

# DRUMS

ELDERLY SERVICES

2907 S. Overland Rd.

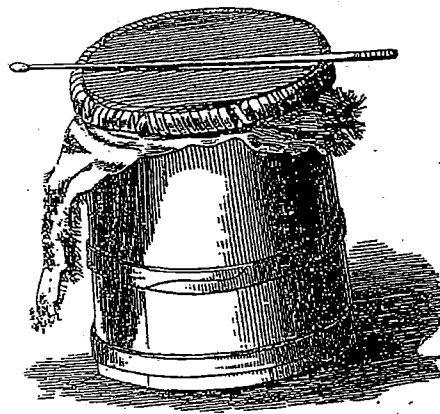
# ACROSS

# ONEIDA

SENIOR CENTER

134 Riverdale Dr.

P.O. Box 365



Oneida, Wi 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

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**Latiy A? Tho Web- hni- tahl**

**Planting Moon**

**May 2005**

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## *Happy Mother's Day*

*We set aside each year  
Which we call Mother's Day  
To honor Mother, hold her close  
And cherish her in every way.*

*Yet wouldn't it be nice for her  
If we could truly say,  
We set aside some time for love  
To make each day our Mother's  
Day.*

**ELDERLY SERVICES COMPLEX:**

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

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

Florence Petri  
Tina Pospychala  
Julia McLester  
Joyce Johnson  
Cheryl Ault  
Noreen Powless  
Lorna Christjohn  
Connie Van Gheem  
Dale Webster

Cindy Brabbs  
Amy Sumner  
Joanne Close  
Lorleen John  
Regina Vande Hei  
Debbie Ninham  
Marty Braeger  
Marie Scott  
Barbara Skenandore  
Rita Summers  
Mildred Figueroa

**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  
Elder Helper  
Elder Helper  
Elder Helper  
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  
Pat Beilke  
Alfrieda Grignon  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Don Bogda  
Jared Skenadore  
Harold Dostalek  
Richard Dodge  
Cornelius Hill  
Grover Smith  
Jeannine LaRock  
Marena Pamanet  
Herb Powless

## Celebrate our May Birthdays

Ronald Anholtd	5-20
Prudence Archiquette	5-11
Mae Baxter	5-11
Arthur Borchardt	5-16
Floyd Charles	5-12
Irvin Cook	5-10
Ben Cornelius	5-24
Juanita Cornelius	5-13
Leland Danforth	5-27
Rhea Decorah	5-16
Frances Delbroux	5-16
Betty Dennison	5-02
Alice Denny	5-09
Darlene Denny	5-06
Nathan Denny	5-03
Carole Dixon	5-04
Helen Dohn	5-01
Darrell Doxtator	5-12
Hubert Erickson	5-01
Roger Erickson	5-12
Nadine Escamea	5-06
Lois Faith	5-06
Alfredo Franco	5-22
Lois Hammersim	5-06
Gerald Hill	5-01
Harold Henn	5-28
Helen Huff	5-29
Barbara King	5-28

Anna Kurowski	5-24
Ruth Laes	5-03
Stanley Linscott	5-15
Joseph Mahojah	5-25
Diane Metoxen	5-10
Ronald Metoxen	5-01
David Moore	5-05
Eldred Nicholas	5-21
Cletus Ninham	5-28
Dorothy Ninham	5-28
Carl Parker	5-29
Phillip Peters	5-01
Lois Simm	5-06
Dorothy Skenandore	5-24
Gordon Skenandore	5-19
Chester Smith	5-15
Weston Steffes	5-18
Andrew Steinfeldt	5-25
Frank Summers	5-10
Milo Stevens	5-03
Rapheal Vandenbloomer	5-08
Jackie Wacek	5-15
Eldon Wheelock	5-14
Nick Woodke	5-19

Elders, if you have a birthday in June please join us at the Senior Center, 134 Riverdale Dr. (Hwy J) May 26, 2005. Have lunch with us and sign the birthday book.

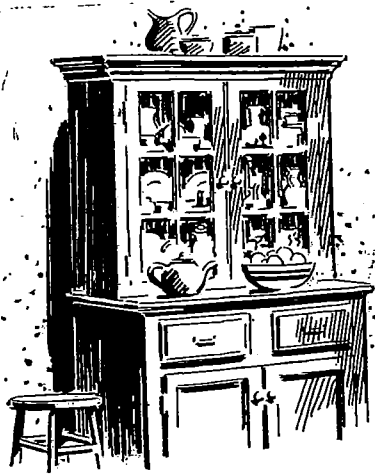
Birthdays are celebrated on the last Thursday of every month.



## Lorna's Corner

### Elder Humor

This has to do with the van again and as I said before, the elders always had a hard time getting in and out of the van. It's a good thing that one of the guys that worked with us made a sturdy step stool for them to get in and out of the van. Every time they got in I had to hurry and grab the step stool and put it down for them to step on or hurry and get out and put the step stool down for them to get out. More than once I forgot to put the step stool back in the van and I ran over it. (I kept the guys busy making step stools for me, nice guys tho.) One time I didn't get out fast enough to get the step down for this elder to get in and when I got to the door she said, "I don't need that step." This older gentlemen said he would help her and grab her arm. As she lifted her leg to get in she farted. We all burst out laughing and she was also laughing so hard she had to put her leg back down. Finally she said I'll try it again." The elder gentlemen said, "Just don't point that thing at me !" Everyone started laughing all over again. I made her use the step stool; which made the elder gentlemen happy. **That sure was a trip!!**



The sweetest sounds to mortals  
given are heard in Mother, home  
and heaven.

## Maple Dream Bars

Crust: 1c. whole wheat or all purpose white  
flour  
1/8 tsp salt  
8 tbsp cold butter, cut into small pieces

Filling:  
1 tbsp. honey  
1/4 tsp. salt  
2 eggs  
1/2 tsp. vanilla  
1c. coconut flakes  
2/3 c. pure maple syrup  
1/2 c. chopped walnuts or other nuts  
3 tbsp butter  
2 tbsp. flour  
1 1/2 tsp. baking powder

To make crust:

Mix flour and salt, cut in butter until mixture resembles cornmeal. Mix in honey thoroughly. (If using food processor, keep the machine running as you add the honey, but turn off as soon as the honey is mixed.) Press dough into an 8 inch square pan. Bake 8 minutes.

Filling: Boil maple syrup, butter and salt in a heavy sauce pan until thickened, 3-5 minutes. Remove from heat, beat eggs lightly with vanilla, then whisk into mixture. Pour over crust and bake until set, about 20 min. Cool before serving.



Sometimes the strength of motherhood  
is greater than natural laws.

## Elderly Services Store and Gift Shop


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

The following is a list of items for sale:

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

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

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

MENU				May		2005
Monday	Tuesday	Wednesday	Thursday	Friday		
2 Brats Sauerkraut Potatoes W/W Bread Peaches	3 California Blend Cheese Soup Fresh Bread Strawberries	4 B.B.Q. Pork Buttered Noodles Corn W/W Bread Applesauce	5 Meat Loaf Potatoes Mixed Vegetables W/W Bread Pudding/Bananas	6 Sausage Pancakes Juice Berries		
9 Chop Suey Rice W/W Bread Mandarin Oranges	10 Chili Cucumber Salad W/W Bread Ice Cream	11 Cube Steak Mac & Tomatoes Green Beans W/W Bread Berries	12 Ham Scalloped Potatoes Peas W/W Bread Cookies	13 Bacon & Eggs Cornmeal Toast Juice Pears		
16 Sub Sandwiches Assorted Veggies Chips Fresh Fruit	17 Potato Soup Fresh Bread Jello	18 Vegetable Lasagna Salad Garlic Bread Sherbert	19 Turkey & Gravy Potatoes Brussel Sprouts W/W Bread Bread Pudding	20 Scramble Eggs W Ham, Pepper & Onions Tomato Juice Grapefruit Sections		
23 Tuna Salad Croissants Tomatoes & Cukes Oranges Slices	24 Tomato Soup Ground Bologna & Egg Salad Sandwiches	25 Polish Sausage Red Potatoes Green Beans W/W Bread Peaches	26 Birthday Day Roast Beef Potatoes/Carrots W/W Bread Jell-o Cake	27 Closed  Oneida Day		
30  Memorial Day  Tribal Offices Closed	31 Chicken Soup Fresh Bread Pears	Birth stone: Emeral  Flower: Lily of the Valley	All meals are served with coffee, tea or milk.  All trips leave from the Oneida Senior Center			

# "4 PATHWAYS TO BETTER HEALTH" — March 17-November 3, 2005

## 3 SISTERS

Thurs. • April 21 • 5pm  
**Origin of seeds and cultural significance**  
 Location: tyunhehkwáne

Sat. • May 7 • 10am  
**Planting Tobacco Burning**  
 Location: tyunhehkwáne

Sat. • May 21 • 10am  
**3 Sisters Planting**  
 Location: tyunhehkwáne

**MID AUGUST**  
**Green Corn Harvest & Soup Making**  
 Location: tyunhehkwáne

**EARLY OCTOBER**  
**HUSKING BEE**  
 White Corn Seed Selection  
 Braiding, Drying, Storage  
 Location: tyunhehkwáne

Thurs. • November 3 • 5pm  
**Corn Soup Making**  
 from dry white corn, hulling with wood ash  
**Kanastohale**  
**(corn bread) Making**  
 Location: Cannery

## VEGETABLE GARDENING

Thurs. • March 17 • 5pm  
**Seed Starts/Garden Design**  
 Location: tyunhehkwáne

Sat. • March 19 • 10am  
**Seed Starts/Garden Design**  
 Location: tyunhehkwáne  
 (Repeat of Mar. 17 workshop)

Thurs. • March 31 • 5pm  
**Transplants/Garden Design**  
 Location: tyunhehkwáne

Sat. • April 2 • 10am  
**Transplants/Garden Design**  
 Location: tyunhehkwáne  
 (Repeat of Mar. 31 workshop)

Sat. • May 7 • 10am-2pm  
**Seed and Plant Distribution**  
**M-F 3-6pm**  
 (Closes Thurs., May 26, 6pm)  
 Location: tyunhehkwáne

Sat. • May 7 • 10am  
**Planting Tobacco Burning**  
 Location: tyunhehkwáne

Thurs. • Aug. 25 • 5pm  
**Canning Pickles**  
 Location: Cannery

Thurs. • Sept. 22 • 5pm  
**Salsa Making**  
 Location: Cannery

## HERBAL GARDENING

Thurs. • March 17 • 5pm  
**Seed Starts/Garden Design**  
 Location: tyunhehkwáne

Sat. • March 19 • 10am  
**Seed Starts/Garden Design**  
 Location: tyunhehkwáne  
 (Repeat of Mar. 17 workshop)

Thurs. • March 31 • 5pm  
**Transplants/Garden Design**  
 Location: tyunhehkwáne

Sat. • April 2 • 10am  
**Transplants/Garden Design**  
 Location: tyunhehkwáne  
 (Repeat of Mar. 31 workshop)

Sat. • May 7 • 10am  
**Planting Tobacco Burning**  
 Location: tyunhehkwáne

Sat. • June 25 • 10am  
**Salve Making**  
 Soothe and renew the skin surface  
 Location: tyunhehkwáne

Sat. • July 16 • 10am  
**Culinary Creations**  
 Nutritional recipes to benefit those with diabetes  
 Location: tyunhehkwáne

## BERRIES/APPLES

Thurs. • June 23 • 5pm  
**Red Raspberry Leaf Harvesting**  
 Location: tyunhehkwáne

**LATE OCTOBER**  
**Cortland Apples**  
 Pie Filling, Apple Butter, Apple Sauce  
 Location: Cannery

## REGISTERED:

■ Workshop Name/Date

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☐ \_\_\_\_\_

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## Workshop Locations:

tyunhehkwáne  
 139 Riverdale Dr. • 869-2718  
 Cannery: NHC  
 N7210 Seminary Rd. • 869-4379

## Your Angel

A baby asked God, "They tell me you are sending me to earth tomorrow, but how am I going to live there being so small and helpless?"

Your angel will be waiting for you and will take of you.

The child further inquired, "But tell me, here in heaven I don't have to do anything but sing and smile to be happy.

God said, "Your angel will sing to you and smile for you. You will feel your angel's love and be very happy.

Again the child asked, "And how am I going to be able to understand when people talk to me if I don't understand the language?"

God said, "Your angel will tell you the most beautiful words you will ever hear, and with much patience and care, your angel will teach you how to speak.

"And what am I going to do when I want to talk to you?"

God said, "Your angel will place your hands together and will teach you how to pray."

"Who will protect me?"

God said, "Your angel will defend you even if it means it's life."

"But I will always be sad because I will not see you anymore."

God said, "Your angel will always talk to you about Me and will teach you the way back to me, even though I will always be next to you."

At that moment there was much peace in heaven, but voices could be heard and the child hurriedly asked, "God, if I am to leave now, please tell me my angel's name."

"You will simply call her **Mom**."



## Fire Safety Facts For People 50-Plus

Each year, approximately 1,100 Americans ages 65 and older die as a result of home fires. With a few simple steps, older people can dramatically reduce their risk of death and injury from fire. These facts combine with the knowledge that adult ages 50 and older are entering and caring for this high risk group, inspired the U.S. Fire Administration, a division of the Federal Emergency Management Agency and part of the U.S. Homeland Security, to develop a national public safety campaign for adults ages 50 and older their family and care givers.

**Prevent fire-Save lives.** For your well-being and others you love, practice fire behaviors when smoking, cooking or heating. Maintain a smoke alarm, develop and practice a fire escape plan, and if possible install home fire sprinklers.

**Smoke safely.** Sitting in your favorite chair and having a cigarette after dinner seems like a great way to relax, but can be very hazardous. Using alcohol and medications can make you sleepy compound this hazard.

### Before you light your next cigarette remember:

Never smoke in bed!

Put your cigarette or cigar out the first sign of feeling drowsy while watching television or reading.

Use deep ashtrays and put your cigarette all the way out.

Don't walk away from lit cigarettes or other smoking materials.

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*Happy Mothers Day*



## Mind Aerobics

10 ways to get your memory in shape.

Avoid senior moments and those Aha! moments.

1. Exercise Regularly. Aerobic activity - walking, dancing, and biking at least 20 minutes 3 times a week-increases blood flow and the delivery of oxygen, sugar (glucose) and nutrients to the brain.

2. Stick to a healthy diet ... Avoid sugar and saturated fat. Eat lots of antioxidants-fruits and vegetables such as: blueberries, spinach and beets. Magnesium found in dark green leafy vegetables - appear to help maintain memory.

3. Learn something new. Mastering activities you have never done before, such as playing the piano or learning a foreign language, stimulates neuron activity. For the best results remember this: People exposed to positive reinforcement before completing memory exercises scored well before others exposed to negative reinforcement.

4. Get enough sleep. Too little sleep impairs concentration. Anecdotal evidence shows a good night sleep appears to boost memory after learning something new.

5. Devise memory strategies. Make notes and underline passages to help you remember what you have read. Invent-mnemonics-formulas, to help you remember things. (Ex. a man has two cars-1 tan and 1 black -each has gas tank doors on opposite sides. To remember which was which-he associated the light color car with the word left, the side the gas cap was on.)

6. Get Organized. Designate a place for important items such as keys and check books. Keep check list for things like daily medications or items to pick up when you travel.

7. Socialize. Conversation especially positive, meaningful interaction, helps maintain brain function.

8. Turn off the tube. Some experts say too much TV watching weakens brain power.

9. Jot down new information. Writing helps transfer items from short term to long term memory.

10. Solve brainteasers. Crossword puzzles, card games, and board games like scrabble improve your memory. Other good games Concentration, pinball, pool, chess and checkers.

Source: Marilyn Albert, neurology professor, at the John Hopkins School of Medicine.

Gary W. Small MD, director of the Center on Aging at the University of California, Los Angeles.

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Thank-you

To Willy Whitefeather  
560-A NE "F" ST#130  
Grants Pass, OR. 97526

Thanks for the gift of peace.

Elderly Services  
Oneida, WI 54155

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The cornerstone of every home,  
The most important part,  
Is never laid upon the earth,  
But in a mother's heart.



# King Kong (1933)

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

ADVENTURE

ANN

APE

BELOVED

CULTURE

DARROW

DESIRE

DESTRUCTIVE

DETAILED

EFFECTS

ENDURING

FANTASY

FAY

FICTION

GIANT

GORILLA

GRAND

HAVOC

ICONS

INTELLIGENT

ISLAND

KING

KONG

LEGENDARY

LOVINGLY

MASSIVELY

MODEL

MONSTER

MYSTERIOUS

NATIVES

PREHISTORIC

RAMPAGE

REPPRESSED

RKO

SCIENCE

SPECIAL

STARLET

STUDIO

SYMPATHETIC

## Would A Trip to Enchanting New Mexico Interest You?

Sunday, Oct. 2<sup>nd</sup> 2005 (6days)

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

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

Credit Card payments will be accepted.

Included Features:

Hotel of Distinction- Santa Fe Inn

Exclusive: Flamenco Dancers

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

Local Fare: La Fonda private luncheon

Unwind Time: Leisure time in Santa Fe.

Guided tours in:

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

Meals:

American breakfast daily.

2 lunches

3 dinners, choice of entrees.

Farewell dinner in Santa Fe.

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

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



**Older Americans Month**  
**May 2005**

# Celebrate Long-Term Living!

**SPRING ALIVE DANCE**

**MAY 14, 2005**

**PARISH HALL**

**ONEIDA, WISCONSIN**

**ACROSS FROM THE HOLY APOSTLES CHURCH**

**TIME: 6PM TO 10PM**

**Cherry Bounce Band**

**SNACKS, DANCING, DOOR PRIZES**

*Band*

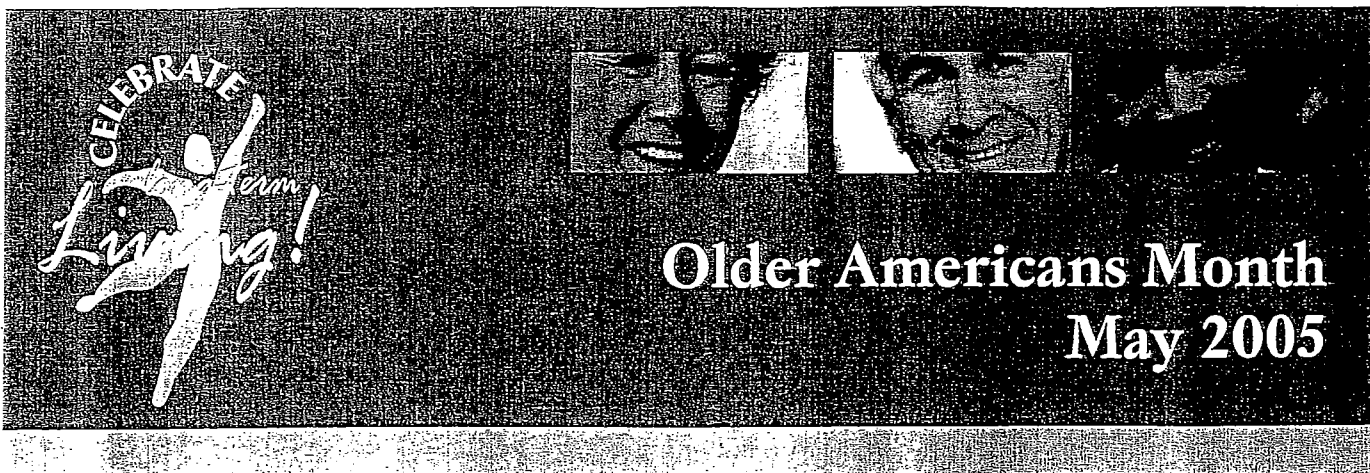
*Hall - Dotty Kowalski*

*Snacks - AJWH  
Drinks 150*

*Door Prizes -*

*Waltz Across Texas, Good Hearted Woman, Orange Blossom Special, Folsom Prison Blues, Hello Darlin, Happy Birthday Darlin, Touch The hand, Play, guitar, Play*

*Calling You, Never Again(Will I Knock On Your Door), Wealth Won't Save Your Soul, When God Comes And Gathers His Jewels, I Don't Care(If Tomorrow Never Comes), My Love For You(Has Turned To Hate), Honk Tonkin', Pan American, Move It On Over, I Saw The Light, (Last Night)I Heard You Crying In Your Sleep, Six More Miles(To The Graveyard)Fly Trouble, I'm Satisfied W/ You, On The Banks Of The Old Pontchartrain, Rootie Tootie, I Can't Get You Off Of My Mind, I'm A Long Gone Daddy, Honky Tonkin', My Sweet Love Ain't Around, A Mansion On The Hill, I'll Be A Bachelor 'Till I Die, There'll Be No Teardrops Tonight, Lovesick Blues, Lost On The River, I Heard My Mother Praying For Me, Lost Highway, May You Never Be Alone,*



# Celebrate Long-Term Living!

## POWER OF ATTORNEY PRESENTATION

**Thursday May 19, 2005**

**Senior Center Mealsite**

**12:00 Noon to 1:00 PM**

**Gail from Unity Hospice, GreenBay will present:**

**The following**

Power of Attorney Forms for use in all states. These forms are used to grant someone else the power to make certain decisions or handle certain matters on behalf of the Grantor.

A Living Will allows an individual to make decisions about their health care in advance in case they ever are incapacitated and unable to do so.



**Older Americans Month  
May 2005**

# Celebrate Long-Term Living!

*Bus*

**Bus Trip to Milwaukee Seots**

**Lets visit our city elders**

**Have lunch and tour the Milwaukee Art Museum**

**Cost for Seniors \$10.00**

**Friday May 20, 2005**

**Leave the Mealsite at 9AM to arrive in Milwaukee for lunch with Seots elders.**

**Tour and visit from 1-3PM and return home to Oneida around 5PM.**

*C. J. Roth  
Shirley*

## Milwaukee Art Museum

**Address:**

**700 N. Art Museum Drive**

**On the Lakefront**

**Features:**

**Nearly 20,000 works in all media, from antiquity to contemporary. Includes works by Rodin, Degas, Monet, Toulouse-Lautrec, Picasso, Miro, O'Keeffe, Rothko, and Warhol, to name a few. You'll be awed by the famous Quadracci Pavilion. It's the first Santiago Calatrava designed building in the United States, and is a work of art in itself.**



## Older Americans Month May 2005

*Family caregiver*

*File For Life*

*FIA - Brochures - sign up*

*Bellin*

*Joyce Callon Tables*

# Celebrate Long-Term Living!

*OPC - Karen Hollada*

Start the Season out right and  
"KNOW YOUR NUMBERS"....

Faith in Action along with Bellin Health Community Care  
will be offering a FREE Health Fair.

*Show Videos*  
*FIA*  
*NAFG*

Wednesday, May 25th .  
Woodland Worship Center  
760 Airport Drive

8:00 -10:30 AM Screenings ( Blood sugar, BP, oxygen  
saturation, weight, & pulse)

Breakfast Snack — *ASNH*

*Bagels*  
*Fruits*  
*Juice* *100*

10:30 - 11:15 am Special Guest Speaker  
What is diabetes and am I at Risk?

*Jane Laubenstein*

There will be informational tables with displays and even  
a massage therapist. — *Scott Salond*

Silent Auction ends at 11:30am

he silent auction will be a fundraiser for the Oneida Area  
Faith in Action.

## *Mother*

You'd always find her busy  
As she'd flit from room to room,  
And hardly can I picture her  
Without a mop or broom!

She kept the floors so shiny;  
You could almost see your face.  
And each and every trinket  
Was dusted in it's place.

Though constantly kept toiling  
By the work of each new day,  
She still had time to read to us  
When we'd rest from our play.

She still had time to tuck us in  
And hear our childish prayer;  
The golden memories of Mother  
Still hovers everywhere.

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### **Rural Development**

The elderly mealsite  
134 Riverdale Dr  
Oneida, Wi. 54155

### **First Thursday of Every Month**

504 Home Repair Loans and Loan/Grant  
combinations.

502 Home purchase to buy or build.

Programs available to low and very low  
income households.

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

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

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### **Bingo at the Community Bldg.**

Site 2 with Breezy.  
Fridays May 5<sup>th</sup> -20<sup>th</sup>  
Door opens at 1 o'clock.

## **TAKE TIME TO LAUGH TODAY**

Have you heard the person who laughed  
herself/himself healthy? It's no joke!  
Researches suggests that laughter is more  
than just good fun...it may also be good for  
your health.

### **Giggle your way to health.**

One theory suggests that laughter triggers  
your body to release endorphins. These  
natural substances promote well-being and  
reduce pain. Researches also shows that  
laughter may:

- + Induce relaxation.
- + Boost the immune system.
- + Cheer up a blue mood.
- + Decrease fear and anxiety.
- + Help people cope with cancer and  
other life threatening illnesses.

Seeing the humor in life also may help keep  
the doctor away. One study showed that  
showed

### **Schedule In Some Laughs**

To inject more healthy laughter into your life  
these tips:

- + Let the funny things that happen to  
you give you a chuckle.
- + Hang out with people who look at the  
funny side of life.
- + Read the comics in your daily  
newspaper.
- + Cut out funny cartoons and share  
them with someone else.
- + Listen to comical audiotapes or radio  
shows.
- + Watch funny movies or TV shows.
- + Pop some popcorn without the lid on.
- + When someone says, "Have a nice  
day, "tell them you have other plans."
- + Tattoo "Out to Lunch" on your  
forehead.

**HAVE A GREAT DAY EVERYONE AND  
REMEMBER**

**" Smile...God Loves You!"**



# ACTIVITIES MAY 2005

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 COOKING @</b> Elderly services Bldg. 10:00 - 11:30	<b>3 CRAFTS @</b> Epworth Hall 9:30 - 11:30	<b>4 SPECIAL ACT</b> <b>4 GROUP</b> 9:30 - 11:30 BINGO @ Hwy H 1:30	<b>5 SHOPPING/</b> <b>5 BANKS</b> LUNCH OUT 10:00- 3:00	<b>6</b> BREAKFAST ONLY
<b>9 TRIP TO</b> <b>AMISH STORE</b> Bonduel 9:00am	<b>10 CRAFTS</b> @Epworth Hall 9:30- 11:30	<b>11 SPECIAL</b> <b>11 ACT GROUP</b> 9:30 - 1:30 BINGO @ Hwy H 1:30	<b>12 PRICE IS</b> <b>12 RIGHT</b> @ Hwy H 9:30 am	<b>13 BANKS/</b> SHOPPING LUNCH OUT 10:00 - 3:00
<b>16 SPRING</b> PLANTING @ Elderly Service Bldg. 10:00 am	<b>17 CRAFTS</b> @Epworth Hall 9:30 - 11:30	<b>18 SPECIAL</b> <b>18 ACT GROUP</b> 9:30- 11:30 BINGO @ Eld.Serv Bldg 1:30	<b>19 RUMMAGE</b> <b>19 SALES</b> 9:30 CWAG Presentation Power of Attorney 12:00 pm	<b>20 BANKS/</b> SHOP LUNCH OUT 10-3/ MILWAUKEE SEOTS TRIP 9-5
<b>23 BOARD</b> <b>23 GAMES</b> Elderly Services Bldg. 10:00 am	<b>24 BINGO @</b> Epworth Hall 9:30 - 11:30	<b>25 FIA HEALTH</b> <b>25 FAIR</b> 8 - 12 @ Woodland church BINGO @ Eld serv bldg 1:30	<b>26 BANKS</b> <b>26 SHOPPING</b> LUNCH OUT 10:00 - 3:00	<b>27</b> ONEIDA DAY Tribal Offices Closed
<b>30</b> MEMORIAL DAY Tibball office closed	<b>31 CRAFTS @</b> Epworth Hall 9:30 - 11:30		ALL TRIPS LEAVE FROM SR CTR ON RIVERDALE DR.	ACTIVITIES DUE TO CHANGE WITHOUT NOTICE

## **ANNOUNCEMENT**

The Stockbridge-Munsee Elderly Program is pleased to Announce that on Saturday, June 25, 2005, they will be hosting the First Annual Senior Prom.

The Senior Prom will be held at the North Star Casino in the Indus Room. The Stockbridge-Munsee Aging Board will be mailing out a formal invitation to the Menominee Elderly Program, Ho-Chunk Nation Elders Program, and the Oneida Nation Elders Program. The invitations will be mailed out on or around May 25, 2005.

We will be extending an invitation to twenty-five couples or 50 persons from each of the Elders Programs mentioned above. The cost to attend this formal event is \$15.00 per couple or \$10.00 per single person. The ticket price for admission to the Prom includes a catered dinner, dance, and door prizes.

A professional photographer will be on hand to offer the attendees photo package prices to have your picture taken for your Memory Album.

Fresh floral corsages will also be available at the door for purchase for your Prom date.

A sign up sheet will be at the Oneida Senior Center and is open to the first 50 people. For more information please contact Oneida Elderly Service at (920)869-2448 or Oneida Senior Center at (920)869-1551.

## **HONOR THE ELDER LUNCHEON**

The Business Committee has been working to find a better way to use the funds budgeted for the annual Honor the Elder Luncheon, that all elders can enjoy. In this process, I have met with the Oneida Commission on Aging and Oneida Elderly Services to gain input and strive toward our goal. As a result of this communication, we have decided to hold the Honor the Elder Luncheon for Fiscal Year 2005 (October 1, 2004 - September 30, 2005) in late July. Since this is an election year, it would be an ideal time for the outgoing Business Committee members to thank the elders for their support, as well as, provide an environment to introduce and welcome the newly elected Business Committee members.

The elder Christmas party was another issue that arose throughout our discussions on honoring our elders. Starting in FY-2006 (October 1, 2005 - September 30, 2006) we will start budgeting the funds that are normally used for the spring Honor the Elder Luncheon for a bigger and better Elder Christmas Party. It is important to all of us to honor our elders, and providing more funds for the Christmas party will enable Elderly Services to provide more at this function. If anyone has any questions or comments about the change, please feel free to contact my office at (920)869-4354 or my Assistant LeeAnn Skenandore at (920)869-4360. We encourage your comments and input to this change.

**DATE:**     /     /

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