVATION SPEAKER Epworth Hall 12:30	30	EXERCISE Elderly Services 10:00 BINGO HWY H 1:30	Activities due to change without notice		* Please sign up for trips at Senior Center. * All trips leave from Senior Center.	

MENU		134 Riverdale Dr.		NOVEMBER		1-920-869-1551		2005	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
All meals are served with coffee,tea, or milk. Menu is subject to change		1 Boil Dinner Fresh Bread Peaches		2. Brats Sauerkraut Potatoes W/W Bread Mixed Berries		3. Fish Potatoes Cole Slaw Rye Bread Apple Sauce		4. S.O.S. Toast Eggs Juice Oranges Slices	
7. Chili Cucumber Salad W/W Bread Ice Cream		8. Chicken Soup Fresh Bread Juice Mixed Berries		9 Meat Loaf Potatoes Brussels Sprouts W/W Bread Pears		10. Spaghetti Salad Garlic Bread Jello Juice		11. CLOSED VETERANS DAY	
14. Cube Steak Macroni & Tomatoes W/W Bread Mixed Fruit		15. Tomato Soup Peanut Butter & Jelly Sabd Egg Salad Sand. Juice - Melons		16. Beef Stew Biscuits Apple Sauce		17. Birthday & Thanksgiving Day Turkey, Potatoes Squash, cranberries W/W Bread Assorted Pies		18. Eggs & Bacon Corn meal, toast Juice Grapefruit Sections	
21.Chicken Salad Croissants Cukes, Tomatoes Lettuce, Cookies		22.Beef Barley Soup Fresh Bread Juice Pears		23. Ham & Scalloped Potatoes Peas W/W Bread Jello-w/fruit		24. Closed Happy Thanksgiving		25. Closed	
28. Chop Suey Rice W/W Bread Berries		29. Potato Soup Fresh Bread Pudding with Bananas		30. Liver & Onions Potatoes & Beets W/W Bread Sherbert		Office Hours 8am-4:30pm Lunch served 12noon-1 pm		Breakfast on Friday's Serving from 9am- 10 am	

FOOT CLINIC

STARTING NOVEMBER 17TH, 2005 THE
FOOT CLINIC WILL BE OPENED FOR
SCHEDULED APPOINTMENTS ON THE 2ND
AND 4TH MONDAY FROM 8 AM-11 ;30 PM
AND THE 1ST AND 3RD THURSDAY OF THE
MONTH FROM 1 PM-4PM. OTHERWISE ALL
ARRANGEMENTS FOR MAKING
APPOINTMENTS IS THE SAME.

TERRI HARMALA BSN RN
ONEIDA COMMUNITY HEALTH
THARMALA @ONMEIDANATION.ORG
PHONE: 920-869-4289
FAX; 920-869-6329

THANKS FOR FAMILY AND FRIENDS

I would like to thank the following people
for their help and concern for me while I
was hospitalize recently, and even after I
was home recuperating.

To my brothers and my sister,. Michele,
Sara and Florence visits. Pat, Shirl, Rose
and Bev, John and family, Dorthy, Phyllis,
Noel for cleaning my kitchen and all that
delicious fruit. Elderly Services for the
plant, and my Auxiliary. Thanks for the
hot soups, fruit, food and plants. Praise
God for friends.

Thank-you, most sincerely,
Marie Scott

A LESSON IN ANEMIA

What Is Anemia?

Anemia is a shortage oof red blood cells-the cells
that carry oxygen throughout your body. A server
decrease in these cells can result in a diminished
oxygen supplu tp your body.

What are the symptoms?

The oxygen shortage may cause fatigue,
weakness, rapid heart rate, shortness of breath or
a pale look to your skin, gums or nails. Other
symptoms may include dizziness, drowsiness,
headaches, irritability or ringing in your ears.

What Causes Anemia?

Anemia is fairly common in the elderly. Some of
the causes include;

Blood Lost- A common cause is slow
blood loss from ulcers or other disorders of your
stomachj and intestines. Sudden, heavy bleeding
from an injury may lead to anemia.

Dietary Factors- Deficiencies of iron,
vitamins B-12 or folate may slow blood
formation. Excess alcohol and disorders of your
b9ne marrow, liver or kidneys can also result in
anemia.

Increased blood cell destruction- Certain
inherited disorders, such as sickle cell anemia,
cause red blood cells to be destroyed faster than
they are replaced. Red cell breakdown can also be
caused by infections, immunity disorders and
certain drugs.

Drugs-Regular, heavy use of anti-
inflammatory pain relievers (i.e. ibuprofen,
naproxen) can cause anemia; always take these
drugs withfood.

Boost your iron intake include leafy greens, fish,
oysters, wheat germ, lean red meats, poultry,
beans, dried fruits, iron enrich bread & cereal.

IN OUR VIEW



Oneida Elderly Services Presents:

Thom Ryan
CMS Centers for Medicare and Medicaid Services

When: November 17th
Where: Oneida Senior Center Meal Site
Time: 11:30am

Bring your questions on Medicare Part D

Public Hearing

Oneida Elderly Services

Aging Unit Plan for Older People

2003-2006

2006 Amendment

Date: Tuesday, November 15, 2005

Location: Senior Center Meal Site

Time: 11:00 AM to 1:00 PM

Our mission is to assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

Review our proposed services and the goals we feel are important to our service population.

ELDERS !!!!

HERE WE GO AGAIN !

THE ELDERLY CHRISTMAS

PARTY !!

DECEMBER 16TH , FROM 10 TO 3

AT THE RADISSON !!!!

THE BAND THIS YEAR WILL BE,,

THUNDER COUNTRY !

RAFFLES - DOOR PRIZES - 50/50 - DANCING

CALL 869-2448 FOR A RIDE AND REGISTER!

UP CLOSE AND PERSONAL
With Marena Pamanet,
Title V Worker

Marena Pament was born in Green Bay on September 11, 1943. Her mother is Alfreda Green and father was Carl Danforth (deceased). Marena's nickname is Rena.. She has one sister.

Marena was raised in Cranmoor on one of the cranberry marshes, Putters Marsh. She went to Cranmoor Grade School, graduated 8th grade in 1958. Marena attended John Edwards High School and graduated May of 1962. She attended one year at Haskell Institute, Lawrence Kansas.

Marena has 4 children, 2 girls and 2 boys and 5 grandchildren.

She has lived in various places, California, Washington. Most of her adult life was spent living in Milwaukee about 25 years. She moved to Green Bay in 1993.

Marena has done all types of work such as spray painter, housekeeper,, grantswriter, assembly, supervisor, soft count, and accounts payable. A lot of volunteer under her belt. Boy Scouts Den Mother, Soft Ball Coach, lunch room monitor, PTA Treasurer, Right to Read, WIC, Altar Guild, Vestry, Indian Community School Fund raising Committee and Head start Rep.

She is currently working at the Senior Center as a jack of all trades. She enjoys her work there. Listening to and helping the elderly. They all seem to be happy. Since she has been there she has had no complaints from anyone. She has had compliments about the food, services provided and just a lot of thanks for answering simple questions. Marena has tried really hard to remember everyone's name and as they come in, greet them by name. You should see the light shining in their eyes when you call them by their name.

When you were a child, what did you think you'd like to be when you grew up?
A teacher or social worker

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

What do you consider to be your greatest accomplishment?
Raising my family and my grandson and they all have diplomas

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

What is the best advice anyone ever gave you?
Don't let people tell you can't do it.

What advice would you give to someone who is about to retire?
Enjoy yourself and keep busy

What is your ideal vacation?
To be able to travel and see different sights in America especially the Statue of Liberty

Favorite Meal: Any Mexican dish

Favorite Music: Country and western

Favorite Books: The Godfather

Favorite Movies: Mafia movies

Favorite Hobbies: Play cards, jigsaw puzzles, and read newspaper everyday.

😊😊😊 *Elderly Services Fundraiser* 😊😊😊

👉 At the Senior Center

Friday, November 4

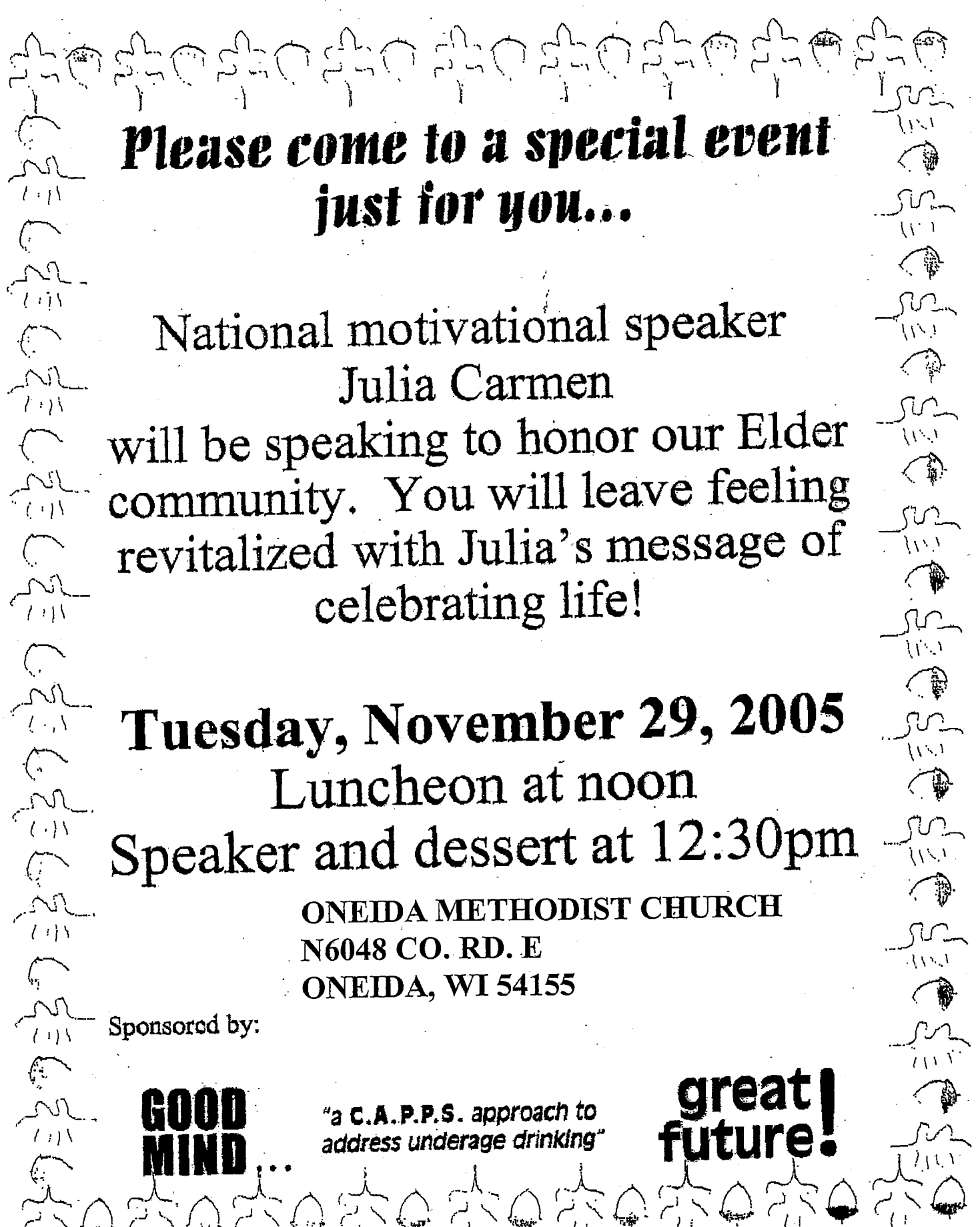
11:00 - 1:00 p.m.

★ Chili, fry bread, soda and water

★ 50/50 Raffle tickets 3 for \$1.00

★ Drawing at 1:00 p.m.

(Don't have to be present to win!!)



**Please come to a special event
just for you...**

National motivational speaker
Julia Carmen
will be speaking to honor our Elder
community. You will leave feeling
revitalized with Julia's message of
celebrating life!

Tuesday, November 29, 2005
Luncheon at noon
Speaker and dessert at 12:30pm

ONEIDA METHODIST CHURCH
N6048 CO. RD. E
ONEIDA, WI 54155

Sponsored by:

**GOOD
MIND...**

*"a C.A.P.P.S. approach to
address underage drinking"*

**great!
future!**

MEDICARE PRESCRIPTION DRUG PLAN UPDATE

HELP IS HERE!

Are you confused about the new Medicare Prescription Drug Plan?

Do you have questions about eligibility for "extra help" to pay for Medicare Prescription Drug Plan premiums, deductibles, co-insurance or co-payments?

Well help is here! There will be a community meeting held at the Oneida Community Health Center on:
NOVEMBER 9TH
at **9:00 A.M.**

This meeting will be open to the public and all are welcome.

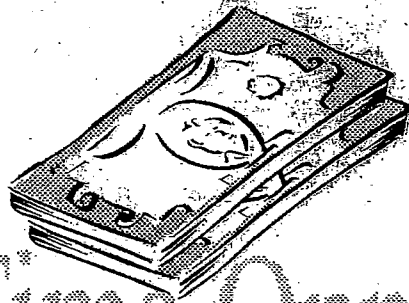
You may also call:
869-2711 ext. 4908 or
1-866-869-2711

If you have a limited income, you can apply for extra help, you may have already received this application in the mail, fill it out and send it in. If you did not receive an application in the mail you can still apply to see if you qualify for the extra help.

If you currently have Medicare Part A and/or Part B, you can join a Medicare prescription drug plan between November 15, 2005 and May 15, 2006. If you join by December 31, 2005, your Medicare prescription plan coverage will begin on January 1, 2006. If you join after that, your coverage will be effective the first day of the month after the month you join.

RECEIVED
 OCT 11 2005
 Criminal Justice Service

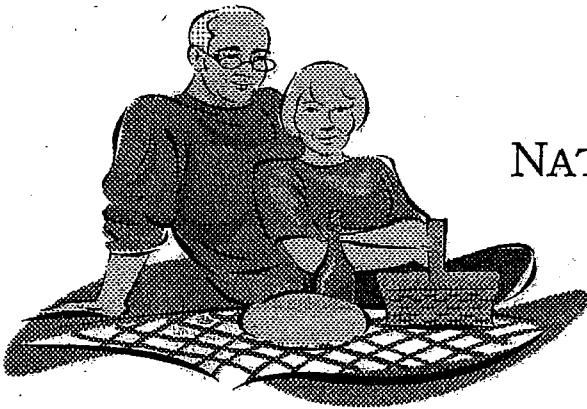
Minimum Wage With Benefits



Part-Time Opportunities

MUST BE RESIDENT OF STATE

PAM BETTIN, PROJECT MANAGER



NATIONAL INDIAN COUNCIL ON AGING, INC.
2380 WYCLIFF STREET, SUITE 200
ST. PAUL, MN 55114
(651) 659-0202

(NEED NOT BE AMERICAN INDIAN)

***EMPLOYER MUST BE A NON-PROFIT OR COMMUNITY SERVICE ORGANIZATION**

NICOA SERVES ALL SENIOR CITIZENS REGARDLESS OF RACE, COLOR, RELIGION, SEX, NATIONAL ORIGIN AND DISABILITY

[illegible]

THOUGHT OF THE DAY

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder.

I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being.

She said, "Hi handsome. My name is Rose. I'm eighty seven years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze. Why are you at college at such a young, innocent age?" I asked?

She jokingly replied, "I'm here to meet a rich husband, get married, and have a couple of kids."

"No seriously, I asked, I was curious what may have motivated her to be taking on this challenge at her age. "I always dreamed of a college education and now I'm getting one!" she told me. After class we walked to the student union building and shared a chocolate milkshake.

We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went.

She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet.

I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I am so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so, let me tell you what I know. (This cracked me up)

As we laughed she cleared her throat and began, "We don't stop playing because we are old, we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day. You've got to have a dream. When you lose your dreams you die. We have so many people walking around who are dead and don't know it! There is a huge difference in growing old and growing up.

If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by finding opportunity in change. Have no regrets."

She concluded her speech by courageously singing "THE ROSE"

She challenged each of us to study the lyrics and live them out in our daily lives.

After a year's end Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep.

Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

Remember growing older is mandatory, growing up is optional. We make a Living by what we get, we make a Life by what we give.

God promises a safe landing, not a calm passage. If God brings you to it, He will bring you through it.

COUNT YOUR BLESSINGS
IT'S
THANKSGIVING TIME
AND
MAKE IT A GOOD DAY!!

ATTENTION ELDERS

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

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

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

The following restrictions apply for out of town activities:

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

Thank-You
Oneida Elderly Services Department

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

RURAL DEVELOPMENT

The Elderly Mealsite
134 Riverdale Dr.
Oneida, Wi. 54155

First Thursday of Every Month

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

Programs availaaable to low and very low income households.

Stop for details or call the mealsite office a 1-920-869-1551.

Shawano Rural Development Officeat 1-715-234-2148.

Oneida Benefit Specialist Glory LeFlex ET

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

Blood Pressure/Blood Sugar Screening November 11, 2005

Oneida Elderly Service Mealsite
134 Riverdale Drive
1-920-869-1551

BASIC SWEET YEAST DOUGH

2 pkgs dry yeast	½C. Butter or mar.
½ c. warm water	⅓C. Sugar
1 t. sugar	2 eggs
2 c. flour	2 t. sal
2 c. scaled milk, cool	5 c. flour (approx)

Dissolve yeast in water. Sprinkle 1 tsp. Sugar on top. Beat 2 c. flour into 2 c. milk until smooth, add yeast. Let stand until light, about 1 hr. Cream butter and sugar together. Add eggs and salt beating well. Beat into yeast mixture. Work in enough flour to make soft dough. Knead until smooth and elastic. Place in well greased loaf pans. Cover, let rise until doubled. Bake at 400° for 45 min. Vary dough by adding raisins, mixed nuts, fruit, date, nuts or grated orange rind.

All You Knead Is Love

Pumpkin Bread

1 c. light Br. sugar	2 eggs unbeaten
½ c. white sugar	2 c. flour.
1 c. canned pumpkin	1 t. baking soda
½ c. salad oil	½ t. salt
½ t. cinnamon	½ t. nutmeg
¼ t. ginger	½ c. chopped nuts
½ c. raisins	¼ c. water

Mix first five ingredients; beat until well blended. Sift together flour, soda, salt, and spices, add to above mixture and mix well. Stir in raisins, water and nuts. Spoon into well greased loaf pan. Bake at 350° for 65-75 minutes.

One can never pay in gratitude; one can only pay "in kind" somewhere else in life.

CHOIR MEMBER 56 YEARS



Albert Webster, right, was honored at a dinner at the Oneida Methodist Church, in recognition of his 56 years of service in the church choir. Others pictured are Mrs. Evagline Metoxen, organist, and the Rev. Lynn Paughty, pastor. Rev. Paughty was a Kiowa Indian from Oklahoma. Mrs. Evagline Metoxen is the mother of Delora Cornelius. Albert Webster is the grandfather of Marie Scott.

THE SENILITY PRAYER

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to know the difference.!!!



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

HAVE YOU NOTICE?

Has anyone noticed how area Tribal parking lots and roadways have been resealed or resurfaced?

EXAMPLE;

1. The new Health Center driveway and parking lots resealed and painted for vehicle parking.
2. Elderly Services on Overland Road apartments and employee parking lots resealed and painted for vehicle parking. Also, the complete resurfacing of the driveway.
3. Addition added to the Highway 172 Day Care parking lot.
4. The OLD Oneida Health Center parking lot resealed and painted for vehicle parking, (Incidentally, this building has been vacant for over two years.)
5. Yet, the driveway and parking lot at the Oneida Senior Center (meal site) has potholes and the blacktop is level with the sidewalk in some areas and 6 to 8 inches lower in other areas.

Have You Notice?



GOUT

What is it about? Gout is a type of arthritis caused by an accumulation of uric acid crystals in the joints. Uric is a waste product from a normal body function. The crystals form when your body produces too much uric acid or your kidneys can't get rid of it fast enough.

Gout affects the joints of your big toes, ankles, knees, wrists or elbows. An episode of gout begins suddenly with the affected joint becoming painful, red and swollen from 1 to 2 weeks.

Gout is most common in men over 40 or those with a family history of gouty arthritis. Other risk

factors include high blood levels of uric acid, excess alcohol use, obesity, high blood pressure and kidney disorders.

If gout is not treated, attacks may become more frequent and involve more joints. Uric acid deposits can form in the kidneys, where they may cause stones or kidney damage. Fortunately, medications are available that can help prevent gouty attacks and other complications.

If you are at risk these measures may help prevent attacks.

- a. Limit alcohol intake to 1 drink a day or less.
- b. Lose weight gradually. Crash diets can trigger gout.
- c. Avoid purine-rich foods including bacon, herring, liver, mackerel, mussels, sardines, turkey, veal and other red meats.
- d. Drink at least 8 cups of water daily.
- e. Work with your health care provider to help control episodes.



SAFETY TIPS FOR SENIORS

Are your hands always cold? If so, you should tell your doctor. There's a chance that you suffer from hypothyroidism. The thyroid helps maintain body temperature, and when it's not working right, your body can become less able to tolerate cold.

If you suffer from arthritis you might want to attach your toothbrush handle to a sponge. It will make the brush easier to hang on to. If you suffer from limited shoulder movement, buy an electric toothbrush.

Exercise. This will help your spine, bones and muscles healthy. If you do not exercise, you run the risk of your bones becoming thin and porous, which is known as osteoporosis. Exercise also promotes proper posture and balance which can decrease the likelihood of falls.

The Deer Hunter (1978)



M0045

ANGELA
BATTLE
CAPTORS
CAZALE
CLOSE
COMMUNITY
DE NIRO
DEPARTURE
DEPICTION
DISABLED

DRAINING
DUTY
EMBITTERED
EMOTIONAL
EPIC
FRIENDS
HUNTING
JOHN
LINDA
MEMORABLE

MERYL
MICHAEL
OSCAR
PENNSYLVANIA
PRISONER
RACIST
READJUST
ROBERT
ROULETTE
RUSSIAN

SAIGON
SLANTED
STAN
STEEL
STEELWORKERS
STREEP
TOUR
VIET CONG
VIETNAM
VIEW

GONNA BE A BEAR

In this life I'm a woman. In my next life, I'd like to come back as a bear. When you're a bear, you get to hibernate. You do nothing but sleep for six months. I could deal with that.

Before you hibernate, you're supposed to eat yourself stupid. I could deal with that too.

When you're a girl bear, you birth your children (who are the size of walnuts) while you're sleeping and wake to partially grown, cute, cuddly cubs. I could definitely deal with that.

If you're mama bear, everyone knows you mean business. You swat anyone who bothers your cubs. If your cubs get out of line, you swat them too. I could deal with that.

If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

Yup, gonna be a bear!



THANKSGIVING COMMUNITY FEAST

The Planning Committee for the 6th annual community Thanksgiving Dinner would like to invite you and your family to share a meal prepared by many volunteers. Approximately 200 meals have been served each year since the first community feast five (5) years ago. The dinner has been prepared and served by Tribal employees, community members and Tribal Citizens.

This year's meal will be served on Thanksgiving Day, Nov. 24, 2005 from 11:00 A.M. to 2:00 P.M. at the Parish Hall. Please share this information with those not on GroupWise.

In order to help make this annual meal a success, we are recruiting volunteers for any of the following functions:

Wednesday

Food prep: Peeling potatoes, cleaning squash, cut up veggies

Set-up Crew: Set up tables & chairs. 4:00p.m. - 6:00p.m.

Thursday

Food prep: 9:00a.m. - 11:00a.m.

Food Servers: 11:00a.m. - 12:00p.m./12:00p.m. - 1:00p.m./1:00p.m. - 2:00p.m.

Dishwashers: Throughout the Day

Clean up Crew: Take down tables, chairs, sweep, take out garbage, etc. (1:30p.m. - 3:00p.m.)

For Donations of Food or Cash, Please Contact:

Carole Liggins (cliggins@oneidanation.org) (869-4432) or,

If you would like to volunteer, Please Contact:

Paula King Dessart (pogi@oneidanation.org) (869-4362)

Following is a list of donations needed:

Homemade Pies (20 pies)

Potatoes (75 lbs)

Homemade Biscuits (16 Doz)

Venison Stew Meat (15lbs)

Baked Beans (2 roasting pans)

Dressing (1 Nesco)

Green Beans (3) 10lb cans

Cranberries (2 roasting pans)

Relish, Fruit & Veggie Trays

Butter (10 Lbs)

Milk (4 gallons)

**ONEIDA ELDERLY SERVICES
ENROLLMENT FORM**

DATE: ____ / ____ / ____

NOTE: The state and federal government have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

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

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elders aged **70 years** and older. 2) Elders aged **55-69 years** of age, that are **disabled/handicapped, living alone**. 3) Elders aged **55-69 years** of age, **with health/safety issues**. The elders that are listed are our **priority**.

Please check the appropriate responses:

Martial Status: ____ Married ____ Single ____ Widowed ____ Divorced ____ - Maiden Name

Living Arrangement: ____ Lives Alone ____ Lives with Spouse ____ *Lives with Others**

Do You: ____ Rent ____ Own ____ *How many Others**

Race: ____ Native American ____ Caucasian ____ Latino ____ Asian ____ African American

Tribal Affiliation: _____ **Enrollment Number** _____

General Health status: ____ Excellent ____ Good ____ Fair ____ Poor*

***If poor please list health condition** _____

Do you currently have any of the following: ____ Guardian ____ Power of Atty--Finances ____ Health ____
____ Medicare ____ Medicaid ____ Representative Payee
____ None of the Above

In case of an emergency--please contact Name _____
Phone Number (____) _____
Relationship _____

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form, are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elderly Services.

Signature _____ / ____ / ____
Date

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