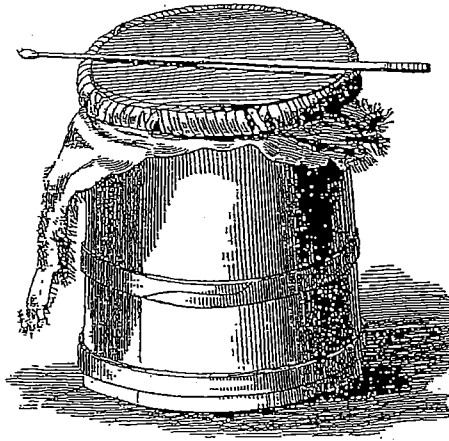


DRUMS ACROSS ONEIDA

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

New Year Moon

Yohsla·se Weh·hni·tahl

February 2003

SPEECH BY ROSA MINOKA - HILL AT HER TRIBAL ADOPTION CEREMONY, THANKSGIVING DAY, 1947

"It was 42 years last June since I came here to live. I was the bride of one of your tribe. I found I was to have good friends and kind neighbors.

It has been a privilege to be helpful to those in need of help and to do it cheerfully and as promptly as I could.

Because I felt it was the master's work assigned to me I must be therefore be a willing worker... though sometimes a very weary worker.

Today you have honored me in a special way taking me for your "almost sister", now I can say to many of you "daughter", "son", "grandchild". And you can say to me "Hoscote".

Let me express my hearty thanks for your recognition and adoption".

(Dr. Rosa Minoka -Hill (1876-1952) was Mohawk. She is the only person adopted by our entire tribe here in Wisconsin. The adoption was an acknowledgment for more than four decades of service. She was given the Oneida name that means "She who carries help".)

Contributed by Carol O. Smart, Tribal Member, Playwright, Performer of Honor Song The Story of Dr. Rosa Minoka -Hill (1876-1952): An Early Native American Woman Physician.

Thank you.

Carol O'Loughlin Smart, 1411 Lookout Drive, Waukesha, WI 53186
Ph: (262)542-9588, Fax:(262)547-2234, Email:cosmart@wauknet.com

ELDERLY SERVICES COMPLEX:

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

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

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

ONEIDA SENIOR CENTER:

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

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

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

**UP CLOSE AND PERSONAL
WITH C.J. DOXTATOR
ELDER ABUSE COORDINATOR**

My names are Cleveland James Doxtator Jr. - "He Picks Up The Snow" And "Eagle Warrior". I am a husband, father, grandfather, uncle, brother and son. I was born in Shawano & grew up on the Stockbridge Reservation, Oneida Reservation and other places in Wisconsin.

I'm known as C.J. because it's easier for me to pronounce than my other names.

My mother was from the "Bear Clan". I was adopted onto the "Wolf Clan" & Sundance at the White Face Sundance at Pine Ridge, S. D.

I work at the Elderly Service Center as the Elder Abuse Coordinator. I am a board member for the Wisconsin Coalition Against Domestic Violence, Vice - Chairperson of American Indian Against Abuse, Chairman of the Oneida Faith in Action Coalition, and Board Member for the Outagamie Co. Inter-Tribal Center. A student in the extended degree program at U.W.G.B. and volunteer speaker at the Green Bay Correctional Institute.

Working with the Elders has been a teaching experience, as well as comfortable. The humor, warmth, and knowledge continues to humble me and helps me to appreciate the foundation of life & the lives of my loved ones.

When you were a child, what did you think you'd like to be when you grew up?
I wanted to be an archeologist & teacher.

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

My father and mother, and drug addiction, recovery & spirituality

What do you consider to be your greatest accomplishment?

I was the first recipient of the Red Elk Scholarship to the Naropa Institute. It was created for me.

Is there something you've always wished you were GREAT at doing?

I wish I was great writer.

What is the best advice anyone ever gave you?

They told me, I was full of it, in a loving way!

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

Find something they can grow in to, apply their energies to.

What is your ideal vacation?

The mountains of Colorado, the Arapaho Pass

Favorite Meal: Sour Kraut, ring bologna & Kool-aid

Favorite Music: All of it

Favorite Books: Poetry & Science Fiction

Favorite Movies: Lord of the Rings

Favorite Hobbies: Love to create, writing, leather work & walking





Rural Development at the Elderly Mealsite

Thursday February 7th, 2003.

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 1-920-869-1551.
Shawano Rural Development Office 1-715-524-2148.



**Oneida Land Returned from the Railroad
after 133 years**

**Come Celebrate,
Reflect & Plan How The Railroad Land Should Be Used.**

**Please Join Us
Date: Tuesday, February 4, 2003
Time: 1:00 p.m. – 7:00 p.m.
Where: Radisson Conference Center**

Door Prizes & Refreshments

**Contact Information:
Chris Doxtator/869-1690 ext. 1803**

**Transportation Information for Elders:
Senior Center/869-1551**

Happy Birthday Valentine Babies!

Lyle Aldrich	2/14	Edwin King	2/7
Beverly Anderson	2/3	William King	2/14
Roberta Anderson	2/9	Judith Matthews	2/1
Mildred Brosel	2/1	Lori McGuire	2/13
Irene Brunette	2/14	Pearl McLester	2/22
Charlene Cornelius	2/14	Betty Mendolla	2/10
Cleo Cornelius	2/26	Commodore Metoxen	2/7
Frederick Cornelius	2/1	Lorraine Metoxen	2/10
Ralph Cornelius	2/18	Leroy Neconish	2/18
Hugh Danforth	2/25	Pat Powless	2/4
Wilma Danforth	2/24	George Reed Sr.	2/22
Don Davids	2/13	Carol Robelia	2/15
Phyllis Davids	2/28	Cecilia Roberto	2/10
Nori Damrow	2/26	Bob Schlegel	2/17
Barbara Denny	2/14	Lloyd Schuyler	2/14
Terry Denny	2/18	Susan Semens	2/1
Marie Dool	2/28	Henry Skenandore	2/19
Margaret Doxtater	2/16	Karen Skenandore	2/28
Clifford Doxtator	2/20	Lawrence Skenandore	2/13
Mildred Elm	2/14	David Smith	2/2
Norman Elm	2/1	Abraham Stevens	2/5
Alan Fabian	2/25	Ernie Stevens	2/17
Verna Farris	2/4	Orville Summers	2/29
Shirley Hoover	2/2	Alice Torres	2/13
Henry Huff	2/22	Helen Vande Hei	2/22
Cora John	2/16	Adam Webster	2/26
Neva John	2/10	Kenneth Webster	2/15
Kermit Jordan	2/25	Eleanor Wennesheimer	2/07

Elders, if you have a birthday in February, please join us at Oneida Senior Center, 134 Riverdale (Hwy J., Oneida) on February 27th!
Have lunch with us and sign the birthday book.

Birthdays for our Elders are celebrated on the last Thursday of every month.

IN **THIS** *Issue*

Brain Twisters

One of today's popular games is "Mind Trap." Puzzle through these sample questions, then look to the bottom of the page for the answers.

1. Do they have a fourth of July in England?
2. Six glasses are in a row, the first three full of juice, the second three empty. By moving only one glass, can you arrange them so empty and full glasses alternate?
3. You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?
4. Why are 1990 American dollar bills worth more than 1989 American dollar bills?
5. Rearrange the letters in the words new door to make one word.

ENTERTAINMENT WANTED

Oneida Elderly Services is in need of music entertainment to play once a month at our birthday day and possible special events throughout the year.

If you know someone qualified and interested in playing birthday and general music once a month, please let us know.

Our much esteemed Oneida elder, Woody Webster, has since retired. We appreciate all his dedication to our elderly celebrations over the years at the Senior Center.

All interested parties please call Margaret at 869-2448.



Answers:

1. Why not?
2. Pour the juice from the second glass into the fifth glass.
3. An ear of corn.
4. 1990 dollar bills are worth \$1990, while 1989 dollar bills are worth only \$1989.
5. One word.

Shop at the Elderly Complex Store

Gifts and Crafts all handmade by Oneida Elders

Located in the Elderly Complex Apartments on Overland Road
(right behind Airport Rd Child Care Center)

Stay warm with our newly arrived
QUILTS
(Double and Baby Quilt Sizes)

♥ GIFT CARDS
available by "Leanin' Tree"

GIFTS

TISSUE BOXES

HANDMADE CANDLE WRAPS

Soon arriving,
VALENTINE GIFT BASKETS
for that special friend or loved one.

Stop in for a cup of coffee
and grab a bag of fresh popcorn.

Store hours:

Monday 9-12,
Wednesday 9-12
and Thursday 1-3pm

Elderly age 55 and older may inquire to display their handmade arts and crafts
in our store. Call Margaret at 869-2448 for more information.

2907 S. Overland Rd. Oneida ☐ (920) 869-2448
(park and enter by flagpoles, store located near receptionist desk)



"Anti-aging medicine is a multibillion dollar business that claims to have the 'cure' for growing old," says the new booklet titled "Is There an 'Anti-Aging' Medicine?" The research-based booklet is the first in a series being published by the International Longevity Center-USA (ILC-USA), New York City, and the AARP Andrus Foundation, Washington, D.C. As the above cover illustration suggests, the booklet is intended to separate facts from fairy tales about claims regarding hormone replacement, genetic manipulation, caloric restriction and herbal remedies. The booklet states, "There is no hormone or vitamin cocktail that can slow down aging. Don't believe anyone who tells you otherwise."

A page titled "Vitamins, Minerals, and Herbs" includes a checklist of important

questions — such as "Do you know if the substance has side effects?" — consumers should ask in considering herbal remedies. The booklet summarizes a U.S. Food and Drug Administration report that warns of the potential negative consequences of taking various commonly available herbal remedies. For example, St. John's Wort "interferes with the effectiveness of many drugs" used for treating heart disease, seizure, AIDS and other diseases. Also, comfrey can cause liver damage in humans.

Another helpful section, "Five Common Fallacies About Complementary Remedies," exposes common misconceptions, such as that a dietary supplement recalled by its manufacturer will be removed from all store shelves. Such recalls are voluntary, and may not be as thorough as those involving approved pharmaceuticals.

Besides confronting concerns about "false claims and bogus remedies," the cheerfully illustrated booklet also includes a section called "The Secret to Healthy Aging." The discussion under "Getting Motivated" examines the keys to successfully living a longer, more fit life, and it includes a guide to creating a personal plan of action for healthier, more active living.

The booklet "Is There an Anti-Aging Medicine?" runs 29 pages and can be obtained from the Oneida Elderly Services Office by calling 1-800-867-1551 or from the AARP Andrus Foundation. Call (800) 424-3410; request publication number D17692. It can also be downloaded as a PDF file at the ILC-USA website (www.ilcusa.org); click on "Publications." ♦

SPOTLIGHT ON SOCIAL SECURITY JANUARY 2003

Second chance Medicare Part B

Sign-up Period Begins

By : Bruce W. Schultz

Social Security Public Affairs Specialist

Most people are 65 and older have both Part A, hospital insurance and Part B, medical insurance of Medicare. However, whatever reason, they do not want to pay for Part B of Medicare. Well, between now and March 31st these people are given a second chance to enroll in Part B, medical insurance part of Medicare. This period is known as the annual General Enrollment Period. Additionally, those who had medical insurance at one time but dropped out may now enroll again.

Medicare Part b, medical insurance helps pay for doctors visits, out patient hospital treatment and other medical services and supplies not covered by Medicare hospital insurance (Part A).

The costs of the medical insurance premium is \$58.70 a month in 2003. However, beneficiaries who sign up now instead of when they were originally eligible may have an additionally 10 per cent added to their premium for each year they could enrolled in Part B but didn't. Generally, the

premium penalty does not apply if covered by employer group insurance through active employment throughout the period of elected non -part B coverage. If you sign up at any time during the general enrollment period, your coverage will begin July 1, 2003.

To determine if you have both Parts A, hospital insurance and Part B, medical insurance, look at your Medicare Health Insurance Card. This red, white, and blue card will list both parts along with the effective date of your coverage. If your cards lists Medicare Part A coverage only, then you do not have Part B and you may want to consider enrolling at this time.

If you do not have Medicare hospital insurance(Part A) but are 65 or older and a U.S. citizen or a lawfully admitted alien who has lived in the United States fro at least five years, you can sign up for medical insurance only or the hospital and medical insurance varies depending on the amount of time you may have worked in jobs where you paid Social Security taxes.

If you need more information or you are interested in enrolling in Medicare, call 869-2448. **A Benefits Specialist is at the Oneida Senior Center every Thursday from 11:00 a.m. to 1:00 p.m..**

Thanks

I would like to take this opportunity to thank everyone for their prayers, visits and beautiful plants I received recently while in the hospital with pneumonia.

A special "Thanks" to my nephew John Webster.

Thanks to Father Silas, Dr. Mardan and Dr. White for the care I received.

Thanks to the Oneida Senior Center employees for their kindness and helpfulness at things I was just unable to do.

Thanks to Noel Cleven and Rose Moss for the soups and food. I feel certainly blessed with wonderful friends and family

~Marie Scott

BECOME A MEDICARE VOLUNTEER

Did you know someone might be using your name and your medicare or medicaid number to get money they're not entitled to from the government? Although the vast majority of medical providers are honest and responsible, a small number aren't. Using the names of unsuspecting citizens like you and your neighbors, dishonest or careless providers improperly bill Medicare and Medicaid for billions of dollars each year. Help the Elder Law Center of the Coalition of Wisconsin Aging Groups (CWAG) stop Medicare and Medicaid fraud and waste by becoming a Medicare Volunteer.

What is Medicare/Medicaid fraud and waste? Here are some examples:

- Billing for services not received;
- Billing for supplies and equipment that were received but not ordered;
- Billing for more services than were actually provided; and
- Billing for services that do not meet adequate standards of care.

Medicare Volunteers work in their communities to educate other seniors about how to prevent and report suspected fraud and waste. CWAG will provide training sessions, materials necessary to conduct volunteer activities, and ongoing help and support.

Medicare Volunteers will be trained on:

- The basics of Medicare and Medicaid;
 - How to read a Medicare Summary Notice (MSN);
 - What fraud and waste are and how to spot them; and
 - How to make referrals if fraud and waste are suspected.
- The role of the volunteer'
- How to give presentations to the other seniors about fraud and waste;
 - How to work the media to publicize fraud and waste;
 - Ongoing support provided by CWAG staff; and
 - Education and outreach ideas.

For more information, please contact Peg McNeil at CWAG, 2850 Dairy Drive Madison, Wi 53718, (608)224-0660,(800)488-2596, or pmcneil @cwag.org.

HEALTH CORNER

By Christy Lee, RN- Menasha 60+ health Program

TREATING INJURIES: TO ICE OR NOT TO ICE?

When an injury occurs, how can you quickly remember self-care techniques? For mild traumas, think **PRICE**.

Protect- prevent any further injury.

Rest - For the first day or two, rest the affected area.

Ice - Wrap crushed ice in a thin towel. Apply for 15- 20 minutes three to four times a day.

Compression- Use an elastic bandage wrap to provide pressure.

Elevation -When possible, elevate the affected area above the level of your heart to help reduce swelling.

To go through life with out a few bumps and bruises would be amazing. Fortunately, most of life's little injuries aren't serious. In many cases, self care can go a long way toward help in ease the pain of mild traumas and even some chronic conditions. When it comes to sore muscles and joints, sprains, strains and other injuries, knowing when to use ice and when to use heat could be a key to finding relief.

ON THE ROCKS: Did you twist your ankle? Or maybe you had an unfortunate encounter with a hard floor? Ice is used for a new injury- whether due to overuse or trauma. A good rule of thumb is to use ice for an injury that has just happened, or for acute pain.

Applying ice decreases the amount of blood and other fluids at the injury. In doing so, it helps relieve pain, reduce swelling, inflammation and bleeding. Apply an ice pack or cold compress for 15 to 20 minutes, three times to four times a day for the first 48 to 72 hours. Remove it if the area begins to feel numb.

THE HEAT IS ON: Heat also can be an effective remedy, but it's better suited as a secondary course of action. Heat increases the blood flow - so if it's applied too soon, it actually may cause swelling. It never should be used for new trauma or recent injuries. For existing conditions, such as arthritis, or lingering pain from an injury, however, heat may bring some much needed relief. It can reduce joint stiffness and muscle spasm.

After the initial pain and swelling have subsided, apply moist - heat pad, or warm damp towel, for 15 to 20 minutes, three to four times a day. If moist heat isn't available, take a warm bath or shower. Don't use heat so intense that it burns or hurts.

WHEN TO SEEK HELP .Though self-care can help mild injuries, don't take serious symptoms lightly. If your pain is severe, or if it lasts for more than 48 hours even after you've tried self-care, call your doctor. If you have diabetes or a circulatory disorder, talk with your doctor before applying heat or ice.

KEEP WARM & HEALTHY THIS WINTER. HOW TO PREVENT HYPOTHERMIA

Hypothermia, cold stress, is a dangerous medical condition that can be fatal if not treated promptly. Hypothermia occurs when a person's body temperature falls to or below 95 degrees F. Older adults are especially susceptible to hypothermia. However, hypothermia can be prevented- simply by keeping warm.

DRESS WARMLY.

Wearing several layers of loose wool, down or synthetic clothing will keep warm air near your body. When going outdoors, wear a windproof outer layer and a warm scarf.

KEEP YOUR HEAD COVERED.

More than half of your body heat can be lost through your head and neck.

EAT WELL.

Hot, nourishing meals and warm drinks add heat to your body. However, avoid alcoholic drinks.

CHECK WITH YOUR DOCTOR.

If you take medication for high blood pressure, nervousness, depression or sleeping , ask your doctor about hypothermia.

SLEEP WARMLY.

Since hypothermia can begin while you're asleep, add an extra blanket or an electric blanket to your bed. You can also keep a hot water bottle or heating pad outside the covers. Wearing nightcap, long underwear and socks to bed will help, too.

STAY DRY.

If your clothes become wet, change them as soon as possible. Dry wet hair with a hair dryer immediately.

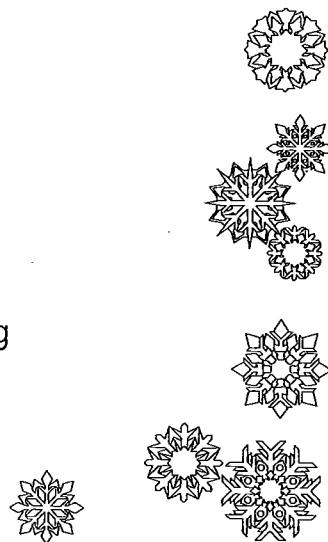
KEEP IN TOUCH.

Start your own cold weather network. Call any older adults you know once a day during cold weather. If you're an older adult, ask someone to call you too.

WARNING SIGNS OF HYPOTHERMIA

These are the signs of hypothermia:

- confusion
- shivering
- slow breathing
- sleepiness
- trembling on one side of the body or one arm or leg
- difficulty speaking
- difficulty waking
- cold, stiff muscles
- puffy face
- forgetfulness



This is brought to you by Public Service in corporation with the Wisconsin Energy & Older Adult Network's Hypothermia Awareness Campaign.

ONE POT RECIPE

CHICKEN WITH HAM AND PEAS

Heat 2 tablespoons oil in large non stick pot over high heat. Dust 3 - 3 1/2 - pound chicken , cut into eighths(breasts cut crosswise in half), in 1/4 cup all -purpose flour. In batches , brown in hot oil, 5 minutes per batch: set chicken aside. Add 1 chopped onion and 3 cloves chopped garlic: cook 5 minutes. Add chicken pieces, 1/2 cup chicken broth, 1- pound package refrigerated oven -ready herb -roasted potatoes with seasoning packet, 1/3 pound piece cooked deli ham cut into 1/2 inch pieces (1 cup), 9 ounce package frozen peas and pearl onions in butter sauce. Cook, covered , 10 minutes, until chicken is cooked through. Makes 4 servings.

THE PATIENT

A little old lady, calling Mount Sinai Hospital, says, "Hello darling, I'd like to talk with the person who gives information regarding your patients. I want to know if a patient is getting better or doing like expected or is getting worse." The hospital personnel asked, "Do you know the patient's name and room number?" "Yes darling! She's Sarah Finkel, in Room 302, said the little lady. The response was, "Oh , yes. Mrs. Finkel is doing very. In fact , she's had two full meals , her blood pressure is fine, her blood work just came back normal, she's going to be taken off the heart monitor in a couple of hours and id she continues this improvement , Dr. Cohen is going to send her home , Tuesday at noon." "Thank God! Responded the little old lady, this wonderful news. That's fantastic, darling". "From your enthusiasm", said the hospital staff, "I take it you must be a close family member or a very close friend!" The little lady responded , "No, I'm Sarah Finkel in Room 302! Dr. Cohen doesn't tell me anything!"

TRIAD TIPS

With the onset of cold weather, it is a good time to think about the dangers of carbon monoxide. In addition to installing a carbon monoxide detector, there are other precautionary measures.

- ✓Keep a window slightly cracked open to allow fresh air.
- ✓Have a qualified contractor check natural gas appliances yearly. Particularly Furnaces.

Be alert for the onset of flu-like symptoms, such as nausea, vomiting, headaches and dizziness, especially if more than one person in your house has them. Be suspicious of carbon monoxide poisoning if you leave the residence and the symptoms disappear.

Never warm up a vehicle in a garage. Pull out immediately after it has started. Keep a window cracked and a exhaust fan on when cooking with gas appliances , especially for an extended time.

Have furnace vents, intake piping and conventional chimneys checked for obstructions. If carbon monoxide alarm goes off, take it seriously. Shut off all of your appliances, open windows and call the fire department for assistance. If anyone feels ill, it's imperative that they get fresh air. Firefighters are trained to conduct a carbon monoxide survey and to use meters to detect the level.

Monday

Tuesday

Wednesday

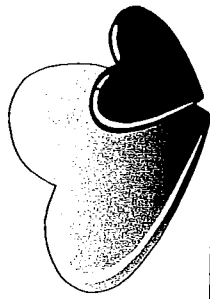
Thursday

Friday

Menu

February

2003



				All meals are served with coffee, tea and milk.	Meals are subject to change.
3	BRATS POTATOES SAUERKRAUT BREAD	4	BEEF BARLEY SOUP FRESH BREAD JUICE BERRY WHIP	5	HAMBURGERS MAC SALAD BEANS BUNS
10	CHILI CUCUMBER SALAD WW BREAD	11	CALIF BLEND CHEESE SOUP FRESH BREAD	12	CUBE STEAK MAC & TOMATOES GREEN BEANS
17	CHICKEN ALA KING BISCUITS RICE	18	BEAN SOUP FRESH BREAD JUICE	19	GOULASH WW BREAD JUICE
24	SPAGHETTI LETTUCE SALAD GARLIC BREAD JELLO	25	CORN SOUP FRESH BREAD JUICE BERRIES	26	CHOP SUEY RICE WW BREAD PEARS
				27	BIRTHDAY DAY! CHICKEN POTATOES CALIF BLEND VEGGIES
				28	HAM & CHEESE EGGS ENGLISH MUFFINS FRESH FRUIT
				20	LIVER & ONIONS POTATOES BEETS
				21	GRITS TOAST POACHED EGGS
				13	FISH COLESLAW POTATOES
				14	S.O.S. TOAST EGGS
				6	BBQ RIBS SCALLOPED POTATOES CORN WW BREAD
				7	BACON PANCAKES JUICE STRAWBERRIES

KIDS ADVICE ON LOVE AND MARRIAGE

How do you decide whom to marry?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. * Alan, age 10



No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. * Kirsten, age 10

What is the right age to get married?

Twenty-three is the best age because you know the person FOREVER by then.

* Camille, age 10

No age is good to get married at. You got to be a fool to get married. * Freddie, age 6

How can a stranger tell if two people are married? You might have to guess, based on whether they seem to be yelling at the same kids. * Derrick, age 8

What do you think your mom and dad have in common? Both don't want any more kids.

* Lori, age 8

What do most people do on a date?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough.

* Lynnette, age 8



On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date. * Martin, age 10

What would you do on a first date that was turning sour? I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. * Craig, age 9

When is it okay to kiss someone? When they're rich. * Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that. * Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do.

* Howard, age 8

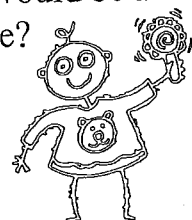
Is it better to be single or married? I don't know which is better, but I'll tell you one thing. I'm never going to have sex with my wife. I don't want to be all grossed out. * Theodore, age 8

It's better for girls to be single but not for boys. Boys need someone to clean up after them. * Anita, age 9

How would the world be different if people didn't get married? There sure would be a lot of kids to explain, wouldn't there?

*Kelvin, age 8

"And the #1 Favorite is....."



How would you make a marriage work?

Tell your wife that she looks pretty, even if she looks like a truck.

*Ricky, age 10

ACTIVITIES FEBRUARY 2003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fitness 9:30am-10:30am Mild Exercise 1:30pm @ Hwy H	4 Crafts @ Epworth Hall 9:30-11:30am	5 Fitness 9:30am-10:30am Tower Foods 10am Bingo Hwy H 1:30- 3pm	6 Bird Houses/Animal Feed 10 am Hwy H	7 Shopping Banks Lunch Out 10-3 pm
10 Fitness 9:30am-10:30am Bingo @Site 2 1pm	11 Crafts @ Epworth Hall 9:30- 11:30am	12 Fitness 9:30am-10:30am Tower Foods 10am Bingo Hwy H 1:30- 3pm	13 Valentine Fun @ Hwy H 10 am Turtle School Play 1pm	14 Shopping Banks Lunch Out 10-3 pm
17 Fitness 9:30am-10:30am Exercise w/Dawn 1:30pm @ Hwy H	18 Crafts @ Epworth Hall 9:30- 11:30am	19 Fitness 9:30am-10:30am Tower Foods 10am Bingo Hwy H 1:30- 3pm	20 AJNH visit 10-11am Taste Testing/Sensory/ physical activity 1:30 -3pm @Hwy H	21 Shopping Banks Lunch Out 10-3 pm
24 Fitness 9:30am-10:30am Bingo Site 2 @ 1pm	25 Bingo @ Epworth Hall 9:30- 11:30am	26 Fitness 9:30am-10:30am Tower Foods 10am Bingo Hwy H 1:30- 3pm	27 Birthdays Gifts @ Sr. Ctr 12:15pm -12:30pm Pottery 1:30pm -3pm @ Hwy H	28 Shopping Banks Lunch Out 10-3 pm

World Islands

E	R	E	M	S	E	L	E	D	C	P	A	C	S	A	O	A	K	N	A	P	A	V	E	
G	U	E	A	N	F	M	I	I	E	E	B	I	A	Y	K	A	Y	L	I	C	U	I	W	S
N	U	L	Y	P	U	G	R	Y	V	R	R	N	P	A	J	N	S	F	A	I	E	N	I	U
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D	A	I	D	O	L	H	N	I	N	M	E	D	B	A	M	D	E	B	I	R	T	D	S	P
N	U	K	C	A	B	D	I	C	E	Z	B	E	R	P	A	N	M	E	R	O	O	R	O	Y
A	J	O	N	E	L	L	W	I	N	A	E	L	E	R	I	I	M	F	B	C	R	A	M	C
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N	E	A	A	L	F	P	N	N	O	D	C	W	N	M	R	H	N	V	N	M	O	O	S	K
U	T	K	Q	O	A	E	Y	D	A	C	R	E	T	E	I	E	I	W	F	S	C	V	E	C
O	H	M	R	L	N	C	S	M	Q	L	E	N	Y	S	G	N	E	J	D	K	I	A	T	D
F	A	O	A	E	A	L	E	E	A	B	U	C	P	R	A	N	D	N	B	O	R	N	E	O
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BAFFIN
BANKS
BORNEO
CAPE BRETON
CELEBES
CERAM
CORSICA
CRETE
CUBA
CYPRUS

DEVON
ELLESMERE
FLORES
GREENLAND
GUADALCANAL
HAINAN
HAWAII
HISPANIOLA
HOKKAIDO
ICELAND

IRELAND
JAMAICA
JAVA
KODIAK
LUZON
MADAGASCAR
MELVILLE
MINDANAO
MINDORO
NEGROS

NEW CALEDONIA
NEW BRITAIN
NEWFOUNDLAND
PALAWAN
PANAY
PUERTO RICO
SAMAR
SARDINIA
SICILY
SOMERSET

Where do I Grocery Shop?

Grandpa Johnny: "Do you know we have our own grocery store in Oneida! "

Grandma Lilly: "Yeah, can you believe it?
We don't have to go too far to get groceries."

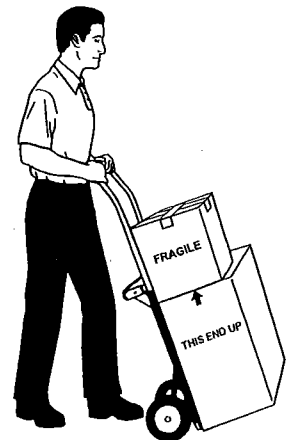
TOWER FOODS

is a full service grocery store in Oneida.
The Oneida Tribe offers services to help you get there

Need a ride?

Oneida Transit offers rides to Tower Foods
with a special reimbursement coupon at Tower Foods
Monday through Friday
Call 833-1658 for more info

Oneida Elderly Services also goes to Tower Foods on
Wednesday
mornings at 10 am.
Please call 869-2448 for a ride.



Discounts

All Senior Citizens 62 and older can receive 5% off their food bill
on Wednesdays

Bring your Tax Exempt Tribal Card and receive your purchase tax free

Other Benefits

Coffee and free food samples everyday
Bagging assistance available
Seated rest area available

New hours to better serve community:

Monday - Friday	7:00 am - 7:30pm
Saturday	7:00 am - 5:30 pm
Sunday	8:00 am - 2:00 pm

**ONEIDA NATION COMMISSION ON AGING
REGULAR MEETING
DECEMBER 10, 2002
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 1:10 p.m.

II. WELCOME AND PRAYER: Arlie Doxtator delivered the opening prayer.

III. ROLL CALL: In attendance: Dellora Cornelius, Hugh Danforth, Arlie Doxtator, Clifford Doxtator, Lois Powless, Lois Strong, Dorothy J. Skenandore, Mary Edna Greendeer. Excused: Nadine Escamea. Others in attendance: Fred Muscavitch, Florence Petri, Glenn Skenandore, Brian Doxtator, Sue Daniels.

IV. APPROVAL OF AGENDA:

Additions: Under IX. NEW BUSINESS, Add Item B. Nutrition Advisory Council/Florence Petri. Motion by Dorothy J. Skenandore to approve agenda with additions. 2nd by Hugh Danforth. Motion carried.

IV. APPROVAL OF MINUTES

November 26, 2002 - Regular ONCOA Meeting. Motion by Lois Powless to approve. 2nd by Hugh Danforth. Discussion: Hugh wanted to know if and when we were having the meeting regarding the bylaws. According to his motion in the minutes this was to appear on the agenda for today's meeting. A special meeting is scheduled for Monday, December 16 at 1:30 p.m. to discuss by laws and cancellation of GTC meetings due to a death in the community. Motion carried.

December 2, 2002 - Special ONCOA Meeting - Minutes and Agenda. Motion to approve by Lois Powless. 2nd by Arlie Doxtator. Motion carried.

V. REPORTS

A. Bay Area Agency on Aging - No representation

B. Oneida Business Committee Liaison/Brian Doxtator - no representation.

C. Elderly Services Program/November - Florence Petri. Motion by Hugh Danforth to approve report. 2nd by Lois Powless. Motion carried.

D. Dave Larson/November - Motion by Lois Powless to approve report. 2nd by Arlie Doxtator. Motion carried.

E. Elderly Services Ad Hoc Committee/November - Warren Skenadore. Motion by Hugh Danforth to approve report. 2nd by Lois Powless. Motion carried.

F. Financial Report - Both for September and October were distributed at the November 26, 2002 meeting.

G. ONCOA Reports/November. No reports available. Motion by Hugh Danforth to table. 2nd by Lois Powless. Motion carried.

H. WIEA Reports for December/Clifford Doxtator/Nadine Escamea. Motion by Lois Powless to table. 2nd by Hugh Danforth. Motion carried.

VII. TABLED BUSINESS

A. ONCOA Reports: August/September/October - Leave tabled.

B. Committee on Home Health Care/Lois Strong/Dellora Cornelius. Leave tabled.

C. Senior Statesmanship Training Report/Hugh Danforth. Leave tabled.

D. Request for Four Candidates for ONCOA on 2003 Election Ballot. Leave tabled.

VIII. OLD BUSINESS

A. Update Report on Garages-Criteria, Need - John Breuninger/Florence Petri. No report available.

B. AMVETS Community Service Award. Motion by Arlie Doxtator to nominate Arlene Elm. 2nd by Hugh Danforth. Motion carried.

IX. NEW BUSINESS

A. Mary Edna Greendeer - Request for Presentation. Mary had concerns regarding the dissension and wanted to clarify her position.

She did call Jim Smittlekofer. She has served on the State Advisory Committee and knows that it is her right to make inquiries. She did not represent herself as ONCOA. There are stories in the community. She was concerned about the lack of respect for the elders in the community. Mary Edna reminded everyone that she was the oldest commissioner on board and is upset at the lack of respect. She indicated that there are those who are interested only in the money they receive. She also indicated there are cases of double dipping between ONCOA and the vets group. She asked that this lack of respect not be carried into the next commission. She stated that Valdor ran a good race and that she commends him for that. She stated that there are terms outlined in the State law that indicate a six year term maximum. ONCOA is the only ones who have asked for a procedural exception by extending Clifford's term until July of next year.

B. Nutrition Advisory Council - Florence Petri. Florence attended a meeting last week. In order to be in compliance, we have to develop a council to meet quarterly. This can be made up of cooks, dietitians, commissioners or those who eat at the elderly meal site. This is a Title III requirement. At one time, Anna John sat on this council. Motion by Lois Powless that Florence advertise in the DRUMS and KaliWisaks to get people to sit on the Nutrition Advisory Council. 2nd by Hugh Danforth. Motion carried.

X. ANNOUNCEMENTS

A. Don't forget the Xmas party at the Radisson on December 20. You must sign up at Elderly Services. There is an \$8.00 fee. Alfreda Green and Mary Edna are to be acknowledged at the party and be presented with a certificate and dinner for two gift certificate.

B. What would we like to do for Barb Skenandore who is leaving as our Title V worker? Motion by Lois Powless to present Barb with a gift certificate for dinner for two at our next regular ONCOA meeting, January 14, 2002. 2nd by Arlie Doxtator. Motion carried. Sue is to look into the continuation of this slot.

C. Brian Doxtator indicated the LOC is preparing its position statement on the bylaws to be presented at ONCOA's special meeting Monday, December 16, 2002. Also there has been action taken at the LOC level and sent on to OBC to identify money for the Elderly Per Capita issue. This will be referred to the treasurer because there needs to be a budget modification of more than \$100,000. Sue asked Brian to present not only this information but the other issues he addressed at the last meeting in writing so the same can be put in the papers. (DRUMS/KaliWisaks). The Election Committee is working on addressing ties. QUESTION: Lois Powless wants to know what is the bottom line for our net income for last year? Brian will look into this. He is also compiling any resolutions passed by GTC. There is one that states ½ of the budget can be earmarked for program needs. This should represent ½ of salaries, stipends, etc. He will find the resolution.

Motion by Mary Edna Greendeer that ONCOA have a meal at Arlie's Restaurant. 2nd by Hugh Danforth. Vote: For: Hugh Danforth, Clifford Doxtator, Lois Strong, Mary Edna Greendeer. Against: 0. Abstentions: Lois Powless, Arlie Doxtator, Dorothy J. Skenandore. Motion carried.

XI. ADJOURNMENT. Motion by Lois Strong to adjourn the meeting at 2:30 p.m. 2nd by Dorothy J. Skenandore. Motion carried.

**ONEIDA NATION COMMISSION ON AGING
SPECIAL MEETING
DECEMBER 16, 2002
ELDERLY SERVICES COMPLEX
CONFERENCE ROOM
1:30 P.M.**

MINUTES

I. CALL TO ORDER: Chairwoman, Dellora Cornelius, called the meeting to order at 1:35 p.m.

II. WELCOME AND PRAYER: Arlie Doxtator delivered the opening prayer.

III. ROLL CALL: Present: Dorothy J. Skenandore, Nadine Escamea, Clifford Doxtator, Arlie Doxtator, Dellora Cornelius, Lois J. Powless, Lois Strong, Mary Edna Greendeer, Hugh Danforth. Others present: Fred Muscavitch, Florence Petri, Susan G. Daniels, Linda S. Dallas, Donna Richmond, Pre Leverance, Justine Skenandore, Brian A. Doxtator, Barbara J. Mamerow.

IV. APPROVAL OF AGENDA: Motion by Lois J. Powless to approve the agenda. 2nd by Hugh Danforth. Motion carried.

V. DISCUSSION OF ONCOA BYLAWS, REVISIONS, ADDITIONS, DELETIONS, CHANGES.

Sue Daniels presented an excerpt from the November 26, 2002 minutes that called for the meeting today. QUESTIONS: Why was the final report late from the Election Board to the OBC? ANSWER: (Linda Dallas) There is no time line in the Election Law that requires a final report to be submitted. There was an assumption there is a ten day requirement from the time of the election to submission of the final report. Review of the Election Law, however, did indicate a five (5) day requirement for both posting the election results and submitting a final report to the OBC. QUESTION: Was this final report

brought to the OBC in a timely manner? SUGGESTION: Time lines need to be established that include submission of the Final Report to the OBC. There is a need for consistency across the board. COMMENT: Julie Barton informed ONCOA that a final report is required from the Election Board. OBC takes action on that report and once approved, schedules the swearing in ceremony for the newly elected commissioner. SUGGESTION: There needs also to be time lines for recounts to take place and notification of results. RUMOR: There were rumors in the community that the mailout for the special election did not go to ALL eligible tribal members, however, that rumor has not been substantiated, nor has it come in the form of a request for remedy. Until or unless this happens, the final report from the Election Law has been approved, Valder John has been appointed and will be sworn in. QUESTION: What if information is brought forward and invalidates the election? ANSWER: This information should have been brought forward with the Final Report. The Final Report has been submitted and approved. COMMENT: The Tribal Secretary makes determination about mail outs. COMMENT: Several ONCOA members addressed the election polls in Milwaukee and were opposed to them. The Tribe's Constitution says to present at the polls and the polls are to be on the reservation. If we make an exception for Milwaukee, why then, do we not consider Chicago or California? There is also a large population of Oneidas in places other than Milwaukee. QUESTION: By whose authority was the first run-off election cancelled? The OBC cancelled the election, and it is not their authority, it is the authority of the Election Board. OBC voted in the polling booth in Milwaukee. COMMENT: (MEG) The Wednesday after the election, Jerry Danforth asked for a coin toss. Mary Edna Greendeer agreed to the coin toss, but didn't know she had to be there. The Election Committee never notified her of a coin toss or the date. QUESTION: Can the Election Board clarify

the mix up with the coin toss? ANSWER: (Pre Leverance): Both parties were notified. This was done verbally, not in writing. Linda Dallas asked that ONCOA document their concerns and send to the Election Board in writing. Election Board meetings are open. There is a meeting this evening, December 16 from 5:30 - 7:30 to discuss revisions on the Election Law. On January 6, 2003, there will be a caucus for four positions on the Election Board. Swearing in will take place in February. ONCOA thanked those from the Election Board for attending the meeting.

Appointments versus Elections. Barb Mamerow clarified that elections can take place and as a result of those elections, the OBC can then appoint those people to ONCOA. (See December 11, 2002 OBC minutes wherein language is used to appoint Valder John as a result of the election). COMMENT: There is also a tribal law that indicates no OBC member can serve on a board, committee or commission. Exception: Trust Department. QUESTION: Is there a resolution that established ONCOA? How did it come into existence and by what authority? Was it a GTC directive? BARB MAMEROW: Oneida is the only commission that is elected. All other nineteen commissions are appointed. Also, the law does not say that a commissioner can not come back and serve on the commission again. It does say they can serve only two - 3 consecutive year terms (or six years.) A commissioner can go off after that time, sit out for a year or a term, and be eligible for election again. QUESTION: What was LOC's justification for appointed versus elected? BRIAN DOXTATOR: What is advisory, what is regulatory? It is financially more efficient to appoint than to hold elections. There needs to be established an objective appointment process. None currently exists for appointments by the OBC. Names are not blacked out on applications for boards, committees or commissions. Each individual OBC member establishes their own criteria or point system for selecting an

applicant. The negative to appointments is that it takes the voice away from the people. The questions also exists if there can truly be an objective process established for appointments? We need to establish qualifications for people to sit on boards and for selections/appointments. It was also suggested that ONCOA consider changing their language in their bylaws about stipends and to use language adhering to the Comprehensive Policy Governing Boards, Committees and Commissions. There are currently 32 boards, committees and commissions. There is a need to downsize. QUESTION: Is there criteria established to determine the cost versus effectiveness of boards to determine which ones should be downsized or eliminated? COMMENT: There is inconsistency among the boards. The Comprehensive Policy addresses a \$50 per meeting stipend, however, there are many boards that pay much higher stipends than that. Appeals, for example, pays \$150.00 per meeting, with no limit on meetings. Today, because of how the tribe spends money so foolishly, many tribal members are saying they might as well pay board members, too. BRIAN DOXTATOR: If a board exists are a result of a legal requirement, are they doing what they are supposed to be doing? If it is not a legal requirement, do they need to get a stipend? Do they need to report? Why do they need bylaws? Do they need to come under the Comprehensive Policy? Maybe there are some boards that are not regulatory that should be. REQUEST to Barb Mamerow to look over our bylaws as revised and determine if they are in compliance with state law. COMMENT: ONCOA should consider changing their reporting requirement from once per month to once per quarter and to possibly have a special meeting called by OBC to do that reporting out to the community. Maybe ONCOA wants to develop a job description, per se, such as the one designed by ONCOA and facilitated by Terry Hetzel a couple of years ago. MOTION by Lois Powless to change the language in the

bylaws from monthly reporting to OBC to quarterly reporting to OBC. 2nd by Dorothy J. Skenandore. No discussion. Motion carried. Also a reminder to include Hugh Danforth's motion of October 25 (ONCOA meeting) regarding a one year period between six year terms.

VI. DISCUSSION REGARDING CANCELLATION OF GTC MEETINGS DUE TO DEATHS IN THE COMMUNITY. This is inconsistent. What was rationale behind cancelling GTC meetings? A while back, Dorothy Doxtator died. The wake was the evening of the GTC meeting. Amelia Cornelius asked to cancel the meeting. GTC decided to cancel. After a while, there was a second death in the community, this time the GTC meeting was not cancelled, thus the

inconsistency. There is no policy that exists to cancel or hold GTC meetings. SUGGESTION: If a funeral is scheduled on the day of a GTC meeting, then the GTC meeting should be cancelled. PROTOCOL: Approach the family, offer condolence, and continue on with meeting. SUGGESTION: If a funeral is scheduled on the day of a GTC meeting, then cancel GTC meeting, offer condolence to the family. If the funeral is not on the day of a GTC meeting, offer condolence to the family and hold the meeting. Brian will bring a draft to the next ONCOA meeting, in writing, for consideration by ONCOA regarding cancellations of GTC meetings.

Motion by Lois Powless to adjourn at 4:20 p.m. 2nd by Arlie Doxtator. Motion carried.

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?

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

☐ YES

☐ NO

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

☐ Executive Session

☐ Referred to: _____

☐ Special ONCOA Meeting

☐ Not ONCOA Business

RECEIVED BY: _____ DATE: _____

DATE: / /

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

H:\Newsletter\ENROLLME.WPD(11/26/02)

