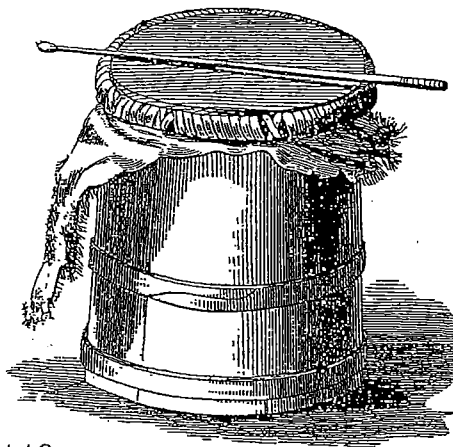


# DRUMS ACROSS ONEIDA

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

Spring has sprung....

May 2002

## Buckle Up America Week! May 20-27

Let's celebrate by buckling up every time . WHY?

- ♦ Your chance of fatal injury in a crash is cut in half, when seat belts are worn properly.
- ♦ Unrestrained children are 3 times more likely to be injured than properly restrained children.
- ♦ Motor vehicle crashes are the leading cause of death for Native Americans age 1-44 in Wisconsin.

As part of Buckle Up America Week, law enforcement agencies in our community will make a special effort to see that adults and teenagers wear their seat belts and that young children are properly secured in child safety and booster seats.

Please enjoy your Memorial Day Weekend safely- Buckle Up- The Tribe Needs All of Us!

Brought to you by the Oneida Seat Belt Coalition. If you have questions please call 920-497-5812.

**ELDERLY SERVICES COMPLEX:**

Program Director  
Assistant 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

Roberta Kinzhuma  
Florence Petri  
Lori Metoxen  
Julia Hill  
C.J. Doxtater  
Cheryl Ault  
Noreen Powless  
Vacant  
Lorna Christjohn  
Edward Goodvoice  
Tim Freeman  
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 Skenandore  
Harold Dostalek  
Warren House  
Winona Mencheski  
Richard Dodge  
Vacant  
Marie Scott  
Grover Smith

**UP CLOSE AND PERSONAL  
WITH LORNA CHRISTJOHN,  
ELDERLY SERVICES -  
TRANSPORTATION SUPERVISOR**

**When you were a child, what did you think you'd like to be when you grew up?**  
I wanted to be a Veterinarian or a Forester.

**Who or What has had the biggest influence in your life?**  
My father, he kept me in school, taught me to love Mother Nature.

**What do you consider to be your greatest accomplishment?**  
My greatest accomplishment was beating Alcohol & drugs.

**Is there something you've always wished you were great at doing?**  
I always wished I was a great athlete to do great in any sport.

**What is the best advice anyone ever gave you?**  
My mother told me to never say good-bye when I leave from visiting or talking to her or

on the phone. Now I've told my sons and grandchildren, you will not hear me say Good-bye, no matter who I talk to even the elders because as Mother say's, Good-bye sounds too final. My sons and grandchildren say "See Ya" or as on says, "Later".

**What advice would you give to someone who is about to retire?**  
Volunteer, keep active, go, go, go.

**What is your ideal vacation?**  
Go back to the Giant Redwoods in California and live in one.

**Favorite Meal:** Fried chicken, mashed potatoes, corn on the cob and apple pie.

**Favorite Music:** Oldies, country (old) Some Beethoven & Mozart

**Favorite Books:** Readers Digest, Sports Afield

**Favorite Movies:** Dr. Doolittle 1 & 2, Independence day, Black Hawk Down & Action Movies

**Favorite Hobbies:** Packer games, hunting, fishing, working with wood, & drawing.

~~~~~  
3/25/02

To: Lori Metoxen and Oneida Elderly Services



Our family wishes to thank you for all the wonderful help received by Mom, Alma Smith.

She was able to remain in her home until age 88, 1 year ago. We miss her, but know she had a good, blessed life.

All your services benefitted her both financially and personally.

God bless you all— Alma Smith Family

## ***MAY - OLDER AMERICANS MONTH***

- May 8, Wednesday    Oneida Blood Drive at Family Fitness Center  
8:00 am - 2 pm Walk-in's welcome, but appointments appreciated
- May 15, Wednesday    Arthritis Meeting    Lunch and Learn
- May 17, Friday        Honor the Elder Luncheon, Colonial House, Freedom (BC)
- May 18, Saturday      Fishing Day at DeCaster Property for Youth & Elders
- May 31, Friday        Alzheimer's Meeting, Highway H
- Blood Pressure/Sugar Screening every other Friday at the Meal Site
- Benefits Specialist - Julia Hill at Meal Site every Thursday

Please Note: Specific Times, Locations, and Dates will be announced in the next issue of Drums.

## ***COMING SOON !!***

***Division of Land Management  
7<sup>th</sup> Annual Open House  
May 22, 23, 2002 (Wednesday & Thursday)***

***Meet the Division of Land Management Staff***

***Help us celebrate 20 years of Loan Services***

***Information on Land and Loans***

***Raffles***

***Vendors Welcome***

***GREAT FOOD: The best Indian Tacos East of Duck Creek  
Home-Made Baked Good***

# *The Art of Living with Arthritis*

**FREE**

## ***P.A.C.E. Demonstration (Lunch & Learn)***

Facilitator: Kris Fry, Grancare Nursing Center

Date: Wednesday, May 15th, 2002

Time: 11:00 A.M. - 2:00 P.M.

Location: **Oneida Senior Center  
134 Riverdale Drive  
Oneida, WI**

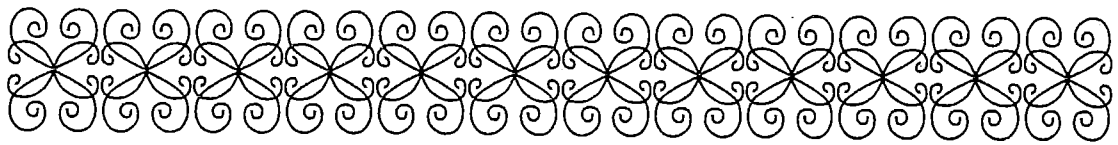
Hosted by: Oneida Elderly Services and  
the Arthritis Foundation

***Call (920) 869-2448 to register***

***\*\* Please advise us, if you have special needs \*\****

**Refreshments  
Provided**

 **ARTHRITIS  
FOUNDATION®**  
**Take Control. We Can Help.™**



# Honor the Elder Luncheon

Friday, May 17, 2002

Colonial House Supper Club,

N4330 Hwy. E, Freedom, WI 54130

*Event will be held in the Kings Quarters*

*up stairs*

## AGENDA

**Registration:** 9:15-9:45 a.m.

**Bingo:** 10:00 a.m.-12:00 Noon

*Individuals who wish to participate  
in the blackout session bring \$1.00*

**Lunch:** 12:00 p.m.-1:00 p.m.

**Crafts:** 1:15 p.m.-3:15 p.m.

*Please bring Tribal ID*

Please call (920) 869-4364 or 1-800-236-2214, ext. 4364 with questions.

*If individual is not 55 or a spouse of an Oneida elder, please send a check in the amount of \$9.00, payable to Colonial House Supper Club.*

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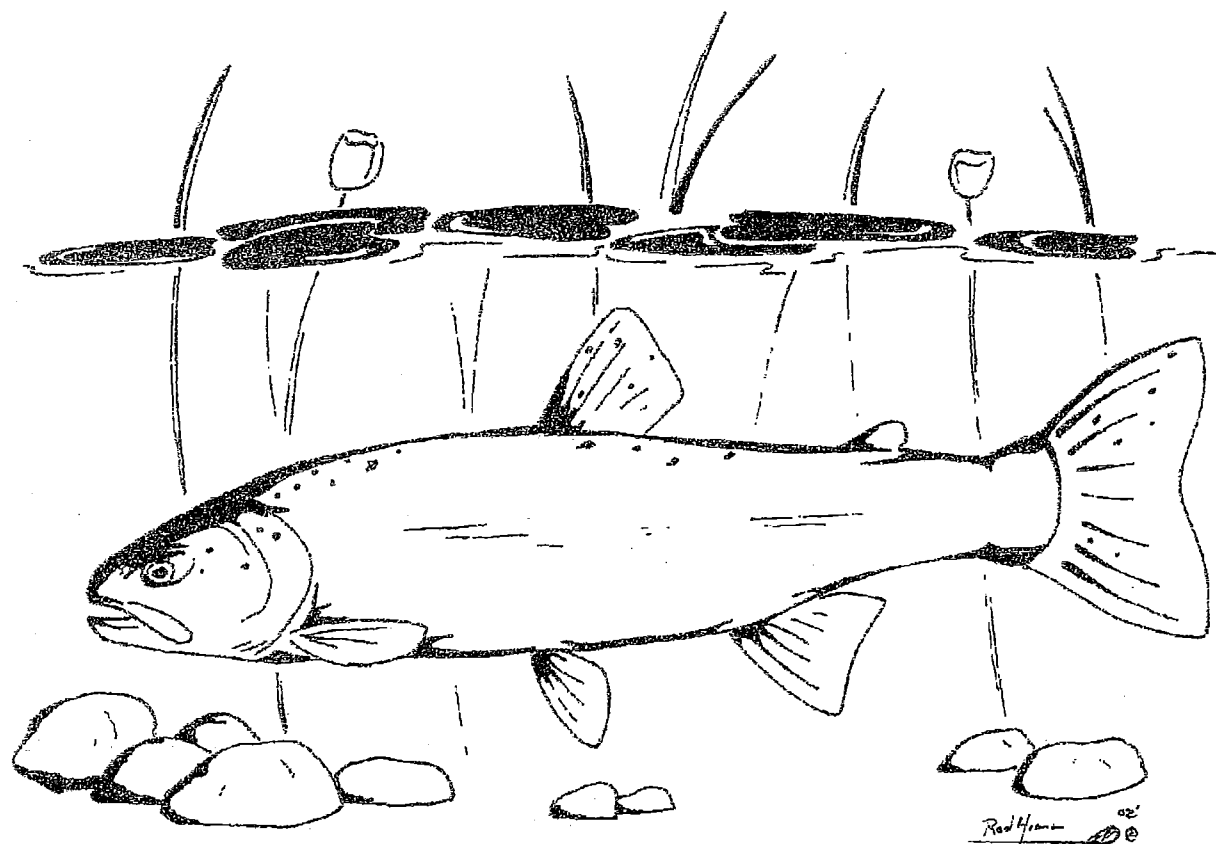
*In Oneida, our elders hold such significant meaning to us,  
that we hold this event each year to memorialize their importance  
to our growth and sustenance as Oneida people.*



Environmental, Health & Safety Area,  
U.S. Fish & Wildlife Service and  
Oneida Elderly Services  
present the



# 3rd Annual Oneida Youth and Elders Fishing Day



May 18th, 2002

9:00 AM to 1:00 PM

Osnúhsa? Kanya.tála

(Finger Lake next to the  
Language House)

Food

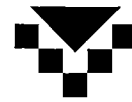
Prizes for Youth and Elders  
Catch - Trout, Walleye, Bass  
and Bluegill (bait provided)

Learning Booths

Aquarium

\* Bad weather date is: May 19th, 2002

## Attention All Community Members



**W**ould You Like to Listen to Some Stories?

**A**t Hwy. H Recreation Ctr. , May 31<sup>st</sup>, 9:30 a.m – 3:30 p.m.

**R.S.V.P.** by Calling 869-1551 or 869-2448,  
Please Let Us Know If Transportation is needed.

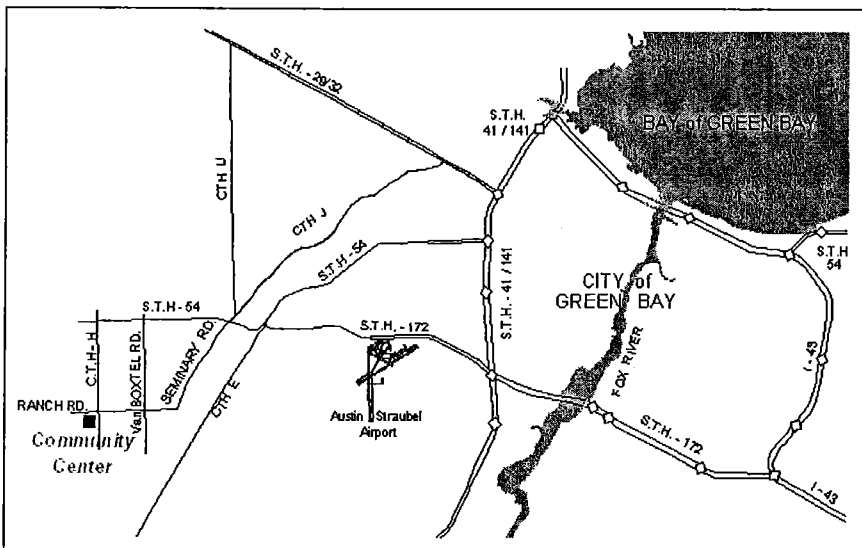
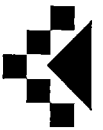
**E**njoy Lunch with Us from Noon until 1p.m.

**N**o Story Is Too Small.

**E**veryone Is Invited to Participate.

**S**pecial Guest Speaker.

**S**ponsored by the Coalition of Wisconsin Aging Groups, The Alzheimer's Association of Greater WI, WI Alzheimer's Institute, Oneida Elderly Services & Native American Family Caregiver Grant



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### Pre-registration Form

Name:

Address:

Phone:

Fax:

☐ Please check if you will be participating in the storytelling event.

(Please return form to Oneida Elderly Services, P.O. Box 365, Oneida, WI 54155 or Fax to 1-920-869-1824. Preferred deadline: May 7, 2002)



Oneida Family Fitness  
will be offering FREE  
"Bone Density" screening on  
Thursday, May 9, 2002


by appointment  
from 10 am - 2pm

Interested? Register today  
by calling for an appointment  
490-3730



THIS TEST SCREENS FOR  
OSTEOPOROSIS

# ACTIVITIES MAY 2002

| MONDAY                                                                          | TUESDAY                                                                                                                                       | WEDNESDAY                                                                                     | THURSDAY                                                                                            | FRIDAY                                                                                               |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Blood Pressure/Sugar Screening every other Fri at Sr. Ctr                       | WATCH FOR UPCOMING YOUTH-ELDER FISHING EVENT!  Sat. May 18 | 1 Fitness 9:30-10:30am 1:30pm Hwy H Obstacle Course                                           | 2 Spring Sing 10 am Two Rivers 12:30pm-2:30pm Hwy H Paper /Print Making                             | 3 Shopping Banks Lunch out 10am - 3pm                                                                |
| Benefit Spec. every Thurs. at Sr. Ctr.                                          |                                                                                                                                               |                                                                                               |                                                                                                     |                                                                                                      |
| 6 Fitness 9:30-10:30am Bingo Site II 1-3 pm                                     | 7 Modern Dance Activity (Guest Artist) Epworth Hall 9:30-11:30am                                                                              | 8 Fitness 9:30-11:30 1:30pm Cooking Hwy H                                                     | 9 Modern Dance Activity 12:30pm-2:30pm Hwy H                                                        | 10 Shopping Banks Lunch out 10am-3pm                                                                 |
| 13 Fitness 9:30-10:30am Goodwill in Appleton 1:30pm                             | 14 Modern Dance Activity (Guest Artist) Epworth Hall 9:30-11:30am                                                                             | 15 Fitness 9:30-10:30am Arthritis Lunch and Learn Seminar 11 am- 2pm Sr Ctr                   | 16 Diabetic Luncheon 10am Parish Hall Modern Dance Hwy H 12:30 Shopping/Banks/Lunch Out 10 am-3pm   | 17 "Honor the Elder" Luncheon Colonial House Freedom 9:15 am-3:15pm                                  |
| 20 Fitness 9:30-10:30am Bingo Site II 1-3 pm (summer break- last one' til fall) | 21 Crafts Epworth Hall 9:30-11:30am                                                                                                           | 22 Fitness 9:30-10:30am Shopping Banks Lunch Out 10 am-3pm                                    | 23 10 am Tour Beernsteen's Candy -GB LAND MGT OPEN HOUSE                                            | 24 ONEIDA DAY Tribal offices closed                                                                  |
| 27 MEMORIAL DAY Tribal offices closed                                           | 28 Bingo Epworth Hall 9:30-11:30am                                                                                                            | 29 Fitness 9:30-10:30am Hwy H 1:30 pm Bingo and refreshments last one til fall (summer break) | 30 10 am AJNH visit Elder INTERNET class 9 am- 10:30 Hwy H Birthday Gifts - Sr. Ctr 12:15 - 12:30pm | 31 Alzheimers Awareness 10am-2pm Hwy H Shopping Banks 10am-3pm Elder INTERNET class 1:30pm-3pm Hwy H |

# Oneida Elderly Abuse Prevention

## *Why Elder Abuse Is A Hidden Problem*

The following is a list of some reasons why elder abuse goes unreported  
( You may be able to add to this list)

- 1 Elder Abuse is seen as a family problem; outside interference is not wanted.
2. Elder Abuse often occurs in private dwellings so it is hidden from outside view. Unlike children, who must leave home for school and other activities, elderly people can be hidden from outside scrutiny.
3. Elders are often reluctant to report abuse by relatives or caregivers because they fear reprisals or are afraid of being institutionalized or abandoned.
4. Elders may not report because they are ashamed or embarrassed or because they believe they are the cause of the problem. They may feel responsible for their abusive child's substance abuse or violent temper.
5. Professionals fail to recognize signs of abuse and neglect. They accept explanations of bruises, bedsores, malnutrition, lack of personal hygiene and other potential indicators of neglect and abuse without question a "normal" indicators of old age.
6. Some persons willing to report are discouraged by lack of response from law enforcement personnel.
7. Elders are stereotyped as senile, grumpy, longwinded or fragile.
8. Elder abuse is too easily forgiven as the product of "caregiver" stress.
9. Cases of financial abuse aren't recognized by financial professionals or are dismissed by law enforcement as civil matters.
10. Law enforcement believes social services agencies should do the work.

For more information contact C.J. Doxtater in Elderly Services at 869-2448

# MENU

## MAY

## 2002

| MONDAY                                                                  | TUESDAY                                                           | WEDNESDAY                                                                | THURSDAY                                                              | FRI                                                        |
|-------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------|
| All meals served with coffee tea and milk                               | Meals are subject to change                                       | 1<br>Chicken & Rice<br>Broccoli<br>W/W Bread<br>Diet Jello               | 2<br>Beef Roast<br>Potatoes<br>Peas<br>W/W Bread<br>Peaches           | 3<br>S OS-Eggs<br>Toast<br>Juice<br>Pears                  |
| 6<br>Spagetti<br>Lettuce Salad<br>Garlic Bread<br>Blackberries          | 7<br>Potato Soup<br>Fresh Bread<br>Juice<br>Berries               | 8<br>Pork Steak<br>MacNoodles & Tomatoes<br>W/W Bread<br>Mandrin Oranges | 9<br>Meatloaf<br>Red Potatoes<br>Carrots<br>w/ w Bread<br>Apple sauce | 1<br>Eggs<br>Cornmeal<br>Toast<br>Bacon<br>Juice - Bananas |
| 13<br>Chicken Ala King<br>Broccoli<br>Rice- Biscuits<br>Watermelon      | 14<br>Beef Barley<br>Fresh Bread<br>Juice<br>Pudding              | 15<br>Ham<br>Carrots<br>Augratin Potatoes<br>W/W Bread<br>Blueberries    | 16<br>Fish<br>Potatoes<br>Cole Slaw<br>Rye Bread<br>Pineapple Tidbits | 17<br>French Toast<br>Sausage<br>Strawberries<br>Juice     |
| 20<br>Ring Bologna<br>Tator Tots<br>Green Beans<br>W/W Bread<br>Cookies | 21<br>Beef Stew<br>Biscuits<br>Juice<br>Pears<br>1                | 22<br>Pork Roast<br>Potatoes<br>Brussels Sprouts<br>Whip & Chill         | 23<br>Hamburges<br>Mac Salad<br>Beans<br>Buns<br>Ice Cream            | 24<br><br><br><br><br><br>CLOSED                           |
| 27<br><br><br>CLOSED                                                    | 28<br>Calif. Blend<br>Veg Salad<br>Fresh Bread<br>Juice<br>Melons | 29<br>Goulash<br>W/W Bread<br>Juice<br>Jello                             | 30<br>Chicken<br>Potatoes<br>Corn<br>W/W Bread<br>Jello Cake          | 31<br>Ham - Eggs<br>Cheese<br>Muffins<br>Fresh Fruit       |

## **BANANA-NUT LOAF**



Yellow bananas are fine for eating out of hand, but very ripe, brown-speckled ones are best for baking. To hasten the process, store in a paper bad with an apple or a tomato.

Prep time: 20 minutes

Baking time: 70 to 72 minutes

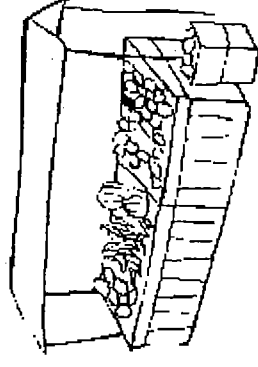
1 cup pecan halves  
2-1/2 cups all-purpose flour  
1-1/4 tsp baking powder  
3/4 tsp baking soda  
1 tsp cinnamon  
3/4 tsp salt  
1/8 tsp nutmeg  
Pinch cloves  
1-1/2 cups very ripe bananas, mashed  
1/4 cup buttermilk  
1 tsp vanilla extract  
1/2 cup butter, softened (no substitutes)  
3/4 cup firmly packed brown sugar  
1/2 cup granulated sugar  
3 large eggs, at room temperature

1. Heat oven to 350 degrees F. Grease and flour a 9x5-inch loaf pan. Pulse nuts in food processor until coarsely chopped.
2. Whisk together flour, baking powder, baking soda, cinnamon, salt, nutmeg and cloves in a medium bowl. Combine bananas, buttermilk and vanilla in another bowl.
3. Beat butter and sugars in a large mixer bowl at medium-high speed until well combined, 5 minutes. Add eggs one at a time, beating 30 seconds with each addition. Reduce speed and beat in half the flour mixture. Beat in half the banana mixture, just until combined. Repeat with remaining flour and banana mixtures. Fold in nuts.
4. Scrape batter evenly into the prepared pan. Bake 70 to 72 minutes until a toothpick inserted into the center comes out almost clean. Cool 5 minutes. Loosen sides of pan; unmold onto a wire rack. Cook completely. (Can be made ahead. Wrap and store at room temperature up to 2 days). Makes 12 servings.

*Per slice: 350 calories, 16 g total fat, 6 g saturated fat, 74 mg cholesterol, 380 mg sodium, 51 g carbohydrates, 6 g protein, 66 mg calcium, 2 g fiber*

# START TODAY FOR A HEALTHY TOMORROW

Any changes (big or small) in your nutrition or lifestyle habits could make a significant difference in your health status and improve the way you feel each day.



What changes can you make?

- Try olive oil, canola oil, or peanut oil in cooking
- Reduce the amount of fat you eat
- Switch to skim or 1% milk
- Increase activity by walking an extra day each week
- Take a yoga class
- Try a new food or new recipe
- Eat more fruits and vegetables
- Add color to your plate
- Eat a variety of foods

## WORD SCRAMBLE

CIEEXSER

RITTUNONI

ATHHEL

ERTOPIN

MINITAVS

DOOF

GETVEELBA

UDLIF

ITRFU

INRSGA

## **USE IT OR LOSE IT! THE IMPORTANCE OF BALANCE AND FLEXIBILITY**

Did you know that balance is a skill that declines with age and needs to be practiced in order to be maintained? Yes, just as strength is gained by weight lifting, balance can be improved by balancing. A person's ability to balance declines if not regularly challenged. If you don't believe it, just try standing one foot! It's going to be difficult unless you've practiced.

With the winter ice season it is very important for every Wisconsinite to practice balancing so we can prevent dangerous falls. For older adults, preventing a fall is imperative. According to the National Safety Council, falls are the most common cause of accidental death among those 55 to 79 years of age.

Just as balance can be improved with practice, so can flexibility. Flexibility declines 20-30% between the ages of 30 and 70. Flexibility is a very important component of

fitness that is needed by older people, but often neglected. At any age, good flexibility equals good mobility. Flexibility, coupled with strength permits one to perform household activities with reduced risk of injury.

Now that you know that balance and flexibility decline with age, but one can be improved with practice, I encourage you to incorporate balance and flexibility components into your workouts. Something as simple as standing on one foot is a great place to start your balance routine. Pick a point to look at, about a foot ahead of you, and try to balance for as long as you can. You'll find that at first balancing for one minute can be very challenging. But the more you practice, the better you'll get. Progress to looking around the room which will make this exercise more difficult. Yoga is a great class for increasing flexibility!

By: Jesse Stukenberg

### **ATTENTION \*\*\* ATTENTION**

ARE YOU INTERESTED IN RECEIVING FREE GAS COUPONS AND/OR GROCERY CERTIFICATES? IF SO, PLEASE CONSIDER ATTENDING OUR FREE BUDGETING & NUTRITION SESSIONS

#### **THE SCHEDULE FOR 2002 IS AS FOLLOWS:**

MAY 22 & 29 AND JUNE 5 & 12 FROM 1:00-4:00 P.M.

#### **INDIVIDUAL BUDGET COUNSELING IS AVAILABLE ON THE FOLLOWING DAYS IN 2002**

|                 |                |
|-----------------|----------------|
| MAY .....       | 9, 16, 23 & 30 |
| JUNE .....      | 6, 13, 19 & 26 |
| JULY .....      | 10 & 24        |
| AUGUST .....    | 21 & 28        |
| SEPTEMBER ..... | 4 & 17         |

**Please call 490-6800 to schedule your appointment in a group or individual setting. Hurry space is limited.**

## NEW NUMBERS

In May 2001 the government issued a new standard. Though exact recommendations for ideal lipid levels vary widely depending on an individual's other risk factors (such as smoking, diabetes, or existing heart disease), the following guidelines are useful for most people:

### Total Blood Cholesterol

Desirable/less than 200, Borderline high risk/200 - 239  
High risk/240 or higher

### LDL Cholesterol Level

Optimal/less than 100, Near optimal/ 100 - 129  
Borderline high risk/ 130 - 159, High risk/ 160 - 189  
Very high risk/ 190 or higher

### HDL Cholesterol (the higher, the better)

- To protect against heart disease, 60 or higher
- As an independent risk factor for heart disease, less than 40

### Triglyceride Level

Normal/less than 150, Borderline high/150 - 199  
High/200 - 499, Very high/500 or higher

### Four Foods for a Healthy Heart

Think about cholesterol and you'll probably picture the bad-for-you foods: butter-drenched pastas and greasy potato chips; foods loaded with saturated fats and trans-fats. Some foods can help lower your LDL. They're called functional foods or nutraceuticals-foodstuffs that have medicinal effects. Butter substitutes such as olive and canola oils are rich in HDL-raising and LDL-lowering monounsaturated fats. Soluble fiber-oat bran, psyllium, pectin, and the like bind to and remove cholesterol from your digestive tract.

Functional foods don't have a perfect track record-recent studies have cast serious doubt on whether such much-hyped nutritional darlings as vitamin E, beta carotene, and garlic provide any plague-busting benefits at all-but they tend to be safe, devoid of side effects, and beneficial for more than just your heart. Even better, they tend to have additive effects. That is, if you're on a pharmaceutical regimen, supplementing your diet with these items can further improve your lipid profile (or allow you to achieve the same results with a lower dose of you're your medication).

A few of the most promising functional foods you may not have heard of:

### Medical Margarine

Margarines such as Benecol and Take control are made from plant-derived chemicals called stanols and sterols that closely mimic the structure of cholesterol. By so doing, they fool the intestines into absorbing less of the real stuff. Studies have shown up to 14 percent LDL reduction without any effect on HDL or triglycerides; this effect occurs even if you are on other cholesterol-lowering drugs like statins. The downside: They're significantly more expensive than traditional margarine. They're also high in calories.

### Champion Chocolates

A growing cadre of researchers believe that phenols-plant-based antioxidants-promote heart health when consumed regularly. The suspected mechanism: They appear to prevent oxidation of bad-for-you LDL which can clog the arteries. One team of researchers at the University of California, Davis, recently found that the phenols in a 12-ounce glass of apple juice inhibit LDL oxidation by 20 percent after six weeks. Tea, red wine, and apples are all excellent sources, but so is chocolate. They recently determined that 1.5 ounces of milk chocolate has roughly the same amount of the powerful phenols found in a glass of red wine. Renowned medical journal *The Lancet* also recently reported that chocolate is a better source for these compounds than green tea. Just remember to consume chocolate in moderation; it's still loaded with calories and fat.

### Wonder Wax

Clinical trials suggest that policosanol, a naturally occurring waxy substance extracted from beeswax and sugar cane, can indeed improve lipids significantly by lowering LDL by 20-25 percent while modestly boosting HDL. Researchers believe it inhibits cholesterol production by the liver and also increases the uptake of LDL from the bloodstream into body cells. Unlike statin drugs, policosanol has not been linked to muscle or liver problems. It takes up to 12 weeks, however, for policosanol to work.

### Super Soy

A comparison of multiple studies on soy protein concluded that a regular diet of tofu, soy milk, soy protein powder, and similar products can lower LDL cholesterol by 12.9 percent. Researchers believe the effect derives from more than just substituting soy protein for animal protein in the diet. There are no known side effects, but you need to consume about 25 to 50 grams per day to see improvements.

**\*AARP Modern Maturity, March/April 2002**



## **GETTING ENOUGH CALCIUM MAY REDUCE STROKE RISK IN WOMEN**

Now there's another reason for women to make sure they get enough calcium each day- doing so may help reduce the risk of stroke.

For 14 years researcher's tracked the incidence of stroke among 86,000 women. They found that women who had higher dietary or supplemental calcium intake had a lower stroke risk. However, daily intake over 600mg did not appear to reduce stroke risk further.

It's not clear why calcium intake appears to influence stroke risk., but based on other studies, researchers suggest that calcium may play a role in reducing cholesterol and possibly inhibiting clot formation. In addition,

studies have shown a relationship between increased calcium in take and lower blood pressure. ( Elevated blood pressure is associated with increased stroke risk.)

Mayo Clinic doctors say findings- which are specific to women and can't yet be generalized to men- provide another good reason for women to consume adequate calcium to help delay, prevent or stabilize bone density loss.

Current recommendations to promote strong bones are 1,000 mg of calcium a daily for premenopausal women and postmenopausal women taking estrogen, and 1,500 mg for postmenopausal women not taking estrogen- enough to apparently also lower stroke risk.

---

## **SOME OF NELSON MANDELA'S WORDS — INAUGURATION SPEECH, 1994.**

OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE.  
OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE  
IT IS OUR LIGHT, NOT OUR DARKNESS, THAT MOST FRIGHTENS.  
WE ASK OURSELVES, WHO AM I TO BE BRILLIANT, GORGEOUS, TALENTED,  
AND FABULOUS? ACTUALLY, WHO ARE YOU NOT TO BE?

YOU ARE A CHILD OF GOD.

YOUR PLAYING SMALL DOESN'T SERVE THE WORLD.  
THERE'S NOTHING ENLIGHTENED ABOUT SHRINKING SO THAT OTHER  
PEOPLE WON'T FEEL INSECURE AROUND YOU.  
WE WERE BORN TO MAKE MANIFEST THE GLORY OF GOD THAT IS WITHIN  
US.

IT'S NOT JUST IN SOME OF US; IT'S IN EVERYONE.  
AND AS WE LET OUR OWN LIGHT SHINE, WE UNCONSCIOUSLY GIVE OTHER  
PEOPLE PERMISSION TO DO THE SAME..

AS WE ARE LIBERATED FROM OUR OWN FEAR,  
OUR PRESENCE AUTOMATICALLY LIBERATES OTHERS.

# FIRST THOUGHTS

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| G | S | I | A | E | I | O | M | U | A | N | T | N | A | E |
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ALPHA  
ANTE  
APPETIZER  
APPRENTICE  
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BABY  
BEGINNING  
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DEDICATION  
EMBARKATION

INCEPTION  
INDUCTION  
INITIATION  
INTRODUCTION  
KINDERGARTEN  
NEW YEARS EVE  
OPENING  
OUTSET  
PREAMBLE  
PRELUDE  
SALUTATION  
SEEDS  
SPROUT  
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TITLE PAGE

ONEIDA NATION COMMISSION ON AGING  
POSITION STATEMENT ON HEALTH CARE PRIORITIES  
(Approved April 9, 2002)

The Oneida Nation Commission on Aging (ONCOA) supports and "speaks out" for all services, including legislation, that places priority on our elders. We work with National, Tribal, State, County and local agencies focusing on all services that address the physical, mental, spiritual and emotional well-being of our elders.

ONCOA recognizes the increase in the population of older citizens, particularly as the "baby-boomers" approach retirement age. ONCOA also recognizes that although people are living to be an older age, in many instances, not without serious health concerns. The Native American population has always been one with a higher percentage of health concerns, particularly diabetes and heart disease. As the elderly population of our community increases, we must be prepared to meet the demands relating to health care needs.

In preparing for the future, the Oneida Nation Commission on Aging encourages our younger people to pursue careers in the field of health care. In keeping with that notion, we must also recognize those tribal members and other native people who currently fill positions in the health care profession. ONCOA encourages a tribal-wide recognition of our health care facilitators during National Nurses Week, May 6-12, 2002.

Historically, native people have been cared for in their homes and by family members. As an older person becomes incapable of living independently, they are often times cared for and taken into the homes of family members. In keeping with this tradition, ONCOA encourages the development and implementation of a Home-Health Care program to become a reality sooner than later.

ONEIDA NATION COMMISSION ON  
AGING  
FEBRUARY 12, 2002 - REGULAR  
MEETING  
1:00 P.M.  
ELDERLY SERVICES COMPLEX  
CONFERENCE ROOM

MINUTES

I. CALL TO ORDER: The meeting was called to order by Vice-Chairman, Hugh Danforth at 1:05 p.m.

II. WELCOME AND PRAYER: Hugh welcomed all to the meeting and asked Alfreda to deliver the opening prayer. It was asked that the family of Ed Metoxen be remembered today with his passing. Guests recognized included Barb Mamerow from Bay Area Agency along with Ed Barnes, the new president of that group and Bob Mann. Wendy Summers was also present representing Clifford Webster on a transportation grant.

III. ROLL CALL: Hugh Danforth, Arlie Doxtator, Lois Powless, Mary Edna Greendeer, Nadine Escamea, Clifford Doxtator, Alfreda Green. Excused: Lois Strong, Dellora Cornelius.

IV. APPROVAL OF AGENDA:

Motion to approve by Lois Powless, 2<sup>nd</sup> by Arlie. Discussion: Lois Powless asked that action be taken to have a replacement for her to attend the Senior Statesmanship Program. Placed under Old Business, Item F. Motion carried.

V. APPROVAL OF MINUTES - January 8, 2002 - Regular ONCOA Meeting

Motion to approve by Lois Powless, 2<sup>nd</sup> by Clifford. Discussion: Mary Edna wanted to know if the memos referred to on Page 2,

Item C had been written. Sue Daniels indicated the same have been written, copies of which are on file and were given to ONCOA Chairperson. Motion carried.

VI. REPORTS:

A. Oneida Business Committee Liaison - Julie Barton or Gerald Danforth

No representation from the OBC was present today.

B. Elderly Services Program/January - Roberta Kinzhuma.

Hugh wanted information on the Home Health Care vs. Assisted Living. Roberta indicated that Elderly Services is not certified to provide these services, although we need them. This area is being researched by Dave Larson. Lois Powless indicated that these services require certification which involves a 24-hour registered nurse. She suggested we invite Pearl Webster to explain these programs. Mary Edna indicated that Assisted Living and In Home Health Care need their own staff, that borrowing staff would tax them too much. Roberta stated that if we get medicare certification for the nursing home, that we would also need nurses for this. We need to target Native American nurses for these positions. Pearl McLester stated that to get certification for the AJNH, we would need a physical therapist. Arlie Doxtator wanted to know what active efforts were being made to encourage our students to pursue careers in medicine. Roberta stated that IHS will pay up to eight years for education in the medical field. MOTION by Mary Edna that we have someone from education come to present on nursing programs, recruiting and financial

assistance, in addition to inviting Pearl Webster regarding In Home Care; 2<sup>nd</sup> by Nadine. Discussion: How do we motivate our young people to go into schools. ONCOA should be getting this information out into the community as an identified need. Motion carried. MOTION by Lois Powless to accept report; 2<sup>nd</sup> by Arlie. Motion carried. Roberta asked that ONCOA be considerate about her reports being late because they are short staffed. She also wanted ONCOA to know Elderly Services is working on a grant for the Faith In Action program, Welcome Wagon Planning meetings, Transportation meetings, Native American Care giver Grant (presentation to Bay Area Agency on Aging and the Care givers' Alliance) and the Lifespan Respite Care program. Clifford verified how hard Elderly Services works and stated that unless you need the services you don't realize how much they do.

C. Monthly Report/January - Dave Larson

MOTION to accept by Alfreda Green, 2<sup>nd</sup> by Mary Edna. Discussion. (Lois Powless) Can we have the Keefe Study meeting even if the OBC changes its schedule? Mary Edna wanted to know how the word is spread about the services for Alzheimers? She noticed on Dave's report there is a project between Oneida Day Care and Alzheimers. Dave Larson indicated that they use Kaliwisaks, DRUMS and referrals. Mary wanted to know if this couldn't be part of an already existing staff person's responsibility, that of outreach and letting people in the community know of this service. Arlie

Doxtator suggested that this information come before the Faith In Action program, which meets every Thursday, 9:00 a.m. at the Elderly Services Complex Conference Room. One of the goals of this program is to do outreach and let people in the community know about services available. He indicated that the Methodist church also has a good outreach system. Lois Powless wanted to know what Faith in Action was, and stated that the Methodist Church was not involved in this program. Roberta responded that this is a Robert Wood Johnson Foundation and they were applying for a grant through this foundation. It is a coalition of faith groups. Mary Edna wanted to know if Elderly Services Director could give information to ONCOA re: Faith in Action. Motion carried.

D. Elderly Complex Ad Hoc Committee Report/January - Warren Skenadore

Warren indicated that he would forward a report for October of last year also. This is an item that appears on the agenda under Tabled Business. Motion to accept report by Alfreda, 2<sup>nd</sup> by Nadine. Motion carried.

E. Financial Report/December - Hugh Danforth

Motion to approve by Lois Powless, 2<sup>nd</sup> by Mary Edna. Motion carried.

VII. TABLED BUSINESS

A. Elderly Services Program/December - Roberta Kinzhuma

Motion to take from table by Lois Powless, 2<sup>nd</sup> by Alfreda. Motion

carried. Motion to approve report by Lois Powless, 2<sup>nd</sup> by Clifford Doxtator. Motion carried.

B. Monthly Report/December - Dave Larson

Motion to take Items B and C from table by Alfreda, 2<sup>nd</sup> by Lois Powless. Motion to approve Dave's report by Lois Powless, 2<sup>nd</sup> by Arlie. Motion carried.

C. Elderly Complex Ad Hoc Committee Report/October and December - Warren Skenandore. Motion to table October's report by Lois Powless, 2<sup>nd</sup> by Alfreda. Motion carried.

D. Financial Report/November - Hugh Danforth. Not available, keep tabled.

E. OCHC Naming Building Issue: Legal Opinion - Susan House. Not available, keep tabled.

F. Meeting with HRD regarding Approved Policies - Lois Strong. Lois not present at meeting, keep tabled.

G. Resolution to have AJNH Medicare Certified - Lois Powless. Motion to take from table by Lois Powless, 2<sup>nd</sup> by Mary Edna. Lois Powless suggested that this resolution, if approved be copied to the OBC, OCHC Board, Dave Larson and the AJNH. Roberta suggested that ONCOA use stronger language in the "Now Therefore Be It Resolved." Mary Edna asked Dave Larson about the status of certification. Dave indicated that AJNH at one time was certified and had medicare, that it was discontinued, and that it costs a

lot more to be certified than not. Motion to approve resolution by Mary Edna, 2<sup>nd</sup> by Alfreda. Motion carried.

## VIII. OLD BUSINESS

A. Building Bridges Report: FYI Only.

- No response from Tribal Chairman

B. Tribal Listening Session: FYI Only.

- No one attended this due to late date.

C. Elderly Complex Ad Hoc Committee: Motion to have ONCOA sit in on the presentation of the Keefe Study report on February 25 at 10:00 a.m. at the OBCCR, 2<sup>nd</sup> by Arlie. Motion carried.

D. Top Three Legislative Priorities: FYI Only.

E. Special Meeting - Goals/Objectives/Tasks: Requires action. New date: February 27 either at 9:00 a.m. or in the afternoon. Sue will coordinate with Jacque Boyle.

F. Senior Statesmanship Program. Motion for Alfreda Green to go in place of Lois Powless; 2<sup>nd</sup> by Mary Edna. Motion carried. Motion by Mary Edna that the remaining members not attending the Senior Statesmanship program be allowed to attend the reception sponsored by GLITC honoring the ongoing relationship between the State of Wisconsin and Sovereign Tribal Governments on Tuesday, March fifth at the Madison Concourse Hotel, Madison, Wisconsin beginning at 5:00 p.m. \$5.00 registration fee; 2<sup>nd</sup> by Alfreda. Discussion: Sue wanted to know if this would exclude not only the people attending Senior Statesmanship but also the Wisconsin Aging Network Training in April. Those attending Senior Statesmanship includes Hugh Danforth, Arlie Doxtator, Alfreda Green

and Dellora Cornelius. Those attending "The Heritage of Older Americans Act" in April includes Lois Powless, Arlie Doxtator and Alfreda Green. It would be those not attending these workshops that would be eligible to go. Motion carried.

## IX. NEW BUSINESS

A. John Brueninger - Elderly Housing and Garages Concerns. On July 24, 2001, John was made manager of the Housing Develop Program. The replacement home program was shut down. For FY 2001, seven homes were proposed. Five were approved and two are still in the works. There is no money appropriated for FY 2002. There was never any money appropriated for garages. The first seven trailers in the trailers program that were put in had no guidelines. There have been new policies that have gone through LOC that state all trailers can have a life lease. Family members have the first option for the trailers, however, they may need to move them. No garages were proposed because if a trailer is moved, then the garages would be standing alone. ONCOA had several discussions with Alan King on this subject. Keith Summers supported the garages but they were never budgeted for. During the budget process, Housing Development can request for garages at this level using this process. Mary Edna indicated that the original discussion was around garages for homes before it was trailers. John explained there were three programs for replacement homes. The Oneida Housing Authority received money through HUD to build

low income, home ownership homes. These had garages. The Replacement Home project, which placed priority on elders, had no garages included because of cost. The last 4-5 years in the program, garages are now being included. The third program, the Trailer Program was for replacing trailers, with no garages, and no formal request for garages happened during the budget process. John Brueninger will put in budget for FY 2003 for priority on elders for garages for both replacement homes and trailers. Homes today are costing an average of \$125,000 to replace. There needs to be an analysis, however, to determine how many there are who need garages. Roberta has a list of nine names from about four years ago, of elders who wanted garages. John will work with Roberta. Arlie wanted to know if someone from ONCOA can go along on interviews with the elders to determine their needs. John indicated there is a Housing Development Board consisting of nine members that is establishing criterion for need. Two of those members include Nadine Escamea and Warren Skenadore. Arliss Paulson, Chris Doxtator and John Brueninger are also working together to form a collective regarding housing needs. MOTION by Mary Edna that the Planning Department work with Roberta in identifying elderly needs for garages and bring back how this will be done within 30 days (March 12); 2<sup>nd</sup> by Nadine. Motion carried.

B. John Brueninger/Mike Finn - BIA Reimbursement \$300,000 to elderly. Dave Larson indicated that the elderly complex is trying to complete

landscaping. The path system is to include the Turtle School, new health center, land management, and the Norbert Hill Center. There was a BIA budget to pay for these paths. CIP money was used to pay for paths. Need reimbursement from BIA now to pay for landscaping. John explained there was a \$280,000 balance left after the apartments were completed. This money goes back to CIP. There is a misnomer that this money belongs to the elderly. If it is not used, it goes back. OBC then re-prioritizes projects. The plan for the path system is in the design phase. This will be submitted to BIA. Funds coming from BIA will eliminate cost to the Tribe. Oneida receives about \$670,000 per year from the BIA for roads. The road constructed at cultural heritage was a completely separate contract, a separate road and separate money. In April or May, we should receive about \$346,000 from BIA for the path system. A request was made to John Brueninger to forward this information in writing as it is very confusing. In order to address the "\$300,000 owed to the elderly from BIA" issue, having it in writing would prove more beneficial. John indicated he would forward the same.

C. Roberta Kinzhuma, Clifford Webster, Cheryl Stevens. Transportation Issue.

Requesting a letter of support from ONCOA for a transportation grant. There are several groups working together to coordinate transportation needs in Oneida. There are short term and long term needs that are being identified. There will also be planning projects. Mary Edna wanted to know what is available through other programs, and would like to see a plan to coordinate. Cheryl said a market plan is being conducted to show gaps in service. Mary felt that it is not cost effective to schedule bus trips on an individual basis, and that a route should be established. There is also a need for assistance for elderly on and off the bus with their packages. It was suggested that when a request for support is needed from ONCOA, that the grants office get on the agenda, present their plan and proposal and have a support letter written. If it is approved by ONCOA, the chairperson will sign the same.

D. Alfreda Green - WIEA membership. Alfreda wanted to know the difference between individual, couple, organizational membership in WIEA. She wanted to know if ONCOA should join this group so all information can come to Sue and she can distribute to the commissioners. Sue will research the difference between the various memberships including benefits and will report back to ONCOA.

E. Clifford Doxtator - Changing ONCOA membership. Clifford wants ONCOA to consider changing its membership from nine to seven before the upcoming election.



RECRUITMENT: In November 2001, the nurses managers developed a team to identify needs and address retention in the field. OHN goes into schools beginning with day care, head start and at the elementary level. There is a degree program at UWGB for BSN. The starting salary for nurses in the Green Bay area is around \$27.00 per hour. In Oneida, it is \$14.00 per hour.

One way to get information into the community is through the YES advocates in addition to every one else encouraging students to enter the health care profession.

HOME HEALTH/LONG TERM CARE: Pearl visited Good Shepard in Seymour and Woodside to speak with their administrators about their programs. Woodside has nurses who are cross-trained and share certified staff. The Nurse Administrator is an RN. Their starting salary is \$25-\$27 per hour. There are 35 RNs and their services range from nursing home to independent living.

The hiring process for Oneida is an issue to get people to apply here. There is little recognition of nursing staff. Information regarding IHS grants should be circulated. ONCOA could help by spreading the word and advocating for nursing. Pearl's Vision: In January 1998, there was a COP Advisory Committee and a Technical Advisory Committee to address service area gaps. She would like to be involved in the planning, developing and implementing of a home health care program. Pearl feels the person

responsible for this program should be someone from this community, who knows the community and has the experience. CNA, PCW, Respite, Home Chore, Professionals, need to pool resources to make this happen. Integrated health is vitally important.

MOTION: by Arlie that ONCOA request HSC/Advocates to present on what they are offering our young people for future education, 2<sup>nd</sup> by Lois Powless, motion carried.

MOTION: by Mary Edna that we keep home health care topic on the table and that we keep an open invitation to Pearl as information becomes available on this issue, 2<sup>nd</sup> by Arlie, motion carried.

MOTION by Lois Strong that ONCOA create a position statement regarding an organized effort to include 1. Advocating for native people to enter the health care professions; 2. Reinforce positive recognition of health care staff in Oneida; 3. Support efforts to make home care a reality. Statement to be sent to key people including the OBC, health care supervisors, DRUMS and KaliWisaks, 2<sup>nd</sup> by Arlie, motion carried. Everyone thanked Pearl for her presentation and was appreciative of the information she shared.

## VII. REPORTS

A. Oneida Business Committee Liaison - No reps present.

B. Elderly Services Program/February - Roberta Kinzhuma.

Q: Has the issue with HRD been addressed to fill vacant spots?

A. There is a need for a Driver's Aide. There were a selection of the top 2

candidates. The number one candidate was non-Indian. The number two candidate is Indian, but cannot start right away. Fred had a meeting with all social services directors and HRD regarding the HRD process. MOTION by Lois Powless to accept report; 2<sup>nd</sup> by Lois Strong, motion carried. COMMENT by Glen Skenandore: Isn't this ONCOA's job to advocate about these issues?

C. Monthly Report/February - Dave Larson.Q: What is the current status of home health care?A. Needs an RN for COP.Q: Can you present time lines, plans, objectives for the home health care plan?A: Will make that presentation at the next meeting

Q: Why are there two empty apartments and 38 people on the waiting list?

A: The two empty apartments will be occupied shortly.

Q: Why can't assisted living and home health care be separated?

A: Assisted Living stands for Residential Care Apartment Complex. Home Health Care: designed to help people stay in their homes. Dave is working on this once the RN comes on board.

Q: What is the plan for the home health care program?

A. Dave will present on this at the next meeting

COMMENT: Roberta stated there is a great need for home health care. Faith in Action grant for \$35,000 is for volunteers to help, to relieve the care givers. The current Respite Care program only provides services during the day. This program has been worked on for the last five years. We should have this program in place by now.

COMMENT: Arlie indicated that the CWAG program director presented at the Senior Statesmanship training stating that studies indicate home health care will prevail and also that home health care will be a more preferred avenue over assisted living. MOTION by Lois Powless to accept report, 2<sup>nd</sup> by Clifford, motion carried. D. Elderly Complex Ad Hoc Committee Report/February - Warren Skenadore

Ad Hoc Committee is to meet with OBC individually to encourage them to keep on top of issue that concerns Ad Hoc. A report is to be brought back to the next ad hoc committee meeting.

MOTION by Nadine to accept report; 2<sup>nd</sup> by Arlie, motion carried.

E. Financial Report/January - Hugh Danforth. No report available.

MOTION by Lois Strong to table report; 2<sup>nd</sup> by Clifford, motion carried.

F. Travel Reports/Senior Statesmanship Program - Hugh Danforth and Arlie Doxtator. No reports available.

MOTION by Lois Strong to table reports; 2<sup>nd</sup> by Lois Powless, motion carried.

G. Travel Reports/GLITC Reception - March 5, 2002 - Clifford Doxtator and Mary Edna Greendeer.

Clifford made an oral report, will submit a written report.

MOTION by Nadine to accept Clifford's report; 2<sup>nd</sup> by Lois Strong, motion carried. One abstention, Clifford.

Mary Edna made an oral report including meeting with Kathy Annette of IHS, Phyllis Dubey of HHS regarding health care and Julie Smith for American Indians Against Abuse. After the reception, Mary went to the capital to hear Governor McCallum's

address, then returned to meet with several other people. McGesheek from Red Lake will run for WIEA. There is a coalition of Ojibway tribes. Al Trepanier is the new chair for the Tribal Leaders Association. Eugene BigBoy is Vice Chair, and Roy Deperry was also elected to this organization. Richard Ackley and Hugh Danforth were acknowledged for their assistance at this meeting. Will submit a written report.

MOTION by Arlie to accept Mary Edna's report; 2<sup>nd</sup> by Nadine, motion carried. One abstention, Mary Edna.

#### VIII. TABLED BUSINESS

A. Elderly Complex Ad Hoc Committee Report/October - Warren Skenandore

MOTION by Lois Powless to take from table; 2<sup>nd</sup> by Clifford, motion carried.

MOTION by Lois Powless to accept report, although the information is moot; 2<sup>nd</sup> by Nadine, motion carried.

B. Financial Report/November - Hugh Danforth. No report available  
Leave tabled.

C. OCHC Naming Building Issue: Legal Opinion - Susan House

MOTION by Lois Strong to take from table; 2<sup>nd</sup> by Nadine, motion carried.

Presentation by Susan House: Susan passed out the legal opinion prepared by Patti Brzezinski indicating the Naming Building policy does not address replacement buildings. Sue Daniels indicated that the Division of Land Management is creating a new policy to take over this responsibility and that ONCOA would need to request the policy be rescinded. She also felt that contact should be made with Roy Huff indicating the status of his request made over a year ago.

MOTION by Lois Strong to send a letter to Roy Huff letting him know we are still working on his request; 2<sup>nd</sup> by Arlie. DISCUSSION: Susan stated the OCHC Board would be willing to write a joint letter with ONCOA to Roy Huff, motion carried.

D. Meeting with HRD regarding Approved Policies - Lois Strong

MOTION by Lois Powless to take from table; 2<sup>nd</sup> by Arlie, motion carried.

MOTION by Lois Powless to approve draft and be sent through the chain-of-command; 2<sup>nd</sup> by Clifford, motion carried.

There was also the issue of concern regarding Roberta's vacant positions. MOTION by Lois Powless for Roberta to draft a letter with authority of approval given to the ONCOA officers regarding hiring concerns at Elderly Services. Letter to include a date for a Special Meeting with ONCOA, the GM and HRD to address these issues of hiring concerns. The memo should be addressed to both Geraldine Danforth and Janice Hirth with carbon copies to our ONCOA liaison, Fred Muscavitch, Don White. The meeting to take place on March 26, at 1:15 p.m. at Elderly Service Conference Room; 2<sup>nd</sup> by Mary Edna, motion carried.

#### IX. OLD BUSINESS

A. Elderly Garages Report - Roberta Kinzhuma/John Brueninger. No report available.

MOTION to table by Lois Powless, 2<sup>nd</sup> by Mary Edna, motion carried.

B. BIA Roads Money/Elderly Services Complex - John Brueninger. No written report available.

MOTION to table by Lois Powless, 2<sup>nd</sup> by Mary Edna, motion carried.

C. WIEA Membership - Sue Daniels -

For Information Only

D. NICOA - September 4-6, 2002

MOTION by Nadine to go to the finance committee to request funding for all ONCOA commissioners to attend NICOA; 2<sup>ND</sup> by Arlie. DISCUSSION: Put this item on financial committee agenda, contact all ONCOA commissioners to attend the meeting, motion carried.

E. Goals/Objectives/Tasks: Dates set: March 18, 19 or 20 in the afternoon. Sue will confirm with Jacque, contact commissioners.

#### X. NEW BUSINESS

A. INFORMED CHOICE - Karen A. VanDenBusch. Sue to call Karen and indicate that ONCOA is not interested at this time.

B. Training for Older Americans Act in April. Lois Strong cannot attend the meeting, but anyone else who may be interested must have their paperwork in to Sue by tomorrow, March 13, 2002.

MOTION by Lois Strong that we revisit the selection process for travel, 2<sup>nd</sup> by Lois Powless, motion carried.

#### XI. ANNOUNCEMENTS

A. Administration on Aging Long Term Meeting - Roberta Kinzhuma

MOTION by Lois Powless to support Hugh Danforth to attend the

Administration on Aging Long Term IHS meeting in Albuquerque, NM from April 10-12 with all expenses paid by the Administration on Aging; 2<sup>nd</sup> by Clifford, motion carried.

B. MAST - Mary Edna Greendeer. April 7-10 in Washington, D.C. Tina Danforth is the Vice-Chair for MAST. There is a Special Indian Elders Congressional Forum at this meeting.

MOTION by Lois Strong that a memo be sent to all OBC members requesting feedback from them regarding any proceedings of MAST meeting especially the Special Indian Elders Congressional Forum; 2<sup>nd</sup> by Lois Powless, motion carried.

C. Letter to Senator Kohl regarding support for Elder Abuse Funding-Roberta Kinzhuma. Roberta presented a sample letter for which she requested ONCOA commissioners write a similar letter to be sent to Senator Kohl. Support for request was given.

#### XII. ADJOURNMENT

MOTION by Lois Powless to adjourn at 4:20 p.m.; 2<sup>nd</sup> by Arlie, motion carried.

MINUTES APPROVED AT THE REGULAR ONCOA MEETING OF APRIL 9, 2002.

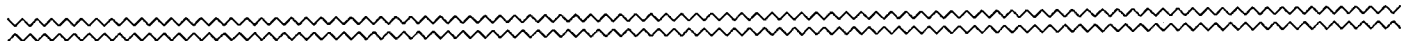
F. Anita Barber - Request for ONCOA's assistance re: Head Dancers for Honor the Youth Pow wow. Anita distributed a list of students who might be considered as head dancers. She also asked ONCOA to establish criteria for selecting dancers in the future. Such criteria included: Good family values; role model; good grades; character; age group; make own outfits; drug and alcohol free. Someone other than the youth must submit a nomination essay. The essay should a minimum of at least 100 words. Commissioners will review the entries, return them to Sue by February 15 and Sue will make sure Anita has them by February 19. All commissioners are invited to attend the pow wow where they will be recognized as the judging committee. The pow wow will be at the Turtle School, Saturday February 23, 2002 beginning at 1 and 7 for grand entries. A feast will be held at 5 p.m.

X. ANNOUNCEMENTS: Barb Mamerow handed out information about the White Cane

Law. She also suggested we invite Marena (Alfreda Green's daughter), who sits on the Advisory Council of Bay Area Agency on Aging as a guest speaker. This year is the three year planning cycle for funding. The information will come out on April 18, 2002. Draft plans must be submitted by August of this year. Public hearings will be held in the fall. See Roberta Kinzhuma for more information. Bay Area Agency usually meets the fourth Monday of the month. For April, they will be meeting in Oneida at the Elderly Services Complex Conference Room. The meeting is opening and will begin around 10:00. The group will then have lunch at Oneida's senior center. All are encourage to attend and to have lunch together.

XI. ADJOURNMENT: Motion to adjourn by Lois Powless at 3:55 p.m.; 2<sup>nd</sup> by Arlie Doxtator. Motion carried.

APPROVED AT THE REGULAR ONCOA MEETING OF MARCH 12, 2002



ONEIDA NATION  
COMMISSION ON AGING  
REGULAR MEETING  
MARCH 12, 2002  
ELDERLY SERVICES COMPLEX -  
CONFERENCE ROOM  
1:00 P.M.

MINUTES

- I. CALL TO ORDER: The meeting was called to order by Acting Chairman, Hugh Danforth at 1:05 p.m.
- II. WELCOME AND PRAYER: Arlie Doxtator delivered the opening prayer.
- III. ROLL CALL: Present: Hugh Danforth, Arlie Doxtator, Lois Powless, Mary Edna Greendeer, Nadine Escamea, Lois Strong and Clifford Doxtator. Excused: Dellora Cornelius and Alfreda Green.
- IV. APPROVAL OF AGENDA: Delete Item X.B. Interim Secretary/ONCOA Item IX. C. WIEA Membership is FYI only.  
Add under Item X.B. Training in April regarding Older Americans Act  
Motion to approve agenda with changes by Lois Strong, 2<sup>nd</sup> by Arlie, motion carried.
- V. APPROVAL OF MINUTES:  
February 12, 2002 - Regular ONCOA Meeting. Motion to approve by Lois Powless, 2<sup>nd</sup> by Mary Edna, motion carried.
- VI. SPEAKERS: Pearl Webster - In Home Health Care/Nursing as a Profession  
Pearl spoke on the benefits of nursing. She has been a nurse for 34 years,

beginning with LPN upon graduation from high school. She worked for 10 years between St. Vincent's and St. Mary's in the surgery and post-op surgery. After her marriage, she worked at the Americana West/medicare wing/acute care setting for seven years. Pearl feels the benefits of nursing are flexibility, continued learning and the variety of areas of service. Pearl continued her education at the Bellin College of Nursing for an advanced degree and earned her BSN/RN, after which she came back to work in Oneida. She began her work as a TB outreach worker under a grant from the State of Wisconsin. Once the grant ran out, she moved to the Oneida Community Health Center, Community Health Nursing program and worked there for 10 years. She became the Occupational Health Nursing Coordinator in 1993 and has been there going on 10 years. In the second year of the program, she hired two nurses. Their program must be knowledgeable about OSHA, tribal rules and mandates. This is the first program of its kind in Indian country.

There are 0.5% American Indian/Alaska Native nurses in the country. The COP program has a need for an RN, this is a critical position. One of the CHN nurses will be transferring into this position. The Oneida Head Start Program also has a need for a nurse which will be filled through transfer.

There is a two year program at NWTC for an RN. IHS funding is available for this program as well as the 4 year program for RN/BSN.

## ONEIDA NATION COMMISSION ON AGING BOARD MEMBERS

Dellora Cornelius (Chairman)  
N6319 Onondaga Drive  
Oneida Wi 54155  
869-1171

Hugh Danforth ( Vice Chair)  
874 Silver Creek Drive  
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869-1762

Arlie Doxtator (Secretary)  
N5260 County E  
De Pere wi 54115  
788-5474

Clifford Doxtator (Board Member)  
3035 Standing Stone Dr.Apt 2  
Oneida Wi 54155  
869-3590

Alfreda Green (Board Member)  
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Lois Powless (Board Member)  
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Seymour Wi 54165  
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MaryEdna Greendeer (Board Member)  
W103 Service Rd  
Oneida Wi 54155  
869-2907

Lois Strong (Board Member)  
N6407 County U  
DePere Wi 54115  
869-1126

Nadine Escamea (Board Member)  
W1428 Ray Road  
DePere Wi 54115  
833-1791

*Meetings are held on the second Tuesday of each month at 1:00 p.m. in the Elderly Services Conference room located st 2907 S. Overland Rd. Your participation is welcome.*

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

## ONCOA AGENDA REQUEST FORM

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

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

\_\_\_\_\_ SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

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

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ YES

☐ NO

(Must comply with State Statutes 19.85 and Open Meetings Law)

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

APPROX. TIME REQUESTED TO DISCUSS ITEM: \_\_\_\_\_ MINUTES

**\*NOTE:** There is a fifteen (15) minute time limit for presentations, unless otherwise approved. Please be prompt, prepared and respect the time limits.

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

1) \_\_\_\_\_

2) \_\_\_\_\_

REQUESTED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

Name

Title

Phone

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

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: \_\_\_\_\_

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



**DATE:**     /     /    

|         |       |          |                                      |     |          |
|---------|-------|----------|--------------------------------------|-----|----------|
| Name    |       |          | Phone Number (      )                |     |          |
| Address |       |          | Social Security Number      /      / |     |          |
| City    | State | Zip Code | County                               | DOB | /      / |

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