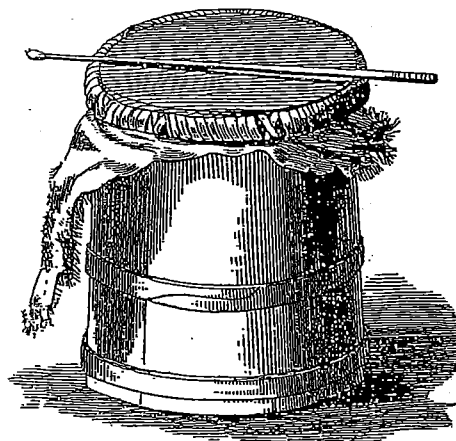


# DRUMS ACROSS ONEIDA

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

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*Maple Sap Moon*

*March 2003*

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**HAPPY ST. PATRICKS DAY**  
**MONDAY, MARCH 17, 2003**



**ELDERLY SERVICES COMPLEX:**

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

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

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

**ONEIDA SENIOR CENTER:**

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

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

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

**UP CLOSE AND PERSONAL**  
**WITH Margaret King-Francour**  
**Activities Specialist**



I was born in Green Bay, WI on July 23, 1966. I am the youngest of six children to Peter and Martha (Skenandore) King. I graduated from Seymour High School and Blue Sky Educational Foundation in Alternative Health.

My husband Bryon and I married on Sept 4, 1989. We have four great children and one on the way. Our children include Kenton 19, Rosa 13, Daisie 9, and Hudson 1 ½ yrs old. Bryon is from Menominee, Mi. and we visit the U.P. and "Northwoods" often for vacation spots and family visits. We had a place up north for several years in a remote woods & Lake area. This get-away was wonderful and we enjoyed our time there. We met many people & friends.

We adopted a grandma in about 1995. Her name is "Grandma Jackie." This beloved grandma is the love of our lives. She helps us raise and care for our children. Their Maternal grandmas passed long ago. She gives us free advice and a loving family atmosphere. She is a true blessing.

I have been employed with the tribe since 1985, in various capacities, ranging from Oneida Printing, Kalihwisaks, Sales & Marketing and presently Oneida Elderly Services. My initial training was in graphic design and journalism. I moved on to the Health Field most enjoyable, and with it working and servicing people. I truly enjoy working with People in the elder population. Finding their history, helping our elders and listening to their stories, so beneficial to all of us.

My favorite times include, making aroma therapy products, massage & providing health info to people. I am a Sunday School Teacher at The Oneida Methodist Church. I used to be a referee, WIAA Volleyball and basketball Games.

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

**Who or what has had the biggest influence in your life?**  
My husband Bryon.

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

Going to school and getting a college education, being married & having children.

**Is there something you've always wished you were great at doing?**  
Always wanted to be able to sing.

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

Always work your hardest, you will never regret it. Show love for others, because arguments don't get you far.

**What advice would you give someone who is about to retire?**  
Stay physically & mentally active.

**What is your ideal vacation?**  
Return trip to Hawaii.

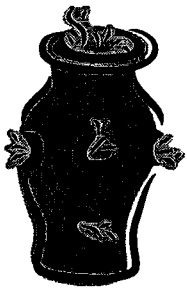
**Favorite Meal:** Baked chicken & mashed potatoes, corn & homemade biscuits.

**Favorite Music:** Oldies, and rock & roll

**Favorite Books:** Mary Higgins Clark-mystery novels

**Favorite Movies:** Fried Green Tomatoes

**Favorite Hobbies:** Making Gift Baskets, Aroma Therapy & Massage



Want to make a nice gift for someone or just try your 'hand' at something different?

Join us for **POTTERY classes** every Thursday in March.

Everyone 55 and older is welcome at Hwy H Rec bldg. We start at 1:30 and go to 3 pm. Mold clay by hand or try the potter's wheel. You can "feel" what it's like, just give it a try.

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Our trip to Shedd Aquarium was very nice. We received only good comments from those who traveled. We seen a live dolphin show, white beluga whales, sea lions and penguins in a huge aquarium setting. Some of us even tried to hold a starfish!

On the shoreline of Chicago lakefront, next door was a planetarium, a museum and the new Soldier field. We took in the beautiful sights of the city and most of our jawdropping took place as we past the awesome skyscrapers!

We also received a discount to go in the aquarium as we went in February, a month when they offer discounts for everyone. Thanks to Fred Muscavitch for this wonderful idea!

We look forward to traveling more often. Be sure to look for future announcements and sign up at the Senior Center if you don't want to miss the good times!

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### We have new music to our ears!

Jerry and Kelly Graham have landed in Oneida and are filling our eyes, ears and hearts with great music during our BIRTHDAY DAY at the Senior Center.

Not only are our seniors getting a great meal at the site, but now we have a wonderful and joyful noise to listen to!



Jerry is an elder Oneida living in Appleton and has agreed to give us a try and play for us at our birthday celebration since Woody has retired.

He brings his wife Kelly and their Karaoke equipment to sing Happy Birthday and hundreds of other "oldies". He even took our oldie requests!

Those of us at the Senior Center for birthday day in February received a earful to our bodies as he and Kelly delivered beautiful melodies from way back when.

Don't miss them next month. You can get up and sing if you feel inclined, or sit back and take in the tunes.

Jerry and Kelly, we hope you come back to play for us!

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### Word of Thanks

A big thank you to Noel Cleven for her donation of a toaster to our store at the Elderly Complex....Thank you Valder John for your "Val"entine donation to our store. You gave us something to expand upon!...Thanks to our store volunteers who donate their time in the elderly complex store, opening, closing, making and selling popcorn and tending to other duties: Bill Cooper, Noel Cleven, Paul Parmely, Lida Metoxen, Ella Sauer, Valder John and Jane Salzman.

*You are APPRECIATED!*

***The Gifts of Caregiving - Stories from Hardship to Hope***  
**BY CONNIE GOLDMAN**

Many years ago I read eight words that shaped the direction of my career as a public radio producer, writer and speaker. Author and poet Muriel Rukeyser wrote, "The Universe is made of stories, not atoms". People read a story in a magazine or a newspaper and are, unexpectedly, deeply touched. In sharing a personal and poignant tale, someone totally unrelated to our personal situation may offer us an unexpected source of comfort and inspiration.

Among the many inspiring stories people told me, one held special meaning to me. A friend in Los Angeles shared with me what she labeled "a miracle of healing" between her and her dying mother. A lifetime of abrasive and argumentative contact had evolved into unselfish caring, mutual respect and deep love. It was a tale that I wished I had heard a quarter-century ago, when I could have benefitted from its healing power.

Twenty-five years ago, when my mother became ill and partially dependent, the word caregiver didn't exist. As nearly as I can determine, it wasn't in a dictionary until 1997. I didn't think of myself as a caregiver, but simply as a daughter who, when her parents needed help, would figure out how to provide the care that was needed. In our situation, my daughter and I became a caregiver team. She lived a short distance from her grandmother; I lived and worked almost 2,000 miles away in Santa Monica. I made the major decisions, provided suggestions from a distance, and on most every Friday, I'd fly back to my home town to relieve my daughter until I had to leave on Monday.

I remember wishing I knew someone else who was a caregiver. In my circle of friends, it seems that I was the first middle-aged daughter taking care of an aging parent. My friends wanted to help, but my situation was out of the realm of their experience. I constantly juggled fear, frustration, irritation, indecision and guilt that I wasn't doing enough for my mother and that I shouldn't be living on the other side of the country during her time of need.

At the end of my mother's life the most difficult time for me was sadness. I felt, not only because of the loss, but because she and I had never openly discussed and repaired some of the

misunderstandings and unresolved issues. Perhaps, if I had heard stories of mother-daughter reconciliations before mother died, I might have put some of my conflicts with her to rest long ago.

Family caregivers often feel burdened, overwhelmed and stressed. There's a strong chance that a person who taken on the responsibility of caring for another experiences feelings of depression, helplessness and isolation. Yet, they are far from alone. Dana Reeve, wife of actor Christopher Reeve, who suffered paralyzing spinal cord injuries, told me, "One of the things that I've realized is that I'm part of a group called caregivers, and there are millions of us. It's often something the we take on willingly because we love the person and because we feel that it's our duty, and yet we don't see it as a job, necessarily, and it really is. Not that we wouldn't do it anyway."

An estimated 25 million people in the United States are currently providing care and assistance to someone who is ill, frail or disabled, or have done so in the past. People most often become caregivers through unforeseen and unplanned-for circumstances. Caregiving is destined to touch almost every American's life. Former first lady Rosalynn Carter, whom I interviewed for my book, summed up this reality when she observed, "There are only four kinds of people in this world—those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers—that pretty much covers all of us."

People take on the role of caregiver because the alternatives are not acceptable. Often, caregivers don't know what they're getting into, yet they make leap, take on the responsibility—and hope for the best. A caregiver's day often includes dealing with frustration, stress, irritation, exhaustion, confusion and guilt. Yet, sadness and uncertainty are only part of the caregiver experience. Caregiving is also about knowing one has done his or her best and has served a loved one.

**Connie Goldman, a public radio producer and author who specializes on issues in aging, lives in Hudson, Wis. This article is excerpted from her book *The Gifts of Caregiving: Stories of Hardship, Hope and Healing*.**

## FROM HOSPITAL TO HOME: GUIDES HELP FAMILIES MAKE TRANSITION

Waiting until the hospital discharge process begins is the worst time for patients and their family caregivers to begin planning for transition from an acute-care hospital to home care. Despite the possibility of mistakes and misunderstandings that can adversely affect a patient's recovery and safety, the discharge planning process is often telescoped into a last minute consultation with a discharge planner who is juggling paperwork, physician instructions and patient education for patients and caregivers who are over whelmed. At these times, patients and caregivers "are so anxious and intensely needy that they aren't hearing what's being said," explained Carol Levine, director of the United Hospital Fund of New York (UHFNY) Families and Health Care Project, in New York City. She added, "that because they do not yet grasp how the system works, they don't know what their options and rights are."

The desire to improve the transition to homecare and prevent unnecessary crises or re-admissions to hospitals prompted Levine and Gail Gibson Hunt, executive director of the National Alliance for the Caregiving (NAC), Bethesda, Md., to join forces. They co-wrote a pair of straightforward, pocket size free booklets titled "A Family Caregiver's Guide to Hospital Discharge Planning" and "Hospital Discharge Planning: Helping Family Caregivers through the Process."

"Hard data was the rationale for our project". She mined existing research that looked at "key points in the caregiving continuum and at the transitions in care people experience them." In addition, Levine analyzed data from a telephone survey her agency had conducted in collaboration with the Visiting Nurse Service of New York and Harvard Health Service. This study found that many of those responsible for post discharge caregiving felt ill-prepared for caregiving tasks.

After reviewing the data, Levine and Hunt organized two focus groups each, one family caregivers and one with the hospital discharge planners. The groups had between eight and 12 participants each generated reports that helped prioritize many of the talking points eventually used in the guides, including such critical information aspects of the discharge process, appealing a hospital's discharge order, and finding in home caregiver services. Because many discharge planners were social workers, Levine and Hunt also consulted the Society for Social Work Leadership in Health Care for input.

Hunt said, "The family caregiver's booklet emphasizes the B's of empowerment and caregiver advocacy: Be proactive, be persistent, be prepared, be realistic." She added that "The guide gives caregivers advice on how to use the B's effectively."

Levine said that the discharge planner's guide "was aimed at everyone from a social worker to an orderly who is just going to be signing people put of the hospital." The booklet's message, she continued, is that discharge planners have a responsibility to be proactive and empathetic during the entire discharge process. "When caregivers aren't asking questions," she stated, "it's not because they understand the discharge process it's because they don't know the questions to ask."

The booklets proved to be so popular, Hunt said, that the initial printing of 8,000 copies for caregivers and 5,000 for discharge planners "was all gone by October, "and more were printed in December. Those interested in the guides can order copies by phone or download them as a PDF file on the two organizations' web sites. Go to [www.caregiving.org](http://www.caregiving.org) or visit [www.uhfn.org](http://www.uhfn.org). A Spanish - language version of the caregiver's guide will be available this spring. The MetLife Foundation sponsored the research and production of the guides.

## **ONEIDA PANTRY EASTER BASKET FUND RAISING CAMPAIGN**

**March 28, 29,** we have arranged for bake sales and raffles at the **Bingo Hall**. Our volunteers are mostly elders so we probably won't make it to the Nite Owl sessions.

Friday, 28<sup>th</sup>: 4 to 10.

Saturday, 29<sup>th</sup>: 10am to 2:30 and 3 to 7pm.

The players have been begging us to bring Crispy Creme donuts so we'll see what we can do. Plus plenty of other home made sweets to get the energy up for winning cash.

Look for us in Community between now and Easter. We will be spending a couple weekends in the Casino Mall.

**On the following dates we will be in the Casino Mall:**

Saturday, March 22: 10am to 8pm

Sunday, March 23: 10am to 6pm

Anyone interested in volunteering for any of these events, call Nori Damrow at the Pantry. You will have a lot of fun and help our Community to have Pantry foods available any time someone who is having a rough time.

We also need Bakery for two days at Bingo. We appreciate any Bakery donation items. Bring them to the Pantry, or directly to the Bingo Hall on March 28 or 29, or call us, e-mail us, or fax us to pick up items. **Thank you! Thank you!**

**Oneida Pantry Emergency Network (O.P.E.N.)**

**Phone: 869-1041 Fax: 869-1668 Email:**

**[food@oneidanation.org](mailto:food@oneidanation.org)**

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## **NON-CHILDPROOF PRESCRIPTION DRUG BOTTLES**

If you are having difficulty removing the “childproof” caps from your prescription drug containers, you should know that non-childproof caps are available just by asking. When you drop off your prescription, or call in a refill, you may ask for non childproof containers. You may be asked to sign a waiver. Most pharmacies will enter your request into their computer system and use the information when packaging future orders for you. Talk to your pharmacy staff. It is far safer to ask the question than it is to leave many medications uncovered!

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### **Forgiveness: A Heart-healthy Habit**

High levels of anger or hostility have been linked to an increased risk of heart disease—which in turn can raise your risk of heart attack or stroke. And a person who focuses on getting even is a person who is hanging onto the health-damaging anger.

Here’s good advice: Try forgiveness. Choosing to forgive allows you to let go of anger. And it offers the chance to strengthen and heal relationships. But it’s not always easy. Here are some tips to help.

Feel the pain. Denying or avoiding the hurt may keep you stuck.

Focus on empathy. Try to see—or feel—the situation from the other person’s point of view. Researchers say empathy is a skill that may make forgiving easier.

### **Did you know?**

Did you know many heart attack victims don’t experience chest pain? Instead they have other symptoms, such as unexplained nausea, dizziness, numbness in the left arm, or indigestion. This is critical to know because in a heart-related emergency, time is heart muscle. And for every minute you ignore a heart attack, another piece of your heart goes away....forever. Bellin Health created a 24 hr. Cardiac Assessment Center to help people determine if they are having a heart attack at the first sign of symptoms. The Cardiac Assessment Center is located in the Urgent Care at Bellin Hospital, 744 South Webster Ave. in Green Bay, Wisconsin.

From ACTIVE HEALTH, Winter 2003, Bellin Health on Staying Well.

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## IS IT COLD OR IS IT THE FLU???

Each year between December through March the influenza virus makes a comeback. Even though they are quite different, influenza is often confused with a cold. A cold consist of a runny nose, a bit of a cough, and feeling "yucky" for about a week.

With influenza you will experience a high fever, severe aching, and a cough often confining you to bed for a few days. Influenza can cause 10,000 to 40,000 deaths annually, depending on the year. Most of the deaths are a result of the virus turning into pneumonia.

Some of the symptoms of the flu include:

- fever
- chills
- dry cough
- sore throat
- runny or stuffy nose
- headache
- muscle aches
- extreme fatigue

Although nausea, vomiting, and diarrhea can sometimes accompany the flu, especially in children, gastrointestinal symptoms rarely occur. If you have any of these symptoms, get plenty of fluids and take medications such as aspirin or acetaminophen to relieve fever and discomfort.

Most people who get the flu will recover completely in about 1 or 2 weeks. However some will develop serious and possibly life-threatening complications.

Your body is fighting off the flu virus and will be less able to resist a second infection. Older adults and persons with chronic illness run a greater risk of getting one of these secondary infections, particularly pneumonia.

Call your doctor if you have signs of the flu and:

Your fever last more than 3-4 days.

You have breathing or heart problems or other serious health problems.

You take drugs to fight cancer or other drugs that weaken your body's defenses against illness.

You feel sick and don't seem to be getting better.

You have a cough that begins to produce phlegm.

For more information on the flu you can contact one of the following :

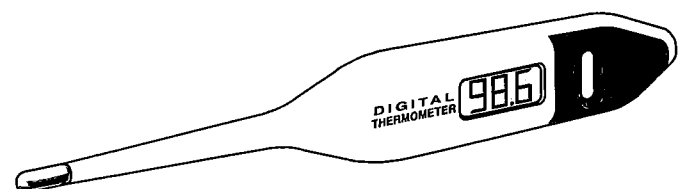
National Institute on Aging, 800-222-2225 or [www.nih.gov/nia](http://www.nih.gov/nia)

National Institute of Allergy and Infections Diseases, 301-496-5717 or [www.niad.nih.gov](http://www.niad.nih.gov)

Centers for Disease Control and Prevention, 800-232-2522 or [www.cdc.gov](http://www.cdc.gov)

Food and Drug Administration, 888-463-6332 or [Www.fda.gov](http://Www.fda.gov)

National Coalition for Adult Immunization, [www.nfid.org/ncat](http://www.nfid.org/ncat)



## **WISCONSIN ARTHRITIS ADVISORY COUNCIL ARTHRITIS IN WISCONSIN**

Do you know someone who deals with the pain or disabling effects of arthritis? One in three adults in Wisconsin have arthritis, according to a statewide report, "Arthritis in Wisconsin." This is the first report ever to be published on the statewide prevalence of arthritis in Wisconsin.

Arthritis in Wisconsin resulted from a successful 2-year collaboration among the following: the Wisconsin Arthritis Advisory Council, the Arthritis Foundation, Wisconsin Chapter, the State Division of Public Health Bureau of Chronic Disease Prevention, and the Milwaukee Area Health Education Center (AHEC).

The Wisconsin Arthritis Advisory Council is a group of agencies and organizations, health professionals, businesses, and consumers concerned about the rising prevalence of arthritis.

In October 2001, the state Division of Public Health received funding support from the CDC in Atlanta to support the Advisory Council's development of this report and a statewide action plan to prevent arthritis. The Wisconsin Arthritis Action Plan is due for release in April 2003.

### Some highlights of the report:

- The prevalence of arthritis increases with age: 62% for adults over 65 years compared to 18% aged 18-44 years.
- Only 23% of persons with arthritis have received a physician diagnosis.
- More than 1/3 of adults with arthritis do not know what type of arthritis they have.
- Women are most likely to have arthritis than men: 39% of women and 29% of men.
- Most adults with arthritis (64%) are more likely to be overweight or obese.
- Most adults with arthritis (56%) are physically inactive or perform physical inactivity irregularly.
- Persons with arthritis are more likely to report fair or poor health, and more likely to

have diabetes or asthma.

Senator Russ Feingold has supported federal legislation related to arthritis programs. "I strongly support the Wisconsin Arthritis Advisory Council and the Arthritis Foundation. Wisconsin Chapter's efforts of this devastating chronic disease," Feingold states. "I look forward to reviewing this important report and working with the Foundation both here and in Washington to help more than 70 million Americans living with arthritis".

Arthritis has become one of the most challenging and pressing public health problems due to the aging population and the dramatic increase in excess weight and obesity in the United States.

Arthritis is the nation's No. 1 disabling disease, and is the second leading cause of work disability (trailing only heart disease).

What does this mean for Wisconsin residents? The combination of weight management, well-balanced nutrition and physical activity assures us overall good health and can even prevent some of the disabling effects of arthritis. Now is a perfect time to make a resolution to make healthy lifestyle changes with the New Year having just begun. For example:

- Start walking once a day.
- Take up swimming.
- Go skiing with your friends or family.
- Join an exercise group or arthritis or an arthritis self-management course.
- Snack on healthy foods, like apples, nuts, carrots, and raisins.
- Take your child (or grandchild) to the park or zoo.

If you would like more information, please contact:

Lynette Horwaith: Chairperson, Wisconsin Arthritis Advisory Council, Arthritis Foundation, Wisconsin Chapter, 1-800-242-9945, ext.206.

## FALL PREVENTION STARTS AT HOME

According to National Center for Injury Prevention and Control, falls account for 87% of all fractures for people 65 years and older.

There are many factors associated with the risk for falling. Some, like upper or lower body muscle strength are related to age, frailty and underlying physical conditions like Parkinson's or stroke. Medications can affect balance and even eyesight and inner ear function can affect the likelihood that someone will fall.

Understanding individual physical factors is important in preventing falls but we need to consider the space around our bodies as well. Keeping your home environment hazard free is an important, if not THE most important, fall prevention action you can take. Center for Injury Prevention data also shows that 60% of deaths from falls occur in the home.

Take a look at the spaces in your home. You may not notice many of the things that can raise your risk of falling. Slippery surfaces, uneven floors, poor lighting, loose rugs, unstable furniture, clutter and objects on the floor can be "accidents waiting to happen".

Here is a handy checklist you can use to survey your living spaces to make them safer for you and your loved ones.

### FLOORS

- ✓ Place furniture so that it is not in the path you use to walk through the room
- ✓ Be sure that all rugs and throw rugs are secured with non-slip pads or double sided tape
- ✓ Pick up things that are on the floor- books, magazines, boxes, shoes, blankets, towels, other objects
- ✓ Be sure that electrical cords are not in your walking path- coil or tape wires next to the wall so that you don't trip over them.

### STAIRS

- ✓ Be sure that you do put things on stairs
- ✓ Fix loose or uneven steps
- ✓ Be sure that stairs and halls are well lit

- ✓ Be sure that handrails on steps are not loose or broken
- ✓ Be sure that there are handrails on both sides of the stairway and that they continue to the end of the stairs.
- ✓ Be sure that carpet is firmly attached to stairs or that there are non-slip rubber treads securely in place

### KITCHEN

- ✓ Move frequently used items in the kitchen to lower shelves where they are easy to reach
- ✓ Be sure you have a stable step stool with a bar to hold onto if you need to climb up to get something- avoid using a chair.

### BEDROOMS

- ✓ Be sure that there is an easy -to -reach light near the bed
- ✓ Use a night light so you can see where you are walking if you need to get up during the night

### BATHROOMS

- ✓ Put no-slip rubber mats or strips on the floor of the tub or shower
- ✓ Install grab bars inside the tub or next to the toilet

### OTHER FALL PREVENTION TIPS

- ✓ Exercise regularly to improve upper and lower body strength
- ✓ Review your medications with your doctor and be sure to talk over the counter medications you may take. Many over the counter medications can make you drowsy
- ✓ Have your vision and hearing checked regularly
- ✓ Get up slowly after sitting or lying down
- ✓ Wear sturdy shoes with non-slip soles
- ✓ Improve home lighting with brighter bulbs

## **CWAG'S PRESCRIPTION DRUG INFORMATION CENTER CONTINUES TO HELP REDUCE DRUG COSTS FOR PEOPLE OF ALL AGES**

As we approach six months of CWAG'S Prescription Drug Information Center being in existence( Our newest benefit to individual membership), we are excited to share with you how well received this drug benefit has been to our membership as well as spiking interest in the general public. There are no age or income restrictions with this program.

To date we have responded to over 750 inquiries from current members and folks of all ages wanting to learn about saving money on their skyrocketing costs of prescription drugs. Our membership numbers have grown by 300 specifically as a result of this program one more assurance that we desperately need a national prescription drug program for seniors. Until that happens, we will continue to offer the CWAG Prescription Drug Information Center as one choice of cutting drug costs.

Due to the high demand/costs of maintaining this program, it has become necessary to add a 5% service fee to each prescription in addition to the processing fee and shipping cost. We will, however, continue to maintain the much needed services we have been providing. To highlight some of the benefits of this program again:

- provides medication at the discounted prices negotiated by the Canadian government with all pharmaceutical companies;
- provides less expensive generic medications when available;
- provides information about other prescription drug programs that may save you money such as Senior Care or drug manufacturer discount programs such as Pfizer, Merck etc;
- provides a \$1.50 savings each prescription processing fee;
- provides the opportunity of ordering a three month supply of your drugs per order;
- provides an easy refill procedure-either by e-mail or call in your refill request using the phone number provided with your initial order;
- provides trained CWAG staff who will

assist you and your physician with the information needed for you to get started saving money.

To receive written information, learn more about the Prescription Drug Information Center, receive a price quotation or learn how to become a member of CWAG, call our toll free number at 1/800/366-2990 or visit our website at [www.cwag.org](http://www.cwag.org).

## **SENIOR CARE UPDATE**

Through December 15,2002, 73,449 older persons have enrolled in Senior Care since enrollment started on July 1, 2002. Of the total enrollees, 53% have incomes less than 160% of the Federal Poverty Level (FPL) and , therefore, qualify for immediate help(i.e., no deductible). Nearly 75% have incomes below200% FPL which is the level that the state receives federal assistance in paying claims. Another 19% have incomes between 200% and 240% and 7% have incomes over 240% FPL ( which puts them in the spend down level).

As might be expected, 74% of enrollees are female and 62% are single enrollees. The largest age group is between 75-84 with 45% of all enrollees, while the age 65-74 group represents 35% and the 85+ group represents 20%.Lipotropes-statins represent the number one therapeutic category of drugs in terms of amount paid by the state while beta-blockers and ace inhibitors are at the top in terms of number of prescriptions approved.

While the program is going very well, the Department of Health and Family Services (DHFS) has revised its estimates regarding the number of expected enrollees from 177,000 to 130,000 by June 30, 2003. Some people, including CWAG staff, believe that the number could be even less by June 30, 2003 primarily because estimates were too high when compared to participation rates in other states with similar pharmacy assistance programs. This could turn out to be good news in light of the state budget deficit and the fact that Senior Care revenues will exceed expenses in this fiscal year.

Despite the lower enrollment projections, the program is going very well and seems to be targeted to those in the greatest need.

# ACTIVITIES

# MARCH

# 2003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Fitness 9:30am-10:30am Get to Know You Poster and Mild Exercise 1:30pm @ Hwy H</p>	<p>4 Crafts @ Epworth Hall 9:30-11:30am</p>	<p>5 Computer Class 9-10am Eld. Sys Bldg Tower Foods 10am Bingo Hwy H @ 1:30pm</p>	<p>6 Computer Class 9-10am Eld. Sys Bldg Pottery 1:30pm @ Hwy H</p>	<p>7 Shopping Banks Lunch Out 10-3 pm</p>
<p>10 Fitness 9:30am-10:30am Bingo @Site 2 1pm</p>	<p>11 Crafts @ Epworth Hall 9:30-11:30am AND 1pm Budget Cinema</p>	<p>12 Computer Class 9-10am Eld Sys Bldg Tower Foods 10am Bingo Hwy H @ 1:30pm</p>	<p>13 Computer Class 9-10am Eld. Sys Bldg Pottery projects 1:30 pm @ Hwy H</p>	<p>14 Shopping Banks Lunch Out 10-3 pm</p>
<p>17 Fitness 9:30am-10:30am Mild Exercise &amp; Candle Making 1:30pm @ Hwy H</p>	<p>18 Crafts @ Epworth Hall 9:30-11:30am</p>	<p>19 Computer Class 9-10am Eld Sys Bldg Tower Foods 10am Bingo Hwy H @ 1:30pm</p>	<p>20 Computer Class 9-10am Eld. Sys Bldg A/NH visit 10-11am Pottery Hwy H @1:30pm</p>	<p>21 Shopping Banks Lunch Out 10-3 pm</p>
<p>24 Fitness 9:30am-10:30am Bingo @Site 2 1pm</p>	<p>25 Bingo @ Epworth Hall 9:30-11:30am</p>	<p>26 Computer Class 9-10am Eld Sys Bldg Tower Foods 10am Bingo Hwy H @ 1:30pm</p>	<p>27 Computer Class 9-10am Eld Sys. Birthday Gifts 12:15pm SrCt Pottery projects 1:30 pm @ Hwy H</p>	<p>28 Shopping Banks Lunch Out 10-3 pm</p>
<p>31 Fitness 9:30am-10:30am Mild Exercise &amp; Building a Healthy Snack 1:30pm @ Hwy H</p>				

## Monthly Activities You May Want to Get Involved In!

### Who wants to Exercise?

We do! Highway H Rec Building offers mild exercise for our elders every other Monday afternoon (1:30pm to 3pm). We have a big gym and lots to do. Join us if you feel like moving and shaking. Don't forget healthy hearts need activity, too!

**Play bingo several times during the month.** Even if you don't like to show off and win everything, just come down and join us every Wednesday afternoon at 1:30 pm at Hwy H Rec bldg and win some neat prizes. Find out what's going on there.

Site 2 housing building offers bingo every other Monday, also. They start at 1pm.

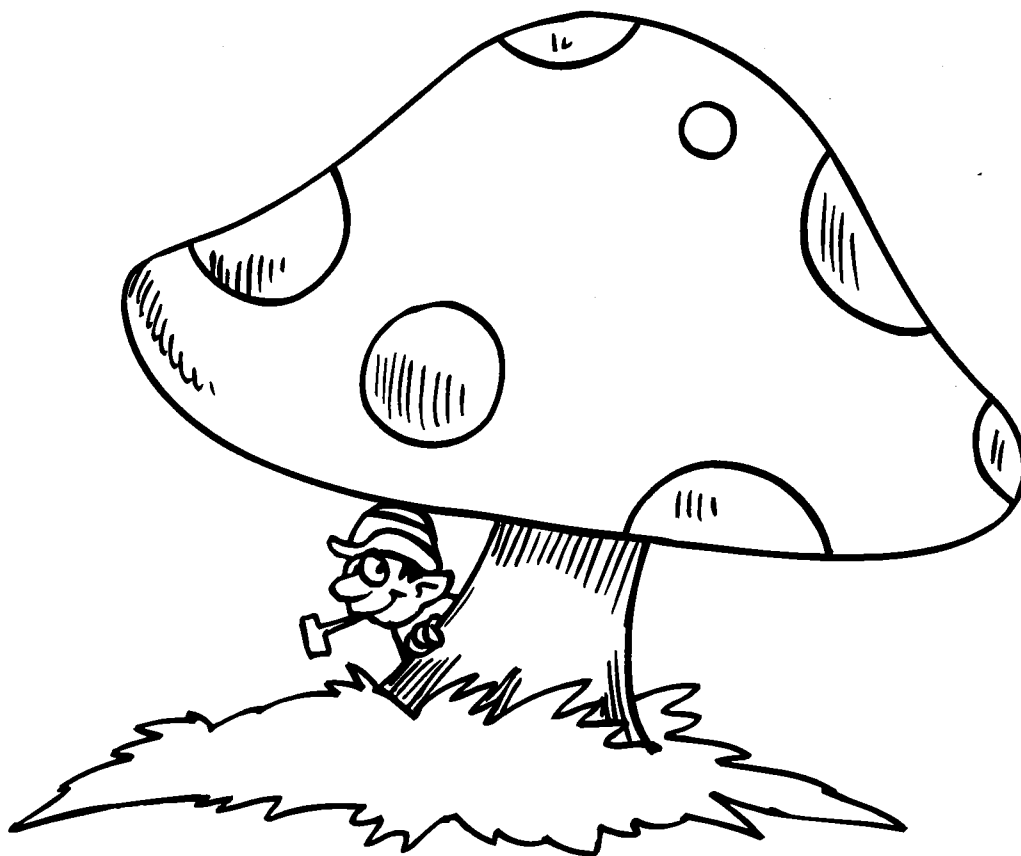
Senior activities at Epworth Hall of the Methodist Church hosts bingo at 9:30 am on the last Tuesday of the month. Join us for lunch immediately after.

### Do you want to know more?

In March, we are offering a internet class for seniors. So much information, where do we start? Come every Wednesday and Thursday morning to the Elderly Services building on Overland and you could find out more about the Internet.

### I need groceries...

Don't forget to jump on the transit , or Elderly Services bus and get your goods at Tower Foods. Wednesday is the day for Seniors. You can get a discount and get "carted" around. A ride, some company, groceries and a smile....you can get it all on Wednesdays at Tower Foods.



# Upcoming Computer Class for Elders during March:

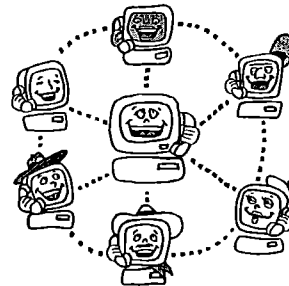
## “LEARN THE INTERNET”

Browse the Web.

Four (4) slots for class are open

**Location:** Elderly Svs Bldg, (2907 S. Overland)  
Oneida

**Dates:** Wed and Thurs. in  
March 5, 6  
12, 13  
19, 20  
26, 27



**Time:** 9 am-10 am

Work with qualified instructor Wendy Dickinson from  
Career Ed Ctr.  
Interactive. Individual attention.

**Sign up at Senior Center**

## **COOKING FOR ONE?**

"Your health recaps the benefit of cooking for one!" But before you cook for one, you need to learn to shop for one.

Meal planning, at least a week at a time, will help your shopping experience and may save you money, too. Before you begin your planning, take inventory of what you have, think about how much you typically use, and how much you throw away. By planning your meals and purchases, you should reduce the waste. Now work on your meal plan.

You may need to take your favorite recipes and rewrite the ingredients to yield less. Most cookbooks have a recipe conversion chart that will help with converting measurements. Many companies offer cooking for one or two cookbooks. The American Cancer Society offers a pamphlet entitled "cooking Solo." You may call them at 1-800-843-8114 to request a copy.

The meal plan becomes your shopping list, a list you should stick to when shopping. Buy fruits and vegetables by the piece instead of by the bag. You will find you will not be throwing so much away. Don't be afraid to ask the produce manager or butcher to "split" a pre packaged product to meet your needs. You may decide to replace your older cookware with smaller pieces, so your dinner doesn't look lost in the pot.

Now you have the meal plan, and serving portions geared to one. You know how to do the "cook" part. While you are cooking, don't forget the "ambiance." Set the table, have music in the background, and enjoy your own company!

## **HEALTHY PANCAKES FOR ONE**

**Yield three pancakes**

1/4 cup whole wheat flour

1/4 cup of nonfat yogurt

1/4 cup buttermilk

3 packages Equal sweetener

1 teaspoon baking soda

1/4 cup Egg Beaters, 99% egg substitute

Mix together all ingredients except baking soda. When moistened, add baking soda. Let rest for 2-3 minutes. Spoon onto a hot griddle. Cook until edges are getting dry and bubbles erupt on the surface, about 3-5 minutes. Flip pancakes over and cook 2-3 minutes more.

Variations:

Add 1/4 cup applesauce and 1/2 teaspoon cinnamon

Add 1/2 cup blueberries

Add 1 small banana (sliced) and 2 tablespoons Cocoa powder

Vegetarian - omit Egg Beaters

Menu March 2003				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot dogs Mac & cheese Green beans Pineapple tidbits	4 Potato Soup Fresh Bread Blueberries	5 Hamburger patties Scalloped potatoes Beans Whole wheat bread Ice cream	6 Ham Peas Sweet potatoes Whole wheat bread Jell-o	7 Bacon French toast Juice Mixed berries
10 Chicken salad Cucumbers Tomatoes Croissant Peaches	11 Beef stew Fresh bread Juice Raspberry whip	12 Chicken & rice Green beans Whole wheat bread Pudding	13 Beef roast Potatoes Corn Whole wheat bread Strawberries	14 Scrambled eggs Ham & peppers Toast Juice Grapefruit section
17 Ring bologna Potatoes Sauerkraut Whole wheat bread Jello	18 Tomato soup Ground bologna Egg salad sandwiches Raspberries	19 Meat loaf Red potatoes Peas Whole wheat bread Apple sauce	20 Fish Coleslaw Potatoes Whole wheat bread Pineapple tidbit	21 Sausage Eggs Toast Cornmeal Banana's
24 Tuna salad Cottage cheese Tomato & lettuce Whole wheat bread Berries	25 Chicken noodle soup Fresh bread Pears	26 Lasagna Lettuce salad Garlic bread Sherbert	27 B-Day Pork roast Potatoes Carrots Ginger bread cake	28 S.O.S. Toast Eggs Juice Mandarin oranges
31 Chili Cucumber salad Whole wheat bread Ice cream				

## **SOUTHWEST-STYLE STUFFED PEPPERS**

***Chili peppers and cumin spice up these peppers. For a real southwestern kick, use 1 or 2 chopped fresh jalapeno peppers in place of the mild green chili peppers***

2 large green sweet peppers  
8 ounces lean ground beef  
1/4 cup chopped onion  
1 14 ½ - ounce can low - sodium tomatoes, undrained and cut up  
½ cup water  
1/3 cup long grain rice  
1 4 ½ -ounce can diced green chili peppers, drained  
1 teaspoon chili powder  
½ teaspoon garlic salt  
1/4 teaspoon ground cumin  
1 cup loose- packed frozen whole kernel corn  
2 tablespoons shredded reduced- fat cheddar cheese

1. Halve sweet peppers lengthwise, removing stem ends, seeds, and membranes, Immerse sweet peppers into boiling water for 3 minutes, Invert on paper towels to drain well.
2. In a large skillet cook ground beef and onion until meat is brown and onion is tender. Drain off fat. Stir in undrained tomatoes, water uncooked rice, chili peppers, chili powder, garlic salt, and cumin. Bring to boiling. Stir in corn, Return to boiling: reduce heat, Simmer covered, for 15 to 18 minutes or until rice and corn are tender.
3. Place pepper halves in a 2- quart square baking dish. Spoon meat mixture into peppers. Spoon any remaining meat mixture in to the dish around the peppers. Bake peppers , covered , at 375 degrees oven for 20 minutes or until heated through. Uncover, sprinkle with the cheddar cheese. Bake 2 minutes more. Makes 4 servings.

Preparation time: 40 minutes    Baking time : 22 minutes

**Nutrition facts per serving:** 238 calories, 7 g total fat (3g saturated fat), 38 mg cholesterol, 406 mg sodium, 30g carbohydrate, 2 g fiber, 15 g protein

**Exchanges:** 1 ½ Starch, 1 Medium - fat Meat, 2 Vegetable

### **RIDDLES**

**What speaks every language?**

**What gets broken every time you say its name?**

**What happens to ducks that fly upside down?**

**How can a friend tell a friend , in 2 letters , that you dislike them?**

(Answers in order: 1.An Echo. 2.Silence. 3.They quack-up. 4.Write to them twice.)

# PACIFIC NORTHWEST HOLIDAY

## Your 7-day holiday includes:

- ♦ Scheduled flights
- ♦ Local pickup
- ♦ Taxes included
- ♦ Safe&Sound Insurance included

## Stay in a first class hotel for:

- ♦ 2 nights in Seattle
- ♦ 2 nights in Victoria
- ♦ 2 nights in Vancouver

## Features 11 meals including:

- ♦ 6 breakfasts
- ♦ 1 High Tea
- ♦ 4 dinners

## Tours & places you'll visit:

- ♦ Tillicum Village salmon bake
- ♦ Native Indian dance show
- ♦ Seattle city tour
- ♦ Victoria city tour
- ♦ Vancouver city tour
- ♦ Seattle Space Needle
- ♦ Puget Sound Cruise
- ♦ Olympic National Park
- ♦ Butchart Gardens
- ♦ Royal BC Museum
- ♦ San Juan Islands Cruise
- ♦ Ferry ride across Juan de Fuca Strait

- ♦ Baggage Handling
- ♦ Tour Director

## ***Oneida Nation Elderly Services presents*** ***Features Seattle, Victoria, and Vancouver*** ***7 Escorted Days - 11 meals*** ***October 11, 2003 - \$1,828***

Discover the raw beauty of the Pacific Northwest on this spectacular 7 day holiday. Your adventure begins in Seattle where you will enjoy an escorted sightseeing tour that includes the famous Seattle Space Needle for a glorious panoramic view of the city.

Continue by ferry boat to the quaint English town of Victoria, the capital of British Columbia. Victoria is dotted with English architecture as well as picturesque sea-side views of the harbor. Victoria is filled with beautiful fragrant gardens and hanging baskets of flowers can be seen around every corner. A highlight while in Victoria will be having High-Tea at the elegant, world famous Empress Hotel.

From here the journey continues to Vancouver. You will board another ferry through the Straits of Georgia en route to the third largest city in Canada, Vancouver. Enjoy a comprehensive sightseeing tour of this delightful city including BC Place, Yaletown, Chinatown and Gastown. Join us on this exciting getaway to the Pacific Northwest.



***Join us for a TRAVEL PREVIEW!!***

**May 8, 2003 at 12:30 PM**

**Oneida Senior Center**

**To RSVP and for more information  
please contact**

**Florence Petri at 920-869-2448 ext 4954**

# CARS

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

BLINKER  
BUMPER  
CARPOOL  
CHEAP  
CHEVROLET  
CHRYSLER  
CLUTCH  
CORVETTE  
CREAMPUFF  
DASHBOARD

DODGE  
DOMESTIC  
DRIVE  
ENGINE  
ESTIMATE  
EXPENSIVE  
EXPLORER  
FENDER  
FORD  
FUEL

HOOD  
IMPORT  
ISUZU  
JUNKYARD  
LEADED  
LEMON  
LEXUS  
LUBE  
MAZDA  
MILEAGE

MINIVAN  
MITSUBISHI  
MUSTANG  
PASSENGERS  
PISTONS  
PLYMOUTH  
PRICE  
RADIO  
RIDE  
ROTATE

## COMPULSIVE GAMBLING

**Definition:** An inability to resist impulses to gamble, leading to severe personal or social problems.

**Alternative names:** Gambling - compulsive; Pathological gambling; Addictive gambling.

**Causes, Incidence, and Risk Factors:** Pathological gambling affects 1-3% of adults, men more often than women. It usually begins in adolescence in men and later in women.

This behavior usually progresses from occasional gambling to habitual gambling. The urge to gamble becomes so great that the tension can only be relieved by more gambling. Higher stakes and personal risks become involved, as well as neglect of other interests, family, and work. Severe family problems, financial ruin, and criminal behavior to support the gambling habit may result. The cause for this behavior is not known. One risk factor may be excessive alcohol use which lowers inhibitions and impairs judgement.

**Prevention:** Prevention of the urge to develop addictive behavior is challenging and may not always be possible. Counseling may benefit people who are prone to compulsive gambling or other addictive behavior. People who are aware that compulsive gambling affects close relatives might be at higher risk and should be especially careful.

**Symptoms:**

- + occasional gambling becomes habitual
- + loss of control over time spent gambling
- + gambling continues, whether winning or losing, until all money is lost or the game is terminated
- + gambling until large debts are accumulated
- + lack of concern for society's expectations and laws
- + unlawful behavior may occur to support the habit and pay debts

**Signs and Tests:**

A psychological evaluation and history reveals

compulsive gambling behavior

## TREATMENT

Treatment for the person with compulsive gambling begins with the recognition of the problem. It is often associated with denial, allowing the person to believe there is a need for treatment. Most people affected by compulsive gambling enter treatment under pressure from others, rather than a voluntary acceptance of the need for treatment.

Treatment options include individual and group psychotherapy, and self-help support groups such as Gamblers Anonymous. This is probably the most effective treatment. It is a 12 step program similar to Alcoholics Anonymous. Abstinence principles that apply to other types of addictions, such as substance abuse and alcohol dependence, are also relevant in the treatment of compulsive gambling behavior.

Recently, medications such as antidepressants have been shown beneficial in combination with psychotherapy.

**Prognosis**

Many people are able to gain control over their lives after undergoing treatment for compulsive gambling.

**Complications**

if not detected and treated early, compulsive gambling might lead to estrangement from family and friends as well as financial and legal difficulties

compulsive gambling is a chronic condition: relapse after treatment is a risk

**Calling Your Health Care Provider**

Call your health care provider or mental health professional if symptoms of compulsive gambling are present.

## WHO NEEDS TO FILE TAXES?

The federal IRS and the WI Dept. of Revenue each have their own criteria on who needs to file taxes, so each will be addressed separately.

If the only benefit you receive for the tax year was your social Security or equivalent railroad retirement benefit, your benefits are probably not taxable and you probably will not have to file a tax return.

If you received other income, your benefits will not be taxed unless your "modified adjusted gross income" is greater than the base amount for your filing status. The base amount of your filing status will be \$25,000 if you are single, head of the household, qualifying widow or widower with dependent children, married filing separately and did not live with your spouse any time during the year. The amount of your filing status will be \$32,000 if you are married and file a joint return. The amount will be zero if you are married filing separately and lived with your spouse at any time during the year. To determine your situation, add half of Social Security benefits to other income (interest, dividends, pension payments, etc.) If total the total exceeds the amount detailed above, you must file a tax return and part of your benefits may be taxable.

If you are required to file, you must use Form 1040 or Form 1040A. The instructions for these forms will help you to determine your need to file. Income tax forms and instruction booklets are available at libraries and post offices.

The WI Dept. of Revenue generally taxes the same amount of your pension and annuity income as is taxable for federal purposes. There are specific exclusions for persons who began receiving retirement benefits prior to January 1, 1964. Wisconsin will not tax more than half of your Social Security benefits; this is significantly less than the 85 % cap on federal taxing. In Wisconsin you are required to file state tax return of your gross income exceeds \$9000 for single or \$18,000 for married filing jointly.

Gross income means all income reportable including up to half of your Social Security benefits.

**DO YOU QUALIFY FOR THE HOMESTEAD CREDIT?** The program is a tax credit designed to soften the impact of property taxes or rent on low-income households. Depending on your personal situation, the credit may be an income tax credit or a direct refund.

### To qualify you must:

- have lived in Wisconsin for all of 2002, Jan. 1 thru Dec. 31
- be 18 or older as of Dec. 31, 2002
- not be a dependent on anyone else's federal income tax return for 2002
- have a household income or less than \$24,500 for 2002
- have owned or rented your dwelling during 2002
- not have lived in housing that is exempt from property taxes
- not live in a nursing home receive T-19 benefit
- not be claiming farmland preservation credit for 2002
- file only one claim per household
- not file a claim on behalf of a person who is dead

If you meet all the qualifications, you must complete a Wisconsin Homestead Credit Claim, Schedule H. This form will help determine the amount of any benefit available. Please note that meeting all the qualifications does not mean automatic benefit. The credit is based on the relationship of your household income to the amount of your allowable property taxes and /or rent.

If you file personal income tax returns, the Homestead Credit Schedule H should be filed with your Wisconsin tax return. The two forms should be stapled together and mailed to:

Wisconsin Department of Revenue  
P.O. Box 34  
Madison, WI 53786-0001

FOR AGENDA PLANNING, PLEASE SUBMIT THIS FORM TO: **ONCOA Chairperson and ONCOA Secretary at the Elder Services Complex Ten (10) Days before the ONCOA Regular Meeting - Second Tuesday of the Month**

## ONCOA AGENDA REQUEST FORM

\_\_\_\_\_ REGULAR MONTHLY ONCOA AGENDA

\_\_\_\_\_ (SCHEDULED DATE)

\_\_\_\_\_ SPECIAL MEETING AGENDA  
(By Request and Notice - ONLY)

\_\_\_\_\_ (SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?  
(Must comply with State Statutes 19.85 and Open Meetings Law)

☐ YES

☐ NO

PURPOSE OR ITEM FOR DISCUSSION: ☐ Information Only ☐ Action Requested

APPROX. TIME REQUESTED TO DISCUSS ITEM: \_\_\_\_\_ MINUTES  
\*NOTE: There is a fifteen (15) minute time limit for presentations, unless otherwise approved. Please be prompt, prepared and respect the time limits.

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

REQUESTED BY: \_\_\_\_\_ DATE: \_\_\_\_\_  
Name Title Phone

*This box is for ONCOA Officers to complete. Please do not write in this box.*

APPROVED FOR:

- ☐ Next Regular ONCOA Meeting  
☐ Executive Session  
☐ Referred to: \_\_\_\_\_

- ☐ Special ONCOA Meeting  
☐ Not ONCOA Business

RECEIVED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

# 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        Lives with Spouse        Lives with Others\*  
       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**