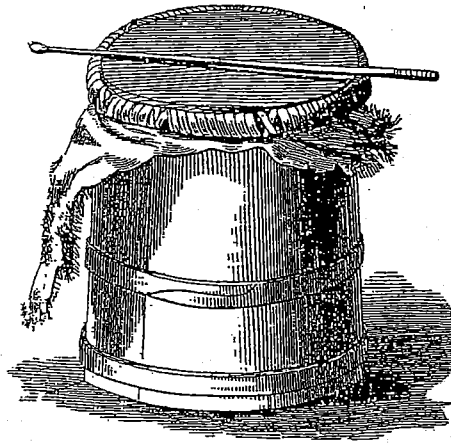


# DRUMS ACROSS ONEIDA

SENIOR CENTER  
134 Riverdale Dr.



P.O. Box 365



ELDERLY SERVICES  
2907 S. Overland Rd.

Oneida, WI 54155



Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551



February 2002

## Plan To Attend The "Take It To Heart" (Diabetes Prevention Awareness Event)

February 14, 2002

4 p.m. to 8 p.m.

Valentine Dinner served at 5:00 p.m.

Guest Speakers ♡ ♡ ♡ ♡ Over 40 Surprise Raffles  
Grand Prizes ♡ ♡ ♡ ♡ Treadmill ♡ ♡ ♡ ♡ Recumbant Bike  
(Must be Oneida over age 17 to be eligible for Grand Prizes)

Purchase price for tickets is \$3.00 or 2 for \$5.00 ♡ ♡ ♡ ♡ Receive One-Stop  
Coupon

Call 869-4829 for ticket purchase information.

♡♡♡♡ The Senior Center has (20) FREE tickets available for elders 80 years  
of age or older. To sign up for the free tickets or if you need transportation  
on this evening please call 869-1551. Or stop by the Senior Center main  
office. ♡♡♡♡

**ELDERLY SERVICES COMPLEX:**

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

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

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

**ONEIDA SENIOR CENTER:**

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

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

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

Submitted to the Drums by  
Stephen McDaniel Jr.

**ANNA KING MC DANIEL**  
D.O.B. 1/9/1902

Born on the Oneida reservation where the airport and casino are located now. She is 100% Red American.

She was married to WWI vet Stephen Arthur Mc Daniel. They met in Kansas. Had a son named Stephen Jr. born in Kingwood, WV, near the University of West Virginia. Her husband was interned in the VA Hospital in Perry Point, MD. Where he died before WWII.

As a single parent Anna moved a lot due to circumstances. Lived in Charleston, West Virginia where brother-in-law Dr. Leon Mc Daniel was president of Morris Harvey College he also operated at a school for Beauticians where she attended, she never graduated. She had nursing training at an Indian School in Carlisle PA. Same school where Jim Thorpe the Olympic Star attended.

In Baltimore she lived at 12 E. Mt Vesner Place, now a historical site, across from the Balto Conservatory of Music. Anna worked part time with new mothers of FBI agents and full time for Izetta Jewell Miller, actress and political activist under F. D. R. She also worked several times for Bishop F.P. Ivins at all Saints Cathedral, Milwaukee, and part time at the St. Johns Home in 1930's. The cost for residents was only \$500.00 which wouldn't pay for 1 day at present costs. She also worked many years at the A&P Bakery, on the South side in Milwaukee.

Anna enjoyed Friday night Fish Fry's with groups - mainly Indians, she liked to dance, cook, sew, and be available if needed. She enjoyed a drink or two, "Stingers" were her favorites.

Anna retired from Dept. of Agriculture in Washington, D.C. in 1968 because of a

medical disability. She raised Rosemary McDaniel, Steve's daughter, until she graduated from High School.

Anna returned to Green Bay to be near her sisters and brothers after the 1968 riots in the USA. She worked for Father James Sampter and his mother Mary at the Christ Church. Anna B always loved cats and enjoyed cat sitting for the Sampters. Active in an Oneida Elders Group which made quilts, etc. She was treasurer for the group. Active as an Associate for the Sisters Holy Nativity. She enjoyed the Retreats at Fondulac. Sorry they had to move.

In the past 5 years she has had a shoulder replacement, a broken thigh from a recent fall. On the first of December stitches were given on her scalp, when asked by the RN if she needed anything, she said "I need a hug", who doesn't? Shalom.

P.S. Anna is the only one I know who celebrates her birthday twice, on the 9<sup>th</sup> and also on the 30<sup>th</sup> of January.

There was segregation of black and white (color). In flow of Jews and refugees - fleeing Hitler's purge by the Master Race-Nazi's. Stephan Arthur McDaniel, DOB November 13, 1897, was in the United States Army from 1956 to November 13, 1919. He was wounded May 28, 1918. He died in the VA Hospital April 11, 1941.

**Anna's former Memberships :** American Legion Auxiliary, Red Lake MN.

United States Dept. of Agriculture in Washington D. C. Unit #36.

*Will be interned upon her death at Nicolet Memorial Gardens of Peace for Veterans and Family.*

## **UP CLOSE AND PERSONAL**

### **With Cheryl Ault**

#### **Elderly Services Coordinator**

Cheryl Ault was born in Green Bay Wi. on March 17, 1946 to Ervin & Hazel Hill. She is the oldest of seven children, four sisters and two brothers. Graduated from Bayport High School, in Howard in 1965. She married Clifford Ault Jr. They had four children, two girls, two boys and six grandchildren. Became a widow in 1993 and lost oldest son in 1997. Cheryl has worked for the tribe for six years. Almost a year for the Elderly Services. I like working here. I have learned a lot about the services that are available for our elders. I get a good feeling when I can help them or direct them to the right person that can. I'm still learning. I think Elderly Services has good team work and co-workers are friendly and willing to help! I'm glad to be a part of it.

**When you were a child, what did you think you'd like to be when you grew up?**

Some kind of social worker.

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

My mother, grandfather, then my husband.

**What do you consider to be your greatest accomplishment?**

Having a good marriage, children and grandchildren ,also good friends.

**Is there something you've always wished you were GREAT at doing?**  
More computer smart

**What is the best advice anyone ever gave you?**

Don't lie, cheat or steal. Not to judge your neighbor.

**What advice would you give someone who is about to retire?**

Keep active and enjoy life and family.

**What is your ideal vacation?**

Rent a motor home and travel through the U. S. with family.

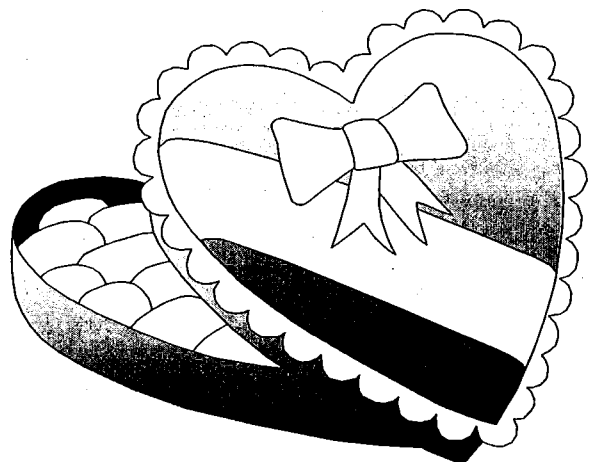
**Favorite Meal:** Steak- lobster, baked potato, salad

**Favorite Music:** Country and oldies

**Favorite Books:** Cooking

**Favorite Movie:** Shirley Temple Movies.

**Favorite Hobbies:** Packer games, and camping.



Recently I attended the Awards Banquet at the Edgewood Supper Club, and it was my first experience riding the Do Do Bus. I stepped aboard a WARM bus directly in front of my house, was driven to the supper club's front entrance, had assistance on and off the bus, had a delicious dinner FREE. The program made me proud of all the dedicated people in our community. After the awards were given out, I stepped aboard a WARM bus again and was driven safely back to my front door. We elders should learn to be thankful for all the benefits we receive from our tribe. Thanks to the Vets.

Most Sincerely,  
*Marie Scott*  
Tribal Member

# ELDER LIBRARY

The Elder Services program has been receiving donations of books, magazines, and other various reading materials. These donations have been organized into a library. This material may be checked out on a monthly basis. The selection of books is small but includes paperback and hard backed, both fiction and nonfiction. There are also a variety of magazines. Also available is a selection of informational video and audio tapes related to health and social issues of elders.

## FREE BOOKS

Anyone interested in the following books are welcome to pick them up at the Elder Library at the Elderly Services Complex:

The new Funk and Wagnalls Encyclopedia Yearbooks, five in all, events of 1960, 1955, 1954, 1961, and 1959.

Handbook of Chemistry, a reference volume for all requiring ready access to chemical and physical data used in laboratory work and manufacturing. Compiled and Edited by; Norbert Adolph Lange Ph. D. Published by Handbook Publishers Inc. @1946

The Principles of Heredity by Lawrence H. Snyder, Sc. D Pub. D. C. Heath & Co. @1946

Field Crops, by Howard C. Rather, @1942, Mc Graw Hill

College Algebra revised Ed by Joseph B. Rosenbach & Edwin A. Whiteman @1939, Pub Ginn & Co.

Psychology and the New Education revised Ed. By Sydney L. Pressy and Francis Robinson @1933, 1944

Mathematics of Investment Ed. By William Hart @1946 Pub. D.C. Heath & Co.

Animal Biology Third Edition by Michael F. Greyer, @1931, 1937, 1941 Pub. Harper & Brothers

Agricultural Journalism by Nelson Antrium Crowford & Charles Elkins Rogers, @ 1940 F S Crafts & Co.

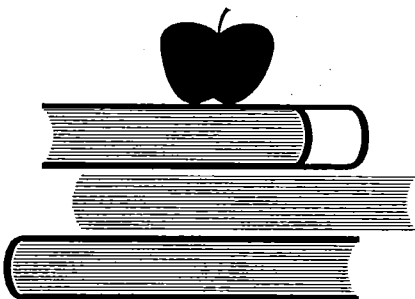
Fruit Production by Joseph H. Gourley & Freeman Smith Howlett @ 1941 Pub. MacMillan & Co.

Dairy Science by W.E. Peterson, Ph. D. @ 1941 Pub. J B Lippincott

Elements of Dairying by T.M. Olson @ 1938 Pub. The MacMillan Co.

Organic Chemistry by E. Wertheim Second Ed. @ 1945 Pub. Blakston Co.

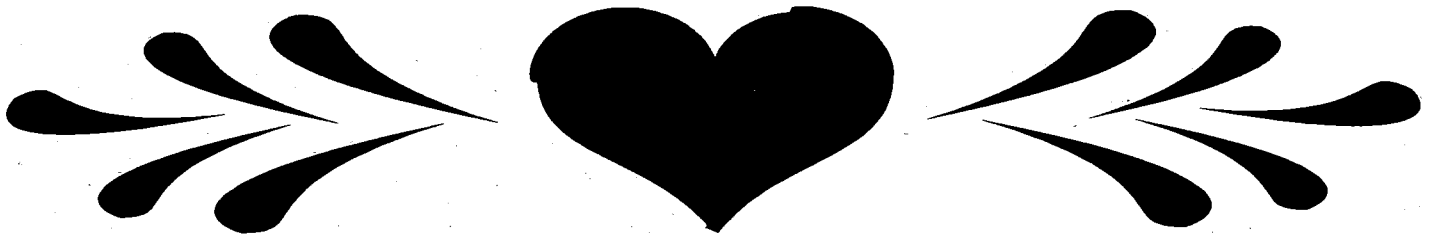
The Family Legal Advisor by Irving G. Williams @ 1963 Pub. World Scope



## **It's that time again....Yes the dreaded tax season**

We again are having a volunteer from AARP here helping Elders 55 and older with their taxes. These appointments fill up fast due to the limited time and dates so please call soon to make an appointment. Please call 869-2448 tell the receptionist you need an appointment for taxes.

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## **Medicare Open Enrollments is NOW!!**

Are you age 65 or older? Are you on Medicare? If you are 65 and older and you're **not** on Medicare Part B (medical coverage) the time to get on is NOW.

Each year Medicare has a short "open enrollment" period for people who decided not to take Medicare Part B when they turned 65. The open enrollment period ends on March 31, 2002 so if you want to enroll you need to move quickly. If you enroll by March 31 your Medicare Part B coverage will begin on July 1, 2002. If you don't enroll by March you won't get another chance until January of 2003, when the next "open enrollment" period begins.

All you need to do to enroll in Medicare Part B is contact your local Social Security office, in Green Bay the number is (920) 433-3904 or call (800) 772-1213 to get the number of your local Social Security office. Those offices take the application for Medicare Part B.

If you have any questions or need assistance please contact Lori Metoxen, Benefit Specialist Supervisor or Julia Hill, Benefit Specialist at Oneida Nation Elderly Services (920) 869-2448 or (800) 867-1551.

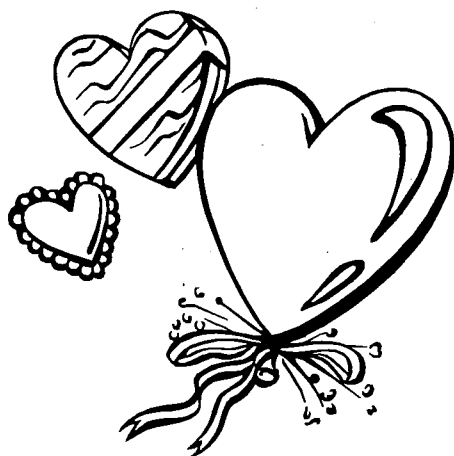
## HEALTH AFTER 50

### MOTHERS AND DAUGHTERS: A BOND UNLIKE ANY OTHER

The mother-daughter bond is strange, beautiful, and constantly changing. When daughters are children and until they become young adults, the relationship tends to evolve around the daughters. But as daughters approach middle age and mothers grow older, their goals become more similar. Both have a strong investment in their family. Their relationship matures and becomes a sharing of concerns. Yet, as close as a mother-daughter relationship may seem, conflicts can still arise.

#### THE ROOTS OF CONFLICT

Daughters continue to seek their mother's approval throughout the mother's lifetime. And mothers never seem to stop trying to improve their daughters. A daughter doesn't always tell her mother when she's upset, and a mother often can't see signs of her daughter's distress. A daughter is likely to steer clear of conflict by avoiding her mother. Yet, a mother may not understand the attempt to avoid unpleasantness. So that understanding doesn't fade, it's important that both realize the importance of talking about what's on one's mind.



### WHEN TIME IS AN ISSUE

An elderly woman may complain that her daughter doesn't have enough time for her. But mothers have to recognize that work and family obligations can take much of a daughter's time. On the other hand, daughters often complain that their mother is demanding too much of them. A daughter should remember that her mother isn't going to change when she's in her 70's. She should accept her mother for who she is, and look on the bright side.

Mixed emotions in this relationship are normal. Sometimes, when an elderly mother becomes ill, mother and daughter switch roles. The daughter becomes the care giver, taking the relationship in a new direction. Even during healthy times, a daughter should discuss health issues with her aging mom. Preventing health problems is important.

### ENJOYING TIME TOGETHER

To get the most from your relationship with your mother or daughter- or both, create memories in the time you spend together. And talk about the good times that have happened. Look through family photo albums, or prepare a favorite family together. Take day trips together or travel for longer if possible. □

*From Aging Mothers and Their Adult Daughters: A Study of Mixed Emotions*  
by Karen Fingerman, PhD



## Health Tips

### Help your skin weather the winter

Cold air and low humidity during the winter months can take a toll on your skin. If you're bothered by dry, itchy skin, try the following:

- Avoid using harsh soaps— Use mild, superfatted or glycerin soaps. Examples include Aquanil, Aveeno, Basis, Dove, Cetaphil and Neutrogena.
- Bathe and shower properly— Keep baths and showers brief, no more than 10 to 15 minutes. Use lukewarm water, no more than about 90 F. When you finish bathing or showering, use a towel to pat or blot your skin, leaving it moist. Never rub your skin with a towel.

- Moisturize, moisturize— Apply a moisturizing cream while your skin is still damp. Creams are preferable to lotions because they have less water. Use a heavy, water-in-oil moisturizer, such as Cetaphil cream, Eucerin, Advanced Therapy Lubriderm, Moisturel or Vanicream.
- Maintain optimal humidity in your home— If the air in your home is dry, increase humidity levels and keep the room cool.

If none of these measures bring relief, contact your doctor. You may be dealing with eczema or dermatitis— skin conditions that may cause swollen, reddened skin. □

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## Generic Drugs

### Understanding their value

You've taken the same brand-name medication for years. Now your pharmacist says you have a choice— a generic drug is available, too.

The generic costs less, but is it as effective and safe?

Consumers are raising questions like these as patents on several widely used brand-name medications such as Pepcid, Prozac, Prilosec and Claritin— have or soon will expire.

Once exclusive patent rights expire on a brand-name drug, other manufacturers can seek Food and Drug Administration (FDA) approval to sell equivalent generic versions.

Pharmaceutical companies spend a lot of money developing new drugs and conducting clinical trials to see if the drugs are safe and effective. To recoup their investment

drug companies obtain a 20-year patent when a new drug is being developed. Extensions and sometimes new patents on the same drug may be granted. These actions can extend the exclusive market of FDA approved brand-name drugs and delay the release of generic equivalents.

Aside from the name, price and active ingredients— such as dyes and coatings— there's little difference between a generic and brand-name drug. The FDA found that on the average, generic and brand-name drugs have the same clinical effect.

If your doctor is prescribing a medication, ask him or her whether a generic might be available at a lower cost. Pharmacists may substitute lower price generics— and sometime are required to do so by certain health plans— unless you disapprove or your doctor has specifically directed otherwise. □

# **WINTER DRIVING TIPS-**

## **SKID CONTROL**

The best tip is to avoid a skid altogether. In Wisconsin, winter driving conditions make it almost a given that the professional driver will experience a skid. That's why we are including this summary of understanding how skids occur and strategies for recovering successfully. We hope this will help to keep in control this winter.

### **CAUSES OF SKIDS**

When a tire loses traction with the road a skid will occur. Driving on wet slippery pavement is a common cause. Skids can also occur on dry pavement as a result of excessive speeds. Many skids happen while negotiating a turn.

### **TYPES OF SKIDS**

Rear -wheel skid occurs when vehicle is turned too sharply on a curve.

Front - wheel skid happens when your car is not moving sufficiently in the direction that you wish to go.

All - wheel drive occurs when all four tires stop rotating and lose traction, often due to high speed.

### **RESPONSE TO SKIDS**

In a rear-wheel skid, the rear tires and back end of the vehicle will begin to slide out and away from the curve, while the front end will move too far to the inside of the curve. To correct this problem, gently turn the steering wheel in the direction of the skid, or away from the curve. This will redirect your wheels in the proper direction and allow them to regain traction. At that point, you can safely turn the front wheels in the direction of the curve. Keep your steering movements gradual, never abrupt.

A front-wheel skid cause your front wheels to lose traction with the road and continue to move in a straight line, even though you are

attempting to steer into a turn. This causes your vehicle to move away from the arc of the curve. First, briefly steer away from the curve only long enough to regain traction with the road. Next, slowly and gradually turn in to the curve at the appropriate speed. If you must, use your brake by tapping it in a light repetitive motion. Do not slam on or "ride" the brakes.

In an all -wheel skid, none of the tires will be rotating and you will not have any steering control. To recover, take your foot off the gas but do not touch the brake. Once your tires are rotating and have regained traction, you can accelerate gradually. The one exception to this technique is that you never accelerate on ice. Instead, let your vehicle roll freely on an icy road without steering, accelerating or decelerating until you are clear of this ice.

### **STRAIGHTWAY SKIDS**

The acceleration skid occurs when you apply too much power to the gas pedal causing the wheels to lose traction and spin. In this instance, ease up on the gas until the controlling wheels(i.e. the front wheels, depending on the vehicle type) regain traction. They apply smooth even pressure to accelerate.

The deceleration skid happens when you apply too much pressure to brake. In this case, simply release pressure from the brake pedal until the controlling tires begin to rotate.

The best advice on skid control is to always look in the direction you wish to go, not the direction of the skid. Hands tend to follow the eyes when you drive. By turning your eyes in the direction you should be moving, you will naturally begin to take the steps to recover from the skid successfully.

**Excerpts from the Transportation Leader,  
Winter 2001**

## **DID YOU KNOW?**

One year in a nursing home can cost \$72,000, keep in mind an average year of home care can be even more expensive. And, wouldn't you rather stay at home as long as possible.

Nearly 13 million Americans need long - term care and 40% of them are working age. Long- term care expenses are the number one reason Americans go broke.

Over age 65, 50% of Americans will require some type of nursing care and ½ of them will stay at least 1 year in a nursing home.

Medicare only pays for about 10% of all nursing home care. Find out the qualifications.

## **EXPLORE ALL YOUR OPINIONS...**

There are numerous ways to plan for the possibility of long- term care. Please come and explore your options !

**Get the facts!** Receive information and get informed. This is an educational seminar only; no products will be sold.

**When:** Tuesday, February 12, 2002  
Or  
Monday, February 25<sup>th</sup>

**Time :** 10:00AM- 11:15 AM  
6:00 PM - 7:15PM

**Where:** Financial Life Cycles, Inc. Conference Room  
445 S. Madison Street , Suite 102, Green Bay

**Seating is limited- please call to reserve (920) 435 8887**

# Fast and Healthy Dinners

Sauteed vegetables served on a baked potato, sprinkle with shredded low-fat cheese, garnish on the side of tomato and lettuce

Steamed vegetable (or mix of vegetables) served over a bed of pasta — can include a little sauce on the pasta.

Cook some skinless, boneless chicken breasts, cut into cubes and serve in casseroles, stirfry or any type of meal item.

Fresh fruit for dessert.



Rural Development at the Elderly Mealsite

First Thursday of Every Month  
9:30 a.m.-12:00 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.

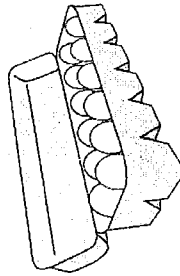
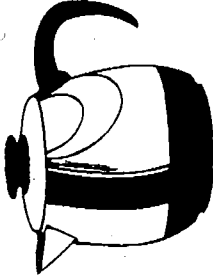
Stop in for details or call the mealsite at 920/869-1551.  
Shawano Rural Development Office 715/524-2148.



# MENU

# FEBRUARY

# 2002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEALS ARE SUBJECT TO CHANGE	ALL MEALS SERVED WITH COFFEE, TEA AND MILK	1 BACON & EGGS OATMEAL APPLE JUICE GRAPEFRUIT SECTIONS
4 CHOP SUEY RICE W/W BREAD RASPBERRIES	5 CHICKEN NOODLE SOUP FRESH ROLLS APPLE JUICE WHIP & CHILL	6 BEEF STEW BISCUITS DIET JELLO	7 BEEF ROAST POTATOES / CORN W/W BREAD FRUIT SALAD	8 SOS EGGS TOAST ORANGE JUICE BLACKBERRIES
11 CHICKEN SALAD TOMATOES & CUKES CROISSANTS LETTUCE DIET JELLO W/FRUIT	12 BEEF BARLEY SOUP FRESH BREAD ORANGE JUICE DIET PUDDING	13 MEAT LOAF POTATOES PEAS W/W BREAD MANDARIN ORANGES	14 BBQ RIBS SCALLOPED POTATOES MIXED VEGGIES W/W BREAD	15 FRENCH TOAST SAUSAGE APPLE JUICE MIXED BERRIES
18 SPAGHETTI LETTUCE SALAD GARLIC BREAD PEACHES	19 CALIF BLEND SOUP FRESH ROLLS CRANBERRY JUICE PINEAPPLE TIDBITS	20 CHICKEN & RICE GREEN BEANS W/W BREAD SHERBERT	21 FISH & POTATOES COLESLAW CORNBREAD BLACKBERRIES	22 EGGS GRITS-HAM GRAPEFRUIT JUICE TOAST PEARS
25 BRATS & SAUERKRAUT RED POTATOES W/W BREAD APPLE SAUCE	26 SPLIT PEA SOUP FRESH BREAD PINEAPPLE JUICE BLACKBERRIES	27 HAMBURGER PATTIES PASTA SALAD BUNS / BEANS ICE CREAM	28 BIRTHDAYS PORK ROAST MASH POTATOES CARROTS W/WBREAD STRAWBERRY SHORTCAKE	

## **FIND MORE IN YOUR PASTA BOWL**

Women of child bearing age who are thinking about getting pregnant can benefit from useful health recommendations about folate in the diet. Folic acid, the synthetic form of folate, is a B vitamin that's essential for woman of childbearing age because it helps reduce the risk of developing certain birth defects, such as spina bifida, early in pregnancy. New studies show that folic acid may also reduce the risk of heart disease in both men and women. Folic acid's effect on the risk of some cancers is also an area of active research.

### **PASTA NOW RICH IN FOLATE**

Here's some more good news, pasta, one of America's favorite and most commonly eaten foods, is now rich in folate. This change is due to recent U.S. Food and Drug Administration regulations, which call for adding appropriate amounts of folic acid to enriched grain products, like pasta, rice, breads, and cereals. One cup of cooked pasta now contains at least 100 micrograms of folate or 25 per cent of the recommended daily value for folate. Pasta is a good food choice for adding folic acid to the diet. Combine pasta with other folate-rich foods, certain legumes, nuts, fruits, and vegetables, you are well on your way to meeting your daily dietary needs.

### **FOLATE FACTS**

Folate is required by the body to produce new cells. It is especially

important for pregnant women during the first three months of pregnancy to help prevent neural tube defects like spina bifida.

Folic acid is the form of the B vitamin found in fortified foods and supplements. The term "folate" refers to the form of this vitamin found in foods and serves as an umbrella term for all forms including folic acid. Folic acid is better absorbed and more readily available to the body than the folate in non fortified foods.

### **PASTA MEAL COMBINATIONS**

The best way to get the right combination and amounts of nutrients is through the foods we eat. Learning to build meals around foods like pasta is a quick, easy way to eat healthfully and come close to meeting recommended folate levels.

### **THE AMERICAN DIETETIC ASSOCIATION / NATIONAL CENTER FOR NUTRITION AND DIETETICS**

For food and nutrition information and a referral to a registered dietitian in your area, call the Consumer Nutrition Hotline at 800/366-1655. Visit ADA on the World Wide Web at: [www.eatright.org](http://www.eatright.org).

For additional information, healthful recipes or a publications list, including the Light and Healthy Pasta Recipes Cookbook, contact the National Pasta Association, 2102 Wilson Blvd., Suite 920, Arlington VA. 22202, 703/841-0818, or on the web at [www.ilovepasta.org](http://www.ilovepasta.org).

# The Proof Is in the Tea Leaves

Occupying a prominent pedestal in the history of folk medicine, tea dates back thousands of years and spans numerous continents and civilizations. In recent years, this ancient brew has caught the attention of contemporary scientists, showing promise that it may offer health benefits that were not even imagined centuries ago.

Folk medicine has long valued tea as a remedy for a variety of ailments. And many tea drinkers find the beverage soothing.

Currently researchers are studying the possibility that tea reduces the risk of certain types of cancer and heart disease, when consumed as part of a healthful eating plan.

Tea contains potent antioxidants known as catechins and flavonoids. Antioxidants help fight disease by protecting the body's cells from damage by free radicals. The antioxidants work to neutralize free radicals, which are formed when cells burn oxygen for energy.

At a recent international conference, researchers presented the results of numerous studies looking at potential health effects of green and black tea. Researchers from the USDA reported laboratory tests that found tea produces greater antioxidant activity than 22 commonly consumed fruits and vegetables. A study conducted in a London university supported these results.

Additional research conducted in the Netherlands demonstrated that the antioxidants in green and black tea are absorbed by the body rapidly and effectively. These facts, combined with tea's versatility and worldwide popularity make tea a practical option as part of a healthy diet.

## Tea & Cancer

Results of several studies suggest that tea has potential protective effects against certain types of cancer. Two separate studies have linked tea consumption to decreased risk of digestive tract cancers. In laboratory studies green and black tea have shown activity against the progression of precancerous lesions into oral cancer.

## Tea & Heart Disease

Several epidemiologic studies have suggested that tea drinking may reduce the risk of cardiovascular disease. One such study, involving 1,306 Japanese men found that a greater consumption of green tea was linked to a lower total concentration of cholesterol in the blood. A Dutch study of 805 men found that an increased intake of foods containing flavonoids, particularly black tea, was strongly linked to a lower rate of death from coronary disease.

## Tea as part of a healthy diet

There are many reasons for making tea—the second most commonly consumed beverage worldwide, surpassed only by water—part of a healthful lifestyle. Just as consuming at least 5 servings of fruits and vegetables per day provides vitamins, minerals, and fiber so drinking tea may help boost antioxidant intake. Also, tea contributes to daily fluid intake, vital for the maintenance of fluid balance.

While much of tea's popularity can be attributed to its distinctive taste, aroma, and versatility, the potential health benefits being discovered suggest that it is also a nutritionally smart beverage choice. According to Elizabeth Ward, MS, RD, "If we're trying to live healthier, and we're exercising and eating healthy foods, we also should be drinking healthy beverages like tea. Whether you prefer tea hot or iced, it can be an important part of a healthy lifestyle."

## Tea Tidbits

- ❑ On average, a 5-ounce cup of tea contains 40 milligrams of caffeine, about half the amount in coffee. The longer the brewing time, the more caffeine in the tea.
- ❑ Over 2 billion gallons of hot, iced, spiced, and flavored tea are consumed by Americans every year.
- ❑ Tea is usually served hot, except in the U.S. American drink 80 percent of their tea over ice.

# Choosing Legumes: A Healthful and Versatile Food

Eaten around the world for over 10,000 years, legumes are a popular, healthful, and versatile food. Legumes come from plants with seed pods that split on two sides when ripe. The most common legume crop in the world is the soybean. Other legumes include black-eyed peas, chickpeas (garbanzo beans), lentils, and black, red, white, navy, and kidney beans.

## Many types and forms

There are a myriad of legumes with a variety of colors, shapes, and flavors. Soybeans can be made into many foods, such as milk and oil, and ingredients, such as protein and flour. Black-eyed peas are used in many Southern dishes, usually with rice and ham. Kidney beans are used in chili, and black beans add texture, flavor, and nutrients to Brazilian and Cuban soups and stews.

## Part of a healthy eating plan

Add legumes to your eating plan! They fit meat, poultry, fish, dry beans, nuts, and eggs group of the Food Guide Pyramid. Two to three servings a day of nutrient-rich foods from this group are recommended. Generally, a half-cup of cooked, dry beans count as one ounce of meat. One-half cup of legumes can also count as a serving of vegetables.

## Legumes are nutrient-rich

Legumes provide many of the nutrients your body needs, such as protein, fat, and carbohydrates. These foods serve as the plant source of protein. The soybean is the only legume that contains all the building blocks of protein necessary for good health. The iron, folic acid, calcium, magnesium, potassium, and B vitamins in these foods help meet vitamin and mineral requirements. Legumes are high in dietary fiber, low in saturated fat, and cholesterol free.

## Ways to serve and enjoy

Legumes are easy to prepare and versatile. They can be eaten alone, combined with other foods, or enjoyed as a snack. Because they can pick up the taste of foods and spices they are cooked with legumes are great "flavor sponges."

The traditional and basic method for cooking dry beans is to soak them in water overnight and cook them two to three hours. Lentil, however, cook quickly and do not require soaking. Like rice, these foods increase in volume when cooked. One pound of dry legumes measures about two cups dry or five to six cups cooked. Legumes can be the main ingredient in a dish or liven up dishes like soups and casseroles.

Chickpeas can be enjoyed as a roasted snack or used in salads and dips. Navy beans are used in Boston baked beans. Soybean curd, known as tofu, can be enjoyed in smoothie beverages, stir-fry dishes, and soups, and in burgers. For those with a cow's milk allergy, soy milk can serve as a substitute. Soybean oil can be used in baked products and in stir-frying. Textured soy protein is used as a meat substitute, extender, and flavor enhancer.

## Where to find legumes

Legumes are found in the international, natural foods, freezer, or bulk sections of supermarkets. You can find them cooked and ready-to-eat in cans, or frozen or dried in packages. Whole food, health food, and ethnic markets are likely to carry a wider variety of legumes and foods prepared with them.

## For more information

■ The American Dietetic Association/National Center for Nutrition & Dietetics. For food and nutrition information and a referral to a registered dietitian in your area, call the Consumer Nutrition Hot Line at 800-366-1655. Visit ADA on the World Wide Web at: <http://www.eatright.org>



A note for you:

I'M A SENIOR CITIZEN and damn proud of it - I'm the life of the party....even when it lasts until 8 p.m.

I'm very good at opening child proof caps with a hammer.

I'm usually interested in going home before I get to where I'm going.

I'm good on a trip for at least an hour without my aspirin and antacid.

I'm the first one to find the bathroom wherever I go.

I'm awake for hours before my body allows me to get up.

I'm smiling all the time because I can't hear a word you're saying.

I'm very good at telling stories....over- and over- and over.

I'm aware the other people's grandchildren are not as bright as mine.

I'm so cared for: long term care, eye care, Medicare, dental care.

I'm not grouchy, I just don't like traffic, waiting, crowds or politicians.

I'm positive I did housework correctly before my mate retired.

I'm sure everything I can't find is in a secure place.

I'm wrinkled, saggy, and lumpy and that's just my left leg.

I'm having trouble remembering simple words like.....

I'm realizing that aging is not for sissies.

I'm walking more (to the bathroom) and enjoying it less.

I'm going to reveal what goes on behind closed doors, absolutely nothing!

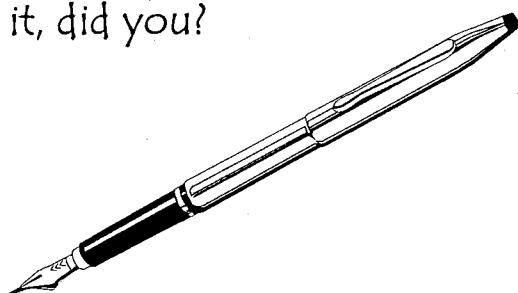
I'm sure they are making adults much younger these days.

I'm in the initial stage of my golden years: SSI, CD'S, IRA'S and AARP.

I'm a walking storeroom of facts....I've just lost the key to it.

I'm a SENIOR CITIZEN and I think I am having the time of my life!!!

Now if I could only remember who sent this to me, I wouldn't be sending it back to them. You didn't send it, did you?





## **Human Aging**

**Aging is a process of change, as we grow older, our bodies change in different ways. Our hair may turn gray or start to thin out. Our ears may lose their sensitivity to certain sounds. If this happens hearing aids may become a part of us. Our eyes may not see as well as they used to and eye glasses may become another part of us. Our skin wrinkles and our muscle tone diminishes and our movements become gradually slower. Forgetfulness is a universal human experience, however older people may generally be more forgetful. Physical functions in general start to slow down. These changes along with certain diseases occur naturally and are common with advancing age. With the improvements in public health during the last century life threatening disease can be treated, cured and prevented when symptoms are noticed and reported early on.**

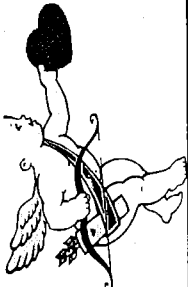

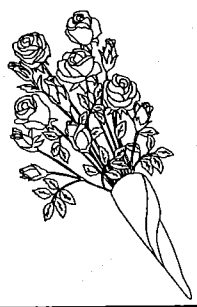
**References: Alzheimer's Early Stages by Daniel Kuhn, MSW  
and David A Bennett, MD  
Submitted by Rita Summers MSW, retired.**



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



# ACTIVITIES FEBRUARY 2002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Activities are subject to change.	1 Shopping Banks Lunch out 10am - 3pm	
4 Fitness 9:30-10:30am Bingo Site II 1-3pm	5 Crafts Epworth Hall 9:30-11:30	6 Fitness 9:30-11:30 "Drawing" on the past Hwy H 1:30-3pm	7 Gym Time Hwy H 1:30-3pm	8 Shopping Banks Lunch out 10am-3pm
11 Fitness 9:30-10:30am Bethesda Thrift Shop 1pm	12 Crafts Epworth Hall 9:30-11:30	13 Fitness 9:30-10:30am Cooking Hwy H 1:30-3pm	14 Valentine Surprise 10-11:30 Hwy H Valentine Dinner Edgewood 5pm Tickets \$3.00	15 Shopping Banks Lunch out 10am-3pm
18 Fitness 9:30-10:30am Bingo Site II 1-3pm	19 Crafts Epworth Hall 9:30-11:30	20 Fitness 9:30-10:30 Humane Society Visit Hwy H 1:30pm	21 Diabetic Luncheon 10am Parish Hall Gym Time Hwy H 1:30-3pm	22 Shopping Banks Lunch out 10am-3pm
25 Fitness 9:30-10:30am Elderly Service Bldg Muscle Testing Part II 10 am	26 Crafts Epworth Hall Bingo 9:30-11:30	27 Fitness 9:30-10:30 am Nutrition Talk Hwy H 1:30-3pm	28 BIRTHDAYS AJNH Visit 10am Birthday Gifts 12:15 - 12:30	

# ***Oneida Women's Sewing Circle***

***Starting up after Holiday break!***

***Location:***

***Elderly Complex-Activities Rm  
#2907 S. Overland Rd.***

***EVERY OTHER  
WEDNESDAY EVENING***

***6:15 –8:30 p.m.***

***(Second & fourth Wednesday of ea.Month)***

***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.***

# Oneida Language and Culture Classes

Monday	2:30 to 3:30 p.m. Ceremonial language	Bob Brown Call 490-2096 to confirm	Cultural Heritage Department 2640 Hillcrest Rd. (FF)
Tuesday	8:30 to 10:00 a.m. Beginners' Language Class	Inez Thomas Call 869-4379 to confirm	Cannery - Norbert Hill Center N7210 Seminary Rd.
	9:15 to 10:30 a.m. Beginners Language Class	Randy Cornelius Call 869-4260 to confirm	Grants Office- N. Hill Center N7210 Seminary Rd.
	12:00 to 1:00 p.m. Beginners' Language Class	Language House Staff Call 490-2472 to confirm	Tekalu'tátu, Log House 3757 Hillcrest Drive (FF)
	1:15 to 2:15 p.m. Beginners' Language Class	Laura Cornelius Call 490-2472 to confirm	Trust Department, Bay Bank 2535 South Packerland
	6:30 to 8:00 p.m. Oneida Culture Class (Tuesday of each month) (in Milwaukee on 1 <sup>st</sup> )	Randy Cornelius Call 869-2768 to confirm	Tekalu'tátu, Log House 3757 Hillcrest Drive (FF)
Wednesday	9:00 to 10:30 a.m. Beginners Language Class	Randy Cornelius Call 490-2096 to confirm	Cultural Heritage Department 2640 Hillcrest Rd. (FF)
	11:00 to 12:00 p.m. Language Class	Inez Thomas Call 497-5812 to confirm	Environmental Health & Safety Ridgeview Plaza
	11:30 to 12:30 p.m. Beginners Language Class	Randy Cornelius Call 869-2768 to confirm	Oneida Nation Museum W892 EE Road
Friday	9:00 to 10:30 a.m. Beginners' Language Class	Randy Cornelius Call 490-2096 to confirm	Cultural Heritage Depart 2640 Hillcrest Drive (FF)
	2:15 to 3:15 p.m. Beginners' Language Class	Randy Cornelius Call 869-2768 to confirm	Tekalu'tátu, Log House 3757 Hillcrest Drive (FF)
	3:20 to 4:20 p.m. Ceremonial Language Class	Randy Cornelius Call 869-2768 to confirm	Tekalu'tátu, Log House 3757 Hillcrest Drive (FF)

## Play Games

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

### BOARD GAMES

BOATS  
BOWLING  
BRIDGE  
CAMP  
CANASTA  
CARDS  
CASINO  
CASTLE  
CATCH

### CHARADES

CHECKERS  
CHESS  
CHILD  
CLUBS  
COMEDY  
COUNT  
CRIBBAGE  
CROQUET  
DARE

### DARTS

DEUCE  
DIAMONDS  
DIVERSION  
DOLLS  
DOMINOES  
EAT  
ECARTE  
ENJOYMENT  
ENLIVEN

### ENTERTAIN

ESCAPISM  
EUCHRE  
FARO  
FETE  
FIESTA  
FLY  
FROLIC  
GALA  
GAMES

## Chinese Food

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

### ALMONDS

BEAN SPROUTS  
BEEF  
CASHEWS  
CHESTNUTS  
CHICKEN  
CHOW MEIN  
CRAB  
DRINK  
EGG ROLL

### EGG FOO YUNG

FRIED  
GARLIC  
HOT  
LARGE  
LOBSTER  
MENU  
MILD  
MUSTARD  
NOODLES

### OIL

ONIONS  
PEPPERS  
PORK  
RIBS  
RICE  
SAUCE  
SESAME  
SHRIMP  
SMALL

### SOY

SPICY  
STEAMED  
STIR  
STIR FRIED  
SWEET AND SOUR  
TEA  
WHITE RICE  
WOK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2002</h1>						
<h2>ELDER RECREATION ACTIVITIES</h2> <h3>COUNTY HIGHWAY H</h3> <h3>920-833-0010</h3>						
3	4	5	6 Open Gym 9 to 11 a.m. Elder, Drawing on the Past 1:30 to 3 p.m.	7 Crafts 9 to 11 a.m. Elder Gym Time 1:30 to 3 p.m.	8 Open Gym 9 to 11 a.m. Open Computers 1:30 to 4 p.m.	9
10	11 Open Gym 9 to 11 a.m. Open Computers 1:30 to 4 p.m.	12 Valentine Card Making 9 to 11 a.m. Bingo for Prizes 1:30 to 3 p.m.	13 Open Gym 9 to 11 a.m. Elder, Cooking 1:30 to 3 p.m.	14 Crafts 9 to 11 a.m. Elder Valentine Surprise T.B.A.	15 Open Gym 9 to 11 a.m. Open Computers 1:30 to 4 p.m.	16
17	18 Open Gym 9 to 11 a.m. Open Computers 1:30 to 4 p.m.	19 Scrapbook Making 9 to 11 a.m. Movie: Titanic & Snacks 1:30 to 3 p.m.	20 Open Gym 9 to 11 a.m. Elder, Humane Society (here) 1:30 to 3 p.m.	21 Crafts 9 to 11 a.m. Elder Gym Time 1:30 to 3 p.m.	22 Open Gym 9 to 11 a.m. Open Computers 1:30 to 4 p.m.	23
24	25 Open Gym 9 to 11 a.m. Open Computers 1:30 to 4 p.m.	26 Scrapbook Making 9 to 11 a.m. Movie: Finish Titanic 1:30 to 3 p.m.	27 Open Gym 9 to 11 a.m. Elder, Nutrition Talk 1:30 to 3 p.m.	28 Crafts 9 to 11 a.m. Elder Gym Time 1:30 to 3 p.m.		
					1 Open Gym 9 to 11 a.m. Open Computers 1:30 to 4 p.m.	2

ONEIDA NATION COMMISSION ON AGING  
REGULAR MEETING - DECEMBER 18, 2001  
ELDERLY SERVICES COMPLEX CONFERENCE ROOM  
1:00 P.M.

MINUTES

I. CALL TO ORDER: The meeting was called to order by Chairwoman, Dellora Cornelius at 1:07 p.m.

II. WELCOME AND PRAYER: Dellora welcomed everyone to the meeting. Arlie conducted the opening prayer.

III. ROLL CALL: Present: Dellora Cornelius, Hugh Danforth, Arlie Doxtator, Lois Powless, Nadine Escamea, Alfreda Green, Sue Daniels, Florence Petri, Alice (?), Dave Larson. Excused: Clifford Doxtator. Late: Mary Edna Greendeer, Lois Strong.

IV. APPROVAL OF AGENDA: Motion to approve by Lois Powless, 2<sup>nd</sup> by Alfreda Green. Discussion: Hugh Danforth asked that we limit discussion on each topic to no more than ten minutes and that we try to conclude business and adjourn by 3:00 p.m. Motion carried.

V. APPROVAL OF MINUTES:

November 13, 2001 - Regular ONCOA Meeting: Hugh asked that the name Jerry be changed to Gerald all the way through the minutes of this meeting. Motion to approve with changes by Lois Powless, 2<sup>nd</sup> by Arlie. Motion carried.

November 27-28, 2001 - ONCOA Retreat: Motion to approve by Lois Powless, 2<sup>nd</sup> by Hugh Danforth. Motion carried.

VI. REPORTS

A. ONEIDA BUSINESS COMMITTEE LIAISON: No liaison or representative was available at the meeting. Motion to table all items by Lois Powless, 2<sup>nd</sup> by Nadine.

B. ELDERLY SERVICES PROGRAM: Report was not available on time. Motion to table by Lois Powless, 2<sup>nd</sup> by Arlie.

C. MONTHLY REPORT/NOVEMBER - DAVE LARSON: Motion to approve by Lois

Powless, 2<sup>nd</sup> by Mary Edna. Discussion: Hugh wanted to know if the COPS program was at the governor's office for review for funding. Dave indicated that it was not and that the biennial budget had been approved. There was actually money added to this program. The state budget is facing a \$1.5 billion shortfall, therefore, there is the possibility that all state programs may see cuts. There is no word on cuts in the COPS program. All funding is in tact today. There may be a shortfall in FY 2003. Motion carried. Lois Powless abstained because she had wanted to ask a question.

D. OCHC ELDERLY COMPLEX AD HOC COMMITTEE REPORT/NOVEMBER - Report was not available on time. Motion to table by Hugh Danforth, 2<sup>nd</sup> by Arlie.

E. FINANCIAL REPORT/OCTOBER - HUGH DANFORTH. Motion to approve by Arlie, 2<sup>nd</sup> by Nadine. Discussion: Lois P. wanted to know the meaning of wage accrual expense. Sue explained that those funds are all budgeted into the annual personnel. Some of the funds may be used for actual time worked, some for vacation, some for holidays. Depending on how it is used, it is termed differently. Mary Edna wanted to know what happened to ONCOA's request at GTC in the amount of \$62,000. She indicated she could not hear the proceedings of the meeting. It was stated that the budget was approved. ONCOA's request in the budget for \$43,000 + is the amount that was approved. Alfreda wanted to know why our balance only indicated \$633.04. Sue explained that no dollar amounts were present in the budgeted amount column as of yet because the budgets for this year have not been approved at the time of this printout. It looks as though we had spent \$3,366.96 this month. We also received a portion of the videotape grant in the amount of \$4,000.00. Our expenses (\$3,366.96) was subtracted from our income (\$4,000.00) and it looks as though we only have \$633.04. Next month, when our budget figures



are inserted for each line item, it will show how much we got, how much we spent and how much we have left. Motion carried.

## VII. TABLED BUSINESS

### A. ELDERLY COMPLEX AD HOC COMMITTEE REPORT/OCTOBER - WARREN SKENADORE.

Report not available. Leave tabled.

### B. FINANCIAL REPORT/JULY/AUGUST/SEPTEMBER - HUGH DANFORTH. Motion to take from table by Lois Powless, 2<sup>nd</sup> by Mary Edna. Motion carried. Motion to approve by Lois Powless, 2<sup>nd</sup> by Mary Edna. Motion carried. Hugh Danforth abstained.

### C. ELDERLY SERVICES/OCTOBER - ROBERTA KINZHUMA. No report was available at this time. Leave tabled.

### D. OCHC NAMING BUILDING ISSUE: LEGAL OPINION - SUSAN HOUSE. No report was available at this time. Leave tabled.

### E. MEETING WITH HRD REGARDING APPROVED POLICIES - LOIS STRONG. Lois requested a meeting with Dellora and Sue. Leave tabled.

## VIII. OLD BUSINESS

A. Top Three Legislative Priorities - TABLED from quarterly meeting between ONCOA/OBC (December 11, 2001). Requires further discussion. Motion to take from table by Lois Powless, 2<sup>nd</sup> by Mary Edna. Motion carried. Discussion: On October 11, 2001 Roberta submitted recommendations for legislative priorities. On November 26, ONCOA met with Roberta to identify legislative priorities. On November 27, ONCOA, in its retreat, identified legislative priorities with the assistance of Barb Mamerow. At the December 11 meeting with OBC, those priorities were presented at the meeting. Discussion ensued, and there was disagreement on the issues presented. The issue of funding for Alzheimer's was inadvertently omitted from the report, and there was discussion presented by Hugh Danforth for inclusion of merging Title III funds into Title VI in addition to funding for COPS. Due to these discrepancies,

the issue was tabled until today's meeting. Hugh indicated that it is too late to do anything with this issue. Mary Edna gave an overview of the history of this issue. She had brought forward information that there were limited slots for COPS. Advocating for more was to go through the OBC. Gerald came to the meeting. He invited us to submit top three priorities to him. Mary felt it is never too late to advocate. Lois Powless stated she had read in the minutes of ONCOA that Gerald said he would take the top three priorities and that ONCOA had identified them for him at this meeting. She did not remember the date of the meeting. It was suggested we have a Working Session to identify three priorities and bring to the next ONCOA meeting. Another suggestion was to take forward what Roberta had already said were the priorities up to the OBC. A third suggestion was to create a system for the future to prioritize legislative concerns. Hugh indicated he got the notion of merging Title III into Title VI from the Listening Session he attended. He stated that it was not something that was currently being considered, but that the groundwork for the notion could be worked on now. Lois Powless stated there are many other areas where federal dollars come through the state. By the time they take out their administrative costs, little is left to be distributed. That's a blanket issue in Indian country. That includes housing, HUD, elderly services, etc. Mary Edna indicated there is discussion at the NCAI level because the elderly do not have a seat to discuss elderly issues. Efforts are being made to appropriate more money for Title VI, not specifically to address the issue of a Title III merger. Alfreda wanted to know under what area Benefits Specialists are funded. This is Title III. Motion by Lois Powless that a subcommittee be formed consisting of all ONCOA, Roberta and Sue to identify the top three legislative concerns. This meeting should take no more than three hours. The recommendations are to be brought to the January ONCOA meeting for approval. 2<sup>nd</sup> by Arlie. Discussion: Meeting to be held on December 27 at 8:30 a.m. Motion carried.

## IX. NEW BUSINESS

A. DRAFT GOALS/OBJECTIVES: After great discussion in editing the goals and objectives a MOTION was made by Hugh to move the

goals/objectives/tasks to a special meeting; 2<sup>nd</sup> by Nadine. Motion carried. Opposed: Lois Powless. Motion by Hugh to have the meeting at the second meeting in January (January 22), 2<sup>nd</sup> by Arlie. Motion carried. Opposed: Lois Powless

B. RESOLUTION TO HAVE AJNH MEDICARE CERTIFIED - LOIS POWLESS. Dave Larson addressed this issue indicating that the Integrated Health Systems Team was reviewing the feasibility of certifying the nursing home. This team was disbanded by the tribal treasurer. Currently, Dave Larson, Deanna Bauman and Holly Melchert are still working on the concept. Dave indicated that medicare changed the way it pays about two years ago. Today's requirement: If a patient is admitted under Medicare, any care that patient needs must be provided by the nursing home. This can be very expensive. All therapies must be provided. If AJNH does not have that staff available, then they would have to pay whatever the therapist wants. There is no ceiling on costs that therapists charge, but Medicare has a ceiling on what they will pay. The nursing home will be responsible to the contractor, the contractor sends the bill and between Medicare and the nursing home the contract is paid. AJNH is the only nursing home in 26 counties that is not certified. Patients in Oneida either get medical assistance or they pay on their own. There is a \$800,000 tribal contribution in this year's fiscal to make up the difference for patients. Of the state's medical assistance budget, nursing

homes is the biggest expense. In the last 2 ½ years, 20 nursing homes have closed. 14 are in bankruptcy protection. Because of low medicare reimbursement rates, nursing homes are closing. Dave indicated that if ONCOA wants to help they can pass a resolution, but to be broader minded about it. Medical Assistance kicks in if you can't pay for it yourself. You must exhaust all of your resources first. Motion to draft resolution to support AJNH to become a medicare certified facility and send to OBC by Lois Powless, 2<sup>nd</sup> by Mary Edna. Motion carried.

C. TITLE VI GRANTS FOR NATIVE AMERICANS - FLORENCE PETRI. This information is due January 18. Motion to table by Lois Powless for discussion at the January 8 ONCOA meeting with all commissioners reading and critiquing the contents of the report beforehand. 2<sup>nd</sup> by Lois Strong. Motion carried.

#### X. ANNOUNCEMENTS:

Roberta handed out information about the Senior Statesmanship Program to be held in March. There are five scholarships available through Bay Area Agency. Those who want to attend include Arlie, Lois Strong, Hugh, Lois Powless, Mary Edna and Dellora. Sue should request scholarships and report back on progress at next meeting.

XI. ADJOURNMENT: Motion to adjourn by Lois Strong, 2<sup>nd</sup> by Lois Powless. Motion carried.

# ONEIDA NATION COMMISSION ON AGING

## BOARD MEMBERS



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

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

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

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

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

Lois Strong  
N6407 County U  
DePere, WI 54115  
869-1126

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

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

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

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

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

## ONCOA AGENDA REQUEST FORM

REGULAR MONTHLY ONCOA AGENDA

(SCHEDULED DATE)

SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

(SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ YES

☐ NO

(Must comply with State Statutes 19.85 and Open Meetings Law)

PURPOSE OR ITEM FOR DISCUSSION: ☐ Information Only ☐ Action Requested

APPROX. TIME REQUESTED TO DISCUSS ITEM: \_\_\_\_\_ MINUTES

\*NOTE: There is a fifteen (15) minute time limit for presentations, unless otherwise approved. Please be prompt, prepared and respect the time limits.

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

1) \_\_\_\_\_

2) \_\_\_\_\_

REQUESTED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

Name

Title

Phone

*This box is for ONCOA Officers to complete. Please do not write in this box.*

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

**DATE:**      /      /     

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

Date \_\_\_\_\_

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

