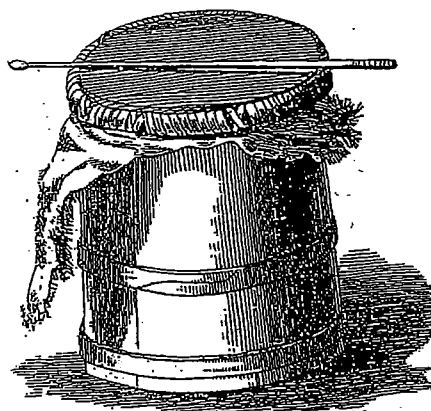


DRUMS ACROSS ONEIDA

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

Wahsu-tes Weh-hni-tahl

By Light or Long Moon

December 2005

Announcing



The 2005 Elderly Christmas Party
December 16th 10 am-3 pm
The Radisson Hotel &
Conference Center -Green Bay
(The Three Clan Conference Room)

Music By

Thunder Country

Raffles- Door Prizes- 50-50 Raffle -Dancing.

Cost: Over 70 are free

55-69 are \$10.00

Tickets are limited,so please call

1-920-869-2448

No children please



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
Anglea Ortiz
Joyce Johnson
Cheryl Ault
Claudia Skenandore
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 DECEMBER BIRTHDAY'S

Gertie Armstrong	12-17
Daisy Christjohn	12-19
Ed Collar	12-10
Richard Cornelius	12-24
Nadine Dallas	12-24
Harold Dostalík	12-22
Phyllis Doxtator	12-10
Tim Doxtator	12-15
Cecila Faust	12-31
Joseph Fuss	12-22
Geraldine Gierezak	12-10
Pearl House	12-14
Andrew John	12-20
Ronald Jourdan	12-05
Eunice Malone	12-16
Lyndahl Metoxen	12-18
Nick Metoxen	12-18
Jeanette Mittag	12-20
Annabeth Ness	12-07
Blanch Powless	12-12
Floyd Powless	12-28
Hyson Powless	12-12
Marcella Powless	12-08
Purcell Powless	12-25
Theresa Reed	12-05

Theresa Reed	12-13
Donald Skenandore	12-17
Evelyn Skenandore	12-13
Joe Skenandore	12-17
Joe Skenandore	12-23
Phyllis Skenandore	12-16
Rose Skenandore	12-11
Roy Skenandore	12-05
Walter Skenandore	12-31
James Smith	12-12
R.J. Smith	12-13
Melissa Sorensen	12-29
Amma Summers	12-13
Joseph Summers	12-17
Cynthia Thompson	12-21
Faye Thhorton	12-20
John Vanknivoort	12-10
Helema Wauters	12-15
Donald Webster	12-21
Huston Wheelock	12-12
Mable Whhite	12-27

Elders, if you have a birthday in January, please join us for lundh at the Senior Center, 134 Riverdale Drive on December 29th and sign the birthday book.

Birthday's for our elders are celebrated on the last hursday of each month.





MERRY CHRISTMAS

AND

HAPPY NEW YEAR

FROM

THE ELDERLY SERVICE STAFF

AND

THE ONEIDA NATION

COMMISSION ON AGING

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>December 2005 ACTIVITIES</h1>				
*Activities due to change without notice. 5 P.A.C.E. Elderly Services 10:00 BINGO SITE II 1:00	*Please sign up for trips at Senior Center. *All trips leave from Senior Center. 6 CRAFTS EPWORTH HALL 9:30 - 11:30		1 EXERCISE Elderly Services 10:00 COOKING Elderly Services 1:00	2 BANKS SHOPPING LUNCH OUT 10-3
12 P.A.C.E. Elderly Services 10:00 CHRISTMAS CRAFT Elderly Services 1:00	13 CRAFTS EPWORTH HALL 9:30 - 11:30	7 ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30	8 P.A.C.E. Elderly Services 10:00 FESTIVAL OF TREES RAILROAD MUSEUM \$3.00 per person 1:00	9 BANKS SHOPPING LUNCH OUT 10-3
		14 CHRISTMAS IN DECEMBER 10:00 BRING WRAPPED GIFT BINGO HWY H 1:30	15 BANKS SHOPPING LUNCH OUT 10-3	16 NO BREAKFAST ELDERLY CHRISTMAS PARTY 10-3
19 P.A.C.E. Elderly Services 10:00 BINGO SITE II 1:00	20 CRAFTS EPWORTH HALL 9:30 - 11:30	21 ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30	22 BANKS SHOPPING LUNCH OUT 10-3	23 BREAKFAST ONLY CHRISTMAS EVE 1/2 DAY
26 OFFICE CLOSED Observing Christmas Day	27 BINGO EPWORTH HALL 9:30 - 11:30	28 PRICE IS RIGHT Elderly Services 10:00 BOARD GAMES Elderly Services 1:00 No Bingo on Hwy H	29 P.A.C.E. Elderly Services 10:00 BIRTHDAY LUNCH 12:00 MOVIE Elderly Services 1:00	30 BANKS SHOPPING LUNCH OUT 10-3

LORNA'S CORNER ELDER HUMOR

The elders have a lot of compassion for each other as well as for wild life. It was getting close to winter and the weather was getting very cold. (Our bus was always warm though.) One day we were going down the road and there laid a racoon, he probably met his fate with an automobile. Just the way he was laying on the side of the road he looked like he was sleeping with his head on his one arm and the other arm was frozen straight up in the air as if he was waving to the traffic that went by. So I drew the attention of the elders to that dead raccoon, and I said, "See, he is waving his last good-by." So, everyone waved to the dead raccoon in a silent memorial as we rode by.

I don't know to this day what ever happened to that raccoon, but on a daily basis every time we rode by that racoon we all waved. Humorous, but also a little sad; don't you think?

TOURING



HOLIDAY BAKED ORANGE DATE PUDDING

c. water	½ c. brown sugar
1 c. chopped dates	1 egg beaten
2 tbs. Butter	1 t. orange extract
1¾ c. flour (divided)	1-10oz. Jar orange marmalade
1 t. baking soda	½ c. chopped black walnuts
½ t. cinnamon	
¾ t. salt	

Whipped topping

Preheat oven to 350° F. In a small sauce pan, bring water to a boil. Stir in dates and butter. Remove from heat and set aside. Stir occasionally as butter melts.

Set aside 2 Tbs. of butter. In a medium bowl stir together remaining flour, baking soda, cinnamon, and salt. Set aside. In a large bowl, brown sugar, egg, orange extract and marmalade. Stir in date mixture. Slowly add dry ingredients, stirring until well blended. In a small bowl combine walnuts with reserved flour. Stir walnuts into batter. Pour into an 11x7 inch baking dish. Bake 40 minutes or until toothpick inserted into center comes out clean. Serve with whipped topping . Makes 10 servings.

Silently, like thoughts that come and go, the snowflakes fall, each one a gem.

AUTOGRAPHED PACKER FOOTBALL

RAFFLE



Welcome
Packer Fans

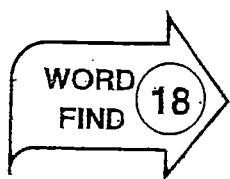


3 TICKETS FOR \$1.00

Raffle will be held at the
Oneida Elderly Christmas Party
December 16, 2005

ALL PROCEEDS GO TO ONEIDA
ELDERLY ACTIVITIES
(Dvd Player, Stereo, other Special Event Items)

Please contact Michelle Cottrell at (920)869-2448 for ticket of if you have any questions.



A LOOK AT WISCONSIN

Wisconsin is nicknamed "The Badger State." Wisconsin lead miners were first called "Badgers" in the 1820s because they reminded people of badgers burrowing holes.

- | | | | | | | | | | | | | | | |
|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | S | E | V | I | S | S | E | R | G | O | R | P | H | W |
| | I | C | E | L | H | N | G | B | N | O | T | S | E | H |
| | S | O | L | G | I | L | R | R | I | U | M | F | T | S |
| | L | E | N | A | N | E | R | Y | K | M | L | F | E | I |
| | D | D | R | E | W | U | Q | F | A | R | M | I | N | G |
| | S | O | S | E | I | S | L | D | M | B | R | S | I | I |
| 1. BADGERS | M | R | R | A | R | D | I | L | R | R | T | H | P | E |
| 2. Green BAY | S | Y | E | L | A | S | A | W | E | P | P | I | H | C |
| 3. BREWERY | R | D | K | G | O | C | K | B | P | K | R | N | E | H |
| 4. CAMP Randall | E | L | C | N | D | G | N | K | A | R | S | G | Y | E |
| 5. CHEESE | V | R | A | O | L | A | G | L | P | C | O | U | S | E |
| 6. CHIPPEWAS | I | O | P | K | R | J | B | I | A | E | B | O | M | S |
| 7. Sweet CORN | R | W | Z | C | E | N | F | M | N | J | R | M | D | E |
| 8. Dairy COWS | U | Q | C | O | W | S | P | T | H | G | I | R | W | W |
| 9. CRAN-
-BERRIES | | | | | | | | | | | | | | |
| 10. DELLS | | | | | | | | | | | | | | |
| 11. DOOR County | | | | | | | | | | | | | | |
| 12. FARMING | | | | | | | | | | | | | | |
| 13. FISHING | | | | | | | | | | | | | | |
| 14. Charlton
HESTON. | | | | | | | | | | | | | | |
| 15. ICE-cream
sundae | | | | | | | | | | | | | | |
| 16. Great LAKES | | | | | | | | | | | | | | |
| 17. LOGGING | | | | | | | | | | | | | | |
| 18. MADISON | | | | | | | | | | | | | | |
| 19. MILK | | | | | | | | | | | | | | |
| 20. MORaine | | | | | | | | | | | | | | |
| 21. MUIR | | | | | | | | | | | | | | |
| 22. MUSKEL-
LUNGE | | | | | | | | | | | | | | |
| 23. ONEIDA
Indians | | | | | | | | | | | | | | |
| 24. PACKERS | | | | | | | | | | | | | | |
| 25. PAPER-
MAKING | | | | | | | | | | | | | | |
| 26. White PINE | | | | | | | | | | | | | | |
| 27. PROGRES-
SIVES | | | | | | | | | | | | | | |
| 28. RIVERS | | | | | | | | | | | | | | |
| 29. ROSE Bowl | | | | | | | | | | | | | | |
| 30. Circus
WORLD | | | | | | | | | | | | | | |
| 31. WRIGHT | | | | | | | | | | | | | | |

Answer on page 61

HEALTH TIPS

If you are looking to maintain a healthy weight, studies have shown it's better to eat a low-fat breakfast that emphasizes whole grains and fiber, rather than to skip the morning meal.

Eating a healthy breakfast has also been associated with benefits such as desirable cholesterol levels and helping to reduce your intake of fat and cholesterol through the day. It's also been shown to help you live longer. To get your day off to a heart-healthy start, consider these healthy choices.

Cereal- Hot or cold, choose your cereal by looking on the "Nutrition Facts" food label for a fiber content of 5 grams or more a serving and a fat content of 0 to 3 grams a serving. If you use milk on your cereal choose skim.

Fruit -Slice a banana on your cereal. Grab an apple for the road. If you enjoy fruit juice, buy 100 percent juice without added sugar and limit yourself to one serving a day of the calorie-rich beverages.

French Toast-Dip whole-grain bread in batter made of egg whites or an egg substitute, a pinch of cinnamon and few drops of vanilla. Fry on a non stick skillet or use a nonstick spray.

Nontraditional breakfast foods-Make a vegetable sandwich using whole grain bread. Microwave a potato and top with shredded , low-fat cheese.

DIABETES IS LINKED TO HIGH INTAKE OF MEAT!

Recent finding: women whose intake was in the top 20- 5 had a 49% higher risk of developing type 2 diabetes than those whose intake was in the bottom 20%

MERRY CHRISTMAS

DON'T FORGET TOO EAT YOUR GARLIC, ONIONS, SCALLIONS AND LEEKS,

If you love onions—or other members of the "Allium family- you may be in luck, healthwise.

The Allium family includes garlic, onions, leeks and scallions—and it looks like eating them could help prevent some serious illnesses.

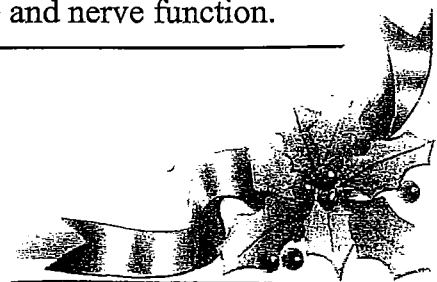
Onions and their relatives contain food compounds known as organosulfurs-and they may block certain kinds of cancers. Some studies seem too be pointing to the possibility that eating more of these foods can help reduce the risk of stomach and colon cancers.

Onions are rich in flavonoids which also provide benefits. A recent study found that women who ate higher levels of quercetin, a type of flavonoid found in onions, had lower levels of bad cholesterol.

VITAMIN D MAY REDUCE THE RISK OF FALLING

Recent Study: Older adults who take vitamin D supplements had a 22% lower risk of falling than people taking only a placebo or calcium supplement.

Reason: Vitamin D seems to improve both muscle and nerve function.



ARE YOU SURE THAT QUOT'S CORRECT?

These familiar old time quotes are often misquoted. See if you can find the proper wording from the column below.

1. _____ Christmas to all and to all a good night.
2. Over the river and through the woods to _____ house we'll go.
3. Neither snow, nor rain, nor heat, nor gloom of night _____ these couriers from their swift completion of their appointed rounds.
4. Home is the sailor, home from _____ the hunter home from the hill.
5. When the frost is on the pumpkin and the _____ in the shock.
6. It takes a heap of 'living' _____.
7. They also serve who _____.
8. I am escaped _____ the skin of my teeth.
9. Now is the time for all good men to come to the aid of their _____.
10. At _____ play and make good cheer, for _____ comes but once a year.

- a. only stand and wait
- b. Christmas
- c. with
- d. happy
- e. sea (no "the".)
- f. stays
- g. in a house t' make it home
- h. the party
- i. grandfather's
- j. fodder's

Answers
1. d. 2. i. 3. f. 4. e. 5. j. 6. g.
7. a. 8. c. 9. h. 10. b.

LEGEND OF THE HOLLY

The holly berry that burns so red
(Raise high the holly!)
Once was whiter than wheaten bread
(As love is better than folly.)

Whiter than shells along the shore
It blooms on its tree by a stable door.
Villagers come there, half-afraid,
Gifts in their hands for Child and Maid.

And one has nothing of note, so he fetches
a branch of the holly tree.
Alas, alas, the little Mewborn
Has pricked His finger upon a thorn.

Has left his blood on the shiny leaves,
Heavy of heart the holly grieves.
Sees in a terrible vision how a crown of holly
Shall bind His brow when Christ is man.

For sorrow and shame
The berries have blushed as red as flame
Says Mary the Mother
Take no blame.

But be of good cheer as ever you can,
Both foul and fair are the works of man.
Yet unto man has My Son been lent.
And you, dear tree, are the innocent.

Who weeps for pity what man might do,
So all your thorns are forgiven you.
Now red, rejoicing, the berries shine.
On jubilant doors as aa Christmas sign.

That desolation to joy makes way,
(Hang high the holly!)
Holly is the symbol of Christ's Birthday.
(When love shall vanquish folly.)



HAVE A JOYOUS HOLIDAY!

MENU		134 Riverdale Dr		DECEMBER		1-920-869-1551		2005	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
All meals are served with coffee, tea or milk . Menu is subject to change		Office Hrs. 8am-4:30pm Lunch served 12-1pm Breakfast served on Fri. From 9am-10am		Birthstone: Turquoise Flower: Narcissus		1.Veg. Lasagna Lettuce salad Garlic Bread Whip & Chill		2. Sausage & Eggs Toast Juice Orange slices	
5.Beef Stew Biscuits Yogart		6. Bean Soup Fresh Bread Berries		7.Chicken Breast Wild Rice Carrots W/W Bread Pineapple Tidbits		8.Hamburger Patties Baked Beans Mac Salad Buns Sherbert		9. Poached Eggs Ham Toast & Juice Applesauce	
12.Polish Sausage Red Potatoes Green Beans W/W Bread Ice Cream		13.Calif. Blend Cheese Soup Fresh Bread Jell-o		14.Chicken Ala King Rice Biscuits Peaches		15. Fish Potatoes Cole Slaw Corn Bread Cookies		16. NO BREAKFAST	
19. Chili Cucumber Salad W/W Bread Manderin Oranges		20.Corn Soup Fresh Rolls Juice Mix Berries		21.Meatloaf Potatoes Brussels Sprouts W/W Bread Cookies		22. Pork Roast Potatoes/Cal.Blend W/W Bread Custard		23. Sausage & Eggs Toastums Juice Applesauce	
26. CLOSED		27. Chicken Soup Fresh Bread Juice Pears		28. Ham Sweet Potatoes Peas W/W Bread Peaches		29. Birthday Day Chicken Potatoes &Carrots W/W Bread Strawberry Shortcake		30 Bacon French Toast Juice Berries	

VOLUNTEER

**LOOKING FOR ELDERS WHO WOULD
LIKE TO VOLUNTEER IN OUR STORE
AT THE ELDERLY SERVICES BUILDING.**

**NEEDED: MONDAY - FRIDAY
 1:00 - 4:00**

**YOU CAN VOLUNTEER ALL 5 DAYS,
MONDAY, WEDNESDAY AND FRIDAY,
TUESDAY AND THURSDAY OR ONE
DAY A WEEK.**

PICK YOUR OWN SCHEDULE!!!

**** *****IF INTERESTED*****
***** CALL MICHELLE AT 869 - 2448.*******

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

THANK-YOU

TO INEZ GRIGNON AND ALFREIDA
GRIGNON FOR THEIR DONATION TO
THE ELDERLY SERVICES.

THANKS TO KATY GILSOUL FOR
HER DONATION.

TAKEN FROM HOLLYWOOD
SQUARES TV SHOW

Q. Jackie Gleason recently revealed that he firmly
believes in them and has actually seen them on at
least two occasions. What are they?

A. Charley Weaver: His feet!!

Q. Back in the old days, when Great Grandpa put
horseradish on his head, what was he trying to
do?

A. George Gobel: Get it in his mouth!

HAVE YOU NOTICED?

OUR ELDERLY SERVICES COMPLEX
HAS A CLEAN, FRESH LOOK. IIT HAS
BEEN WASHED AND STAINED RECENTLY.
THANKS TO THE GENTLEMEN WHO DID A
SUPER JOB.

ELDERLY SERVICES GIFT SHOP

YOU ARE INVITED TO COME AND
CHECK OUT OUR NEWLY REDECORATED
GIFT SHOP. THANKS TO CAROLYN
REDHAIL FOR THE SUPER JOB SHE DID AT
REDECORATING. ELDERS IF YOU HAVE
ANY CRAFT ITEMS FOR SALE , PLEASE
FEEL FREE TO DISPLAY YOUR ITEMS IN
THE GIFT SHOP AT NO COST.

A CHRISTMAS WISH

I WISH YOU THE JOY OF CHRISTMAS
THE SPIRIT'S SWEET REPOSE.
I WISH YOU THE PEACE OF CHRISSTMAS
TO MARK THE OLD YEAR'S CLOSE.
I WISH YOU THE HOPE OF CHRISTMAS
TOO CHEER YOU ON YOUR WAY, AND
A HEART OF FAITH AND GLADNESS
TO GREET EACH COMING DAY.

AUTHOR UNKNOWN

* **Snowflakes** *

People are like snowflakes that
from the heavens start; all uniquely
different, all perfectly lovely when
we open our hands and take them
gently to our hearts.

*

*

*

Earth's Easiest Exercise

Walking can add years to your life and life to your years. And it couldn't be easier. You don't always need to join a health club, or wear special equipment or go into training to reap the rewards:

1) The Conditioner-

Walking conditions your heart and lungs and raises your body's ability to use oxygen more efficiently. Fact: In one study, women who walked briskly (3-4 Miles per hour) at least 3 hrs a week, cut their risk of heart attack and stroke by more than half.

2) The Protector-

Walking helps beat other health problems, too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, taking off fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

3) The Joint-Savor -

Walking can burn about as many calories per mile as jogging does. But it delivers only about a quarter of the jolt, so it's much easier on your joints and muscles.

4) The De-Stressor-

Walking's easier on your mind too, since it lessens stress and lightens depression! Beginning walkers report that they feel better-sleep better- and that their mental outlook improves.

5) The Winner

Best of all, walking has the lowest dropout rate of any form of exercise. So, you're more likely to stick with it and get all these benefits and more-like better digestion, improved regularity and lower blood pressure.

There's Nothing To It

1) So, just put on a sturdy, comfortable pair of walking shoes and go!

A) Walk to the store for the Sunday paper

b) Park a few blocks from work

c) Get off the bus one stop early and walk

d) Use the stairs vs the elevator

c) On bad weather days, walk in the mall or on a treadmill at home (Your birthday present!)

2) How fast should you go?

A) That's easy too.

B) Just use the "talk test"

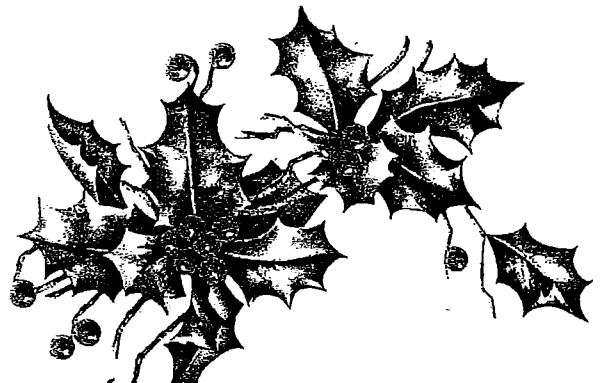
C) Move at a steady clip that makes your heart beat faster and causes you to breathe deeply -but doesn't leave you too breathless to carry on a conversation.

YOU'LL DO YOURSELF A WORLD OF GOOD!!!

YOU ARE AS OLD AS YOU FEEL

Two elderly gentlemen from a retirement center were sitting under a tree when one turns to the other and says, "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?" Slim replied, "I feel just like a new born baby."

"Really!? Like a newborn baby!?" "Yep. No hair, no teeth, and I just wet my pants."





The Oneida Trust & Enrollment Committee Requests Your Support

DECEMBER 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.



MY MOST MEMORABLE CHRISTMAS

Althea Schuyler, remembers when she, and her husband were raising a family. They lived with her grandmother, Mary Johnson. She was a very clean lady, but she had a very old house. So this one Christmas Eve we put up a Christmas tree for her. On Christmas morning the children were up early, and very excited. They had a special guest that morning; there in the Christmas tree was a mouse eating a cookie!! The children were frightened at first, of course, but I just told the children that the mouse was celebrating Christmas too.

Thanks Althea for your story and do have a Blessed Christmas.

Edmund & Blanch Powless:

Our daughter and son-in-law lived in Chicago along with their very young son; and as with most young families, times were rough. So they decided they could not be here with the rest of the family for Christmas. Our plans proceeded with much regret. On Christmas Eve we all attended midnight mass as usual even though it was bitter cold. As we returned home, there parked in the garage, trying to keep warm, as they had arrived very late, was our family from Chicago! Needless to say, all were most happy to celebrate together.

Thanks Blanch & Edmund and do have a very Blessed & Joyous Holiday.

✱

✱

May our lives like the snowflake
Be a pure white symphony
until the chorus fills the earth
with peaceful melody.

✱

✱

Pearl McLester remembers back when she was about 10 years old and she and her family lived in Menasha, so she automatically attended school there. As a child she was always willing to help with some of the chores that the teacher had to do. (This was part of her training she received at home. She was responsible for her younger brothers and sisters at a young age.) She did blackboards and even ran errands downtown for her teacher downtown. So she helped put up a Christmas tree at school for the holidays and when it came time to take it down she was there to help her teacher. She asked her teacher what she was going to do with the tree and the teacher replied, "Would you like it? You can have everything, trimmings and all," Pearl was so happy, they had a tree for Christmas!! I could just see her running home so happy.

Thanks Pearl, for your story and do have a joyous, blessed, and peaceful Christmas.

Harrison Cornelius, most memorable Christmas was when he was very young and he received a nice red truck and it even had lights on it. He was so happy, he put a string on it so he could pull it around. All of a sudden his mother realized he was not to be found and there he was outdoors pulling his truck around in the snow with its lights on!

Thanks for the story Harry, and do have a Merry Christmas.

✱

The winter winds whip icing white
and pile it on the lake ✱
They swirl each snow mound soft and
light
Like frosting fluff on cake.

✱

✱

MY MOST MEMORABLE CHRISTMAS

Roy Metoxen said I have no special Christmas that I can remember. I don't think any of us kids were ever disappointed. Since people might think we were poor because we didn't have what a lot of people off the reservation had. What we had was love and respect for everyone. Roy remembers walking through the snow covered fields to church on Christmas Eve with his Mother and some of the other siblings. And in those days women didn't wear slacks either.

Thanks Roy and have a Merry Christmas

Delores (Zack) Skenandore remembers one Christmas morning she and her brothers and sister got up very early, excited, to see what Santa had left under the tree. Much to their surprise there was not a thing under the tree!! Then suddenly Dad came from outside with a gunny sack with our gifts in the sack. Dad said Santa didn't stop because we were up to early so he just dropped the sack by the door. Of course, we believed our Dad, and we went on and enjoyed our one gift.

Delores thanks for your story and do have a Blessed Christmas.

Alzheimer's Special Activities

The month of December 2005, due to all the activities going on for the Holidays we will be having 1 meeting per week until after New Years.

Meeting Dates and Times:

Dec. 7th 2005-----9:30-11:30

Dec. 14th 2005-----9:30-11:30

Dec. 21st 2005-----9:30-11:30

Dec. 28th 2005-----9:30-11:30

If unable to attend please call Elderly Services at 869-2448 and leave a message.

Diabetes: a National Health Concern

Fast food diets, lack of exercise and an aging population have made diabetes a growing health concern in the United States. Health educators say the only way to reverse the trend is for Americans to fundamentally change the way we live.

"For many people, avoiding Type II diabetes is about making smarter lifestyle choices," says M.S. Bame, a diabetes educator and dietitian at St Luke's Hospital in Ohio. Diabetes affects the body from head to toe. It's why it's so important to take care of yourself to reduce your risk.

More than 18 million Americans have diabetes. Of those, 90 to 95 percent have Type II diabetes. Diabetes occurs when your body either doesn't produce enough insulin or your cells ignore the insulin that is produced. Insulin carries sugar from your blood to the cells where it fuels the body. As your sugar builds in the blood, it can damage your heart, blood vessels, eyes and kidneys.

While genetics are a factor in Type II diabetes, the real culprit is being overweight, Bame says. We have an epidemic of obesity in this country and Bame points everything to fast food diet that are high in calories and low in nutrients, as powering the diabetes epidemic. When you are active, that decreases your body's resistance to insulin. And because your muscles are using the sugar in your blood stream to fuel activity, there's less sugar for the insulin to transport, strong muscles use insulin better, says Bame.

Another factor is age, people live longer today than they did 30 years ago. Aging means the pancreas works harder to produce insulin. Bame says it's very important to stay active.

Have a Joyous Holiday

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

The Four Stages Of Life

1. You believe in Santa Clause
2. You don't believe in Santa Clause
3. You are Santa Clause.
4. You look like Santa Clause

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 available to low and very low income households.

Stop for details or call the mealsite office at
1-920-869-2448

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

Oneida Benefit Specialist

Angela Ortiz

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 first come first serve basis. You can also sign up for Senior Care with Angela. For more information call 1-920-869-2448.

Blood Pressure Blood Sugar Screening

December 9th 2005
Oneida Elderly Service
Mealsite
134 Riverdale Dr.
1-920-869-1551

ELDERLY SERVICE GIFT SHOP

THIS IS AN INVITATION FOR YOU TO COME AND VISIT OUR ELDERLY SERVICE GIFT SHOP. OUR HOURS ARE FROM 8:00 AM- 12:00 AM., MONDAY THROUGH FRIDAY. WE ALSO FRATURE FRESH POPCORN DAILY.

The following is a list of items for sale:

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

Many Other Assorted Items

Our gift shop is located in the Elderly Service Complex, on Overland Road, right next to the Airport Road Daycare Center.

DATE: / /

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

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



Compliance Division

Presenter: Marge Stevens

Date: Thursday, Dec. 15, 2005

Time: 11:30 P.M. - 12:15 P.M.

Location: Oneida Elderly Meal Site
Hwy J, Oneida

