

# DRUMS

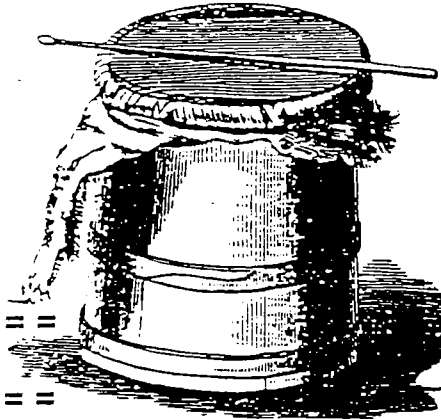
ACROSS

# ONEIDA

SENIOR

CENTER

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



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**N.POWLESS/M.KING**

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**FEBRUARY 2001**

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## Carole Elm and Joanne Close Recognized at Community Awards Banquet

The Oneida Community Awards Committee has awarded two community members recognition for outstanding contributions to the Oneida Community.

Carole Elm, 63, was awarded Elder of the Year for her years of volunteering and working for the Oneida Tribe.

Employed since 1978, Carole has found time to volunteer many years to the Cystic Fibrosis research and Cancer Relay for Life.

She has raised 5 children, has 7 grandchildren and 1 great grandson. Carole has shared her time volunteering at Anna John Nursing Home, Oneida Senior Center and is a strong believer in Holistic Medicine. Elm has shared with the community her knowledge of plant medicines creating teas, ointments and salves for all those who inquire.

Carole Liggins, who introduced Elm, said, "Anyone who knows Carole knows that when someone really needs help, all they have to do is ask her and she'll be there."

Oneida Tribal member, Joanne Close, was also recognized by the Oneida Community Awards Committee as Social Services Employee of the Year.

Close, employed since 1994 with Oneida Elderly Services, was hired as an In-Home Chore Worker when the program was starting out in the growing stages. Since then, it has expanded to 2 full time workers mostly due to Joanne's success and accomplishments.

Currently employed in In-Home Chore, Joanne cleans 18 elders home a week and seldom misses a day of work. Her elderly clients have deemed her very dependable and reliable.

Close is a mother of 4 children and a grandmother of 1.

After her work hours, Joanne has gone above and beyond the call of her job duties to see an elder getting situated in a nursing home during the first night and seeing to it they had a torn nightgown mended and brought to them offering some comfort.

**Contd. on Page 3**

**ELDERLY SERVICES COMPLEX:** 2907 S. Overland Rd. (P.O. Box 365)  
Oneida WI 54155 1-920-869-2448

Program Director	Roberta Kinzhuma
Assistant Program Director	Florence Petri
Benefits Specialist Supervisor	Lori Metoxen
Benefits Specialist	Julia Hill
Elder Abuse Coordinator	VACANT
Elderly Services Coordinator	VACANT
Administrative Assistant	Noreen Powless
Office Manager	VACANT
Transportation Coordinator	Lorna Christjohn
Elderly Transit Driver	Marsha Salzman
Activity Coordinator	VACANT
Outreach Worker	Cindy Brabbs
Outreach Worker	Margaret King-Francour
In-Home Chore Worker	Joanne Close
In-Home Chore Worker	Lorleen John
Respite Care Worker	Amy Sumner
Respite Care Worker	Debbie Ninham
Administrative Assistant	Marty Braeger
Title V	VACANT

**ONEIDA SENIOR CENTER:** 134 Riverdale Drive (P.O. Box 365)  
Oneida WI 54155 1-920-869-1551

Head Cook Supervisor	Brenda Jorgenson
Assistant Cook	Loretta Mencheski
Relief Cook	Betty Jorgenson
Relief Cook	Althea Schuyler
Home-Delivered Meals Driver	Cathy Granquist
Maintenance Supervisor	Robert LaGest
Home Repairs Coordinator	Richard Summers
Home-Chore Worker	Lee Domencich
Home-Chore Worker	Lloyd Davis
Home-Chore Worker	Lisa Huff
Home-Chore Worker	Denise Johnson
Home-Chore Worker	Jared Skenandore
Home-Chore Worker	Harold Dostalek
Outreach Worker	Warren House
Title V	Winona Mencheski
Title V	Richard Dodge
Title V	VACANT
Title V	Marie Scott
Title V	Nancy Woodke
Title V	Grover Smith

**Contd. from Cover Page**

Joanne has shared a great deal of herself with elders where she stayed with her clients when they didn't feel good or were afraid. She would come back at the end of her shift to fix them dinner and to make sure they were eating.

Every year she spends her own time recruiting her friends, family and co-workers to help decorate elder homes for the holidays.

Many calls have come in to thank her for the great job she's done and often many of those calls end in tears of gratitude.

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*Rural Development  
at the Elderly Meal Site*



*February 1<sup>st</sup>, 2001  
9:30 a.m. – 12:30 p.m.*

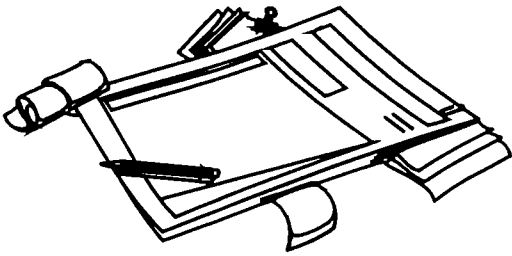
504 Home Repair Loans and Loan/Grant Combinations.

502 Home Purchase to build or buy.

Programs available to low and very-low income households.

Call the Meal Site at 920/869-1551 or stop in for details.  
Shawano Rural Development Office – 715/524-2148.





# **NOTICE**

## **For Seniors 55 and Older Tax Filing Assistance Available**

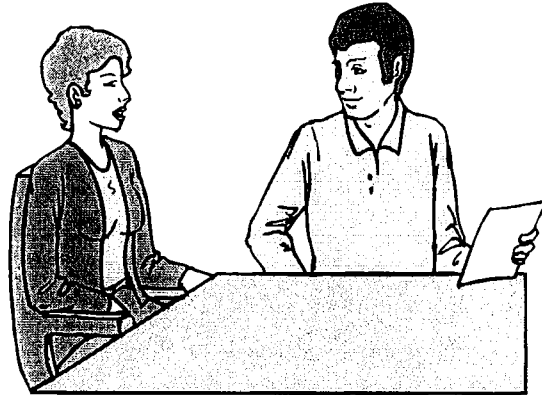
Wednesday, February 7  
Wednesday, February 14  
Wednesday, February 21  
Wednesday, February 28

Where: Elderly Services Complex  
2907 S. Overland Rd.

To Schedule an appointment, please call  
869-2448.

*A Service Provided by AARP*

***STARTING FEBRUARY 1<sup>st</sup>***  
**BENEFIT SPECIALIST SERVICES AT**  
**THE SENIOR CENTER~ 134 RIVERDALE**



**EVERY THURSDAY ~ BETWEEN**  
**11am ~ 1pm**

**~ NO APPOINTMENTS NEEDED~**  
**~ STOP IN OR CALL~ 920-869-1551~**

**SOMEONE WILL BE ON HAND TO HELP**  
**YOU WITH QUESTIONS REGARDING:**  
**Social Security, SSI, Medical Bills,**  
**Medicare, Housing, Medical Assistance,**  
**Retirement, Insurance, Per Capita, etc...**



Are you over 55 and thinking about starting a fitness program, but you don't know where to begin?

Well, here are some classes that you are sure to enjoy.

### POOL CLASSES

Monday s...

★ Elders at 9:30 am - 10:15 am

Mondays & Wednesdays...

★ Ease Those Aches at 10:15 am - 11:00 am

Tuesdays & Thursdays...

★ Water Ex at 10:15 am - 11:00 am

Wednesdays...

★ H<sub>2</sub>O Adapt at 9:30 am - 10:00 am

– This class has been designed for our newest water exerciser and the non-swimmer.

### AEROBIC CLASSES

Mondays...

★ Nice-N-Ez at 10:15 am - 11:00 am

Wednesdays...

★ Ez Step at 10:15 am - 11:00 am

### GYMNASIUM

Tuesdays...

★ Elder Gym at 10:30 am - 11:00 am

Thursdays...

★ Elder Gym at 10:00 am - 11:00 am

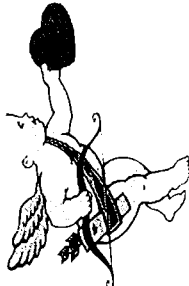
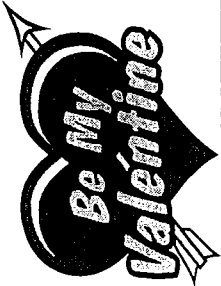
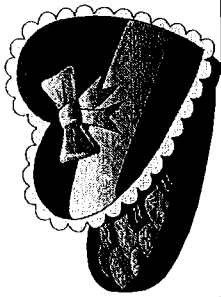



Must be an *Oneida Family Fitness Member* to attend the programs above. Hope to see you soon. 490-3730  
(Elders 70 and over with physician's recommendation may be eligible for scholarship from Elderly Services)

# 2001

## FEBRUARY

### ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Activities are subject to change.</p> <p>Bus leaves from Oneida Senior Center for Trips.</p>	<p>1 Tsyuhakwa Tour 1-3:30pm</p>	<p>2 Shopping Banks Lunch Out 10am-3pm</p>
<p>5 Fitness 9:30-10:30am Bingo Site II 1pm-3pm</p>	<p>6 Foot Care Clinic 8:30-11:00am Elderly Service Bldg-A Epworth Hall-Crafts 9:30-11:30am</p>	<p>7 Fitness 9:30-10:30am Oneida Library 1-3pm</p>	<p>8 Budget Cinema \$2 Lunch Out 10am-3pm</p>	<p>9 Shopping Banks Lunch Out 10am-3pm</p>
<p>12 Fitness 9:30-10:30am Oneida Museum 1-3pm</p>	<p>13 Epworth Hall 9:30-11:30am Cards Crafts Beads</p>	<p>14 Fitness 9:30-10:30am Family Dollar Store Military Ave., Green Bay 1-3pm</p>	<p>15 Thrift Shop-Green Bay 1-3pm</p>	<p>16 Shopping Banks Lunch Out 10am-3pm</p>
<p>19 Fitness 9:30-10:30am Bingo Site II 1pm-3pm</p>	<p>20 Foot Care Clinic 8:30-11:00am Elderly Service Bldg-A Epworth Hall-Crafts 9:30-11:30am</p>	<p>21 Fitness 9:30-10:30am Goodwill-Green Bay 1-3pm</p>	<p>22 BIRTHDAY Gifts 12:00- 12:15 Therapy by Margaret 1-3pm Lunch Out</p>	<p>23 Shopping Banks Lunch Out 10am-3pm</p>
<p>26 Fitness 9:30-10:30am Northport Liquidators 1pm-3pm</p>	<p>27 Epworth Hall 9:30-11:30am Cards Crafts Beads</p>	<p>28 Fitness 9:30-10:30am Food Distribution Tour 1pm-3pm</p>		

# Choosing a good Nursing Home

By Lori Metoxen, Oneida Nation Elderly Services  
Benefit Specialist Supervisor

In the past few months I have received a lot of inquiries regarding nursing homes. Many of the questions people were concerned with were how to choose a nursing home and the cost of nursing Home care. I was touched deeply by the families as they agonized over the many hard decisions that lay before them to most importantly actually place there loved one in a nursing home. It inspired me to write this article so it may benefit those who are debating this issue.

I think we have all made those promises to our parents, grandparents or friends, "I will never put you in a nursing home" even though we know our intentions are good at the time we make our promises, its good to realize our own limitations, environment, finances and responsibilities before taking on a care giving role. There are many Oneida families that take care of their family and I commend all those who do. It's a great thing to see family successfully care for their loved one. In most cases however, there comes a time when your personal effort for care of a loved one may exceed your limitations and skill experience.

If you are a care giver or family looking for a nursing home, you may discover that there are some you should avoid. However, there are very good nursing homes. Many residents and families are happy with the quality of care they receive. Here is some information to help you start your search.

Always involve your loved one in the decision making process. This will help to build acceptance of this major change in his or her life and helps keep that trust in you as a care giver.

Make a list of nursing homes close to family and friends who are dedicated to frequent visits.

Find out as much as you can about each nursing home, a good way to do this is by talking to:

- \* The long-term care ombudsman, who visits nursing homes and investigates complaints.(1-800-815-0015)
- \* Doctors, hospital social workers, clergy, and other professional who are familiar with your loved ones care and with local nursing homes.
- \* The family members and friends of people who live in the nursing homes.



Visit more than one nursing home and visit more than once. Ask lots of questions and trust the feelings about the places you visit. Examples of questions to ask are:

- \* Do people you talk to regard this as a good nursing home?
- \* Has the state licensing agency found an unusual number of violations here?
- \* Does the home have enough staff, especially nursing assistants, to give residents the care and personal attention they need?
- \* Are there a lot of staff changes because of workers leaving?
- \* Does the nursing home have an active resident council? Or an active family council?
- \* Is the "quality of life" good, such things as choices of food at meal time and which selection of clothing to wear, a homelike environment, and interesting or entertaining activities?

Be sure to review state surveys of each nursing home you are interested in.

- \* Medicare and Medicaid facilities are required by law to let you see their surveys (inspections) reports. Ask the ombudsmen to help you interpret the findings.
- \* The government's Nursing Home Compare Web site (<http://www.medicare.gov/nursing/home.asp>) includes samples of survey information for all Medicare and Medicaid nursing homes.

Visit each Nursing home several times if possible, include at least one evening and weekend visit. Eat a few meals there take note of staffing levels and meal attendants during those hours.

When you visit nursing homes, look for signs of GOOD care:

Dignity: Staff treating all residents with friendliness, patience, and respect and answering promptly to calls for assistance.

Activity: Residents participating in a variety of activities, including

activities where they are physically active.

Good Food: Well balanced, varied, good-tasting meals served in pleasant surroundings.

Help with eating: Residents in the dining room and in their own rooms getting help to eat if they need it.

Homelike surroundings: Special signs that this is a place to live, not die. Can residents use furniture and decorations from home? Are there pets around? Chances for residents to plant flowers, grow vegetables, or do other things outdoors? Community activities coming into the nursing home? Organized trips to community functions and events? Other physically and mentally stimulating activities?

Participation: Be active in resident councils and in family councils.

Culture: Be sure to discuss with the nursing home the ways of your loved ones culture and ask if they can honor the ways of our culture.

It is also important to look for BAD care while you are visiting.

Odors: A strong smell of urine and feces indicates there are not enough staff to help residents to the bathroom or to keep residents and the facility clean.

Restraints: Vests and other devices that tie or otherwise hold people down in their beds and wheelchairs are dangerous and humiliating. Good nursing homes seek safe and respectful ways to protect residents from falls and wandering.

Lack of privacy: Residents should not be undressed or partly dressed in rooms or hallways in view of guests and other residents. Staff should knock before entering rooms.

Lack of dignity: No resident should be spoken to disrespectfully.

Unanswered calls for help: Every call bell or cry for help should be attended to promptly.

Loneliness and inactivity: People watching is fun, but residents shouldn't spend hours on end sitting at the nurses' station, front door, or in front of a TV.

Lack of help with eating: Residents who cannot feed themselves should not spend the meal times with full trays in front of them.

If your loved one is battling Alzheimer Disease or other age related dementia there are even more things to consider. The nation has seen an increase in Long Term Care facilities that can manage a patient with such disorder. Alzheimer Association has lots of reference material that will aid in your decision to pick a facility that specialize in your loved ones needs.

If you are concerned about cost if your loved one can't pay with his or her own money for as long as it may be necessary consider nursing homes that are certified for Medicare and Medicaid. Medicare does not pay for long nursing home stays. However, it will pay for short periods of skilled nursing facility care when a patient has been in the hospital at least 3 days and needs continued care. If your loved one is a resident in a nursing home that accepts Medicare, it will pay for his or her care during any period he or she is eligible for the benefit. Medicaid does pay for long nursing home stays for those whose income and savings won't cover the cost. In each county and tribes in Wisconsin there are Benefit Specialist that can help you with the often large amount of paperwork associated with applying for Medicaid for your loved one. You can reach the Oneida Tribal Benefit Specialist by calling (920) 869-2448. We will also aid you in finding a Benefit Specialist in your area or and agency in your area that can assist you with applying for Medicaid.

There is a lot of things to consider and my best advice is to do your homework and ask a lot of questions. I want to thank Pat Blochowiak, Oneida Tribal Member for sharing her fears, ideas, and tears and opening my eyes, heart and mind to this often overwhelming life experience.

#### Resources:

U.S. Healthcare Financing Administration ([www.hcfa.gov/medicaid/ltc1.htm](http://www.hcfa.gov/medicaid/ltc1.htm))

AARP ([www.aarp.com](http://www.aarp.com))

National Elder care Locator (1-800-677-1116)

National Academy of Elder Law Attorneys, INC ([www.naela.org](http://www.naela.org))

Bay Area Agency of Aging (920) 469-8858

Alzheimer's Association Northeastern Wisconsin (920)469-2110 or national at 1(800)-272-3900.

Oneida Nation Elderly Services (920) 869-2448 or 1(800) 867-1551.

## ***AN INVITATION TO ALL WOMEN***

**Tribal Members and Employees of the Oneida Nation**

**Relaxation, stretching, joy, creativity,  
light supper, friendship**

**Building D Lounge, 2945 S. Overland of the  
Elder Apartments**

*Please join us for one or two or three of our gatherings:  
Tuesday, January 16<sup>th</sup> from 5 to 7 p.m.*

*And ~~Monday, January 30<sup>th</sup>~~ **Feb. 12** from 5 to 7 p.m.*

*And  
Wednesday,  
February 21<sup>st</sup> from 5 to 7 p.m.*



**Please phone 869-3160, leaving your name and phone number of when you will be attending.**

**A free Wellness gift each time that you attend.**

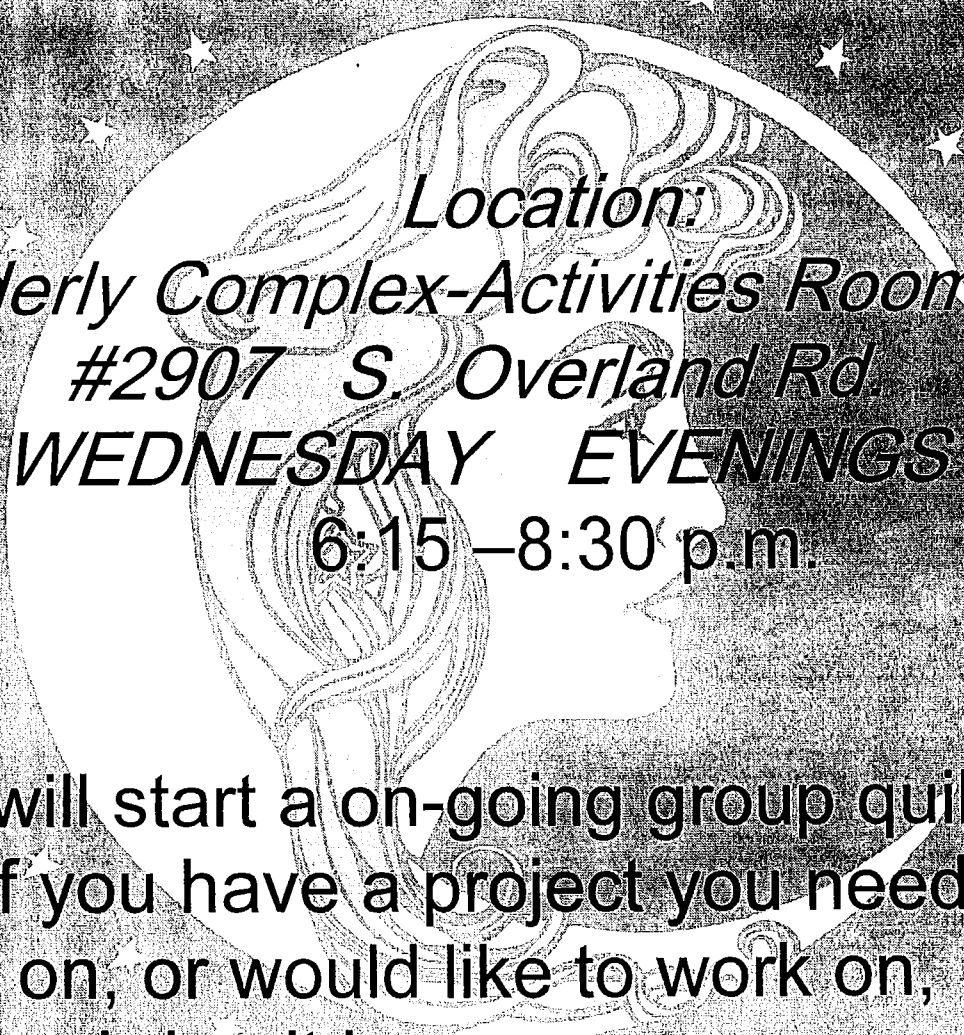
**There is no charge for these events.**

**If you wish, bring a pillow and blanket.**

***Sponsored by the Health Promotion Program, Community Health Services***

# *Oneida Women's Sewing Circle*

*Starting up again after Holiday  
break!*



*Location:*  
*Elderly Complex-Activities Room*  
*#2907 S. Overland Rd.*  
**WEDNESDAY EVENINGS**  
**6:15 –8:30 p.m.**

We will start a on-going group quilt,  
but if you have a project you need  
help on, or would like to work on,  
please bring it in.

Any questions call Lori-869-2781  
after 5.

Or Julia-869-2448 >>>day-8-4:30.

# We Learned It All In Kindergarten

Most of what I really need to know about how to live, and what to do, and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandbox.

These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Live a balance life. Learn some and think some, and draw and sing and dance and play and work every day some.

Take a nap in the afternoon. When you go out into the world, watch for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up, and nobody really knows why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup-they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: *look*. Everything you need to know is in there somewhere. The golden rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all had cookies and milk about three o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations always to put things back where we found them and cleaned up our own messes. And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together. ☺

St. Mary's Hospital & Prevea Clinics

Present an update on

***BALANCE & DIZZINESS DISORDERS***

on

**FRIDAY, FEBRUARY 23, 2001**

at the

Brown County Senior Center  
300 South Adams Street  
Green Bay, Wisconsin

9:00 A.M. – Panel Discussion & Overview with  
Balance Screening to follow

Refreshments will be provided!

**Please RSVP at 448-4314  
By February 20, 2001**



**St. Mary's  
Hospital**  
*Medical Center*

P R E V E A  
C L I N I C

# In case of emergency....

## Here are some suggestions for stocking a disaster supplies kit:

### Water

- ☐ Store one gallon of water per person per day (on average two quarts for drinking, two quarts for food preparation/sanitation).
- ☐ Keep at least a three-day supply of water per person.

### Food

- ☐ Ready-to-eat canned meats, fruits and vegetables
- ☐ Canned juices, milk, soup (if powdered, store extra water)
- ☐ Staples-sugar, salt, pepper
- ☐ High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
- ☐ Vitamins
- ☐ Foods for infants, elderly persons or persons on special diets
- ☐ Comfort/stress foods, including cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

### First Aid Kit

- ☐ Sterile adhesive bandages in assorted sizes
- ☐ Assorted sizes of safety pins
- ☐ Cleansing agent/soap
- ☐ Sunscreen
- ☐ 2-inch and 4-inch sterile gauze pads (4 to 6 each)
- ☐ Hypoallergenic adhesive tape
- ☐ Triangular bandages (3)
- ☐ 2-inch and 3-inch sterile roller bandages (3 rolls each)
- ☐ Scissors
- ☐ Tweezers
- ☐ Needle
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Tongue depressors (2)
- ☐ Tube of petroleum jelly or other lubricant

### Non-Prescription Drugs

- ☐ Aspirin or nonaspirin pain reliever
- ☐ Anti-diarrhea medication
- ☐ Antacid (for stomach upset)
- ☐ Laxative
- ☐ Activated charcoal (use if advised by the Poison Control Center)

### Tools and Supplies

- ☐ Mess kits, or paper cups, plates and plastic utensils
- ☐ Emergency preparedness manual
- ☐ Battery-operated radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ Cash or traveler's checks, change
- ☐ Non-electric can opener, utility knife
- ☐ Fire extinguisher, small canister ABC type
- ☐ Tube Tent
- ☐ Pliers
- ☐ Tape
- ☐ Compass
- ☐ Matches in waterproof container
- ☐ Aluminum foil
- ☐ Plastic Storage containers
- ☐ Signal flare
- ☐ Needles, thread
- ☐ Medicine dropper
- ☐ Shut-off wrench, to turn off household gas and water
- ☐ Whistle
- ☐ Plastic Sheeting
- ☐ Map of the area (for locating shelters)

### Sanitation

- ☐ Toilet paper, towelettes
- ☐ Soap, liquid detergent
- ☐ Feminine supplies
- ☐ Personal hygiene items
- ☐ Plastic garbage bags, ties (for personal sanitation uses)
- ☐ Plastic bucket with tight lid
- ☐ Disinfectant
- ☐ Household chlorine bleach

### Clothing and Bedding

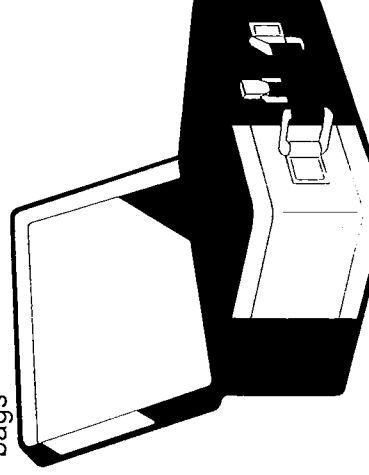
- Include at least one complete change of clothing and footwear per person
- ☐ Sturdy shoes or work boots
- ☐ Rain gear
- ☐ Blankets or sleeping bags
- ☐ Hats and gloves
- ☐ Thermal underwear
- ☐ Sunglasses

### For Baby

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications

### For Adults

- ☐ Heart and high blood pressure medication
- ☐ Insulin
- ☐ Prescription drugs
- ☐ Denture needs
- ☐ Contact lenses and supplies
- ☐ Extra eye glasses





*Please Post*

JAN 10 2001  
ONEIDA  
HOUSING AUTHORITY

# TRANSIT SPECIAL BUS PASSES

## REGULAR PRICES

ADULTS-----\$1.00/RIDE

YOUTH-----.50/RIDE

## SPECIAL

**\$10.00 PASS ON SALE FOR  
\$7.50**

**\$20.00 PASS ON SALE FOR  
\$14.00**

**THIS OFFER IS GOOD UNTIL FEBRUARY 2, 2001.  
PURCHASE FROM ANY TRANSIT DRIVER OR AT THE  
TRANSIT OFFICE.**

**TRANSIT OFFICE NUMBER IS 833-9827  
CLIFF WEBSTER - DIRECTOR**



## All Level Ballroom Dance Classes

will be taught by

**Kevin Shepardson**

at the

**Brown County Senior Center  
300 S. Adams St. Green Bay, WI**

**When:** Thursday Evenings starting March 1, 2001  
(5:15 P.M. – 6:15 P.M.)

**Cost:** \$42.00

Ballroom dance lessons (6 sessions) will be held on Thursdays starting March 1, 2001. The last class will be on April 5, 2001. Please RSVP and send payment of \$42.00 by February 26, 2001. Make checks payable to Kevin Shepardson and mail to:

Brown County Senior Center  
Attn: Mary Beth  
300 S. Adams St.  
Green Bay, WI 54301.

You need not have a partner. We will pair people together.  
Class size is limited to 42.

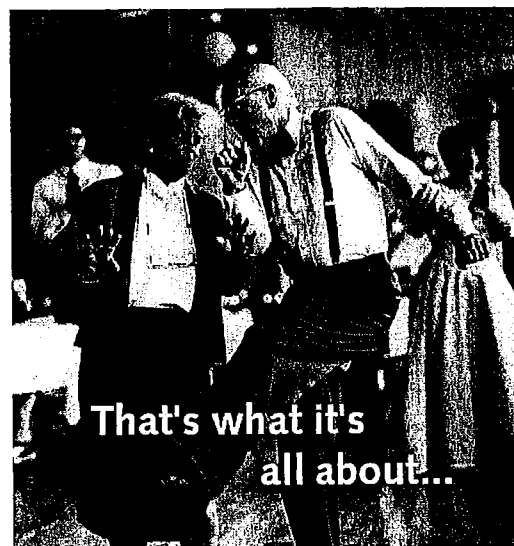
**RSVP at 448-4314.**

# THEDA CARE<sup>™</sup>

HIP & KNEE CENTER

## We're Here For You!

The ThedaCare Hip & Knee Center has helped people get back on their feet and be free of hip and knee joint pain for nearly 30 years. People from all over Wisconsin and Upper Michigan come to Theda Clark Medical Center for their hip and knee care. Our excellent nursing care, along with our fine surgical staff and physical and occupational therapists, are a big part of the reason why Theda Clark is one of the top 100 hospitals in the country.\* When you're ready to get back on your feet, get in touch with us. We'll care for your hip, your knee, your whole self, because *that's what it's all about.*



## Overview of Services

Patients seen in the ThedaCare Hip & Knee Center are persons with hip or knee discomfort and/or disability, usually due to arthritis or hard use. In one convenient location, patients are offered a complete coordination of services involving medical and surgical evaluation and management. Medical evaluation and treatment of hip and knee disorders generally begins conservatively, utilizing various pharmaceutical options. Arthroscopy may be needed for some patients; others may progress to a total hip or knee replacement, which is our specialty. Our multi-disciplinary care team includes physicians and staff from nursing, physical and occupational therapy, radiology, laboratory, nutrition services, surgery, and social services. Our hallmark is state-of-the-art medical technology with a personal touch.

## Preparing for a Total Hip or Knee Replacement

If or when a joint replacement is right for you, our care team will spend individual time with you to help you prepare for your surgery. Part of the time you spend with us will be with a physical therapist and an occupational therapist for pre-operative functional evaluations. These evaluations are useful for gauging post-operative improvements in mobility. You will also be given and are taught how to use special tools to assist with activities of daily living (like a reacher and a sock donner) to help you to be as independent as possible. In addition to these evaluations, you will spend time with a Registered Nurse who does a very thorough assessment of your history and also teaches you what to expect the day of surgery, during your inpatient stay, and through your recovery period at home. By performing these evaluations and offering education pre-operatively, you will have time to practice and become efficient with your tools at home before you even have your surgery.

## Surgery and the Inpatient Stay

In addition to daily to twice daily visits by your surgeon, members of the Hip & Knee Center staff will visit you during your inpatient stay at Theda Clark Medical Center to brighten your day and wish you a speedy recovery.

*Theda Clark Medical Center*

200 Theda Clark Medical Plaza Suite 170 Neenah, WI Toll-free 877-751-0357

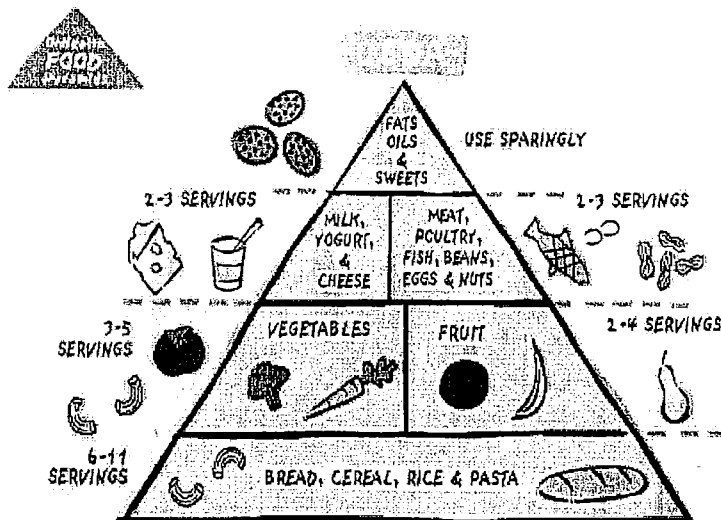
\*According to HCIA-Sachs, Inc., the nation's leading healthcare data and information company.

## OSTEOARTHRITIS & RHEUMATOID ARTHRITIS DIFFERENCES

	OSTEOARTHRITIS	RHEUMATOID ARTHRITIS
AGE OF ONSET	-After 40	-25-50
STATISTICS	-Affects 2/3 <sup>rd</sup> of Adults	-Affects 1% of US Adults
PROGRESSION	-Slowly, Over Many Years	-Suddenly, Within Weeks or Months
CHARACTERISTICS	-Affects a Few Joints -Occurs on Both Sides of the Body	-Affects Many Joints -Usually Seen in Small Joints on Both Sides of the Body
SIGNS	Joint Redness, Warmth, & Swelling (minimal) -Morning Stiffness (< 20 minutes)	-Redness, Warmth, & Swelling -Prolonged Morning Stiffness (often lasting for hours)
LOCATION	-Hands, Big Toe, Hips, & Knees	-Many Joints (wrists, elbows, & shoulders)
SICKNESS & FATIGUE	-Not Present	-Present

# Focus on... NUTRITION

## ThedaCare Hip & Knee Center



### A Healthy Diet Will:

- ◆ Increase Bone Strength
- ◆ Increase Your Lifespan
- ◆ Increase Your Energy Level
- ◆ Protect Your Bones
- ◆ Help You Reach Your Ideal Weight
- ◆ Improve Surgical Outcomes

You probably know that a healthy diet helps keep the body fit & mind alert, but what you may not know is that it can also protect your bones & joints. Following the Food Pyramid assists you in obtaining the necessary nutrients for a healthy body. The Food Pyramid Includes:

- |   |  |
|---|--|
| 1) Fats, Oils, & Sweets<br>Use sparingly                            | 4) Vegetables<br>3-5 servings daily                    |
| 2) Milk, Yogurt, & Cheese<br>2-3 servings daily                     | 5) Fruit<br>2-4 servings daily                         |
| 3) Meat, Poultry, Fish, Dry Beans, Eggs, Nuts<br>2-3 servings daily | 6) Bread, Cereal, Rice, & Pasta<br>6-11 servings daily |

### Necessary nutrients include the following:

- ◆ Proteins form the basic structure of body tissue & organs. Protein builds & repairs cells. Foods include eggs, milk, cheese, tofu, nuts, meat, fish, & poultry.
- ◆ Carbohydrates are the body's main source of energy. Foods include potatoes, bread, cereals, grains, pasta, milk, yogurt, vegetables, & fruit.
- ◆ Fiber - "bulk" helps remove waste through the large intestine. Foods include fruits, vegetables, bran, whole grains, & cereals.
- ◆ Fats provide energy & are used for growth & repair of tissues. Foods include olives, nuts, cheese, meat, fish, poultry, butter, oils, avocados, & mayonnaise. Unsaturated fats are more healthy than saturated (sad) fats. Unsaturated fats are found in olive oil, canola oil, avocados, & fish.
- ◆ Vitamins & Minerals help to regulate metabolism & help the brain, nerves, muscles, skin, & bones function well. They are found in many foods.

For more information, please contact the ThedaCare Hip & Knee Center at Theda Clark  
 200 Theda Clark Medical Plaza, Suite 170, Neenah, WI 54956  
 920-751-0357 or Toll Free at 877-751-0357

Come and Join Us for a  
**"Cooking with Soy" Class**

The class will be taught by  
**Joanne Gardner MS, RD**

Sponsored by:



**Where:** The Brown County Senior Center  
300 S. Adams Street  
Green Bay, WI

**When:** February 12, 2001 (3:30 P.M. - 5:30 P.M.)

**Cost:** \$2.00 suggested donation at the door

Not only will you learn how to cook  
with soy but you will also get to taste  
the results!!

**Please RSVP at 448-4314  
By February 2, 2001 (no exceptions)**

We need at least 10 people to hold class  
and have to hold reservations to  
40 people.



ONCOA MONTHLY REPORTS  
DECEMBER 2001

JOY NINHAM:

December 5-ONCOA Meeting  
December 9-Attended the Do Do Club dinner at Senior Center  
December 9-Attended Amos Christjohn's funeral  
December 12-Attended the Elder Christmas Party at the Radisson  
December 14-Attended Les Danforth's funeral  
December 18-Home visit with Ken L. Hill-prepared to be videotaped  
December 18-Attended Stiche House's funeral  
December 19-Jill M. Ninham and I interviewed and videotaped Ken L. Hill  
December 18-Elder Birthday Party at Senior Center-showed Ken L. Hill video  
December 31-Visited sister at the Brown County Hospital  
No date-Home visit-Disabled elder called about her addition not completed in several months. Referred her to Erv Thompson to check it out.  
No date-Took an elder to Senior Center for lunch.  
All Month-Ate at the Senior Center (at least 3X's week).  
I also spend a great deal of time with a friend who has cancer.

CLIFF DOXTATOR

WISCONSIN INDIAN ELDERS ASSOCIATION MEETING  
DECEMBER 1, 2000  
WISCONSIN DELLS - BARABOO, WISCONSIN

The first speaker was Jim Smidelhofer of the Wisconsin State Bureau on Aging. The biggest issue be addressed was the prescription drugs. As we all now, our elders cannot afford these prescriptions. He also talked about care givers, who receive an amount of dollars through the state or government.

Wendell McLester brought up an issue of WIEA developing a regional organization. Their office would be located in Stevens Point, Wisconsin. He asked for support of M.A.S.T. and he hoped this organization would be incorporated by the next meeting.

Matt Dixon from the State Legislative party, gave a brief talk about income tax preparation.

Russ McDonald of the Resource Department of North Dakota addressed the concerns in their area. He called for a needs assessment process. This would identify issues and locate options.

This program would be funded by the Administration on Aging. Focus on people 55 or older. The purpose of this program would be to compare American Elders with other aging groups. And because of the elder population growth, an advisory commission would be set up to monitor and collect data for this program.

December 13-Visited some of the elders at the Anna John Nursing Home.

ONCOA-DECEMBER 2001  
MONTHLY REPORTS

December 21-Visited some of the elders at the Anna John Nursing Home. There were entertainers singing Christmas and spiritual songs.

NADINE ESCAMEA

WISCONSIN INDIAN ELDERS ASSOCIATION CONFERENCE

FRIDAY, DECEMBER 1, 2000

TIME: 9:00 o'clock a.m.

PLACE: Hochunk Convention Center, Baraboo, Wisconsin

Opening by drum group Lake Da Hon

Prayer by Tribal Elder (missed the name)

Introduction of Officers and Roll Call of Executive Board

Approval of Agenda

Treasurer's Report

Reports

Ellen - Judicare - has taken a job elsewhere

Unfinished Business:

Wendell McLester gathering information on needs of elders and handicapped persons 55 and older

New Business:

Conducting local assessments for elders. I handed in the form for this assessment.

Other Information

Unfinished business.

Veterans not using funds due to no outreach from office. Speaker: Leon Valerie Speakers Max Dixon on AARP. The high costs of drugs and how this effects Indian elders. Also there is a need to have an AARP rep for this area. There is currently only one rep. AARP will have tax preparation person available. I believe you must be a member.

Environmental L.C.O. does not want high wire power lines going through their rez.

Concern presented by Christine Moon regarding transportation to meetings around the state. Elders sometimes travel long distances and there is no overnight lodging for them.

Thank you letter to Senator Feingold for representing the Older Americans Act.

Lunch break was at Ho-chunk buffet - excellent.

Opening Drum Lake Dalton

Prayer by Tribal Elder

Gerald Cleveland legislator was speaker for the afternoon.



ONCOA-DECEMBER 2001  
MONTHLY REPORTS

Speaker Leon Valerie presented how to use local assessment forms.  
Also free #1 buffalo meat and smoked fish provided by wildlife and game.  
There were a lot of raffles and fund-raising.  
Next meeting: Friday, February 2, 2001. Potawatomi will host.

December 4-Library Meeting  
December 5-ONCOA Meeting  
December 7 & 21-ERB Meeting (Environmental Resource Board)  
December 12-ONCOA Xmas Party at the Radisson  
December 18-Went to visit at Anna John Nursing Home  
Phone calls to 10 elders during the month of December.  
Attended Amos Christjohn's funeral, transported an elder.

WARREN SKENADORE

Anna John Nursing Home visits with two patients  
St. Mary's Hospital visit with patients.

January 4, 2001

This is a "Thank You" note to some of the Oneida Senior's for their gifts I received at Christmas time. Your kindness was very much appreciated.

I worked as an E/T for the Senior Center as the driver for the Meals-On-Wheels program from September to December, and if it wasn't for all the snow, I would have very much wanted to continue. I enjoyed meeting new people and getting to know casual acquaintances better.

I miss seeing all of you on a daily basis and wish each and everyone of you a healthy, happy, and peaceful New Year. And to John, "Happy Halloween", I will always remember your laugh!

Thanks again.

*Jan Frion*



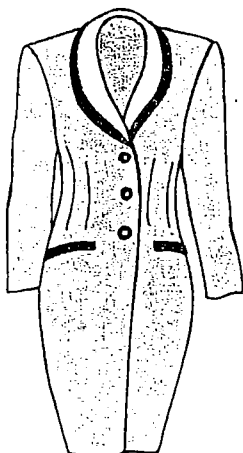
and the  
Brown County Senior Center  
present our  
**1<sup>st</sup> Style Show**

**Where:** The Brown County Senior Center  
300 S. Adams St.  
Green Bay, WI

**When:** Monday, March 5, 2001  
(3:00 P.M. 4:15 P.M.)

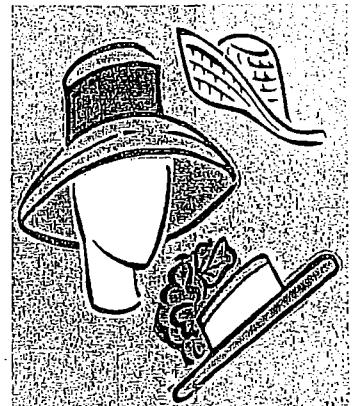
Hors D'oeuvre's Provided  
Suggested Donation: \$3.00 per person at the door

Come and see your peers modeling the latest in spring fashions.  
Learn how to tie your scarves and see the accessory table.



**Please RSVP at 448-4314  
by March 1, 2001**

Call Oneida Senior Center to sign-up  
869-1551  
10 seats available



## GROWING UP OR GROWING OLD

Peaceful words of advice from a wonderful woman who taught by example that it's never too late to be all you can possibly be.

"Hi, my name is Rose. I'm eighty-seven years old. I always dreamed of having a college education and now I'm getting one."

"We do not 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 everyday. 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 even know it!"

"There is a huge difference between growing older 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 always finding opportunity in change."

"Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets."

Remember, GROWING OLDER IS MANDATORY, GROWING UP IS OPTIONAL.



## **ALZHEIMER CAREGIVER SUPPORT GROUPS - BROWN COUNTY**

### **I. 1st Wednesday of each Month: 10:00 a.m.**

Bethany United Methodist Church  
1110 Echo Lane  
Green Bay, WI 54304

### **II. 3rd Tuesday of each Month: 6:30 - 8:30 p.m.**

Multi Purpose Senior Center  
300 South Adams Street  
Green Bay, WI 54301

If someone you love is suffering from Alzheimer's there is something you can do for them and for yourself. Visit an Alzheimer Support Group. There are no charges, fees, or commitments to attend regularly --- just a family of friends who care.

**THERE IS SOMEONE TO STAND BY YOU!**

For additional information, call the chapter office: 920-469-2110

**ALZHEIMER'S ASSOCIATION - NORTHEASTERN WISCONSIN**

MAIN OFFICE: 2900 Curry Lane, Suite A • Green Bay, WI 54311 • Phone (920) 469-2110 • Fax (920) 469-2131  
BRANCH OFFICE: 201 East Bell Street • Neenah, WI 54956 • Phone (920) 727-5555 Fax (920) 727-5552

## PIZZA PATTIES

SERVES 4

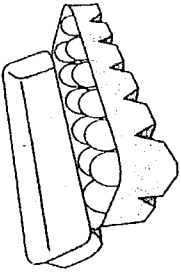

1 LB. LEAN GROUND BEEF  
½ LB. LEAN ITALIAN TURKEY SAUSAGE,  
REMOVED FROM CASING  
ONE 8 OZ. PKG OF 2 PIZZA CRUSTS, SPLIT THEN  
CUT IN HALF CROSSWISE.  
¼ CUP BOTTLED PIZZA SAUCE  
½ CUP SHREDDED PIZZA CHEESES

1. MIX BEEF AND SAUSAGE. SHAPE INTO FOUR ¾-INCH THICK PATTIES.
2. BROWN PATTIES OVER MEDIUM HEAT 6-8 MINUTES ON EACH SIDE. TOP EACH WITH 1 TBSP SAUCE AND TBSP CHEESE. HEAT 6-8 MINUTES LONGER UNTIL MEAT IS NO LONGER PINK IN THE MIDDLE. (WITH AN INSTANT-READ THERMOMETER INSERTED THROUGH SIDES TO CENTER OF PATTIES DESIRED TEMPERATURE SHOULD READ 160 DEGREES.)
3. MICROWAVE PIZZA CRUSTS ON HIGH FOR 30 SECONDS. (ALL MICROWAVES DIFFER IN POWER LEVELS, ADJUST TIME TO SUIT YOUR NEEDS.)
4. SERVE PATTIES IN WARMED PIZZA CRUSTS.

# MENU

# FEBRUARY

# 2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Barbequed Ribs Scalloped Potatoes Asparagus Whole Wheat Bread Applesauce	<b>2</b> S.O.S. Eggs Toast Grapefruit Juice Melons
<b>5</b> Chicken ala King Broccoli Rice Biscuits Mandarin Oranges	<b>6</b> Chili Cucumber Salad Whole Wheat Bread Apple Juice Cantaloupe	<b>7</b> Meat Loaf Potatoes Cauliflower Whole Wheat Bread Whip n Chill Pies	<b>8</b> Liver & Onions Potatoes Cal. Blend Vegetables Blueberries	<b>9</b> Ham & Cheese Slices Muffins Orange Juice Mixed Fresh Fruit
<b>12</b> Spaghetti Lettuce Salad French Bread Blackberries	<b>13</b> Split Pea Soup Fresh Rolls Orange Juice Diet Jello w Fruit	<b>14</b> Chicken & Rice Mixed Vegetables Whole Wheat Bread Ice Cream	<b>15</b> Roast Beef Mashed Potatoes Brussel Sprouts Whole Wheat Bread Applesauce	<b>16</b> Poached Eggs Toast Bacon Corn Meal Pineapple Juice Banana
<b>19</b> Beef Stew Biscuits Cranberry Juice Diet Jello	<b>20</b> Potato Soup Fresh Bread Cranberry Juice Pears	<b>21</b> Baked Fish Red Potatoes Cole Slaw Corn Bread Pineapple Tidbits	<b>22 BIRTHDAY</b> Roast Pork Potatoes Broccoli Cranberries Whole Wheat Bread Jello Cake	<b>23</b> Pancakes Sausage Cran-Orange Juice Mixed Berries
<b>26</b> Tuna Salad Cottage Cheese Tomato/Lettuce Leaf Whole Wheat Bread Bread Pudding	<b>27</b> Veg. Soup Fresh Bread Pineapple Juice Diet Vanilla Pudding Vanilla Cookies	<b>28</b> Pork Steak Carrots Mac & Noodles Whole Wheat Bread Mandarin Oranges	Meals are subject to change.	All meals served with coffee, tea and milk.



**LADIES**  
**PLEASE TAKE NOTICE**

**WE ARE HAVING A CLASS FOR ALL WHO ARE INTERESTED. AND ITS A LOT OF FUN TO JOIN, ITS ( WOMEN REACHING WOMEN ).**

**THE CLASSES ARE EVERY THURSDAY, FROM 10: A.M. TILL 1 O, CLOCK. THIS INCLUDES A LIGHT LUNCH , FREE CHILDCARE, FREE TRANSPORTATION , AND YOU GET TO SWIM FOR THE LAST HOUR. OR JUST RELAX IN THE HOT TUB. SO COME SUPPORT ONE ANOTHER.**

**PLACE: YWCA 230 MADISON STREET  
GREEN BAY**

**I TAKE LADIES FROM THREE SISTERS EVERY THURSDAY, IF YOUR IN NEED OF A RIDE. PLEASE CALL ME AT (498-3340 ). ☺**

**ISABEL PARKER**

# Say Cheese!



F1143

ANTIPASTO

AU GRATIN

BLINTZ

BLUE

BURGER

CANAPE

CHEDDAR

CHEESE

CHEESEBURGER

CHEESECAKE

CHEESECLOTH

CHEESY

COTTAGE

CREAM

CURD

EDAM

ENCHILADA

FETA

FLAN

FONDUE

GNOCCHI

JARLSBERG

KNISH

LASAGNA

LIMBURGER

LONGHORN

MANICOTTI

MELT

MOUSSAKA

MOZZARELLA

NACHO

PARMESAN

PARMIGIANA

PESTO

PIE

PIZZA

PROVOLONE

RAVIOLI

RICOTTA

RIND



**Empowering Women: Dispelling the Myths (Continuing-5th year)**  
**GIVE YOURSELF A VALENTINE: Smart Women Retire Rich**  
**Sunday, February 11, 2001**  
**YWCA - 230 S. Madison Street - Green Bay, Wisconsin**

<b>12:00 Registration - Networking and time to visit the Vendors and Sponsors</b> <b>GYM: 12:30 Opening -- Welcome and Program Overview</b> <b>YWCA and Green Bay-De Pere BPW</b>		
12:45 - 1:45	<u><b>WILLS AND TRUSTS</b></u> ✓ what is the difference ✓ who needs a will - who might need a trust ✓ effects of probate & estate taxes ✓ what's involved-who to see help from  <b>Presenter: Attorney Natalie Mancini</b>	<u><b>THE SANDWICH GENERATION</b></u> ✓ what are the responsibilities to parents and children ✓ what are the demands ✓ what about me ✓ what can I learn  <b>Presenters: Judy Johnson</b>
	1:45-2:05	Visit the Vendors and Sponsors
2:10 - 3:10	<u><b>LIVABLE BUDGETING</b></u> ✓ watching your pennies ✓ living within your means ✓ make it work for you  <b>Presenter: Judy Knudsen</b>	<u><b>RETIREMENT PLANNING</b></u> ✓ the good news for women investors ✓ the not-so-good news for women investors ✓ the 7 steps to living and finishing rich  <b>Presenter: Mary Lauren Hansen</b>
<b>GYM: 3:15 - 4:00 Wrap-up - Judy Johnson</b> <b>"Break" (Milk, coffee, fruit, and cookies) - Visit the Vendors and Sponsors</b>		
4:10 - 5:00	<u><b>YOGA</b></u> ✓ Hindu discipline which seeks to achieve liberation of the self and union through intense concentration, deep meditation and exercising.  <b>Kathleen Kelly-Hoffman</b> <b>Bay Area Yoga</b>	<u><b>GUIDED IMAGERY</b></u> ✓ Relax in the YWCA's therapeutic 88° pool as Ms. Atkinson directs you thru a guided imagery session. ✓ Please bring suit and towel.  <b>Roberta (Bobbi) Atkinson,</b> <b>Certified Instructor</b>

For those not participating in YOGA or Guided Imagery, there is still time to visit the vendors and sponsors!

**BPW/YWCA**

For the past four years, the Green Bay-De Pere Business and Professional Women (BPW) and the Young Women's Christian Association (YWCA), have been sponsoring seminars to hundreds of individuals throughout the community as community education workshops.

The YWCA and BPW have been committed to raising awareness of issues affecting women's health and empowerment through education in all areas. We, as women, by being financially secure are then empowered to take charge of our own lives.



Registration : 432-5581 ext. 140  
 Roberta Atkinson

Fees: \$15.00

# *Oneida Health System Announcement*

## **Added Location – Billing Department**

### **Oneida Social Services Building on West Point Road**

- Beginning Monday February 5<sup>th</sup> the Oneida Community Health Center Billing Department will offer another convenient location to discuss your medical bills, insurance, and third party reimbursements. We will be in the Oneida Social Services Building – just past Packerland Drive where 9<sup>th</sup> Street turns into West Point Road.
- Contract Health will remain at the Oneida Community Health Center
- If you have questions call Billing Department staff during normal business hours (8:00 a. m. to 4:30 p. m.)
  - Oneida Health Center Location: 869-2711
  - Oneida Social Services Location: 490-3851; 490-3853; 490-3854; 490-3856; 490-3857

## DATE:     /     /

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

Pease check the appropriate responses:

*Please return to*  
Oneida Elderly Services Complex  
Service Coordinator  
2907 S Overland Rd  
Oneida WI 54155

