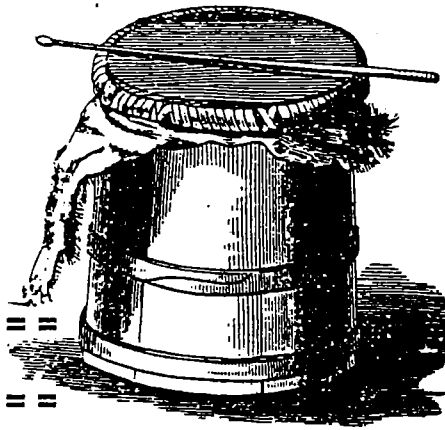


DRUMS ACROSS ONEIDA

134 Riverdale Drive
P. O. Box 365
Oneida WI 54155
920-869-1551 (Senior Center)
920-869-2448 (Elderly Services)



SENIOR CENTER

=====
Margaret King, Editor
=====

=====
FEBRUARY 2000
=====

Oneida's host Wisconsin Indian Elders Ass'n

The Wisconsin Indian Elders Association, WIEA, made up of twelve tribes from Wisconsin, held their meeting at the Radisson Inn on Friday February 4, 2000 with nearly 200 elders in attendance.

WIEA members from the Ho-Chunk, Lac Courte Oreilles, Lac Du Flambeau, Bad River, Lac Vieux Desert, Menominee, Mole Lake, Red Cliff, St. Croix and Stockbridge Munsee tribes attended the day long meeting. The day was opened by a prayer given by Harriet Alicia, Pastor at Oneida Methodist Church and Oneida tribal elder. Roll call of the board and membership was taken and official business was underway.

Standard items included a treasurer's report given by Elizabeth Vettemeck and updates regarding Great Lakes Inter-Tribal Council, Wisconsin Judicare, and Bay Area Agency of Aging.

A presentation by Dr. Eleazor Kadile of Integrative Alternative Medicine shared information regarding diet, digestive system, vitamins and other alternative tips on health care approach. Oneida Tribal Chairman Gerald Danforth also addressed members of WIEA.

A wonderful lunch was served and after some social time it was time to return to business. Discussion on State of Wisconsin refund money was also addressed. The meeting adjourned about 3 pm.

Attendees also got a chance to browse crafts by Oneida tribal members and take home a mug, a deck of cards and a matchplay donated by Oneida Bingo and Casino.

WIEA's mission statement states the Wisconsin Indian Elders will aid and assist in the improvement of the economic, social, health, and spiritual well being of all American Indian Elders. They will provide a forum where Indian Elders may speak, learn and grow. To advocate for and protect Indian Elders from abuse, neglect, abandonment, exploitation and mistreatment.

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
Roberta Kinzhuma
Florence Petri
Lori Metoxen
VACANT
VACANT
VACANT
Noreen Powless
Connie Danforth
Lorna Christjohn
Terry Reed
Cindy Brabbs
Margaret King-Francour
Joanne Close
Lorleen John
Amy Sumner
Josephine Doxtator
Lisa Mittag
Heleema Jordan
Alice Schuyler

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
Home-Chore Worker
Outreach Worker
Kitchen/Dining Assistant
Custodian
Clerical Relief
Clerical
Clerical/Meals On Wheels
Title V

134 Riverdale Drive (P.O. Box 365)
Oneida WI 54155
1-920-869-1551
Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Althea Schuyler
Cathy Schuyler
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Denise Johnson
VACANT
Harold Dostalek
Warren House
Winona Mencheski
Richard Dodge
Elda Swamp
Marie Scott
Nancy Woodke
Grover Smith

FEBRUARY

Announcements and Reminders

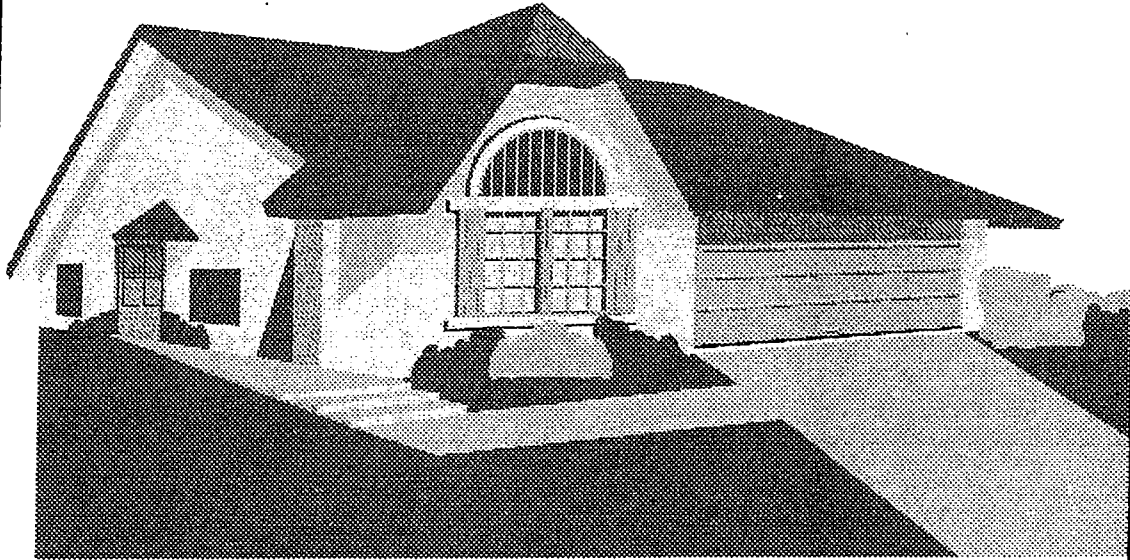
- Feb. 17 "Soup Supper" 4:30pm Oneida Assembly of God Church
\$5 All you can eat Highway 54 and Olson Rd
- Feb. 17 Rural Development, 9:30am-12:30pm, Oneida Senior Center
- Feb. 17 Diabetic Luncheon 10-12 noon, Parish Hall, call 869-4829
- Feb. 17 Winter Wellness for Women, 4:45pm Elder Complex Bldg D-lounge
- Feb. 23 Finalization of GTC Annual Mtg 3pm Bus. Comm. Conf. Room NHC
- Feb. 24 February Birthday Celebration Music by Woody Webster,
11am-1pm, Oneida Senior Center

UPCOMING EVENTS:

- March 2 Rural Development, 9:30am-12:30pm, Oneida Senior Center
- March 7 ONCOA Board Mtg 1pm Oneida Elderly Svs Bldg

**Elderly Services Staff meetings are held every Tuesday morning
at 8 a.m. at the Oneida Senior Center. Everyone is welcome to attend.**

USDA RURAL DEVELOPMENT



Home Repair and Loan Program

Interested in more details?

Stop in to see one of our representatives,
they can advise you of the requirements.

February 17, 2000

9:30 a.m. - 12:30 p.m.

March 2, 2000

9:30 a.m. - 12:30 p.m.

Oneida Senior Center Meal Site - Riverdale Drive

Thank You

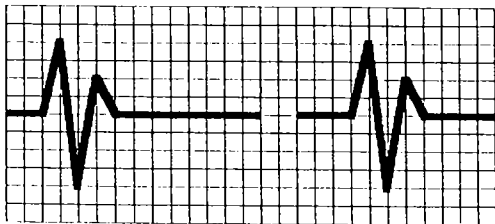
from the Interim Program Director, Florence Petri

A big thank you to the following staff at Oneida Elderly Services for their assistance at the WIEA meeting held at the Radisson Inn on February 4, 2000. With your help and smiley faces, the meeting was a success! Because of your loving care for all the elders, as well as our own, they were really able to enjoy themselves!

Connie Danforth
Noreen Powless
Margaret King

Lisa Mittag
Robert LaGest
Richard Summers

Lisa Huff
Cindy Brabbs
Lorna Christjohn



Fighting Diabetes

Prevention and Management

FEBRUARY 2000 - Meter Checks

Blood Glucose meters are a very important tool used to check your blood sugar level. Meter checks are done to ensure that your blood sugars is within a safe range. Checks are also done to keep your diabetes under control. We are dedicating this month to "quality control checks" to make sure your blood glucose meter is doing its best job for you.

Wed. February 10

After work Dinner "What Can We Eat to Prevent Diabetes?"

5 pm Parish Hall

Free. Reservations Required. Call 869-3160

Before Feb 8, 2000

Limit 50. Drawing for gifts.

Wed. February 17

Diabetic Luncheon

10 am to Noon, Parish Hall

Exercise, Information, and Healthy Diabetic Meal

For an invitation, please call 869-4829

Thurs. February 25

Diabetic Well Group

6-7pm Bldg A lounge, Elder Apartments

S. Overland and Hwy 172

A gift for all who attend!

Home Chore - Not a Chore At All

When up to 5 employees get together to snow plow, rake leaves, put up curtain rods, cut grass, haul garbage, move furniture and change light bulbs, what results is improved home life for many elders of the Oneida Community.

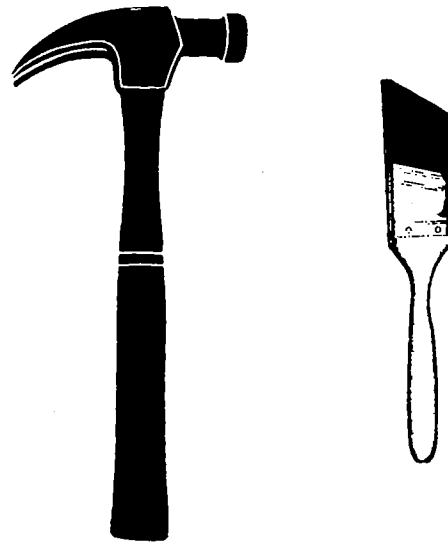
Being stuck at home with no help can be very depressing. Looking out the window at tall grass or six inches of snow after a snow storm can seem bleak. Tack on some disabilities and a feeling of loneliness sets in.

Some elders 70 and over in the Oneida community have no help within their own families and are on a fixed income. This is where Oneida Elderly Services helps.

Our program has an area called Home Chore, currently with five employees. Robert LaGest supervises Home Chore employees, Lee Domencich, Lloyd Davis, Lisa Huff, Denise Johnson and Harold Dostalek.

According to Domencich, "We just about do everything, from cutting the grass, snow plowing, a little bit of plumbing, electrical, cleaning out gutters. It's something different everyday, this is why I like it."

Oneida elder, Mildred Butler, 82, recently moved back to the reservation. "They (Oneida Elderly Services) have been so good to me. I just want to thank them for everything they've done for me, including snowplowing," she said.





Happy Birthday

February Babies!



Edwin King	02/07	Roberta Anderson	02/09
Mildred Brosel	02/01	Irene Brunette	02/14
Charlene Cornelius	02/14	Cleo Cornelius	02/26
Frederick Cornelius	02/01	Ralph Cornelius	02/18
Nori Damrow	02/26	Hugh Danforth	02/25
Donald Davids	02/13	Phyllis Davids	02/28
Aaron Denny	02/26	Barbara Denny	02/14
Terry Denny	02/18	Marie Dool	02/28
Clifford Doxtator	02/20	Pat Eberle	02/04
Normal Elm	02/01	Alan Fabian	02/25
Verna Farris	02/04	Shirley Hoover	02/02
Henry Huff	02/22	Cora John	02/16
Neva M. John	02/10	Kermit Jordan	02/25
William King	02/14	Judith Matthews	02/01
Lori Mcguire	02/13	Pearl McLester	02/22
Betty Mendolla	02/05	Commodore Metoxen	02/07
Lorraine Metoxen	02/10	George Reed Sr.	02/22
Carol Robelia	02/15	Cecilia Roberto	02/10
Susan Semens	02/01	Bertha Skenandore	02/28
Henry Skenandore	02/19	Karen Skenandore	02/28
Lawrence Skenandore	02/13	Norbert Skenandore	02/16
Alma Smith	02/17	David Smith	02/07
Abraham Stevens	02/05	Ernie Stevens	02/17
Orville Summers	02/29	Alice Torres	02/13
Adam Webster	02/26	Kenneth Webster	02/15
Lloyd Schuyler	02/14		

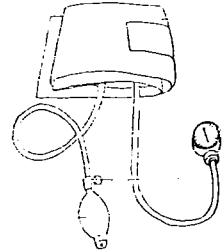
Elders, if you have a birthday in February,
please join us at Oneida Senior Center,
134 Riverdale (Hwy J., Oneida) on February 24!
Have lunch with us and sign the birthday book.
Birthdays for our Elders are celebrated on the last Thursday of every month.

➡ **Free Meal, Free Entertainment,
and Free Chances at Door Prizes**

***Tuesday, February 15th at Parish Hall
5 p.m.***



***Enjoy the fun when
Evil Devious Diabetes
tries to trick
Oneida Wellness Woman
and***



***then join us for a delicious meal of
Raspberry Chicken, White or Brown Rice,
Steamed Vegetable Medley,
Jello with Fruit***

followed by drawings for Door Prizes

Community Health Nurses will be providing
blood pressure and blood sugar monitoring.

**Please reserve your space by
calling 869-2448 & ask for Jet.**

Thank you. We hope to see you there.

Sponsored by Community Health Services,
Oneida Community Health Center &
funded through a grant for diabetes education.



ELDER BINGO

January-----3rd

January-----17th

January-----31th

February-----14th

February-----28th

March-----13th

March-----27th



Win a Prize!

Bingo held 1-3pm
at Site II Community Center

If you have any questions about elder bingo
at the site II community center.

Please call Breezy at 869-1069 or 833-9670.

Conversational Oneida

Table Talk



Satuhkályahks k^
Katuhkályahks
to·k^ske
nahte? Íhselhe? ahsatekhu·nĭ
Í·kélhe? O?wáhlu
Í·kélhe? Kítkit owáhlu
Í·kélhe? Kískos o?wáhlu
Í·kélhe? K^tsi
Íhselhe? K^ kítkit o?wáhlu
Íhselhe? K^k^tsi o?wáhlu
Íhselhe? K^kóskos o?wáhlu
Íhselhe? K& o·n^ste
Íhselhe? K^ osahéhta
Íhselhe? K^ kaná·talok
Íhselhe? K^ owistóhsehli
Íhselhe? K^ ola-na
Íhselhe? K^ kan^stóhale
Hao satekhu·nĭ
hao swatekhu·nĭ
yawéku
yaw^kó
yo
yawéku k^
to·k^ske yawéku

are you hungry?
I'm hungry
indeed, truly
what do you want to eat?
I want some meat
I want some chicken meat
I want some pork
I want some fish
do you want some chicken meat?
do you want some fish?
do you want some pork?
do you want some corn?
do you want some beans?
do you want some bread?
do you want some butter?
do you want some corn soup?
do you want some corn bread?
come on and eat
come on and eat (all of you)
It tastes good
Thank you
Your welcome
Does it taste good?
It sure tastes good



Activities

February 2000

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 EP Worth Hall 9:30-11:30am Crafts Cards Beads	1 EP Worth Hall 9:30-11:30am Crafts Cards Beads	2 Fitness 9:30am to 10:30am Crafts 1pm-3pm	3 GoodWill Green Bay 1pm-3pm	4 Shopping Banks Lunch 10am-3pm
7 Fitness 9:30am to 10:30am	8 EP Worth Hall 9:30-11:30am Crafts Cards Beads	9 Fitness 9:30am to 10:30am Bingo Casino 9:30am-11:30am Lunch out	10 Movie Budget Cinema 1pm-3pm	11 Shopping Banks Lunch 10am-3pm
14 Fitness 9:30am to 10:30am Bingo Site II 1pm-3pm	15 EP Worth Hall 9:30-11:30am Crafts Cards Beads	16 Fitness 9:30am to 10:30am Crafts 1pm-3pm	17 Diabetic Lunch 10am-11:30am Crafts 1pm-3pm	18 Shopping Banks Lunch 10am-3pm
21 Fitness 9:30 am to 10:30 am	22 EP Worth Hall 9:30-11:30am Crafts Cards Beads	23 Fitness 9:30am to 10:30am Crafts 1pm-3pm	24 BIRTHDAY Gifts 12:15-12:30pm Movie Elderly Service Building 1pm-3:30pm	25 Shopping Banks Lunch 10am-3pm
28 Fitness 9:30am to 10:30am Bingo Site II 1pm-3pm	29 EP Worth Hall 9:30-11:30am Bingo	Activities subject to change.	Bus leaves from Oneida Senior Center for trips.	

WINTER WELLNESS FOR WOMEN

Ages 8 to 128!!!

WHEN: Thursday, Feb. 17th; Wednesday, March 1st;
Tuesday, March 14th; and Thursday, March 30th
Time - 4:45 until 6:15 p.m. *Come when you can!*
Also, if you are late or have to leave early, that is fine.
THIS TIME IS FOR YOU.

WHAT: Wellness gathering for women and girls,
focused on all the aspects of wellness,
including yoga, reflexology, meditation
art, diet, exercise and other fun things!
Healthy snacks are provided.



WHERE: In the lounge area of Building D of the
Elder Complex, 2945 S. Overland Road.
*PLEASE PARK in the large parking lot by
the three flag poles and then walk north on
the sidewalk (toward the Day Care Center)
until you reach Building D. Come down the
hall to the lounge. Please bring a pillow &
blanket.*

WHY: To keep us healthy and happy throughout
the winter months.

HOW: REGISTER by calling 869-3160. *We hope to see you.*

Thank You

I recently received a letter from *Alma Smith and Pat Blochowiak* regarding the Lifeline Program: (submitted by Lori L. Metoxen, Benefit Specialist Supervisor)

"I feel this service is really needed, my mother is 86 and it enables her to remain in her home", "Thank You for arranging this service and paying for the charges we can't say Thank You enough".

"Also, for the many other necessary services she receives, we thank you very much sincerely. God Bless all of you in this program."

In a letter to Florence we received thanks and appreciation from *Mildred and Leonard Peshlakai*...here is some of what they had to say about our program:

"My personal apology for the delay in expressing appreciation to everyone who made it possible for us to receive the services we have had since our arrival here."

"Richard Summers and his helpers have done so much for us. My husband and I are especially grateful for the ramp, the partial concrete driveway in front of the garage and the sidewalk between the garage and the home, all of which make it much safer to be about."

"Many, many thanks to everyone of these people and to all others who have helped us in some way or another."

-A note from *Clarence Cornelius*-

Thank you for the job well done on my driveway!

THANK YOU TO ROBIN DOXTATOR

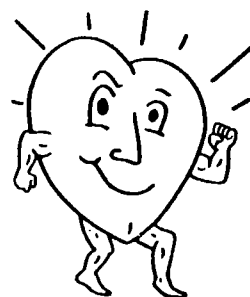
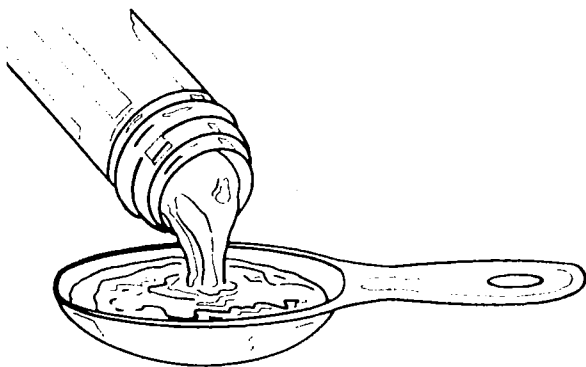
Robin donated a pair of eagle statues to Oneida Elderly Services. They were a great donation to the Elderly Christmas Program. Thanks, Robin.

(Safe) Seasonings You May Enjoy

Salt is not the only seasoning that will interest your taste buds and give you the thrilling pleasure of good food. You have a variety of salt-free flavoring aids that are every bit as good (even better) than harsh salt.

Here is a list of these safe seasonings you can enjoy:

<i>Allspice</i>	<i>Curry</i>
<i>Almond extract</i>	<i>Dill</i>
<i>Anise seed</i>	<i>Fennel</i>
<i>Basil</i>	<i>Garlic, garlic juice,</i>
<i>Bay leaf</i>	<i>garlic powder</i>
<i>Caraway seed</i>	<i>Ginger</i>
<i>Cardamon</i>	<i>Horseradish</i>
<i>Catsup,</i>	<i>prepared</i>
<i>low-sodium dietetic</i>	<i>without salt</i>
<i>Chili powder</i>	
<i>Chives</i>	<i>Lemon juice</i>
<i>Cinnamon</i>	<i>Mace</i>
<i>Cloves</i>	<i>Maple extract</i>
<i>Coconut</i>	<i>Marjoram</i>
<i>Poppy seed</i>	
<i>Poultry seasoning</i>	<i>Tarragon</i>
<i>Rosemary</i>	<i>Thyme</i>
<i>Sage</i>	<i>Turmeric</i>
<i>Savory</i>	<i>Vanilla extract</i>
<i>Sesame seeds</i>	<i>Vinegar</i>



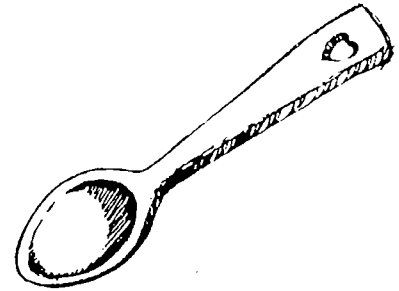
Foods to Avoid

These are extremely high in sodium content, ranging from 250 milligrams per serving and upwards. You would do well to avoid them.

<i>Bran flakes, dry</i>	<i>Dill pickles</i>
<i>Flour, self-rising</i>	<i>Fresh cucumber</i>
<i>Waffle</i>	<i>pickles</i>
<i>Pretzels</i>	<i>Mustard</i>
<i>Bacon</i>	<i>Olives, green pickled</i>
<i>Ham, processed</i>	<i>Salt at the table</i>
<i>Salmon, canned</i>	<i>Salted and smoked</i>
<i>Tuna, canned</i>	<i>fish</i>
<i>Frankfurter</i>	<i>Salted and smoked</i>
<i>Beans, baked with</i>	<i>meats</i>
<i>tomato</i>	<i>Bacon and bacon fat</i>
<i>Celery (raw)</i>	<i>Ham</i>
<i>Mushrooms, canned</i>	<i>Salt pork</i>
<i>Sauerkraut, canned</i>	<i>Sausages</i>
<i>Spinach</i>	<i>Chipped and corned</i>
<i>Tomato juice, canned</i>	<i>beef</i>
<i>Buttermilk (unless</i>	
<i>made from low-salt</i>	<i>Meat sauces</i>
<i>milk)</i>	<i>Meat tenderizers</i>
<i>Catsup</i>	<i>Ketchup</i>
<i>Herring</i>	<i>Celery salt</i>
<i>Sardines</i>	<i>Garlic salt</i>
<i>Potato chips</i>	<i>Onion salt</i>
<i>Salted nuts</i>	<i>Relishes</i>
<i>Salted popcorn</i>	<i>Soy sauce</i>
<i>Regular bouillon</i>	<i>Chili sauce</i>
<i>cubes</i>	<i>Worcestershire</i>
<i>Pastrami</i>	<i>sauce</i>
<i>Lobster</i>	<i>Beet Greens</i>
<i>Shrimp</i>	<i>Kale</i>
<i>Cold Cuts</i>	<i>Mustard Greens</i>

FRESH TOMATO SOUP

- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 4 cups chopped tomatoes
- 1 cup chicken broth
- 1 tablespoon chopped fresh parsley
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup grated Parmesan cheese



Saute onion in a large pan over medium heat until onion is soft, about 4 minutes. Add tomatoes, broth, parsley, salt and pepper. Heat to boiling, reduce heat. Simmer, covered for 15 minutes.

Transfer tomato mixture to food processor or blender, process until smooth. Return to saucepan, heat until hot.

Ladle soup into serving bowls, sprinkle with cheese.

AHIS/

Three

NATE'KUTAHNUTELE

Sisters

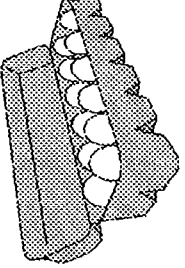
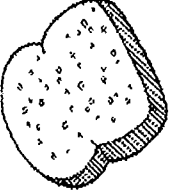
YEKHUNYA THIA KAHYATISLI

Cookbook

MENU

FEBRUARY

2000

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals subject to change.	1 Chili Whole Wheat Bread Cucumber Salad Apple Juice Apple Sauce	2 Meat Loaf Red Potatoes Cauliflower WW Bread Grape Juice Diet Jello W/Pears	3 Lasagna Garlic Bread Lettuce Salad/Green Peppers Blueberries	4 Sausage Eggs Orange Juice Fresh Fruit
7 Spaghetti Lettuce Salad/Green Peppers French Bread Blackberries	8 Beef Vegetable Soup Fresh Rolls Orange Juice Diet Jello W/Berries	9 Chicken & Rice Mixed Vegetables WW Bread Grape Juice Ice Cream or Sherbert	10 Roast Beef Mashed Potatoes Brussel Sprouts W W Bread Mixed Berries	11 Scrambled Eggs/Ham Cubes Toast Pineapple Juice Pears
14 Chicken Salad Tomato Slices/Lettuce Leaf Croissants Diet Jello W/ Raspberries	15 Potato Soup Fresh Bread Cranberry Juice Applesauce	16 Pork Roast Potatoes Baked Beans Whole Wheat Bread Melons	17 Fish Red Potatoes Cole Slaw Corn Bread Pineapple Tidbits	18 Pancakes Bacon Cran-orange Juice Mixed Berries
21 Tuna Salad Cottage Cheese Tomato Slices/Lettuce Leaf Whole Wheat Bread Peaches	22 Split Pea Soup Fresh Bread Pineapple Juice Diet Pudding & Van. Cookies	23 Pork Steak Carrots Augruten Potatoes Whole Wheat Bread Manderin Oranges	24 BIRTHDAY Chicken Potatoes Corn Whole Wheat Bread Gingerbread Cake	25 Poached Eggs Bacon Cornmeal Toast Orange Juice Bananas
28 Ring Bologna Green Beans Mac & Tomatoes Whole Wheat Bread Tropical Fruit	29 Corn Soup/Pork Hocks Fresh Bread Raspberries	All Meals served with coffee, tea and milk.		



"My Greatest Friend"

*Whenever I feel meek, he makes me truly triumphant and powerfully bold.
Whenever I feel sad, he is always by my side and speaks joy deep into my soul.
Whenever I am lonely, he cheerfully radiates my eternal path.
Whenever I am confused, he teaches me sacred and mystical wisdom.
Whenever I am tired, he fully refreshes my weary soul.
Whenever I feel stupid, he blesses me with divine knowledge.
Whenever I am empty, he floods the depths of my welcoming soul.
Whenever I am thirsty, he freely pours me clear living water.
Whenever I am hungry, he feeds me with tasty heavenly manna.
Whenever I am sick, he instantly eases my pain and heals my body.
Whenever I am low, he lifts my spirit beyond all sorrow.
Whenever I am lost, he brightly lights heaven's golden candle.
Whenever I have anger, he gives me tender and serene peace.
Whenever I am worldly poor, he makes me heavenly rich.
Whenever I am alone, he fills me with eternal grace.
Whenever I have fear, he teaches me that he is forever near.
Whenever I have trials, he gives me every perfect answer.
Whenever there is any problem, "The Holy Spirit shall always be
my Greatest Friend."*

Root Beer Float

BROWN	FOAMY	PAPER CUP	STRAW
COLD	GLASS	REFRESHING	SUMMER
COOL	GOOD	ROOT BEER	SWEET
DELICIOUS	GREAT	SATISFYING	THIRSTY
DRINKING	ICE CREAM	SIPPING	VANILLA
FLOAT	MUG	SPOON	WHITE
FOAMING	ORDER		

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

Hypothermia

Hypo- and Hyperthermia share these symptoms:

- Breathing problems
- Mental changes (confusion, forgetfulness)
- Change in heart rate

If you suspect a person has hypothermia, handle them very gently after calling for emergency services. Keep calm and layer blankets, towels, throw rugs, etc. over their body, including head and neck.

Warning signs are:

- Shivering – with increased severity, shivering ceases
- Sleepiness
- Difficulty speaking
- Trembling on one side of the body, an arm or a leg.
- Puffy face
- Difficulty waking
- Cold, stiff muscles
- Slow breathing
- Cold skin on the trunk of the body (especially the stomach)
- Confusion or forgetfulness

Prevention:

1. Wear a hat, hood or heavy scarf. Wearing a covering on the head and neck keeps the hands and feet warmer as well.
2. Wearing mittens is warmer than gloves. A person can wear a light

pair of gloves under heavy mittens for best protection.

3. Wear layers of clothing. Wear a wind-proof outermost layer (layer on the legs as well).
4. Use a lap covering if sitting outside for more than a few minutes.
5. Some medications put you at a greater risk for hypothermia (blood pressure, depression, nervousness, sleeping aids)
6. Make sure you are warm enough when sleeping. Add a hot water bottle, socks, nightcap, extra blanket, or wear a sweatshirt and sweatpants. Remember to keep your neck warm.
7. Keep in touch with people on a daily basis. It keeps you safe as well as the person you are calling, a break in this routine will signal a problem.
8. Eat well-balanced meals. Food is the body's fuel. A hot meal and a warm drink will add warmth to chase away the cold. Avoid alcohol – it actually cools the body.
9. Stay dry. Get out of wet clothes fast. After a bath or shower, dry your hair with a hair dryer, towel yourself dry and dress immediately.
10. Always wear multiple layers of dry clothing if you keep your house cool.
11. Be aware of wanderers. Elopement needs to be prevented with alarms and other security measures.

WOMEN'S SUMMIT ON SOCIAL SECURITY

29 FEBRUARY 2000

9:00 a.m - 12 noon

**Grace Lutheran Church, 321 S. Madison,
Green Bay, WI**

**Overview of today's Social Security Benefits
by Ron Niesing, District Manager, Social Security Administration**

**Keynote speaker
Betsy Abramson, Director, Elder Law Center
Coalition of Wisconsin Aging Groups**

**LEARN ABOUT CURRENT REFORM PROPOSALS AND
WHAT IS AT STAKE FOR WOMEN and CHILDREN!!!**

SHARE YOUR CONCERNS!

**Presented by American Association of University Women
in conjunction with:**

and other participating partners...

**Preregister by 15 February. Send check for \$5. to: *United Way of Brown
County, PO Box 1593, Green Bay, WI 54305 Attn: Carolyn Verdonik***

Name _____ **Address** _____
Phone _____

“A SENIOR WALKING CLUB”



Sponsored By the

YWCA

&

The Brown County Senior Center

**Senior Walking Club Starts
in February of 2000**

**The Club Walks Every Tuesday and Thursday at
Bay Park Square Mall**

From 8:30 a.m. to 9:30 a.m. year around.

Please Call Mary Beth at 448-4309

DATE: / /

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>

Marital Status: Married Single Widowed Divorced

Race: Native American Caucasian Latino Asian African American

Tribal Affiliation:_____ **Enrollment Number** _____

Living Arrangement: Lives Alone Lives with Spouse Lives with Others

Do You: Rent Own

General Health status: Excellent Good Fair Poor

Monthly Household Income: 0-to-\$778.00 \$779.00-to-\$1045.00 \$1046.00 + up

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_____

For Office Use Only

Low Income: Y N

Date _____

Medically at risk: Y N

No. 99-

Nutritionally at risk: Y N

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