

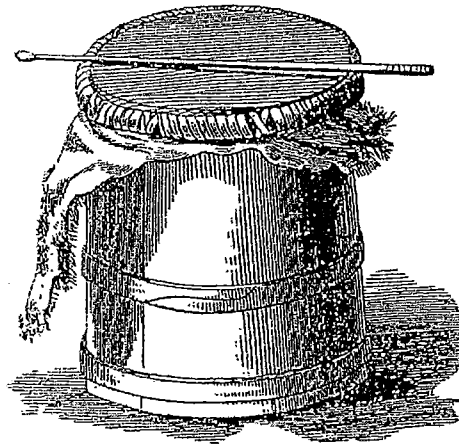
DRUMS

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

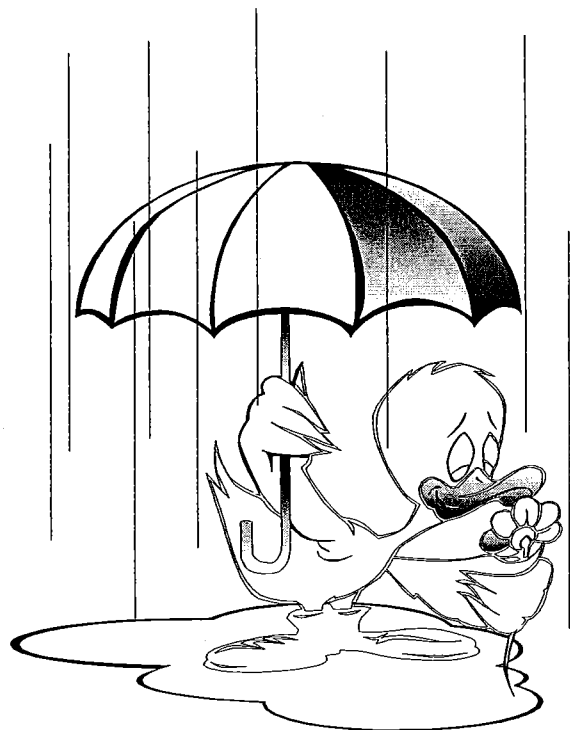
Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Kahsakiyu-te-se? Weh-hni-tahl

Thunder Moon

April 2005



There is no music soothing to the soul as April rain. Washing away all winter's soot and grime. Beginning again, fulfillment of a faith it holds. Against all loss, all heartache, and all time.

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
Vacant
Cindy Brabbs
Amy Sumner
Michelle Cottrell
Joanne Close
Lorleen John
Regina Vande Hei
Debbie Ninham
Marty Braeger
Marie Scott
Barbara Skenadore
Mildred Figueroa**

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**

FILE OF LIFE

ONEIDA TRIBE EMERGENCY PLANNING COMMITTEE

In an emergency call

9 1 1

Working together to save lives!

For more information Call :

**Lorna Christjohn
Transportation Supervisor,
Elderly Services-869-2448**

**Cheryl Ault
Elderly Services Specialist - 869-2448**

**Carol Prendiville-Admin. Assitant
Occupational Health-405-4492**

ACTIVITIES

APRIL

2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 PACE 11:15 am at Sr. Ctr. Bingo @ Site 2 1pm</p>	<p>5 Crafts @ Epworth Hall 9:30-11:30am 1:30pm Hwy H</p>	<p>6 Special Activity Group 9:30am @ Eld Svs Bldg Table Games 9:30-11:30 Bingo 1:30pm @ Hwy H</p>	<p>7 The Price is Right 9:30 am @ Hwy H PACE 11:15 am at Sr. Ctr. Thrift Store 1pm</p>	<p>1 Shopping Banks Lunch Out 10-3 pm</p>
<p>11 Bowling League 1:30pm @ Ashw. Lanes</p>	<p>12 Crafts @ Epworth Hall 9:30- 11:30am 1:30pm Hwy H</p>	<p>13 Special Activity Group 9:30am @ Eld Svs Bldg Scrapbooking 9:30-11:30 Bingo 1:30pm @ Hwy H</p>	<p>14 The Price is Right 9:30 am @ Hwy H Trip to Amish Store 1pm in Bonduel</p>	<p>15 Shopping Banks Lunch Out 10-3 pm</p>
<p>18 Bingo @ Site 2 1pm</p>	<p>19 Bingo @ Epworth Hall 9:30- 11:30am</p>	<p>20 Special Activity Group 9:30am @ Eld Svs Bldg Oneida Museum Tour 10-11 Bingo 1:30pm @ Hwy H</p>	<p>21 The Price is Right 9:30 am @ Hwy H Movie & Popcorn 1:30 @ Eld Svs Bldg</p>	<p>22 Shopping Banks Lunch Out 10-3 pm</p>
<p>25 Bowling League 1:30pm @ Ashw. Lanes</p>	<p>26 Crafts @ Epworth Hall 9:30- 11:30am</p>	<p>27 Special Activity Group 9:30am @ Eld Svs Bldg Bingo 1:30pm @ Hwy H</p>	<p>28 The Price is Right 9:30 am @ Hwy H Birthdays Gifts & Music @ Sr. Ctr 12:15pm</p>	<p>29 Shopping Banks Lunch Out 10-3 pm</p>

Elderly Services Store and Gift Shop

This is an invitation for you to come and visit our Elderly Services Store and Gift Shop. Our store hours are from 8:00 am - 12:00 noon, Monday through Friday. We also feature delicious fresh popcorn daily.

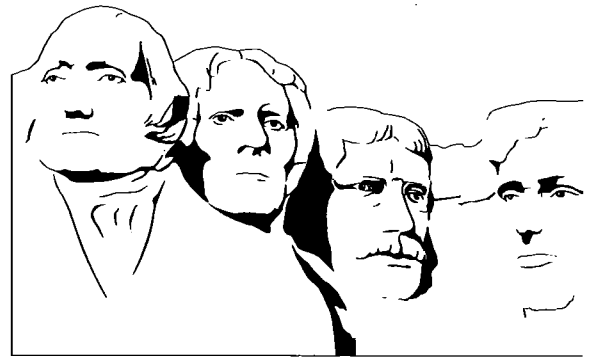
The following is a list of items for sale:

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

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

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

Are You Looking for a Rewarding Group Experience?



MOUNT RUSHMORE & THE BLACK HILLS OF SOUTH DAKOTA

6 Days/5 Nights

June 6 through June 11, 2005

INCLUDES-Deluxe motor-coach transportation,
5 nights lodging, 5 breakfast

TRIP HIGHLIGHTS-Badlands, Tour, Wall Drug, MT
Rushmore, Custer National Park, Corn Palace, Crazy
Horse, & Passion Play

COST: \$439.00

Or

WASHINGTON DC

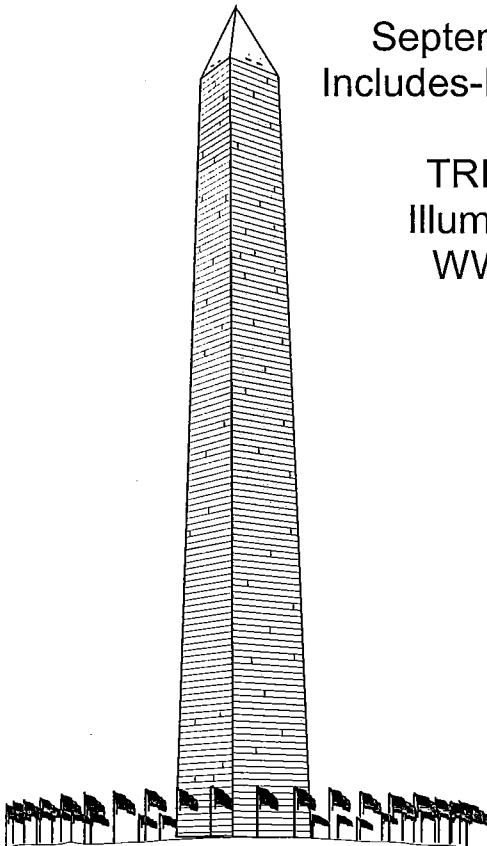
6Days/5 Nights

September 29 through October 4, 2005

Includes-Deluxe motor-coach transportation,
5 Nights lodging, 8 meals

TRIP HIGHLIGHTS- Tour of DC,
Illuminated monuments night tour,
WWII Memorial, White House &
Smithsonians & More.

COST: \$639.00



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

War Not Of Their Making

The wild geese
bellies exposed
shorn clean by
cannon flak
In smoky skies
dropped charred
feathers in rain
filled roads
rutted deep by
soldiers' boots
spit polish
mud covered
Leader cries
to keep formation
sound weakly
dies in the night
he softly thuds
To earth
Migration ends
far from home
in a war not
of their making
The native land
feels their spirit
brush across
the sunset sky
as a lover's
kiss would
touch the
Cheek in
passing.

Source: M. J. Kinsey

A young couple from the big city rented acreage and decided to go into the chicken raising business. They bought 100 chicks. The next week they bought another hundred. The third week, they still bought another hundred. The hatchery man asked how their chicks were doing. "Not very well, they replied. "We are either planting them to deep or to close together."

Wild Rice Casserole

2 lbs ground chuck or ground beef
2 c. Chopped Celery
¾ c. chopped onions
2 cans mushroom soup
2 s. cans mushrooms
6 Tbsp. soy sauce
⅛ or ¼ c. bacon grease
1 green pepper chopped
½ c. chopped salt pork (optional)
Mix salt pork with ground beef.

Brown meat, celery, onion, green pepper in bacon grease. Add remaining ingredients. Put in casserole dish and bake uncovered for 45 minutes at 350°. To make rice, take 1 c. wild rice, wash and bring to a boil; then simmer for ½ hour. Kwa-ika-J- Yaweku. It's very delicious.

Wisconsin


Butter, Booyah, Bowling, Brats.
Rivers long and winding
in and out of little towns
Past cows and finally
green, peaceful country sides.

Lazy days and folks
friendly, smiling, frecking
In the sum.

Thank-You

To Nori Damrow, staff and those important volunteers at the Open Pantry.
Warmest THANKS for your special kindness shown every Tuesday for the delivery of bakery products at the Elderly Service Building.

Elderly Service Staff

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div> MENU </div> <div> APRIL </div> <div> 2005 </div> </div>				
All meals are served with coffee, tea, or milk. Meals are subject to change.	Flower: Sweet Pea Birth stone: Diamond	All trips leave from the senior center		1 Bacon & Eggs Corn Toastums Mandarin Oranges
4 Hot Dogs Mac & Tomatoes Peas W / W Bread	5 Beef Barley Soup Fresh Bread Pears	6 Chicken Wild Rice Green Beans W/W Bread Jell-o	7 Pork Roast Potatoes Brussel Sprouts W/W Bread Berries	8 French Toast Sausage Juice Apple Sauce
11 Ham Sweet Potatoes Mixed Veggies W/W Bread Melons	12 Chicken Ala King Rice Biscuits Peaches	13 Spanish Rice Green Beans W/W Bread Orange Slices	14 Pork Stea Rice Pilaf Peas W/W Bread Strawberry Whip	15 Ham & Toast Scramble eggs / Onions & Pepper Toast Juice & Bananas
18 Spaghetti Salad Garlic Bread Ice Cream	19 Corn Soup Fresh Bread Berries	20 Chicken Vegetable Pasta W/W Bread Pudding	21 Fish Potatoes Cole Slaw W/W Bread Jell-o	22 Poached Eggs Bacon Oatmeal & Toast Peaches Juice
25 Chicken Salad Croissants Tomatoes Cukes Pears	26 Beef Stew Biscuits Ice Cream	27 Sloppy Joe's Mac Salad Beans Buns Pineapple Tidbits	28 Birthday Day Chicken Potatoes & carrots W/W Bread Spice Cake / Peanut Butter Icing	29 S.O.S. Eggs Toast Juice Mixed Fruit

First Aid Stand by's continued

depends on victim's weight.

Look for AC in powder form or pre-mixed with water (called a slurry) not capsules, you would need 50 capsules to get the benefit.

Excess Bleeding: Once upon a time a well trained Boy Scout in America learned how to stop bleeding with a tourniquet. But studies show this method can do more harm than good. Only the most dire circumstances would you want to put a tourniquet on somebody. Tourniquets can increase the risk of tissue damage or even the loss of a limb and there are other methods of slowing the flow of blood and preserve life, without the loss of a limb.

Tourniquets are out.

Apply direct pressure to the wound. This is what the Red Cross has always recommended and it's the best solution, says VanRooyen. Simply place a clean cloth directly on the wound and press firmly, don't remove the cloth even if it gets saturated. If necessary add more cloth right on top of the first.

Applying direct pressure reduces blood flow to the wound. That should stop the bleeding and promote clotting, but leaves blood circulating to the rest of the limb. If that's not enough, you can further slow the blood flow by applying pressure to the main artery of the upper arm or leg, depending on the site of the wound. You can learn more about this procedure in a first aid course or through the American Red Cross, (www.redcross.org.)

Source: Reader's Digest
Submitted by: Betty Padilla

Keepers Of The Canyon

Spirit snared by ancient web
unable to scale canyon wall
becomes entrapped in eternal
Silence.

YOUR PRESENCE IS A PRESENT TO THE WORLD

YOU are unique!
YOU are one of a kind!
Your life can be what YOU want it to be.
Take the days-just one at a time.

Count your blessings and not your troubles.
You'll make it through whatever comes along.
Within YOU are so many answers.
UNDERSTAND-HAVE COURAGE-BE STRONG
Don't put limits on yourself.
So many dreams are waiting to be realized.
Decisions are to important to leave to chance.

Reach for your peak-your goal-your prize!
YOU are an original-an individual-a
masterpiece.
Celebrate that-don't let your uniqueness make
you shy.

Don't be someone other than-the wonder that
YOU are. Every star is important to the sky.

One hundred things to remember...and one
thing to never FORGET.

Source: D. Pagels

Arthritis, Acupuncture Sticks It To The Pain

Good news for the 20 million-plus who suffer from painful osteoarthritis. Recent studies show that the effectiveness of acupuncture as an arthritis pain remedy shows that it does work.

The National Institute of Health reports that acupuncture reduced pain by 40% and improved function nearly 40% in people who have osteoarthritis in their knees.

The researchers concluded that acupuncture can serve as a legitimate companion to conventional medical care for arthritis.

First Aid Standbys You Should Never Use

Don't rely on old wives' tales. First aid treatment has evolved and many of our mother's home remedies are no longer recommended. Take a look in your first aid kit: gauze, bandages, painkillers, a tube of anti-bacterial cream, iodine, or hydrogen peroxide. People still use their mother's remedies, like putting peroxide on a wound. Dr. Michael VanRooyen, professor at the Johns 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 is why doctors use it to clean an area before surgery. But, when there is a cut, full strength iodine, hydrogen peroxide, and rubbing alcohol can be toxic to the cells, impeding healing. The chemical reaction that occurs (bubbling) when hydrogen peroxide hits the skin it isn't only cleaning the wound-it kills healthy cells. And that sting 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 will not do that. Mercurochrome also kills bacteria, but as the name suggests, it contains mercury, which is toxic. Not safe according to the FDA.

Remarkably, cleansing 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 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 VanRooyen. Wrap the burn with sterile gauze or non-adhesive 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 think they are well prepared if ipecac syrup is on hand. If you have ipecac in the house get rid of it! Ipecac, is made from the root of a Brazilian plant, it irritates the stomach to induce vomiting. Ipecac dose not remove all the toxic substance from the body, says Charles Pattavina, a professor of emergency medicine at the Brown University Medical School. Ipecac can leave 40-50% of toxic 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 again when it comes back up. Immediately call the national poison hotline (800-222-1222) If it is a true emergency the treatment of choice is activated 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 the body. It's important to move quickly since active charcoal (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

continued next page

Attention Elders

1. If you want to participate in activities offered by the Oneida Elderly Services, you must sign up **in person** at the Oneida Senior Center, Riverdale Dr.. **(It also includes signing up for Bingo passes.)** We will **no longer** be accepting phone calls and you **may not** sign for someone else! There has been too many call in's and the same names on the sign-up sheet more than once.
2. The deadline for signing up for all activities will be 4:30 pm one day before the schedule event. **(The only exception will be for wakes and funerals.)**
3. Transportation will be provided by the Elderly Service Department to attend after hour or week-end activities provided there is **a minium of 5 elders** signed up to go.
4. The following restrictions apply for transport to out of town activities:
 - A. Elders must be physically able to keep up with others and must be physically able to board the bus or van on their own.
 - B. Elders with high risks of heart attacks, open heart surgery, pace makers may not attend.
 - C. Elders with lung disease(dependant on oxygen) or emphysema.
 - D. Elders on medication that causes disorientation, dizziness, or nauseousness.

Thank-You
Oneida Elderly Service Department

Why?

Why do we press harder on a remote control when we know the batteries are getting weak?

Why do banks charge a fee on "insufficient funds" when they know there is not enough?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Why doesn't glue stick to the bottle?

Why do they use sterilized needles for death by lethal injection?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest , but ducks when you throw a revolver at him?

In winter, why do we try to keep the house as warm as it was in the summer when we complain about the heat.

How come you never hear father-in -law jokes?

If at first you don't succeed, shouldn't you try doing it like your wife told you to do it?

Why is it that no plastic bag will open from the end you first try?

How do those dead bugs get into those enclosed light fixtures?

Why is it that no matter what color bubble bath you use the bubbles are always white?

If people evolved from apes, why are there still apes?

UP CLOSE AND PERSONAL

With Michelle Cottrell, Outreach Worker

Michelle Cottrell was born in Green Bay to the parents of Stitch and Leona House. She was the 10th of 11 children whom were 9 daughters and 2 sons.

Michelle graduated from Pulaski High School in 1984. She went to Haskell Indian Junior College in 1984-1986. In 1990 she went to Martins School of Hair Design and worked for Richard's Hair Stylist for 9 years.

Michelle will be celebrating her 19th wedding anniversary to Kevin Cottrell. They have three children, Travis is 18, Cassondra is 17, and Cody is 12. They have a dog named Daisy who is a Beagle and is 3 years old.

Michelle assisted with her parents through their illness until they passed. She became interested in the field of caregiving. She worked for the Oneida Copp Program for 2 ½ years. She came to the Oneida Elderly Services for 1 year as an Emergency Temp. In April it will be 1 year as a permanent employee as an outreach worker.

Michelle enjoys working with elders. She says they make her laugh and feel needed. They help her keep her precious memories alive that she has of her parents.

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

Wanted to be a mother.

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

My mother.

What do you consider to be your greatest accomplishment?

Being able to take care of my parents when they were ill, until they died.

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

Singing

What is the best advice anyone ever gave you?

Treat others how you would like to be treated

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

Enjoy yourself- do things you've never done before

What is your ideal vacation?

Sleeping on a beach for days.....

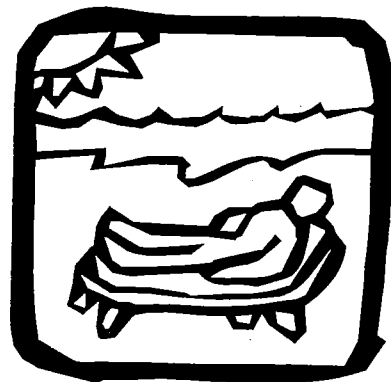
Favorite meal: Chicken and potatoes

Favorite Music: Oldies, country, & gospel

Favorite Books: Romance novels

Favorite Movies: Love Stories

Favorite Hobbies: Crafts & to decorate



Celebrate Our April Birthdays

Mike Antone	4-12	Josephine Kindness	4-18
Bernice Beechtree	4-27	Scharlene Kasee	4-19
June Begay	4-07	Arlene King	4-11
Jean Behnke	4-01	Rosaline LeMere	4-25
Marge Broberg	1-23	Gary Metoxen	4-13
Arthur Charles	4-11	John Metoxen	4-08
Leona Charles	4-26	Cletus Ninham	4-16
Lorna Christjohn	4-28	Margaret Otto	4-23
Elizabeth Cornelius	4-21	Jane Salzman	4-18
Harrison Cornelius	4-30	Delores Skenandore	4-04
Leonard Cornelius	4-10	Gwen Skenandore	4-04
LeRoy Cornelius	4-18	Patrick Skenandore	4-23
John Dennison	4-04	Zelda Skenandore	4-05
Jean Denny	4-10	Carole Smith	4-10
Mary Dobratz	4-29	Minnie Smith	4-02
Marion Doxtator	4-15	James Sorensen	4-02
Jeannette Doxtator	4-05	Roger Summers	4-13
Ken Doxtator	4-06	Brian Summers	4-08
Carole Elm	4-25	Dorthy Tabor	4-08
Ruben Erickson	4-08	Winnie Thomas	4-30
Alfreida Grigon	4-01	Grace VanDeHei	4-19
Donald Hansen	4-01	Donald Webster	4-10
Richard Haywood	4-13	Louis Webster	4-08
Nancy Hill	4-01	Margaret Zuelsdorf	4-28
Blanch Jansch	4-08		

Elders, if you have a birthday in May, please join us at the Senior Center at 134 Riverdale Drive (Hwy J) on April 28, 2005.. Have lunch with us and sign the birthday book.

Birthdays are celebrated on the last Thursday of every month.



ATTENTION GRANDPARENTS!
Get your children, grandchildren,
nieces, nephews and other
relatives involved in...

FACE

FAMILY AND CHILD EDUCATION

Center-Base

Preschool :

- ◆ *Children ages 3-5 yrs. old*
- ◆ *Learn through play*
- ◆ *High/Scope (active) classroom*
- ◆ *Parent and Child Together (PACT Time)*

Adult Education :

- ◆ *Adults share and learn more about parenting*
- ◆ *Adults learn job skills, computer literacy plus culture and language*
- ◆ *High school and GED completion programs*
- ◆ *Transportation and meals provide*

Home-Base

Parent Educator :

- ◆ *Increase parents' knowledge of child development*
- ◆ *Promote strong bonds between parent and child*
- ◆ *Help parents feel competent and build confidence in parenting skills*
- ◆ *Detect potential learning problems early and help to provide parents with the necessary resources to help*

ENROLL TODAY!

*Where parents are their child's
first and most influential
teacher.*

Contact Information:

Sandra Waubanascum

Program Coordinator

(920) 869-4634

swaubana@oneidanation.org

O.N.E.S./Turtle School

Great Lakes Native American Elders Association

Attention GLNAEA Members

We at Elderly Services have developed the following procedure in regards to the bus transportation cost for these meetings.

Due to the limited amount of participation of members to these meetings, we have no other alternative but to use a Tribal van for transportation.

Without the coach bus, you will not have the comfort and restroom accommodation. When we use a van, the scheduling will be to leave earlier and make frequent stops.

Effective immediately the following procedure will be followed:

1. If the sign-up list is less than 14 passengers, a van will be used for transportation.
2. Cancellations made the day of the scheduled departure, will not be refundable.
3. Regular use of a coach bus will be dependent on the number signed up and contingent upon funding allocation.
Its not cost effective to pay for a coach bus, when there are only 12-14 signed up.

All suggestions and recommendations are welcome.

If you have any questions or comments, please do not hesitate to call me at 869-2448.

Florence Petri
Program Director

SAVE THE DATE

MAY 11, 2005 ■ NOON

CAPITOL ROTUNDA ■ MADISON

“Invest in Independence”

Rally at the State Capitol

Be a part of history. . .

Join us as we rally for Medicaid funding and better programming to benefit older adults, youth and people with disabilities in Wisconsin.

For more information call 1-800-366-2990

SPONSORS: Board on Aging and Long Term Care ■ CWAG ■ W4A ■ AARP-Wisconsin ■ WARA ■ WAAUD ■ WABS ■ Wisconsin Partnership Program ■ Wisconsin Council of the Blind ■ ABC for Health, Inc. ■ Access to Independence ■ American Association on Mental Retardation, WI Chapter ■ Arc Dane County ■ ARC Milwaukee ■ Arc-Wisconsin Disability Association ■ Autism Society of Southeastern WI ■ Autism Society of Wisconsin ■ Brain Injury Association of Wisconsin ■ CAPOW ■ Community Living Alliance ■ Creative Community Living Services, Inc. ■ Dane County Developmental Disabilities Coalition ■ Epilepsy Foundation, South Central Wisconsin ■ Family Voices ■ Grassroots Empowerment Project ■ Hearthstone ■ Independence First ■ Independent Living Resources ■ Kindcare, Inc. ■ Learning Disabilities Association of Dane County ■ Lutheran Social Services of WI & Upper Michigan Medical Support Services, Inc. ■ Mental Health Association of Milwaukee County ■ Midstate Independent Living Consultants ■ NAMI Wisconsin, Inc. ■ National Multiple Sclerosis Society Wisconsin Chapter ■ Options for Independent Living ■ People First Wisconsin, Inc. ■ Rehabilitation for Wisconsin, Inc. ■ Residential Services Association of Wisconsin ■ Respite Care Association of Wisconsin ■ Services Employees International Union, Local 150 ■ Society's Assets, Wisconsin ■ State Independent Living Council Team Rehab, Inc. ■ United Cerebral Palsy of WI ■ Waisman Center ■ Wisconsin ADAPT ■ Wisconsin Coalition for Advocacy ■ Wisconsin Coalition for Independent Living Centers ■ Wisconsin Council on Children and Families ■ Wisconsin Council on Developmental Disabilities ■ Wisconsin Council on Physical Disabilities ■ Wisconsin Facets ■ Wisconsin Family Ties ■ Wisconsin Occupational Therapy Association ■ Wisconsin Personal Services Assn. ■

\$1 INVEST IN INDEPENDENCE

A dollar for our future

Invest in Independence

CWAG calls on seniors to rally for Medicaid funding and better programming

The Issue

“The Coalition of Wisconsin Aging Groups (CWAG) was joined by over 3,000 seniors and people with disabilities to fight for long-term care reform in 1999” says Tom Frazier, executive director of CWAG. “Five years later, there are still thousands of people on waiting lists for home and community based long-term care services in Wisconsin. It’s time for us to fix this problem.”

As part of the solution, older people, people with disabilities, and advocates of smoking cessation will rally in support of a proposal to fund improved access to long-term care services in Wisconsin. The rally is scheduled for May 11, 2005, at the State Capitol Rotunda beginning at noon.

Co-sponsored by the Survival Coalition of disability advocates and Smoke Free Wisconsin, the “Invest in Independence” rally will focus on support for a \$1 per pack increase in the cigarette tax as a means of funding Medicaid services in Wisconsin. These services include health care, prescription drug assistance and long-term care services for low-income people of all ages. According to Frazier, the increase is critical to help the thousands of people in Wisconsin on waiting lists to receive home and community-based long-term care services. “People who need long-term care services can’t wait very long to get help,” said Frazier. “With more funding for Medicaid, we can help those who are most in need, most at risk.”

While the groups who have joined together in support of the cigarette tax increase represent diverse interests, they see a big pay-off for their individual constituencies. The cigarette tax increase will make a big impact on curbing smoking among kids and has intergenerational appeal. This increase provides a huge disincentive for kids to start a smoking habit that we know leads to health problems down the road when they get older.

What You Can Do

Rally organizers are calling for people all over Wisconsin to participate and show their support for the cigarette tax to boost funding for Medicaid services through the following ways:

1. Attend the rally on May 11, 2005 at noon in the State Capitol in Madison — if you need a ride, contact your local County Aging Unit office about bus trips
2. Call or email your legislator during the week of April 22-29, and voice your support for “Invest in Independence”— visit www.cwag.org for legislator contact information.

For information about the rally contact CWAG at 1-800-366-2990 or visit us online at www.cwg.org.

Catch the CWAG Bus!

Invest in Independence

Join the Coalition of Wisconsin Aging Groups and rally for support of long-term care reform and the Governor's Aging Agenda.

Wednesday, May 11, 2005

Noon at the State Capitol in Madison

\$20 per person ■ lunch is not included

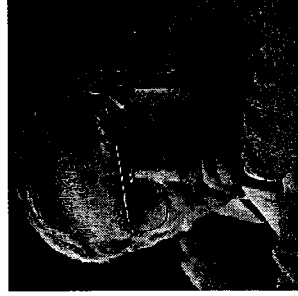
The CWAG bus will be stopping in the following communities:

Spooner ■ Rice Lake ■ Chippewa Falls ■ Eau Claire ■

Black River Falls ■ Tomah

CWAG is partnering with the Survival Coalition, Smoke-Free Wisconsin and the Children's Initiative to bring people from all over the state to rally and meet with area Legislators. Our goal is to show support for long-term care reform, additional money for rural elderly transportation and Benefit Specialists, the continuation of SeniorCare, Medicaid, and BadgerCare, and property tax relief for the aging and frail in Wisconsin.

Contact Paula Gibson, Community Organizer in the new CWAG Altoona office at 715-836-2287 for more information or to sign up for the bus.



\$1
INVEST IN
INDEPENDENCE

A dollar for our future

A Two Letter Word

So what is this stuff about English being easy? A two letter word, for example, has a hundred different meanings.

This two letter word that perhaps has more meaning than any other two letter word, is the word, "UP." It's easy to understand UP meaning toward the sky, or at the top of the list, but when we waken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends. We use to brighten UP a room, polish UP the silver, warm UP the left overs and clean UP the kitchen. We lock UP the house and some guys fix UP the old cars.

At other times the little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing, but to be dressed UP is special. This particular UP is confusing; a drain must be opened UP because it is stopped UP. We open UP a store in the morning, but we close it UP at night. We seemed to be pretty mixed UP about "UP."

To be knowledgeable of the proper uses of UP, we looked UP (the word) in the dictionary. In a desk size dictionary, the word UP takes UP almost ¼ the page and definitions add UP to about thirty. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say, It's clouding UP. When it rains, it wets UP the earth. When it doesn't rain for awhile, it dries UP. One could go on and on but, but I'll wrap it UP for now, my time is UP so....I'll shut UP!!!

Author : Unknown

LORNA'S CORNER ELDER HUMOR

When the Elderly Services got going to where they started helping elders re-build their old homes, we had an elderly couple qualify for the program and they were in dire need. Everyone pitched in to help them pack and move into the housing until their home was completed. That was quite a job! You know how elders hate to get rid of things that they might be able to use later, but it got done. This elderly couple were in their seventies, but did very well with the transition and still had a sense of humor, which also kept the staff laughing. When we moved the beds into their home at the housing unit, we asked the elderly gentleman where he wanted the big bed to go. He pointed to the bigger bedroom. So we asked which bedroom was his as it was a two bedroom unit. When they brought his clothing in he replied, "Same room as her (his wife) because she is still a virgin." His wife replied, "That's right, he's still trying to get me!!" After forty years of marriage???

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

First Thursday of Every Month

504 Home Repair Loans and loan/grant combinations.

502 Home purchase to buy or build.

Programs available to low and very low income households.

Stop in for details or call the meal site at 1-920-869-1551.

Shawano Rural Development Office 1-715-524-2148.

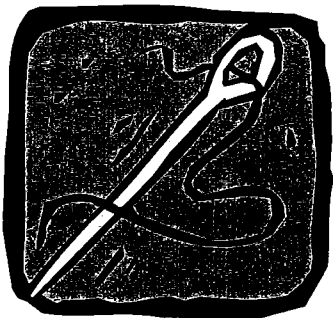
Quilters needed and Supplies...

Fabric, Small plastic bags,
Template plastic, Masking tape
Scissors, Thread
Straight pins, Rulers

and more.....

DROP OFF AT THE ELDERLY
SERVICES BUILDING
2907 S. OVERLAND RD., ONEIDA

Contact: Nicolasa Jackson
at 869-2448 for dontations.



ONEIDA ELDERLY
SERVICES
&
THE SENIOR CENTER

Presents...
Tsyunhehkwa
By: Jeff Metoxen

April 21, 2005
Time: 12:00 p.m.

Come Learn about the
services we provide.

MOVIE GREATS

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

ALLEN
AMES
ATWILL
AYLMER
BANKHEAD
BAXTER
BEBE
BEST
BILLIE
BURKE

BUSTER
CAGNEY
CARMEN
CAROLE
CLARK
CLAUDE
COMPTON
DANIELS
DEANNA
DOUGLAS

DURBIN
EDNA
ERROL
FAIRBANKS
FAY
FELIX
FLYNN
GABLE
GAYNOR
GILBERT

GRACIE
HARLOW
JAMES
JANET
JEAN
JOLSON
KEATON
LEON
LIONEL
LOMBARD

DATE: / /

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

Kaffee
2 650