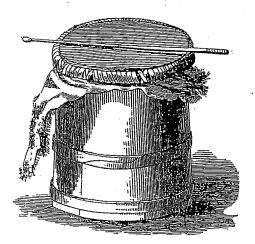
# DRUMS ACROSS ONEIDA

ELDERLY SERVICES 2907 S. Overland Rd.

P.O. Box 365



SENIOR CENTER 134 Riverdale Dr.

Oneida, WI 54155

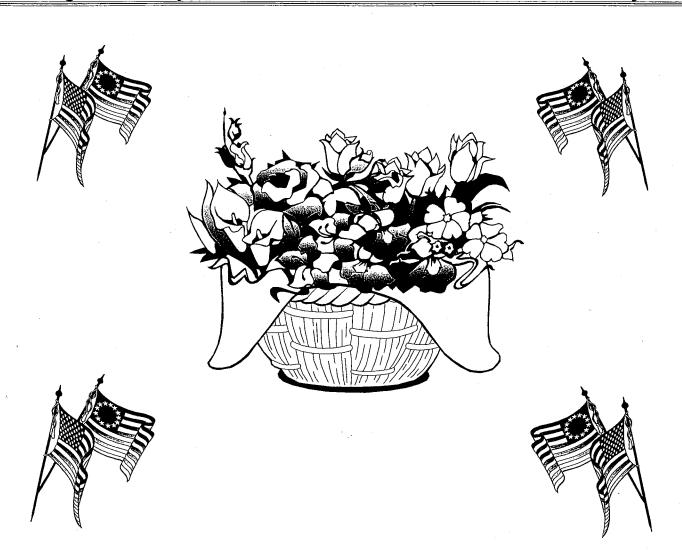
Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Planting Moon-Latiy^t?tho.tha Weh-hni.tahl

May 2003



#### **ELDERLY SERVICES COMPLEX:**

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

**Program Director** 

**Assistant Program Director Benefits Specialist Supervisor** 

**Benefits Specialist** 

**Elder Abuse Coordinator Elderly Services Coordinator Administrative Assistant** 

Office Manager

**Transportation Coordinator** 

**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** 

Elder Helper Title V Title V

#### **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 **Outreach Worker** 

Elder Helper Elder Helper Elder Helper

Title V Title V Florence Petri

Vacant

Lori Metoxen Julia Hill C.J. Doxtator **Cheryl Ault** 

**Noreen Powless** 

Vacant

Lorna Christjohn Connie Van Gheem

Dale Webster

Margaret King-Francour

Cindy Brabbs **Amy Sumner** Joanne Close Lorleen John Regina Vande Hei Debbie Ninham Marty Braeger

Barbara Skenandore

Arleen Elm **Rita Summers** 

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

Brenda Jorgenson Loretta Mencheski **Betty Jorgenson** Althea Schuyler Catherine Granquist

Robert LaGest **Richard Summers** Lee Domencich **Lloyd Davis** Lisa Huff **Denise Johnson** Jared Skenadore **Harold Dostalek** Warren House

Richard Dodge Winona Mencheski **Grover Smith Cornelius Hill** 

Marena Pamanet

# UP CLOSE AND PERSONAL WITH Julia A. Hill (McLester) Benefit Specialist

Julia A. Hill (McLester) is the daughter of Gordy and Betty McLester. She lived in Oneida till she was 20 years old and had 2 children, then moved to Lac Du Flambeau. She lived and worked there for 9 years. Julia worked as the Contract Health Clerk for 3 years at their Health Center. Then as a Senior Companion Program Director for GLITC for 6 years.

As the director of this program she was able to meet & travel to every reservation in Wisconsin every month. She basically had grammas on every reservation. She would joke by saying, she could break down pretty much anywhere in the state & she would have a gramma close by that would feed her & take care of her. That actually happened a few times.

Julia has been with the Oneida Tribe for 12 years now, most of them have been working with elders in some way. She was 6 years at the AODA Social Services, for 3 years at Cultural Heritage Language Program. The last place here as a benefit specialist for 3 years with the Elderly Services Program.

It's been an honor to have been able to work with so many elders over the years. I've met some pretty great people. It's great to work for a department that truly cares about their elders.

When you were a child, what did you think you'd like to be when you grew up?
I wanted to own my own bakery.

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

What do you consider to be your greatest accomplishment?

Raising my family

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

What is the best advice anyone ever gave you?

Do your best to be happy.

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

What is your ideal vacation?

Just rest, sleep in and do nothing!

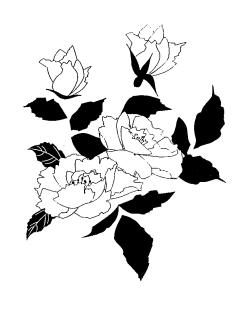
FAVORITE MEAL: Homemade cooking

FAVORITE MUSIC: All music

FAVORITE BOOKS: Cook books

**FAVORITE MOVIES:** Documentaries

**FAVORITE HOBBIES:** Cooking, sewing, beading& making tree houses.



Shekoli,

I'm Fred Muscavitch, the Area Manager of Social Services for the Tribe, and I oversee the Elder Services Department. I want to take this opportunity to thank everyone who helped in the recent distribution of used computers to 150 elders. I need to thank upper administration and Dave Cluckey at MIS, for allowing the Elder Services to participate in this. The dedication of the Elder Services staff continues to impress me. They helped every step of the way, cheerfully. And, the Mail Room staff stepped up and took control of the packaging and mailing to 16 states and throughout Wisconsin.

I especially must thank the elders themselves. The vast majority of the elders who were selected were very appreciative and helpful. To them, I say, "Thank-you for making our jobs enjoyable." Another group of elders who need to be mentioned are those who already had a computer in their home.

The purpose of the distribution was to get these computers to elders who do not have access to a computer. Many elders did not apply due to this, in fact one elder who was selected, had purchased a computer just before his name was drawn, and he called to decline the one we offered. It is very encouraging to know that there are people who look out for those who are less fortunate.

We still have about 10 people who have not received their computer and we may be drawing again, if these ten are not claimed. As you know, we had a public drawing on March 31 at the lunch site. Here are the people who were selected and have received their computer:

Roger Alan Clarissa M. Alexander Milton E. Aures Jr. Shirley M. Baeten Muriel June Baez Florence Balck Marcella E. Bannach Patricia Beilke Elizabeth M. Bins Katherine Jean Bohanan Inez Boswell George Reeves Botts Phyllis Bovee Marie Brander Angeline Brocker James L. Butler Lucille A. Cadotte Alice E. Christjohn Michele Cleveland Harry W. Cooper Jr. Amelia Cornelius Clarence Cornelius Elizabeth Cornelius Ira Cornelius Isaac Cornelius Mary H. Cornelius Patrick T. Cudahy Josephine M. Daebler Nori J. Damrow Eva M. Danforth Donald A. Davids Alice L. Denny Martin K. Denny Sharon L. Dodge Bond Shirley Downs Phyllis Carol Doxtator

Eunice Drephal

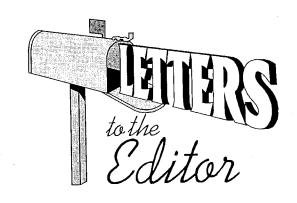
Carol L. Elm

Marilyn Elm Norman Elm Raymond C. Elm Richard Elm Maxine Fletcher Corrine Yvonne Flores Ronald B. Freeman Valentina Froh Madelyn Genskow Henrietta Gomeyosh William F. Graham Jr. Marlene A. Greatens Grace Griffey David Michael Griffith Gloria M. Griger Geraldine Grunwald Ronald G. Heimke Winona C. Hennigar Arnold G. Hill Jr. Cornelius A. Hill Kenneth L. Hill Leroy A. Hill Nancy L. Hill Richard C. Hill Sr Linda Himel Henry Wm. House Walter R. House Jr. Roy A. Huff James H. Hurst Ernest E. John Mary I. John Valder W. John Sr. Delores Johns Adeline Johnson Elaine M. Johnson Doyle J. Jordan Yvonne Jourdan Ruth Kerker

James Kerstetter Beatrice King Gloria Kinnee Charlene Fay King Sharon King Nancy L. Kozlowski Caroline Lammert Carol Lefebvere Stanley Richard Linscott Joyce A. Lodel Miriam A. Luchsinger Darlene Mason Running John W. Mcgee Wendell W. Mclester Rebecca Mcpherson Theresa Y. Mcpherson Yvonne Metivier Carol Metoxen Sue Carol Meyer Jeanet Mittag Rosella Moss Edwin J. Nicholas Joseph H. Ninham Hazel M. Noble Geraldine L. Parker Carmen M. Pasquale Anna Marie Peotter Effie Peterson Virginia G. Pflanzer Duane C. Powless Marcella Powless Nancy M. Radtke Harriet A. Reiter Carol M. Robelia Jane Salzman Sharon K. Sarnowski

Margaret Schroeder

Richard J. Schuyler Patricia Claire Seiler Elizabeth Skenandore Joyce B. Skenandore Karen Skenandore Patricia L. Skenandore Bruce J. Smith Chester G. Smith Gladys Mae Smith Disney Carol K. Spencer Ronald M. Spencer Charles Stenzel Abraham Stevens Michael J. Stowe Anna Jane Summers Lynn L. Summers Melissa A. Tapio Gary E. Thomas Ervin Simpson Thompson Suzanne Toye Hiram Norman Vallier Bernard Vandenbloomer Mildred Verbruggen Benjamin D. Vieau Jacqueline Wacek Ruth Joyce Wagner Charlotte Walschinski Helema Watters Adam O. Webster Donald Webster Edward D. Webster John M. Weideman Lee Wielebski Byron E. Williams Vivian Ann Williams



Here are some great responses that we got back from some of the elder's who entered our drawing for the surplus computers:

Dear Staff:

I truly thank you from our hearts for the computer.

Have a Happy Easter.

Thank You,

Alice Christjohn

To Whom it May concern,

Just a short note of thanks to, this is going to open up another world for me here out in the woods, Many thanks to all of you.

Inez Boswell

I want to thank the Oneida Tribe of Wi. Elderly Services program for the great gift (computer) that I won in a drawing.

I have plans for the computer which I could not of purchased at this time. I am in the process of writing a book of my life as an Oneida & Navajo Warrior. I served with the U.S.M.C. during the Korean War.

Again, I thank your program for the computer.

Sincerely,

Oscar L. House Sr.

I would like to say thank you for the computer I received in the 2003 Elderly Computer drawing. It is greatly appreciated.

Sincerely,

Marcella Powless

## **An Elders View**

I just can't keep this history lesson to myself as it belongs to all of us Oneida's. I'm referring to the picture and article in the January 23, 2003, issue of the Kalih•wisaks, on page 6C, captioned "A Railroad Parade" of sorts. Depicted was of a funeral procession where the deceased was brought by rail to Oneida, then unloaded and taken by horse and rig to "Dead Man's Creek," just west of the village of Oneida. Dead Man's Creek is now called Oneida Creek. The deceased was then loaded onto a raft and floated downstream to the crossing (what you see in the picture.) It was then taken from the raft and taken to the Methodist Church for the funeral. The people would gather at this site to welcome the deceased and then proceed to the church. The road you are seeing in the picture is now called "Ranch Road," the procession is coming east to what is now called "Seminary Road" down past Mason Wheelock's. The ridge on the west of Dead Man's Creek is where the families of Ha•doh (Adam) Christjohn's family lived, also Aaron Denny, Elizabeth Parkhurst's families lived also John Danforth's family.

This is information from an elderly gentleman, now deceased, but who lived during this era and handed down these stories. Elizabeth Parkhurst's name was Jow•a•hee and Ah•lunt was John Denny.

Respectfully, Josephine Oudenhoven

## Better Business Bureau Recognizes May as Older American Month

Fraud against the elderly is a serious problem affecting thousands of Americans every year. Unsuspecting older Americans have lost their life savings or suffered serious financial strain. During May, Older American Month, the Better Business Bureau reminds seniors and their families to be alert to common scams that can target them. Here are some of the more common schemes aimed at the elderly:

"Where's the Check?" Scam Aggressive scam artists use the telephone to seek out vulnerable seniors who are suffering from memory loss. These con artists seek to get as much information about the potential victim as they can on the first call. When they call back on the second day, the con artist will ask questions of the potential victim, based on the information gathered during the first call. If the senior can't recall the initial conversation, the fraudulent pitch begins and takes several variations:

\*"You sent us too much money," the caller insists. "We received your check for \$1,200, but it should have only been \$950. Tell you what - send us a check for the lower amount, and we'll send your first check back to you." \*"Our records indicate you've paid \$2,400 toward your total payment, leaving a balance of only \$600. Let's make a check today to clear this up, and we can get your award out to you." In both cases, no money had ever been sent. The hook for the scam artist is the victim's poor memory and reluctance to hang up the phone.

The Door to Door Scam. Seniors who spend the majority of their time at home are perfect targets for the mobile scam artist. Common among these are the home repair door-to-door scams. Home repair scams usually involve a "repairman" that claims to have noticed something in disrepair on your property. If a person pays money up-front for materials, the con artist usually disappears with the money before the job is ever started. Call the Better Business Bureau for a report on the company before signing any contract or paying any money.

Sweepstakes & Prizes. When the offer

seems too good to be true, it usually is. Postcards and telephone calls offering congratulations for "winning" a fabulous vacation, prize or cash can appear quite "official" and talk convincingly about the riches in store. The problem is, you're asked to pay a fee up-front (for taxes, shipping, or some other fabricated reason) and the prize never materializes, or the prizes are used as a lure to sell you an overpriced product.

Medical Scams. Advertisements for some medical products promise quick and easy answers to your problems. Ads may claim these products can cure cancer, arthritis, solve weight problems, and prolong youthfulness. Some of these products are more than useless; they actually can have dangerous side effects. What's more, they may delay you from seeking proper medical help. If nothing else, they'll leave you with the sick feeling that you've been swindled.

Insurance Fraud. This is a scam that especially plagues people shopping for Medicare supplemental insurance policies. Check with a financial expert and a trusted friend or family member before purchasing insurance.

The Better Business Bureau offers the advice for older Americans: following contests and prize Legitimate sweepstakes, promotions do not require a purchase or payment (for shipping or anything else). If you are asked to pay money up-front, whether for "processing," "delivery," "taxes," or "duties" you are being swindled. A red flag of fraud should register when the telemarketer expects you to pay for a product or prize before you receive it. Never give out your credit card number, bank account numbers, or your Social Security number over the telephone to someone who has initiated a call to you and promises you money in exchange. If an individual requesting money purports to be from a government agency, ask for a certified letter on official agency letterhead. If they refuse or continue to annoy you, simply hang up the phone. If managing personal finances is becoming a burden or is too confusing, get a friend or family member to help you. This is one of the best ways to prevent becoming a victim. Smart Consumers never buy goods or services at the door, over the phone or through the mail without doing some comparison shopping with local companies, and checking with the BBB. If the salesperson won't provide written information about the product or service they are selling, close the door or hang up the phone.

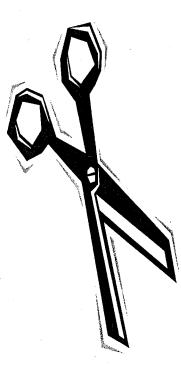
Steps that families and friends can take to help protect older Americans from scams:

Visit the homes of your elderly relatives and friends regularly. Watch for frequent calls from telemarketers; be alert to questionable purchases or unneeded services. Remind older Americans to request written information from any unsolicited

caller offering a product, service, prize, or sweepstakes winning. Then terminate the phone call. Persistent calls from the same individual are against the law and need to be reported to your state Attorney General. Watch for a full mailbox: A large number of daily mailings from promotion companies could indicate the resident is a player of these games and has been placed on a "sucker" list. Be alert for packages or boxes containing "junk" gifts or personalized items like pens or letter openers in an elder's home. These could be sign of involvement in a sweepstakes or prize scam.

## Oneida's Nominated for 2003 Volunteer Awards

Green Bay, WI The Volunteer Center Of Brown County held there 15th Annual "Golden Rule Awards on Tuesday April 29th, 2003 at the KI Convention Center downtown Green Bay. Bill Jartz of WBAY-TV served as Master of Ceremonies in this years celebration of Community Volunteers. Arlie Doxtator one of our own was nominated for Adult Volunteer of the Year. Arlie was nominated by Florence Petri, Oneida Elderly Services Director. Petri states "Arlie has been essential in the success of the Oneida Area Faith in Action Program giving selflessly of his free time to attend meetings and endless hours of community services". Sentiments of appreciation are echoed by the Elderly Services Staff "he is always there for us with moral support" end quote "you can count on Arlie to help out with anything and he always has a smile". Juanita Kolitsch was a nominee for Adult Volunteer of the Year for her unending support of Guardianship Program in Brown County.



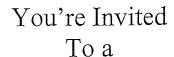
## Just a note: Sewing classes

Thursdays at 6:30pm. Anyone can attend.

Please pass the word there is no charge and anybody may come. It is for all sewing levels. The only requirement is that the first hour is spent working on the community project which we started last week. It is a Star quilt which will be raffled off.

The next hour will be spent working on your individual projects of your choosing and expense. Bring in your ideas if your not this far yet and we will get you started. We will only be meeting the first and third Thursdays of the month until the end of May.

Hope to see you all there at the Elder Center Activities room at 6:30pm We are meeting every other Thursday, May 1st, May 15th, & May 29, at 6:30 pm,



# LIFELINE REVIEW

May 9<sup>th</sup> 9:00a.m. to 10:30A.M. Senior Center 135 Riverdale Drive Oneida, WI 54155

In celebration of National Month of the Elder, St. Vincent Lifeline invites you to join us for a review of how the service works. Representatives from St. Vincent Lifeline will review the service and answer any questions you have regarding the service. Lifeline is a Personal Emergency Response service that allows anyone to get help at the push of a button, 24 hours a day, 7 days a week.

REFRESHMENTS WILL BE SERVED Any Questions Please contact (920) 433-8550







## **ELDERLY TRIBAL MEMBERS**

**TUESDAY - MAY 27, 2003** 1:00PM - 3:30PM

## **Multi-Purpose Center County J**

Latest Updates on the Oneida Constitution  $\bigstar$ Presenters: Lloyd E. Powless - Historical Vince DelaRosa - Current Status

Questions/Answers Session

**Wisconsin Senior Care:** 

Presenter: Dr. Ali Mardan - OCHC How does it work? What are the benefits? Why should the elderly sign up for this program?

Questions/answers Session

For more information contact any of the ONCOA Commissioners or Susan Daniels, Administrative Assistant for ONCOA (869-2448)

















## **May Birthdays**

			E (0/40
Baxter, Mae	5/11/25	King, Barbara	5/8/43
Borcherot, Arthur	5/16/42	Kurowski, Anna	5/24/24
Charles, Floyd	5/12/36	Laes, Ruth	5/3/32
Cook, Irvin	5/10/22	Linscott, Stanley	5/15/32
Cornelius, Benjamin	5/24/43	Mehojah, Joseph	5/25/28
Cornelius, Juanita	5/13/28	Moore, David	5/5/18
Decorah, Rhea	5/16/28	Nicholas, Eldred	5/21/36
Decorari, rifled Dennison, Elizabeth	5/2/35	Ninham, Abraham	5/25/41
Denny, Alice	5/9/31	Ninham, Dorothy	5/28/41
•	5/6/47	Parker, Carl	5/29/39
Denny, Darlene	5/3/24	Perkins, Vera	5/18/11
Denny, Nathan	5/4/45	Peters, Philip	5/1/36
Dixon, Carol	5/1/40	Ryan, Florrean	5/19/28
Dohm, Helen L.	5/12/37	Sim, Lois F.	5/6/41
Doxtator, Darrel E.	5/1/39	Skenandore, Dorothy	5/24/29
Erickson, Herbert	5/1/39	Smith, Chester	5/15/27
Erickson, Roger		•	5/18/27
Escamea, Nadine	5/6/45	Steffes, Weston	5/25/26
Faith, Lois	5/6/41	Steinfeldt, Andrew N.	5/10/33
Franco, Alfreda	5/22/30	Summers, Frank	5/8/34
Hill, Gerald	5/1/38	Vandenbloomer, Raphael	5/15/27
Huff, Helen	5/29/42	Wacek, Jackie	
ller, Harold	5/28/34	Wheelock, Eldon	5/14/43
		Woodke, Nick	5/19/36



## **ORANGE CHICKEN PICCATA**

Prep time: 10 minutes Cook time: 15 minutes

Makes 4 servings

1lb. Boneless skinless chicken breasts, pounded thin 2tbsp. Flour ½ cup orange juice 1/4 cup Honey or Dijon Mustard

1/4 cup . Orange Marmalade1/4 tsp. Rosemary leaves, crushed1 orange, thinly sliced and quartered

- 1. Coat chicken with flour. Heat 1tbsp. Oil in nonstick skillet. Cook chicken for 5 minutes until browned.
- 2. Mix juice, mustard, marmalade and rosemary. Stir into skillet: boil 5 minutes until chicken is cooked through and sauce thickens.
- 3. Stir in orange pieces. Serve with rice.

#### MAY IS OLDER AMERICANS MONTH

Older Americans have a significant presence in many Faith in Action programs. They are care receiver's, volunteers, board members, coalition members and even program directors. May is Older Americans Month and the theme for this year's event is, "What We Do Makes A Difference". For more than 30 years, the President of the United States has designated May as the official month to take time to acknowledge the contributions of millions of older adults.

Please consider using the attached news release to help build community awareness of older adults and of the important role they may play in your program. Or, consider using some interesting statistics in your newsletter from the Administration on Aging.

- By 2030, there will be about 70 million older persons, more than twice their number in 2000.
- People 65 and over represented 12.4 percent of the population in the year 2000 but that number is expected to grow to be 20 percent of the population by 2030.
- Minority populations are projected to represent 25.4 percent of the elderly

population in 2030, the white population in 2030, up from 16.4 percent in 2000.

Between 1999 and 2030, the white population 65 and over is projected to increase by 81 percent compared with 219 percent for older minorities, including Hispanics (328%), African-Americans(131%), American Indians, Eskimos and Aleuts (147%), and Asians and Pacific Islanders (285%).

## **VOLUNTEERING IN AMERICA**

Volunteering continues to be an important characteristic of American life. If asked to serve, 63% of Americans will volunteer, compared to the 25% who all volunteer with out having been asked. Did you know that over 83.9 million people volunteered their time in 2000? And, the 15.5 billion hours of service from these many volunteers represent the equivalent of over \$239 billion in services. The average volunteer in America serves 3.6 hours of time per week, which is slightly higher than the average Faith in Action volunteer who serves 3.17 hours each week. According to national statistics provided by the Points of Light Foundation, over 54% of working seniors are volunteers and 50% of these serve in their faith congregation. In faith in Action programs, adults aged 50 and older represent 49% of the total volunteers and that group only 31% are retired.

Consider including these statistics about volunteers in America and Faith in Action volunteers inn your monthly newsletter and educate your community about the important role volunteers play in communities across the country. Better still, include the statistics in your newsletter demonstrating the number of service hours provided and people volunteering through your local

Faith in Action program.

## **DIABETES SUPPORT GROUP**

A new support group for people with diabetes will be held at the Oneida Health Center. The purpose of this group is to support, encourage, and share with each other so we may see our disease as only a part of us, not a dark shadow over our entire lives.

Diabetes requires many changes in life style, eating habits, exercise socializing, emotions and health habits, but with help life can be good again. Many people feel burdened by this disease and find it a daunting task to control their diet and exercise. Resentment, anger, shock, fear, and depression can result. Many find themselves feeling so alone, almost like an outcast, with the struggle. Joining others to share thoughts, feelings, ideas, and even recipes can help begin a journey of growth to even greater mental and physical health, returning us to balance in body, mind, and spirit.

The group is now in the planning stages. It will be facilitated by Ann Rockhill and Sandy Holden from the Oneida counseling staff. Members will be asked to keep confidentiality. Meeting day and time will be set by potential members letting us know what is best for them by calling 490-3728 or 490-3708 and leaving a voice mail message.

A healthy meal will be served after the group and an education component will be added by the diabetic team.

Won't you reach out for healing and join us at the Oneida Health Center? Groups will most likely start at the end of April. Brochures will be available at the Spring Fling, after which you can find them at the Health Center, Social Services Building, and Health works. Please call us with your interest and suggestions.

# "SPRING INTO SPRING" NATURE AWARENESS WALK THURSDAY, MAY 15, 2003 10:00AM - NOON

Join Brown County Park Department Naturalist , Doug Hartman for an interpretive spring nature hike at the L.H. Barkhausen Waterfowl Preserve in Suamico.

This leisurely hike on our accessible 3/4 - mile long Woodcock Trail will focus on the wonders of spring. Learn more bout our native wildflowers blooming along th trail and look for area wildlife awakening from their winter slumber! Find out what birds are migrating through the area and maybe catch a glimpse of our new baby geese. Bring along binoculars for a better chance at viewing wildlife and dress for the weather conditions!

A \$200 donation is requested.
Bring a sack lunch if you desire.

Please RSVP to 448-4314 by May 13,2003

(The walk is limited to 20 people)
In case of rain we will reschedule.

The L.H. Barkhausen Waterfowl Preserve is located just a few miles north of Green bay off Highway 41/141. Take the Lineville Exit east and follow the signs. You can't miss us!

# THE AGING RESOURCE CENTER OF BROWN COUNTY PRESENTS: "BEASTLY POETRY OF OGDEN NASH" BY DICK SCHULTZ

TUESDAY, MAY 13<sup>TH</sup> AND MAY 20<sup>TH</sup> ST 2:00 PM AT THE AGING RESOURCE CENTER OF BROWN COUNTY 300S. ADAMS ST. GREEN BAY WI

Twenty enjoyable minutes spent listening to the humorous, quirky verses of Ogden Nash. Dick Schultz will bring to life this most popular rhyming satirist of the 1930's and the 1940's. Mr Nash had a unique flair for casting the foibles of human nature in a gentle humorous manner. Mr. Schultz has been active in local community theater since 1979. He retired in 1997 as a philatelic clerk for the Post Office.

Please RSVP to 448-4314

25	18	11 Mothers Day	4		MA	Sunday
26 Offices Closed MEMORIAL DAY	19 Fitness 9:30-10:30 a.m. Bingo Site 2 LAST ONE 1:00 - 3:00 PM	12 Fitness 9:30-10:30 a.m. Movement Madness 1:30 - 3:00 pm	5 Fitness 9:30-10:30 am Bingo Site 2 1:00 pm			Monday
27 Crafts Epworth Hall 9:30 - 11:30am Comm.Meeting @Meal Site 1 to 3:30	20 Crafts Epworth Hall 9:30 - 11:30am Rummaging	13 Crafts Epworth Hall 9:30 - 11:30am Dollar Store 1:00 pm	6 Crafts Epworth Hall 9:30 - 11:30am		2003 A	Tuesday
28 Fitness 9:30-10:30am Tower Foods 10am Bingo Hwy H 1:30-3 pm	21 Fitness 9:30-10:30am Tower Foods Land Ofc Op Hse Bingo Hwy H 1:30-3 pm	14 Fitness 9:30-10:30am Tower Foods 10am Bingo Hwy H 1:30-3 pm	7 Fitness 9:30-10:30am Tower Foods 10am Bingo Hwy H 1:30-3 pm		ctiviti	Wednesday
29 Elder's @ Radisson 9:15 - 1:15 "Wrap it Up" Hwy H 1:30	22 AJNH Visit 10 - 11 a.m. Birthdays 12:15 Land Ofc Op Hse 9 to 3:00 pm	15 Crafts 9-11am Elder Complex "Kick Diabetes out of Oneida" @ DoxBee's 4 - 8 pm	8 Crafts 9-11am Elder Complex Scrapbooking Bring your "Pictures" Hwy H 1:30 to 3 p.m.	1 Volunteer Banquet Hwy H 11:00 - 2:00	ties	Thursday
30 Shopping Banks Lunch Out Rummaging 10 - 3 pm	23 Offices Closed ONEIDA DAY	16 Shopping Banks Lunch Out Rummaging 10 - 3 pm	9 Shopping Banks Lunch Out Rummaging 10-3 pm	2 Shopping Banks Senior Festival Shopko Hall 8-2 pm		Friday 05/06/03 (2)
ದ್ವ	2 24	17	10	ω		Saturday

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## EIGHT ENERGY DRAINS AND HOW TO FIX THEM

ENERGY DRAIN	ENERGY MOVE
Worry; When you worry, you think you're dealing with things, but you're just suffering. Worry never comes up with good ideas. It torments and exhausts us.	Get Going Action is the cure for worry. Do one thing that brings you a step closer to coping. If it's the middle of the night, get up and write a to do list
<b>DEPRIVATION</b> Duties and responsibilities fill your days. You gain weight trying to get emotional energy from food.	ADD PLEASURE, BEAUTY, FUN Satisfying experiences, large and small, are the real nourishment you crave. Plan a big treat to look forward to-and a little one every day.
UNFINISHED BUSINESS Unmade decisions and postponed projects drain you.	DO IT OR DUMP IT Forget the perfect decision-just trust yourself and make a choice. Put projects in an appointment book. If you can't find any good time, that's a signal you don't want to do it. So don't.
HOLDING ON TO LOSS Fresh loss is an emergency. But old losses you can't let go of are dead weight	CRY ALL YOUR TEARS Indulge in big-time mourning. Take off from work, stay in bed, and do nothing but cry till you're dryand bored. Then go out and embrace life.

#### Kitchen Secrets

### Simple but Ingenious

If your iced tea becomes cloudy, just add a little boiling water and it will clear up instantly.

The best kitchen tool found for cutting soft cheese is actually dental floss.

The old-fashioned technique of "brining is to submerge chicken in a strong salt solution for a few hours before frying gives the juiciest, tastiest fried chicken ever.

Never grease the pan when you make angel food cake. If the delicate egg whites in the batter come in contact with any fat particles, the cake won't rise. The favorite light-as-a-feather variation is enhanced by a whisper of lemon zest.

#### NO FAULT

Caring for an ailing parent by Dr. Hargrave.

When my widowed mother was in her 80s, I tried very hard to get a person to sleep in the house with her. Well, she found fault with all the women I found. My cousin, a gerontologist, set me straight. She said, "Your mother wants the house to herself. And if her housekeeper finds her dead on morning, that's how she wants it. And you are not to feel guilty about it. "Well, this came to pass. My mother was found dead at the foot of the stairs, dressed, ready to go out. And I never felt guilty.

Helen Lillie Washington, D.C.

Personal Family Safety

Teach your children how to stay in touch. Make sure they know how to contact you at work. If you haven't already, establish habits where they check in at regular intervals.

Make sure smaller children know their address, including nearby

cross streets and landmarks.

In case an emergency does happen, establish an out-of-town relative or friend that family members know to contact in case you become separated.

Get to know your neighbors, especially the ones who live alone or

who might need additional assistance in case of an emergency.

Make a list of important phone numbers, such as emergency services and non-emergency numbers for the police department and your local FBI office.

## Wisconsin No Call List



Consumers sign up by calling: 1-866-9No-Call (1-866-966-2255)

Or by visiting our website at:

http://NoCall.Wisconsin.gov

Wisconsin Department of Agriculture, Trade and Consumer Protection No Call Program PO Box 8911

Madison, WI 53708-8911 Telephone: (608) 224-4999

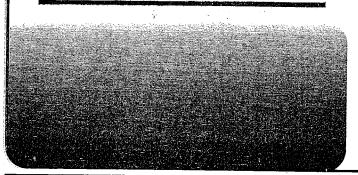
Fax: (608) 224-4939 TDD: (608) 224-5058

Email: WINoCall@datcp.state.wi.us



CONSUMER PROTECTION





The Wisconsin No Call List was established by law to protect consumers from unwanted telemarketing sales calls. Inclusion on the Wisconsin No Call List is FREE to Wisconsin Residents

The date you sign up determines the date when telemarketing calls should decrease:

If you sign up before:	You will be listed on the list on:
December 1st	January 1st
March 1st	April 1st
June 1st	July 1st
September 1st	October 1st

The updated No Call List is given to registered telemarketers quarterly. Therefore, it may take 30 to 120 days for your number to get to telemarketers.

#### **EXCEPTIONS**

Although registration is designed to prevent MOST unwanted telemarketing calls, it will not stop ALL calls. The law provides for some exceptions:

- Donation requests from nonprofit organizations.
- Calls encouraging you to purchase property, goods or services from a "nonprofit organization".
- Individuals acting on his/her own behalf and not as an employee or agent for any other person.
- Calls make in response to your written/verbal request or permission.
- Calls made to an existing customer.
- Calls made to a business telephone number.
- One call to check on a lapsed contract or customer satisfaction.
- Calls for polls, surveys and political purposes.

## ELDERS ARE NEEDED!

TO PARTICIPATE IN THE GREAT MEALS, EVEN GREATER TRIPS, MAKE NEW FRIENDS, MEET OLD FRIENDS, MAKE NEW MEMORIES, TALK OF OLD MEMORIES, WE MAKE MEMORIES EVEN BETTER WITH PICTURES, WE WILL TRY TO MAKE YOUR DAY AND EVERY DAY A SHARED TIME WITH ALL. TALK TO STAFF ON WHAT YOU WOULD LIKE TO DO OR WHERE TO GO, WE WOULD LIKE TO KNOW HOW WE ARE DOING SO LETS HEAR IT AND GIVE US A CALL AT 869-1551 OR 869-2448 AND SOMEONE WILL TAKE YOUR IDEA'S OR PUT YOU ON THE LIST IF YOU CAN'T GET UP TO THE SR. CENTER. WE'LL BE WAITING FOR YOUR CALL OR VISIT US AT EITHER CENTER. THIS IS YOUR FRIENDLY ONEIDA ELDERLY SERVICES WAITING FOR YOU TO JOIN US.

Margaret Kung 
Pearl Mc Lester -869-2318

Delora & Elderly Services is Recruiting

Council Memb

**Nutrition Advisory Council Members** 

Program development, Program planning, ideas, suggest presenters, Program evaluation, Guidance, Recruitment and retention, participate in public events, promote program in the community. All activities relating to elder nutrition.

#### Members:

Council must include elders from the community, elders who eat at the meal site, Past recipients of meals, member from CWAG(Coalition of Wisconsin Aging Groups, Senior Statesmen, member from WIEA(Wisconsin Indian Elder Association, ONCOA Board member, Nutritionist, Nutrition Director, Cook Supervisor, Health Nurse, participants of Home Delivered Meals, minimum program staff.

Member must have successful, first-hand experience in the council's area of focus. They are people who have the respect and confidence of their associates and fellow meal site participants.

Most members who are invited to serve on advisory committees are appointed at the recommendation of their colleagues. They are described as exhibiting a strong sense of responsibility and civic-mindedness.

Members represent a specific meal site as well as their community as a whole. It is important to attend the meetings on a regular basis and actively participate in the work of the council.

Unfortunately, a number of participants are people with limited mobility. In case of home delivered meal program participants, it is a criteria for participation that they be homebound. It may be advisable to have an alternate if a committee member is unable to attend.

Meetings are held quarterly: February, June, September, December

Please call 869-2448 to sign up.

Questions, feel free to call Florence Petri at 869-2448

## MHISWASTHEDYDAR...1995

HEADLINES: "Trial of the Century" Begins in L.A. - People of the State of California vs. O.J. Simpson

Judge Lance Ito Allows Cameras in Courtroom - Trial Turns into Media Circus

O.J. Acquitted of Murdering Wife, Nicole Brown Simpson, after Deliberating only 4 Hours

Americans in Shock over Oklahoma City Bombing of Federal Building - 168 Killed - Timothy

McVeigh & Terry Nichols Arrested

U.S. Sends \$20 Billion Aid to Mexico after Peso Devaluates

Trade Embargo Imposed Against Iran

Israeli Prime Minister Yitzhak Rabin Assassinated

Earthquake Devastates Kobe, Japan

Deadly Nerve Gas Released in Tokyo Subway

Black Men Pledge Stronger Leadership in Community via "Million Man March" in DC

Chicago Heat Wave Kills 733, Mostly Elderly

Rock & Roll Hall of Fame Opens in Cleveland - Building Designed by I.M. Pei

Latino Singer Selena Shot to Death by Fan Club Founder

Other Celebrity Deaths Include Dean "Dino" Martin (78) & Grateful Dead's Jerry Garcia (53)

#### PRESIDENT: Bill Clinton

•The Federal Government shuts down for two weeks after the President and Congress cannot agree on balancing the budget. House Speaker Newt Gingrich and fellow Republicans hoped to embarrass President Clinton, but their plan backfires when the public blames Congress for inaction, grandstanding, and suspension of public services.

#### TIME MAGAZINE PERSON OF THE YEAR: Newt Gingrich

FIRSTS & FADS:

- •AIDS is now the leading killer of Americans aged 24-44.
- Americans log onto the Internet in record numbers.
- •Over 30 books about the O.J. trial
- •Starbucks®, gourmet coffee, Cybercafés
- •Canadian singer Alanis Morissette
- •Hercules-The Legendary Journeys

- •Cigar smoking
- •Microsoft Windows® '95
- Sony PlayStation®
- •Xena: Warrior Princess

#### **MOVIES:**

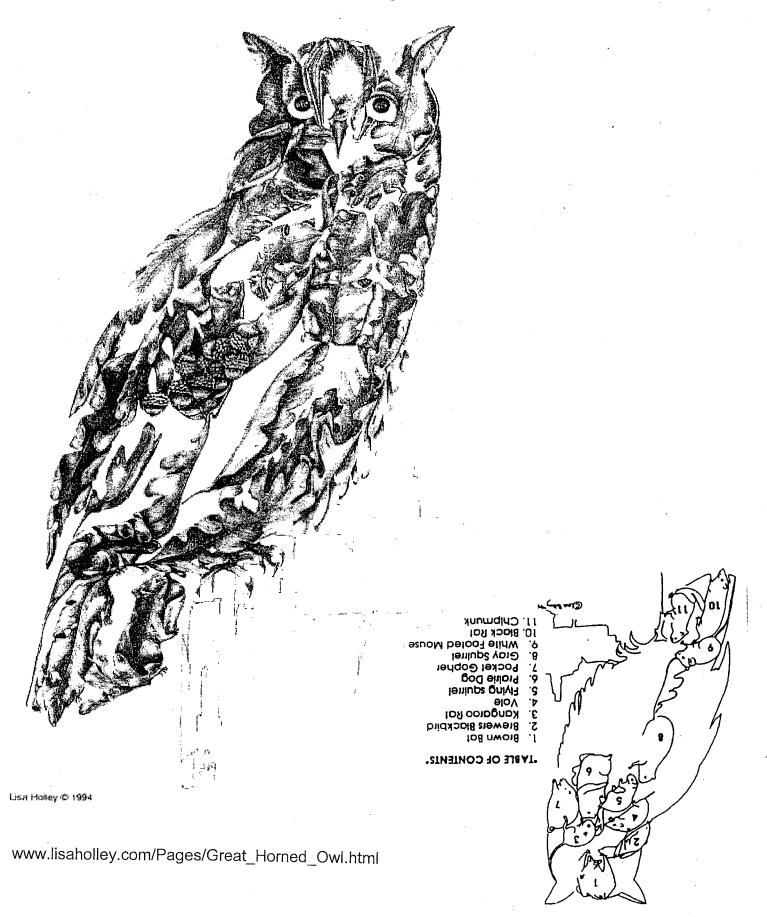
Apollo 13 (Tom Hanks, Ed Harris), Babe (James Cromwell, farm animals), Batman Forever (Val Kilmer, Jim Carrey), The Brady Bunch Movie (Shelley Long, Gary Cole), Casino (Robert De Niro, Sharon Stone), Clueless (Alicia Silverstone, Stacey Dash), Dead Man Walking (Susan Sarandon, Sean Penn), Get Shorty (John Travolta, Gene Hackman), Hackers (Angelina Jolie, Fisher Stevens), Johnny Mnemonic (Keanu Reeves, Dolph Lundgren), Leaving Las Vegas (Nicholas Cage, Elisabeth Shue), A Little Princess (Eleanor Bron, Liesel Matthews), The Net (Sandra Bullock, Dennis Miller), Pocahontas (animated), The Scarlet Letter (Demi Moore, Gary Oldman), To Die For (Nicole Kidman, Matt Dillon), Toy Story (computer animated), Waiting to Exhale (Whitney Houston, Angela Bassett), Waterworld (Kevin Costner, Dennis Hopper)

#### SPORTS:

- •Major league baseball players remain on strike for 234 days, beginning in fall, 1994. Owners finally agree to the reinstatement of free-agent bidding and salary arbitration.
- •Super Bowl XXX is played in Tempe, AZ, where Dallas beats Pittsburgh 27-17.
- •Athletes of the Year are Cal Ripken (baseball) and Rebecca Lobo (basketball).

## Lisa Holley Studios - You Are What You Eat Series

Can you find 11 small animals in this drawing of the "Great Horned Owl?"



## ONEIDA BRAVES 2003 HARDBALL SCHEDULE NO EXHIBITION GAMES SCHEDULED YET

WED MAY 21 KEWAUNEE CHIEFS 7:30pm	WED JUNE 25 HOWARD'S GROVE 8:00pm
FRI MAY 23 HOWARDS GROVE 7:30pm	WED JULY 9 TWO RIVERS 7:30pm
FRI MAY 30 DENMARK 7:30pm	WED JULY 16 CASCO A'S 7:30pm
WED JUNE 4 AT ALGOMA PENGUINS 7:30pm	FRI JULY 18 HOWARDS GROVE 7:30pm
FRI JUNE 6 TWO RIVERS 7:30pm	WED JULY 23 DENMARK 7:30pm
WED JUNE 11 AT KEWAUNEE CHIEFS 7:30pm	FRI JULY 25 AT KEWAUNEE CHIEFS 7:30pm
SAT JUNE 14 AT DENMARK 7:30pm	SUN JULY 27 AT CASCO A'S 6:00pm
WED JUNE 18 ALGOMA PENQUINS 7:30pm	FRI AUG I AT ALGOMA PENQUINS 7:30pm
FRI JUNE 20 AT CASCO A'S 8:00pm	SHAWANO TOURNEY STARTS MAY 20 THRU JUNE 1
SUN JUNE 22 TWO RIVERS 2:00	SHORELAND PLAYOFF'S START AUG 6



ALL HOME GAMES WILL BE PLAYED AT THE ONEIDA BALL FIELDS



## TAKOMO OUTTO TEBBALL GAMB

#### DID YOU KNOW?



- •Until 1857, baseball games didn't have innings; the game ended when a team scored 21 runs.
- •Baseball was played barehanded until 1875, when St. Louis outfielder, Charlie Waitt, put on a pair of light-colored leather dress gloves to protect his hands.
- •Until 1883, baseball fans were called "kranks," but when the owner of the St. Louis Browns called them fanatics, the term was shortened, and it stuck!
- •Pitchers were not allowed to thow overhand until 1884.
- •The spitball in major league baseball was declared illegal in 1920 unless a pitcher was one of 17 registered spitballers. Burleigh Grimes threw the last legal spitter in 1934.
- •Wrigley Field had lights installed in the early 1940's, but they were taken down and donated to the war effort the day after Pearl Harbor was attacked. In 1988, lights were added again, over the howling objections of Wrigley Field neighborhoods and die-hard Cubs fans.

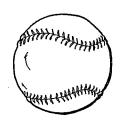
#### **YOGI-ISMS**

Yogi Berra had a remarkable baseball career. He played in 14 World Series with the NY Yankees, was a three-time MVP, and managed both the Yankees and Mets to league championships (pennants). His election to the Hall of Fame in 1972 cemented his reputation as one of the game's all-time greats. Remarkably, Yogi is better known for his unique way of stringing words together than his steller baseball career. You may have to contemplate the following Yogi-isms for a moment or two before they make sense.

"Nobody goes there anymore. It's too crowded."

"A nickel ain't worth a dime anymore."

"It's deja vu all over again!"



"If people don't want to come to the ballpark, how are you going to stop them?"

"When you come to a fork in the road, take it."

"If the world were perfect, it wouldn't be."

"You can observe a lot by watching."

"It ain't over 'till it's over!"

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#### WEATHER WARNING

A Warning will be issued when severe weather hits the area. Television radar will show you where the storm is and where it's headed.

 Severe Thunderstorm Warning -Severe thunderstorms can produce heavy rain, hail

lightening, and damaging winds. When dangerous conditions arise you should take actions to protect yourself.

- Fornado Warning -A tornado warning is issued when a tornado has been spotted in your area take cover immediately. Put together a safe plan of action.
- Flash Flood Warning This warning is issued when flash floods are occurring or are about to occur. If you live in an area where rivers or creeks rise rapidly, take immediate action to stay safe.

#### LIGHTENING SAFETY

Lightening is the thunderstorm's worst killer; but if a few simple precautions are taken the chances of being hit become minimal.

- Stay inside unless absolutely necessary. Stay away from doors, windows, fireplaces, stoves, metal prices, and electrical appliances. Don't use the phone; lightening may strike outside lines.
- Leave the laundry on the clothesline. A few wet clothes are not worth the risk.
- Don't use metal objects like fishing rods or golf clubs. Golfers wearing cleated shoes are particularly at risk.
- Don't work on fences, telephone or power lines, pipelines, or steel structures. Stop tractor work and get off.
- Get out of the water and off small boats.
- If you're traveling, stay in the car.

  Automobiles offer excellent lightening protection.
- Where there is not shelter, avoid the

highest object in the area. If only trees are nearby, your best protection is to crouch in the open, keeping twice as far away from the trees as the trees are high.

#### **WEATHER WATCH**

A watch means that severe weather is possible in our area. Listen to the radio or watch television for updates.

- Severe Thunderstorm Watch- Sever thunderstorms with heavy rains and damaging winds are possible. You should stay tuned for further details on the development of the storm.
- Tornado Watch-Conditions are suitable for the formation of tornados. Keep up with the latest developments and be prepared to take cover if a tornado is spotted.
- Flash Flood Watch- Conditions are suitable for the development of rising waters. Be prepared to relocate if necessary.

## TORNADO SAFETY

When a tornado is approaching immediate action can save your life. Stay away from windows, doors, and outside walls. Protect your face and head.

- In homes and small buildings, go to the basement or an interior part of the lowest level- closets, bathrooms, hallways. Get under something sturdy.
- Evacuate immediately from mobile homes and go to a substantial building. If there is no shelter nearby, leave the mobile home park and head for low, protected ground.
- People and schools, factories, and shopping centers should go to the designated shelter areas. Interior hallways on the lowest level are usually best.

#### **FLOWERS**

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DOGWOOD

EDELWEISS
FERN
FLORAL
FLOWER
GARDENIA
GERANIUM
GOLDENROD
HOLLYHOCK
HYACINTH
IRIS

LARKSPUR
LAVENDER
LILAC
LILY
MAGNOLIA
MARIGOLD
NARCISSUS
ORCHID
PEONY
PETUNIA

PHLOX
POLLINATE
POPPY
POSY
POTPOURRI
PRIMROSE
RAGWEED
ROSE
SAGEBRUSH

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 DA	ATE)
XECUTIVE SESSION REQUIRED FOR DISCUSSION?  Must comply with State Statutes 19.85 and Open Meetings Law)	□ YES	□ NO
URPOSE OR ITEM FOR DISCUSSION:   Information O	Only	Requested
<b>NOTE:</b> There is a fifteen (15) minute time limit for presentations, a rompt, prepared and respect the time limits.	unless otherwise appr	MINUTES roved. Please l
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NOTE: There is a fifteen (15) minute time limit for presentations, do prompt, prepared and respect the time limits.  LIST ATTACHMENTS AND PROVIDE ONCOA WITH COP  1)  REQUESTED BY:  Name  Title  This box is for ONCOA Officers to complete. Please do not write in the APPROVED FOR:  Description:	PIES:  Phone	roved. Please l

## ONEIDA ELDERLY SERVICES ENROLLMENT FORM

**DATE:** \_\_/\_\_

Name			Phone Number ( )			
Address	<u> </u>		Social Security Number	/	1	
City	State	Zip Code	County	DOB	/	/
OUR PROGRAM	POLICY FO	R SERVICES is a	s follows: 1) Elders aged 70 years and older. 3) Elders aged 55-69 years of age, with healt			
Please check the ap		_ <del>_</del>				
Martial Status: _	Married	Single	WidowedDivorced			
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If poor please lis	st health con	dition	1 001			
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Please return to
Oneida Elderly Services Complex
Service Coordinator
P.O.Box 365
Oneida WI 54155