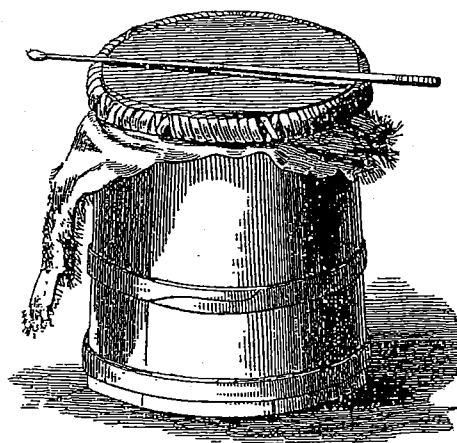


# DRUMS ACROSS ONEIDA

ELDERLY SERVICES  
2907 S. Overland Rd.

P.O. Box 365



SENIOR CENTER  
134 Riverdale Dr.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

---

Yohsla•se Weh-hni-tahl New Year Moon

---

February 2004

ONEIDA AREA FAITH IN ACTION

FUNDRAISING  
VALENTINES DANCE

WHEN: FEBRUARY 7<sup>TH</sup>, 2004

WHERE: Cty H Recreation Center

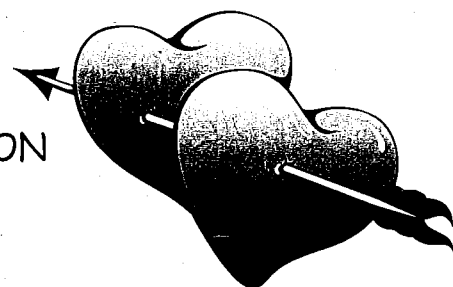
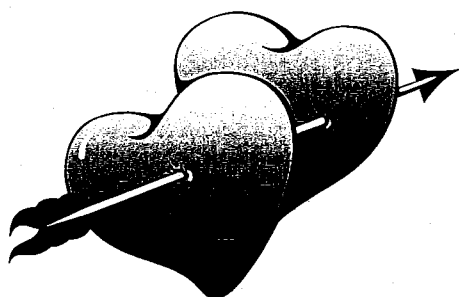
TIME: 7:00 pm til 11:00 pm

COST: \$7.00 per person

\$12.00 per couple

MUSIC BY

CHERRY BOUNCE



**ELDERLY SERVICES COMPLEX:**

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

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

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

**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  
Elderly Helper  
Elderly Helper  
Elderly Helper  
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  
Don Bogda  
Jared Skenadore  
Harold Dostalek  
Richard Dodge  
Cornelius Hill  
Grover Smith  
Marena Pamanet  
Janeen LaRo ck

## **UP CLOSE AND PERSONAL**

**With Jared Skenadore,  
Home Chore Worker**

Jared Skenadore was born October 10, 1966. He grew up in Oneida. His parents are Gordon and Judy Skenadore.

Jared is married to Arlinda and has five children from 16 months to 15 years old.

He attended West De Pere High School and then Flandreau.

Jared worked seven years as a Black Jack dealer at the Oneida Casino. He works for the Oneida Senior Center for four years as a Home Chore Worker. He enjoys working for the Senior Center doing work for the elderly and listening to their stories and joking around.

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

Auto mechanic

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

My parents

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

Getting my diploma

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

Master auto mechanic

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

Stay in school

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

Stay active, read, fish, something to keep your mind busy

**What is your ideal vacation?**

Going to Hawaii

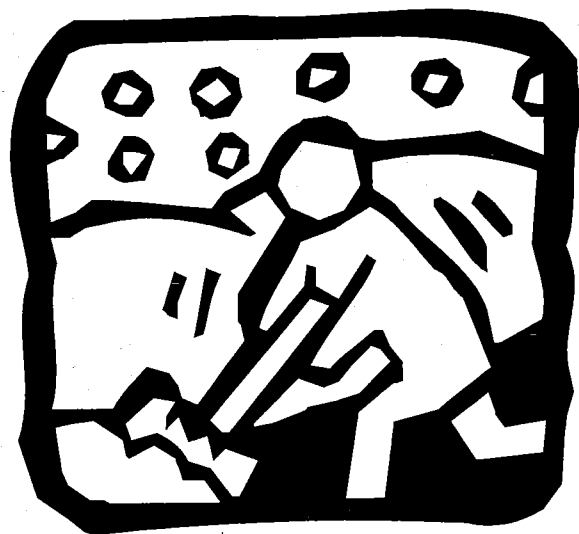
**Favorite Meal:** chicken, mashed potatoes, french style green beans

**Favorite Music:** Country

**Favorite Books:** Science Fiction

**Favorite Movies:** Horror, war pictures

**Favorite Hobbies:** Woodworking, fishing, & hunting



Oneida Elderly Abuse Prevention Program  
Presents

***An Overview of***

***ADULT PROTECTION SERVICES***

***“Answers:*** How Does This Program Help?”

When: Wednesday, February 11<sup>th</sup>, 2004

Place: Elderly Services Meal Site

Time: Noon

Presenter: APS Worker to be announced

Oneida Senior Center Presents

# NIAGARA FALLS & TORONTO

Departure: Oneida Senior Center at 8:00 AM

(Sunday - Saturday)

June 6 - 12, 2004

**Day 1:** Depart your group's location in a spacious, video-equipped motorcoach and enjoy the scenery along the way. Tonight, you'll stay at an en route hotel.

**Day 2:** Enjoy a **Deluxe Continental Breakfast** as you continue to your destination: captivating, awe-inspiring **Niagara Falls**! Once there, you'll check into your hotel where you'll stay for four nights. Later, you'll have **Dinner** at a local restaurant.

**Day 3:** Start the day with a **Deluxe Continental Breakfast** before you begin a **Guided Tour of Niagara Falls**, including a visit to an engineering marvel, the **Welland Shipping Canal**; beautiful **Queen Victoria Park** and the famous **Floral Clock**, one of the largest in the world. You'll have **Dinner** this evening at a local restaurant

**Day 4:** Enjoy a **Deluxe Continental Breakfast** before leaving on a **Guided Tour of Toronto**, the capital city of the province of Ontario. You'll visit the famous **CN Tower**, the world's tallest free-standing structure where you can enjoy a spectacular view from any one of four viewing levels. Afterwards, enjoy **Dinner** at a local restaurant and then return to your hotel for the evening.

**Day 5:** Start the day with a **Deluxe Continental Breakfast** before enjoying one of Niagara's most popular and breath-taking attractions, a boat ride on the "**Maid of the Mist**." Sail near the base of the American and Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical **Niagara-on-the-Lake**, one of the prettiest towns in Canada and full of 19<sup>th</sup> century charm. Later, enjoy **Dinner** and a visit to exciting **Casino Niagara** and get in some gaming action before returning to your hotel.

**Day 6:** Have a **Deluxe Continental Breakfast** before continuing on your way with a stop at the fun-filled and exciting **Rock and Roll Hall of Fame** in Cleveland, Ohio. With a surround-sound theater, interactive exhibits, rare films and artifacts (like Elvis' first guitar!), you'll experience the legends in a whole new way! This evening, you'll stay at a local area hotel.

**Day 7:** Enjoy a **Deluxe Continental Breakfast** before departing for home with memories of a great trip!

## Add peace of mind to your trip...

with Diamond Tours' Exclusive **Travel Confident™** Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

For Information & Reservations Contact:

Florence Petric (920) 869-2443

## Price Includes:



**6 Nights deluxe hotel accommodations, including 4 Nights in Niagara Falls**



**Guided Tours of Niagara Falls and Toronto**

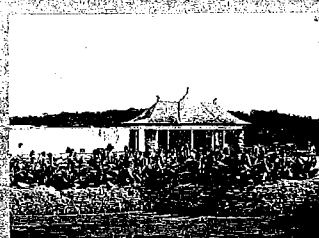


**Cruise on the Maid of the Mist**

**Exciting gaming at Casino Niagara**

**Spectacular views from Toronto's CN Tower**

**Visit beautiful Queen Victoria Park and much more!**



**Price also includes:**

**Deluxe motorcoach transportation**

**10 Meals: 6 breakfasts and 4 dinners**

# Diamond Tours<sup>®</sup> Inc.

*Bringing Group Travel to a Higher Standard<sup>®</sup>*

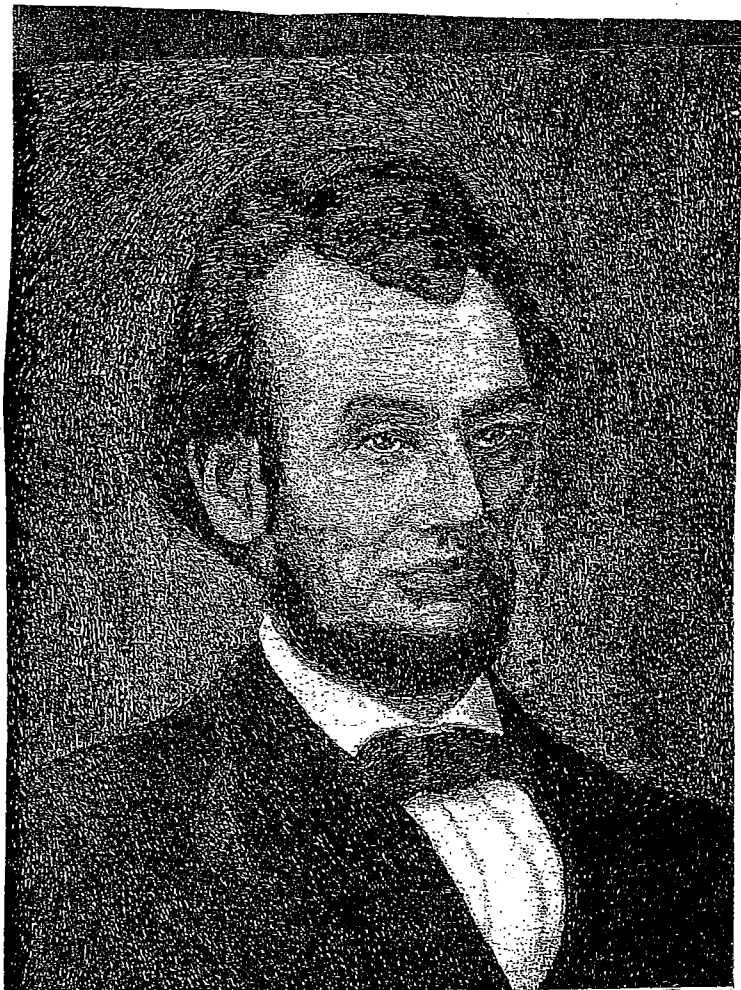
Diamond Tours is registered with the state of Florida as a seller of travel. Registration number: ST-12971

**\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$149 for single occupancy.**

**Final Payment Due: 4/30/2004**

54359

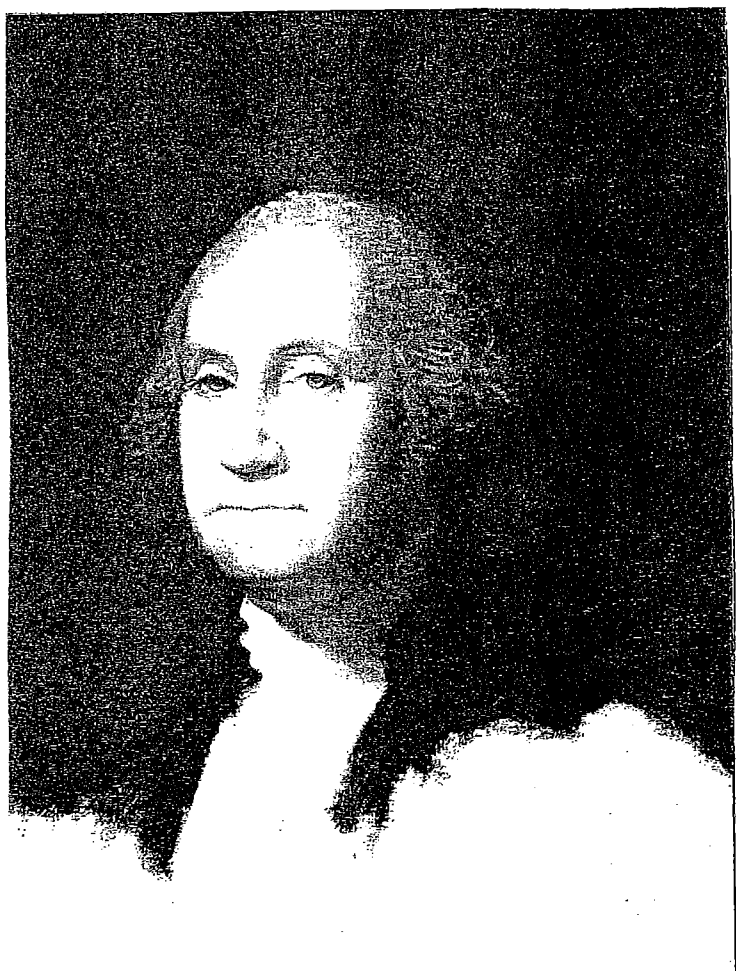
B



## A TRIBUTE TO LINCOLN

A man of great ability, pure patriotism, unselfish nature, full of forgiveness to his enemies, bearing malice toward none, he proved to be the man above all others for the struggle through which the nation had to pass to place itself among the greatest in the family of nations. His fame will grow brighter as time passes and his great, great work is better understood.

**Ulysses S Grant**



## A TRIBUTE TO WASHINGTON

Washington, the brave, the wise, the good.

Supreme in war, in council, and peace.

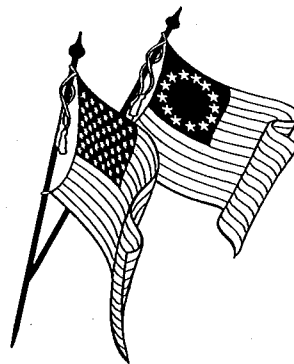
Valiant without ambition, discreet without fear.

Confident without presumption.

In disaster, calm, in success moderate,

In all himself.

**Henry Lee**



## FEBRUARY BABIES



Happy Birthday to All February Babies:

Lloyd Aldrich	2/14	Lori McGuire	2/13
Roberta Anderson	2/09	Pearl McLester	2/22
Mildred Brosel	2/01	Betty Mendolla	2/10
Charlene Cornelius	2/14	Commadore Metoxen	2/07
Cleo Cornelius	2/26	Lorraine Metoxen	2/10
Fredrick Cornelius	2/01	Leroy Neconish	2/18
Ralph Cornelius	2/16	Margaret Parker	2/17
Hugh Danforth	2/25	George Reed	2/22
Wilma Danforth	2/24	Carole Robelia	2/15
Donald Davids	2/13	Cecelia Roberto	2/10
Phyllis Davids	2/28	Bob Schlegel	2/17
Nori Damrow	2/26	Susan Semens	2/01
Marie Dool	2/28	Henry Skenandore	2/19
Margaret Doxtator	2/16	Karen Skenandore	2/28
Clifford Doxtator	2/20	Lawrence Skenandore	2/13
Pat Eberle	2/04	Norbert Skenandore	2/16
Norman Elm	2/01	David Smith	2/02
Alan Fabian	2/25	Abraham Stevens	2/05
Shirley Hoover	2/02	Ernie Stevens	2/17
Henry Huff	2/22	Orville Summers	2/29
Cora John	2/16	Alice Torres	2/13
Neva John	2/16	Helen Vandehei	2/22
Kermit Jordan	2/25	Adam Webster	2/26
Edwin King	2/07	Kenneth Webster	2/15
William King	2/14	Eleanor Wennesheimer	2/17
Judith Matthews	2/01		

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

Elders, if you have a birthday in March, please join us at the Oneida Senior Center, 134 Riverdale Dr. (Hwy J) on February 26<sup>th</sup>, 2004. Have lunch with us and sign the birthday book.



## Rural Development at the Elderly Mealsite

### First Thursday of Every Month

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.**



## THOUGHTS FOR THE DAY

1, If you can't be kind, at least have the decency to be vague.

2. A penny saved is a government oversight.

3. The real art of conversation is not only to say the right thing, but also to leave unsaid the wrong thing at the tempting moment.

4. Birds of a feather flock together and poop on your car.

5. The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.

6. The easiest way to find something lost around the house is to buy a replacement.

7. He who hesitates is probably right.

8. If you can smile when things go wrong, you have someone in mind to blame.

9. The sole purpose of a child's middle name is so he can tell when he's really in trouble.

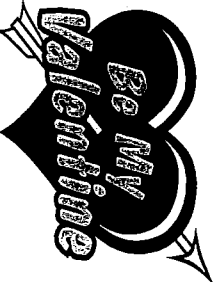
10. Did you ever notice that when you put the two words "The and IRS" together it spells "THEIRS"?



# ACTIVITIES

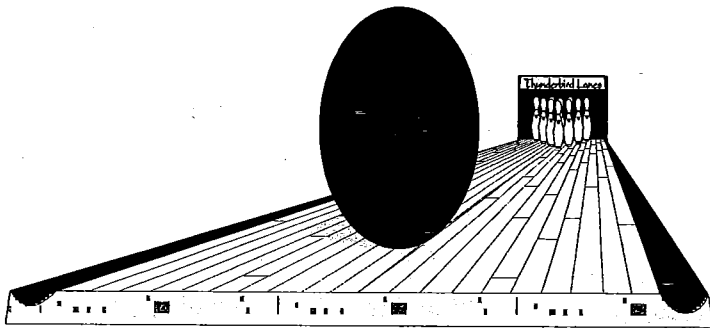
# FEBRUARY

# 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beach Party 10 am @ Eld Svs Bldg Pottery Hwy H 1:30pm	3 Crafts @ Epworth Hall 9:30-11:30am Gentle Stretch w/Lori Hwy H 1:30pm	4 Grocery Store 10am Bingo Hwy H 1:30 pm	5 Cooking Hwy H 9:30 am Movie/Popcorn 1pm Eld Svs Bldg	6 Shopping Banks Lunch Out 10-3 pm
9 Salvation Army 10 am Bingo Site 2 @ 1pm	10 Crafts @ Epworth Hall 9:30-11:30am Gentle Stretch Hwy H 1:30pm	11 Grocery Store 10am Valentine Bingo @ Hwy H 1:30 pm	12 Cooking Hwy H 9:30 am	13 Shopping Banks Lunch Out 10-3 pm
16 Ice Breaker Game 10 am @ Eld Svs Bldg Pottery Hwy H 1:30pm	17 Crafts @ Epworth Hall 9:30-11:30am Gentle Stretch w/Lori Hwy H 1:30pm	18 Grocery Store 10am Bingo Hwy H 1:30 pm	19 Cooking Hwy H 9:30 am Bowling at Ashw. Lanes 1:30 pm	20 Shopping Banks Lunch Out 10-3 pm
23 Cards, Games at Eld Svs Bldg 10 am Bingo Site 2 @ 1pm	24 Bingo @ Epworth Hall 9:30-11:30am Gentle Stretch Hwy H 1:30pm	25 Grocery Store 10am Bingo Hwy H 1:30 pm	26 AJNH visit 10-11am Birthdays Gifts @ Sr. Ctr 12:15pm -12:30pm	27 Shopping Banks Lunch Out 10-3 pm
			All trips depart from Senior Center	Activities subject to change without prior notice

# Bowling's Back!

Let's have fun and  
get the ball rolling...



Sign up for Senior  
Bowling  
at the Senior Ctr  
Front Desk.

We'll be bowling on Thursday February 19  
at no cost to you.

Have fun, talk to your friends, compare scores!

Just like old times...

We'll be bowling at Ashwaubenon Lanes at 1:30pm.

Racks, Ramps and light weight balls available.

More info call 869-2448, Oneida Elderly Activities

# MOVIE GREATS

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

ALLEN  
AMES  
ATWILL  
AYLMER  
BANKHEAD  
BAXTER  
BEBE  
BEST  
BILLIE  
BURKE

BUSTER  
CAGNEY  
CARMEN  
CAROLE  
CLARK  
CLAUDE  
COMPTON  
DANIELS  
DEANNA  
DOUGLAS

DURBIN  
EDNA  
ERROL  
FAIRBANKS  
FAY  
FELIX  
FLYNN  
GABLE  
GAYNOR  
GILBERT

GRACIE  
HARLOW  
JAMES  
JANET  
JEAN  
JOLSON  
KEATON  
LEON  
LIONEL  
LOMBARD

## REASONS WHY THE ENGLISH LANGUAGE IS HARD TO TEACH

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he could get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. The bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. After a number of injections my jaw got numb.
19. Upon seeing the tear in the painting I shed a tear.
20. I had to subject the subject to a series of tests.
21. How can I intimate this to my most intimate friend.

## HOW TO PROOFREAD A PRESCRIPTION

1. Is your name correct on both the prescription and the medicine bottle. If you have a name such as Bob Jones or Mary Smith, make sure you use your middle initial.
2. Is the name of the medication correct? Look carefully. Some drug names are similar. Norvasc, for example, is for high blood pressure. Navane is for psychosis.
3. Is the dosage the same as what your doctor told you? Are the instructions clear?

## ELDERS ONLY

If you have no place to go,  
Call us and we'll let you know.  
A place where you can go everyday,  
A warm bus to ride, to eat and play.  
Maybe some crafts,bingo or even a movie.  
A ride to go shopping , or ride to just look and see.  
If you want something else that you want to do,  
Make a suggestion and we just might do i for you.  
We like new ideas, so lets get to thinking,  
We would do anything for you,  
But don't suggest drinking.  
So call Elderly Services and ask for a ride,  
Stick with us all day, the drivers will be your guide.  
Call anytime from 8am to 4:30pm all week except for Saturday and Sunday-SORRY. The number to call is 869-2448 and say you want a ride.

Source: Lorna Christjohn



## Valentine Food For Thought

Cabbage always has a heart,  
Green beans string along,  
You're such a cute tomato,  
Will you peas to me belong?  
You've been the apple of my eye,  
You know how much I care,  
So lettuce get together,  
We'll make a perfect pear.  
Now, something's sure to turnip,  
To prove you can't be beet,  
So, if you carrot all for me,  
Let's let our tulips meet,  
Don't squash my hopes and dreams now,  
Bee, my honey dear,  
Or tears will fill potato's eyes  
While sweet corn lends a ear.

I'll cauliflower shop and say,  
Your dreams are parsley mine,  
I'll work and share my celery,  
So be my valentine.

Source: Jeanne LOSEY



## Insulin Mix-Up

If you use glargine insulin, a long-acting insulin, be careful that you don't confuse it with your short-acting insulin.

Most of the long-acting insulins are cloudy, and people have gotten used to that over the years. But glargine is clear, like the short acting insulins. Even though glargine is packaged in a vial that's taller and thinner than other insulin vials, people still make mistakes. Here are two cases, reported by the diabetes team at the Yale University School of Medicine, New Haven, Conn.

A 25-year-old woman who had type 1 diabetes for six years was on a regimen of 22 units at night and lispro before meals. One night, she took 22 units of lispro. She realized her mistake right after she had given herself the shot. She called her health care team. Her blood glucose level was 160 mg/dl. She was told to start eating carbohydrates and check the blood glucose levels frequently. She ate what she could, but she was feeling nauseated and couldn't eat as much as she needed. Two hours after the injection, her blood glucose was 57 mg/dl. She was taken to the emergency room where she was given intravenous glucose. Five hours after she had taken the shot of short-acting insulin, her blood glucose stabilized in the 160 mg/dl range.

The second patient was a 52-year-old college professor who had type 1 diabetes for almost 40 years. She normally took 17 units of glargine in the morning and lispro before meals. One morning, by mistake, she took 17 units of lispro. She ate almost nonstop for the next three hours. Before the shot, her blood glucose had been 315 mg/dl. It dropped as low as 67mg/dl, and eventually level out at about 85 mg/dl. The clinicians at Yale suggested that Aventis, the manufacture of glargine, consider tinting glargine to give people another visual cue about which insulin they are drawing up.

What you can do.

After the publication of these two case studies, several diabetes care professionals wrote in with a solution. In their practices, they have patients use insulin pens for their short-acting insulins. Glargine doesn't yet come in a insulin pen and has to be drawn up and injected with a syringe.



## Oneida Area Faith In Action News

### MISSION STATEMENT:

Oneida Area Faith in Action Coalition seeks to improve the quality of life and enhance the spiritual growth of our community through the joyful giving of volunteer services to our elderly and infirm brothers and sisters and any who may benefit from assistance with transportation, companionship, respite or useful labor. We provide assistance to clear the path to services better rendered by other agencies. We honor the love and strength of family caregivers and look especially to support their efforts. We hold in loving esteem also the lonely and isolated; we serve all with respect, compassion and gratitude. □

---

### Program Information:

Oneida Area Faith in Action  
2907 S. Overland Rd  
P.O. Box 365  
Oneida Wi 54155  
Toll Free: 1-800-867-1551

### FIA Board Members:

Lorna Christjohn  
Arle Duxtator  
Cleveland Duxtator  
Joyce Johnson  
Lori Metoxen  
Debra Ninham  
Florence Petri  
Mark Powless  
Shirley Powless  
Noreen Powless  
Regina VanDeHei  
Jo VanGemert

### IN REVIEW:

Our 2<sup>nd</sup> Annual Prayer Luncheon was held on Friday, November 20, 2003 from 9:00 a.m. - 1:00 p.m. in the Grand Council Ballroom at the Radisson Hotel & Conference Center.

Opening prayer was given by Curtis Summers. We were honored that he agreed to do the opening for our program.

The Oneida Singers provided for us a variety of hymns sung in the traditional Oneida language for this event.

A panel discussion was held so that if anyone had questions or comments we were glad to be there to help clarify whatever concerns that would have arose. Our panel consisted of the Oneida Area Faith in Action Board members.

All participating churches were presented Appreciation plaques. Senator Robert Cowles was in attendance, he assisted with the presentations.

The program ended with a nice lunch and some good fellowship between everyone that enjoyed our program. □

### UPCOMING EVENTS:

Faith In Action National  
Conference  
May 19-21, 2004  
Hyatt Regency on Capitol Hill  
Washington, DC

What is to be expected? The conference is all about local *Faith in Action* programs. Opportunities will be provided for you to:

- Network with other programs and share innovative strategies and successful program ideas.
- Meet fellow directors, *Faith in Action* mentors and PEERS team members face-to-face.

In addition to meetings on Capitol Hill, there will be numerous workshops to address your individual needs. Speakers, presenters and attendees will join together to accomplish the important work of their programs and to connect to the Faith In Action family. □

### **Oneida Area Faith In Action Fundraising Valentines Dance**

When: February 7, 2004

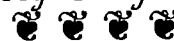
Where: Cty H Recreation Center

Time: 7:00 p.m. til 11:00 p.m.

Cost: \$7.00 per person

\$12.00 per couple

*Musta by "Cherry Bounce"*



*Thanks! to the following  
congregations for their continued  
participation in the Oneida Area  
Faith In Action Program:*

Apostolic Church  
Pastor Juan Alicea  
P.O. Box 197  
Oneida, WI 54155  
920-833-9694

Assembly of God  
Brother Johnson  
N 7321 Olson Rd  
Oneida, WI 54155  
920-869-2217

Dupray Ministries  
3341 N. Overland Rd  
Oneida, WI 54155  
920-869-1596  
920-217-0135

Holy Apostles Episcopal Church  
Father Dewey Silas  
2937 Freedom Road  
De Pere, WI 54115  
920-869-2565

(List continued on the back.)

Cultural/Heritage Department  
Bob Brown  
P.O. Box 365  
Oneida WI 54155  
920-490-2096

New Life Christian  
Fellowship Church  
Pastor Walter Reed  
P.O. Box 44  
Oneida WI 54155  
920-869-1916

Riverview Baptist Church  
Pastor Shawn Suri  
Hwy 54-Mason St  
Oneida, WI 54155  
920-869-3381

St Joseph's Catholic  
Church/Immaculate  
Conception  
James Aldrich  
St. Joseph Drive  
Oneida, WI 54155  
820-869-2244

The Church of Jesus Christ of  
Latter Day Saints  
President - Kevin Cornelius  
N 6079 Lambie Road  
Depere, WI 54115  
920-833-7633

United Methodist Church  
Pastor Im  
N6037 Cty Hwy E  
Depere, WI 54115  
920-869-2927

Woodland Worship Center  
Pastor Paul Collins  
760 Airport Drive  
Oneida, WI 54155  
920-869-9663

Zion Lutheran  
Pastor Vernon Heim  
749 Silvercreek Dr.  
Oneida, WI 54155  
920-869-9466

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*Copyright USA Today Information  
Network Dec 22, 2003*

When Lee Wyrick's wife died four years ago, he didn't want to live anymore.

"I prayed every night that God would take me away," says Wyrick, 88, of Sewickley, Pa., near Pittsburgh.

Pat King, 64, also of Sewickley, understood his kind of loneliness. She had lost her husband in January.

In August, King and Wyrick were matched by Faith in Action, an interfaith volunteer program financed by the Robert Wood Johnson Foundation. The program aims to connect volunteers with older and disabled people who need help. King takes Wyrick out to eat once a week and includes him in her family's holiday celebrations.

"Pat has made a very big difference in my life," Wyrick says. "I always tell everybody God brought Pat into my life."

King, who works full time as an office coordinator, says the program "is helping me, too. I have somebody to look after and care about."

Faith in Action, which administers 1,000 community programs across the country, is running a public service campaign to encourage more people to visit with seniors and disabled people -- especially

during the holidays, which can be lonely for them, says Burton Reifler, director of Faith in Action. Experts say millions of older Americans need extra help at home. There are about 35 million people 65 and older in the USA, according to the 2000 Census. Of those, nearly half (14.7 million) live alone, and 1.6 million live in institutional housing.

Even short visits can be a great gift, says Bonnie Lawrence of the Family Caregiver Alliance, a non-profit organization based in San Francisco.

"It is a lovely gift for the person at home -- but it's also a lovely gift for their caregivers and gives them a little respite."

Faith in Action is only one program that matches seniors and disabled people and volunteers. Many local charitable programs and area agencies on aging also run volunteer programs.

Faith in Action can be reached toll-free 8:30 a.m. to 5 p.m. ET Monday through Friday at 877-324-8411 or through its Web site, [faithinaction.org](http://faithinaction.org). The Eldercare Locator service, run by the National Association of Area Agencies on Aging, also can refer people to local programs. The toll-free line is open 9 a.m. to 8 p.m. ET Monday through Friday at 800-677-1116. ☺







**Older Americans Month  
May, 2004**

Dear Aging Network Colleague:

I am pleased to announce the theme for Older Americans Month 2004: "Aging Well, Living Well". This theme has been selected to celebrate and recognize older Americans who are living longer, healthier, and more productive lives. Older persons are not only adding years to their lives, they are also improving the quality of their lives.

This theme gives us the opportunity to highlight issues that directly relate to aging well and living well. As you are aware, I have made helping older people stay active and healthy one of my top priorities for the Administration on Aging. An older person's health status most often determines his or her ability to live a productive later life. Studies reveal that staying physically active, eating right, and getting regular health screenings can help prevent or delay many diseases and disease-related disabilities.

In addition to achieving a healthier lifestyle, older persons must also take steps to prepare for later life. These steps include understanding housing and long-term care options; gaining financial literacy and knowledge of retirement pension and benefits; and seeking opportunities for community participation and social engagement, including access to employment, volunteer, educational and leisure activities.

Over the next several months, you will receive more information about our plans in recognition of Older Americans Month 2004. It is my pleasure to continue the tradition of honoring older individuals and the contributions they make to our Nation.

Sincerely,

  
Josefina G. Carbonell  
Assistant Secretary for Aging

## COOK ONCE, EAT TWICE

Jane Powless, RD

Oneida Community Health Center ♦ 869-4912

**Plan meals based around key foods** prepared in larger amounts for use in one recipe the first night and another recipe within the next night or two. This is different from making large batches and eating leftovers. Follow these guidelines to assure your food remains safe and of high quality:

Separate out and refrigerate the portion to be served for your next meal before you set the food on the table.

Perishable foods, such as meat, poultry, fish, eggs and dairy products, should not be at room temperature longer than two hours TOTAL.

As a general rule-of-thumb, use the extra refrigerated food you cooked within one to two days. Freeze for longer storage. □

\*\* adapted from FOOD REFLECTIONS Newsletter, University of Nebraska Cooperative Extension in Lancaster County

### EXAMPLES OF TWO-DAY, TWO-WAY FOODS Chicken/Turkey

Act 1: Cook extra chicken breasts or turkey cutlets. Top half with your favorite seasonings or sauce and refrigerate half.

Act 2: Slice the plain cooked chicken or turkey into strips and combine with lettuce and salad dressing for a main dish salad.

### Rice

Act 1: Make enough rice for two meals. Serve as a side dish the first night.

Act 2: On night two, make fried rice with your favorite veggies and a can of shrimp.

Rice also freezes well. After cooked rice has cooled in the refrigerator, transfer it to plastic freezer bags in quantities needed for future meals. Label with the date and quantity.

### Beef/Pork

Act 1: Make a roast the first evening and enjoy part of it.

Act 2: Slice the rest of your roast for delicious sandwiches or a hearty stew.

### Pasta

Act 1: Cook macaroni for your favorite macaroni and cheese recipe the first night, plus extra for another recipe.

Act 2: Extra pasta can be served in a cold dish, such as pasta salad. You might add some cooked meat from a previous meal to your salad. Another pasta possibility is to combine it with chili for Chili-Mac.

### Eggs

Act 1: Cook enough hard-boiled eggs for two meals. Make egg salad sandwiches.

Act 2: Slice and serve hard-cooked eggs in a hearty main dish salad or make deviled eggs.

### SAMPLE MENUS:

Night 1:

*Turkey Cutlets with Raspberry Glaze* (top with a little raspberry jelly)

Green Beans

Seasoned Rice

Rolls

Lemon Sorbet

Night 2:

Tomato Soup

Chef Salad with *Turkey Strips*

Garlic Bread

Peach and Frozen Yogurt Parfait

Night 3:

*Fried Rice and Shrimp* (from night 1)

Broccoli

Mandarin Oranges and Fortune Cookies

Night 4:

*Beef Roast*

Boiled New Potatoes

Carrots

Whole Grain Bread




Fresh Strawberries

Night 5:

*Beef Sandwiches*

Fruit Cup

Frozen Yogurt

Menu					February		2004
Monday	Tuesday	Wednesday	Thursday	Friday			
2 Chop Suey Rice W/W Bread Mandarin Oranges	3 Potato Soup Fresh Bread Jello	4 BBQ Ribs Scalloped Potatoes Peas W/W Bread Peaches	5 Fish Potatoes Cole Slaw Corn Bread Apple Sauce	6 Ham & Eggs Cheese Fresh Fruit Muffins Juice			
9 Chicken ala king Biscuits Melons	10 Corn Soup Fresh Bread Berries	11 Lasagna Lettuce Salad Garlic Bread Ice Cream	12 Hot Dogs Mac & Cheese W/W Bread Fruit Salad	13 Poaches Eggs Bacon Grits Toast Juice Applesauce			
16 Han Sweet Potatoes Peas W/W Bread Peaches	17 Boiled Dinner Fresh Bread Bread Pudding	18 Liver & Onions Potatoes Beets W/W Bread Raspberry Whip	19 Chicken Patties Wild Rice Green Beans W/W Bread Pineapple Tidbits	20 Sausage French Toast Juice Berries			
23 Chili Cucumber Salad W/W Bread Sherbert	24 Calf.Blend Cheese Soup Fresh Bread Jello W/ Pears	25 Hamburger Patties Potato Salad Beans Buns Ice Cream	26 <b>Birthday Day</b> Pork Roast Potatoes Corn W/W Bread Strawberry Short Cake	27 Bacon & Eggs Oatmeal Toast Juice Pears			
All meals served with coffee, tea or milk.	Menu subject to change.						

## FROM THE KITCHEN OF ROSE MOSS SUGAR-FREE BANANA WALNUT BREAD

1 C FLOUR  
½ C. FRESH MILK  
2 TSP BAKING POWDER  
½ TSP BAKING SODA  
½ TSP SALT (OPTIONAL)  
⅓ C. CANOLA OIL  
½ C. APPLESAUCE

2 EGGS BEATEN  
½ C. TAP WATER  
½ TSP VANILLA  
1 C. MASHED BANANAS  
1C. INSTANT OATMEAL  
½ C. WALNUTS

IN SMALL BOWL MIX FIRST  
FIVE INGREDIENTS. IN A  
SEPARATE BOW, MIX.  
BANANAS, OIL, APPLESAUCE  
AND EGGS. BEAT MIXTURE  
AND COMBINE WITH DRY  
INGREDIENTS ADD WATER

VANILLA, OATMEAL, NUTS AND  
MIX. POUR INTO GREASED 9'X5  
LOAF PAN. BAKE AT 350 FOR 1  
HOUR. YIELD 10-12 SLICES.

## CHARACTERISTICS OF A SENIOR FRIEND

A FRIEND IS A PERSON WITH LIFELONG EXPERIENCES.

A FRIEND IS A PERSON WHOM ONE KNOWS, LIKES, AND TRUSTS.

A SENIOR FRIEND

- \* IS A GOOD LISTNER.
- \* RESPECTS CONFIDENTIALITY AND DOES NOT GOSSIP.
- \* UNDERSTANDS AND RESPECTS THE LIMITATIONS OF HIS OR HER  
ROLE.
- \* LEARNS WHEN AND HOW TO MAKE REFERRALS.
- \* RESPECTS WISHES, RIGHTS, VALUES AND BELIEFS OF OTHERS.
- \* TAKES INTO ACCOUNT HIS OR HER OWN WISHES, RIGHTS,  
VALUES AND BELIEFS.
- \* WORKS CLOSELY WITH HIS OR HER PROFESSIONAL BACKUP  
PERSON. .

**DATE:**     /     /    

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

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: \_\_\_\_\_