

DRUMS

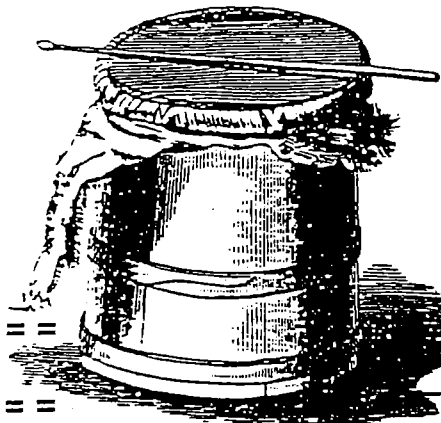
ACROSS

ONEIDA

SENIOR

CENTER

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



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N.POWLESS/M.KING

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Roberta - 713-8460

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MARCH 2001

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Health Screenings and Meal Site Fitness are Back!

The Community Health RN's will be doing blood pressures and blood sugars at the Multi-Purpose Center every 2nd and 4th Friday of the month starting at 8:30 AM 'til about 10:30 AM.

Brenda Haen, CHN Supervisor will also be running a Diabetic Support Group every 4th Thursday of the month from 6 PM - 7 PM @ Parish Hall.

Don't forget to watch for the return of
Meal Site Fitness!

It returns to the Oneida Senior Center
beginning March 14th at 11:30 a.m.

Join us to welcome back Michelle Mielke from
the Family Fitness Center.

ELDERLY SERVICES COMPLEX:

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

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

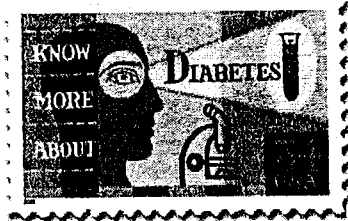
Robertta Kinzhuma
Florence Petri
Lori Metoxen
Julia Hill
VACANT
VACANT
Noreen Powless
VACANT
Lorna Christjohn
Marsha Salzman
VACANT
Cindy Brabbs
Margaret King-Francour
Joanne Close
Lorleen John
Amy Sumner
Debbie Ninham
Marty Braeger
VACANT

ONEIDA SENIOR CENTER:

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

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

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



ONEIDA STAMPS DIABETES

MARCH 16, 2001
Radisson Hotel
2:00-6:00 p.m.

Everyone attending will receive 10 Diabetes Awareness Stamps which will be introduced on March 15, 2001.

FREE -- FUN -- FREE -- FUN -- FREE -- FUN -- FREE

Native American Buffet

**VISIT
EACH
BOOTH &
RECEIVE
PRIZES**

Learn more about diabetes

Food • Exercise • Relaxation
• Foot Care • Dental • Eyes

Sponsored by: Oneida Community Health Center Diabetes Team



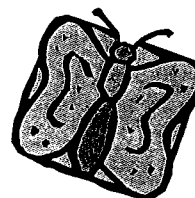
JUST TOUCH
*is a light butterfly touch
that helps the recipient to relax
and experience a sense of well-being.*

There are touch points for blood pressure, stress,
infection and poison, the neck and shoulders, the back,
the lungs, the sinuses,
the head, eyes, ears, and metabolism.

The points are easy-to-learn and you receive a free booklet to take
home to remind you of the points.

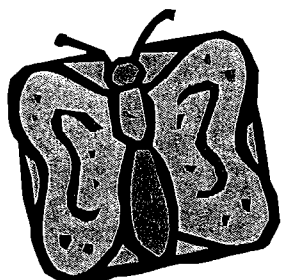
***The next class is on March 7th from 5 to 7:30 p.m.
The next class after this will probably
not be until June.***

You are invited to join us.



There is no charge. The class takes place in the comfortable lounge of
Building D, 2945 S. Overland Road, of the Elder Apartments.
Please call 869-3160 with your name, phone number, and the # attending.
Light refreshments are served.

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

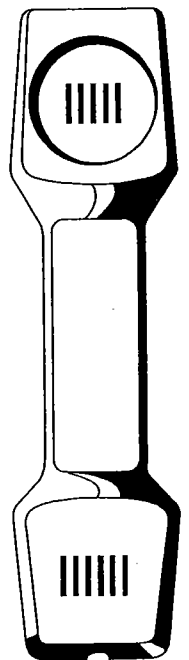


IMPORTANT NOTICE

The Health Care Financing Administration (HFCA), the Federal Agency that administers the Medicare Program, has a contract with Abt Associates to conduct a telephone survey among Medicare beneficiaries to ask about their use of two covered preventive services, influenza immunizations ("flu shots") and pneumococcal vaccinations ("pneumonia shots"). **The survey results will help HFCA target resources to increase the use of these two very effective medical preventive services.**

Beginning in February 2001 through May 2001 and again next Spring (2002), randomly selected Medicare beneficiaries will receive a letter from ABT describing the project. **The main purpose of the letter is to alert these beneficiaries that they will receive a phone call from Abt, and more importantly to confirm that this telephone survey is an authorized Medicare project.** It will also emphasize that participation in the survey will in no way affect an individual's Medicare benefits. It will also state that any information collected in the survey will remain confidential. The survey responses will only be reported as a group, and they will not identify any individual Medicare beneficiary. A return postcard will be enclosed with the letter. The Medicare beneficiary can complete and return the postcard to show the best times for the survey interviewer to call and to indicate whether the beneficiary prefers to receive a call from a Spanish-speaking interviewer. The phone survey is very brief. It only takes 5-8 minutes to complete.

Anyone who wants additional information on the survey can call the toll-free hotline at 1-800-MEDICARE. **HCFA appreciates the participation of the selected Medicare beneficiaries in this survey. The information they provide will help HCFA to further refine and make better efforts to improve the quality of the health care services provided to Medicare beneficiaries.**



VANILLA

America's Favorite Native Flavor

Honey-Vanilla Fruit Compote

- 1 ½ cups honey
- 3 ½ cups water
- 1 Tablespoon pure vanilla extract
- 6 to 8 small, ripe but firm, fresh peaches
- 6 to 8 small, ripe but firm, fresh plums
- ½ pound fresh cherries with stems
- 2 to 4 thin slices of lime, halved

In a three-quart saucepan, combine honey and water. Place pan over medium heat and bring to a simmer, stirring to dissolve honey. Place vanilla in syrup and reduce heat to low.

Meanwhile bring another large saucepan of water to a boil. Plunge peaches into boiling water for a few seconds, then remove and peel. With a small sharp knife make 4 vertical slices in the peeled peaches and in the plums so they may absorb the syrup.

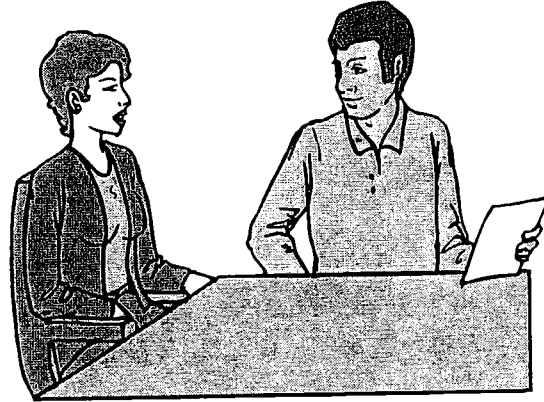
Add peaches and plums to simmering syrup and poach fruit, stirring gently from time to time for 15 minutes. Add cherries and continue to poach for an additional 10 to 15 minutes or until fruit is tender but still holds its shape. Allow fruit to cool in the syrup.

Serve compote chilled or at room temperature. Garnish with thin slices of lime. Makes 6 servings.

Watch for the Grand Opening
of the Community Recreation Center...
A new stop for Elders recreation
and intergenerational activities
Coming Soon....



STARTING FEBRUARY 1st
BENEFIT SPECIALIST SERVICES AT
THE SENIOR CENTER~ 134 RIVERDALE



EVERY THURSDAY ~ BETWEEN
11am ~ 1pm

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

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

Take Control of Your Grief and Your Life

Out of control is how most persons feel after the loss of a loved one. This is normal, but can be frightening. It is reassuring to have others take over responsibilities during this period. Slowly, beginning as soon as possible, the grieving person needs to orchestrate their own life again. If you are that person deep in grief, how do you begin?

- **Build a Support Network.** Family and friends may be sympathetic, but they possibly are submerged in their own grief or life problems. Maybe they have never experienced a deep loss such as yours. It is up to you to find others who are also mourning the loss of a loved one. Search in your faith community, in grief support groups, or at community agencies. Foster a relationship with these persons. They understand.
- **Accept the Crying.** You may feel embarrassed when you cry. You need not. Tears are evidence that you have the courage to cry, the courage to show your grief in this way. When your sadness dams up, find something to release the tears. They will be both healthy and healing. Find someone who accepts your tears and let them fall.
- **Start a Journal.** Write whatever comes to mind—thoughts, feelings, problems, solutions. Writing down worries that get stuck in your head can help release these anxious thoughts. Record good things that happen and times you have taken control. Keep your journal accessible. It is your “instant friend,” always there to “hear” your grief, your pain, your plans. Writing in your journal is a good way to close the day.
- **Walk Each Day.** If you have trouble sleeping and often feel depressed, you are like most persons in grief. There is a non-drug prescription that could help relieve both these conditions. Take a short walk each day, slowly increasing the number of walks per day and the speed, as you are able. Check with your doctor. Make walking a pleasure. Be sure to walk in safe places, and find a buddy with whom to walk.
- **Prepare for Anniversaries and Holidays.** These days will never be the same again, so it is okay to plan for them to be different. Do this early. Decide what you will keep, get rid of, and add. Talk with others involved and get their help. Be realistic and kind to yourself. Each celebration you survive will help you face the next.

These are excerpts from, *Finding Your Way After Your Spouse Dies*, author and therapist Marta Felber brings to her writings 30+ years of counseling. Marta combines her professional counseling skills with her personal grief journey to provide a superb resource for hope and healing. The book is conversational, and invite the reader to work through their own grief by the author's side. Available in bookstores and at 1-800-798-0100.

528 N Monroe Avenue
Green Bay, WI 54301
Phone: (920) 433-3908
TDD: (920) 433-1975
FAX: (920) 433-3873
Office Hrs: M-F 9 a.m.-4 p.m.



TRIBAL PER CAPITA PAYMENTS IMPACT ON BENEFITS ADMINISTERED BY SOCIAL SECURITY

Social Security administers two programs – regular Social Security and Supplemental Security Income (SSI).

SUPPLEMENTAL SECURITY INCOME (SSI)

Tribal per capita payments affect SSI benefits. SSI payments are based on need and are paid to blind, disabled, or aged individuals who meet specific low income and asset requirements. Since SSI is based on need, any other income that is received must be considered when determining if a SSI payment is due.

An SSI check is not usually due for the month in which a per capita payment is received. For example, if a tribal member receives a \$750 per capita payment in March 2001, he/she is not due a federal SSI check in March. If Social Security knows about the per capita payment in advance, neither a federal nor a state SSI payment is usually issued.

If a tribal member receives a federal SSI check and a tribal per capita payment in the same month, he/she should contact Social Security.

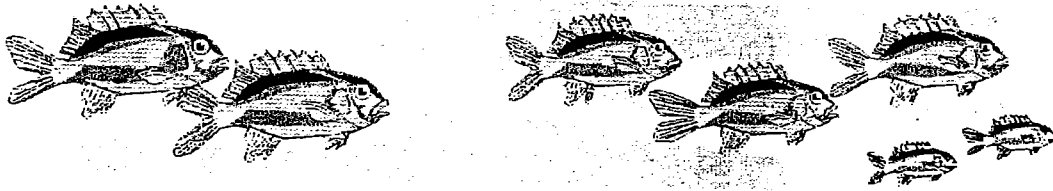
Any questions should be directed to your local Social Security office.

SOCIAL SECURITY

Tribal per capita payments do not affect Social Security Disability, Survivors, or Retirement benefits. Since these benefits are earned rather than based on need, there is no adverse impact and no money needs to be withheld or returned from the month's Social Security check.

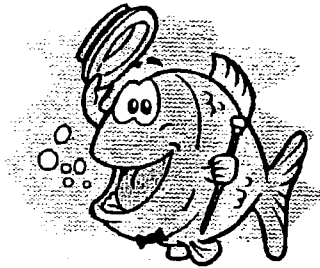
Christine Livernash
Public Affairs Specialist
Social Security Administration – Green Bay

PLEASE POST



Holy Apostles Church Lenten Fish Frys

Friday, March 2nd
Friday, March 9th
Friday, March 16th
Friday, March 30th
Friday, April 6th




4:00 pm to 6:30 pm
\$6.00 a plate
Carry outs available

2937 Freedom Road, Oneida WI
869-2565

MENU

MARCH

2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All meals are served with coffee, tea and milk.	Meals are subject to change.	1 Tacos Fry Bread Rice & Beans Sherbert	2 Eggs Oatmeal Toast Bananas
5 Chop Suey Whole Wheat Bread Rice Pudding	6 Corn Soup Fresh Bread Raspberries	7 Goulash Whole Wheat Bread Cantaloupe	8 Barbequed Ribs Scalloped Potatoes Asparagus Whole Wheat Bread Applesauce	9 S.O.S. Eggs Grapefruit Juice Toast Melons
12 Ring Bologna Saurkraut Potatoes Whole Wheat Bread Manderin Oranges	13 Bean Soup Cucumber Salad Apple Juice Whole Wheat Bread Cantaloupe	14 Meat Loaf Potatoes Cauliflower Whole Wheat Bread Grape Juice Diet Jello	15 Lasagna Lettuce Salad Garlic Bread Blueberries	16 French Toast Sausage Orange Juice Mixed Fruit
19 Spaghetti Lettuce Salad French Bread Backberries	20 Cal. Blend Cheese Soup Fresh Rolls Orange Juice Diet Jello	21 Chicken & Rice Mixed Vegetables Whole Wheat Bread Grape Juice Ice Cream	22 BIRTHDAY Roast Beef Mashed Potatoes Brussel Sprouts Whole Wheat Bread Spice Cake	23 Scrambled Eggs Ham Toast Pineapple Juice Pears
26 Chicken Salad Tomato on Lettuce Leaf Croissants Diet Jello	27 Tomato Soup Fresh Bread Cranberry Juice Fruit Salad	28 Roast Pork Sweet Potatoes Broccoli Whole Wheat Bread Custard	29 Baked Fish Red Potatoes Cole Slaw Corn Bread Pineapple Tidbits	30 Pancakes Sausage Cran-Orange Juice Mixed Berries

IMPROPER BILLING LEADS TO CRIMINAL CHARGES

A New York anesthesiologist who inflated his bills for performing medical services during cataract and other surgeries has been charged with defrauding Medicare and health insurance companies. The doctor claimed that he spent more time providing services than he actually did.

The inflated claims totaled over \$18,000. On one occasion the doctor submitted a bill claiming a medical procedure lasted 290 minutes, when in fact it lasted only 40 minutes.

If you suspect that your provider is overbilling, please report your concern to CWAG. Even if the improper billing was not intentional, the money should still be returned to Medicare.

CONGRESS CLARIFIES DEFINITION OF "HOMEBOUND"

Only people who meet the definition of "homebound" qualify for Medicare payment of home health benefits. Congress has recently expanded the definition. Under the old definition, a person was considered "homebound" even if they were absent from home but only if their absences were infrequent, of relatively short duration, or for medical treatment.

The new definition states that a home health beneficiary will not be disqualified for:

- any absence attributable to the need to receive health care treatment, including regular absences for the purpose of participating in therapeutic, psychosocial, or medical treatment in a licensed or certified adult day-care program;
- any absence for the purpose of attending a religious service; or
- any other absence that is infrequent or of relatively short duration.

WATCH OUT for these HOME MEDICAL EQUIPMENT PROBLEMS

Some suppliers of home medical equipment engage in the following unscrupulous schemes:

- Provide more expensive equipment than medically necessary (motorized instead of non-motorized wheelchair, or electric instead of manual bed);
- Accept assignment but charge the patient more than 20 percent of the Medicare-approved charge;
- Write medical justifications or have justifications signed by physicians who do not know the patient or their medical condition;
- Provide lower-cost equipment while billing Medicare for higher cost equipment;
- Provide used equipment while billing Medicare for new equipment;
- Refuse to submit a non-assigned claim to Medicare for payment;
- Refuse to pick up rental items and continue to bill Medicare after the patient no longer needs the item;
- Bill Medicare for items not provided;
- Misrepresent themselves as agents or representatives of Medicare.

Please contact CWAG if you discover any of these problems.

For more information, contact:



Ellen Henningsen
Medicare Project Director
Coalition of Wisconsin Aging Groups
2850 Dairy Drive #100
Madison, WI 53718-6751
Phone: 1-800-488-2596
Fax: 608-224-0607
E-mail: ellenh@cwag.org

This newsletter was supported, in part, by Grant 90AM2348 from the Administration on Aging, Department of Health and Human Services. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

SUMMER PROGRAM FOR THE VISUALLY IMPAIRED

One of the most feared effects of aging is the loss of vision. To most people losing their sight means loss of both skills and independence. However, vision loss does not have to mean losing your skills or the ability to do things you enjoy.

A Summer Program scheduled July 1-26 in Janesville, Wisconsin will provide training to help you get around your home and neighborhood more easily, safely and independently. This four-week program is sponsored by the Wisconsin Center for the Blind and Visually Impaired (WCBVI) in conjunction with the Wisconsin State agency Bureau for the Blind.

During the day, instructors will teach core program courses including Orientation and Mobility, Daily Living Skills, Physical Fitness, and methods for reading and writing. More specifically you will learn how to identify your medications, clothing, foods, and organize other personal belongings. You will learn methods for cooking, using kitchen appliances and your telephone. Classes will include instruction in braille writing and reading and identifying denominations of money. In addition to the daytime core courses, you may choose extra-curricular courses which provide opportunities to learn various handcrafts and participate in recreational activities.

The core program courses, as well as your lodging and meals are available to you at **no cost**. There will be minimal costs associated with the extra-curricular crafts and recreation classes you select.

Locally, your Rehabilitation Specialist will have more information about the Summer School program. Applications will be reviewed in April and May. For further information or to request an application and registration packet, contact:

**Dr. Michael Nelipovich, Director
Bureau for the Blind
608-266-3109 or 888-879-0017**

OR

**Dr. Tom Hanson, Superintendent
Wisconsin School for the Visually Handicapped
800-832-9784**

MEDICARE VOLUNTEERS WANTED

Did you know that 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 names of unsuspecting citizens like yourself and your neighbors, dishonest or careless providers improperly bill Medicare and Medicaid of dollars every year. In Wisconsin, it's estimated the Medicare alone lost as much as \$265 million in 1999 - or about eight cents for every dollar spent - because some providers submitted claims that were at best erroneous and at worst fraudulent. 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 were not ordered;
- Billing for more services than were actually provided;
- 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 a one-day training session, materials necessary to conduct volunteer activities, and ongoing help and support.

One-day training sessions will be held throughout Wisconsin in April, May, June and September for people interested in become Medicare Volunteers. Registration begins each day at 8:30 a.m. and pre-registration is required. The \$3.00 fee covers refreshments, lunch and materials. The program begins at 9:00 a.m. and concludes at 3:30 p.m.

Area Training Session is scheduled as follows:
May 22 Green Bay Brown County Senior Center

Medicare Volunteers will be trained on:

- the basics of Medicare and Medicaid;
- how to read a Medicare Summary Notice;
- what fraud and waste are and how to spot them;
- how to make referrals if fraud and waste are suspected;
 - the role of the volunteer;
- how to give presentations to other seniors about fraud and waste;
- how to work with the media to publicize fraud and waste issues;
 - ongoing support provided by CWAG staff;
 - outreach ideas.

For more information, contact Meg Schaeffer-Utter at CWAG, 2850 Dairy Drive, Madison, WI 53718, (608) 224-0660, (800) 488-2596, or megs@cwag.org.



American Red Cross

Lakeland Chapter

March is Red Cross Month

"Family Safety Weekend"

WHEN: Saturday, March 17, 2001 (9:00 A.M. – 4:00 P.M.)
Sunday, March 18, 2001 (12:00 P.M. – 4:00 P.M.)

WHERE: Neville Public Museum

EVENT SUMMARY:

March is **Red Cross Month** all across the county and a time to highlight disaster and emergency preparedness, gather community support and showcase American Red Cross services. *Family Safety Weekend* does more to accomplish this than any other single event.

Family Safety Weekend, in its third year, is a cross section of demonstrations, hands on experiences, costumed characters, puppet shows, skits and volunteer opportunities. It includes choking prevention, first aid bandaging, pet first aid, 9-1-1 calling, tours of Red Cross transportation, transportation service (limited) to the event, face painting a firefighter dress-up, free gifts & information handouts, prizes and more.

Everyone knows the American Red Cross responds to disasters. But in every community in the Lakeland Chapter, we also prevent them. *Family Safety Weekend* is an educational and entertaining event for all age groups on how to prevent, prepare for and respond to emergencies.

Having moved from Port Plaza Mall to the Neville Public Museum, *Family Safety Weekend* will offer unique new events for all ages, and coincides with the opening of a new museum exhibit.



presents

"The Latest Information on Prostate and Colon Cancer"

Presented by: Dr. Peri Anderas – Surgeon for Bay Care Health Systems
Followed by an Introduction to Reiki Therapy: presented by Terry Matzke RN

WHEN: March 26, 2001 (1:00 P.M.)

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

Refreshments Provided

Blood Pressure Checks

Please RSVP at 448-4314 by March 22, 2001



Services Our CAREGivers Can Provide

(920)965-1600 Green Bay

(920)997-0118 Fox Cities

Daytime Care:

Weekdays(M-F) @ \$12.25/hr.

Weekends(Sat-Sun) @ \$13.25/hr.

- | | |
|---|--------------------------------------|
| 1. Companionship/Conversation | 31. Rent and Play VCR Movies |
| 2. Supervision for those with Dementia | 32. Plan Visits and Outings |
| 3. Meal Planning | 33. Visit Neighbors, Friends, Family |
| 4. Meal Preparation | 34. Reading |
| 5. Light Housekeeping | 35. Change Linens |
| 6. Help with Laundry | 36. Birthday/ Anniversary Reminders |
| 7. Iron Clothes | 37. Date Book Upkeep |
| 8. General Shopping | 38. Arrange Family Photos |
| 9. Grocery Shopping | 39. Maintain Family Scrapbook |
| 10. Incidental Transportation to Appointments | 40. Check Food Expirations/Freshness |
| 11. Go to Lunch or Dinner | 41. Mail Bills and Letters |
| 12. Attend Lectures, Plays, Concerts | 42. Buy Newspapers, Magazines, Books |
| 13. Dust and Polish Furnishings | 43. Assist with Pet Care |
| 14. Pick up Prescriptions | 44. Participate in Crafts |
| 15. Help In/Out of Bathtub or Shower | 45. Answer the Telephone |
| 16. Wash Dishes | 46. Answer the Door |
| 17. Arrange Appointments | 47. Assist with Dressing |
| 18. Escort on Walks | 48. Assist with Grooming |
| 19. Assistance with Walking | 49. Apparel Selection |
| 20. Participate in Games/Cards | 50. Appointment Reminders |
| 21. Letter Writing/Correspondence | 51. Monitor Home Care Services |
| 22. Sewing/Mending Assistance | 52. Oversee Home Deliveries |
| 23. Monitor Diet | 53. Record/Arrange Recipes |
| 24. Medication Reminders | 54. Drop Off/Pick Up Dry Cleaning |
| 25. Monitor Medication Usage | 55. Organize Closets/Pantries |
| 26. Care of House Plants | 56. Attend Religious Services |
| 27. Prepare Grocery Lists | 57. Attend Club Meetings/Events |
| 28. Clip Coupons for Shopping | 58. Clean Oven/Refrigerator |
| 29. Supervise Home Maintenance | 59. Arrange Public Transportation |
| 30. Take Out Garbage | 60. Assist in Decision Making |

SleepOver Service Overnights (10 hour shift)*:

Weekdays(M-F): \$8.00 per hour

Weekends(Sat-Sun): \$10.00 per hour

Clients requiring "awake staff" or regular assistance throughout the night are billed at daytime rates

Live-In Service (24 Hour Shift): \$8.00 per hour

1/1/2001

IS IT TIME For Your TUNE UP?



We are all aware of the necessity to regularly have our car tuned-up. However, the most important tune-up is often set aside until tomorrow and then another tomorrow. It is our:

"SPIRITUAL TUNE-UP"

and the best way is to
VOLUNTEER for the SPECIAL ACTIVITIES CLUB.

We would like to introduce you to Rose Cooper who has been a dedicated and loyal volunteer for the last two years giving her time one-half day a week to the Special Activities Club. She has all of the attributes needed. Do you?

Positive Attitude
Compassion for Well-being of Others
Willingness to Help
Caring
Always laughing

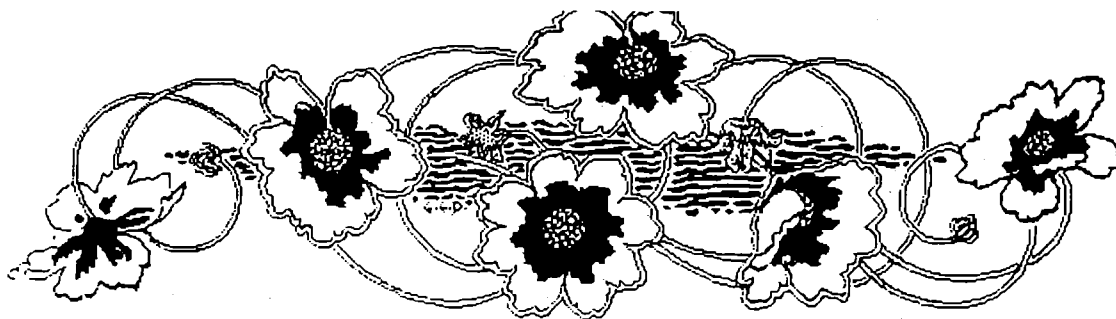
The purpose of our Club is to keep everyone active, alert and up-to-date. We meet every Wednesday morning around a fireplace to discuss community events, exercise, have programs, refreshments and special activities.

Your Rewards:

A Magical Experience which will
Touch your Heart with
Memorable Thoughts and
A Rewarding Experience
In total =
A Spiritual Tune-Up

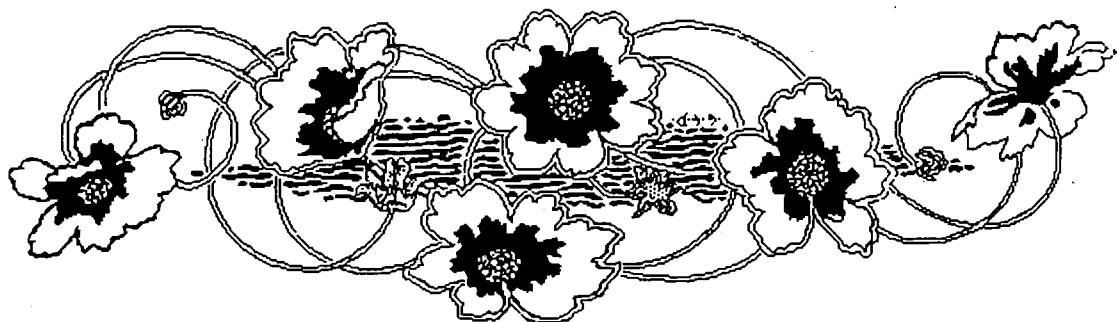
Won't you please consider volunteering for the Special Activities Club even for an hour or two and you can select one or two Wednesdays.

Your Mission to a Spiritual Tune-up can start today by calling Jet at 869-2448.



In Loving Memory of.....

*Mary Parkhurst
Josiah Powless
Archie Archiquette
Vernon Doxtator
Amos Christjohn
Hazel Jordan
Anna John*



ANY AND ALL ARE WELCOME TO ATTEND

ONEIDA LANGUAGE CLASSES

- EVERY THURSDAY
 - TIME:12-1 P.M., COME AND BRING A BAG LUNCH.
 - PLACE: ELDERLY SERVICES COMPLEX
CONFERENCE ROOM, 2907 S. OVERLAND RD.
-

VOLUNTEERS NEEDED


The Elderly Services Program is seeking volunteers to serve in all areas of service delivery. Any amount of time that you can provide will be greatly appreciated with acknowledgement and recognition. Please call 869-2448 and we can inform you on the process needed to get started.

*NATIONAL VOLUNTEER WEEK IS
APRIL 22-28*

ACTIVITIES

MARCH

2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 Fitness 9:30-10:30am Bingo Site II 1pm-3pm	Activities are subject to change. 6 Epworth Hall-Crafts 9:30-11:30am PM 2.	Bus leaves from Oneida Senior Center for Trips. 7 Fitness 9:30-10:30am PM 2.	1 2 8 2. Stock Bridge	2 Shopping Banks Lunch Out 10am-3pm
12 Fitness 9:30-10:30am PM 2.	13 Epworth Hall 9:30-11:30am Cards Crafts Beads	14 Fitness 9:30-10:30am PM 2.	15 2. 16 Shopping Banks Lunch Out 10am-3pm	
19 Fitness 9:30-10:30am Bingo Site II 1pm-3pm Mardi Gras	20 Epworth Hall-Crafts 9:30-11:30am Cards Crafts Beads	21 Fitness 9:30-10:30am PM 2.	22 2. 23 Shopping Banks Lunch Out 10am-3pm	
26 Fitness 9:30-10:30am PM 2.	27 Epworth Hall 9:30-11:30am Cards Crafts Beads	28 Fitness 9:30-10:30am PM 2.	29 BIRTHDAY Gifts 12:00-12:15 PM 2. 30 Shopping Banks Lunch Out 10am-3pm	

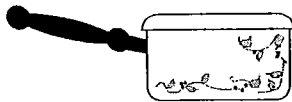
"Just Eat, Again"

*Lunch Hour Workshops with Jane and Aimee
from 12:10 - 12:50*

a healthy snack will be provided feel free to bring your own lunch

RSVP requested 869-4829 walk-ins always welcome

Oneida Community Health Center Nutrition Services



"Soy Cooking"

how to use tofu and other soy products for better health

March 6 Career Center



"Grocery Shopping Challenge"

learn how to read those goofy labels and get the most nutrition for your money

March 21 Bay Bank

"Super Foods in a Hurry"

give your family vital nutrients, even if you don't have time and they're picky

April 3 Social Services Building (OLC)

"Fast Food"

we all do it, so find out how to make the best choices and still get what you want

April 25 Casino Executive Conference Room

"Diabetic Cooking and Baking"

even if you're not diabetic, you can still cook for friends and family who are

May 8 Little Bear



Happy Birthday to one and all. It's been sometime since we expressed our Birthday Wishes to you but we haven't forgotten. Hope your day is a special one.

From the Elderly Services Staff

FLORIDA

INDIAN RIVER AREA'S BEST

TREE-RIPE CITRUS CO.

Johnson Creek, WI 1-888-TREE-RIPE

TREE-RIPENED FRUIT IS BACK!!!

COME FOR A SAMPLE

Pink Seedless Grapefruit (12, 15, 18, 20 ct.) **\$10.25**

Temple Oranges (44, 40, 36, 32 ct.)..... **\$12.00**

Why tree-ripened? Tree-ripening is the key to producing the sweetest, most flavorful citrus. Enjoy eating citrus again!

Whatever the weather, we'll be there!

FRI., Feb. 2 & Mar. 2 (& Fri. ~~11/17, 12/8, 1/5, 3/30 & 4/2~~)

• GREEN BAY-West • Montgomery Ward

• Bay Park Square Mall • 9-10:30 am

• GREEN BAY-East • MENARDS • Manitowoc Rd. & I-43 • 12-1:30 pm

• DE PERE • VANEVENHOVEN'S TRUE VALUE • 1045 N. Broadway (Hwy 57) • 3-4:30 pm

MON., Feb. 5 & Mar. 5 (& Mon. ~~11/20, 12/11, 1/8, 4/2 & 4/23~~)

• OSHKOSH-West • MENARDS • 1530 Koeller Rd. • 9-10:30 am

• OSHKOSH-North • SAMMONS PLUMBING • 522 W. Murdock • 12-1:30 pm

• NEENAH • KRUEGER'S TRUE VALUE • 999 Winneconne Ave. • 3-4:30 pm

TUESDAY, Feb. 6 & Mar. 6 (& Tue. ~~11/21, 12/12, 1/9, 4/3 & 4/24~~)

• LITTLE CHUTE • ALL SPORTS ACTIVEWEAR • 133 W. Main (Hwy 96) • 9-10:30 am

• APPLETON • NORTHSIDE TRUE VALUE • 1415 N. Richmond (Hwy 47) • 12-1:30 pm

• MENASHA • GOODWILL • Appleton Rd. at 441 • 3-4:30 pm

WEDNESDAY, Feb. 7 & Mar. 7 (& Wed. ~~11/22, 12/13, 1/10, 4/4 & 4/25~~)

• SHAWANO • JOHN'S ONE STOP • Hwy 47/55 North • 9-10:30 am

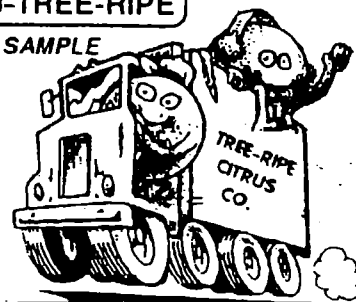
• NEW LONDON • BUCKY'S REST. • 815 N. Shawano (US 45) • 12-1:30 pm

• WAUPACA • DAIRY QUEEN • 304 E. Badger St. (middle of town) • 3-4:30 pm

Schedules available for our 89 WI & IL locations!! Orange varieties change as the season progresses. Grapefruit available all season.

**BUY RIGHT FROM
THE TRUCK!!**

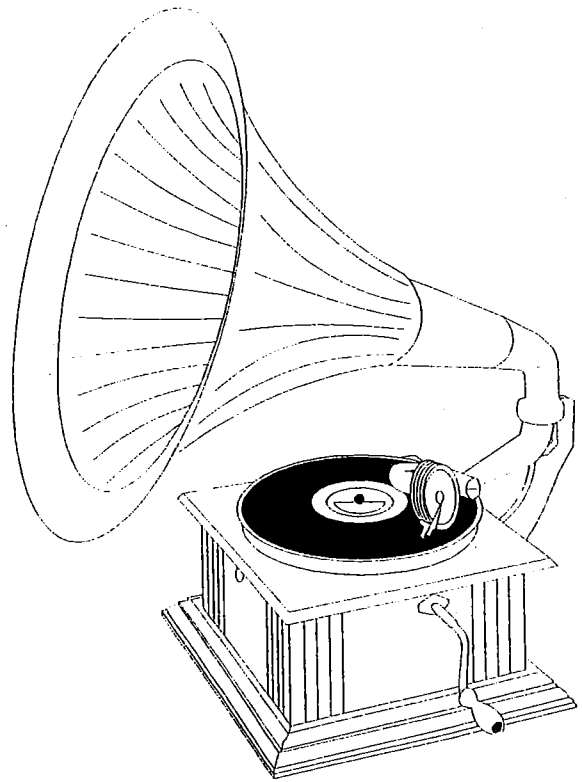
◆◆◆ Our 11th year bringing delicious fruit direct to you! ◆◆◆



www.tree-ripe.com

Have You Heard!

Outagamie County is opening a new mealsite in Freedom on April 2, 2001, meals will only be on Monday and Wednesday at 12:00 noon. Location is at the Townhall. Spread the word and plan to attend and wish them luck for their new mealsite.



Elders Card Party!

500 Rummy

**Four players to a
table**

**Prizes for
winners!**



**United Amerindian Center
407 Dousman St.
Green Bay, WI 54306
920-436-6630**

*Please call with any questions
Please RSVP by March 26th*

**Saturday March 31, 2001
10:00 am to 2:00 pm**

SPRING FLING 2001

*~Celebrating Public Health In Oneida~
Free fun for all ages!*

**Thursday, April 5
3:30-6:30 PM
at Turtle School**



FREE SUBWAY Subs!

*Sponsored by
Oneida Community Health Center &
Wisconsin Well Woman Program*

It's Magical!

R	J	P	J	R	M	N	C	Y	N	R	Y	X	M	R	M	M	S	X	O	D
S	H	L	R	E	Q	M	I	N	D	W	Q	A	D	I	Z	A	E	K	Y	N
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TABLE
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JANUARY MONTHLY REPORT
JANUARY 2001
DELLORA CORNELIUS

- January 9 - Attended ONCOA Meeting
January 10 - Sang at wake for Joe Powless
January 15 - Sang at wake for Archie Archiquette
January 17 - Left for Washington, D.C. for the Inauguration
January 18 - Attended the National Indian Gaming Association meeting and Open House for the Gaming library.
January 19 - Attended National Indian Gaming Association meeting from 9 - 1. Attended National Coalition of American Indians in the afternoon. Attended a reception for a Congressman Brad Carson of the State of Oklahoma in the evening, sponsored by the Chickasaw Nation, Cabazon Band of Mission Indians, Eastern Band of Cherokee Indians, Gila River Indian Community, Mashantucket Pequot Tribal Nation and the Oneida Nation of Wisconsin. This was also an honoring of the Senate Committee on Indian Affairs and the Congressional Native American Caucus.
January 20 - Went to the Inaugural Parade (saw the President go by in a black Cadillac - windows too dark to see him). Attended a reception put on by the Morongo tribe of California and the Mashantucket Pequot tribe at the Planet Hollywood. In the evening, attended the Native American Inaugural ball held at the Hyatt Hotel.
January 21 - I was very impressed with the Oneida Business Committee. They had meetings set up with various people of importance by Carla Nicholas (who works in Washington, D.C.). Sandy Ninham, Patty Hoeft and Gerald Danforth met with our new governor. They said things sounded promising. The OBC all had meetings to attend other than the gaming and Coalition of American Indians. They all met with other dignitaries. They were busy running from meeting to meeting. Returned home from Washington.
January 24 - Attended the AmVet's Community Awards Banquet at Edgewood. Carol Elm was awarded Elder of the Year for her years of volunteering and working for the Oneida Tribe.
January 27 - Sang at John Kelly's wake and funeral.

MONTHLY REPORT
FOR DEC-JANUARY, 2001
ALFREDA GREEN

I don't recall going to any meetings in December other than our board meeting. On December 13, I attended a party for our guild at church. On January 13, attended GTC meeting at NHC/BCCR. The OBC accepted all reports in GTC packet. There were about 8 at the most at that meeting besides five OBC members. It was alright, what can anyone do when no one attends? (P.S., December Christmas party for all elders at the Radisson - very good party)

January - week of the 7th and 8th made about three calls to Elderly Services for an elder, make appointment and telephone calls for elderly and to check on their conditions. Jan

31, went to interview for possible Elder of the Month. Visited nursing home. I plan on doing volunteer work there on Sundays—a few a month. Talked with Recreation Director about it. Attended 2 wakes and 2 funerals in December and two in January. Made 4 home visits in December and January.

MONTHLY REPORT
JANUARY 10 - FEBRUARY 12, 2001
JOY NINHAM

Alfreda Green, Dellora Cornelius and I continue to work on Honor the Elder memory project. I attended Archie Archiquette and Joe Powless' wakes and funerals.

had communication again with Erv Thompson about a handicapped elder's unfinished addition. Erv investigated and said it should be completely finished by February 9, 2001. If not, a new contractor will be hired. As of February 10, 2001, it is still unfinished.

I attended the AmVets Award Banquet. Carol Elm well deserved the Elder of the Year Award.

I made and received several phone calls. One was very personal and I turned it over to the proper program.

I enjoyed five "visits" at the senior center. They enjoy sharing memories of their past.

I took an elder to the Do-Do Club.

On January 10th and 11th, 2001, I attended the Midwest Alliance of Sovereign Tribes, also known as M.A.S.T. Purpose: To unite all tribal governments, nations and bands for the common good and welfare of the Great Lakes/Midwest tribes of Minnesota, Wisconsin, Michigan, Iowa & Indiana. Despite the poor sound system and low attendance, the overall meeting had many issues. They did support Oneidas gaming compact. There is so much to learn about this organization. My concern is it is available to 36 tribes and only fifteen were present the first day and 10 the second.

MONTHLY REPORT
JANUARY, 2001
NADINE ESCAMEA

Environmental Resource Board meeting on Hunting and Fishing issues - January 4, 2001, 6:00 - 8:00 p.m., NHC.

Housing Development Board meeting, 11:00 a.m., Alan King's office, January 8, 2001 to approve housing development. Voted in as chairperson.

January 8, 2001 - 5:00 p.m. Library Board meeting to approve director's report and

welcome new director, Lou Williams.
January 9, 2001 - 1:00 - 4:00 - ONCOA meeting.

Attended pot luck going away party for Brian Doxtator, January 12, 2001 from noon until 1:00. Had lunch with the elders ten times this month. Visited one elder at home. Attended awards banquet for Carol Elm. Made phone calls to elders ten times. Informed elder to call Alan King for application for replacement home. Let elder know about diabetic luncheons.

MONTH REPORT
JANUARY, 2001
WARREN SKENADORE

I attended the Midwest Alliance of Sovereign Tribes (MAST) two day conference at the Radisson on Wednesday and Thursday, January 10 & 11, 2001. The welcome comments were by Bobby White Feather, MAST President and Tina Danforth, Vice Chair Oneida Business Committee. The opening prayer was by Paul Ninham, Oneida Nation.

The mission of MAST is to advance, protect and enhance the mutual interests, treaty rights, sovereignty and the cultural way of life of the sovereign nations of the Midwest throughout the 21st century.

This organization is made up of Tribal Nations in Minnesota, Wisconsin, Michigan, Iowa and Indiana and consists of 34 tribes. Wisconsin has 12 tribes. MAST was founded in 1997.

There was a National Indian Congress of American Indians (NCAI) transition briefing booklet for the Bush administration and the 107th Congress. The three main issues were: (1) reaffirming nations to govern effectively; (2) protect and sustain treaty rights and the federal trust initiatives that will promote sustainable economic development and attract private sector investment in Indian Country.

A proposed resolution by Gerald Danforth for consideration by MAST for support on the Dispute resolution process. A brief summary of issues was presented by Bill Gollnick.

The business meeting resumed on Thursday with the following topics:
Indian Forest Timber Budget Inequities - Tim Miller, Trust Lands and Resources Division spoke on issues in the midwest, lack of adequate funding and staff, more representation on LTC board.

Indian Health Services Report - presented by Dr. Kathy Aunetts, there is an increase this year in health funding. Deanna Bauman will have the increased amount for the Oneida Health Center.

Economic Development - National Indian Tourism, Kirby Metoxen presented

information on state department of tourism and national tourism.

MAST Resolutions - MAST voted to give their support to the Oneida Dispute Resolution Process with the State of Wisconsin.

MONTHLY REPORT
JANUARY, 2001
CLIFFORD DOXTATOR

Visited elders on Jan. 31 - Feb. 6. On January 19 attended party and luncheon for Roberta Kinzhuma. Attended W.I.E.A. in Milwaukee on February 2, 2001.

There are two new judicare people working with W.I.E.A. They are Ellen Fuchsteine and Diane Muelemans. They gave a very brief update on HMO's - filing taxes, homestead credit and open enrollment on medicare part B, which starts in July. Jim Schmidtkofer of the State Bureau on Aging also had some brief reports. He is trying to recruit members for the State Board of Directors of the Bureau on Aging. I am a member of this board but the meeting dates are the same as our ONCOA meetings. He also stated there is a movement in Washington, D.C. in reference to some action for drugs and prescriptions.

Wendell McLester gave a report on the forming of a new program called American Indian Elders Association. This program is designed to help tribes in and around our area. These are tribes of poverty level. This program has no funding from either the state or federal government. Besides, they are in conflict with NICOA, who now handles the funding to tribes nationally. The government has only a certain amount of dollars to provide and I don't think the government will duplicate these services.

WISCONSIN INDIAN ELDERS ASSOCIATION MEETING
MILWAUKEE - JANUARY 2, 2001
DELLORA CORNELIUS

The meeting was to start at 9:00 but never got started until 9:50. A tribal elder gave a prayer and the Potawatomi Chairman gave a welcome. The place was set up for 250 people, but 300 or more were in attendance. More tables and chairs were brought in after roll call. There was some confusion on the approval of minutes and agenda. The treasurer gave her report. As of January 1, the checking balance of WIEA is \$4,672.01. The savings balance is \$237.86. Motion made, seconded and passed by all for the report of the treasurer (Elizabeth Vetterneck). Next on the agenda were the reports of Leon Valliere, Margret Teller and Judicare.

JUDICARE: There is open enrollment for Medicare, Part B and costs \$50.00 a month. Enrollments start this month. The Homestead Credit program is for people that own a home regardless of what kind of land you have it on. The state advisory council needs nominations for Native Americans to be on their board. The Older Americans Act was

reactivated. Each tribe has to have their application in to be able to receive the money.

MARGRET TELLER: talked about the coalition of Wisconsin Aging group. Some representatives of the urban Chicago and Milwaukee spoke on what happens in the City. Milwaukee has been trying to get an elderly complex built for some time. This spring it will finally be built.

WENDELL MCLESTER: He spoke on the Midwest group, no definite name was made. Now called Wisconsin Elders Association. He said there is a need for representation in the Midwest, east of the Mississippi set up to have our voices heard in Washington, D.C. This new group met with the Secretary of State to get the necessary papers with members to form the corporation, Chapter I - 181 was approved. MAST had noted to have this organization. Questions were asked on the naming of this new group. Are all the tribes going to be represented in this group?

Following this discussion it was 11:40 and the meeting was adjourned until 1:30 for lunch. The meeting resumed after lunch.

ALBERT MCGESHEK: Chippewa, spoke on how nobody listens to us. Our leaders are not here for us, say the elderly. Four hundred tribes all have problems with housing. He was told that if any elder have an issue to contact the WIEA staff. The WIEA staff still need volunteer to help them work on their by-laws.

STEVEN MOORE: said there is a building being built in Superior on the waterfront this spring. It will be like a museum honoring the World War II veterans. They will have souvenirs from that war inside. He asked the people if they knew of anyone that was in the World War II and had anything they would like to donate to the museum to contact him.

After the speakers the 50/50 was held along with a raffle. Meeting was adjourned following the raffle.

W.I.E.A. Meeting
February 2, 2001
Potawatomi Indian Casino, Host
Milwaukee, Wisconsin
ALFREDA GREEN

They have a beautiful casino and convention center. The decor is very unique with a woodland setting. Most of the people attending stayed at a motel on the south side. Our first night there was an adventure as some of us didn't have lights or heat and some no water. We survived—we were told by management that Public Service had severed a power line.

The meeting was almost two hours late again. I do not see the wisdom of making us

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: _____

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.

Pease check the appropriate responses:

Martial Status: ☐ Married ☐ Single ☐ Widowed ☐ Divorced

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

Do You: Rent Own Lives with Spouse Lives with Others
 How many Others*

Verified monthly Household Income: ____ 0-to-\$686.00 ____ \$687.00-to-\$924.00 ____ \$925.00 + up

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
2907 S Overland Rd
Oneida WI 54155