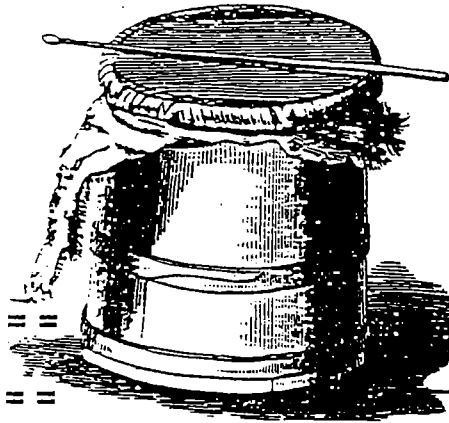


# DRUMS ACROSS ONEIDA

## SENIOR CENTER



134 Riverdale Drive  
P. O. Box 365  
Oneida WI 54155  
920-869-1551 (Senior Center)  
920-869-2448 (Elderly Services)

=====  
Jan & Noreen, Editors  
=====

=====  
June 2001  
=====

### Falls and Fractures: A Preventive Guide

In January, former president Ronald Reagan joined the 350,000 other Americans who this year will fracture a hip.

Fortunately, the likelihood of having a hip fracture can be reduced with simple prevention measures that you can often implement on your own.

Nearly all hip fractures are the direct result of a fall, often due to household hazards such as poor lighting, slippery floor rugs, or loose electric cords.

The risk of falling can be reduced by:

- ♥ Getting regular checkups to spot medical conditions that can lead to falls.
- ♥ Making sure you know the side effects of the medications you take.

- ♥ Decreasing osteoporosis risks.
- ♥ Eliminating household hazards.

Adequate intake of calcium, the main component of bone, is necessary to keep osteoporosis at bay.

Staying physically active is important, too. According to two recent studies in the *British Medical Journal*, supervised exercise can dramatically reduce the risk of falling, especially in the elderly. Other research has shown similar benefits associated with staying active simply through walking, gardening, and other physical activities.

(Continued on page 3)

**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  
Elderly Transit Driver  
Activity Coordinator  
Outreach Worker  
Outreach Worker  
In-Home Chore Worker  
In-Home Chore Worker  
Respite Care Worker  
Respite Care Worker  
Administrative Assistant  
Title V

Roberta Kinzhuma  
Florence Petri  
Lori Metoxen  
Julia Hill  
C.J. Doxtater  
Cheryl Ault  
Noreen Powless  
VACANT  
Lorna Christjohn  
VACANT  
Margaret King-Francour  
Cindy Brabbs  
VACANT  
Joanne Close  
Lorleen John  
Amy Sumner  
Debbie Ninham  
Marty Braeger  
VACANT

**ONEIDA SENIOR CENTER:** 134 Riverdale Drive (P.O. Box 365)  
Oneida WI 54155 1-920-869-1551

Head Cook Supervisor  
Assistant Cook  
Relief Cook  
Relief Cook  
Home-Delivered Meals Driver  
Maintenance Supervisor  
Home Repairs Coordinator  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Outreach Worker  
Title V  
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Title V

Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Althea Schuyler  
Cathy Granquist  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Denise Johnson  
Jared Skenadore  
Harold Dostalek  
Warren House  
Winona Mencheski  
Richard Dodge  
VACANT  
Marie Scott  
Nancy Woodke  
Grover Smith

## Falls and Fractures (cont'd)

To eliminate potential dangers around the home, do a safety check. Look for ways to improve lighting and minimize clutter that you might trip over.

- 🕒 Install light switches at both ends of stairs and hallways.
- 🕒 Position nightlights along the route between your bed and the bathroom.
- 🕒 Place lamps and flashlights near the bed.
- 🕒 Remove electric and telephone cords from trafficked areas; and get rid of throw rugs.

- 🕒 Make the bathroom safer by installing grab bars and nonskid adhesive strips on bathtub and shower floors.

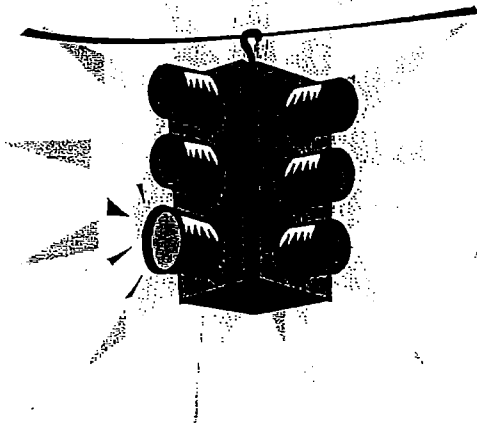
Wearing shoes that fit well, fasten securely, and have thin, nonskid soles will also help minimize the likelihood of falls.

Canes or walkers are an option for people who are unsteady on their feet. Your doctor can recommend a model that is appropriate for your particular disability and needs.

---

*National Rose Month Begins-June 1st*





## **“Defensive Driving”**

### **Course Offered**

An AARP Defensive Driving Course

is scheduled for:-

**Monday, June 25, 2001**

**&**

**Tuesday, June 26, 2001**

**(8:30 a.m. – 12:30 p.m.)**

The course runs for two days for a total of 8 hours. The cost is \$10.00. Your check should be made payable to “AARP” and mailed to:

Brown County Senior Center

Attn: Ceil

300 S. Adams Street

Green Bay, WI 54301

**Call to pre-register at 448-4314**

Sharpen your skills, review the laws and become a better driver! Check with your insurance company – some reduce your premium upon completion of this course.

---

**HAPPY BIRTHDAY TO  
ALL  
THE JUNE BIRTHDAY  
PEOPLE !!**

# \*\*\*\*\* NOTICE \*\*\*\*\*

## WELCOME TO ELDERLY SERVICES

Welcome Cheryl Ault and Cleveland J. Doxtater (CJ), to Elderly Services! We are pleased that they have joined our staff and look forward to working with each of them.

### CHERYL AULT - ELDERLY SERVICES COORDINATOR

Please call Cheryl if you are in need of services; i.e., grass cutting, lawn raking, snow removal, in-home service, home chore, transportation, respite care, benefits, home repairs, etc. Cheryl will work with you and will be happy to assist you with your needs.

### CLEVELAND J. DOXTATER (CJ) - ELDER ABUSE PREVENTION COORDINATOR

CJ is here for Elder Abuse Prevention and Awareness.

Please feel free to contact him with reports of any physical, emotional, or material abuse, financial exploitation, neglect, or self-neglect of elders. Possible injury, pain, or impairment could be eliminated if such reports were made to CJ. Please do not be afraid to contact him, or anyone else on our staff because we are here to serve you and do adhere to strict confidentiality!

It is a pleasure to have Cheryl and CJ on board and we are confident that they will enjoy their positions with us and with the Oneida Elderly population.

Cheryl and CJ are located in the Elderly Complex on Overland Road, and can be reached at **869-2448**.

P O Box 223  
Oneida Wisconsin

April 26, 2001

Roberta Kinzhuma, Director  
Oneida Nation Elderly Services Program  
P. O. Box 365  
Oneida, Wisconsin 54155

Dear Roberta:

Yesterday's Recognition Luncheon for Volunteers of Oneida Elderly Services touched my heart in a very special way.

As I listened to the various ways of volunteering that have helped to lighten the load of those in your organization who carry on the daily work necessary to fulfill the mission of the Elderly Services Program, it occurred to me that those of us in the community who are in good health and have the time to share a few hours, should take the responsibility in their own hands and volunteer an hour a week or a day a week or once a month even. Volunteering always brings good things - fun, joy, learning new things at times, making new friends, you name it - so many good things happen.

(So volunteer, Oneida, because the icing on the cake is that we will be following the golden rule, "Do unto others as you would have them do unto you." We can use tons of that kind of thinking.)

Anyway, Roberta, the recognition luncheon and gifts are greatly appreciated; and since the event was unexpected, it became a truly meaningful one for me. Thanks to you and your excellent staff.

Sincerely yours,


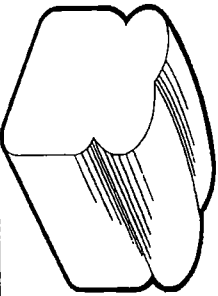
A handwritten signature in cursive script that reads "Rose Kerstetter". The signature is written in dark ink and is positioned above the printed name.

Rose Kerstetter

# MENU

# JUNE

# 2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI
 <p>4 Spaghetti Lettuce Salad French Bread Blackberries</p>	 <p>5 Chicken Vegetable Soup Fresh Bread Pineapple Juice Diet Vanilla Pudding Vanilla Cookies</p>	<p>All meals served with coffee, tea and milk.</p> <p>6 Pork Steak Carrots Mac Noodles/Tomatoes Whole Wheat Bread Mandarin Oranges</p>	<p>Meals are subject to change.</p> <p>7 Liver &amp; Onions Potatoes Beets Whole Wheat Bread Sherbert</p>	<p>1 Cold Cereal Eggs Sausage Apple Juice Muffins Bananas</p>
<p>11 Chop Suey Rice Whole Wheat Bread Watermelon</p>	<p>12 Corn Soup Pork Hocks Fresh Bread Raspberries</p>	<p>13 Brats Oven Brown Potatoes Green Beans Whole Wheat Bread Whip &amp; Chill</p>	<p>14 Chicken Vegetable Bake Whole Wheat Bread Applesauce</p>	<p>15 SOS Eggs Toast Melons Grapefruit Juice</p>
<p>18 Chicken ala King Broccoli Rice Biscuits Mandarin Oranges</p>	<p>19 Boiled Dinner Fresh Bread Apple Juice Cantalope</p>	<p>20 Meat Loaf Potatoes Broccoli Whole Wheat Bread Diet Jello Pears</p>	<p>21 Fish Cole Slaw Mac Salad Rye Bread Blueberries</p>	<p>22 Ham Cheese Slices Eggs Muffins Orange Juice Mixed Fresh Fruit</p>
<p>25 Tuna Salad Cottage Cheese Tomato Slices &amp; Lettuce Whole Wheat Bread Peaches</p>	<p>26 California Blend Soup Fresh Rolls Orange Juice Strawberries</p>	<p>27 Chicken &amp; Rice Mixed Vegetables Whole Wheat Bread Ice Cream</p>	<p>28 BIRTHDAY Roast Beef Mashed Potatoes Brussel Sprouts Whole Wheat Bread Spice Cake /P Butter Frost</p>	<p>29 Scrambled Eggs Sausage Toast Pineapple Juice Pears</p>

## NO KNEAD DINNER ROLLS

Preheat oven to 400 degrees, bake 15 to 20 minutes.  
Makes 18 rolls.

2 cups unsifted all-purpose flour

1 package active dry yeast

1 1/4 cups milk

1/2 cup butter or margarine

1/4 cup sugar

1 teaspoon of salt

1 large egg, beaten

1 1/4 cups flour, whole wheat or white

In a large bowl mix 2 cups flour and yeast. Heat milk, butter, sugar and salt over medium heat till butter almost melts. Pour over flour, beat with a spoon till smooth.



Cover dough in bowl with greased wax paper. Let rise in a warm place until double (1 hour). Beat dough with a spoon. Let rest for 5 minutes. Grease muffin pans. Fill cups halfway with batter. Cover with greased wax paper and let rise until double (30 min.). Remove waxed paper and bake.



# ACTIVITIES

# JUNE

# 2001

		Bus leaves from Oneida Senior Center for trips.	Activities are subject to change.	<b>1</b> Shopping Banks Lunch out 10 am-3pm Rummage sale
<b>4</b> Fitness 9:30-11:30am Bingo Site 11 1pm-3pm	<b>5</b> Epworth Hall 9:30-11:30am Crafts	<b>6</b> Fitness 9:30-10:30 WIEA leaves for Turtle Lake after lunch	<b>7</b> Transplant plants into raised beds 10 am Return from WIEA	<b>8</b> Shopping Banks Lunch Out 10 am-3pm
<b>11</b> Fitness 9:30-10:30am Ice cream social/video Bring a topping 1:30pm-3pm	<b>12</b> Epworth Hall 9:30-11:30am Crafts	<b>13</b> Fitness 9:30-10:30 Family Dollar Store Seymour 1pm-3pm	<b>14</b> Visit Menominees at the Neopit Site 11 am Lunch/Bingo	<b>15</b> Shopping Banks Lunch Out 10am-3pm Rummage sale
<b>18</b> Fitness 9:30-10:30am Bingo Site 11 1pm-3pm	<b>19</b> Epworth Hall 9:30-11:30am Bingo	<b>20</b> Fitness 9:30-10:30am Oneida travels to Stockbridge Lunch & Bingo 11:30am	<b>21</b> Visit Anna John NH 10am-11am Diabetic Luncheon Parish Hall 10:am-11:30am	<b>22</b> Shopping Banks Lunch Out 10am-3pm
<b>25</b> Fitness 9:30-10:30am Goodwill in Green Bay 1pm-3pm	<b>26</b> Epworth Hall 9:30-10:30 Crafts w/Marge	<b>27</b> Fitness 9:30-10:30am New Zoo 1pm-3pm	<b>28 BIRTHDAY</b> Gifts 12:00-12:15pm Game Day Puzzles, etc. Recreation Bldg. on H 1pm-3pm	<b>29</b> Shopping Banks Lunch Out 10am-3pm



# You're Invited

## To an Ice Cream Social

Hosted by AARP Wisconsin

**When:** Tuesday, June 5, 2001  
2:00—3:30 PM

**Where:** Brown County Senior Center  
300 South Adams Street  
Green Bay

AARP will be in Green Bay as part of the AARP  
*Wisconsin Cares* Van Tour.

- Join us to hear a brief presentation on the status of legislation providing a prescription drug benefit for seniors.
- Make phone calls and fax letters directly to your legislators from our mobile van.
- Pick up free literature on a wide variety of health topics.
- Free Giveaways!

No Charge to Attend

## FREE INFORMATIONAL SEMINAR

*This is a "Must Attend" for all those nearing Age 70-1/2 and older*

### **"The New Required Minimum Distribution Rules... Who Says Tax Defferral Stops at Death?"**

**Date:** Tuesday, June 12, 2001      **Time:** 10:00 A.M. or 2:00 P.M.  
**Place:** Brown County Senior Center, 300 S. Adams, Green Bay  
**Speaker:** **Mary Lauren Hansen, MBA**  
Investment Executive – Stifel, Nicolaus & Company, Incorporated

#### ***Did you know that the Treasury Department CHANGED the REQUIRED MINIMUM DISTRIBUTION (RMD) RULES?***

These **NEW** rules went into effect on January 11, 2001 and can apply to this year's distributions.

These **NEW** rules apply to all IRA owners even those already taking their **RMDs**.

These **NEW** rules change how one calculates the annual distribution amount required.

(In most cases, the amount required is significantly reduced!)

These **NEW** rules allow you to change your beneficiary designation.

These **NEW** rules, with proper planning, can insure that **MORE ASSETS** go to your **BENEFICIARIES** and less to your least favorite relative – Uncle Sam!

*The goal of this seminar is to give you an understanding of the IRS required distribution process, how to use these new rules to your advantage, and the adverse tax consequences of taking distributions incorrectly. The GOOD NEWS is that the new RMD Process has been greatly simplified – no more complex, irrevocable decisions. All you need to do is attend this 1-1/4 hour seminar to find out what has changed and how these changes can help. You'll also hear about smart estate planning alternatives (such as the "Stretch IRA"), and about investment income alternatives that many are considering today to help protect their retirement portfolios in this volatile market.*

*Mary Lauren Hansen is an investment advisor specializing in retirement planning and the financial issues related to estate planning.*

***We look forward to seeing you there...and please bring a Friend!***

***Stifel, Nicolaus***

***& Company, Incorporated***

For reservations, call (920) 448-4314

By June 8, 2001

Refreshments and cookies will be served!

Member SIPC and N.Y. Stock Exchange, Inc.  
"Investments Since 1980"  
200 S. Washington St. Green Bay, WI

P R E V E A  
C L I N I C

and  
The Brown County Senior Center  
present

**“Hips and Knees”**

on

**June 15, 2001**

**9:00 A.M. – 10:15 A.M.**

at the

Brown County Senior Center

300 S. Adams St.

Green Bay, WI 54301

9:00 a.m. – 9:45 a.m.: Dr. Rolf Lulloff, MD of Prevea Orthopedics.

“What you should know about Total Hip and  
Knee Replacements”

9:45 a.m. – 10:15 a.m.: Ellen Linskens, Physical Therapist St. Mary's Hospital

“Preconditioning stretches and exercises to help  
hips and knees stay healthier longer”



Please RSVP @ 448-4314 by June 13, 2001

Refreshments and Giveaways Provided.

# Want to Learn the Process on Reporting Medically Impaired Drivers?

Jennifer Enright-Ford, RN, BSN, CRRN  
Nursing Consultant from the  
Wisconsin Department of Transportation  
Medical Review Unit – Division of Motor Vehicles

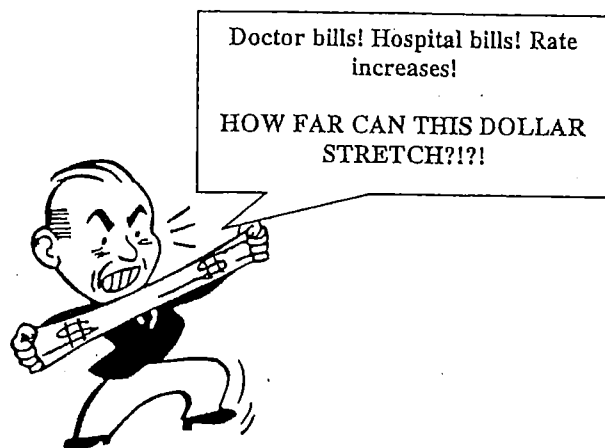
will be presenting  
at the

Brown County Senior Center  
300 S. Adams St. Green Bay, WI  
on

Wednesday, June 13, 2001 at 8:15 A.M.

(Please RSVP at 448-4314 by June 11, 2001)





## **Exploring Health Care Financing Options**

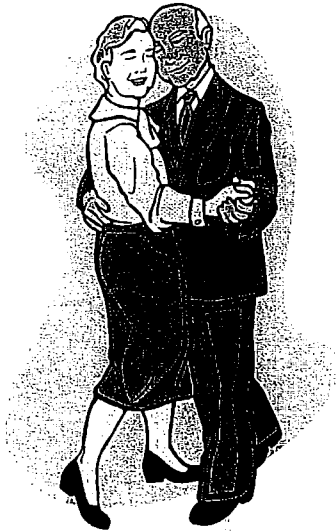
**Tuesday, June 19, 2001**  
Brown County Senior Center  
300 S. Adams Street  
Green Bay, WI

- 1:00 p.m. – 2:30 p.m. **Finding Ways to Pay for Long-Term Care**  
*Presented by Romeo Raabe, Long-Term Care Financing Specialist*  
Come and learn what anyone can do, **in some cases even after entrance to a nursing facility**, to preserve choices for care, assets, homes, inheritances, etc.
- 2:30 p.m. – 4:00 p.m. **Medicare 101**  
*Presented by Renee Lemens, Supplement Specialist*  
Listen as we take the mystery out of Medicare and supplement policies. Learn what Medicare covers, the differences among HMO's, Medicare Select, and supplements, and how to compare policies.

Refreshments will be provided

*RSVP to 448-4314 by June 15, 2001*

INFORMED  
CHOICE<sup>™</sup>



## All Level Ballroom Dance Classes

will be taught by

**Kevin Shepardson**

at the

**Brown County Senior Center  
300 S. Adams St. Green Bay, WI**

**When:** Thursday Evenings starting May 31, 2001  
(5:15 P.M. – 6:15 P.M.)

**Cost:** \$42.00

Ballroom dance lessons (6 sessions) will be held on Thursdays starting May 31, 2001. The last class will be on July 5, 2001. Please RSVP and send payment of \$42.00 by May 29, 2001. Make checks payable to Kevin Shepardson and mail to:

Brown County Senior Center  
Attn: Mary Beth  
300 S. Adams St.  
Green Bay, WI 54301.

You need not have a partner. We will pair people together.  
Class size is limited to 42.

**RSVP at 448-4314**



# **Just A Few Hours = A Good Deed!**

**Our Community is known to always have been generous when the need is there. Well the need is here!**

**Our Elders need a "Helping Hand" for shopping on Fridays.**

**We have a great time starting with Breakfast at the Senior Center and then shopping from 10:00 a.m. to 3:30 p.m.**

**Can you Spare a few Hours --**

☐ **Once a Week?**  
☐ **Every Two Weeks?**  
☐ **Once a Month?**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**You may publish my name as a GOOD-DEED VOLUNTEER.**

**Yes \_\_\_ No \_\_\_**

**Please call Noreen at 869-2448 with the Good News!**



## Calendar of Events

2001

### June

- 9<sup>th</sup> - OHC Car Seat Check (10:00-3:00 at Gandrud Chevrolet)
- 7<sup>th</sup> - ADHD Family Support Group (6:00 - 8:00p.m. at OLC)
- 10<sup>th</sup> - 13<sup>th</sup> - Basketball Camp for grades 7-12 at Turtle school, Civic Center, NHC)
- 14<sup>th</sup> - OHC Car Seat Check (4:00 - 7:00 at Airport Day Care) - *Tentative date*
- 15<sup>th</sup> - Dr. Thomas White-Internal Medicine starting at Oneida Health Center
- 20<sup>th</sup> - "Good Health for Men"-Presenter Dr. Tom Leonard Oneida Parish Hall @ 6:00 PM
- 26<sup>th</sup> - Diabetic Wellness Support Group (6:00 - 7:00p.m.)

### July

Happy 4<sup>th</sup> of July

- 7<sup>th</sup> - OHC Car Seat Check (10:00-3:00 at DePere Community Center)
- 12<sup>th</sup> - ADHD Family Support Group (6:00 - 8:00p.m. at OLC)

### July

- 18<sup>th</sup> - "Cancer Detection and Prevention"-Presenter Dr. Ali Mardan PhD ,  
Oneida Parish Hall (6:00 PM )

### August

- 6<sup>th</sup> -10<sup>th</sup> - Oneida Safety Town (8:30am.-11:30am.at Oneida Elementary School)  
Community Event teaching pedestrian safety to 4-6 year olds
- 9<sup>th</sup> - ADHD Family Support Group (6:00 - 8:00p.m. at OLC)
- 10<sup>th</sup>-11<sup>th</sup> --Oneida Relay for Life
- 15<sup>th</sup>-"Good Health for Women"-Presenter-Susan Hemmann RN, APNP Women's  
Health NP Oneida Parish Hall (6:00 PM)
- 14<sup>th</sup> -17<sup>th</sup> - Car Seat Technician Training/Certification
- 17<sup>th</sup> - Car Seat Check (3:00 - 7:00 at Sprint PC Store)

### September

- 6<sup>th</sup> - ADHD Family Support Group (6:00 - 8:00p.m. at OLC)
- 11<sup>th</sup> -15<sup>th</sup> - Oneida Safety Shower (One day event- date to be determined)  
Community Event for Mom's with children ages 0-5
- 12<sup>th</sup> - Car Seat Check (3:00 - 7:00 at DayCare Advantage)
- 19<sup>th</sup> - Understanding Depression, the Effects, of Alcohol and Solutions"-  
Presentors: Dr. Kathy Roblee and Ann Rockhill
- Fire In-Service-Date to be determined
- Oneida Car Seat Check - Date to be determined

### October

- 11<sup>th</sup> - ADHD Family Support Group (6:00 - 8:00p.m. at OLC)
- 24<sup>th</sup> - 2<sup>nd</sup> Annual Evening for Women (KI Convention Center)
- Fall In-Service(date to be determined -for health center staff)

### November

- 1<sup>st</sup> - Diabetic Event - not definite yet
- 8<sup>th</sup> - ADHD Family Support Group (6:00 - 8:00p.m. at OLC)
- Bloodborne / Incident Reporting In-Service

### December

- 13<sup>th</sup> - ADHD Family Support Group (6:00 - 8:00p.m. at OLC)
- Merry Christmas

### SPEAKERS LIST FOR ONEIDA HEALTH CENTER

Dr. Ali Mardan Phd. MD-Internal Medicine willing to speak on any medical topic related to elders.

Dr. Thomas Leonard MD-Internal Medicine willing to speak on any medical topic related to elders.

Dr. Joseph Ladika MD-Internal Medicine willing to speak on any medical topic related to elders.

Dr. Thomas White MD-Internal Medicine willing to speak on any medical topic related to elders.

Dave Paluch RN-willing to present on Smoking Cessation, Attention Deficit-Hyperactivity Disorder, Stress Management.

ONCOA MONTHLY REPORT  
APRIL, 2001  
ALFREDA GREEN

April, with it's unusual cold and not too many sunny days, went by very quietly, in spite of all the bad weather conditions. I didn't do too much outreach this month, but did have a lot of contact with elders with the Easter holiday and the Family Wellness Pow-wow. My grandson and I had a great time watching, visiting and feasting with all who attended the pow-wow that day. The Grand Entry was really awesome with all the servicemen and women from various tribes participating. The dancers were great. It was a really fun day.

Attended the Senior of the Month recognition/presentation and video at the Senior Center. We learned about their family traditions, etc. It was very good. She also showed us some of the items like clocks, butter churns, pictures, dishes they used and had been handed down in the family.

Also attended the Rick Hill recognition dinner at the Radisson Inn Complex. We heard speakers who talked of his past antics as well as his work as a national gaming chairman and the good that organization did and is doing for Indian gaming across the country. Thanks to all their hard work, we elders can also share in our good fortune to have dedicated people to work for us all.

Respectfully submitted,  
Alfreda Green



## WIEA MEETING APRIL 13, 2001

Mary Greendeer, WIEA Chairman, was excused due to the death of a relative. The meeting was called to order at 9:00 a.m. by the Vice Chairman, Virginia Chosa. A prayer was given by a Lac Du Flambeau elder, Joe Chosa. A representative of the Lac Du Flambeau Tribal Council welcomed the people to their reservation and to the WIEA meeting.

Roll call of the WIEA board members was taken. Mary Greendeer, excused. Rose Maten and Lois Jeffer were absent.

The membership roll call was taken. The Stockbridge-Munsee tribe and the Chicago Urban Indians were absent.

The agenda was approved with an addition of an elders group to sing.

Treasurers report was given and approved by all. Also the February 2, 2001 minutes were approved.

Peter Christensen, Lac Du Flambeau Health Director, gave an update on his work. There will be a kidney screening and follow-up in Lac Du Flambeau in May. He is advocating to get more money for all our health centers. He and other directors have been to Washington. All the directors do a good job for what little money we get. There isn't any reservation that there isn't a need. We need to have some state representatives attend some of our WIEA meetings. It's a tough job and a challenge.

Mary Peterson, Aging Director of Home Healthcare for Tribal member, is looking at the needs of our disabled and our elders to be able to stay at home. They have home chore service workers that do meal preparation, personal care, take them to doctors appointments, take them grocery shopping and monitor their medicines. The county thinks that the tribe should take care of others, not just tribal members. We need to follow guidelines for Medical Assistance but as a tribe we can be flexible. When you hire home chore workers, she emphasized how important it was to find people that are compassionate and caring to work with the handicapped and elders. She mentioned that there will be a Health Directors meeting in Oneida on Friday, April 20. They are going to unite to try and get some of the 5 million that has recently been allocated, working together as a group might give them more clout.

Robert Caufey, he noted that as we all know our elders are living longer. He asked if the Health directors are advocating for access to buy medicines wholesale. He noted that the Mashantucket Pequot Tribe buy their medicines wholesale and sell it to other tribes. We should think about going to the drug manufacturers to cut out the middleman. This is an issue and he would like a state legislative person come to our meeting to explain how we could get medicines at a wholesale price.

Richard Sicchidr, spoke on the need for elder abuse statutory reforms and funding. Since 1986 there has been an increase of 139% in the number of elder abuse cases reported. Wisconsin is experiencing the lead in the nation as a whole in such a dramatic increase. The state will mostly see in the next decade a similar increase in the number of reports of elder neglect in physical, financial, emotional and sexual abuse as well as self-neglect. County boards are required by state statute to have a lead elder abuse agency to receive and investigate elder abuse reports. This has been law since 1985 but there is only limited money to carry out the assigned duties because of counties reporting serious staffing problems for this growing need and critical problem.

Right now only \$625,000 is current state spending for elder abuse which is only about \$1.00 per person. He is trying to get \$3 million more. The public awareness and understanding of the growing and shocking problem of elder abuse lags behind. There is a need for public

systems in place and resources available to help with the victims safety and to hold abusers accountable. The training of professionals is crucial to addressing elder abuse issues. Lack of direct service funds jeopardizes the health and safety of Wisconsin elderly.

#### GEEZERS.COM:

Geezers.com is a national nonprofit organization best known as America's leader in the field of older worker training and employment. It provides talented older workers with a way to market their crafts, products and goods and start their own business. It was started by the Green Thumb, Inc. This web site, Geezers.com, provides talented seniors, even those without computers and internet access, with a worldwide market for their hand crafted goods. Shopper looking for unusual gifts and accessories will find them there. It gives seniors across the country the opportunity to supplement their income, start new businesses and expand the market for their hand crafted goods. The cost for membership is \$9.95 per individual or \$29.95 for a group.

During the last's presenters a group of men from Lincoln brought in flower plants. They gave each table three plants. We had to decide who would get the plants at our table. No, I didn't get one.

At this time we broke for lunch. A raffle was held while we lined up and ate lunch. I was fortunate enough to win three of the drawings. Also at this time the Lac Du Flambeau tribe handed out a tote bag of goodies and a Pow-wow T-shirt to all the people attending the meeting.

It was announced that the next WIEA meeting will be held in St. Croix in June. The meeting was adjourned at 1:30.

Arley Doxtator, a candidate for ONCOA, attended this WIEA meeting and the last ONCOA meeting. He said he found it very informative and enjoyed himself. Sooooo, everybody get out and vote at the upcoming election. I know he get my vote as he is already becoming involved with elder concerns. I would like to thank Robert LaGest and Lisa Huff for their patience, understanding and help with us elders. They did a fine job and I would highly recommend them for future trips.

#### UPCOMING EVENTS:

April 23-26, Senior Statemen in Madison

May 17- CWAG Expo in Madison

July 11-13 CWAG convention in Appleton at the Radisson Paper Valley

Submitted by:

Dellora Cornelius, ONCOA Sec.

ONCOA  
Monthly Report  
May 8, 2001  
Tekahu?wake  
(Hugh Danforth, colonized name)

May 1, 2001 Volunteered to answer phones at Elderly Services while staff attended their Tuesday morning staff meeting.

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Wisconsin Association of Senior Centers  
District Directors  
District III Meeting  
May 1, 2001  
Elder Services Complex

I was invited to attend this meeting which was held at the Elderly Services Complex conference room. The subjects covered were: WASC Updates, Conferences 2001/2002, Legislation, Delegates to the State Organization, and Membership Recruitment.

The general public believes that senior centers are a government program. They are not. One third of their funding comes from grants, one third from local governments, and one third from people. There is an amendment to the state budget for \$1 million to fund senior centers. The organization is asked for support for this amendment by calling, sending post cards, and by e-mailing members of the State Joint Finance Committee. Also, contact your local state representative and senator. Numbers count. Baby boomers are here and growing, and senior centers need more funding to handle the new load.

Other comments and concerns:

- September 19, 20, and 21, 2001 WASC Conference in Oconomowoc.
- Organizing the WASC Conference (District III - sponsor)
  - What do we want to hear
  - Theme for the Conference (nautical - sailing into the future, anchor your (something)?, light house to your future, beacon, home port, port of call)
  - Ice breakers, name on back
  - Auction
  - Vendors vs. corporate sponsors
  - Speakers (mind, body, spirit), Multi-cultural Center, Green Bay
  - Organizing, volunteers, volunteer center, Green Bay
  - Repeat sessions
- Delegate to the State WASC Board; need new delegate. Next WASC Board Meeting is June 1, 2001 at Stevens Point. Membership fees are \$150.00.

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Respectfully submitted by Tekahu?wake (Hugh Danforth, colonized name)

MONTHLY REPORT  
ONCOA  
APRIL, 2001  
Clifford Doxtator

Wednesday, May 2, 2001-attended the Wisconsin Public Service Spring Senior Seminar at the Comfort Suites. Highlights include:

A presentation by a nurse regarding prescription drugs and some of the effects these drugs have.

A presentation by a horticulturist on the damage done by gypsy moths and how to try to control them.

Scams: The worst being telemarketing and how to deter these scams.

A presentation by a meteorologist on lightning and thunderstorms.

A presentation by a naturalist regarding snakes and birds of prey.

This is a program our elders would enjoy, it was excellent.

The Oneida Senior Center hosted a seminar on life line. St. Vincent Hospital did an excellent job. More of our elders should use life line because it is not only important but it saves lives. The new life line weighs only two ounces and is waterproof. The new phone system is also very effective.

WISCONSIN INDIAN ELDERS ASSOCIATION CONFERENCE  
APRIL 13, 2001  
LAC DU FLAMBEAU

Featured speakers included Mary Peterson and Robin Carufel.

Mary is the Aging Director of the Home Health Care program. The family has a daughter who needs special care. This daughter is currently in Green Bay, receiving special care. The family takes her home on weekends. Mary addressed the needs to care for people who have these concerns.

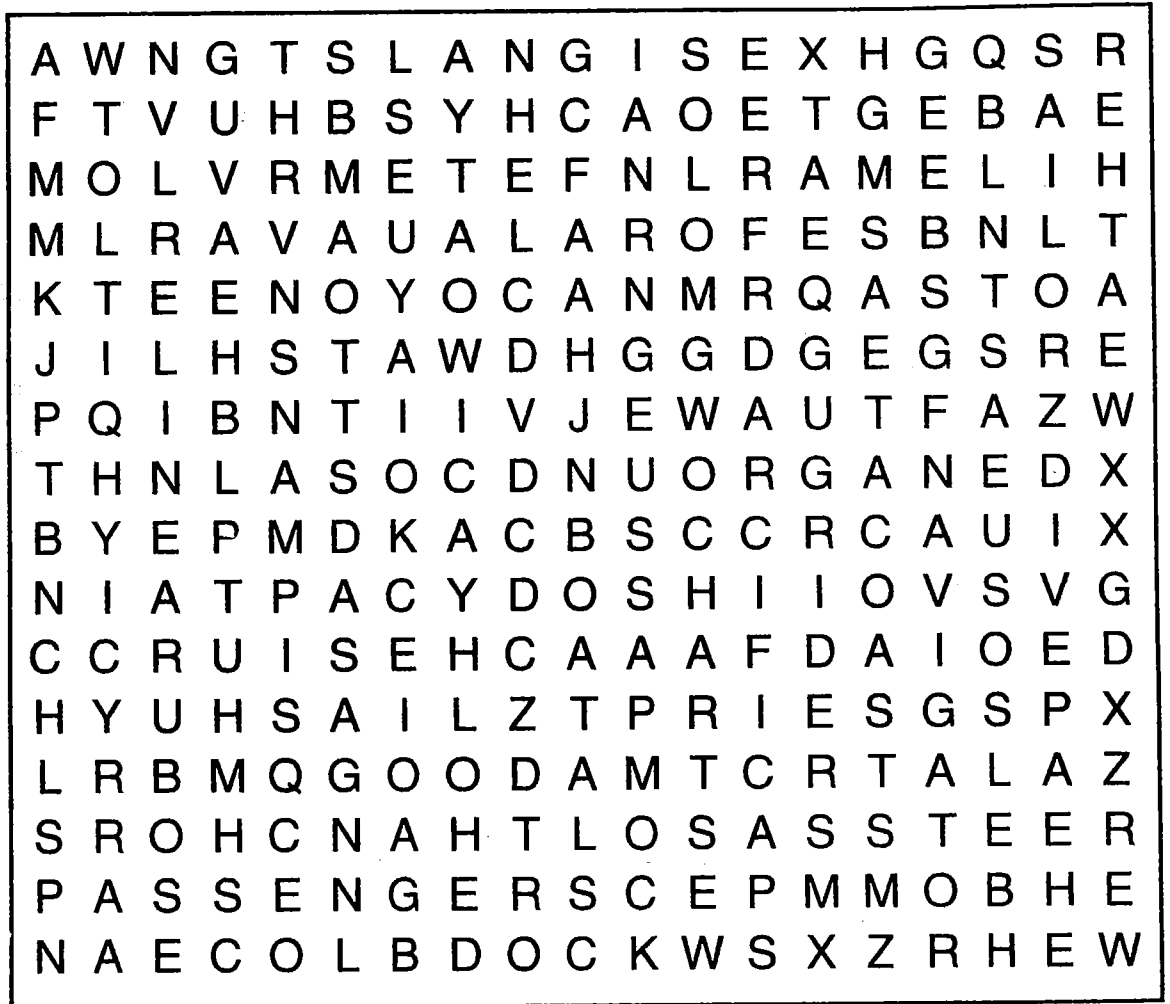
Robin Carufel works for National Indian Health Care, with headquarters in Bemidji, Minnesota. This group addresses the concerns of Native Americans and also lobbies for our people in Washington, D.C. on health care issues.

Richard Sicchio, Director of the Northern Area Agency on Aging, gave a report on the progress of Native American issues in his program.

Virginia Chosa chaired the meeting and did an excellent job. The W.I.E.A. group was done eating and adjourned before 1:00 p.m. Well done, Virginia.

# puzzle 1

## Boating



F1101

AFT  
AGROUND  
ANCHOR  
ATLANTIC  
BAD  
BEACH  
BOAT  
CANOE  
CAPTAIN  
CHART

COAST  
COMPASS  
CRUISE  
DIVE  
DOCK  
EAST  
EMERGENCY  
FLAG  
FLOAT  
FORE

GOOD  
HELM  
LINE  
NAVIGATOR  
NORTH  
OCEAN  
PACIFIC  
PASSENGERS  
RADIO  
RIDERS

RUN  
SAIL  
SAILOR  
SEAS  
SIGNALS  
SOS  
SOUTH  
STEER  
WEATHER  
WEST

**ONEIDA ELDERLY SERVICES  
ENROLLMENT FORM**

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

NOTE: The state and federal government have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name \_\_\_\_\_ Phone Number (\_\_\_\_) \_\_\_\_\_  
Address \_\_\_\_\_ Social Security Number \_\_\_\_\_/\_\_\_\_/\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_ DOB \_\_\_\_\_/\_\_\_\_/\_\_\_\_

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elders aged 70 years and older. 2) Elders aged 55-69 years of age, that are disabled/handicapped, living alone. 3) Elders aged 55-69 years of age, with health/safety issues. The elders that are listed are our priority.

**Please check the appropriate responses:**

**Marital Status:** \_\_\_\_ Married \_\_\_\_ Single \_\_\_\_ Widowed \_\_\_\_ Divorced

**Living Arrangement:** \_\_\_\_ Lives Alone \_\_\_\_ Lives with Spouse \_\_\_\_ Lives with Others\*

**Do You:** \_\_\_\_ Rent \_\_\_\_ Own \_\_\_\_ How many Others\* \_\_\_\_

**Verified monthly Household Income:** \_\_\_\_ 0-to-\$686.00 \_\_\_\_ \$687.00-to-\$924.00 \_\_\_\_ \$925.00 + up

**Race:** \_\_\_\_ Native American \_\_\_\_ Caucasian \_\_\_\_ Latino \_\_\_\_ Asian \_\_\_\_ African American

**Tribal Affiliation:** \_\_\_\_\_ **Enrollment Number** \_\_\_\_\_

**General Health status:** \_\_\_\_ Excellent \_\_\_\_ Good \_\_\_\_ Fair \_\_\_\_ Poor\*

**\*If poor please list health condition** \_\_\_\_\_

**Do you currently have any of the following:** \_\_\_\_ Guardian \_\_\_\_ Power of Atty--Finances \_\_\_\_ Health \_\_\_\_  
\_\_\_\_ Medicare \_\_\_\_ Medicaid \_\_\_\_ Representative Payee  
\_\_\_\_ None of the Above

**In case of an emergency--please contact** Name \_\_\_\_\_  
Phone Number (\_\_\_\_) \_\_\_\_\_  
Relationship \_\_\_\_\_

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form, are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elderly Services.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

3-13-G / ljm

*Please return to*  
**Oneida Elderly Services Complex  
Service Coordinator  
2907 S Overland Rd  
Oneida WI 54155**