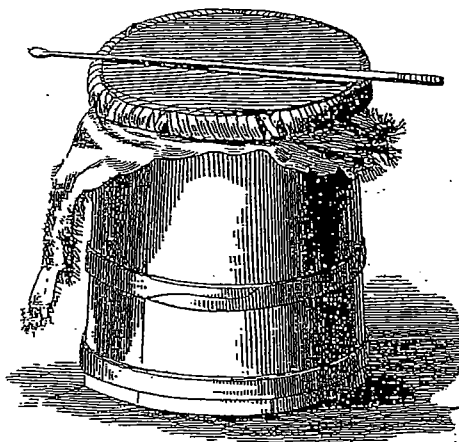


DRUMS ACROSS ONEIDA

SENIOR CENTER
134 Riverdale Dr.

❄️
P.O. Box 365



❄️
ELDERLY SERVICES
2907 S. Overland Rd.

Oneida, WI 54155
❄️

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Happy Holidays

December 2001

Announcing:

The 2001 Elderly Services Christmas Party

When: Thursday December 13, 2001

Where: Edgewood in Seymour, WI

Time: 11:30-3:00 p.m.

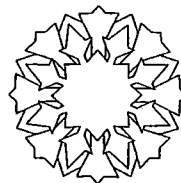
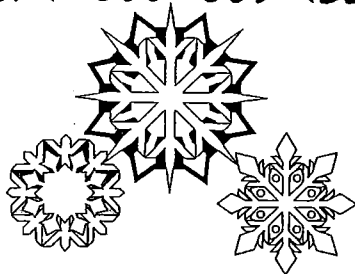
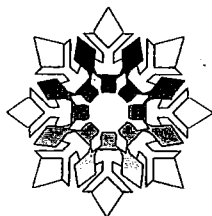
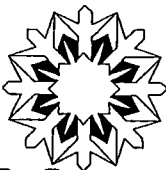


Cost: 70 and older are free. All others will be \$8.00.

Please r. s. v. p. by calling:

1-920-869-2448 to 1-920-869-1551

Toll Free: 1-800-867-1551



ELDERLY SERVICES COMPLEX:

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

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

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

ONEIDA SENIOR CENTER:

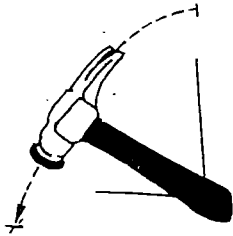
Head Cook Supervisor
Assistant Cook
Relief Cook
Relief Cook
Home-Delivered Meals Driver
Maintenance Supervisor
Home Repairs Coordinator
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Outreach Worker
Title V
Title V
Title V
Title V
Title V
Title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

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

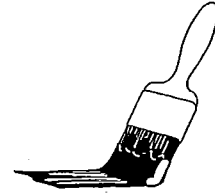
Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Althea Schuyler
Catherine Granquist
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Denise Johnson
Jared Skenandore
Harold Dostalek
Warren House
Winona Mencheski
Richard Dodge
Vacant
Marie Scott
Nancy Woodke
Grover Smith



Rural Development at the Elderly Mealsite



First Thursday of Every Month
9:30 a.m. – 12:30 p.m.



504 Home Repair Loans and Loan/Grant Combinations.

502 Home Purchase to build or buy.

Programs available low and very-low income households.

Stop in for details or call the mealsite at 920/869-1551.
Shawano Rural Development Office – 715/524-2148.



~~~~~  
“ The aging society is an opportunity to be seized - provided we can learn to harness the talent and civic potential of our senior citizens. After all, our elder population is, quite possibly, this country’s only increasing natural resource.”

-Marc Freedman  
~~~~~

2001 TRANSPORTATION SERVICES FOR BROWN COUNTY CITIZENS WHO ARE ELDERLY OR DISABLED

RED CROSS

Who it Serves:

People over 60 or people with disabilities

Operates:

Monday - Friday

Phone Hours: 7:00 a.m. - 5:00 p.m.

Trip Hours: 8:00 a.m. - 4:30 p.m.

Cost:

\$1.00 one-way trip

Passes:

10 rides - \$10.00

Purchase at Brown County Senior Center, Nutrition Sites, N.E.W. Curative, or from American Red Cross Drivers

No I.D. Required:

Reservations required 24-48 hours ahead Cancellations - 2 hours ahead

Trip Priorities:

Medical Activities

Nutritional Activities

Work Related Activities

Who to Call for More Information:

American Red Cross

Transportation Department

2131 Deckner Avenue

Green Bay, WI 54302

468-8535 Voice

Program Sponsors:

American Red Cross

Aging Resource Center of Brown County

BUS - CITY TRANSIT

Who it Serves:

Medicare card holders, people over 65, or people with disabilities

Operates:

Monday - Friday (5:15 AM - 10:45 PM)

Saturday (7:15 AM - 6:45 PM)

No Sundays or Holidays

Cost:

\$.50 per ride

\$10.75 monthly pass

I.D. Card Required:

Medicare card or 65 and over purchase at Brown County Senior Center (Cost: \$2.00)

or

People with disabilities under 65
Green Bay Metro
901 University Ave. Green Bay
(Cost: \$2.00)

Who to Call for More Information

65 and over:

Brown County Senior Center

300 S. Adams Street Green Bay

448-4300 Voice

448-4335 TDD

Under 65 - With Disabilities:

Green Bay Metro

901 University Ave. Green Bay

448-3453 Voice/TDD

PARATRANSIT - TRANSPORTATION FOR PERSONS WITH DISABILITIES

Who it Serves:

People with disabilities who are unable to use Green Bay Metro bus system. Eligibility will be determined upon review of an individual's functional ability.

Operates:

Monday - Friday (5:15 AM - 10:45 PM)

Saturday (7:15 AM - 6:45 PM)

No Sundays or Holidays

Cost:

Van: Rider cost is \$2.00

I.D. Card Required:

ADA Paratransit ID
Green Bay Metro

Provider:

Medi-Vans 465-4488

Who to Call for More Information:

Green Bay Metro

901 University Ave. Green Bay

448-3453 Voice/TDD

Program Sponsor:

Green Bay Transit System

CALL-A-LIFT

Who it Serves:

Passengers who are unable to navigate steps to board and exit a public bus.

Operates:

Passenger must call Green Bay Metro before 3:00 P.M. the day before they plan to use this service and let them know their destination and any points of transfer. This is necessary to be sure that an accessible bus can be on that route the day it is requested.

Cost:

\$.50 per ride

\$10.75 monthly pass

I.D. Card Required:

65 and over purchase at Brown County Senior Center (Cost: \$2.00)

People with disabilities under 65
Green Bay Metro
901 University Ave. Green Bay
(Cost: \$2.00)

Provider & Sponsor:

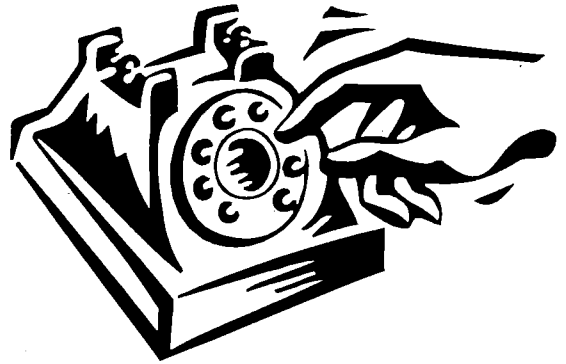
Green Bay Metro

901 University Ave. Green Bay

448-3453 Voice/TDD

Phone Scam Resurfaces

DON'T EVER DIAL 809! Don't respond to e-mails, phone calls or Web pages that tell you to call an "809" phone number. This scam is spreading extremely quickly and can easily cost you \$24,100 or more. This scam has been identified by the National Fraud Information Center and is costing victims a lot of money.



How it works:



You will receive a message that asks you to call a number beginning with the area code 809. The reason you are asked to call varies. It can be to receive information about a family member who has been ill, to tell you someone has been arrested, died or to let you know that you have won a wonderful prize. If you call from the U.S. you will apparently be charged \$2,425 per minute. Or, you will get a long recorded message. They will try to keep you on the phone as long as possible to increase the charges.

Why it works:

The 809 area code is located in the British Virgin Islands (The Bahamas). The 809 area code can be used as a "pay-per-call" number similar to 900 numbers in the U.S. Since 809 is not in the U.S. it is not covered by U.S. regulations of 900 numbers which require that you be notified and warned of charges and rates when you call. There is also no requirement that the company provide a time period during which you terminate the call without being charged. 900 number blocking will not prevent calls to the 809 area code. It is recommended that no matter how you get the message, if you are asked to call a number with an 809 area code that you don't recognize just disregard the message.



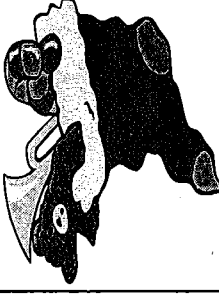
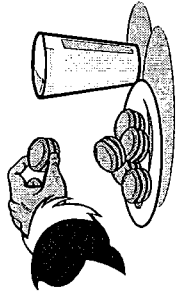
ACTIVITIES DECEMBER 2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tree Decorating 9-11am Hwy H Fitness 9:30 Bingo Site II 1-3pm	4 Crafts Methodist 9:30-11:30 Computer Class Hwy H 1:30-3:30pm	5 Fitness 9:30-10:30 Festival of Trees (Natl Railroad Museum) 1:30 p.m.	6 Xmas Ornaments Hwy H 10-11:30 or Exercise By Dawn	7 Shopping/Banks Lunch out 10-3 pm WIEA-Bad River
10 Decorate for Party Mental Health during Holidays 9-11am Hwy H	11 Crafts at Methodist 9:30-11:30	12 Fitness 1:30-10:30 Pie Making Hwy H 1:30- 3pm	13 Intergenerational Christmas Party Hwy H 9:30-11am Elderly Xmas Party	14 Shopping Banks Lunch Out 10-3 pm
17 Gingerbread House 9-11am Hwy H Fitness 9:30 Bingo Site II Hwy H	18 Bingo Methodist 9:30- 11:30 Computer Class Hwy H 1:30-3:30	19 Fitness 9:30-11:30 Gingerbread House Hwy H 1:30-3:30pm Collage	20 Xmas Bingo Collage Hwy H 10-11:30 am Xmas Play 6pm -\$2.00	21 Shopping Banks Lunch Out 10-3 pm
24 Fitness 9:30-10:30 Closed at noon	25 CLOSED CHRISTMAS DAY	26 Fitness 9:30-10:30 Goodwill 1pm	27 BIRTHDAYS AJNH visit 10-11am Gifts 12:15-12:30	28 Shopping Banks Lunch Out 10-3 pm
31 Fitness 9:30-10:30am Movie & Popcorn Hwy H 1:30pm	Bus leaves from the Oneida Senior Center for all trips. Activities are subject to	Activities are held at Family Com. Center N 6457 Hwy H Depere, WI Phone-833-0010		

MENU

DECEMBER

2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken & Rice Broccoli W/W Bread Mandarin Oranges	4 Tomato Soup Egg Salad Sandwich Apple Juice Pears	5 Meat Loaf Red Potatoes Cauliflower W/W Bread Applesauce	6 Barbeque Ribs Potatoes Baked Beans Sherbert	7 Pancakes Sausage Orange Juice Mixed Berries
10 Beef Stew Biscuits Pineapple Juice Diet Jello	11 Chicken Noodle Soup Rolls Pudding	12 Cube Steak Green Beans Mac & Cheese W/W Bread Blackberries	13 XMAS PARTY NO LUNCH	14 SOS, Eggs Toast Juice Grapefruit
17 Ring Bologna Sauerkraut Potatoes W/W Bread Whip & Chill	18 Potato Soup Fresh Bread Cranberry Juice Orange Slices	19 Ham Augratin Potatoes Bean Blend Peaches	20 Fish, Potatoes Cole Slaw Rye Bread Blueberries	21 Scramble Eggs Ham Toast Grape Juice Tropical Fruit
24 NO LUNCH	25 CLOSED CHRISTMAS DAY	26 Hamburger Patty Pasta Salad W/W Bread Apple Sauce	27 BIRTHDAY Pork Roast Potatoes Calif. Blend Strawberry Shortcake	28 French Toast Bacon Cranberry Juice Mixed Berries
31 Chop Suey Rice W/W Bread Raspberries	Meals are subject to change.	All meals are served with coffee, tea and milk.		

ONEIDA AREA COMMUNITY CAREGIVERS

FAITH IN ACTION

A group of people from the community caring for our families, friends. Interfaith Volunteer Caregiving are innovative, collaborative, partnerships of congregations and human service providers who empower individuals to reach out to one another in times of need. Faith Communities work together to encourage volunteers to meet the needs of people in the community who need assistance. Our focus is on elderly people, disabled adults, children, troubled teens, pregnant single women, young mothers, anyone who is homebound or lonely. For more information, come to our next meeting. Elderly Services Conference Room

Thursday December 20th at 9:00AM.

Questions, please call 869-2448

DIABETIC RETINOPATHY EARLY TREATMENT CAN THWART VISION LOSS

A diagnosis of diabetes wasn't what you expected at your annual exam. Now another surprise- the list of follow-up appointments for the diabetes includes an eye exam.

Complications related to diabetes are a leading cause of blindness in America. Diabetes commonly damages the light-sensing layer inside the back of your eye (retina). This disease of the retina is diabetic retinopathy.

When detected early, diabetic retinopathy can sometimes be slowed down or stopped before permanent damage occurs and vision is impaired.

Don't wait for symptoms

Early eye disease related to diabetes generally produces few, if any, symptoms. If you have diabetes, see your eye doctor at least annually, even if you don't have symptoms. Your eye specialist can help determine a schedule that's right for you.

As damage from diabetic retinopathy becomes more severe, varying symptoms may occur and should be reported to your doctor immediately. These may include:

- Tiny specks or cobwebs that appear to float in your field of vision
- Blurred vision
- A shadow in your field of vision
- A dark or empty spot in the center of your vision
- Dark streaks or a red film that blocks vision
- Rings around objects or flashes of light

- Eye pain
- Distortion of straight lines
- Gradual or sudden vision loss

Treatment and prevention

During an eye exam, your ophthalmologist may dilate your eyes to examine your retina. If diabetic retinopathy is detected, the goal is to preserve vision and slow further vision loss. Often, laser photocoagulation is used to seal or destroy weak blood vessels, reduce leaking and eliminate new blood vessels.

Laser photocoagulation can be done in a doctor's office or at an out patient surgical center. Several treatments may be needed. They're generally painless. First, eye drops are used to anesthetize the front of your eye. Then a laser is used to seal individual dilated blood vessels (microaneurysms) or leaking vessels. If the retinopathy is proliferative scatter laser photocoagulation may be used. Essentially, the entire retina is "peppered" with laser burns.

A surgical procedure called vitrectomy (vih- trek- tuh- me) may be needed if there is bleeding into the vitreous. During a vitrectomy, blood is removed and replaced with a clear fluid. If scar tissue has formed and detached the retina, surgery is generally needed to remove the scar and reattach the retina.

It's also important to control high blood pressure and to keep your blood glucose levels as close to normal as possible. □

MAYO CLINIC HEALTH INFORMATION BIOTERRORISM: STAYING ALERT

What can you do to protect yourself from bioterrorism?

That's perhaps the single - biggest question most people have right now. Information seems to constantly change, and there are no clear answers. It's frustrating.

Clear answers are difficult because of the uncertain nature of this new threat. In addition, there is little experience to draw upon. Government agencies, medical facilities- and all Americans- are learning how to handle bioterrorism as the situation unfolds.

Perhaps the most important thing you can do to protect yourself is to stay alert. By arming yourself with information and being aware of breaking news and new recommendations from health experts, you can minimize your risk.

This special bulletin from Mayo Clinic Health Information is designed to help you do that. In the space allowed. It's impossible to cover the topic exhaustively, be aware that recommendations may change as new information arises. You need to stay alert.

What You Can Do

Fear itself is contagious. Government and health officials urge people not to panic but instead to use common sense in times of heightened security.

To reduce your exposure to biological or chemical agents, be alerted to suspicious activity and report any to local authorities. Also be alert to suspicious packages and letters. They may have such characteristics as excessive postage, incorrect titles, discolorations, odors, no return address, or excessive tape or string.

If you encounter a suspicious package or letter, the CDC recommends that you :

- Do not shake or empty the contents.
- Do not carry the package or envelope ,show it to others, or allow others to examine it.
- Put the package or envelope on a stable surface. Do not sniff, touch, taste or look closely at it or any contents that may be spilled.
- Alert others in the area about the suspicious package or envelope. Leave the area, close any doors, and take actions to prevent others from entering the area. If possible, shut off the ventilation system.
- Wash your hands with soap and water to prevent spreading potentially infectious material to your face or to other areas of skin.

Seek additional instructions from authorities on what you should do next. If at work, notify a supervisor, a security officer or a law enforcement official. If at home, contact your local law enforcement agency.

If possible, create a list of people who were in the room or area when this suspicious letter or package was recognized and a list of people who also may have handled this package or letter. Give the list to both the local public health authorities and law enforcement officials.

In addition, if you come in contact with any type of gas or chemical weapon, cover your mouth and nose if possible leave the area immediately. Use water to quickly and thoroughly rinse your eyes and any skin that has been exposed to the agent. Remove any contaminated clothing.

Notice from the ONCOA Chair:

The regular meeting for the Oneida Nation Commission on Aging scheduled for December 11th will be changed to Tuesday December 18th at 1:00 p.m.

On December 11, 2001 the Oneida Nation Commission on Aging will be holding it's quarterly meeting with the Oneida Business Committee.

*Please make note of this change.

ONEIDA NATION COMMISSION ON AGING BOARD MEMBERS



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

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

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

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

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

Lois Strong
N6407County U
DePere, WI 54115
869-1126

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

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

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

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

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

ONCOA AGENDA REQUEST FORM

_____ REGULAR MONTHLY ONCOA AGENDA _____

(SCHEDULED DATE)

_____ SPECIAL MEETING AGENDA _____

(By Request and Notice - ONLY)

(SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ 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: _____

**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/disabled, 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

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

10/30/01ca

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