

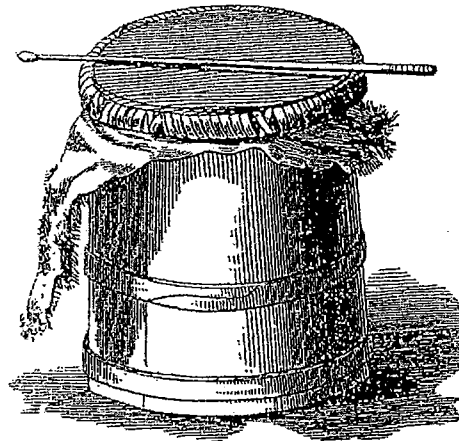
DRUMS

ACROSS

ONEIDA

ELDERLY SERVICES
2907 S. Overland Rd.

SENIOR CENTER
134 Riverdale Dr.



P.O. Box 365

Oneida, WI 54155

Elderly Services: 1-920-869-2448

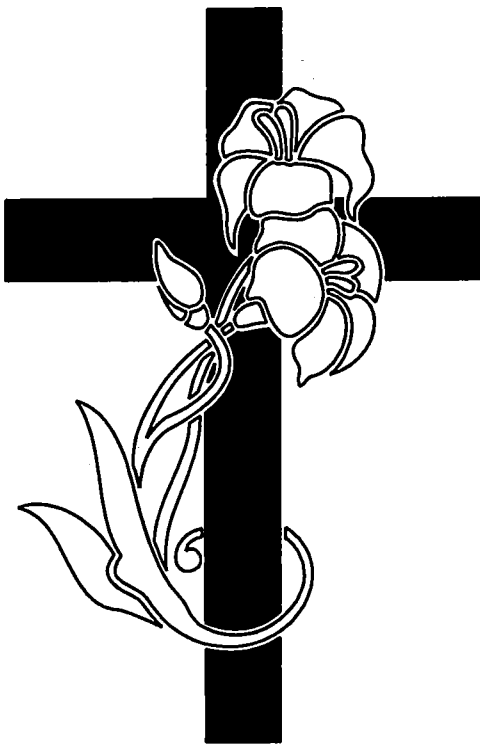
Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Wa?Ta?Otsi?Ke?Ta Weh-hni-tahl

Maple Syrup Moon

March 2005



*HAPPY EASTER
FROM
THE ELDERLY
SERVICE STAFF
AND THE
ONEIDA NATION
COMMISSION ON
AGING*

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

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

ONEIDA SENIOR CENTER:

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
Elder Helper
Elder Helper
Elder Helper
Title V
Title V
Title V

Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Pat Beilke
Alfrieda Grignon
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Don Bogda
Jared Skenadore
Harold Dostalek
Richard Dodge
Cornelius Hill
Grover Smith
Jeannine La Rock
Marena Pamanet
Herb Powless

UP CLOSE AND PERSONAL

With Donald L. Bogda Home Chore Worker

Donald Bogda was born to the parents of Rodger and Lois Bogda in Milwaukee on June 11, 1969 .He grew up in the inner city of Milwaukee on the Southside.

Don graduated in 1987 from South Division High School. After graduating, Don worked at a factory and construction jobs.

In 1994 he married Carol Redhail.. In 1995 his wife , Carol was expecting a baby. They moved to the Keweenaw Bay Indian Reservation where Don is an enrolled member. Don has a daughter named Leona Bogda who was born April 13, 1986 and a son named Rodger Bogda who was born November 18, 1985. He is named after his grandfather.

In 2001, Don and Carol moved back to Seymour , Wi because lack of work in the upper Peninsula. In October 2003, Don was hired for Home Chore Worker for Elderly Services.. What Don likes about working for the Elders is they make him laugh a lot, and they are very honest. Helping them out makes him as a younger person realize how much life is a gift and it is not to be taken for granted.

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

Football player

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

Mom And Dad

What do you consider to be your greatest accomplishment?

Graduation

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

Business

What is the best advice anyone ever gave you?

Never quit- never give up

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

Enjoy life

What is your ideal vacation?

Go to Florida

Favorite Meal: Cheesburgers and french fries

Favorite Music: Rock and Oldies

Favorite Books: Self Help

Favorite Movies: Action

Favorite Hobbies: Hunting And Tae-Kwon - Do



Elderly Services Store and Gift Shop

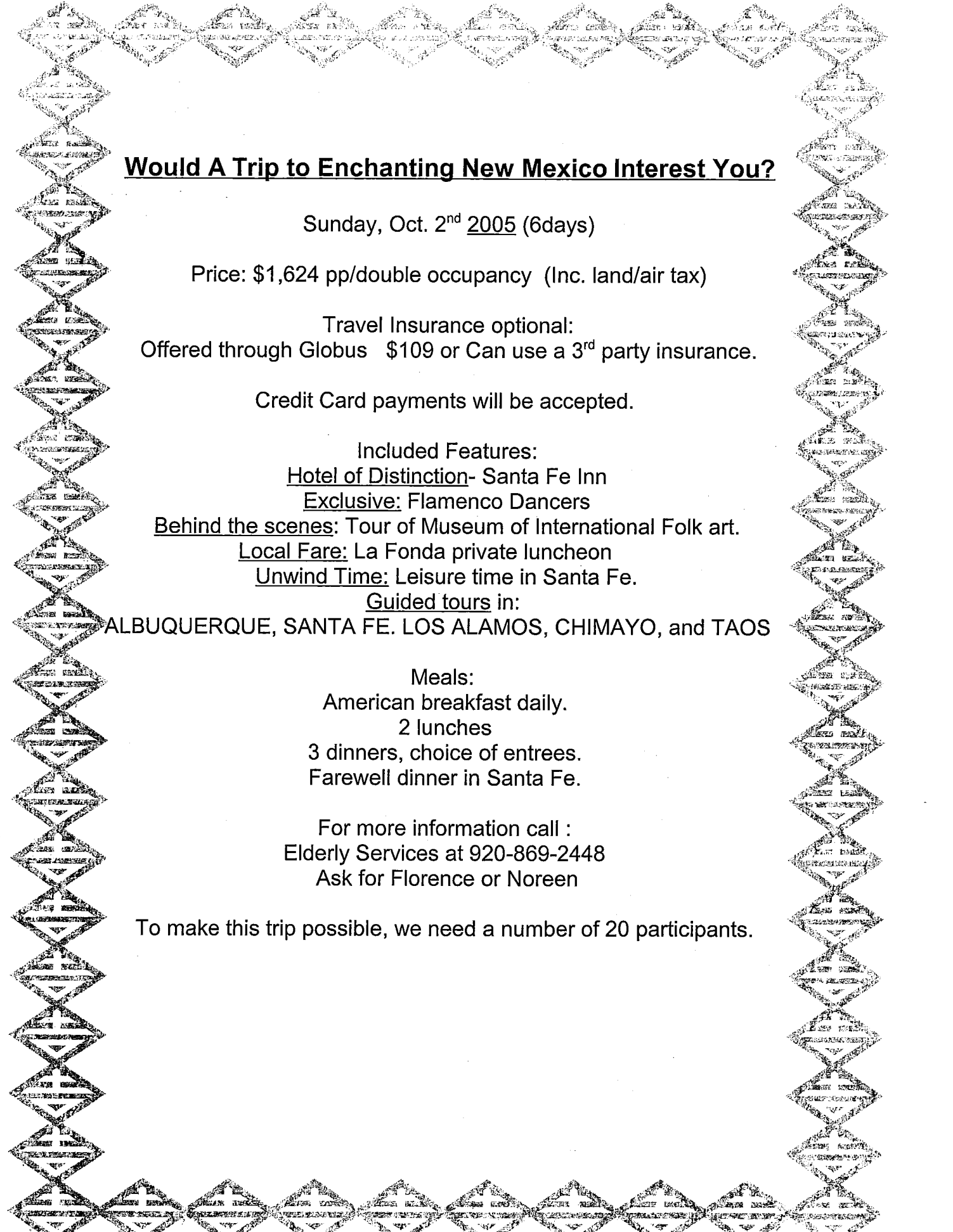
This is an invitation for you to come and visit our Elderly Services Store and Gift Shop. Our hours are from 9:00 a.m. to 1:00 p.m., Monday through Friday. We also feature fresh popcorn daily.

The following is a list of items for sale:

- Bird Houses
- Crosses, all types (plastic canvas)
- Dresser Scarfs
- Door Hangers (plastic canvas)
- Wreaths
- Floral Arrangements
- Green Bay Packer Dolls
- Greeting Cards, Native American, etc.
- Hats and Booties
- Kleenex Box Sets (plastic canvas)
- Native American Dolls, all sizes
- Necklaces
- Key chains
- Picture Frames
- Pillows
- Quilts, (full and crib size)
- Book Covers
- Seasonal Items
- Memories of Oneida Elders Tape
- Oneida Singers Tapes

And Many Other Assorted Items

Our store is located in the Elderly Services Complex, on Overland Drive, right next to the Airport Rd. Daycare Center.



Would A Trip to Enchanting New Mexico Interest You?

Sunday, Oct. 2nd 2005 (6days)

Price: \$1,624 pp/double occupancy (Inc. land/air tax)

Travel Insurance optional:
Offered through Globus \$109 or Can use a 3rd party insurance.

Credit Card payments will be accepted.

Included Features:

Hotel of Distinction- Santa Fe Inn

Exclusive: Flamenco Dancers

Behind the scenes: Tour of Museum of International Folk art.

Local Fare: La Fonda private luncheon

Unwind Time: Leisure time in Santa Fe.

Guided tours in:

ALBUQUERQUE, SANTA FE. LOS ALAMOS, CHIMAYO, and TAOS

Meals:

American breakfast daily.


2 lunches

3 dinners, choice of entrees.

Farewell dinner in Santa Fe.

For more information call :
Elderly Services at 920-869-2448
Ask for Florence or Noreen

To make this trip possible, we need a number of 20 participants.

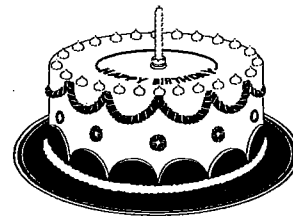
MENU		March		2005	
Monday	Tuesday	Wednesday	Thursday	Friday	
All meals are served with coffee, tea, or milk. Meals are subject to change.	1 Chili W/W Bread Pears	2 Salmon Loaf Potatoes Crean Peas W/W Bread Cookies	3 B.B.Q Ribs Potatoes Carrots W/W Bread Sherbert	4 S. O.S. Eggs Toast Toast Peaches	
7 Tuna Salad Cottage Cheese Tomatoes & Cukes Croissants Melons	8 Bean Soup Fresh Bread Berries	9 Turkey & Gravy Potatoes Brussels Spourts W/W Bread Custard	10 Liver & Onions Potatoes Beets W/W Bread Mandarin Oranges	11 Bacon & Eggs Toast Juice Grits Pears	
14 Hot Dogs Mac & Cheese Green Beans W/W Bread Lemon Whip	15 Beef Veg Soup Fresh Bread Raspberries	16 Veg Lasagna Garlic Bread Salad Sherbert	17 Meat Loaf Potatoes Peas W/W Bread Jell-o /Fruit	18 Sausage Scramble Eggs Toast Juice Peaches	
21 Chop Suey Rice W/W Bread Mandarin Oranges	22 Chicken Soup Fresh Bread Apple Sauce	23 Brats Sauerkraut Potatoes W/W Bread Cookies	24 Fish Potatoes Cole Slaw Rye Bread .Pears	25 <u>Good Friday</u> Bacon & Pancakes Juice Strawberries Tribal Offices Closed Half Day	
28 Goulash W/W Bread Peaches	29 Potato Soup Fresh Bread Blueberries	30 Ham Scalloped Potatoes Peas W/W Bread Pudding	31 <u>Birthdays</u> Beef Roast Potatoes & Corn W/W Bread J ello Cake	Flower: Jonquil  Birthstone: Aquamarine	

Celebrate Our March Birthdays

Lorraine Antone	3-16	Kenneth Hill	3-15
Warren Baird	3-11	Leland Hill	3-06
Donald Braeger	3-06	Rose Hopkins	3-22
Martha Braeger	3-29	Helen P. Johnson	3-07
Joe Cannon	3-10	Robert King	3-24
Erwin J. Christjohn	3-26	Becky McPherson	3-10
Rose Cooper	3-16	Gerald Metoxen	3-09
Gerald Cornelius	3-15	Becky Nicholas	3-07
Frank Cornelius	3-15	Delbert W. Powless	3-08
Karen Cornelius	3-25	Charlotte Quistore	3-31
Evelyn Danforth	3-01	Lorraine Redhail	3-13
Gerald Denny	3-02	Emmerson Reed	3-02
Frank Doxtator	3-16	William Schuyler	3-08
Miriam Doxtator	3-13	Cecil Skenandore	3-09
Clayton Elm	3-29	Frank Skenandore	3-18
Robin Emmerton	3-07	Ruth Skenandore	3-28
Arlyn Erickson	3-22	Lena Swamp	3-28
Kenneth Franco	3-23	Diane Thiesen	3-28
Marge Funmaker	3-11	Robert Webster	3-02
Catherine Gatza	3-02		
Inez Grignon	3-05		

Elders, if you have a birthday in March, please join us for lunch at the Senior Center, 134 Riverdale Drive on February 24, 2005 and sign the birthday book.

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



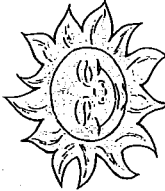
Happy Belated Birthday to
Hanna Price
February 15th

Happy Belated Birthday to
Milly Elm.
February 14th

MARCH

ACTIVITIES

2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beach Party March 11 Bring Your Sun Glasses!</p> 	<p>1 Crafts @ Epworth Hall 9:30-11:30am</p>	<p>2 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H</p>	<p>3 The Price is Right Hwy H @ 9:30 am PACE class 11:15 am at Sr. Ctr. Visit Good</p>	<p>4 Shopping Banks Lunch Out 10-3 pm</p>
<p>7 PACE class 11:15 am at Sr. Ctr. Bingo @Site 2 1pm</p>	<p>8 Crafts @ Epworth Hall 9:30-11:30am</p>	<p>9 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H</p>	<p>10 Shopping Banks Lunch Out 10-3pm</p>	<p>11 Breakfast Only.</p>
<p>14 PACE 11:15 am at Sr. Ctr. Bowling League @ Ashw.Lanes 1:30pm</p>	<p>15 Crafts @ Epworth Hall 9:30- 11:30am</p>	<p>16 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H</p>	<p>17 The Price is Right Hwy H @ 9:30 am PACE 11:15 am at Sr. Ctr.</p>	<p>18 Shopping Banks Lunch Out 10-3 pm</p>
<p>21 PACE 11:15 am at Sr. Ctr. Bingo @Site 2 1pm</p>	<p>22 Bingo @ Epworth Hall 9:30- 11:30am</p>	<p>23 Special Activity Group 9:30am @ Eld Svs Bldg PACE 11:15 am at Sr. Ctr. Bingo 1:30pm @ Hwy H</p>	<p>24 The Price is Right Hwy H @ 9:30 am Shopping, Banks Lunch Out 11am</p>	<p>25 GOOD FRIDAY Tribal Offices Open 1/2 day</p>
<p>28 PACE 11:15 am at Sr. Ctr. Bowling League @ Ashw.Lanes 1:30pm</p>	<p>29 Crafts @ Epworth Hall 9:30- 11:30am</p>	<p>30 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H</p>	<p>31 The Price is Right Hwy H @ 9:30 am PACE 11:15 am at Sr. Ctr. Birthday Gifts & Music 12:15pm @ Sr. Ctr.</p>	<p>All trips leave from Sr. Ctr All activities subject to change.</p>

Oneida Elderly Services Mealsite Volunteers Program

Needs - V-O-L-U-N-T-E-E-R-S

Want to be a volunteer? We need elders in the Oneida area who would like to volunteer at the meal site. Services can include assistance with greeting and checking in guest upon arrival at the mealsite, assist in setting and cleaning tables, friendly visiting, run errands, and shopping. If you feel like you would like to offer your assistance by giving a few hours or more a week, please call 869-1551 and ask for Brenda Jorgenson.

OTHER SERVICES VOLUNTEERS CAN PROVIDE:

1. Companionship/Conversation
2. Transportation to appointments.
3. Assist with special events.
4. Dust and polish furnishings.
5. Participate in games and cards.
6. Care of house plants.
7. Clip coupons for shopping.
8. Reading.
9. Assist with crafts.
10. Deliver meals.

Oneida Elderly Meal Site: 869-1551

2-16-05



Sorry for spelling **Mr. Donald Davids** last name wrong in the February issue of the Drums.

Oneida Elderly Services Congregate Meals and Home Delivered Meals

Welcome.

The Oneida Elderly Services and Oneida Multi-Purpose Center welcomes you. Your meal cost is \$3.50, please donate as much as you can. The money you give makes more meals available to you. According to state regulations, all contributions are used to expand and further service to you.

Remember:

Guest (anyone other than those eligible for the program, 55 and older) are to be charge the full cost of the meal which is \$5.00.

1326.9 Contributions

(9C) A tribal organization that receives funds under this part may not deny any older Indian a service because the older Indian will not or cannot contribute to the cost of the service.

Easter Offering

I fashion you these lilies, orchids too;
In crystal vases here they stand en masse,
Enriched velvet petals lift anew
As morning sunlit sparkles through the grass,
The voice thrill in praise of Easter - song,
Illuminate the dawn in pageantry,
"The Christ is risen" heralds through the throng,
While whispers stir to immortality,
New birth is hailed with victory to esteem,
With senses clarified we kneel to pray.
That from this resurrected morn, redeem
The vision that would guide us on our way.

Oh, may our freedom from the grave be borne,
An offering for the Christ this Easter morn.

Source: H.G.Woods



In Appreciation

Thanks to all that donated for our Valentines Party.
Tribal Headstart; The Most Beautiful Handmade
Valentines

Roses etc; Beautiful bouquets
Trina Sanchez; Lipsticks from Avon
Don's Food in Seymour; Lovely gifts
Tsyunhehkwa; gifts
Dale Webster; gifts
Helen Huff; gifts
Prudy Doxtator; gift
Margaret Francour; gifts

To Staff who donated themselves to take an Elder to
lunch

Elders Valentines Hearts that went back to the
Headstart children
All the staff

Pleas accept our most sincere apologies if we have
forgotten anyone.

Thanks from Oneida Elderly Services



**ONEIDA ENVIRONMENTAL -
OUTDOOR AIR QUALITY
PROGRAM**

Presenter: Jennifer Youngblood

Date: March 24, 2005

Time: 11:30 A.M. - Noon

Location: Oneida Elderly Meal Site
Hwy J, Oneida

First Aid Standbys You Should Never Use

Don't rely on old wives' tale. First aid treatment has evolved, and many of our mothers home remedies are no longer recommended. Take a look inside your first aid kit: bandages, some gauze, painkillers, a tube of antibacterial cream, iodine, or hydrogen peroxide. Many people still use their mother's remedies, like putting peroxide on a wound. Michael VanRooyen, professor at the John Hopkins School of Medicine says "This and other remedies are common but wrong." After years of research, experts are finding that your standard first aid response sometimes may be the worst thing you can do in an emergency. It's time to update your first aid kit.

Wounds:

When the skin **isn't** broken, it's hard to beat iodine for killing bacteria. That's why doctors use it to clean an area before surgery. But when there's a cut, full strength iodine, hydrogen peroxide and rubbing alcohol can be toxic to the skin cells, impeding healing. The chemical reaction (and bubbling) that occurs when hydrogen peroxide hits the skin isn't only cleaning the wound - it kills healthy cells. And that stinging from the rubbing alcohol, that hurts because it's wiping out healthy tissue.

Putting iodine on cuts and wounds kills bacteria, says VanRooyen, but it won't clean the wound. You want to protect the tissue and iodine doesn't do that. Mercurochrome also kills bacteria, but the name suggest, it contains mercury, which is toxic. Not safe according to the FDA.

Remarkably, cleaning a wound has become much simpler. The most effective way to get rid of debris and bacteria without damaging healthy tissue is flushing the wound out with water, says VanRooyen. After thoroughly flushing the wound, use an antibacterial

ointment that contains bacitracin or neomycin to keep the area lubricated.

Burns: Old wives tale, use butter, butter was thought to coat the burn, but it can cause infection and create an environment for bacterial growth. Run the burn under cold water immediately to remove the heat and put an end to the damaging process, and also clean the area according to VanRoogen. Wrap the burn with sterile gauze or nonadhesive bandage to keep it dry and clean. If blisters form, don't break them-the fluid inside is sterile and it creates a natural bandage over the burn.

Poisoning: When a child swallows anything poisonous, parents probably think they are well prepared if ipecac syrup is on hand. If you have ipecac in the house get rid of it! Ipecac, made from the root of a Brazilian plant, irritates the stomach to induce vomiting. Ipecac does not always remove enough of the toxic substance from the body, says Charles Pattavina, an professor of emergency medicine at Brown University Medical School. Ipecac can leave 40 to 50 percent of the toxin behind. It can also lead to excessive vomiting, a problem that may cause dehydration and prevent doctors from giving patients other treatments. Another problem: If the poisonous substance is caustic, like lye, it burns the esophagus when swallowed and can burn it again when it comes back up. Immediately call the national poison control hotline (800-222-1222) If it's an true emergency the treatment of choice is often activated charcoal powder, AC, a very fine ground charcoal powder. When the tasteless powder is swallowed it soaks up the ingested substance like a sponge, preventing it from entering the bloodstream. The charcoal then passes through the digestive system and leaves te body.

It's important to move quickly since, AC is best taken within an hour of ingesting the poison. The poison center will tell you if it is necessary, and how much to use, which

Vioxx, Celebrex, and Aleve. What's a consumer to do?

Excerpts from above article.

First it was rofecoxib (Vioxx)- a drug so risky the manufacturer took it off the market overnight. Then the stain spread to Celecoxib (Celebrex) a relative to Vioxx. Doctors can still prescribe Celebrex, the ad campaign that made it a household name is over, at least for now.

And today it's naproxen (Aleve, and others) another member of the pain medication class known collectively as nonsteroidal anti-inflammatory drugs (NSAIDS) Unlike Celebrex and Vioxx, however, Aleve is a non prescription drug. For the past 10 years, it has held a place along aspirin and acetaminophen (Tylenol) on the drug store shelf. Will those trusted standbys be the next to fall?

As a practicing physician, I find that these are not just rhetorical questions: they have become the focus of much of the day. Patients come to the office or call with urgent questions, such as..."What does this mean to me?"

If you take Vioxx, Celebrex, or Aleve or Bextra-or a similar drug because the list of suspected drugs may not yet be completed-

- + Talk with your doctor about how the known risks stack up against the known benefits in your particular case.
- + Only you and your doctor determine how the broad and evolving body of evidence relates to you.

Source: Brooks Edwards M.D.
Medical Editor in chief
Mayo Clinic Com.

When Money Is Tight

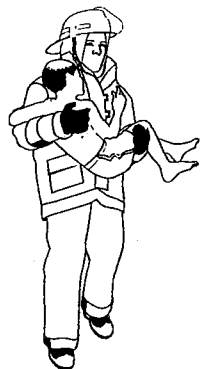
When money is tight no one should go hungry. Many families and individuals struggle to keep a roof over their head, lights on, gas in the car, and food on the table. These basic necessities are of almost equal importance. If your tenant expresses to you that rent cannot be paid since groceries must be purchased, please be aware there is help available to share with them.

Green Bay has a number of local food pantries that can assist people when they experience a loss or reduction of household income or unexpected expenses. The food stamp program is another option for many. The office is located at the Wisconsin Job Center, 325 N. Roosevelt, Green Bay, Wisconsin.

If your tenant experiences this disturbing choice of either feeding their family or paying the rent, refer them to St. Vincent de Paul Pantry, Manna of Life, Salvation Army, or their local church. Landlords should do their best to rent and not let them "slide" unless the tenant has a plan on how they are going to catch up. St. Vincent de Paul, Salvation Army, or the Wisconsin Job Center may also be able to provide for emergency rental assistance.

Public Servant Defined

"Give me a sentence about a public servant," said a teacher. A small boy wrote: "The fireman came down the ladder pregnant!" The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently, "It means carrying a child."



....”When we walk to the edge of darkness - we must believe that one of two things will happen: There will be something solid for us to stand on – Or - We Will Be Taught How To Fly.”

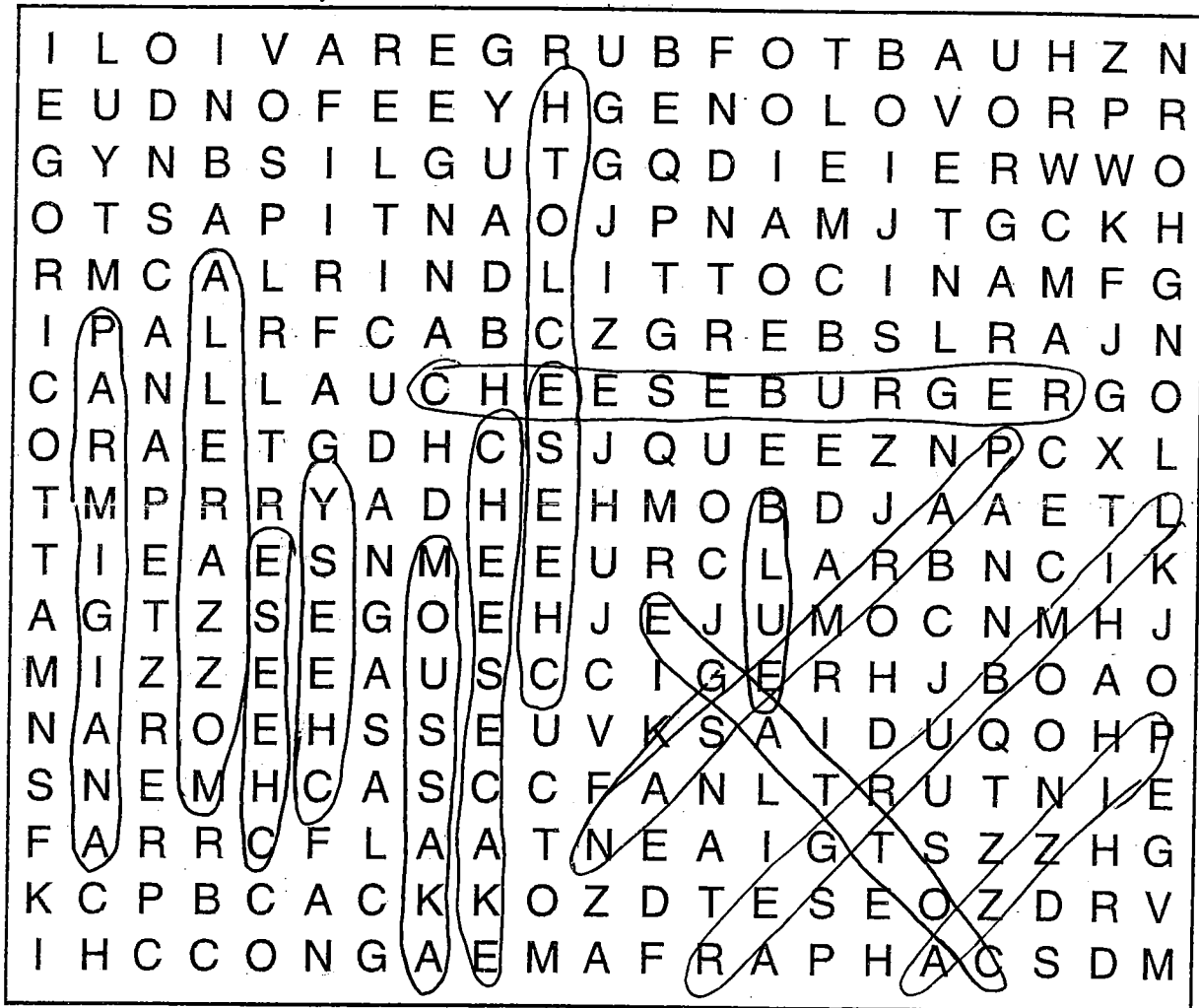
JUST FOR TODAY / I HAVE A CHOICE

- 1- JUST FOR TODAY: I will try to live through this day only – not tackling my whole life problem at once.**
- 2- JUST FOR TODAY: I will try to be happy – realizing that my happiness does not depend on.. what others do or say.. or what happens around me. Happiness.. is a result of being at peace with myself.**
- 3- JUST FOR TODAY: I will try to adjust myself to..WHAT IS.. and not force everything to adjust to my own desires. I will accept my family - my friends - my business - my circumstances as they come.**
- 4- JUST FOR TODAY: I will take care of my physical health; I will exercise my mind – I will read something spiritual.**
- 5- JUST FOR TODAY: I will have a program. I may not follow it exactly – but..I will have it! I will save myself from 2 pests – HURRY – and – INDECISION.**
- 6- JUST FOR TODAY: I will stop saying, “If I Had Time.” I never will “Find Time” – for anything. If I want Time....I must take it.**
- 7- JUST FOR TODAY: I will have a quiet time of meditation wherein I shall think of....GOD..Myself..My Friends. I shall relax and seek the truth.**
- 8- JUST FOR TODAY: I shall be unafraid. Particularly..I shall be unafraid to be happy..to enjoy what is good..what is beautiful.. And..what is Lovely in Life.**
- 9- JUST FOR TODAY: I will accept myself and live....
to the best of my ability!**
- 10- JUST FOR TODAY: I Chose To Believe that....
I CAN LIVE THIS ONE DAY.**

THE CHOICE IS MINE!

Adapted from: “Love Hunger”

Say Cheese!



F1143

ANTIPASTO
 AU GRATIN
 BLINTZ
 BLUE-
 BURGER
 CANAPE
 CHEDDAR
 CHEESE-
 CHEESEBURGER-
 CHEESECAKE-

CHEESECLOTH-
 CHEESY -
 COTTAGE -
 CREAM
 CURD
 EDAM
 ENCHILADA
 FETA
 FLAN
 FONDUE

GNOCCHI
 JARLSBERG
 KNISH
 LASAGNA
 LIMBURGER -
 LONGHORN
 MANICOTTI
 MELT
 MOUSSAKA -
 MOZZARELLA -

NACHO
 PARMESAN -
 PARMIGIANA -
 PESTO
 PIE
 PIZZA-
 PROVOLONE
 RAVIOLI
 RICOTTA
 RIND

