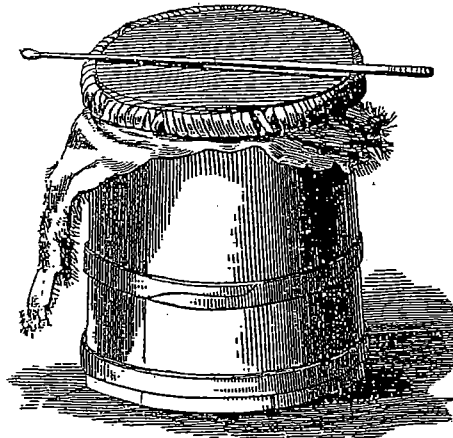


# DRUMS ACROSS ONEIDA

SENIOR CENTER  
134 Riverdale Dr.

P.O. Box 365



ELDERLY SERVICES  
2907 S. Overland Rd.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Think Spring....

March 2002

## Oneida Artists Struggle To Duplicate Their National Fame Closer To Home

Local artists Rose Kerstetter and Scott Hill were featured in the Sunday, January 27, 2002 edition of the Green Bay Press-Gazette. The story was written by Jim Kneiszel. I would like to feature some of the excerpts from the article that would be of interest to our readers. The article was titled "Secret Treasures."

- Potter Rose Kerstetter is well-known in national American Indian art circles, but works in obscurity in Oneida.

- Oneida artist Rose Kerstetter has made a name for herself on a national stage selling traditional Iroquois pottery at the American Indian market in Santa Fe, N.M.

But the 83-year-old master — she's currently writing the definitive book on Iroquois pottery — toils in obscurity in her own back yard.

The same holds true for Scott Hill, an Oneida painter who couldn't keep a modest gallery open here, but has sold paintings for as much as \$25,000 when he hits the road.

(Continued on page 3)

**ELDERLY SERVICES COMPLEX:**

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

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

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

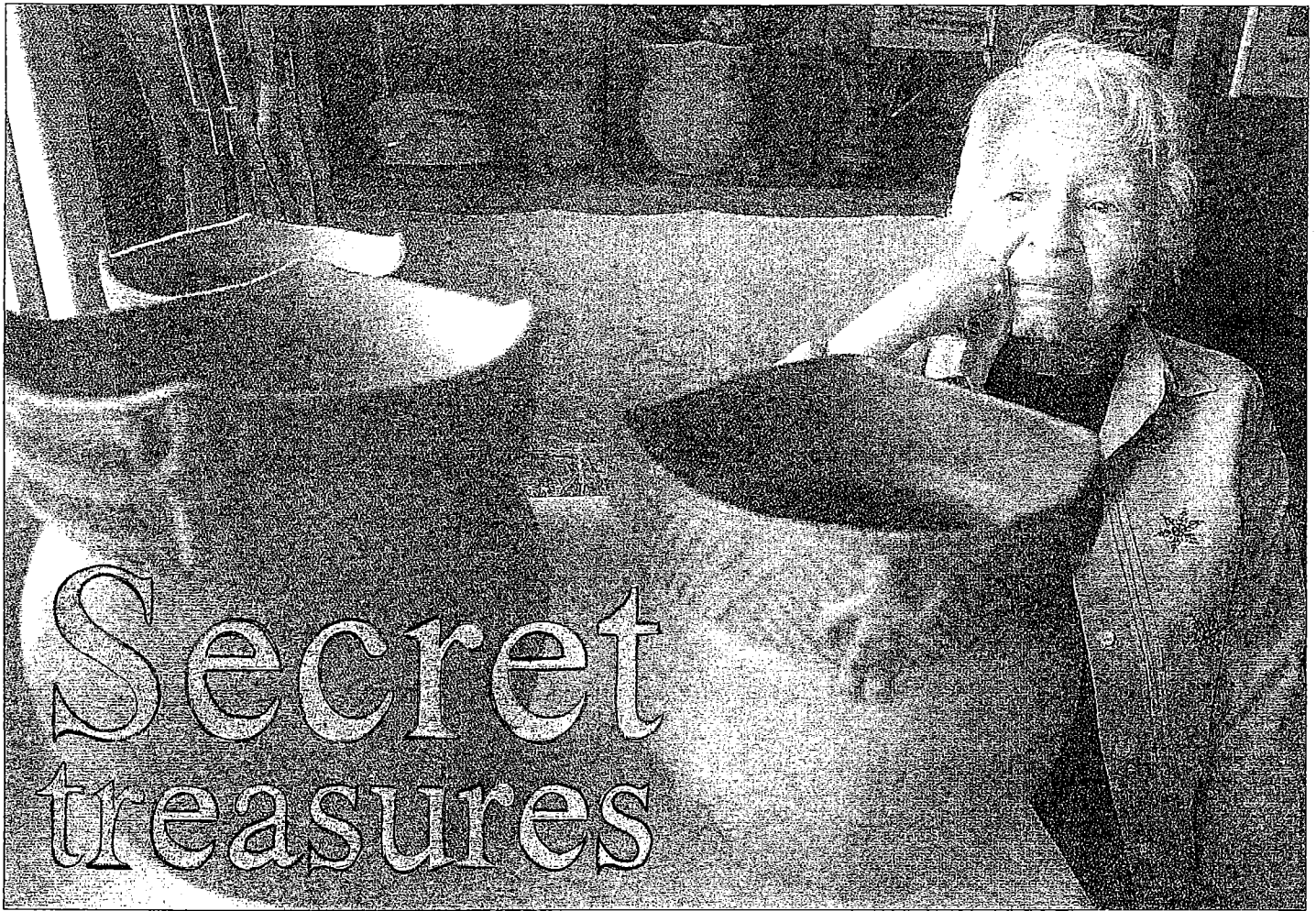
**ONEIDA SENIOR CENTER:**

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

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

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

(Continued from page 1)



Potter Rose Kerstetter is well-known in national American Indian art circles, but works in obscurity in Oneida. Patrick Ferron/Press-Gazette

• “It’s terribly frustrating,” said Kerstetter. “I can’t figure it out. New Mexico is just alive for art....It’s filled with people who get excited about art and want to buy art. But it’s so different here. I would love to change this place.”

As an art market, Green Bay is a far cry from Santa Fe, home of the Institute of American Indian Arts and Epicenter of contemporary native art. But recent developments have some in the Oneida arts community hopeful that they’ll finally get their due.

• Plans for a new Oneida cultural arts center — including an art gallery and studio space— received conceptual approval last summer. And Scott Hill is planning an exhibit on the Oneida Indian Reservation this spring with a “unity” theme to pull together artists from all cultural backgrounds. □

## Up Close and Personal With Cindy Brabbs Outreach Worker

I was born in Sturgeon Bay, Wisconsin on 1/28/59. I am the oldest of 10. We grew up on an orchard with apples & cherries. Around the age of 13 we moved to Milwaukee.

I was married for 20 years, raised three sons. I have three grandchildren with one on the way. I have 10 years of experience working in nursing homes with the elderly. I continue to learn something new everyday.

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

I wanted to be an airline stewardess.

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

My mom & grandparents.

**What do you consider to be your greatest accomplishment?** Working for the elderly.

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

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

Treat others how you would like to be treated and be ready to help your family.

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

Stay active.

**What is your ideal vacation?**

Hawaii.

**Favorite Meal:** Bacon & potatoes

**Favorite Music:** Country

**Favorite Books:** Love Stories

**Favorite Movies:** Comedy

**Favorite Hobbies:** Beadwork.....when I have the time.



### Attention:

We are updating our files and if you haven't filled out an Enrollment form since January 2002, could you please fill out the one on the back of this issue of the DRUMS.

Thanks,

Cheryl Ault

Elderly Services Coordinator

Press Release: For immediate release in Senior Citizen Offices on Aging and Senior Center Newsletters in Wisconsin.

## 14th Annual Senior Americans' Day Activities to be Held at UW-Eau Claire

Help spread the word about this 14th Senior Americans' Day - a stimulating, educational and renewing lifetime learning event at UW-EC March 25. Many of the workshops are suitable as respite for family caregivers and for professional development for office on aging volunteers and staff.

EAU CLAIRE — The University of Wisconsin-Eau Claire Continuing Education/UW-Extension, in cooperation with a taskforce of community representatives, will offer a "Senior Safari" as part of the 14th annual Senior Americans' Day on Tuesday, March 26.

The day is planned to allow adults fifty-five and older to surround themselves with new ideas, positive people, wonderful food and great entertainment.

The event will run from 7:30 a.m. to 3:30 p.m. at UW-Eau Claire's Davies Center and will include exhibits, music, a chance to audition for a talent showcase and over 50 concurrent workshops designed to help dispel the myths of aging, reinforce its positive aspects, and

provide information to help meet the physical, mental, emotional and spiritual needs of older adults.

Rev. Nicklas A. Mezacapa of the Wholeness Institute in Rochester, Minn., will present the keynote address, "A Light in the Jungle: When the Bugs Bite and the Water Gets Deep."

A new, optional event also has been added for Monday evening, March 25. The Nai-Ni Chen Dance Company from Shanghai, China, will perform at the State Theatre in downtown Eau Claire. A special dinner/theatre/after glow reception has been planned with the Holiday Inn - Downtown, including special lodging rates at the Holiday Inn.

The cost for Tuesday's program is \$22 per person, with a discount offered for groups of ten or more. The deadline for registering is March 15. A written confirmation along with map and directions to campus, plus parking information, will be mailed to those who register by this date. Registrations will be accepted on a space available basis after March 15.

*\* For more information or to request a registration form, contact La Vone Sneen at (715) 836-3636 or toll-free at 1-(866) 893-2423.*



HASKELL ALUMNI REUNION  
HS/PG CLASSES OF 1950-55  
HASKELL INDIAN NATIONS UNIVERSITY  
LAWRENCE, KANSAS  
MAY 8-10,2003

THE REUNION PLANNING COMMITTEE IS SEEKING ALL HASKELL HIGH SCHOOL AND POST GRADUATE STUDENTS WHO GRADUATED BETWEEN 1950 AND 1955. A PLANNING SESSION IS SCHEDULED DURING COMMENCEMENT WEEKEND, 2002. PLEASE SEND NAME, ADDRESS AND PLANS TO ATTEND THE REUNION ON A POST CARD OR EMAIL TO ONE OF THE FOLLOWING AS SOON AS POSSIBLE:

Don Ahshapanek '53  
1008 Mimosa Dr.  
Anadarko, Oklahoma 73005  
[Email-nentico@tanet.net](mailto:nentico@tanet.net)

Mary McIntosh Butler '53  
RR 3, Box 408  
Solsberry, Indiana 47459  
Email - [McVilleMom@aol.com](mailto:McVilleMom@aol.com)

Farrell Emhoolah '54  
10104 LaPaz Dr. NW  
Albuquerque, NM 87114

Rosemary Jimboy '60  
1316 Fairlane  
Lawrence, Kansas 66046  
[Rjimboy\\_at\\_Haskell@](mailto:Rjimboy_at_Haskell@Ross1.cc.Haskell.edu)  
[Ross1.cc.Haskell.edu](mailto:Ross1.cc.Haskell.edu)

Ahnawake & Louis Taylor '53/'50  
2108 Stoneham Pl. NW  
Albuquerque, NM 87120  
[LJT50HI@aol.com](mailto:LJT50HI@aol.com)

Curtis Wright '50  
805 Madeline Ln.  
Lawrence, Ks.66049

PLEASE POST ON BULLETIN BOARDS AT TRIBAL OFFICES, HIS/BIA OFFICES AND TRIBAL SENIOR CENTERS. COPY AND DISTRIBUTE TO OTHER OFFICES. THANK YOU  
1950-55 REUNION COMMITTEE



**THIS WAS WRITTEN BY AN 83 -YEAR- OLD WOMAN TO HER  
FRIEND**

**Dear Friend of Mine,**

I'm reading more and dusting less.

I'm sitting in the yard & admiring the view without fussing about the weeds in the garden.

I'm spending more time with my family & friends & less time working.

Whenever possible, life should be a pattern of experiences to savor, not to endure. I'm trying to recognize these moments now & cherish them.

I'm not "saving" anything. We use our good China & crystal for every special event, such as losing a pound, getting the sink unstopped, or the first Amaryllis blossom.

I wear my good blazer to the market. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries.

I'm not saving my good perfume for special parties, but wearing it for clerks in the hardware store & tellers at the bank.

"Someday & "one of these days" are losing their grip on my vocabulary .If it's worth seeing or hearing or doing, I want to see & hear & do it now.

I'm not sure what others would've done had they known they wouldn't be here for tomorrow that we all take for granted. I think they would have called family members & few close friends. They might have called a few former friends to apologize & mend fences for past squabbles. I like think they would have gone out for Chinese dinner or whatever their favorite food was. I'm guessing: I'll never know.

It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that I intended to write "one of these days". Angry & sorry that I didn't tell my husband & parents often enough how much I love them.

I'm trying hard not to put off, hold back, or save anything that would add laughter & luster to our lives and every morning, when I open my eyes, I tell myself that it is special. Every day, every minute, every breath truly is a gift.

Take a few minutes to pass this on to a few people you care about, just to let them know you're thinking of them.

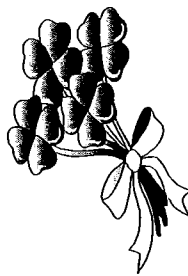

People say true friends must always hold hands, but true friends don't need to hold hands because they know each other hand will always be there.

I don't believe in Miracles.... I RELY on them!

# ACTIVITIES

# MARCH

# 2002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Check out the new Kiln at Hwy H! Pottery on March 20</p> 	<p>Activities are subject to change.</p>	<p>Bus leaves from Oneida Senior Center for trips.</p>	<p>Shopping Banks Lunch out 10am - 3pm</p>
<p>4 Fitness 9:30-10:30am Computer class 1:30pm @ Hwy H Bingo Site II 1-3pm</p>	<p>5 Crafts Epworth Hall 9:30-11:30am</p>	<p>6 Fitness 9:30-11:30 Planning Dept visits @ Hwy H-Refreshments 1:30-3pm All ELDERS welcome</p>	<p>7 Current Events Discuss. Make your own Tote Bags Hwy H 1:30-3pm</p>	<p>8 Shopping Banks Lunch out 10am-3pm</p>
<p>11 Fitness 9:30-10:30am Computer class 1:30pm Crafts 1:30pm both @ Hwy H</p>	<p>12 Crafts Epworth Hall 9:30-11:30am</p>	<p>13 Fitness 9:30-10:30am Nutrition Talk with OHC Dieticians Hwy H 1:30-3pm</p>	<p>14 AJNH visit 10 am Appleton Tours: Simons Cheese, VandeWalles Candy 11 am-3pm</p>	<p>15 Shopping Banks Lunch out 10am-3pm</p>
<p>18 Fitness 9:30-10:30am Computer class 1:30pm @ Hwy H Bingo Site II 1-3pm</p>	<p>19 Crafts Epworth Hall 9:30-11:30am</p>	<p>20 Fitness 9:30-10:30 Pottery Making Hwy H 1:30pm</p>	<p>21 Diabetic Luncheon 10am Parish Hall Game Day Hwy H 1:30-3pm</p>	<p>22 Shopping Banks Lunch out 10am-3pm</p>
<p>25 Fitness 9:30-10:30am Computer class 1:30pm Drawing on the Past 1:30pm both @ Hwy H</p>	<p>26 Crafts Epworth Hall Bingo 9:30-11:30am</p>	<p>27 Fitness 9:30-10:30 am Easter Fun Hwy H 1:30-3pm</p>	<p>28 Birthday Gifts -Sr. Ctr 12:15 - 12:30 Shopping, Banks Lunch Out 10am-3pm</p>	<p>29 GOOD FRIDAY Tribal offices Open Half-day</p>



# THE PANCAKE SHOW IS COMING!

TEAM ONEIDA, MARCH OF DIMES FUNDRAISER

SATURDAY, MARCH 23, 2002

8 AM - 11 AM

PARISH HALL

RAFFLE TICKETS ARE AVAILABLE

1 FOR \$1.00 6 FOR \$5.00

Prizes:

Shenandoah Brunch Buffet Tickets

Picnic Table

Casino Package Gift Certificate

Black Satin Bingo Jacket

and much, much, more.....

\$5.00

ALL YOU CAN EAT PANCAKES

\$4.00 for Seniors and Children 10 & Under

*Come and Enjoy the Show and  
Support a Great Cause!*

Raffle tickets can be purchased at Retail Administration from Wendy Alvarez, Doris  
Yelk-Wilberg, Casino from Larry Smith, Employee Services from Rich Figueroa,  
Accounting from Kathy Lealiou

All proceeds will go to Team Oneida, March of Dimes

# *Oneida Elderly Services*

## Elderly Abuse Prevention

C.J. Doxtater ;Elderly Abuse Worker Phone: 869-2448

\*\*\*\*\*

### *Risk Factors For Abuse*

Factors that have been shown to be significant in cases regarding elder abuse are:

- \*Physical or cognitive impairment of the victim
- \*Isolation of the victim
- \*Care giver stress ( abuse or neglect may be & often is unintentional)
- \*Dependence of the abuser on the victim
- \*Psychopathology or mental incapacity of the abuser; caregivers and strangers ( involved with a vulnerable or incapacitated elder's care and financial management)

*Elderly Services/Elderly Abuse Prevention Phone : 869-2448 ext.4960*

*Oneida Elderly Services*  
Elderly Abuse Program

*Financial Abuse Indicators*

*The following are some of the many indicators of fiduciary abuse*

- Unusual activity in bank accounts
- Activity in bank accounts that is inappropriate for the victim; e.g., withdrawals from automated teller machines, when victim can't walk or get to the bank.
- Power of attorney obtained when person is unable to comprehend the financial situation and/or to give a valid power of attorney.
- Unusual interest by relative or caretaker in the amount of money being spent for the care of the victim; concern that too much is being spent.
- Reluctance to spend money on care of victim; numerous unpaid bills, overdue rent, etc., when someone is supposed to be paying the bills.
- Recent acquaintances expressing affection for older person with assets.
- Recent change of title of house in favor of a 'friend', when victim is not capable of understanding the nature of the transaction.
- Recent will has been drawn when victim is clearly incapable of making a will.
- Caregiver asks only financial questions of the social worker; does not ask questions related to care.
- Caregiver has no obvious means of support.
- Placement not commensurate with alleged size of estate.
- Lack of amenities, e.g., TV, personal grooming items, appropriate clothing, when the estate can well afford it.
- Missing personal belongings, such as art, silverware and jewelry.
- Caregiver attempts to isolate victim from friends and family, tell victim no one wants to see him or her, victim then becomes isolated and alienated from those who care about them, comes to rely on caregiver alone, who then has total control of finances.
- Promises of lifelong care in exchange for willing or deeding all of assets to caregiver.
- Signatures on checks, etc., that do not resemble victim's signature. Checks and other documents signed, when victim cannot write.
- Absence of admission agreement for cost of care in residential care homes.

*Elderly Services/Elderly Abuse Prevention Phone : 869-2448 ext.4960*

# CELEBRATE NATIONAL NUTRITION MONTH

*Trying new foods and physical activity can  
jump-start your plans for health!*

*When you go grocery shopping  
do you buy the same foods each time?*

*Try something new like:*

- *Whole grain bread instead of white bread*
- *Use spices and herbs on foods instead of salt*
- *Try lactose free milk instead of not drinking milk*
- *Eat dark green leafy vegetables such as broccoli or kale*

*Try a new activity:*


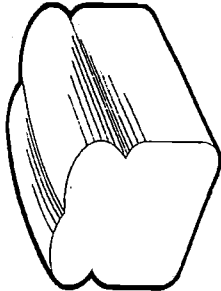
- *Participate in yoga or water aerobics*
- *Walk twice a week instead of once a week*
- *Work outside in your garden or take part in yard work*



# MENU

# MARCH

# 2002

		<p>All meals served with coffee, tea and milk.</p>	<p>Meals are subject to change.</p>	<p>1 Bacon Cornmeal Apple Juice Toast Blueberries</p>
<p>4 Chili Cucumber Salad W/W Bread Sherbert</p>	<p>5 Bean Soup Fresh Bread Cranberry Juice</p>	<p>6 Tacos Rice Beans Peaches</p>	<p>7 Ham Sweet Potatoes Asparagus W/W Bread Custard</p>	<p>8 Scramble Eggs Sausage Apple Juice Bananas Toast</p>
<p>11 Cube Steak Pasta Salad W/W Bread Peaches</p>	<p>12 Corn Soup Fresh Bread Raspberries</p>	<p>13 Lasagna Lettuce Salad Garlic Bread Blueberries</p>	<p>14 Chicken Mashed Potatoes Calf Blend W/W Bread Whip &amp; Chill</p>	<p>15 Bacon Pancakes Orange Juice Toast Mix Fruit</p>
<p>18 Hot Dogs Buns Mac &amp; Cheese Peas Pears</p>	<p>19 Potato Soup Fresh Bread Diet Jello</p>	<p>20 Pork Chops Potatoes Green Beans Apple sauce</p>	<p>21 Fish Red Potatoes Cole Slaw Corn Bread Pineapple Tidbits</p>	<p>22 Eggs Ham &amp; Cheese Muffins Fresh Fruit</p>
<p>25 Tuna Salad Cottage Cheese Croissants Mandarin Oranges</p>	<p>26 Boiled Dinner Fresh Bread Orange Juice Fruit Juice</p>	<p>27 Goulash W/W Bread Bread Pudding</p>	<p>28 Birthdays Beef Roast Mashed Potatoes Carrots W/W Bread Spice Cake</p>	<p>29 Eggs Oatmeal Toast Grape Juice Grapefruit Section</p>

## **MAKE NUTRITION COME ALIVE--IT'S ALL ABOUT YOU**

A healthy lifestyle is the key to looking good, feeling great, and being the best you can be at work and play. It all begins with what you put on your plate. A healthful eating plan helps you get the most out of life.

**PERSONALIZED NUTRITION** It's easy to improve your eating habits by using a "personalized" approach to nutrition. Today's dietary guidelines point you in the right direction, but making daily food choices that fit your lifestyle is up to you.

The Food Guide Pyramid is a great road map for your meals. Consider it is flexible framework outlining the kinds and amounts of foods you need. After all, when it comes to nutrition advice, one size doesn't fit all.

**BE FLEXIBLE** Explore the many choices in all the groups of the Pyramid. Develop your personal game plan of good nutrition by making smart choices about what and how much to eat.

Realize that all the foods fit in a healthful

eating plan and one food, one meal, or one day will not make or break your health or waistline.

Can't desert your desserts? You don't need to! Go ahead and enjoy ice cream and other treats by eating small portions and staying active throughout the week.

Craving a cheeseburger? Balance out your meal with a side salad instead of french fries.

**BE REALISTIC** Give yourself time to develop new habits. It doesn't happen overnight.

Small steps work better than a giant leap. Don't tempt to completely overhaul your diet. Give food a "green light". The moment you go "cold turkey" on sweets you may crave these favorite treats.

If you can't resist a snack attack, check out pretzels instead of chips, and packets of dried fruit or trail mix instead of candy.

Walk rather than run to begin an exercise plan.

**BE SENSIBLE** Moderation is the key- you decide when to eat, how much and how often. Rather than banning certain foods, control

portion size and stop eating when you are full. Develop an eye for size. Slice a sliver of your favorite cake instead of a large chunk.

Place yourself to savor the flavor. It takes a while for your brain to send the signal to your stomach that you've had enough to eat.

Get in the habit of grabbing a carton of low-fat yogurt or fresh fruit for a quick snack.

### **BE ADVENTUROUS**

Variety is the spice of life. Expand your range of food choices and explore new tastes.

Blend mango or papaya pieces into your fruit and milk smoothie for an exocotic snack.

Dig into a different grain like bulgur, rice, or barley.

Try imaginative low-fat snacks, such as fruit kabobs dipped in low fat yogurt or air-popped popcorn lightly seasoned with herbs.

### **BE ACTIVE**

Pursue fitness with your own personal flair. Find a variety of enjoyable activities you can do on a regular basis. But remember you don't need expensive equipment- get moving whenever and

wherever you can.

Think "fun", forget "no pain, no gain", and keep moving. Seek out a friend or family members to join you in regular walks, bike rides, in line-skating, or other activities. Small bits of activity add up over time- use the stairs instead of the elevator, take a brisk walk on your lunch break, rake the lawn, or sweep the floor- for a total of 30 minutes each day.

### TAKING CONTROL

Healthful eating is one of the most important steps you can take to promote good health. Your genes also have a big say in it, but they don't have the last word. There's a lot

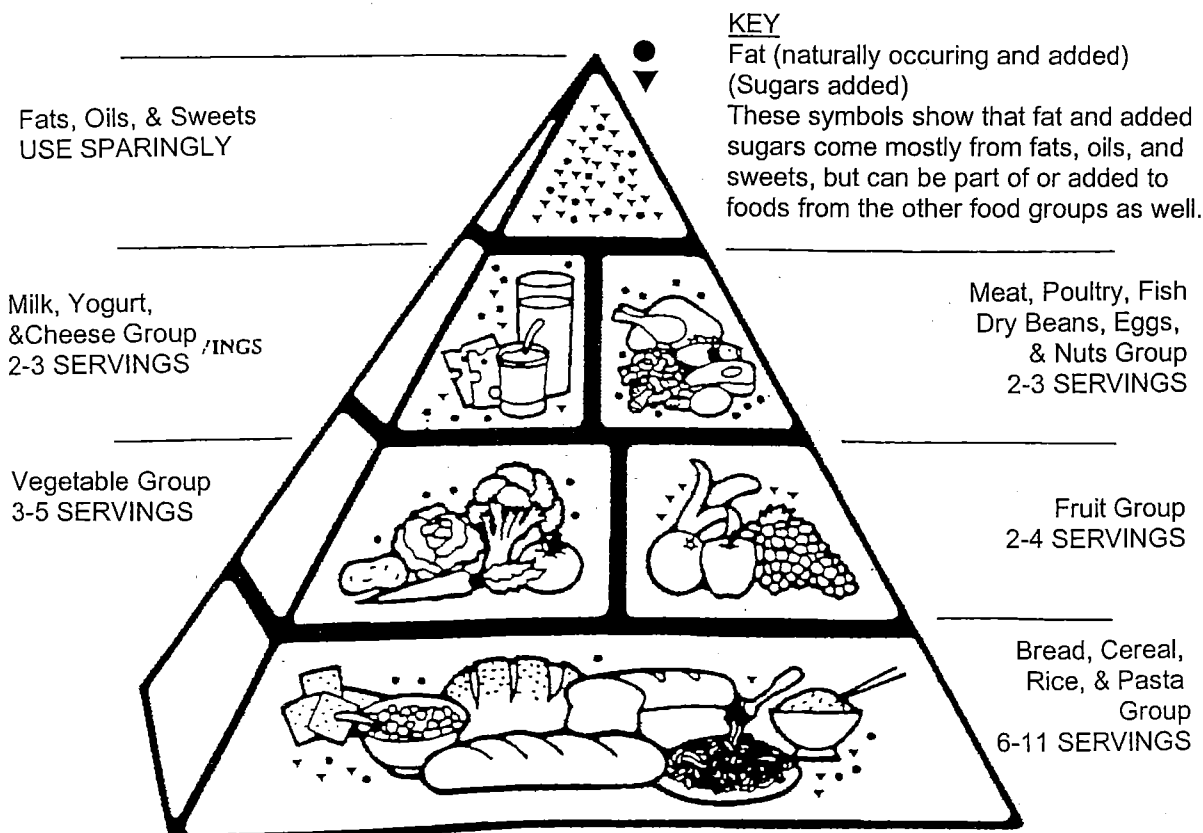
you can do to reduce your risk of commonly inherited diseases such as heart disease, cancer, and osteoporosis. While your family history is out of your control, you can do something about your eating habits and lifestyle. Aim to get 3 servings a day from the milk group foods to meet your calcium needs. Calcium in these foods helps prevent the bone-thinning disease osteoporosis and may help reduce your risk of high blood pressure and certain cancers.

Find more ways to achieve 5-a-day from fruit and vegetable groups. You'll increase your fiber

intake and boost vitamins and minerals that also are important to lower your risk of certain cancers.

Don't smoke, go easy on alcoholic beverages, and find an outlet for your stress, like daily physical activity.

**THE AMERICAN DIETETIC ASSOCIATION / NATIONAL CENTER FOR NUTRITION AND DIETETICS** For food and nutrition information and a referral to a registered dietitian in your area, call the Consumer Hotline at 800/366-1655. Visit ADA on the World Wide Web at : <http://www.eatright.org>.



# Americans of all ages benefit from making healthful eating, physical activity, and lifestyle choices

## Fruits and Vegetables



Find and circle these words in the puzzle:

- |                    |                         |                       |                 |
|--------------------|-------------------------|-----------------------|-----------------|
| <b>Corn</b>        | <b>Tomatoes</b>         | <b>Lettuce</b>        | <b>Cherries</b> |
| <b>Watermelon</b>  | <b>Brussels Sprouts</b> | <b>Peas</b>           | <b>Peaches</b>  |
| <b>Cantaloupe</b>  | <b>Spinach</b>          | <b>Carrots</b>        | <b>Celery</b>   |
| <b>Green beans</b> | <b>Papayas</b>          | <b>Honeydew melon</b> |                 |
| <b>Apples</b>      | <b>Pears</b>            | <b>Plums</b>          | <b>Oranges</b>  |



## Are you a label reader?

(Food Labels that is!)

The "new" design of food labels appeared on food products starting in May 1994.

If you read food labels, you are most likely to:

1. Read the grams of fat
2. Followed by the number of calories per serving
3. Be female
4. Check the serving size if under the age of 35
5. Be male if you check for information on cholesterol

The average person who has reduced the fat intake in their diet is a label reader.

So are you typical?



## Water and Fluids

The average adult female needs *9 cups* of water/fluid (non-caffeinated, non-alcoholic beverages, soups and foods) per day. For the average adult male, *12 cups*.

Solid foods may contribute as much as *4 cups* of appropriate fluids per day. Another cup may come from breathing appropriately humidified air.

**Natural diuretics:** Exercise, Caffeine, Alcohol

### Symptoms of Dehydration:

- Headache
- Fatigue
- Loss of appetite
- Flushed skin
- Heat intolerance
- Light-headedness
- Dry mouth and eyes

### Advanced Symptoms of Dehydration:

- Difficulty swallowing
- Clumsiness
- Shriveled skin
- Sunken eyes with dim vision
- Painful urination
- Numb skin
- Muscle spasms
- Delirium

## Fiber Facts:

### Soluble Fiber & Heart Disease

**What is fiber?** Fiber is a substance found only in plants, such as fruits, vegetables, and grains. The part of the plant fiber that you eat is called dietary fiber and is an important part of a healthy diet. Dietary fiber is made up of two main types – insoluble and soluble.

**What is the difference between insoluble and soluble fiber?** Soluble fiber forms a gel when mixed with liquid, while insoluble fiber does not. Insoluble fiber passes through your digestive tract largely intact. Both types of fiber are important in the diet and provide benefits to the digestive system by helping to maintain regularity. Soluble fiber has some additional benefits to heart health.

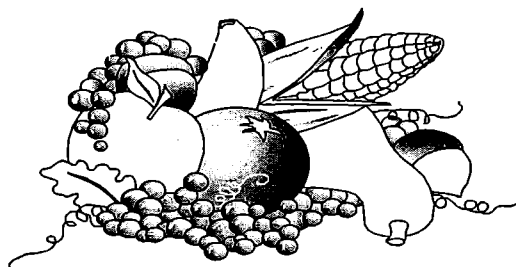
**What are some good sources of soluble fiber?** Soluble fiber is found in oats, peas, beans, certain fruits, and psyllium (pronounced sil' e-um). Psyllium is a grain that is found in some cereal products, in certain dietary supplements, and in certain bulk fiber laxatives. Read labels carefully to check for the addition of psyllium.

**What are the benefits of soluble fiber?** In addition to the digestive system benefits mentioned above, soluble fiber has been scientifically proven to reduce blood cholesterol levels, which may help reduce

your risk of heart disease. In fact, the Food and Drug Administration recently authorized food companies to use a health claim for soluble fiber from both psyllium and oats. For example, the new claim for psyllium states, "Soluble fiber from foods with psyllium husk, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

**Overall, how much fiber should I eat and how much soluble fiber do I need?** Americans should eat 20-35 grams of fiber each day, including both soluble and insoluble fiber. The average American currently eats 12-17 grams of fiber a day. Only about 1/4 of this is soluble fiber; therefore, the average American is eating only 3-4 grams of soluble fiber — below the recommended amount of 5-10 grams. Eating 3 grams a day of soluble fiber from oats or 7 grams a day of soluble fiber from psyllium has been shown to lower blood cholesterol levels.

□ **The American Dietetic Association/National Center for Nutrition and Dietetics** For food and nutrition information and a referral to a registered dietician in your area, call the Consumer Nutrition Hotline at 800/366-1655. Visit ADA on the World Wide Web at: [www.eatright.org](http://www.eatright.org).



**A.A.A.D.D.: Age Activated  
Attention Deficit Disorder**

Here's how it goes....

I decide to do work on the car, start to the garage and notice the mail on the table. O.K., I'm going to work on the car...BUT FIRST I'm going to go through the mail. Lay car keys down on desk. After discarding the junk mail, I notice the trashcan is full. O.K., I'll just put the bills on my desk....BUT FIRST I'll take the trash out, but since I'm going to be near the mailbox, I'll address a few bills....Yes, now where is the checkbook?

Oops....there's only one check left. Where did I put the extra checks? Oh, there is my empty plastic cup from last night on my desk. I'm going to look for those checks....BUT FIRST I need to put the cup back in the kitchen. I head for the kitchen, look out the window, and notice the flowers need a drink of water, I put the cup on the counter and there's my extra pair of glasses

on the kitchen counter. What are they doing there?

I'll just put them away....BUT FIRST I need to water those plants. I head for the door and, Aaaagh! someone left the TV remote on the wrong spot. Okay, I'll put the remote away and water the plants....BUT FIRST I need to find those checks.

END OF THE DAY: Oil in the car not changed, bills still unpaid, cup still in the sink, checkbook still has only one check left, lost my car keys, and when I try to figure out why nothing got done today, I'm baffled because....I KNOW I WAS BUSY ALL DAY! I realize this condition is serious....I'd get help....BUT FIRST....I think I'll check my e-mail.

Sound familiar?

Submitted to the Elderly Stream Newsletter (Stockbridge/Munsee) by Lucille Christ



Rural Development at the Elderly Mealsite

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

504 Home Repair Loans and Loan/Grant Combinations.

502 Home Purchase to build or buy.

Programs available to low and very-low income households.

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



Come join us and go

## “EXPLORING WITH CAROL”

at the

Aging Resource Center of Brown County  
300 S. Adams Street Green Bay, WI

Carol has gone on six Earthwatch Expeditions. She will share her experiences with us, and take us along so we can explore with her.



**March 6, 2002 – 10:00 a.m.** We will have an adventure with African Elephants in Kenya. Why are their numbers decreasing?

**March 27, 2002 – 10:00 a.m.** We will witness an unusual relationship that Bottlenose Dolphins have with humans. These amazing animals are highly intelligent.



**PLEASE RSVP AT 448-4314**

Look for April Explorations in next months *Senior Focus* when we visit the Humpback Whales and Peru.

## HOW TO PREPARE FOR A LOSS

*Things You Should Know:*

Who to Call:  
Legal Issues  
Funeral Preparation

Presenters:

Attorney Dan Walsh  
&  
Diane Tranberg

When: Monday, March 18, 2002  
6:00 PM

Where: Aging Resource Center of Brown County  
300 S. Adams St., Green Bay, WI  
Please RSVP at 448-4314

Presentation Repeated  
on

When: Tuesday, March 19, 2002  
1:00 PM

Where: West Mason Malcore Funeral Home  
1530 W. Mason St., Green Bay, WI  
Please RSVP 499-4100

# MEMORABILIA, MEMENTOES AND KEEPSAKES

at the Neville Public Museum  
210 Museum Place  
Green Bay, WI

Come and join us for valuable insights on learning how to stop paying more taxes than necessary on your retirement income and savings. See how to get the most out of your hard-earned retirement income so you can truly enjoy the activities you take pleasure in.

- No cost or obligation
- Easy-to-understand program
- Absolutely no selling

**WHEN:** Thursday, March 7, 2002 at 2:00 P.M.

**WHERE:** Aging Resource Center of Brown County  
300 S. Adams Street Green Bay, WI

**PRESENTED BY:** **MORGAN, CIBULA & CO.**  
1320 S. Webster Avenue, Suite 1  
Green Bay, WI 54301  
(435-2939)

**PLEASE RSVP at 448-4314 by MARCH 5, 2002**

Securities offered through  
Transamerica Financial Advisors, Inc.  
1150 South Olive  
Los Angeles, CA 90015 (213)741-7702  
A registered Broker Dealer, Member NASD & SIPC

Partnership with the Aging Resource Center of Brown County  
and the Neville Public Museum of Brown County

for a

## WRITING WORKSHOP FOR SENIORS

on

**Saturday, March 23, 2002  
(9:00 A.M. – 3:00 P.M.)**

The class involves writing poetry, prose and anecdotes using objects from the museum's collection. The cost is \$8.00 for members of the Neville Public Museum and \$10.00 for all others. Lunch will be included.

Registration begins February 1<sup>st</sup> and ends on March 21<sup>st</sup>.

To make reservations,  
call the Aging Resource Center  
at 448-4314.

The class is limited to the first 30 people to register.

Make checks payable to the  
Aging Resource Center of Brown County.

**Payments are due by March 21, 2002.**

## HEALTH & SAFETY TIP

### How many of us think our kitchens are cleaner than most restaurants?

Recently , a study was completed bey a national auditing firm- regarding Home Food Safety Practices. When compared with the federal restaurant standards, home kitchens didn't fare so good. Surprised? Read on.....74% of homes studied, had at least one critical violation. A critical violation is one that can cause foodborne illness all by itself.

The most common problems in our kitchens at home:

1. **Not handwashing.** It's very important to wash your hands for 20 seconds before prepping any food, and between different prepping jobs.

2. **Improper food prep techniques.** Letting food sit out too long before actually cooking it or letting food thaw on the kitchen counter.

3. **Cross Contamination.** Moving bacteria around the kitchen. Using a cutting board to cut raw chicken then using the same board to chop lettuce without sanitizing the board & the knife first.

4. **Improperly cooling leftovers.**

Food must be cooled within two hours. Placing a whole pot of hot chili in the refrigerator- is improper cooling. Make sure smaller portions so that cooling takes less time. This is the leading cause of foodborne illness.

5. **Improperly reheating leftovers.**

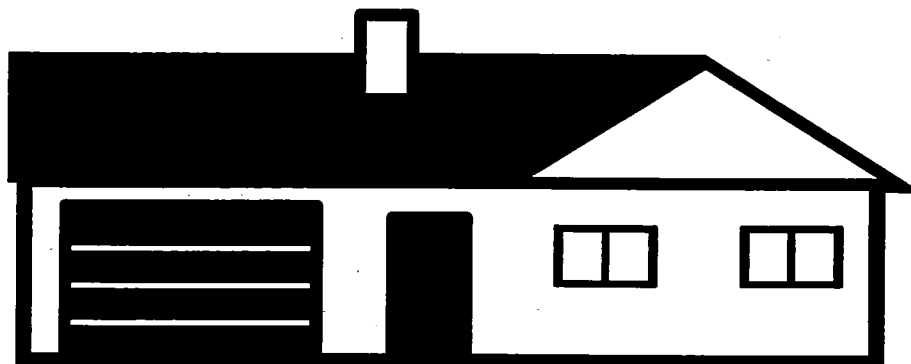
Leftovers must be reheated to 165 degrees F, for 15 seconds, within two hours. And you should only reheat food once- then throw it away.

6. **Internal cooking temps, too low.**

Not cooking foods to a temperature that kills bacteria, parasites, fungi, or viruses.

Be aware of what's going on in your kitchen. Take Care when prepping, cooking, cooling & reheating.

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# Briefly **SPEAKING**

Thank you to Alice Schuyler for her generous donation to Oneida Elderly Services Crafts and Activities. Alice found many craft materials she no longer uses and donated them to our program. Thanks for thinking of us, Alice! We will put to good use all of your donated items!

Thank you to the family of the late Rosetta Huntington for their donation of material and craft items to our program. As Rosetta was she always had something in the works, sewing or making something, we will think of her in our craft making! Thanks again.

Activities-Elderly Services

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## **FAMILY REUNIONS**

If you've been thinking about having a family reunion this summer it's a good idea to set your date now so that vacation plans won't spoil your turn out.

Ask family members to volunteer for specific jobs like running kids' games or making a video. Get ready for a good time, but keep in mind that people don't change much. It's likely that someone will speak before thinking. Be cool, count to ten, and have fun.

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## **WHO SAID THAT?**

People who make a difference are not the ones with the credentials, but the ones with the concern.

Max Lucado in "And Angels Were Silent" (Multnomah)

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The Elderly Services Staff  
&  
The ONCOA Board  
Wish Everyone a Happy Easter Holiday

ONEIDA NATION COMMISSION ON AGING  
REGULAR MEETING - JANUARY 8, 2002  
ELDERLY SERVICE COMPLEX  
CONFERENCE ROOM  
1:00 P.M.

MINUTES

I. CALL TO ORDER: The meeting was called to order by Chairwoman, Dellora Cornelius at 1:05 p.m.

II. WELCOME AND PRAYER: Alfreda Green delivered the opening prayer.

III. ROLL CALL: All commissioners present with the exception of Clifford Doxtator who was excused.

IV. APPROVAL OF AGENDA: Motion to approve by Hugh, 2<sup>nd</sup> by Lois Powless, motion carried.

V. APPROVAL OF MINUTES: December 18, 2001 - Regular ONCOA Meeting. Motion to approve by Hugh, 2<sup>nd</sup> by Nadine, motion carried.

VI. REPORTS:

A. ONEIDA BUSINESS COMMITTEE LIAISON

1. Meeting with OBC regarding Travel Restrictions - Julie Barton. Julie indicated that because the tribal wide restriction has been lifted because of the new fiscal, she didn't feel it was necessary to have a meeting between OBC/ONCOA regarding this issue.

2. Clarification on Stipend approvals: Mary Edna wanted to know if all committees were required to submit approved minutes prior to having their stipends signed/processed? Lois Strong wanted to know if there were standard procedures and if they are written. In addition, do these procedures apply across the board. Alfreda asked if the Elderly Service Ad Hoc committee had to have their minutes approved before their stipends are signed. Sue Daniels stated there are inconsistencies in interpreting ONCOA's by-laws. The treasurer uses her discretion to apply by-laws at times and not at others. Sue has been submitting draft minutes for the last year and a

half without it being an issue for signing vouchers. Now, the minutes must be approved first before they are sent to the treasurer. Sue wanted ONCOA to know this will put processing their stipends back one month. In addition, the by-laws indicate it is only necessary to have the Treasurer sign ONCOA's chairperson's stipend voucher, not all commissioner's vouchers need to be sent to the Treasurer, although that is the directive that has come from her office, thus the inconsistency. Julie Barton stated that if the by-laws are not in compliance with the Comprehensive Policy that Governs Boards, Committees and Commissions, then by-laws should be reviewed/revised. Motion to approve Julie's report by Lois Powless, 2<sup>nd</sup> by Arlie Doxtator, motion carried.

B. ELDERLY SERVICES PROGRAM/DECEMBER - ROBERTA KINZHUMA. No report available. Motion to table by Lois Powless, 2<sup>nd</sup> by Alfreda. Motion by Mary Edna to notify Directors that reports are to be out in time. Motion failed for lack of support. Lois Powless felt we should talk to the Director to find out why we are not getting these reports on time.

C. MONTHLYREPORT/DECEMBER - DAVE LARSON. No report available. Motion to table by Nadine, 2<sup>nd</sup> by Lois Strong. Motion by Mary Edna to have Sue write a letter to all those who are to report to ONCOA, with a copy to their Supervisors indicating the action taken by ONCOA to have reports available to ONCOA's Administrative Assistant the Wednesday before the regular ONCOA meeting; 2<sup>nd</sup> by Hugh, Motion carried.

D. ELDERLY COMPLEX AD HOC COMMITTEE REPORT/DECEMBER - WARREN SKENADORE. No report available. Motion to table by Nadine, 2<sup>nd</sup> by Lois Strong, motion carried.

E. FINANCIAL REPORT/NOVEMBER - HUGH DANFORTH. No report available. Motion to table by Lois Powless, 2<sup>nd</sup> by Nadine, motion carried.

VII. TABLED BUSINESS

A. ONEIDA BUSINESS COMMITTEE LIAISON

1. Building Bridges Report: MOTION: OBC keep us updated on actions by Hobart on this



issue (See November 13, 2001 regular ONCOA minutes). Motion to take from table by Hugh, 2<sup>nd</sup> by Lois Strong, all in favor, one abstention (Mary Edna). Motion by Hugh that ONCOA recommend OBC take a stand and advocate to Representative Lee Meyerhofer, State Senator Cowles and Governor Scott McCallum that Hobart not become a village, 2<sup>nd</sup> by Lois Powless, motion carried. Julie asked that when ONCOA takes action that requires OBC involvement, that section in the minutes be emphasized in BOLD or attach a separate memorandum to the minutes.

2. Tribal Listening Session: MOTION: To approve report and honor the recommendation: ONCOA recommend the OBC chair or the Title VI director attend the 2002 Tribal Listening Session (See November 13, 2001 regular ONCOA minutes). This information had been sent hard copy to both the tribal Secretary and the Chair's office. ONCOA wants to know if the chairman will be attending this session. Motion by Hugh to write a memo to the chair as a reminder that ONCOA made a motion/recommendation to send the OBC chair (or designee) or Title VI Director to the Tribal Listening Session of 2002, 2<sup>nd</sup> by Lois Powless. Discussion (Mary Edna): Who will pay for this? Hugh indicated these sessions are particularly meant for tribal chairs and Title VI Directors. Roberta indicated that the Administration on Aging encouraged tribal chairs to bring their Title VI directors to this meeting. Roberta's budget has Title VI training money to travel, motion carried. Julie wanted to know what the Listening Session was. Roberta explained that the Administration on Aging wants to hear from the people what they need/want. Julie indicated we need to develop a position paper to be presented to this body. Roberta stated at this meeting everyone breaks into groups of specific topic areas to discuss that issue. Heads of agencies are there, recording information. Lois Powless wanted to know if we could use money from other sources (like grants) travel, if its's not tribal contribution.

Motion by Hugh to take VII 3 and 4 off the table, 2<sup>nd</sup> by Lois strong, motion carried.

3. Elderly Complex Ad Hoc Committee: MOTION: ONCOA board be notified of Keefe Study presentation dates and times ( See November 13, 2001 regular ONCOA minutes). Sue indicated that ONCOA was not notified of the Keefe Study presentation to the Elderly Complex Ad Hoc Committee and was notified of the presentation to the OBC one day beforehand. Motion by Hugh to have the Keefe Study presentation made by Dave Larson and Dan Skenandore on the fourth Tuesday of February to ONCOA and any interested community member, 2<sup>nd</sup> by Mary Edna, motion carried.

4. Apology Letter by Tribal Chairman to WIEA: MOTION: ONCOA Vice-Chairman meet with the OBC Chair that no bad light be shed on elderly services and ask about the status of the apology letter that the chairman was going to write (November 13, 2001 regular ONCOA minutes). Julie Barton will check on this. Motion by Lois Powless to take off the agenda, 2<sup>nd</sup> by Arlie Doxtator, motion carried.

B. ELDERLY SERVICES PROGRAM/OCTOBER/NOVEMBER. Motion to take from table by Lois Powless, 2<sup>nd</sup> by Hugh, motion carried. Motion to approve reports by Hugh, 2<sup>nd</sup> by Nadine. Discussion: What is the status of the Office Manager? Roberta indicated this position was not yet filled. The job description is inconsistent with the same positions in Social Services. A request has been made to increase Noreen's salary 15% to cover the extra workload. HRD indicates that Elderly cannot have an ET Office Manager and increase a current employee's salary by 15%. It can be one or the other, but not both. Motion carried.

C. ELDERLY COMPLEX AD HOC COMMITTEE/OCTOBER/NOVEMBER. Motion to take from table by Lois Powless, 2<sup>nd</sup> by Hugh, motion carried. Discussion: Lois Powless wanted to know the delay in the BIA paying back the \$300,00 that was used at Cultural Heritage that was originally intended for use at Elderly Services. Dave Larson stated that Mike Finn is in charge of this program and has not reimbursed Elderly Services this money. Because of that, no further

landscaping can be completed. Motion to approve Warren's November report and leave October's tabled by Lois Powless, 2<sup>nd</sup> by Hugh, motion carried.

D. OCHC NAMING BUILDING ISSUE: LEGAL OPINION-SUSAN HOUSE. No report available. Leave tabled.

E. MEETING WITH HRD REGARDING APPROVED POLICIES - LOIS STRONG. Lois has asked for a meeting with Dellora and Sue to discuss another approach. Leave tabled.

F. TITLE VI GRANTS FOR NATIVE AMERICANS - FLORENCE PETRI. (December 18, 2001 - Motion to table for discussion at the January 18, 2002 ONCOA meeting with all commissioners reading and critiquing the contents of the report). Motion to take from table by Lois Strong, 2<sup>nd</sup> by Lois Powless, motion carried. Discussion: ALL COMMENTS ARE TO BE IN TO FLORENCE BY FRIDAY, JANUARY 11, 2002. Lois Strong commented that more money should be requested to serve elderly ages 55-69. Julie Barton suggested ONCOA look at the actuarials\* (figures) from the Trust Department on the population/aging groups.

\*actuarial (adj.) The act of computing insurance risks and premiums.

#### VIII. OLD BUSINESS

A. TOP THREE LEGISLATIVE PRIORITIES - The draft was presented to ONCOA as a result of the Working Session held on December 27, 2001. Motion by Lois Powless to refer areas to the tribal chairman as the top three legislative priorities, 2<sup>nd</sup> by Alfreda, motion carried.

B. SPECIAL MEETING - JANUARY 22, 2002 - JACQUE BOYLE. Sue indicated that she would not be able to attend this meeting due to Midwinter Ceremonies. Motion by Lois Powless to move the Working Session to Thursday, January 24 at 9:00 a.m., 2<sup>nd</sup> by Arlie Doxtator, motion carried.

C. RESOLUTION TO HAVE AJNH MEDICARE CERTIFIED - LOIS POWLESS. Motion to draft resolution to support AJNH to become a medicare certified facility and send to

OBC. Lois wasn't sure who was to write this resolution. She will take on the task and present at the next regular ONCOA meeting. Motion to table by Hugh, 2<sup>nd</sup> by Lois Strong, motion carried.

D. SENIOR STATESMANSHIP PROGRAM UPDATE. Sue indicated she had called Barb Mamerow twice to inquire about the scholarships but she had received no reply. She asked that someone else take on the responsibility to contact Barb. Dellora will call Barb regarding scholarships. Sue will process two attendees from the ONCOA budget. Hugh indicated he will go on stand by status.

#### IX. NEW BUSINESS

A. ELDERLY OF THE YEAR AWARD - FLORENCE PETRI. Florence indicated she had given this information to Sue, but was not aware Sue was going to put it on the agenda. This issue is old, the deadline date is past. Lois Powless called Jim Martin and found out that indeed it was too late to nominate anyone. Erv Thompson has been chosen as Elderly of the Year. (WAY TO GO, ERV!)

B. LETTERS TO DEANNA BAUMAN REGARDING CONTACT HEALTH PAYMENTS FOR THE ELDERLY - ROBERTA KINZHUMA. Roberta had submitted a letter to ONCOA for its support. Motion by Alfreda to approve letter to be sent to Deanna Bauman, 2<sup>nd</sup> by Arlie, motion carried. Julie Barton will add this letter of concern to her list of issues to discuss with Janice Hirth.

C. LETTER OF CONCERN REGARDING STIPENDS - LOIS POWLESS. Motion by Hugh to type letter into ONCOA minutes for the record, 2<sup>nd</sup> by Lois Strong, all in favor, one abstention (Lois Powless).

12-27-01

To: ONCOA Board

As an active member of the Oneida Commission on Aging (an elected body), I see fellow elders participating at commission meetings or fund-raising activities and I know I am in the presence of a warm and caring collaborative group. This is personally rewarding and I'm proud of the commission's commitment to the betterment of the Oneida senior citizens.

Right now I am frustrated and am writing to let you know what happened to me when I inquired about payment for the retreat that the commission had (Our policies for the commission provides for a stipend of \$75. Per meeting including one meeting per month and special meetings when duly called and notified to commission members).

I was informed by the Treasurer, Judy Cornelius, that she had sent paperwork to Julie Barton, Secretary and Jerry Danforth, Chairman of the Oneida Tribe to sign off and approve paperwork as she did not feel (the) retreat was justified. Subsequent review by the Secretary and Chairman upheld the Treasurer's view. Does this mean our by-laws are not for us to go by? Are they only to be used in certain circumstances when they are convenient to others?

Why the Treasurer involves herself in such a minor issue when the tribe is a multimillion dollar organization and she trifles her time on this. Most tribal elders are on a fixed income and any kind of financial support the tribe can lend while elected elders fulfill a responsibility is appreciated. Isn't that what the tribe is supposed to be about?

This is clearly an abuse of power by the Treasurer and condoned by the Secretary and Chairman of the tribe when they refused to override the Treasurer's inconsistent action. When the G.T.C. approved the budget, I don't recall action to include conduct more micro management by the Treasurer's office over the Commission on Aging.

In fact, during her term in office, she has gone over and above the Commission by authorizing \$3,000 be given to the Wisconsin Indian Elders Association (W.I.E.A.) without consulting with the Oneida Commission on Aging to see if they were in agreement with this, and then to deny Oneida elders transportation to attend this organization we just donated a considerable amount of money to.

Tribal administration has participated in retreats and those who attended received their daily wages. Where is the justice?

Respectfully submitted,

Lois Powless

## X. ANNOUNCEMENTS

A. DEPARTMENT OF HEALTH AND FAMILY SERVICES, DIVISION OF SUPPORTIVE LIVING, BUREAU OF AGING AND LONG TERM CARE RESOURCES: "The heritage of the Older Americans Act" Training. Concourse Hotel, Madison, Wisconsin - April 17, 18 & 19, 2002. Motion by Hugh to send three people to Madison for this training, 2<sup>nd</sup> by Lois Powless. Discussion: Who wants to go? Lois Strong, Lois Powless, Alfreda Green, Arlie Doxtator. Hugh Danforth as an alternate. Sue will draw names from a hat to pick three people. She will then process the paperwork to attend. Motion carried.

Dellora indicated she cannot go to Senior Statesmanship because she will be substitute teaching during that time.

B. NATIONAL INDIAN COUNCIL ON AGING: "Healing Ourselves, Healing Our Communities, Healing Our World" Conference, Albuquerque, New Mexico. No action taken.

Motion by Mary Edna to have John Brueninger come to the next ONCOA meeting to address elderly housing concerns and garages, 2<sup>nd</sup> by Lois Powless, motion carried.

Motion to adjourn by Lois Powless at 3:45 P.M., 2<sup>nd</sup> by Mary Edna.

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: \_\_\_\_\_

**ONEIDA ELDERLY SERVICES  
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**

