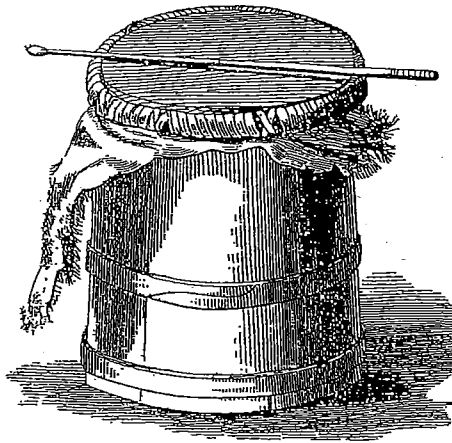


DRUMS ACROSS ONEIDA

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

Strawberry Moon- Aw[^]hite Weh-hni-tah

June 2003



ELDERLY SERVICES COMPLEX:

Program Director
Assistant Program Director
Benefits Specialist Supervisor
Benefits Specialist
Elder Abuse Coordinator
Elderly Services Coordinator
Administrative Assistant
Office Manager
Transportation Coordinator
Transportation Driver
Transportation Aide
Activity Coordinator
Outreach Worker
Outreach Worker
In-Home Chore Worker
In-Home Chore Worker
Respite Care Worker
Respite Care Worker
Administrative Assistant
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

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

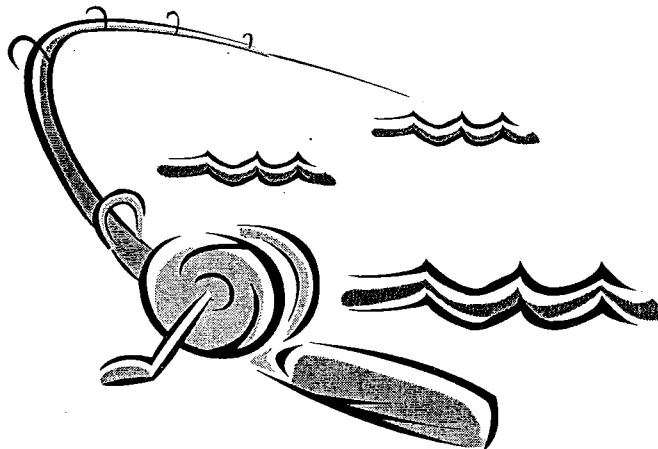
Florence Petri
Vacant
Lori Metoxen
Julia Hill
C.J. Doxtator
Cheryl Ault
Noreen Powless
Vacant
Lorna Christjohn
Connie Van Gheem
Dale Webster
Margaret King-Francour
Cindy Brabbs
Amy Sumner
Joanne Close
Lorleen John
Regina Vande Hei
Debbie Ninham
Marty Braeger
Barbara Skenandore
Arleen Elm
Rita Summers

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

"HAPPY FATHER'S DAY"

*A dad is a person
Who is loving and kind,
And often he knows
What you have on your mind.
He's someone who listens,
Suggests, and defends.
A dad can be one
Of your very best friends!
He's proud of your triumphs,
But when things go wrong,
A dad can be patient
And helpful and strong.
In all that you do,
A dad's love plays a part.
There's always a place for him
Deep in your heart.
And each year passes,
You're even more glad
More grateful and proud
Just to call him your dad!
Thank-you, Dad...
For listening and caring,
For giving and sharing,
But , especially, for just being you!
Happy Father's Day*



UP CLOSE AND PERSONAL
WITH Lisa J. Huff
Home Chore Worker

Lisa J. Huff was born 11/23/67 in Sturgeon Bay Wisconsin to Helen Huff, the daughter of the late Julia Metoxen and Henry Ben Huff SR.

Lisa moved to Oneida in 1989. Lisa worked for the Oneida Casino for one year, and worked for the Oneida Construction for three years. Lisa has been working for Oneida Senior Center for 8 years and two of the years were seasonal as a part time worker. She has been full time for 6 years.

Lisa has four beautiful children that consist of two sons and two daughters

She enjoys working for the Senior Center and traveling with the elders, because she experiences things about the past and her culture. Lisa works in all areas of the Senior center and enjoys it very much.

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

Teacher

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

My mother

What did you consider to be your greatest accomplishment?

Raising my children

Is there something you've always

wished you were great at doing?
Road work

What is the best advice anyone ever gave you?

Get an education

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

Stay active and do the things you like to do.

What is your ideal vacation?

Traveling by car all over.

Favorite Meal: Mexican

Favorite Music: Country

Favorite Books: True Stories

Favorite Movies: Action (Drama)

Sleeping with the Enemy

Favorite Hobbies: Racing, Bingo & vacation



ONEIDA AREA FAITH IN ACTION COALITION MEETING



WISCONSIN

Where: **Woodland Worship Center**

Date: Thursday, June 19, 2003

Time: 9:30 A.M.

Address: 760 Airport Drive,
Oneida Wis 54155

Questions, please call 869-2448

Please come join us for updates on the Oneida Area
Faith In Action Program,
tour the new church and meet members of the other
congregations.

"It feels good to know that you matter to somebody,
and I know that I matter."

Bits of Information

Pacific Northwest Holiday Trip, to Seattle, Victoria and Vancouver was cancelled due to the small number of people who signed up. Sorry to have inconvenienced anyone. There will be plans in the future to Highlights of Germany. More details to follow.

Oneida Area Faith in Action will be meeting at the Woodland Worship Center, 760 Airport Drive, Oneida, Thursday June 19th at 9:30. Interested volunteers, Board members are welcome to attend.

Fundraiser for the Faith In Action Program

White Elephant Sale to be held at the Assembly of God Church, Highway 54 June 21. 9AM-3PM Watch for flyers and signs.

I know this sounds early, but we are looking for Seniors who would like to plan the next **Christmas party**. Its only six months away. If you would like to be a part of this, please give me a call and I will set up your first meeting.

We are still looking for more people for the **Nutrition Advisory Council**. See the ad. Its your meal site, your ideas, suggestions, guidance and participation are important. Call me if you are interested.

We would like to **thank those who donated** books, tapes, videos and things for our soon to be Library. Alice Torres, Josephine Outenhoven, Rose Cooper, Noel Cleven, Dixon Skenandore, and Frank Skenandore

We would like to welcome our **Elder Helpers** to the program:
Richard Dodge, Grover Smith, Barbara Skenandore and Winona Mencheski

Reminder: We have **four computers** here at the complex for your use. You are welcome to come in anytime you need to browse the net or write your letters or papers.

Rita Summers, we wish you luck and happiness. Rita worked with us under the Title V program and her last day was May 30. We wish you well.

June 27th, our **Activities Coordinator** will return to work. Her and baby are doing fine. Let's thank Jan Frion for doing such a good job in her absence.

Don't forget our **store**. You are welcome to come and set your items up for sale. The profit is yours. We sell popcorn, greeting cards, craft items and more.

Florence Petri, Program Director

**20TH ANNUAL
SENIORFEST 2003**

**WEDNESDAY, JUNE 18, 2003
9:00 AM - 4:30 PM**

**American Serb Memorial Hall
5101 West Oklahoma Avenue
Milwaukee, WI**

The 20th Annual Award-Winning Festival for Senior Adults

**HOSTED BY:
MILWAUKEE RECREATION DEPARTMENT
FIFTY-FIVE PLUS PROGRAM**

**ADVANCE TICKETS
\$3.00 each, including a door prize entry**

**AT THE GATE ON THE DAY OF THE EVENT
\$4.00 each including a door prize entry**

WE WILL CHARTER A BUS FOR 40 OR MORE SENIORS FOR THE ABLE BODIED SO PLEASE SIGN UP AS SOON AS POSSIBLE IF YOU WOULD LIKE TO GO. A SIGN UP SHEET WILL BE AT THE MEAL SITE UNTIL FRIDAY, MAY 30TH. THE BUS WILL LEAVE FROM THE SENIOR CENTER, MEAL SITE, NO LATER THAN 7:00 A.M., AND RETURN THE SAME DAY.



Elderly Services is Recruiting Nutrition Advisory Council Members

Functions:

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

Elderly Request for Service Procedure

Clarification of emergency and non-emergency request for service and the procedure for the Elderly Services/Senior Center and payment of bills. If you need a service which is usually handled by another area, such as, Plumbing, Utilities, Department of Public Works, etc. or any service area/vendor outside the Tribe, call the Elderly Services at (920)869-2448. All requests for services go to the Elderly Services Coordinator.

Upon receiving your request, an Initial Contact Form will be generated and routed to the proper vendor for service, by the Elderly Services Coordinator.

The policy is to serve seniors 70 and older, disabled or handicapped. Our priority for serving this age group would be an immediate emergency, economic or health and safety issue. Follow-up by the Elderly Services Coordinator will be done to make sure services are satisfactorily completed.

Every effort will be made to meet the needs of the Elders in the 55/69 age group. As of this notice, unless the Elderly Services/Senior Center makes the referral to a vendor, this department will not be responsible for the charges incurred by you. You will be responsible for the full cost of these charges.

We recognize emergencies do arise however your help in contacting us to verify cost estimates before completing the work and the billing process would be greatly appreciated in all future requests.

* We provide a 24-hour answering service and are able to access immediate service in areas of electrical, plumbing and furnace repairs. An after hours phone service is available evenings and weekends, please leave a message and the messages will be directed to the appropriate staff person for your assistance.

This procedure is only applicable as funds are available. Thank you for your attention to this matter.

If you have any questions, please do not hesitate to call (920) 869-2448. Office hours are Monday thru Friday, 8:00 a.m. to 4:30 p.m.

DIABETES SUPPORT GROUP NEWS

Our first meeting for the Diabetes Support Group was held on Tuesday, May 6th and what a wonderful turnout!! We have 19 members who want to support each other by getting new information, sharing tips and recipes. Most importantly it is to advocate for the Oneida Community to become more aware of the risk of diabetes and to encourage all members to eat and live healthier lives. It was really exciting to see.

The first meeting was getting to know each other. Tim Moureau was also in attendance and was most helpful in answering the questions that were asked. The group decided on some of the goals they would like to see instituted. Sandy Holden and Ann Rockhill from Behavioral Health introduced themselves as facilitators.

A petition was agreed upon to advocate for healthier meals to be developed for the Headstart Program, the schools, the elder lunches, and other Oneida gatherings. The petition will be ready to sign at the next meeting.

Another outstanding idea was suggested to develop a video of Oneida Community members who have been diagnosed with diabetes, to talk about their feelings and how diabetes has affected their lives. It would be on a volunteer basis (to be on video), and the goal is to raise awareness of the risk of diabetes in the community and to support a healthy lifestyle.

At the next meeting, an American Diabetes Association Monthly Meal Planner will be made available for those who would be interested.

The general consensus was to have the group be a sharing support group, and that subcommittees could develop from the group to do special projects and advocacy. We also will be bringing in videos and speakers to expand on our knowledge of topics requested by the group.

After the meeting we had a delicious meal of chicken dumpling soup, sandwiches, and fruit catered by the dieticians at Anna John Nursing Home, a big Thank You!! We continued to make new friends and had a great time. We also **THANK** Jolene, of the Diabetic Team support staff for arranging the meal.

The next meeting will be held on **Tuesday, May 20th** from 3:00 to 4:30 p.m. at the **Oneida Health Center**. We look forward to seeing you there. Please note that a meal will not be served at this meeting.

If you have questions about the group, please call Sandy Holden at 490-3708, or Ann Rockhill at 490-3728.

Taking Care of Your Body

Make it a priority to take good care of your body. The time you spend now on eye care, foot care and skin care, as well as your heart health and oral health, could delay or prevent the onset of dangerous diabetes complications later in life. In addition, one of the best things you can do for your body is to stop smoking.

Eye Care

Diabetes can cause eye problems and may lead to blindness. People with diabetes do have a higher risk of blindness than people without diabetes. Early detection and treatment of eye problems can save your sight.

Foot Care

People with diabetes can develop many different foot problems. Foot problems most often happen when there is nerve damage in the feet or when blood flow is poor. Learn how to protect your feet by following some basic guidelines.

Skin Care

As many as one-third of people with diabetes will have a skin disorder

caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first sign that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early.

Heart Disease

People with diabetes have extra reason to be mindful of heart and blood vessel disease. Diabetes carries an increased risk for heart attack, stroke, and complications related to poor circulation.

Oral Health

If you have diabetes, you are at a higher risk for gum disease and other mouth-related problems. Learn more about maintaining good dental health.

Smoking

Kicking the smoking habit is hard, but worth the work. Tobacco has many bad health effects, particularly for people with diabetes. No matter how long you've smoked, your health will improve when you quit.

Low-fat Choices

Appetizers

Tomato juice, clear broth, bouillon, consommé.

Raw (not marinated) vegetables such as celery or radishes; skip the dip

Fresh fruit

Fresh, steamed seafood

Eggs

Poached, boiled

Salads

Tossed vegetable, lettuce, sliced tomato, cucumber

Cottage cheese (as part of meal plan)

Salads with low-calorie dressing, lemon juice, or vinegar

Breads

Whole-grain rolls or crackers, biscuits, or breads

Potatoes and Substitutes

Baked, boiled, or steamed potatoes

Plain rice or noodles

Fats

Diet margarine, low-calorie salad dressing, low-fat sour cream or yogurt

Vegetables

Raw, stewed, steamed, boiled

Meat, Poultry, Fish

Roasted, baked, broiled, or grilled poultry, fish, or seafood

Lean meats with fat trimmed

Dishes with gravy or sauce on the side.

Desserts

Fresh fruit or fruit juice

Fat-free or low-fat yogurt

One scoop of ice cream (work with your doctor or dietitian to fit this into your meal plan)

Beverages

Coffee, tea

Milk

Sugar-free soda

Stress

Stress results when something causes your body to behave as if it were under attack. Sources of stress can be physical, like injury or illness. Or they can be mental, like problems in your marriage, job, health, or finances.

When stress occurs, the body prepares to take action. This preparation is called the fight-or-flight response. In the fight-or-flight response, levels of many hormones shoot up. Their net effect is to make a lot of stored energy - glucose and fat - available to cells. These cells are then primed to help the body get away from danger.

In people who have diabetes, the fight-or-flight response does not work well. Insulin is not always able to let the extra energy into the cells, so glucose piles up in the blood.

Many sources of stress are not short-term

How Stress Affects Diabetes

In people with diabetes, stress can alter blood glucose levels. It does this in two ways. First, people under stress may not take good care of themselves. They may drink more alcohol or exercise less. They may forget, or not have time, to check their glucose levels or plan good meals. Second, stress hormones may also alter blood glucose levels directly.

Scientists have studied the effects of stress on glucose levels in animals and people. Diabetic mice under physical or mental stress have elevated glucose levels. The effects in people with type 1 diabetes are more mixed. While most people's glucose levels go up with mental stress, others' glucose levels can go down. In people with type 2 diabetes, mental stress often raises blood glucose levels.

Physical stress, such as illness or injury, causes higher blood glucose levels in people with either type of diabetes.

For some people with diabetes, controlling stress with relaxation therapy seems to help. It is more likely to help people with type 2 diabetes than

threats. For example, it can take many months to recover from surgery. Stress hormones that are designed to deal with short-term danger stay turned on for a long time. As a result, long-term stress can cause long-term high blood glucose levels.

Many long-term sources of stress are mental. Your mind sometimes reacts to a nondangerous event as if it were a real threat. Like physical stress, mental stress can be short term - from taking a test to getting stuck in a traffic jam. It can also be long term - from working for a demanding boss to taking care of an aging parent. In mental stress, the body pumps out hormones to no avail. Neither fighting nor fleeing is any help when the "enemy" is your own mind.

people with type 1 diabetes. This difference makes sense. Stress blocks the body from releasing insulin in people with type 2 diabetes, so cutting stress may be more helpful for these people. People with type 1 diabetes don't make insulin, so stress reduction doesn't have this effect. Reducing stress can help people with type 1 diabetes take better care of themselves.

Some people with type 2 diabetes may also be more sensitive to some of the stress hormones. Relaxing can help by blunting this sensitivity.

It's easy to find out whether mental stress affects your glucose control. Before checking your glucose levels, write down a number rating your mental stress level on a scale of 1 to 10. Then write down your glucose level next to it. After a week or two, look for a pattern. Drawing a graph may help you see trends better. Do high stress levels often occur with high glucose levels, and low stress levels with low glucose levels? If so, stress may affect your glucose control.

Stress and Personality

You have some control over your reaction to stress. You can learn to relax and reverse the body's hormonal response to stress. And, of course, you may be able to change your life to relieve sources of stress.

Something else that affects people's responses to stress is coping style. Coping style is how a person deals with stress. For example, some people have a problem-solving attitude. They say to themselves, "What can I do about this problem?" They

try to change their situation to get rid of the stress.

Other people talk themselves into accepting the problem as okay. They say to themselves, "This problem really isn't so bad after all."

These two methods of coping are usually helpful. People who use them tend to have less blood glucose elevation in response to mental stress.

Learning to Relax

There are many ways to help yourself relax:

Breathing exercises . Sit or lie down and uncross your legs and arms. Take in a deep breath. Then push out as much air as you can. Breathe in and out again, this time relaxing your muscles on purpose while breathing out. Keep breathing and relaxing for 5 to 20 minutes at a time. Do the breathing exercises at least once a day.

Progressive relaxation therapy. In this technique, which you can learn in a clinic or from an audio tape, you tense muscles, then relax them.

Exercise. Another way to relax your body is by moving it through a wide range of motion. Three ways to loosen up through movement are circling, stretching, and shaking parts of your body. To make this exercise more fun, move with music.

Replace bad thoughts with good ones . Each time you notice a bad thought, purposefully think of something that makes you happy or proud. Or memorize a poem, prayer, or quote and use it to replace a bad thought.

Whatever method you choose to relax, practice it. Just as it takes weeks or months of practice to learn a new sport, it takes practice to learn relaxation.

Basic Diabetes Information

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Approximately 17 million people in the United States, or 6.2% of the population, have diabetes. While an estimated 11.1 million have been diagnosed, unfortunately, 5.9 million people (or one-third) are unaware that they have the disease.

There are three major types of diabetes:

Type 1 diabetes - Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

Type 2 diabetes - Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Approximately 90-95% (16 million) have type 2 diabetes.

Pre-diabetes - Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. It is estimated that at least 16 million Americans have pre-diabetes, in addition to the 17 million with diabetes.

Gestational diabetes - Gestational diabetes affects about 4% of all pregnant women - about 135,000 cases in the United States each year.

Fact Sheet: Work and Eldercare

The 21st century will be marked by a dramatic increase in the size of the older population as the baby boom generation ages. An increase in older adults will mark a corresponding increase in dementing illnesses such as Alzheimer's disease, Parkinson's disease and stroke. These disorders affect not only the individual, but can also be devastating to the family. Already, millions of working adults are juggling the competing demands of caring for a chronically ill or disabled parent, raising a family, and managing a career.

If you are a caregiver, you are not alone. An estimated one out of four U.S. households is involved in caring for a loved one aged 50 or older. As many as 12.8 million Americans of all ages need assistance from others to carry out everyday activities. While there is no

reliable estimate of the number of family caregivers, at least 7 million Americans are caring for a parent at any given time.

Between one-third to one-half of all caregivers are also employed outside the home. Working caregivers sacrifice leisure time, and often suffer stress-related illnesses. Negative effects on working caregivers include time lost from work, lower productivity, quitting a job to give care, lost career opportunities and lower future earnings. Eventually, some 12 percent quit their jobs to provide care full-time. Work disruptions due to employee caregiving responsibilities result in productivity losses of \$1, 142 per year per employee. In California, this translates to more than \$1 billion - \$2 billion if part-time employees are included.



Many Thanks to Ron Sommers-Oneida Bingo & Casino and to Lisa Giese from the Oneida Museum who so graciously donated to our Annual Volunteer Banquet on May 1st. Lori Metoxen and her staff from the Elderly Services filled in for us as Mistress of Ceremony for us at the last minute and were truly lifesavers! Thank you one and all for donating your time and efforts in making this year's banquet a fun time.

HELP WITH PAYMENT OF MEDICARE PART B PREMIUM AVAILABLE

If you are eligible for Medicare part B and your Gross Income is below the limits listed below, the State of Wisconsin has several programs available which may help you to pay for your Medicare premium (\$58.70 in 2003). How much help you can get from the state depends on how much income you have. NOTE: "Gross Income includes the Medicare Premium".

QMB

If your income is below \$768.33 (\$1030 for couples) the state will pay your Medicare Part B premium, your Medicare co-insurances, and your Medicare deductibles. THIS PROGRAM IS CALLED THE QMB PROGRAM.

SLMB

If your income is below \$918 (\$1232 for couples) the state will pay your Medicare Part B premium. THIS PROGRAM IS CALLED THE SLMB PROGRAM

SLMB+

If your income is below \$1030.25 (\$1384 for couples) the state will also pay your entire Medicare Part B premium. THIS PROGRAM IS CALLED THE SLMB+ PROGRAM.

ASSET MAXIMUMS

TO BE ELIGIBLE FOR THESE PROGRAMS YOU MUST HAVE LESS THAN \$4000(\$6000 FOR COUPLES) IN ASSETS.

If you have any questions, about these programs, contact a Benefits Specialist at 869-2448 or 1-800-867-1551. Benefits Specialist's are a service of the Oneida Elderly Services.

PLANT HAPPINESS

First plant five rows of peas:

Perseverance,
Presence ,
Preparation,
Promptness,
Purity.

Next plant three rows of squash:

Squash gossip,
Squash criticism and
Squash indifference.

Then five rows of lettuce:

Let us be faithful to duty,
Let us be unselfish and loyal,
Let us be true to our own obligations,
Let us love one another

No garden is complete without turnips:

Turn up for important meetings,
Turn up with a smile,
Turn up with new ideas,
Turn up with determination to make everything count for
something good and worthwhile.

Happy Birthday to all you June Babies

Shirley Barber	6/10	Alfreda Green	6/29
Joanne Barnette	6/25	Irene Hill	6/13
June Begay	6/25	Keith A. Hill	6/20
Gerald Benson	6/28	Ruth Hillegas	6/15
Tony Benson	6/22	Maria Hinton	6/5
Joanne Biddle	6/22	Carol Lopez	6/9
Pat Blochowiak	6/10	Betty McLester	6/1
Mildred Butler	6/24	Lois Metoxen	6/3
Angeline Cayenberg	6/24	Loretta V. Metoxen	6/8
Peter Charles	6/2	Edmund Powless	6/14
Leona Collar	6/9	Ella Sauer	6/5
Bertha Cornelius	6/22	Althea Schuyler	6/20
Clarence Cornelius	6/16	Skenandore Helen	6/17
Clifton Cornelius	6/12	Betty Skenandore	6/3
Frances Cornelius	6/11	Dona Skenandore	6/2
Ira Cornelius	6/27	Lorraine Skenandore	6/16
Nona Cottrell	6/11	Phillip Skenandore	6/13
Susan Crotty	6/5	Wanda Skenandore	6/10
Betty Daus	6/1	Grover Smith	6/6
Delia Denny	6/29	Marjorie Stevens	6/7
Donald Denny	6/11	Arlene Summers	6/6
Florine Dessart	6/27	Betty Tonnon	6/10
Olga Doxtator	6/17	Kenneth Webster	6/20
Robert Doxtator	6/14	Stanley Webster	6/1
Mildred Elm	6/6	Lambert Williams	6/29
Regina Funk	6/6		

From all the Elderly Services Staff and the Oneida Commission on Aging

P.S. Happy Belated Birthday Wishes to Roy Powless-5/30



SUMMER FUN AND GOOD NUTRITION TOO!

Well , it's that time of year again! Pull out your picnic basket or cooler and head to the park, beach, backyard, or wherever the sun takes you. These summertime gatherings often mean lots of high fat favorites, such as brats, hot dogs, potato salad, chips, and endless supply of tempting desserts. These outdoor parties can also mean a higher intake of alcoholic beverages or sugary fruit drinks, such as lemonade. Having fun in the sun doesn't have to be so unhealthful. The following tips may help you get your next picnic off to more healthful start.

- Consider skipping the high fat and high sodium sausage products, and instead make lean, grilled burgers with ground round, ground sirloin, or ground turkey breast. Chicken or fish on the grill are also great ideas.
- Reduce the fat in mayonnaise- based salads by decreasing the amount of mayo used, or by substituting the "light" or fat free version of these products. Remember to be careful when keeping mayonnaise-based dishes out in the sun. They must be kept chilled to prevent food poisoning.
 - Instead of regular chips, serve "baked" potato or tortilla chips. If you haven't heard of these, you've probably walked right by them in the grocery store. Fat free chips are available, but be careful not to eat too many, as they may cause some gas and diarrhea. The baked chips are reduced in fat, but do not tend to promote any negative side effects.
- Don't forget about fruits and vegetables. Potato and pasta salads can be prepared with plenty of colorful vegetables, including cherry tomatoes; zucchini; or green , red, or yellow peppers. Fresh apricot, pineapple, or peach chunks can be folded into chicken or turkey salads. And even easier, is to put out a nice vegetable or fruit tray with an assortment of fresh vegetables and fruits and low fat dips.
- To cut the sugar content of lemonade or other fruit drinks, simply add an extra cup or two of water. A refreshing sparkling fruit drink can be made by mixing half the lemonade, fruit drink (such as Kool-aid), or soda with half the sparkling water or sugar free white soda (such as 7-up).
- As always, try to keep the alcohol intake to a minimum. Try putting less alcohol in a mixed drink and /or using a non-caloric or sugar free mixer. Beware of the large sugar content of wine coolers and bottled alcoholic lemonade drinks. These also have a higher alcohol content than many people realize.
 - For desserts, try reducing fat and sugar in the recipe by 1/4 to 1/3. Angel food cake and fresh strawberries make a light enjoyable dessert.
- Instead of traditional Popsicles, try mixing pureed soft fruits with one tablespoon of lemon juice, and then pouring into ice cube trays and freezing firm. They can be served in iced tea or you can put a toothpick in each cube before freezing for a nutritious frozen treat.

● **HAVE A GREAT SUMMER AND STAY HEALTHY!**

SIX LAYER DINNER

Yield : 8 servings

Each Serving Amount: 3/4 cup

Exchanges: 1 Starch
1 Medium -fat meat
Chol: 28 mg

Calories: 147
Carbo:16 gm
Protein:10gm

Fat: 4gm
Fiber:1gm
Sodium:184 mg

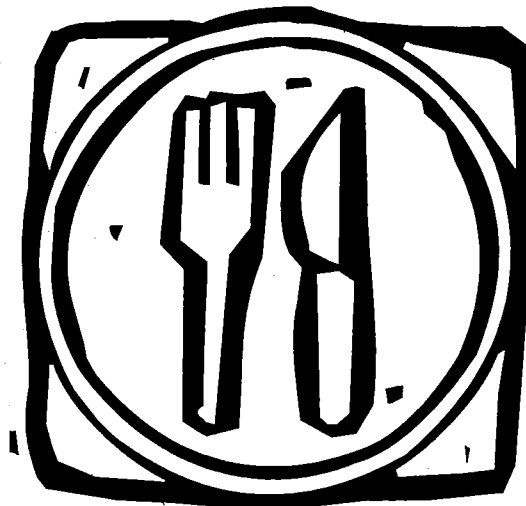
Ingredients:

1 pound lean ground chuck
4 medium -size red boiling potatoes,
peeled and cut into 1/4 inch slices
2 large carrots, scraped and cut into 1/4 -
inch slices
1 large onion, cut into 1/4 inch slices

1 medium -size green pepper, cut into 1/4
inch slices
1 (16- ounce) can whole tomatoes,
undrained and chopped
1/4 teaspoon pepper
1/8 teaspoon dried whole basil

Steps in Preparation:

- 1 Cook ground chuck in a large oven proof skillet with lid over medium heat until meat is browned, stirring to crumble. Drain well , and pat meat dry with paper towels. Wipe skillet with a paper towel.
- 2 Return ground chuck to skillet, and layer potatoes, carrots, onion, green pepper, and tomatoes over the top. Sprinkle with pepper and basil.
- 3 Cover with ovenproof lid, and bake at 350 degrees for 45 minutes. Serve hot.



MENU

JUNE

2003

Monday	Tuesday	Wednesday	Thursday	Friday
			All meals are served with coffee, tea, and milk	Meals are subject to change
2 Chop suey Rice Whole wheat bread Blueberries	3 Chili Cucumber Salad Whole wheat bread Ice cream	4 Pork chops/stuffing Green beans Whole wheat bread Apple sauce	5 Cheeseburger Mac Corn Whole wheat bread Bread pudding	6 Bacon Eggs, toast Cornmeal Juice Melons
9 Spaghetti Garlic bread Lettuce salad Peaches	10 Corn soup Fresh bread Juice Mixed berries	11 Meat loaf Potatoes Carrots & peas Whole wheat bread Pineapple tidbits	12 Cube steak Mac & cheese Mixed vegetables Whole wheat bread Jell-o	13 Ham/cheese Eggs, juice Muffins Fresh fruit
16 Ham Scalloped potatoes Corn Whole wheat bread Sherbert	17 Beef barley soup Fresh bread Juice Tapioca	18 Hamburgers Potato salad Beans Chips, buns Ice cream	19 Fish Red potatoes Cole slaw Rye bread Pears	20 Sausage French Toast Juice Berries
23 Chicken salad Tomatoes Lettuce Crossants Apple sauce	24 Potato soup Fresh bread Juice Whip & chill	25 Vegetable lasagna Garlic bread Lettuce salad Jell-o w/pears	26 Birthday Day Beef roast Potatoes-peas Whole wheat bread Ginger bread cake	27 Bacon Eggs Grits-toast Melons
30 Hot dogs Mac & tomatoes Green beans Whole wheat bread Mandarin oranges				

A BIT OF HUMOR!!!!

Knock, knock. Who's there? Roy Rogers.
Knock, knock. Who's there? Kilroy?
Kilroy who kill Roy Rogers, I'm a Gene
Autry fan.

What's round at each end and high in the
middle?

Do you know the difference between a golf
ball and a loaf of bread? No, what is the
difference? I sure would hate to send you to
the store for a loaf of bread you might bring
back a golf ball.

What did the ceiling say to the floor?

Do you want to hear a dirty joke? Yeah! A
pig fell in the mud.

Which of these three lays the largest egg? A
drake, gander, or rooster.

What did one ear say to the other ear?

Why can't you keep a secret in a garden? I
don't know. Why?

1. Ohio
- 2.. Got you covered
- 3.. None only the females lay eggs
- 4.. I see we live on the same block
5. The corn has ears to hear, and the potatoes
have eyes to see

RECIPES

Breakfast Burrito

- 1 Tbsp. light margarine
- 2 C. frozen O'Brien potatoes thawed
- 3/4 tsp. chili powder
- 1 C. egg substitute
- 1/4 C. salsa
- 1/4 C. green onions, chopped
- 4 (7 inch) flour tortillas
- 1/4 C. light or fat-free sour cream (optional)

Melt margarine in large nonstick skillet over
medium heat. Add potatoes and chili
powder. Cook until potatoes are tender,
about 8 minutes, stirring occasionally.

Mix together egg substitute, salsa, and green
onions; add to skillet and cook until eggs are
set, stirring occasionally. Heat tortillas
according to package directions. Spoon egg
mixture down center of tortillas. Top with
sour cream if desired. Roll up in burrito
fashion. Yield: 4 servings.

These can be made ahead and put in the
freezer for up to 1 month. Omit sour cream.
Do not heat tortillas. Spoon cooled mixture
into tortillas, roll up, and wrap in plastic
wrap and place in plastic freezer bag.

When ready to serve, unwrap, and
microwave on MEDIUM for 3 to 6 minutes
until heated through, turning halfway
through process.

HOMEMADE MELBA TOAST

Preheat oven to 300F. Cut off bread crusts
of 2 pounds extra thin white or wheat bread
and cut each slice in 4 triangles. Place on
baking sheets. Bake until dry, but not
browned. Cool on rack. Store in airtight
container. Yield: About 50 pieces.

Recipes continued

Bread pieces can be sprayed with non-calorie olive oil spray and sprinkled with salt-free seasonings to vary the flavors of the toast pieces. Bread can be cut into cubes to make croutons.

WALDORF SALAD

1/4 C. fat-free mayonnaise
1/2 C. plain fat-free yogurt
1 Tbsp lemon juice
2 pkg. artificial sweetener
3 C. red apples, cored and diced into 1/2 inch pieces
1 C. celery diced
1/4 C. walnuts, coarsely chopped
1/4 C. raisins

In a large bowl, mix mayonnaise, yogurt, lemon juice, and sweetener until smooth. Stir in remaining ingredients. Mix well. Cover and refrigerate at least 2 hours before serving. Yield: 8 servings.

TURKEY BURGERS

2/3 C. whole wheat bread crumbs
1/2 C. celery finely chopped
1/4 C. onion finely chopped
1/4 C. egg substitute
1 Tbsp. fresh parsley minced
1 tsp. dried oregano
1 tsp Worcestershire sauce
1/4 tsp. salt (optional)
1/4 tsp. pepper
1 1/4 lb. ground turkey breast
6 Whole wheat hamburger buns

In a bowl, combine the first 9 ingredients. Add turkey mix well. Shape into 6 patties. Pan-fry, grill, or broil until no longer pink. Yield: 6 servings

THE DIABETIC COOKBOOK

STRESS RELIEF

Gardening helps relieve everyday stress

Gardens are not only beautiful and peaceful, research has shown that even having a view of a garden relieves stress and helps with the healing process.

University of Wisconsin horticulture educator, Patti Nagai, says people who don't have a garden or space for a garden, can grow plants in containers or volunteer to help in a local community garden and reap the benefits of this calming activity.

Nagai said a healing process "is colorful and diverse, incorporates long, sweeping curves and promotes a sense of beauty and tranquility.

Here are some pointers for creating a stress-relieving outdoor space:

1. Complex designs with a lot of diverse plants have been shown to be more "visually engaging" and have a calming effect on those viewing the garden.
 2. Big sweeping curves are more relaxing than hard lines and straight rows.
 3. Use a mix of colors: hot colors (red, orange, yellow) are stimulating; cool colors (green, blue, purple, pink, white) are soothing.
 4. Open spaces are important, but so are garden boundaries and privacy. Use shrubs, grasses, trellising or fencing to create private areas.
 5. Water is a peaceful element, but keep it simple and low maintenance.
 6. Fragrant plants are delightful, and can invoke fond memories. Use lilac, lavender, basil, roses, or others to add fragrance.
- "If you're hoping to reduce stress through gardening, make sure that working in the

garden doesn't create additional stresses," Nagai said. Keep your gardening to do list short.

Take breaks to sit back, rest and appreciate what you've accomplished. For more information about how gardens can heal, you may want to look at some of these books and articles: "The Healing Landscape," Martha M. Tyson, McGraw Hill Press 1998. "Gardening Can Have Great Effect as Stress Reducer," Lindsay Bond Totten, Scripps Howard News Service, 1999. "Gardening to Reduce Stress," Sherry Rindels, Department of Horticulture, Iowa State University, Ames, IA, 1995.

BROWN COUNTY MATURE TIMES

FALLS

Each year thousands of older Americans fall. Many falls result in broken bones and other disabilities. Many people die as a result of a fall.

Falls are often due to hazards that are easy to overlook, but are also easy to fix.

RISK FACTORS FOR FALL INJURIES

**Having physical limitations

*Impaired brain, spinal cord, and nerve functions:

Poor coordination and balance.
Having had a stroke, Parkinson's disease, or other aging issues.

*Muscle, bone and joint problems:

Weakness
Numbness
Decreased mobility
Muscle spasms
Increased stiffness
Pain

*Impaired Heart and Blood Supply

Feeling lightheaded upon rising from lying down or sitting position.

Sudden drop in blood pressure.

Leg swelling which can restrict movement.

*Vision Problems

Wearing glasses, especially with bifocals or trifocals (can distort curbs and stairs)

Having decreased vision due to cataracts, macular degeneration, glaucoma, and Decreased blood supply to the eyes and/or brain.

*Improper lifting/carrying

Do not carry a load that is too big, too bulky to be carried safely.

Do not carry a load that makes you feel off balance, or prevents you from seeing directly in front of you.

*Balance Issues

Tendency to lean forward while walking
Due to the aging process.

Being startled by a noise.

Movement decreases proper balance and Vision.

Dizziness/Lightheadedness.

Improper use of walking devices (cans, walkers).

Ear problems.

WHAT YOU CAN DO TO PREVENT FALLS

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

1. Begin a regular exercise program

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care worker about the best type of exercise program for you.

2. Make a your home safer

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- have handrails and lights put in all staircases.
- wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

3. Have your health care provider review your medicines

Have your doctor or pharmacists look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed which can lead to a fall.

4. Have your vision checked

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 2003						
1	2 Crafts @ Senior Complex 9:00-11:00	3 Crafts Epworth Hall 9:30-11:30 Bingo @ Senior Complex 1:00-3:00	4 CWAG @ Radisson 8:30am Lunch provided \$12.00	5 Fitness 9:30-10:30 Tower Foods 10:00 WIEA	6 Shopping Banks Lunch out Rummaging 10 - 3 pm WIEA	7
8	9 Fitness 9:30-10:30 Crafts @ Senior Complex 1:00-2:30	10 Crafts Epworth Hall 9:30 - 11:30am	11 Keshena Senior Center Leave 9:00 - Return 3:00	12 Crafts 9-11am Elder Complex Bingo @ Senior Complex 1:00-2:30	13 Shopping Banks Lunch Out Rummaging 10 - 3 pm	14
15	16 Fitness 9:30-10:30 Crafts @ Senior Complex 1:00 - 2:30	17 Crafts Epworth Hall 9:30 - 11:30am Bingo @ Elder Complex 1 - 2:30	18 Seniorfest Milwaukee 9:00-4:30pm	19 Crafts 9-11am Elder Complex Good Shephards NH, Seymour 1:30 - 2:30	20 Shopping Banks Lunch Out Rummaging 10 - 3 pm	21
22	23 Fitness 9:30-10:30 a.m. Crafts @ Senior Complex 1:00 - 2:30	24 Bingo Epworth Hall 9:30 - 11:30am	25 Fitness 9:30-10:30am Tower Foods Movies @ Senior Complex 1:00 - 3:00	26 AJNH Visit 10 - 11 a.m. Birthdays 12:15	27 Shopping, Banks, Lunch Out Rummaging 10 - 3 pm	28
29	30 Fitness 9:30-10:30 a.m. Crafts @ Senior Complex 1:00 - 2:30	MARGARET RETURNS				

GARDENING

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

ACID
AERATE
BASIL
BASKET
BEDS
BEETS
BIRDS
BLOOM
BROCCOLI
BUGS

BULBS
CACTUS
CARROTS
CELERY
CHIVES
COMPOST
CORN
DIBBLE
DRAIN
FLAX

FRESH
FUNGUS
FURROW
GARLIC
GLOVES
GROUP
GOURD
HARDY
HEDGE
HOES

INSECTS
KALE
LAWN
LEAF
LEAVES
LEEK
MINT
MISTING
MOSS
MULCH

**ONEIDA NATION COMMISSION ON
AGING
APRIL 9, 2003 - REGULAR MEETING
ELDERLY SERVICES COMPLEX
CONFERENCE ROOM
1:00 P.M.**

MINUTES

I. CALL TO ORDER: Meeting called to order by Chairwoman, Dellora Cornelius at 1:00 p.m.

II. WELCOME AND PRAYER: Dellora welcomed all who came and asked if anyone had an item they wanted added to the agenda. Arlie delivered the opening prayer.

III. ROLL CALL: IN ATTENDANCE: Clifford Doxtator, Dellora Cornelius, Lois Powless, Dorothy J. Skenandore, Nadine Escamea, Valder John, Arlie Doxtator, Lois Strong. Others in attendance: Fred Muscavitch, Florence Petri, Sue Daniels

IV. APPROVAL OF AGENDA: Motion by Lois Powless to approve agenda to include any additions or announcements, 2nd by Arlie. Request by Lois Powless that Item I under VI Report, WIEA Reports for April 4, 2003 be deleted due to cancellation of meeting and that Senior Statesmanship Report by Lois Strong and Lois Powless be put in its place. Also, under IV Reports, Item E, Elderly Services Ad Hoc Committee, Warren Skenadore's letter be added. Under XI. Announcements, Item C be added for Florence Petri announcements and Item D for WIEA Meeting rescheduled meeting be added. Motion carried.

V. APPROVAL OF MINUTES:

March 17, 2003 - Regular ONCOA Meeting. Motion by Lois Powless to approve, 2nd by Valder John. Motion carried.

VI. REPORTS

A. Bay Area Agency on Aging - Gail Fisher/Arlie Doxtator. Arlie indicated the next BAAA meeting will be on April 28, 2003. Arlie sits on the Board of Directors and the Finance Committee. There has been no meeting since February, therefore, no report.

B. Oneida Business Committee Liaison/Brian Doxtator. No representative present.

C. Elderly Services Program-March/Florence Petri. Motion by Lois Powless to approve report, 2nd by Dorothy J. Skenandore. Motion carried.

D. Dave Larson Report/March. Motion by Lois Powless to table report, 2nd by Nadine. Motion carried.

E. Elderly Services Ad Hoc Committee/March-Warren Skenandore. Motion by Lois Powless to table report, 2nd by Arlie Doxtator. Motion carried.

1. Consideration of Warren Skenadore's request for an appointment to the Ad Hoc Committee. Motion by Dorothy J. Skenandore to appoint Lois Powless to the Elderly Services Ad Hoc Committee, 2nd by Lois Strong. Motion carried. Lois Powless abstained. We should consider the process for replacing members on the committee. We should also consider renaming the committee. Ad Hoc is a short term committee. We need to redefine the reporting process. As a result of the OBC Planning meeting, ONCOA was asked to forward recommendations to the OBC on the Elderly Services

planning by Keefe and Associates. ONCOA feels they need more information. The presentation made by Keefe and Associates in January includes demographics and statistical information. We need a copy of that report. We would like Keefe and Associates to present their information again. At this point, Brian Doxtator came into the meeting and stated he would assist in setting up another presentation by Keefe and Associates to benefit ONCOA in gathering information to present recommendations. Dates suggested included May 9 at 1:00 p.m.; May 12 and May 19 both at 1:00 p.m.

Brian also presented updates on the status of the travel resolution. Motion by Lois Powless to place for discussion the travel resolution presented to OBC on the OBC/ONCOA quarterly meeting of May 15, 2nd by Arlie Doxtator. Motion carried. This is resolution 10-8-02-a. The issue involves process, not necessarily content. The content can be discussed with an amicable solution, it was hoped. Process, however, was questioned and needs to be resolved.

F. Financial Report/February - Sue Daniels. Motion by Lois Powless to accept the report, 2nd by Arlie Doxtator. Motion carried.

G. ONCOA Reports/March - Motion by Lois Strong to table, 2nd by Nadine Escamea. Motion carried.

H. CWAG/Arlie Doxtator - Motion to table by Lois Strong, 2nd by Nadine Escamea. Motion carried.

I. Senior Statesmanship Reports/Lois Strong, Lois Powless. Motion by Nadine to table, 2nd by Dorothy J. Skenandore. Motion carried.

VII. TABLED BUSINESS

A. Elderly Services Ad Hoc Committee/January/February - Warren Skenadore. No report. Leave tabled.

B. WIEA Report/Mole Lake - Dellora Cornelius. Motion by Lois Powless to take from table, 2nd by Dorothy J. Motion carried. Motion by Lois Powless to approve report, 2nd by Dorothy J. Motion carried.

C. ONCOA Reports/August 2002 - Present. No reports. Leave tabled.

D. Committee on Home Health Care/Lois Strong, Dellora Cornelius. No report. Leave tabled.

E. ONCOA Resolution regarding OBC travel - Arlie Doxtator. Motion by Lois Powless to take from table, 2nd by Lois Strong. Motion carried. This will be incorporated into the OBC/ONCOA quarterly meeting agenda for May 15, 2003.

VIII. OLD BUSINESS

A. Elderly Services Ad Hoc Committee Vacancy/Appointment - Warren Skenadore. This was completed under Item VI Reports, E. 1.

B. Driveway Survey Report - Nadine Escamea. Motion by Lois Powless to table, 2nd by Arlie Doxtator. Motion carried.

C. Written Report on Time Warner Cable, Elderly Services Apartment Roof, Sprinklers - Dave Larson.

1. Time Warner Cable - Valder John contacted Time Warner. Originally,

they were going to put it in for free. Valder will invite Time Warner to next meeting on May 13. Motion by Lois Strong to have Time Warner present at next ONCOA meeting, 2nd by Clifford Doxtator. Motion carried.

2. Safety Inspection. Brian Doxtator will have Dan King do a complete safety inspection of the building.

D. Request for Audit Information - Mercie Danforth. Per Mercie, she will give report at the next ONCOA meeting, May 13, 2003.

E. Working session regarding Senior Care. Motion by Lois Powless to add this presentation at the May 27 community meeting and to include representatives from Bay Area Agency, Lori Lynn Metoxen, Lynn Metoxen and Arlie Doxtator, 2nd by Dorothy J. Skenandore. Discussion: Ask KaliWisaks to cover this meeting. Motion carried.

F. ONCOA By-laws. Recommendations have come from Scott Wilson. ONCOA will have another subcommittee meeting to review those recommendations on April 24, 2003 at 1:00 p.m. Motion by Lois Powless for the subcommittee to meet and review comments on this date and time, 2nd by Arlie Doxtator. Motion carried.

IX. NEW BUSINESS

A. Request for approval of FY 2004 Development Plan. Brian suggested each commissioners should take an elder to lunch to better understand concerns and suggestions. Motion by Lois Powless to send the development plan and budget for FY 2004 through the appropriate channels, 2nd by Arlie.

Motion carried.

B. Annual Report for July GTC Meeting. Motion by Lois Powless that Dellora write the semi-annual report along with Sue and submit, 2nd by Clifford Doxtator. Discussion: Brian is trying to change this format. Motion carried.

XI. ANNOUNCEMENTS

A. Working Session - April 14, 2003 at 1:30 p.m. to establish protocol regarding acknowledgment of families of Oneida tribal members in event of death.

B. Community Meeting - April 22, 2003 - Housing Task Force Presentation. Motion by Lois Strong to include someone to present on Elderly Housing Options at this meeting, 2nd by Clifford Doxtator. Motion carried.

OTHER ANNOUNCEMENTS: May 27, 2003 Constitution Review. Motion by Dorothy J. Skenandore to also invite Vice Delarosa. Lloyd can present on the history, Vince can present on current status. 2nd by Arlie. Motion carried.

CWAG - April 22 - Florence and Arlie will attend a planning meeting.

WIEA - April 23 - Oneida.

April 11 - Doxby's - Staff Luncheon.

May 29 - Honor the Elder Luncheon.

9:00 registration; 10:00 - 12: bingo;

12:15 - 1:15 - lunch. At the Three

Clans/Radisson. Need Tribal ID,

RSVP by May 12.

X. ADJOURNMENT

Motion by Lois Strong to adjourn meeting at 4:10 p.m., 2nd by Clifford Doxtator. Motion carried.

**ONEIDA NATION COMMISSION ON AGING
SPECIAL MEETING - APRIL 22, 2003
MULTI-PURPOSE CENTER
1:00 P.M.**

I. CALL TO ORDER: Meeting was called to order at 1:10 p.m. by Chairwoman, Dellora Cornelius.

II. WELCOME AND PRAYER: Arlie delivered the opening prayer

III. ROLL CALL: In attendance: Clifford Doxtator, Dellora Cornelius, Lois Powless, Dorothy J. Skenandore, Nadine Escamea, Arlie Doxtator (early excused), Lois Strong. Absent: Valder John. Others present: Larry J. Cornelius, Leanne Doxtator, Lori Metoxen, Loretta Mencheski, Fred Muscavitch, Chester Smith, Winona Mencheski, Richard Dodge, Grover Smith, David Larson, Yvonne Jourdan, Eleanora Cornelius
Chris Doxtator, Ken Hill, Loretta Webster, Erv Thompson, Sue Daniels.

IV. APPROVAL OF AGENDA:

1. Leanne Doxtator: In 2000, the OBC took action to appoint 3 entities to form a task force. Their charge was to 1. Collect data on need for housing and 2. Review the Comprehensive Housing Plan. There is an effort to consolidate all housing programs which include OHA, DOLM, Housing Development, etc. The task force is looking at the design of the entity, to make it a "one stop" shopping experience, to have one application and to create a coordinator's position to help people with their application. This position will more than likely be housed at DOLM. They are looking at the application for home repair and using the same application as that used for home replacement. There is currently no money for home replacement. On Friday, June 20, there will be a Public Hearing to collect information regarding housing needs on the reservation. There was a similar public hearing in June 1992 at the NHC. The OHA has to comply with both HUD regulations and the

tribe's regulations including Indian Preference in hiring. The task force is looking at the 1994 Comprehensive Housing Plan and cleaning up the format. The plan in 1994 was an aggressive approach and looked at population increases. It looked at the influx in population that began to occur in 1992 with people moving back home. There were considerations given to social impacts or social trends. DOLM used this plan to write their 20/20 Acquisition Plan. The task force is trying to avoid using surveys, but will if need be. There were projections made based on the Baby Boomers 5-10 years out, but there needs to be a look at 15-20 years from now.

QUESTION: An independent planner was hired and has provided some housing proposals in wet lands and conservancy areas. Leanne was not aware of this planner, but will look into it.
QUESTION: Is there a shortage of homes?

QUESTION: What is the waiting list for HUD housing? Answer: 300. Many people want to upgrade their homes or have bigger homes.

QUESTION: GOAL DATE: for the central office? Proposed: January, 2004. DOLM has a spare office for program space, there will be a universal application, the job description is near complete and SOP's are being developed.

QUESTION: There were proposed apartments and an administration building to be in the industrial park. Answer: The industrial park is zoned for industry/business, not apartments. There will be no apartments. It may be a potential site for an administration building, but it is proposed that it won't fit.

2. Dave Larson - Long Term Care - Range of services including services and housing. Long Term Care could mean in your own home, assisted living, COP, Elderly Services, OCHC, AJNH. Assisted living is for

someone who can't live alone and needs 24 hour care, but doesn't need skilled nurses. The tribe will pay a % of this cost, the individual will pay a % of this cost.

COMMENT: In Seymour, their assisted living one bedroom apartment is \$2,095 per month. Answer: Each individual will be packaged based on income, sliding scale. They will have combined services, assistance from COP, home health agency, and other combined programs. A medicare waiver is COP. Medicare and medicaid can't be used. GOAL DATE: If everything falls into place, one year. COMMENT: CBRF in Seymour took one year. Answer: Their approval process is different than ours. COP is a state program with a state budget. The state is \$4B in deficit. Programs are being cut. Federal deficit, cuts in social programs. QUESTION: Can we help get a registered nurse for home health care for the elderly, or for the Elderly Services Home Chore workers so they can expand their services. Answer: There is an Integrated Health Team, of which Fred Muscavitch is a member and could address these questions. Keefe and Associates has been working on this specific project for one year. COMMENT: Hoffman and Associates out of Appleton has been on for one year and is ready to build in Seymour. COMMENT: A nursing home in Oneida is our number one priority. Answer: Where and how can we bring revenue into the tribe? How can we keep cost down? Common kitchen, for example. Cost: Very few people could afford to live here. QUESTION: Any info on reliable insurance, long term? Answer: This is a new insurance product. It is aimed at younger people with affordable rates to be built up over time. There is a Wisconsin Medigap Hotline run by the Wisconsin Insurance Commission.

There are ratings for these types of insurance companies. COMMENT: Moving the nursing home from Outagamie into Brown county might be a bigger task than people think. QUESTION: What is the duration of Keefe and Associates contract? Answer: Keefe is to produce a work product. There is no time frame. There is a set amount being paid out of the CIP budget. Dan Skenandore holds this contract. There is no deadline date. QUESTION: Why has this project taken seven years so far? Answer: there were other projects brought forward. It sat on the shelf for a while. It takes this long because we are looking for a combination of resources to make it affordable.

3. Chris Doxtator - Introduced the "Balancing Acquisitions to Benefit Everyone" plan. This is two projects in one. It is for consolidating trust land. In 1996, there were restrictions put on individuals putting their land into trust. DOLM is purchasing interests of individuals who have trust land. DOLM is purchasing individual homes, properties to lessen taxes. This helps people when they go into nursing homes - no assets. This project was designed after the 2002 Annual Meeting and is a pilot program that is working. Chris asked for ONCOA to review the program and then be placed on ONCOA's agenda for discussion in the near future. DOLM is bringing in a woman on May 15 with a two year contract who was a former employee of BIA and can help with the trust issue. DOLM now has purchased 16,874.6198 acres in both Brown and Outagamie Counties.

V. Motion by Clifford Doxtator to adjourn at 2:15 p.m., 2nd by Lois Strong. Motion carried.

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

ONCOA AGENDA REQUEST FORM

_____ REGULAR MONTHLY ONCOA AGENDA

_____ (SCHEDULED DATE)

_____ SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

_____ (SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ YES

☐ NO

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

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

APPROX. TIME REQUESTED TO DISCUSS ITEM: _____ MINUTES

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

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

1) _____

2) _____

REQUESTED BY: _____ DATE: _____

Name

Title

Phone

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

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: _____

RECEIVED BY: _____ DATE: _____

DATE: / /

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

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