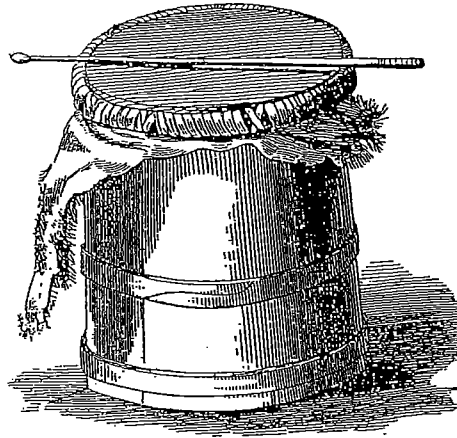


DRUMS

ELDERLY SERVICES

2907 S. Overland Rd.

ACROSS



ONEIDA

SENIOR CENTER

134 Riverdale Dr.

Elderly Services: 1-920-869-2448

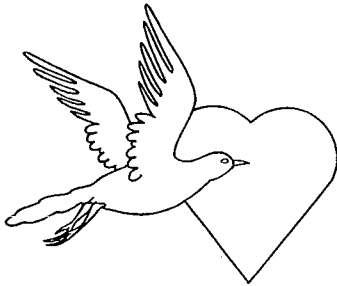
Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Ony^hte? Weh-hni-tahl

Snow Moon

February 2005



VALENTINE DAY'S PARTY
FEBRUARY 14TH
AT THE
SENIOR CENTER
11:00-1:00

Come have fun on Valentine's Day with your friends

We will be having games

There will be a **luscious lips** contest

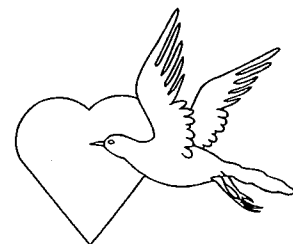
Many door prizes including

Staff Taking an Elder to Lunch

Laugh and have a good time.

Brighten your world with friendship and love

For more info call 869-2448 and ask for Cindy.



ELDERLY SERVICES COMPLEX:

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

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

Florence Petri
Tina Pospychala
Julia McLester
Joyce Johnson
Cheryl Ault
Noreen Powless
Lorna Christjohn
Connie Van Gheem
Dale Webster
Margaret King-Francour
Cindy Brabbs
Amy Sumner
Michelle Cottrell
Joanne Close
Lorleen John
Regina Vande Hei
Debbie Ninham
Marty Braeger
Marie Scott
Barbara Skenandore
Oscar Schuyler

ONEIDA SENIOR CENTER:

Head Cook Supervisor
Assistant Cook
Relief Cook
Relief Cook
Home-Delivered Meals Driver
Maintenance Supervisor
Home Repairs Coordinator
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Elder Helper
Elder Helper
Elder Helper
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
Pat Beilke
Alfrieda Grignon
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Don Bogda
Jared Skenadore
Harold Dostalek
Richard Dodge
Cornelius Hill
Grover Smith
Jeannine La Rock
Marena Pamanet
Herb Powless

Elderly Request for Service Procedure

Clarification of emergency and non-emergency request for service and the procedure for the Elderly Services/Senior Center and payment of bills. If you need a service which is usually handled by another area, such as, Plumbing, Utilities, Department of Public Works, etc. or any service area/vendor outside the Tribe, call the Elderly Services at (920)869-2448. All requests for services go to the Elderly Services Coordinator.

Upon receiving your request, an Initial Contact Form will be generated and routed to the proper vendor for service, by the Elderly Services Coordinator.

The policy is to serve seniors 70 and older, disabled or handicapped. Our priority for serving this age group would be an immediate emergency, economic or health and safety issue. Follow-up by the Elderly Services Coordinator will be done to make sure services are satisfactorily completed.


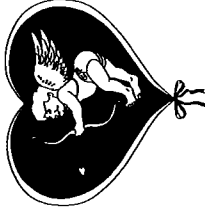
Every effort will be made to meet the needs of the Elders in the 55/69 age group. As of this notice, unless the Elderly Services/Senior Center makes the referral to a vendor, this department will not be responsible for the charges incurred by you. You will be responsible for the full cost of these charges.

We recognize emergencies do arise however your help in contacting us to verify cost estimates before completing the work and the billing process would be greatly appreciated in all future requests.

* We provide a 24-hour answering service and are able to access immediate service in areas of electrical, plumbing and furnace repairs. An after hours phone service is available evenings and weekends, please leave a message and the messages will be directed to the appropriate staff person for your assistance.

This procedure is only applicable as funds are available. Thank you for your attention to this matter.

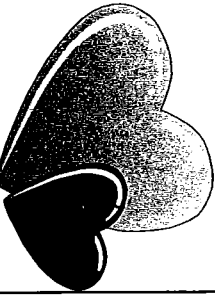
If you have any questions, please do not hesitate to call (920) 869-2448. Office hours are Monday thru Friday, 8:00 a.m. to 4:30 p.m.

MENU FEBRUARY 2005			
Monday	Tuesday	Wednesday	Thursday
	1 Beef Vegetable Soup Fresh Bread Sherbert	2 Ham Scalloped Potatoes Peas W/W Bread Jell-o	3 Chicken Pasta Salad W/W Bread Pudding
7 Chop Suey Rice W/W Bread Mandarin Oranges	8 Corn Soup Fresh Bread Berries	9 Chicken Ala King Rice Biscuits Cookies	10 Pork Roast Potatoes Mix Vegetables W/W Bread Bread Pudding
14 Hot Dogs Mac & Tomatoes Green Beans Raspberries	15 Tomato Soup Egg Salad & Ground Bologna Sandwiches Pears	16 Hot Beef Sand. Potato Salad Beans Buns Jell-o Whip	17 Fish Potatoes Cole Slaw W/W Bread Applesauce
21 Beef Stew Biscuits Yogurt	22 Split Pea Soup Fresh Bread Jell-o Fruit	23 Polish Sausage Red Potatoes Green Beans W/W Bread Peaches	24 BIRTHDAYS Chicken, Potatoes Mixed Vegetables W/W Bread Strawberry Shortcake
28 Tuna Salad Cottage Cheese Tomatoes Croissants Ice Cream	All meals are server with coffee, tea, or milk.	All meals are subject to change.	25 Eggs & Ham Cheese Muffins Fresh Fruit Juice FLOWER: Violet BIRTH STONE: Amethyst
			

ACTIVITIES

FEBRUARY

2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Crafts @ Epworth Hall 9:30-11:30am	2 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H	3 The Price is Right Hwy H 9:30 am Valentine Craft 1pm @ Eld Svs Bldg	4 Shopping Banks Lunch Out 10-3 pm
7 Salvation Army 10 am Bingo Site 2 @ 1pm	8 Crafts @ Epworth Hall 9:30-11:30am	9 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H	10 The Price is Right Hwy H 9:30 am Wildlife Sanctuary Tour 1pm (dress for weather)	11 Shopping Banks Lunch Out 10-3 pm
14 Valentine Party 11am-1pm @ Sr. Ctr. Bowling League @ Ashw.Lanes 1:30pm	15 Bingo @ Epworth Hall 9:30-11:30am	16 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H	17 The Price is Right Hwy H 9:30 am	18 Shopping Banks Lunch Out 10-3 pm
21 <u>PACE exercise class</u> 11:15 am @ Sr Ctr Bingo Site 2 @ 1pm	22 Crafts @ Epworth Hall 9:30-11:30am	23 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H	24 The Price is Right @ Hwy H @ 9:30 am <u>PACE class 11:15 am, Sr Ctr</u> Birthdays Gifts @ Sr. Ctr 12:15pm -12:30pm	25 Shopping Banks Lunch Out 10-3 pm
28 Indoor Exercise Fun 10 am AJNH <u>PACE class 11:15 am, SrCtr</u> Bowling League @ Ashw.Lanes 1:30pm		VALENTINE'S DAY PARTY FEB. 14! Don't miss the Luscious Lips Contest and drawings for FREE lunch!		-Activities subject to change without prior notice -All trips depart from Senior Center

February Birthdays

Happy Birthday to all February Babies



Lloyd Aldrich	2-14
Roberta Anderson	2-09
Mildred Brosel	2-01
Charlene Cornelius	2-14
Cleo Cornelius	2-26
Fredrick Cornelius	2-01
Ralph Cornelius	2-16
Hugh Danforth	2-25
Wilma Danforth	2-24
Donald Davis	2-13
Phyllis Davids	2-28
Nori Demrow	2-26
Sandra Dennette	2-26
Barbara Denny	2-14
Terry Denny	2-18
Marie Dool	2-28
Margaret Doxtator	2-16
Clifford Doxtator	2-20
Pat Eberle	2-04
Norman Elm	2-01
Alan Fabian	2-25
Henry Huff	2-22
Cora John	2-16
Neva John	2-16
Kermit Jordan	2-25
Edwin King	2-07
William King	2-14
Judith Matthews	2-01

Lori McQuire	2-13
Pearl McLester	2-22
Betty Mendolla	2-10
Commadore Metoxen	2-07
Lorraine Metoxen	2-10
Leroy Neconish	2-18
Margaret Parker	2-17
George Reed	2-22
Carole Robelia	2-15
Bob Schlegel	2-17
Susan Semens	2-01
Henry Skenandore	2-19
Karen Skenandore	2-28
Larry Skenandore	2-13
Norbert K. Skenandore	2-16
David Smith	2-02
Abraham Stevens	2-05
Ernie Stevens	2-17
Orville Summers	2-29
Alice Torres	2-13
Helen Vandehei	2-22
Adam Webster	2-26
Kenneth Webster	2-15

Birthday's for our Elders are celebrated on the last Thursday of each month.

If you have a birthday in March, please join us at the Oneida Senior Center, 134 Riverdale Dr. (Hwy J) on February 24th, 2005. Have lunch with us and sign the birthday book.



A special February birthday wish for Roger Allan from his sweetheart, Louise Allan.

MY SILENT VALENTINE TO ART AND RITA WEBSTER

Love, I would give you
The moon in a basket,
A star in a teacup-
If you should ask it.



I would catch you a rainbow
To wear for a veil,
Or capture a comet
By it's bright tail.



I am sure I could snaggle
The wind in a net,
Or harness a wild wave
To serve you and yet-



The words meant to tell you
All tremble and run,
But look! In my heart's east-
The sun, the sun!



M. Scott

INFORMATION NEEDED


If you are on the waiting list for the Oneida Elderly Services Apartments at 2907 S. Overland Rd. Oneida, Wisconsin 54155, we are in the process of updating our waiting list file.

Please give me a call with your current phone number or contact phone number. When a apartment becomes available, we need to be able to reach you. If we are unable to contact you, your name will be moved to the bottom of the list and the next person will be contacted. Please call 920-869-2448 and ask for Mildred Figueroa or me.

Thank-you.

Florence Petri
Oneida Elderly Servives

Senior's Jesus Loves Me

Jesus loves me, this I know 
Though my hair is white as snow.
Though my sight is growing dim,
Still he bids me trust in him.

Chorus:

Yes Jesus loves me, yes Jesus
loves me
Yes, Jesus loves me, for the bible
tells me so.



Through my steps are oh so slow,
With my hand in His, I'll go
On through life, come what may.
He'll be there to lead the way.

Chorus:

Though I am no longer young,
I have much which He's begun.
Let me serve Jesus with a smile,
Go with others the extra mile
Chorus:



When the nights are dark and long,
In my heart He puts a song.
Telling me words so clear,
"Have no fear, for I am near."

Chorus:

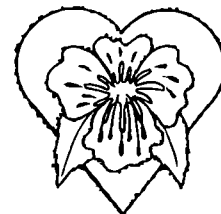


When my work on earth is done,
And life's victories have been won
He will take me home above,
Then I'll understand His love.
Chorus:



I love Jesus, dose he know,
Have I ever told him so?
Jesus loves to hear me say,
That I love Him everyday.

Chorus:



ARE YOU INTERESTED IN WORKING FOR TITLE V?

The Oneida Tribal Title V program is a job training community service and we have an opening for a secretarial position. If you are interested, please call Elderly Services.

GUIDELINES:

You must be 55 or older and reside in Wisconsin.

Must be able to work 20 hours per week.

Meet the annual income guideline level

Duties include answer phones, copying, filing, computers, faxing. Must be able to work from 12:30 to 4:30.

All interested parties, please call 869-2448 and ask for Florence.

We thank you for your interest.



HEEL YOUR SOLE!!



Coming in February, Oneida Community Health Nursing staff are in coordination with Oneida Elderly Services and Oneida's Podiatrist to provide a medical Foot and Nail Care Clinic for those who need attention to their feet from qualified medical staff. Onsite for care will be Terri Harmala, RN, BSN, Community Health Nurse, and Neva Archiquette, CNA, Community Health Representative.

This clinic is intended for those community members who are unable to care for their own feet or have a support system to help care for their feet.

Time: The first and third Mondays of the month:
8:30AM-11:30AM
starting in February, the 7rd and 21st,

Location: Elderly Services Room 13

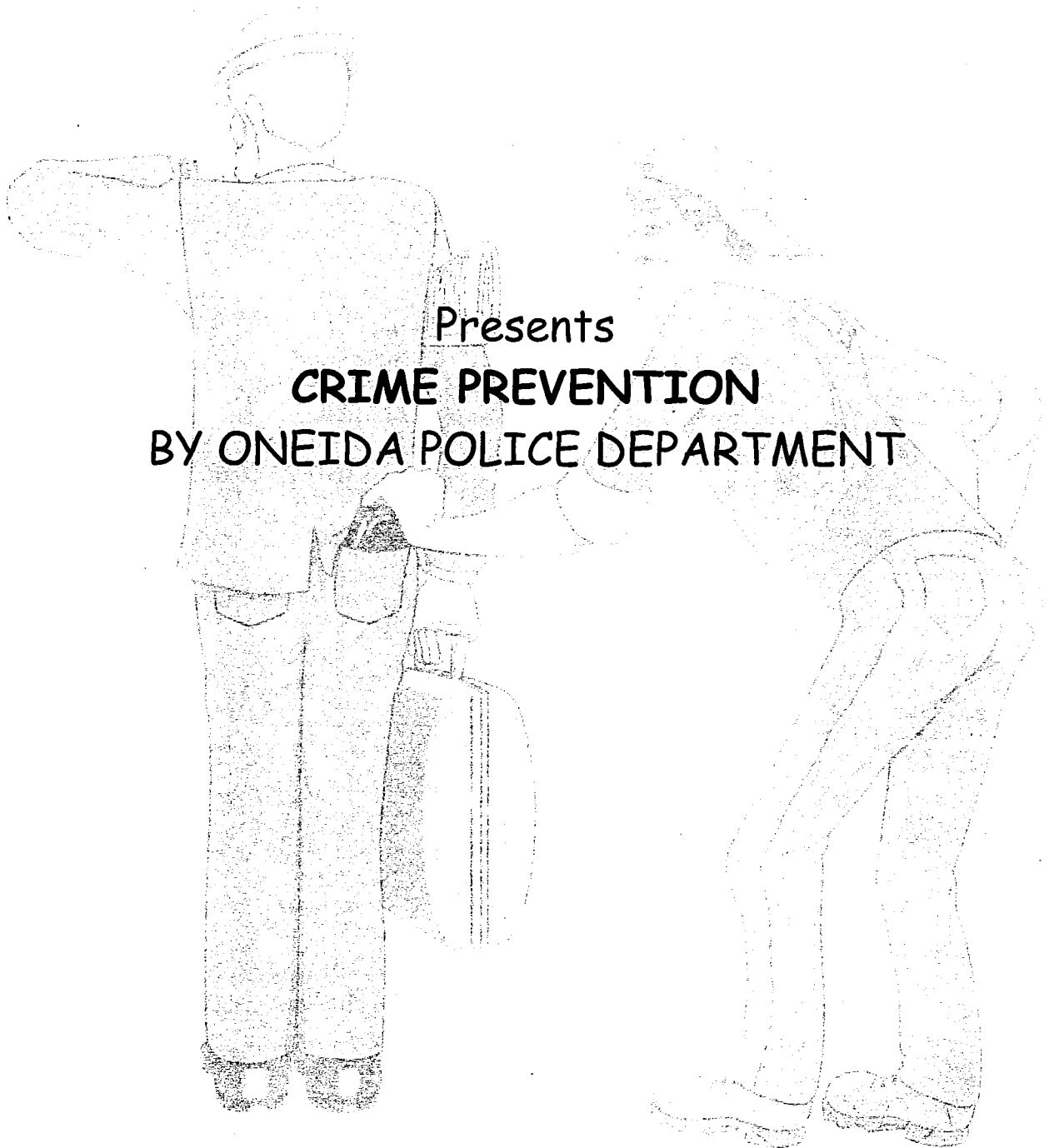
How to make an appointment: Contact Community Health Nursing at 869-4881
Message may be left on answering machine

***Please be aware that space is limited, and appointments are required.**

Thank you,
Community Health Nursing Department

Please Note: For February the dates are Monday the 7th, and the 21st 8:30-11:30AM
From March - December the clinic will be every 2nd and 4th Monday 8:30-11:30AM

ONEIDA ELDERLY SERVICE & SENIOR CENTER



Presents
CRIME PREVENTION
BY ONEIDA POLICE DEPARTMENT

February 10, 2005
TIME: 11:30AM

Seniors, Need to Keep Fit?

Join us in the next PACE exercise class
held every Monday and
Thursday at the Senior Center

BEAT THE WINTER BLAHS, GET OUT
AND EXERCISE

Exercise is Mood uplifting, Brings Out the Sun on
Cloudy days and adds Comfort to our being.



Taught by instructors Ryan Engel and Eric Frantz of Oneida
Family Fitness, both certified PACE instructors through the
Arthritis Foundation



People with Arthritis
Can Exercise
PACE

STARTING DATE:
MONDAY FEBRUARY 21ST

WE WANT TO SEE YOU HEALTHY, PLEASE JOIN US!
All elders welcome, no matter what your fitness level

Any questions, please call Margaret at Oneida Elderly Services, 869-2448

Free Tax Preparation

**When: Wednesday, February 23, 2005
and
Thursday, February 24, 2005**

**Where: Elderly Services Conference
Room**

**Scheduling from 8:30 a.m. to 3:00 p.m.
Sorry, no appointments will be
scheduled between 12 noon and 1 p.m.**

**Please call 869-2448 and ask the
receptionist to schedule an appointment
for you.**

**Taxes will be prepared by
Annette Loberger, Bay Area Agency on Aging**

Free Homestead and State & Federal Tax Preparation

Volunteers trained under the **I R S / TAX AIDE** Program of the **AARP Tax Aide** are here to help you. THIS IS A FREE SERVICE. From February 1 - April 15, 2005

Mondays	Southwest Library 974 9th Street	12:30 - 3:30 Handicapped Accessible
	Village of Howard Center 2456 Glendale Avenue Howard	1:00 - 4:00 Handicapped Accessible Appointments Taken (920) 434-4640
Tuesdays	Aging Resource Center Brown County 300 South Adams Street E-filing Available	12:30 - 3:30 Handicapped Accessible Appointments Necessary (920) 448-4300
Wednesday	De Pere Community Center 600 Grant Street De Pere E-filing Available	9:00 - 12:00 Handicapped Accessible Appointments Taken (920) 336-6054
	Wells Fargo Bank 908 South Fisk Street	1:00 - 4:00 Handicapped Accessible Appointments Necessary (920) 498-5300
	Diocese of Green Bay 1825 Riverside Drive E-filing Available	12:30 - 3:30 P. M. Handicapped Accessible Appointments Taken (920) 437-7531 ext. 8234
Thursday	Aging Resource Center of Brown County 300 South Adams Street E-filing Available	12:30 - 3:30 Handicapped Accessible Appointments Necessary (920) 448-4300
Friday	Wells Fargo Bank 1819 University Avenue	1:00 - 4:00 Handicapped Accessible Appointments Necessary (920) 432-9211 NOT ON GOOD FRIDAY

CAPPS Grant Community Gathering Dates
You're Invited- Come join Us!

day	date	time	place
Tuesday	February 22	5:30pm-7:30pm	OLC Chapel
Wednesday	March 30	5:30pm-7:30pm	OLC Chapel
Tuesday	April 26	5:30pm-7:30pm	OLC Chapel
Wednesday	May 25	5:30pm-7:30pm	OLC Chapel
Tuesday	June 28	5:30pm-7:30pm	OLC Chapel
Wednesday	July 27	4:30pm-7:30pm	Bay Beach
Tuesday	August 30	5:30pm-7:30pm	OLC Chapel
Wednesday	September 28	5:30pm-7:30pm	OLC Chapel
Tuesday	October 25	5:30pm-7:30pm	OLC Chapel
Wednesday	November 30	5:30pm-7:30pm	OLC Chapel
Tuesday	December 27	5:30pm-7:30pm	OLC Chapel

Free meal, childcare and door prizes provided at every gathering!

CAPPS (Community Analysis Process for Planning Strategies)

A 3-year community building grant designed to reduce underage drinking and other at-risk behaviors in our Oneida Youth.

For more information: Darleen Denny (920) 490-3854
ddenny3@oneidanation.org

*"Let us put our MINDS TOGETHER and see what kind of LIFE we
can build for our CHILDREN."*

- Sitting Bull

Spirituality As Seen Through Native American Eyes Presentation

The Global Center for Native American Spiritual Studies is an outreach ministry of the United Methodist Church. The Center will provide opportunities for clergy and lay people for church leadership in the surrounding community. The purpose of this presentation will be to develop a better understanding and respect for Native American Spirituality, and it's relationship to the Christian Faith, while making a distinction between spirituality and religious traditions. We believe that Native American Spirituality and Christian Spirituality are very compatible and complementary to each other

Spirituality as Seen Through Native American Eyes is being presented on Friday, February 18th, 11:30 a.m. - 9 p.m. and Saturday, February 19th, 8:30 a.m. - 1 p.m. Please pre-register as this presentation is only open to 100 participants (space is limited, and food must be planned for). There will be no fee for Tribal members. Cost for clergy & church workers is \$50.00 per person and includes refreshments, lunch & dinner on Friday, and lunch on Saturday.

Program

Friday, February 18, 2005

Registration:	11:30 - 12:30
Centering Worship	1:00 - 2:00
Workshop I	2:00
Ray Buckley	
Small Groups	3:00
Indian History - Gordy McLester	
Methodist Church History - Evelyn Elm	
Christianity vs. Traditionalist - Ray Buckley	
Indian Ritual & Symbolism - Fr. Silas	
Honoring of Elders (real people) - Joyce A. Johnson	
Dinner	5:30 - 6:30
Oneida Singers	6:30
Workshop II	7:00
Ray Buckley	
Mini Pow Wow	8:00
Sweat Lodge (6-8 people)	8:30

Saturday, February 19, 2005

Refreshments	8:30
Morning Devotion	9:00
Workshop III	9:30
Ray Buckley	
Tour	11:00
Lunch	12:30
Going Forth	

where?

Lodging

To make your individual reservations please call by January 18, 2005:

Settle Inn (920)499-1900 920 Packerland Drive
Green Bay, WI 54313

Radisson Hotel (920)494-7300 2040 Airport Drive
Green Bay, WI 54313

Wingate Inn-Airport (920)617-2000 2065 Airport Drive
Green Bay, WI 54313

Please fill out the registration form below, enclose your payment made out to:
OUMC Spirituality Center and Mail to the Oneida United Methodist Church,
N. 6037 County Hwy. E, DePere, WI 54115-8556 (920)869-2927. Please contact
Harriet Alicea at (920)833-6542 for any additional information or questions.

Registration

Name: _____

Address: _____

Ph: _____

Local Church: _____

I plan to attend: Friday, February 18, 2005 _____

Saturday, February 19, 2005 _____

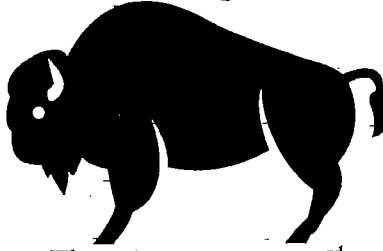
Both Days _____

COMMUNITY MEETING NOTICE

Subject: New Oneida Constitution

<u>Location</u>	<u>Date</u>	<u>Time</u>
Radisson Inn (Oneida Room)	Tuesday, February 15, 2005 (Lunch provided)	11:30am - 1:30pm
Radisson Inn (Oneida Room)	Saturday, February 19, 2005 (Snacks provided)	9:00am - 11:00am
4 Points Sheridan (Milwaukee)	Sunday, February 20, 2005 (Lunch provided)	11:00am - 1:30pm
Senior Center (Riverdale Dr.)	Tuesday, February 22, 2005 (Snacks provided)	5:30pm - 7:30pm
Radisson Inn (Oneida Room)	Thursday, February 24, 2005 (Lunch provided)	11:30am - 1:30pm

An Open Invitation
Community Input Session



Thursday, February 3rd
6:00 pm – 8:30 pm
(Registration and light refreshments at 5:30 pm)

Goodwill Community Center
Fox Cities Workforce Development Classroom
1800 Appleton Road
Menasha, WI
(Please use north entrance of building)

The American Indian Center of the Fox Valley Council is in the process of preparing a strategic plan and would like your input.

The American Indian Center of the Fox Valley is a gathering place for American Indian families – offering information, referrals, education, advocacy and cultural enrichment activities – and an educational resource for the community about American Indian history, culture and values. Special programs and services offered include:

- Women's Talking Circle
- Circles of Recovery
- Annual Pow Wow
- Cultural Classes (ie. arts, crafts, dance, medicines, etc.)
- Media and Resource Center
- Social and Recreational Events
- Community Outreach and Education

If you have an interest in issues related to Native Americans residing in the Fox Valley (whether from a business, educational, social service, cultural, historical or any other perspective) we invite you to attend this interactive session. The evening will involve both small and large group discussion with an opportunity to suggest ideas and to help assess priorities.

We would appreciate an RSVP, so we can plan for seating and refreshments. Please call American Indian Center Director Becky Edler at (920) 968-6363 or send a message to bedler_gw@gwicc.org reserve your place.

UP CLOSE AND PERSONAL

With Grover Smith, Elder Helper

Grover Smith (Good looking) was born in Waupaca, Wi on June 6, 1927. Grover's parents are Evan Smith and Alice Parkhurst. Grover lived in Oneida till the age of Fifteen.

He joined the service (Navy) in 1943.

Grover moved to California in 1957. He worked in a furniture factory. Then Grover worked in an oil refinery.

Grover was married twice, Carolyn Stangel in 1962 then divorced. Then married to Martha Baker (Marty) in 1975 deceased. He has three children.

Grover received his GED in 1985 from Oneida.

Grover enjoys working for Elderly Services because he likes helping elderly people.

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

A Farmer

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

My Mother

What do you consider to be your greatest accomplishment?

Getting my GED.

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

Being a good stock car driver

What is the best advice anyone ever

gave you?

Keep busy and keep out of trouble.

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

Hang in there and do my best on whatever I was doing

What is your ideal vacation?

Living in Hawaii

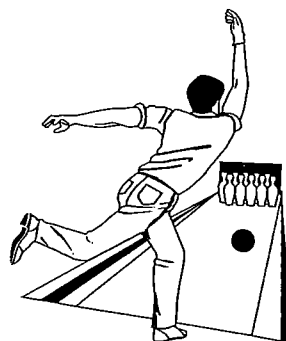
Favorite Meal: Ham and eggs

Favorite Music: Country & Western & Lite Rock

Favorite Books: Western

Favorite Movies: Dances with Wolves, Any movie with Kevin Costner.

Favorite Hobbies: Drive stock car, play slots, Elderly bowling, Parker Games, Bingo & Cards



Valentine Food for Thought

Cabbage always has a heart,
Green beans string along.
Your such a cute tomato,
Will you peas belong to me?
You've been the apple of my eye,
You know how much I care,
So lettuce get together,
We'd make a perfect pear.

Now, something's sure to turnip
To prove you sure can't be beet,
So, if you carrot for me
Let's let our tulips meet.
Don't squash my hopes and dreams now,
Bee, my honey dear;
Our tears will fill potato's eyes.
While sweet corn lends an ear.

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

Attention **Please Let Us Know**

If you are in or out of the hospital or nursing home.

Please communicate with us yourself or through your contact person, where you are.

This will help our program determine if your need services continued or stopped.

This will help everyone.

Thank- you.



What Happened In 1932?

Born in 1932: Elizabeth Taylor, Johnny Cash, Debbie Reynolds, Tiny Tim, Sonny Liston, Meadowlark Lemon, Peter O'Toole, Loretta V. Metoxen, Ruth Laes, , Marie Scott.

Newsorthy Events:

- * Zippo lighters are first sold.
- * The first woman is elected to the U S Senate.
- Hittler gains citizenship in Germany prior to the elections.
- * Franklin D. Roosevelt defeats Herbert Hoover to become the new president.
- * The Mars candy bar is invented, Thank God!

New Movies: "Grand Hotel," "Shanghai Express," "Dr. Jekyll and Mr. Hyde," "Flower and Trees." (A new color animated film from Walt Disney)

Popular Songs: "Brother, can you spare a dime?" "Please" "All of me," "In a shanty in old shanty town," "Say it isn't so."

What things cost in 1932:

Car \$610, **House** \$6515, **Gasoline** .10 gal
Bread, .07 a loaf, **Milk** .43 gal., **Tooth Paste:**
.35, **Shoes** \$5, **Postage Stamp** .03, **Avg,**
Annual Income \$1652,

Do you have some recyclable items you'd like to get rid of?

- Plastic bottles w/caps
- Dish detergent bottles w/caps
- Laundry detergent bottles w/caps
- Empty cardboard toilet paper rolls
- Empty plastic soda bottles (liter)
- Egg cartons (plastic or cardboard)
- Sea shells
- Wire hangers
- Sm Yogurt containers
- Old nylons

Please bring washed containers to the Activity Dept .or call us to pick them up .We are trying new artwork using these recycled treasures. Call Margaret at 869-2448.

THERE IS HELP FOR THE FLU

Seniors who get the flu can get assistance to help pay for Antiviral Medicines under a demonstration project announced by the Centers for Medicare & Medicaid Services (CMS).

Approximately 36,000 deaths are attributed to flu and pneumonia in the United States each year, and more than 90 percent of these deaths occur in people age 65 and older. Many of the deaths occur in patients who experience complications after the flu, such as pneumonia. These complications can be alleviated with flu medicines taken early in the course of disease.

Symptoms of flu often include:

- **fever**
- **headache**
- **extreme tiredness**
- **dry cough**
- **sore throat**
- **runny or stuffy nose**
- **muscle aches**

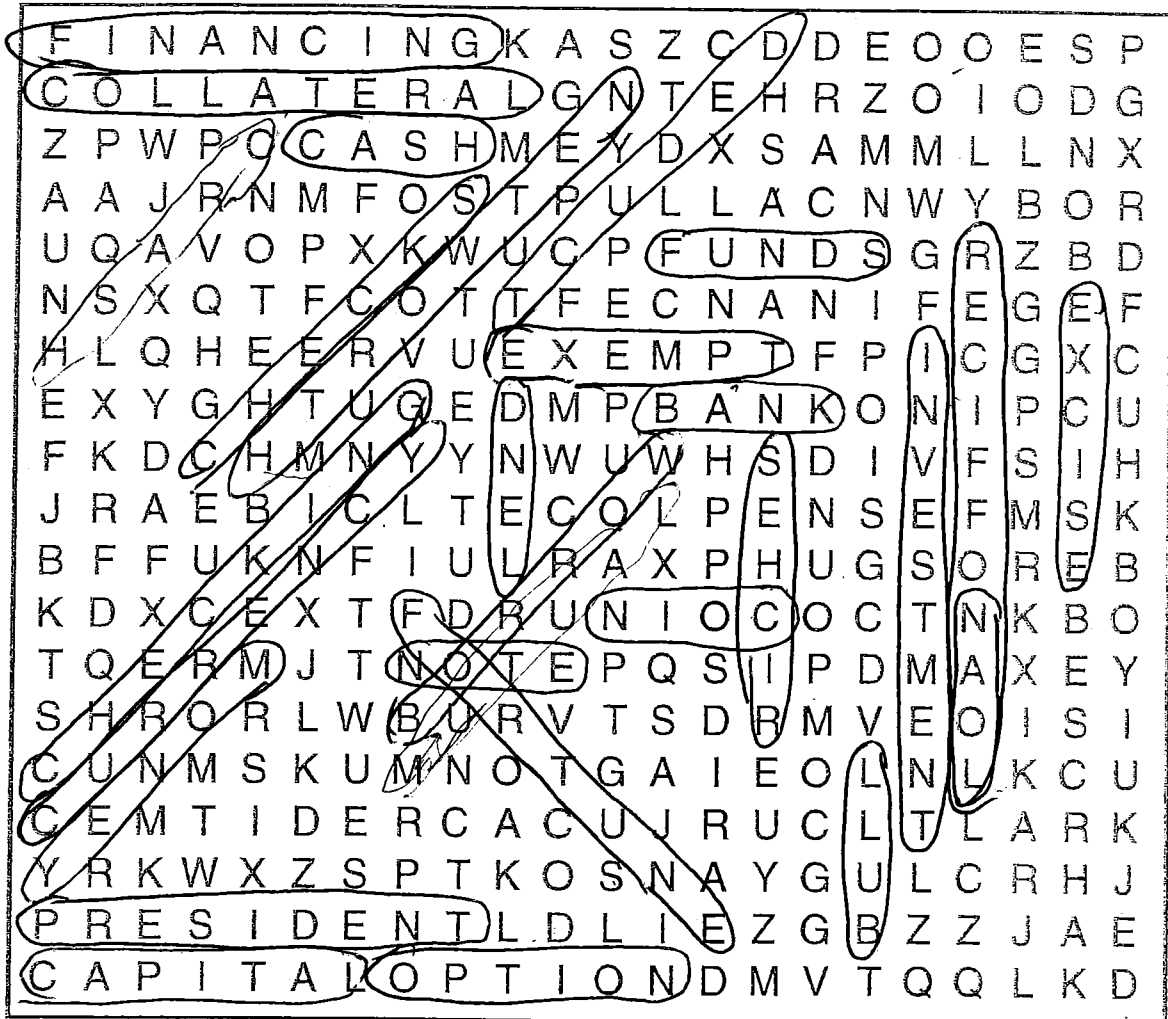
The Centers for Disease Control and Prevention reports that flu activity has been low so far this season. However, the level of flu activity is unpredictable and the season often lasts until late spring.

"There are prescription drugs that have been proven to prevent the flu and its serious complications, and Medicare is taking steps to make these drugs more affordable," said CMS Administrator Mark McClellan, M.D., Ph.D.

In the United States, four antiviral medications (amantadine, rimantadine, oseltamivir, and zanamivir) are approved for treatment of flu. Detailed information about each medication, including dosage and approved persons for use, may be found at <http://www.cdc.gov/flu/professionals/treatment>.

"Because there are reports of increasing flu activities in some areas of the country, it's important to stay vigilant," Dr. McClellan said. **"People with Medicare who develop symptoms of flu or find that they may have been exposed to flu should contact their doctor as soon as possible."** Dr. McClellan emphasized that the flu vaccine remains the best protection for Medicare beneficiaries and he urged seniors who have yet to be vaccinated to do so.

High Finance



F1156

- | | | | |
|--------------|------------|----------------|-------------|
| BANK- | CHECKS- | EXCISE - | MONEY - |
| BEAR | CHECKING - | EXEMPT - | MUTUAL - |
| BONDS | COIN - | FINANCE | NET WORTH - |
| BORROW - | COMPOUND | FINANCING - | NOTE - |
| BULL - | CRASH ✓ | FORTUNE - | OFFICER |
| CALL | CREDIT | FUNDS - | OPTION - |
| CAPITAL - | CURRENCY - | INVESTMENT - | PRESIDENT - |
| COLLATERAL - | DEDUCT - | LEND - | PUT |
| CASH - | DISCOUNT | LOAN - | RATE |
| CHANGE | DUTY | LOAN OFFICER - | RICHES - |

A Fluid Approach

What does 8 glasses of water do for your digestive system?

Kerri Carpenter grabs a glass of water and sits it by her computer as she begins her workday. After she downs her glass of water, she refills it again, doing this through out the rest of the day. It's a religiously habit she follows for drinking 8 glasses of water a day for good health.

Kerri is right; Health Care providers say water nourishes the entire body. "Water is a life sustaining beverage," says Leslie Bonic, a registered dietician. Every organ in the body needs water. For water to get where it is needed it must be absorbed through the gastrointestinal tract. When you drink water it travels down the esophagus, through the stomach, and into the intestines, where it is partially diffused into the blood stream hydrating the body cells, The kidneys and the bladder make use of some of the water, and what is left goes into the large intestine to move fecal matter.

Water helps to flush the system, according to Dr. D. Kirby a gastroenterologist. When there not enough fluids in the colon, patients suffer from constipation, a common gastrointestinal ailment. One solution to constipation is eating a diet rich in fiber, which can be found in fruits, vegetables and whole grains. Fiber can't work without adequate intake of fluids. Fiber draws water from all sources of the body to make stools softer and easy to pass through.

Water may also play a role in preventing colorectal cancer. Women who drink more than 5 glasses of water a day had a risk of colon cancer that was 45% less than of those who 2 or fewer glasses a day. If you are drinking enough fluids, you're moving things more efficiently and quickly so toxins won't be sitting in your gut too long, drinking 8 glasses of water per day may ensure adequate hydration. For smaller people 8

glasses may be enough, but medium framed people 10 glasses per day, larger framed people, larger framed people may require 12 glasses a day, depending on the heat for certain days or the amount of exercise completed that day. It is helpful to drink 2 or 3 glasses of water an hour before you exercise and 1-2 bottles during and at least 3 glasses of water after exercising.

Beverages, such as juice, milk, coffee and soda can help reach a daily fluid intake, but they are not ideal because they contain caffeine and sugar. Alcohol, although technically a liquid can cause dehydration and a host of other problems and is not recommended. Gradually up your fluid intake if you haven't been drinking enough based on the recommendations. Start by adding a glass of water to your daily regimen during the first week the increase as needed. You'll know you've had enough when your urine is clear or pale yellow. When your body is not optimally hydrated, all the organs have to work harder and your body tries to create fluids by doing things like breaking down muscles, which is not ideal.

Severe dehydration signs are potentially life-threatening. They include lethargy, dry lips, decreased urination, a burning sensation in the stomach, an abnormal fast heart rate, inability to concentrate and fatigue. If you experience any of these symptoms, reach for a sports drink, it will help replenish the water and salt your body needs. If symptoms don't resolve within minutes call your doctor.

Source: Jhoana R, Wade





Spotlight on Social Security

February 2005



If you work and also get Social Security retirement benefits

By: Bruce W. Schultz

Social Security Public Affairs Specialist

Surveys show that an increasing number of older Americans want to retire from their jobs, but not retire from the workforce. They want to retire from the work that they have done for most of their lives for 40 hours a week, but they also want to take up a second, perhaps part-time career. If you are or expect to be one of these 'semi-retirees' there is some important Social Security information you should keep in mind.

The relationship among your work, earnings and eligibility for Social Security benefits depends largely on your age. You probably will fit into one of the following age groups.

- **You are full retirement age or older.**

This is the easy one. If you are "full retirement age", (65 plus 6 months in 2005) or older, your earnings will not reduce your Social Security benefits. Or to put it another way, once you reach that magic age, you can collect all the Social Security retirement benefits you are due no matter how much money you earn from working. You can find a chart explaining full retirement age at www.socialsecurity.gov/retirechartred.htm.

- **You are between age 62 and the year that you will reach full retirement age.**

The earliest you can apply for Social Security retirement benefits is age 62. In 2005 you can work and earn up to \$12,000 with no reduction in your benefits. But for every \$2 you earn over that, Social Security must hold back \$1 in benefits. (Note: In the first year you receive Social Security benefits, you are guaranteed that benefit for any month you earn less than \$1,000. And we do not count pensions, savings or investment income toward these threshold amounts – only wages or self-employment income.)

- **You are not yet full retirement age, but will reach full retirement age this year.**

The earnings threshold is more lenient in the year you reach your full retirement age. Beginning in January of that year and until the month before you reach full retirement age, Social Security would withhold \$1 from your benefits for every \$3 you earn over the earnings limit (\$31,800 in 2005). Of course, the earnings thresholds are indexed for inflation, so they are updated yearly. And remember that beginning the month that you reach full retirement age, there would be no earnings limits.

You can learn more about Social Security and retirement benefits during a "semi-retirement" by reading the pamphlet, *How Work Affects Your Benefits*. You can request a copy online at www.socialsecurity.gov/pubs/10069.html. Or you can call 1-800-772-1213 to request a free copy.

Bruce Schultz is the Public Affairs Specialist for Northern Wisconsin. You can contact Bruce at 1561 Dousman, Green Bay, Wisconsin 54303 or via email at bruce.schultz@ssa.gov

###

Still Standin' on the Land

There is a river, call it Pit River with celebrations,
at great Mt. Shasta's eastern foothills;
Home of the legitimate Pit River Nation,
who have done justice to Captain Jack's heroic will.

They survived the "The Pit River Rangers," and "Buckskin men," —
PGE and the massacre at Soldier Mountain,
They're still standin' on the land of Big Bend,
and drinking from Raymond's Logo's model fountain;
Join hands like we did at Puget Sounds and Sacred Blue Lake,
and the vic'try at Point Concepcion's stand,
amd o'er the G.O .Road when Medicine Rock was at stake,
they're standin' on the land, still stand' on the land.

There's a mesa, called sacred Corn Mountain,
where the Zuni Way still reigns supreme in ev'ry heart;

Proud independent heirs of Pope's revolutionary fountain,
where the Shalako still dance to the scared gods;

A culture still deep in it's aboriginal kivas, clans and roots,
prayer sticks, sacred cornmeal and purification rites;

Deerskin moccasins and leggings instead of Western-style boots;
never signed a treaty! And the Zuni tongue still spoken right;
Join hands like we did at Puget Sound and sacred Blue Lake.

and the vic'try at Point Concepcion;s stand, And o'er the G.O. Road when Medicine Rock was at stake,
they're still standin' on the land, still standin' on the land.

There is a mountain called the Smoky Mountains,
where Tsa li's eastern band of Cherokee's still live;
Not even the Tallico Dam or the T.V.A.'s manifestations,
could drive them from land their goddess did give,
Red and black oaks, sharp-shinned hawks and chickadees,
while still workin' scared medicine in the Big Clove Clan;
Jays and sparrows still live with them in harmony,
the Qualla Boundry's still an ancestral homeland;
Join hands like we did at Puget Sound and acred Blue Lake,
and the vic'try at point Concepcion's stand,
and or're the G. O. Road when Medicine Rock was at stake,
they're still standin' on the land, still standin' on the land.

Source: Tashunka Raven

Thank-you Mr. Tashunka

Raven:

Camp Springs, Maryland

We appreciate your interesting article
that you contributed to our "Drums
Across Oneida."

Make a 72 Hour Emergency Kit

Nutrition Notes from Jane Powless, RD

January 1, 2005

None of us ever expect to have to be evacuated from our homes, but the truth is, that it could happen to any of us, and we need to be prepared for that. Natural disasters such as snow storms, fires, tornadoes, hurricanes, severe storms, civil disturbances, and earthquakes send people from their homes every year in the US.

Here are a few things you may want to put aside "just in case". You may not want to have everything on this list in your emergency kit, just pick out the things that would be important to your family. Use a **large bucket** to hold the items in your kit, they are waterproof and very handy.

Warmth and Shelter

Water-Proof Matches
blankets, mittens, hats
Hand and Body warm packs
Poncho

Light Sources

Flashlight -battery run or hand generated
Batteries -stored separately
candles
Light sticks

Safety

First Aid Kit
tablets for purifying water

Money

at least \$20, plus quarters & dimes for phone calls.
phone card

Communications

Small am/fm radio with batteries separate
Whistle with neck cord

Food

6 Beef or Buffalo Jerky sticks (3/day each)
2 cans of meat
2 cans vegetables & 2 cans fruit
2 cans Soup, read-to-eat variety
small pkg cookies
Dried Fruit & Granola
Power Bars
3 packages of hot chocolate
2 qts. potable water, stored in pop bottles.
Hard Candy and Chewing Gum
Packages of peanut butter and crackers
small can opener
paper plates, cups, & plastic silverware
a garbage bag & tin foil for cooking (folded flat)

Personal needs (in an ice cream bucket)

small bar of soap/shampoo
toothbrushes and gel
comb
roll of toilet paper
sanitary napkins (good for large wounds)
small pack wash wipes
MEDICINE if family members have prescriptions

Tools

Pocket knife
Sewing kit
rope & clothespins
Fishing line and hooks

Important Papers

Copies of birth certificates, marriage license, will, insurance forms, phone numbers, credit card info
Up to date photos of each family member

ADDITIONAL ITEMS

Potable (drinkable) water--very important!
Change of clothes and shoes

A little planning ahead of time can make all of the difference when you need it most.

Tips for Avoiding the Winter Blues

For Yourself or a Loved One

Winter can be a scary time for elderly people who fear slipping on ice or wonder whether they'll be able to pay the heating bills.

There are a few things that caregivers can do to help alleviate these sources of anxiety:

Keep drives and walkways shoveled and free of ice. You can hire someone to clear driveways and walks for your loved one, but many communities offer free driveway-plowing services to senior citizens. Call city hall to find out if this service is available.

Find out about heating bill assistance. If getting bills paid is a worry, contact WE Energies to find out if your loved one is eligible for an energy assistance program.

Change furnace filters. For maximum efficiency, this may need to be done as often as once a month. As caregiver, you are in the best position to handle or oversee this chore.

When it's cold and dark, it's easy to get isolated. Before your loved ones begin feeling lonely, think about how you can help them connect with others during the cold winter months. When it's safe to venture out, be sure your loved one can get out and about.

Keep up social commitments. if possible. Continue to arrange rides to church, the senior center, or to other activities.

Don't forget group meals. Many

communities have group meals for seniors. There might be a senior center in town, or the hot meals might be served at a community center. In addition, there are sometimes activities after these meals such as bingo, cards, blood pressure checks, and the opportunity to visit with others.

Please contact SEWAAA at (262) 821-4444 for information on meal sites in your county.

Prepare and share a meal. You might like to enjoy a quiet meal together. Or if a neighbor offers to bring a casserole, suggest she stay and have a meal with your loved one.

Entertainment at home. Sometimes, it'll just be too unpleasant to get out. Or maybe your loved one is homebound by a physical or mental disability. There are still some things that caregivers can do to brighten those long months.

Buy and fill a birdfeeder. You can find birdfeeders that attach directly to a window, so your loved one can easily see the ongoing show the cardinals and chickadees provide.

Offer to pick up and return books and videos. Your local public library may even have a delivery service for homebound people.

Send a letter. Even long-distance caregivers can bring some light into a dark day. Make a point to send a note or letter, especially in the winter. Yes, an old-fashioned

letter in this age of electronic communication means a lot to the elderly.

Watch for signs of depression. Though elderly people are not at a particularly high risk for Seasonal Affective Disorder, a mood disorder caused by changes in daylight, they often face an increased risk of depression due to life changes, medication, and illness, according to the National Institute for Health's Medline website.

During winter, when stress levels and isolation increase, be sure to watch for persistent sadness, discouragement, reduced energy, and sleep problems.

Many elderly are unwilling to admit being depressed for fear of being seen as weak or unstable. You might want to try the tactic we used with my father-in-law when we saw that he had symptoms of depression: address the issue by naming the symptom ("You need to see a doctor about your sleeping problem") rather than naming the illness ("I think you are depressed").

And be sure to take care of yourself, too. Keep in mind the tip from the National Family Caregiver Association: "Remember to be good to yourself. Love, honor, and value yourself. You are doing a very hard job and you deserve some quality time for yourself."

This winter, be sure to think of ways to keep yourself safe, healthy, connected with others, and entertained, too.

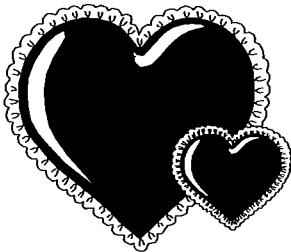
CHILD PASSENGER SAFETY WEEK

February 13-19, 2005 is National Child Passenger Week. This week emphasizes the importance of safety transporting children throughout their childhood. The Community Health Center is encouraging parents, grandparents, and caregivers to buckle up their children on every ride. Securing your grandchild in the right restraint is one of the most important things you can do for your grandchild.

- + When used properly, child safety seats have been found to reduce the risk of fatal injury by 71% for infants (under one year of age) and 54% for toddlers (1-4 years old) as well as reducing the need for hospitalization by 69%.

- + The Oneida Community Health Center has certified Child Passenger Safety Technicians that can help make your grandchild safe. Your vehicle, child, and car seat will be checked for the proper fit. If needed safety seats are available at reduced prices through funding from Indian Health Services.

- + For more information or to set up an appointment with a car seat technician, contact the Oneida Community Health Center at 869-2711 or come to the **CAR SEAT CHECK** schedule for the **Oneida Community on February 17, 2005 from 3pm-8pm at the Oneida Social Services Building.** No appointment necessary.



If you don't know where you are going,
How will you know when you get there?

ELDER HUMOR LORNA'S CORNER

This is a true story, but then again they are all true. I helped take care of my grandmother (rest her soul) when everyone else had to go to work or do whatever, I would "Grandma sit." She spoke very little English and a lot of the Oneida language. She came from the times of no electricity or indoor plumbing. Living in this world was very confusing for her.

I thought it was a riot as to the things she tried to adapt to. (very humorous) She told me to get some water from the water pump, then I showed her how to get water from the faucet; her eyes just lit up.

Everyday was a new event as she forgot daily what you showed her the day before. My Aunt told her, that if she wanted the lamp for light all she would have to do is plug the cord into the hole in the wall. Well, when my aunt came home that evening she found Grandma sitting in the dark. My aunt said, "didn't you plug the lamp in?" Grandma said, "Yes, still don't work." So Auntie followed the cord, it was in a mouse hole! Grandma threw it in a mouse hole!! That's my Grandma!

Underactive Thyroid Good For The Elderly

Very old people with underactive thyroid glands do not experience adverse effects and may even live longer than people of the same age with normal functional thyroids, Dutch researchers say. These surprising results, add fuel to an ongoing debate about whether to screen and treat the elderly for mild thyroid disease. This definitely diminishes the need for screening and treatment,

Source: The Journal of American Medical Association.

Valentine Treat

Strawberry & Chocolate Mousse

1 package (10 oz.) frozen strawberries
thawed
1 envelope unflavored gelatin
¼ c. cold water
½ c. milk
⅓ c. Hershey's cocoa
¼ c. sugar
½ tsp vanilla
1 c. heavy or whipping cream

Drain strawberries, reserve 3 tbsp of the syrup, set aside. Sprinkle gelatin onto water in blender container, let stand 5 min. to soften. Meanwhile, heat milk in a small sauce pan over low heat until hot, do not boil. Add hot milk to gelatin mixture; blend on medium speed until gelatin is dissolved. Add Hershey's cocoa and sugar, blend on medium speed until sugar is dissolved. Add strawberries, reserved strawberry syrup and vanilla, blend well. Pour into 4 desert dishes. Cover, chill several hours or overnight. Garnish with fresh strawberries and a chocolate leaves

February Frost

Hoary frost caterpillars snuggle tight
on bare-boned trees,
dozing in the warmth,
of February's promise.
Then, quiet, like a Sunday noon,
they wiggle free,
and evaporate into gossamer,
brushing pale cheeks and kissing eyelids
with wings of hope.

Source: C. Nicklin

Life is like a camel, you can make it
do anything but back up.

Why Walk?

In general, people become less physically active as they get older. Nearly 40% of people over the age of 55 report no leisure time physical activity.

The older people become the more they need regular. It helps prevent bone loss, reducing the risk of fractures. It also increases muscle strength and may improved balance and coordination, which can reduce the likely hood of falling.

Studies have shown that increased levels of physical activity are associated with a reduced incidence of coronary heart disease, hypertension, non-insulin dependent Type 2 diabetes, colon cancer, depression, and anxiety.

Active people with high blood pressure, high blood cholesterol, diabetes, or other chronic diseases are less likely to die prematurely then inactive people with these conditions. Inactive people lose muscle fiber at a rate of 3-5 percent every decade after 30. That's a 30% loss of muscle by the age of 60!!

Source: V. Davis RN

President's Quote's

Let not him who is homeless pull down the house of another, but let him work diligently and build one for himself, thus by example assuring that his own shall be safe from violence when built.

Abe Lincoln



The name of American belongs to our national capacity, must always exalt the just pride of patriotism more than any title denied from local discriminations.

George Washington

Stay safe outdoors this winter

Extended exposure to cold weather can cause outdoor activities, either work related or recreational, to be dangerous to your health. It is important to be aware of the early warning signs and symptoms of cold exposure. The two most dangerous conditions related to cold weather exposure are Frostbites and Hypothermia.

FROSTBITES

Frostbites describes the freezing of superficial tissue of the face, ears, fingers, and toes. They become the primary targets of frostbites because of the difficulty of adequate protection and the lack of underlying fatty tissue and muscularity that insulates other parts of the body.

Signs and Symptoms:

- + Increasing burning sensations or pain to the exposed area.
- + Tinging and numbness to the exposed site.
- + Skin becomes hard and white colored or starts to blister or peel.

Treatment:

- + **Do not** actively rub frost bitten areas or apply direct heat sources
- + Move the frostbitten victim to a warm dry location.
- + Remove constrictive clothing, replace wet clothing with dry.
- + Elevate affected areas and use passive warming applications.
- + Call 911-seek emergency services.

Hypothermia

Hyperthermia is a severe response to cold exposure that is defined as a significant decent in body core temperature.

Signs and symptoms

- + Shivering - an early indicator of dangerous cold exposure as the body attempts to self generate heat through uncontrolled muscular contraction.
- + Full body controlled body sensations, (goose bumps) numbness.

- + Mental impairments- confusion, sluggishness, lack of coordination, compromised speech or sight.
- + Altered levels of consciousness or unconsciousness.

Treatment

- + Move the hypothermic victim to a warm dry location.
- + Remove wet clothing, apply additional layers of dry clothing.
- + Apply passive warming techniques such as layers of blankets.
- + Do not use aggressive warming applications.

Source: G.B. Gazette

Rural Development at Elderly Meal site
134 Riverdale Dr. Oneida, Wi.

First Thursday of Every Month

504 Home 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 meal site at
1-920-869-1551

Shawano Rural Development
Office 1-715-524-2148



Elderly Services Store and Gift Shop

This is an invitation for you to come and visit our Elderly Services Store and Gift Shop. Our store hours are from 9:00 am - 12:00 noon, Monday through Friday. We also feature delicious fresh popcorn daily.

The following is a list of items for sale:

- Bird Houses
- Crosses, all types (plastic canvas)
- Dressers Scarfs
- Door Hangers
- Wreathes
- Floral Arrangements
- Green Bay Packer Dolls
- Greeting Cards, Native American, etc.
- Hats and Booties
- Kleenex Box Sets (plastic canvas)
- Native American Dolls (all sizes)
- Necklaces
- Key Chains
- Pictures Frames
- Pillows
- Quilts (full & crib)
- Seasonal Items
- Memories of Oneida Elders tapes
- Oneida Singers Tapes

And many other assorted items.
Check out our FREE rummage box!

Our store is located at the Elderly Services Complex, on Overland Road, right next to the Airport Road, Daycare Center and directly across from the Oneida Community Health Center.

ENROLLMENT FORM

DATE: / /

NOTE: The state and federal government have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

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

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elders aged **70 years** and older. 2) Elders aged **55-69 years** of age, that are **disabled/handicapped, living alone**. 3) Elders aged **55-69 years** of age, **with health/safety issues**. The elders that are listed are our **priority**.

Please check the appropriate responses:

Martial Status: Married Single Widowed Divorced

Living Arrangement: Lives Alone Lives with Spouse *Lives with Others**

Do You: Rent Own *How many Others**

Race: Native American Caucasian Latino Asian African American

Tribal Affiliation: _____ **Enrollment Number** _____

General Health status: Excellent Good Fair Poor*

***If poor please list health condition**_____

Do you currently have any of the following: Guardian Power of Atty--Finances Health

____Medicare ____Medicaid ____Representative Payee

_____None of the Above

In case of an emergency--please contact

Name _____

Phone Number () _____

Relationship_____

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form, are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elderly Services.

Signature _____ Date / /

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