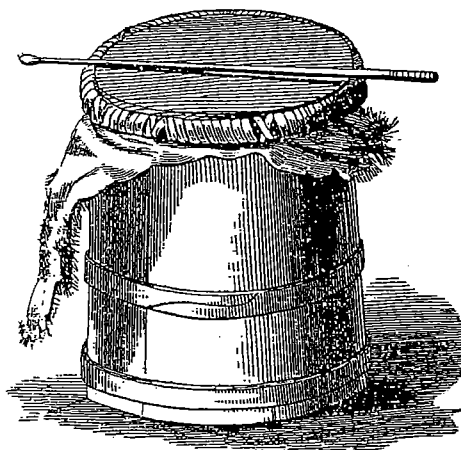


# DRUMS ACROSS ONEIDA

SENIOR CENTER  
134 Riverdale Dr.

P.O. Box 365



ELDERLY SERVICES  
2907 S. Overland Rd.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

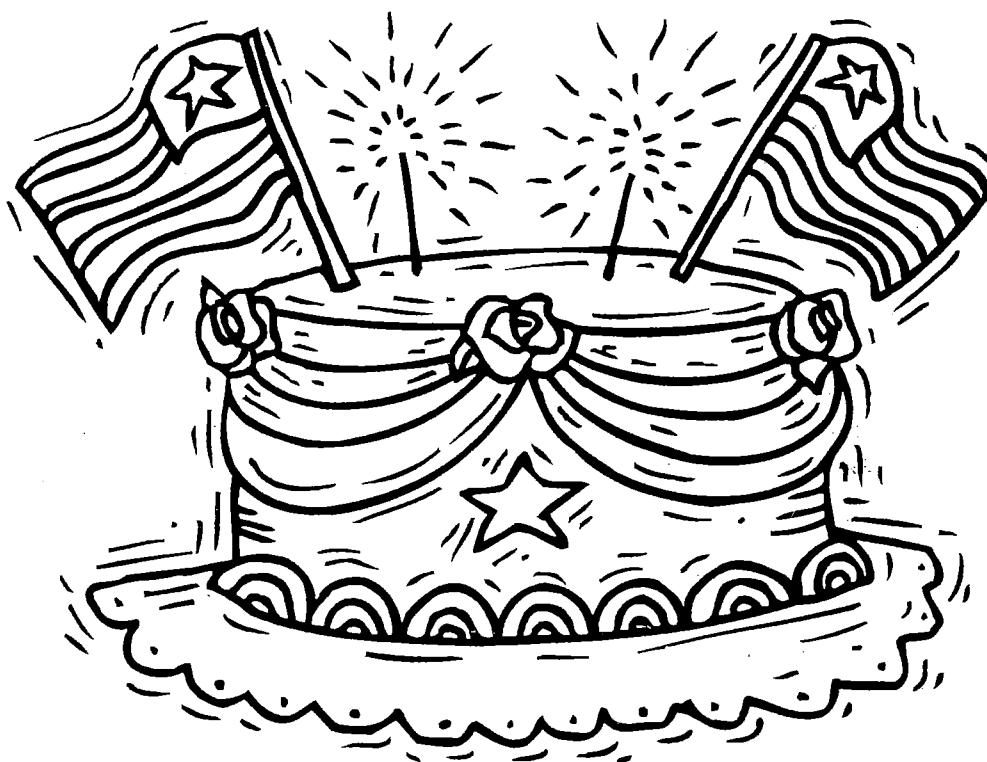
Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Editors: Jan, Noreen & Cary

July 2001

Have A Safe And Happy  
4<sup>th</sup> Of July Holiday



**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  
Amy Sumner  
Joanne Close  
Lorleen John  
VACANT  
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  
Title V  
Title V  
Title V  
Title V  
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

6/30/01

Dear Oneida Elders,

Sekoli, I want to give you a brief update of some of the things going on in our program at mid year. All of our staff meet weekly and make any announcements and address concerns that may arise during our efforts to provide quality services on behalf of all Oneida elders. We enjoy our work and involvement with all of you, however there have been some recent difficulties in maintaining the level of services that you may have received in the past. Due to budgetary concerns for the tribe, we have had some travel restrictions and delays due to staffing shortage. We want to be mindful of your needs as well as accommodate the budget if we can so we ask for your patience and understanding while we attempt to comply with the many changes going on.

We have recently expanded the mail out to all Oneida elders and look forward to hearing from all of you. There is an enrollment form on the back of our newsletter that you can fill out and send in so we can keep in contact with you. Please feel free to contact us. We have had contacts from Oneida elders from California, Maine, Florida, Kansas, and Minnesota just to name a few. If we can demonstrate the need, perhaps we can access more funding to continue this nationwide mail out.

We are planning to apply for a funding opportunity for a National Family Caregiver Support Program. I would be interested in hearing anything you feel might be helpful in developing this type of program. We have already surveyed staff and Tribal aging program directors and need your input as well as that of your families. Please send or call us with your comments by July 24<sup>th</sup> 2001.

This past week we were honored by a visit from 14 elders of the Saginaw Chippewa Tribe of Mt. Pleasant, MI. They are planning a long term care facility and wanted to see what we have here. It's great to know that other tribes' are developing their own services and looking at us as a model.

We also had a visit from Yvonne Jackson, Director, Office for American Indian, Alaskan Native and Native Hawaiian Programs, Dept. of Health & Human Services, Administration On Aging. This was Ms. Jackson's first visit to Wisconsin and we were honored that she accepted our invitation to visit our program, mealie and tour of the reservation. Ms Jackson is involved with all the tribes who have Title VI funding through the Older Americans Act.

I want to make note about donations that we accept for the program. This should just be considered a reminder. We do not and cannot require any specific donation from elders. We can however suggest the cost of the meal. Donations

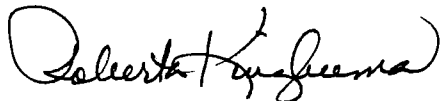
for other services are encouraged. All donations are to be used to expand or enhance the services so that we can serve more elders. Because we are not able to expand at this time and have had tremendous growth over the last five year period, we have chosen to enhance what we are currently doing. We thank and appreciate every donation and want to assure you that it is welcomed, however, we also want you to know that you are not obligated and always welcome to participate in any of the activities, meals or program services. If you have any concerns regarding this aspect of our program please feel free to call me or any staff member for clarification.

A final note of thanks to several volunteers who have recently started with our program. Donna Ysebaert, Gene Norman, Cary Waubenascum, Deborah Younger, Donald Thomas and Jan Frion. This service is very much appreciated and gratefully accepted. All contributions of time will be acknowledged in our second annual volunteer recognition during April of 2002.

Lastly, watch for our annual fundraiser August 3, 2001 at the Senior Center, 134 Riverdale. This is the only major fund-raise for the year so please come and enjoy with us. We will be doing a rummage sale, car wash, taco, brat & hamburgers, strawberry shortcake and many raffles. Flyers will be out shortly so share and post them and help pass the word.

Thank-you so much for the support and encouragement that is provided as we move forward in developing services to meet your needs.

Sincerely,

A handwritten signature in cursive script, appearing to read "Roberta Kinzhuma".

Roberta Kinzhuma  
Program Director

# ATTENTION

## HEAT/SAFETY ISSUE:

PLEASE BE REMINDED THAT EFFECTIVE IMMEDIATELY, ALL ONEIDA TRANSPORTATION WILL CEASE TO TRANSPORT ANY ELDERS IF THE TEMPERATURE REACHES 85 DEGREES OR HIGHER. THEY ARE REQUESTED ONLY TO TRANSPORT TO THE MEAL SITES, APPOINTMENTS AND/OR EMERGENCIES.

THIS ACTION IS BEING TAKEN BECAUSE OF HOW FAST THE HEAT CAN TAKE OVER AN ELDER WITHOUT ANY WARNING. THIS IS FOR YOUR PROTECTION AND SAFETY. HEAT RELATED ILLNESSES SUCH AS HEAT EXHAUSTION AND HEAT STROKE MAY OCCUR WHEN THE TEMPERATURES ARE VERY HIGH AND HUMID.

THANK YOU FOR YOUR UNDERSTANDING AND PATIENCE.

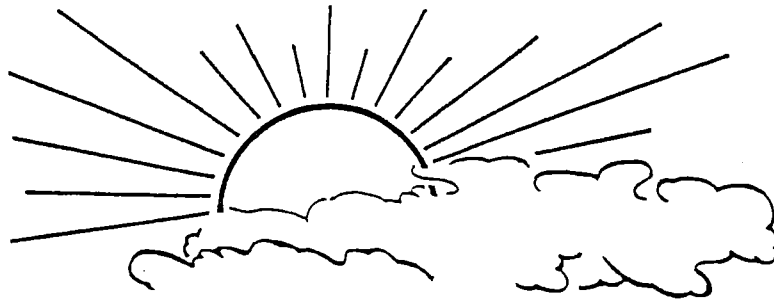
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The staff at Elderly Services wishes our friend and co-worker, Richard Dodge, a very speedy recovery! Richard underwent surgery on Monday, June 25th for a knee replacement. He has been suffering for so long, so we hope the worst is behind him.

Good luck Richard, and we hope you'll be back among us soon.

Articles submitted by

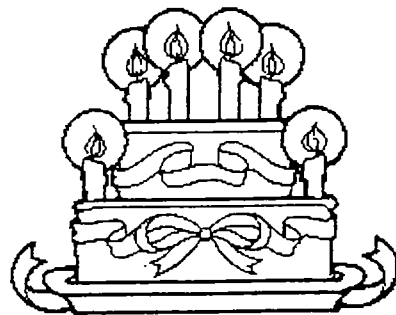
Roberta Kinzhuma and Staff



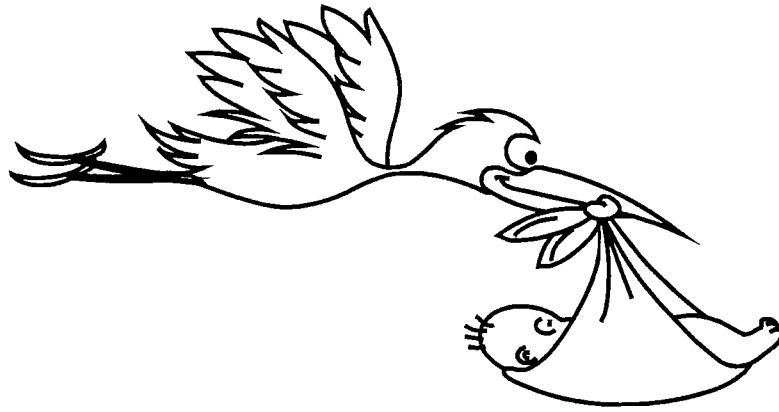
*The Elderly Services Staff would like to extend Birthday wishes for everyone celebrating their July Birthdays....*

*May the sun rise up early to greet you when you wake. May the memories be gentle on your mind. May the candles glow softly on your cake and the wishes flow warmly through your day....*

*....and until your birthday arrives again, may all the days of your year ahead be happy ones.*



*Birthdays for our elders are celebrated on the last Thursday of every month. If you would like your birthday on our list, please visit us at the Oneida Senior Center, 134 Riverdale Dr. (Hwy J). Have lunch and sign the birthday book.*



*ONEIDA ELDERLY SERVICES  
WELCOMES*

*HUDSON AUGUST FRANCOUR*

*WHO ARRIVED ON MAY 15, 2001  
VITAL STATISTICS: 9 LBS 12 OZS  
22 INCHES IN LENGTH*

*PROUD PARENTS:  
MARGARET AND BYRON FRANCOUR*

*HUDSON JOINS KENTON,  
ROSA AND DAISEE*

*We wish the best of luck to Margaret and Hudson and to all the family as well. We miss Margaret and wait for her to rejoin us.*

## *The Student Intern at Oneida Elderly Services*

Hello, my name is Cary Waubanasum and I have been working with the Oneida Elderly Services as a student intern for about three weeks. I attend Alverno College in Milwaukee, WI. I am a senior and plan to graduate this December with a bachelor's degree in Social Science and Professional Communication.

The curriculum at Alverno requires each student to perform an internship upon graduation. Since I chose a double major, I have to do two. I luckily found the Oneida Elderly Services to work for because the director has given me an opportunity to work and handle different responsibilities in a many different areas in order to accommodate my double major internship.

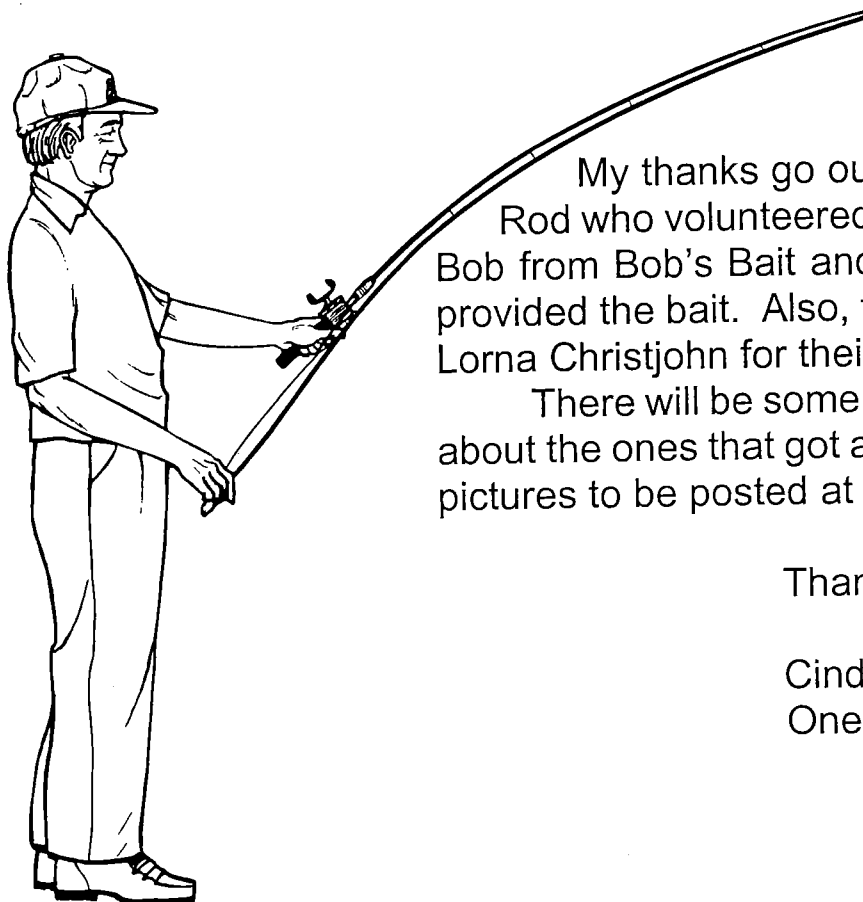
I help with the newsletter, assist the activities coordinator, I plan to start outreach services and I am currently compiling a photo album of the many events for the elders. I thoroughly enjoy my work with the elders. I used to take care of my grandfather and I miss talking to and learning from him. I am grateful that I can share this experience of communication and learning from the elders in the Oneida community. I hope to meet more of the elders this summer!



# Did You Hear About the Elder Fishing Trip?

The Fox Valley Volunteers and the Izaak Walton League invited our elders once again to fish on the Walton Ponds in DePere. The elders caught and released lots of fish, followed by a picnic lunch which was provided by our hosts. The elders participating this year were Winnie Howard, Patricia Thompson, Robert Schlegel and Debra Younger. Winnie caught a big yellow-bellied bullhead and about 4 bluegills. Patricia also caught 8 bluegills and a big one that got away before I could get a picture. Patricia had the biggest smile though! Robert caught 5 bluegills but lost the big one before I could get a snapshot. Debra knows her fishing real well, she caught about 6 bluegills.

This year was special because of Adam DeNoble from Boy Scout Troop 1043, becoming an Eagle Scout. Adam coordinated the construction of a "Wheelchair Accessible" fishing platform.

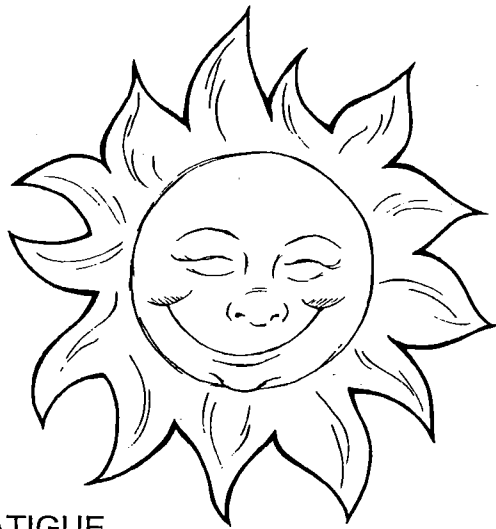


My thanks go out to Big Mike, Don, George and Rod who volunteered to assist our elders. Thank you Bob from Bob's Bait and Tackle who also assisted and provided the bait. Also, thanks to Richard Summers and Lorna Christjohn for their much needed help.

There will be some good fish stories from the elders about the ones that got away, just ask them! I took some pictures to be posted at the Senior Center.

Thank You,

Cindy Brabbs  
Oneida Elderly Services Outreach



## HEAT RELATED ILLNESS

By Dr. Otis Bentley Michael

### HEAT FATIGUE

(Physical and psychological strain)

#### SYMPTOMS:

Irritability~Drowsiness~Heat rash~Reduced coordination

#### WHAT TO DO:

Drink cool liquids. Stay away from direct sunlight

### HEAT EXHAUSTION

(Loss of body water and salt)

#### SYMPTOMS:

Weakness~Nausea and vomiting~Headaches~Heavy Sweating~Giddiness or fainting~Moist pale skin

#### WHAT TO DO:

Drink cool liquids. Rest in bed away from heat. Call your doctor.

### HEAT STROKE

(Medical emergency~ Body can't get rid of excess heat)

#### SYMPTOMS:

Dizziness~Headache~Irritability~Nausea~Confusion~Delirium~Body Temperature high (104 degrees)~ Rapid pulse~Hot, dry and spotted skin~Shivering~Usually no sweat~Loss of consciousness

#### WHAT TO DO:

Cool body at once with cold or ice water bath if possible, wet towels. Move to a cool area, loosen clothing and fan. Make sure airway is not obstructed. Get medical help immediately.

### CONSULT YOUR PHYSICIAN

Drink lots of fluid, and consult your physician if you have a heart problem, kidney disease, diabetes, or if you are on restricted fluids or a special diet for other reasons. Also consult your physician if you are on "water pills", tranquilizers, or drugs for ulcers and other digestive conditions

# In case of emergency....

## Here are some suggestions for stocking a disaster supplies kit:

### Water

- ☐ Store one gallon of water per person per day (on average two quarts for drinking, two quarts for food preparation/sanitation).
- ☐ Keep at least a three-day supply of water per person.

### Food

- ☐ Ready-to-eat canned meats, fruits and vegetables
- ☐ Canned juices, milk, soup (if powdered, store extra water)
- ☐ Staples-sugar, salt, pepper
- ☐ High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
- ☐ Vitamins
- ☐ Foods for infants, elderly persons or persons on special diets
- ☐ Comfort/stress foods, including cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

### First Aid Kit

- ☐ Sterile adhesive bandages in assorted sizes
- ☐ Assorted sizes of safety pins
- ☐ Cleansing agent/soap
- ☐ Sunscreen
- ☐ 2-inch and 4-inch sterile gauze pads (4 to 6 each)
- ☐ Hypoallergenic adhesive tape
- ☐ Triangular bandages (3)
- ☐ 2-inch and 3-inch sterile roller bandages (3 rolls each)
- ☐ Scissors
- ☐ Tweezers
- ☐ Needle
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Tongue depressors (2)
- ☐ Tube of petroleum jelly or other lubricant

### Non-Prescription Drugs

- ☐ Aspirin or nonaspirin pain reliever
- ☐ Anti-diarrhea medication
- ☐ Antacid (for stomach upset)
- ☐ Laxative
- ☐ Activated charcoal (use if advised by the Poison Control Center)

### Tools and Supplies

- ☐ Mess kits, or paper cups, plates and plastic utensils
- ☐ Emergency preparedness manual
- ☐ Battery-operated radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ Cash or traveler's checks, change
- ☐ Non-electric can opener, utility knife
- ☐ Fire extinguisher, small canister ABC type
- ☐ Tube Tent
- ☐ Pliers
- ☐ Tape
- ☐ Compass
- ☐ Matches in waterproof container
- ☐ Aluminum foil
- ☐ Plastic Storage containers
- ☐ Signal flare
- ☐ Needles, thread
- ☐ Medicine dropper
- ☐ Shut-off wrench, to turn off household gas and water
- ☐ Whistle
- ☐ Plastic Sheeting
- ☐ Map of the area (for locating shelters)

### Sanitation

- ☐ Toilet paper, towelettes
- ☐ Soap, liquid detergent
- ☐ Feminine supplies
- ☐ Personal hygiene items
- ☐ Plastic garbage bags, ties (for personal sanitation uses)
- ☐ Plastic bucket with tight lid
- ☐ Disinfectant
- ☐ Household chlorine bleach

### Clothing and Bedding

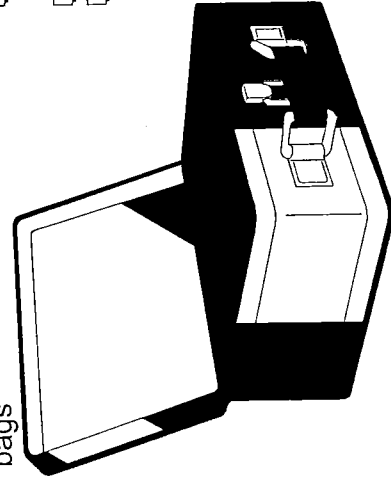
- Include at least one complete change of clothing and footwear per person
- ☐ Sturdy shoes or work boots
- ☐ Rain gear
- ☐ Blankets or sleeping bags
- ☐ Hats and gloves
- ☐ Thermal underwear
- ☐ Sunglasses

### For Baby

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications

### For Adults

- ☐ Heart and high blood pressure medication
- ☐ Insulin
- ☐ Prescription drugs
- ☐ Denture needs
- ☐ Contact lenses and supplies
- ☐ Extra eye glasses



**Medicines.MD**

3800 Dewey Avenue, #109  
Rochester NY 14616-2579  
[www.Medicines.MD](http://www.Medicines.MD)

**Public Service Announcement**

Contact: Michel J.B. McCormick  
Phone: (716) 621-9176  
Cellular: (716) 615-7720  
Fax: (888) 765-4734  
Email: [mjm@medicines.md](mailto:mjm@medicines.md)

For Immediate Release:

## Internet Helpful Finding Cheaper Prescription Drugs

ROCHESTER, NY – Thousands of U.S. seniors now use the Internet to cut their prescription drug bills by having their prescriptions filled by licensed pharmacies abroad. Previously seniors had to personally travel to Canada or Mexico to obtain their prescription medicines at fair prices — until now.

“U.S. consumers of all ages are now able to use the Internet to fill their (and other family members ) prescriptions abroad according to FDA guidelines,” says Michael McCormick, developer of [www.Medicines.MD](http://www.Medicines.MD).

[www.Medicines.MD](http://www.Medicines.MD) is a consumer focused website offering free quotes and price lists for more than 800 popular brand name prescription drugs, as well as more than 1300 generic medicines. Visitors to the [www.Medicines.MD](http://www.Medicines.MD) website are able to compare international prices when the prescriptions are filled abroad using the Internet. Complete ordering information is available by visiting [www.Medicines.MD](http://www.Medicines.MD).

# *From the Hill*

## New Appointee Billed as Creative Consensus Builder

*Introduced as a creative consensus builder by his predecessor, former Wisconsin governor and newly confirmed Health and Human Services Secretary Tommy Thompson called for a prescription-drug plan and promised to change Medicare on several fronts at his confirmation hearing.*

Thompson says Medicare reforms must first guarantee seniors the same level of care they enjoy today and further said that Medicare is failing to meet seniors' needs by restricting access to advances in medicine and technology. When Medicare was created in 1965, he said, policy makers did not have or envision the drugs now substituting for surgery and noted that access to these drugs can save and improve the quality of many lives.

Secretary Thompson announced that while comprehensive Medicare reforms "may take some time to achieve", Americans are demanding a prescription-drug benefit today.

However, Democrats from small rural states are concerned that small states might not be able to pay for the federal matching costs under President Bush's block-grant proposal. Louisianan Senator Breaux has urged Secretary Thompson to withdraw the prescription-drug plan and work to completely reform Medicare to help all seniors. Thompson responded that President Bush must at least propose the prescription-drug plan, which was a central piece of his campaign



## MYTHS ABOUT DEAFNESS

Like all minority groups, Deaf people suffer from stereotyping by many who don't know and understand them. A number of myths about Deaf people circulate widely in our society and get in the way of understanding between hearing and Deaf people.

**MYTH:** All hearing losses are the same.

**FACT:** The single term, deafness, covers a wide range of hearing losses that have very different effects on a person's ability to process sound and thus to understand speech.

**MYTH:** All deaf people use sign language.

**FACT:** Many Deaf people, especially prelingually Deaf people, use sign language. Many others do not. In addition, there are several kinds of sign language systems.

**MYTH:** All Deaf people use hearing aids.

**FACT:** Many Deaf people benefit considerably from hearing aids. Many others do not; indeed, they find hearing aids to be annoying, and they choose not to use them.

**MYTH:** Deaf people are alike in abilities, tastes, ideas, and outlooks.

**FACT:** Deaf people are as diverse in their abilities, tastes, ideas, habits and outlooks as any other large group of people.

**MYTH:** People with a hearing loss are "deaf and dumb".

**FACT:** The inability to hear affects neither native intelligence nor the physical ability to produce sounds. Deafness doesn't make people dumb in the sense of being unintelligent or mute. Deaf people, understandably, find this stereotype particularly offensive. The appropriate term, when referencing this particular group, is either Deaf or Hard of Hearing.

**MYTH:** All Deaf people can read lips.

**FACT:** Some Deaf people are very skilled lip readers, but many are not. This is because many speech sounds have identical mouth movements. For example, P and B look exactly alike on the lips as do olive juice and I love you. Only about 26-30% of speech is visible on the lips. Even the best speech readers cannot read everything.

**MYTH:** All Deaf people are mute.

**FACT:** Some Deaf people speak very well and clearly; others do not because their hearing loss prevents them from learning spoken language or they choose not to use their voices. Deafness usually has little effect on the vocal chords, and very few deaf people are truly mute.

**MYTH:** Deaf people are not sensitive to noise.

**FACT:** Some types of hearing loss actually accentuate sensitivity to noise. Loud sounds become garbled and uncomfortable. Hearing aid users often find loud sounds, which are greatly magnified by their aids, very unpleasant.

**MYTH:** Hearing aids restore hearing.

**FACT:** Hearing aids amplify sound. They have no effect on a person's ability to process that sound. In cases where a hearing loss distorts sounds, a hearing aid will only amplify the distortion-making things worse.

## Cholesterol and Triglycerides

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### Numbers to count on

---

Think of all the numbers you keep track of ---- phone numbers, birth dates, your Social Security number, how much you weigh.

But do you know the numbers that indicate your cholesterol and triglyceride levels? You should. The levels of these fats (lipids) in your blood can have an important impact on your health, especially your cardiovascular health.

Knowing whether you have elevated cholesterol or triglyceride levels puts you one step ahead in staying healthy.

Although cholesterol is often portrayed as a villain, your body actually needs this waxy, fatty substance in limited amounts. The health of the cells in your body depends on it.

Cholesterol is essential to the insulation of nerves and to the production of certain hormones. It also aids in the digestion of your food.

Your liver produces most of the cholesterol in your body. Any additional amounts found in your

blood are a result of cholesterol and saturated fats in the foods you've eaten.

Saturated fat increases cholesterol production. It's usually found in meats, dairy products and eggs. It's also in tropical oils. Hydrogenated vegetable oils also raise cholesterol.

One way to evaluate your risk of cardiovascular disease is by having your blood tested for cholesterol and the other types of fats in your blood. Generally, the testing is recommended every 5 years.

Total cholesterol often improves with lifestyle changes. Your doctor can work with you to devise a plan that may start with changes in your diet.

Along with dietary changes, mix in a good dose of daily activity. Exercise can help you lose weight in turn improving your triglyceride and cholesterol levels.

For each 1 percent reduction in total cholesterol in adults with high levels, the risk of heart attack is reduced by 2 percent.

Excerpts taken from the July 2001  
Mayo Clinic Health Letter

## **Prescription for Heart Attack Survivors**

A recent study in the American Journal of Medicine reports that over the last two decades, the rate of mortality during the first 30 days after a first heart attack has declined by about one third. Such improvements can be attributed to advances in bypass surgery and angioplasty, as well as to more effective and better use of medications.

Once a heart attack has occurred, the goal is to prevent any more — a task called secondary prevention. “We’ve made tremendous advances in cardiology, especially from a secondary prevention point of view,” says Roger S. Blumenthal, M.D., Director of Preventive Cardiology at John Hopkins Hospital. “We have proven medicines as well a better data about lifestyle modifications. Together, these measures can stop and possibly even reverse heart disease.”

Studies show that heart attack survivors often continue to have elevated cholesterol levels and high blood pressure — two major risk factors for a second heart attack — even though proper drug therapy and lifestyle changes could produce significant improvements. The solution is to seek state-of-the-art long-term care and to be disciplined about complying with recommended regimens, both of which are equally effective for avoiding a first heart attack.

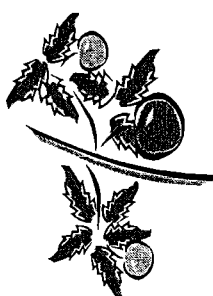
Lifestyle measures — exercising, maintaining a healthy diet and a reasonable weight, and not smoking — are the cornerstone of care for virtually all heart attack survivors. Any increased activity is good for the heart which is why exercise is so important. It is also important that exercise programs be supervised and designed to accommodate individual abilities and limitations. A heart-healthy diet should include five daily servings of fruits and vegetables. These foods are low in calories and contain vitamins and minerals necessary for proper heart function. 🍏



# MENU

# JULY

# 2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Cube Steak Pasta Salad Whole Wheat Bread Watermelon	<b>3</b> Potato Soup Fresh Bread Cranberry Juice Orange-Pineapple Rings	<b>4</b> CLOSED INDEPENDENCE DAY	<b>5</b> Ham Scalloped Potatoes Asparagus Whole Wheat Bread Applesauce	<b>6</b> Scrambled Eggs Sausage Pineapple Juice Toast Pears
<b>9</b> Chicken Veg. Casserole Broccoli Rice Biscuits Mandarin Oranges	<b>10</b> Chili Cucumber Salad Whole Wheat Bread Apple Juice Cantaloupe	<b>11</b> Ring Bologna Sauerkraut Red Potatoes Whole Wheat Bread Diet Jello W/Fruit	<b>12</b> Lasagna Lettuce Salad Garlic Bread Blueberries	<b>13</b> Eggs Corn Meal Toast Peaches Bacon
<b>16</b> Spaghetti Lettuce Salad French Bread Blackberries	<b>17</b> California Blend Soup Fresh Rolls Orange Juice Diet Juice W/Fruit	<b>18</b> Chicken & Rice Mixed Vegetables Whole Wheat Bread Ice Cream	<b>19</b> Roast Beef Mashed Potatoes Brussel Sprouts Whole Wheat Bread	<b>10</b> S.O.S Eggs Toast Grapefruit Juice Melons
<b>23</b> Chicken Salad Tomato Slices/Lettuce Croissants Diet Jello	<b>24</b> Corn Soup Fresh Bread Berries	<b>25</b> Baked Fish Red Potatoes Cole Slaw Corn Bread Pineapple Tidbits	<b>26 BIRTHDAY</b> Roast Pork Sweet Potatoes Broccoli Whole Wheat Bread Cream Lime Pie	<b>27</b> Pancakes Cran-Orange Juice Mixed Berries Sausage
<b>30</b> Tuna Salad Cottage Cheese Tomato Slices/Lettuce Whole Wheat Bread Peaches	<b>31</b> Chicken Vegetable Soup Fresh Bread Pineapple Juice Diet Vanilla Pudding Vanilla Cookies	All meals are served with coffee, tea and milk.	Meals are subject to change.	

## Fudgy Macaroons (No-Bake Cookies)

Virginia G. Snow

*Cattaraugus Seneca*

In a 2 qt. saucepan mix ½ cup Pet evaporated milk, ¼ c. sugar, and 2 tablespoons butter or margarine. Cook and stir over medium heat until mixture boils and is bubbly all over top. Boil and stir over medium heat 2 minutes more. Remove from heat.

Stir in 1 tsp. vanilla and one 6 oz. (1 cup) Nestles Semi-Sweet Chocolate Morsels until melted. Mix in 2 cup corn flakes or Post Natural Bran flakes, 1 ¼ c. cut up coconut and ½ c. chopped nuts. Drop quickly from teaspoon or tablespoon onto waxed paper. Let set until set. Makes about 24 — more when dropped with teaspoon.

## Indian Cookies

Amelia Williams

*Tuscarora*

5 or 6 c. flour  
3 tsp. baking powder  
1 tsp. baking soda  
1 tsp. salt  
2 c. brown sugar  
1 c. lard or Crisco  
1 or 2 eggs  
1 ½ c. buttermilk  
1 ½ tsp. vanilla

Mix brown sugar, lard or Crisco, eggs and vanilla, and mix flour, baking powder, baking soda and buttermilk and pour into sugar, lard, eggs, vanilla. Mix well and roll out to ¼" thickness. Cut with cookie cutter. Bake at 400° F for 10-15 minutes. Variation: add ½ cup of hickory nuts, walnuts, or any type of wild berries here.

## Indian Cookies

Iowne Anderson

*Six Nations*

3 eggs  
1 ½ c. shortening  
1 c. brown sugar  
1 c. milk  
½ tsp. nutmeg  
1 ½ tsp. vanilla  
3 tsp. baking powder  
3 c. flour

Mix as butter cake. Knead enough to handle. Roll out and cut in desired shapes. Makes 45 cookies.

This recipe shared with us by Leatha JohnnyJohn of Allegany.

## Prize Cookies

Del Greene

*Allegany Seneca*

1 c. shortening  
1 ½ c. sugar  
3 eggs  
3 c. unsifted flour  
1 tsp. baking soda  
½ tsp. salt  
1 - 9 oz. pkg. None Such condensed mincemeat, crumbled

Preheat oven to 375°. Mix in large bowl. Beat shortening until fluffy. Add eggs, beat until smooth. Sift together dry ingredients and gradually add shortening mixture. Mix well. Stir in mincemeat. Drop by rounded teaspoonfuls 2 inches apart onto greased baking sheets. Bake 8 to 10 minutes or until lightly brown. Makes about 6 ½ dozen.

## Apple Crisp

Dorothy Crouse

*Allegany Seneca*

Peel 6 to 8 apples, layered in a 8x8 pan, sweetened by ¾ cup honey, 1 tsp. cinnamon.

TOP: Mix together 1 egg, ¼ cup sugar, ¼ cup margarine. Add ¾ cup milk, ¾ cup flour, 1 tsp. vanilla, 2 level tsp. baking powder, ⅛ tsp. salt. Put over apples and bake 30-35 minutes until done. Test it.

## Battered Fried Squash Blossoms

Delma Greene

*Allegany Seneca*

2 dozen squash blossoms, picked as they are just about to open. Pick as many as you can of the largest. Wash each in cold water. (Try not to bruise them.)

1 c. milk  
2 eggs  
2 tblsp. flour  
1 tsp. salt  
⅛ tsp. black pepper  
½ c. cooking oil

Beat eggs in milk, place in a shaker jar. Combine flour, salt and pepper. Place squash blossoms in a large pie tin and gently pour the milk mixture over them. Heat the oil in a large skillet until hot. Fry the batter coated blossoms in hot oil until golden brown. Drain on paper toweling and sprinkle more salt if needed. Serve hot.

## Boiled Tripe

S. Marie Rohlman

*Allegany Seneca*

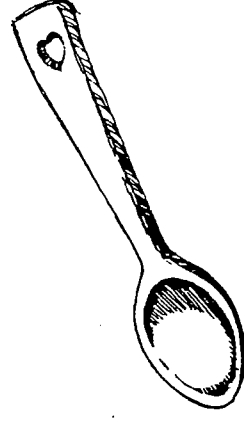
Take the large stomach from a cow. Take off all outside fat. Wash real good, then cut up to handsized pieces. Salt and let stand overnight. The inside of tripe will not be white, but a brownish color. Cook about 1 hour, then change water. Then boil about 2 hours until done. Some prefer it boiled while others fry it after being boiled.

## Dried Apples

Dorothy Crouse

*Tuscarora*

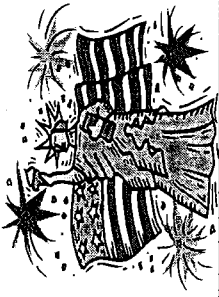
Wash, core and peel apples. String pieces on heavy string. Hang behind stove or other heat source and let dry. When thoroughly dry, store in airtight container. Soak overnight before using.



# 2001

# JULY

## ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Fitness 9:30-10:30 Bay Beach & Wildlife Sanctuary 1pm-3pm	<b>3</b> Epworth Hall 9:30-11:30 Crafts	<b>4</b> CLOSED INDEPENDENCE DAY <i>11:30-12:00 a. Expressing</i>	<b>5</b> Ropes Course Activity or Self Defense 1:30pm-3pm	<b>6</b> Shopping Banks Lunch Out 10am-3pm Rummage Sales
<b>9</b> Fitness 9:30-10:30 Bingo Site II 1pm-3pm	<b>10</b> Epworth Hall 9:30-11:30am Crafts	<b>11</b> Fitness 9:30-10:30am Movie Day Video & Popcorn 1pm	<b>12</b> Shopping Banks Lunch out 10am-3pm	<b>13</b> 4 Tribe Picnic Ho-Chunk Hosting At Wausau
<b>16</b> Fitness 9:30-10:30am Ice Cream Social 1:30pm-3pm	<b>17</b> Epworth Hall 9:30-11:30am Crafts	<b>18</b> Fitness 9:30-10:30am Farmers Market 1pm-3pm	<b>19</b> Diabetic Lunch Parish Hall 10am to 11:30am Visit Anna John NH W/Entertainment 10am-11am	<b>10</b> Shopping Banks Lunch Out 10am-3pm
<b>23</b> Fitness 9:30-10:30am Bingo Site II 1pm to 3pm	<b>24</b> Epworth Hall 9:30-11:30am Crafts	<b>25</b> Fitness 9:30-10:30am Salvation Army Store 1pm-3pm	<b>26 BIRTHDAY</b> Gifts 12:00-12:15 Cherry Picking Picnic by the Lake (Invite Menominees)	<b>27</b> Shopping Banks Lunch Out 10am-3pm
<b>30</b> Fitness 9:30-10:30am Game Day Puzzles & Painting 1:30pm Elderly Service Bldg.	<b>31</b> Epworth Hall 9:30-11:30 Crafts. & Bingo	Bus leaves from Oneida Senior Center for trips.	Activities are subject to change	

# puzzle 5

## Summer Camp

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

F1105

ARCHERY

AUGUST

BALL

BARBEQUE

BASEBALL

BEANS

BEES

BIKING

BIRD WATCHING

BURN

BUTTERFLY

CAMP

CAMPING

CANOE

CHAIRS

CHARCOAL

CHIPS

COOKOUT

COTTAGE

COUNSELOR

CRAFTS

DAYLIGHT

DIVE

DRINKS

FAN

FENCE

FIREWORKS

FISHING

FLAME

FLOAT

FLOWERS

FUEL

FUN

GAMES

GLASSES

GLOW

GRILL

HAMMOCK

HEAT

HIKING

# Coming Soon! Your Participation Is Requested

## *Computer Classes for All Interested Elders*

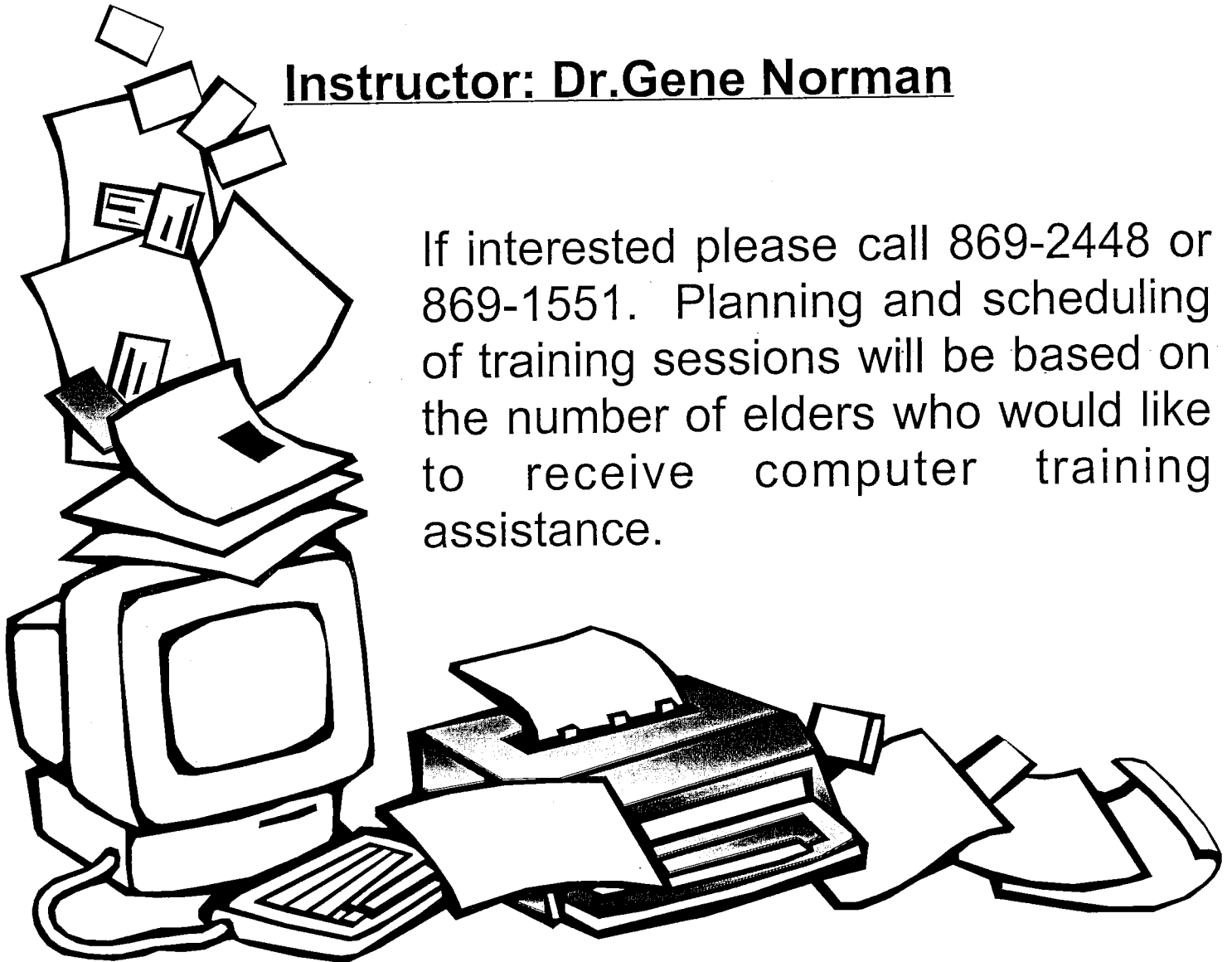
To Be Offered Monday-Friday

Where: The Elderly Services Complex  
2907 S. Overland Rd., Oneida

Services Offered: Internet training, Wordperfect, School work assistance, etc., just to name a few!

**Instructor: Dr. Gene Norman**

If interested please call 869-2448 or 869-1551. Planning and scheduling of training sessions will be based on the number of elders who would like to receive computer training assistance.



# Especially For You

## *The Oneida Elderly Services*

ELDER ABUSE PREVENTION PROGRAM PRESENTS:

### Communication Techniques for Elders

Presentations on Communication Techniques for Elders will begin on Wednesday, June 27, 2001, and on every Wednesday thereafter for a total of (7) weeks. All presentations are scheduled to begin at 11:15 a.m. at the Senior Center, 134 Riverdale Drive (Hwy J), Oneida.

A weekly series of education & training presentations to aid Oneida elders in getting their messages across, to understand the messages of others and being OK if nothing seems to work.

\*\*\*\*\*

#### TOPICS:

Week #1 - Communication; what'd he say?

*"A tangled string walks into a bar and says, I'm knot."*

Week #2 - Assertive methods to say no or yes & not feel guilty or used.

*"I'd do anything for love but I won't do that."*

Week #3 - Shame; How not to "should" on ourselves

*"I shouldn't ask for help, there are others that need it more."*

Week #4 - Self-Esteem; having, knowing, thinking & believing. *"It just don't matter what they do with me, after all who am I?"*

Week #5 - Depression; inside anger

*"It's unfair but what can I do?"*

Week #6 - Rage; how to interrupt it before it's too late

*"I just can't stand this anymore."*

Week #7 - Boundaries; "trust me. I'll be right back"

*"I want this money for bingo but the kids need it."*

Week #8 - Stress; how it helps/hurts & how to let it go

*"They say that I need to relax but I've been working all my life."*

*For more information contact C.J. Doxtater at 869-2448 ext. 4960*

## *A DONATION IS...*

A donation can have many different meanings. It can mean to give a gift of money or other material items. A dictionary defines a donation as presenting a gift to a fund or cause. To the Oneida Elderly Services, a donation means to give willingly according to one's means. For instance, the donation can at the meal site is there to give elders an opportunity to independently contribute any amount of money for their meal. Every donation provided to Oneida Elderly Services is anonymous and voluntary.

The intent of the donation is important in maintaining the quality of services provided for the elders, and to sustain the integrity of participants of services by allowing them to contribute back to the cause. According to the Older Americans Act of 1965, the donations must be used to enhance meal services, to expand access to needs such as transportation, to provide outreach services, and to provide nutrition and dietary guidance among other services. Furthermore, if an elder is unable to donate, we do not deny any service.

The staff and volunteers are here to serve and assist the elders in our community. We are also here to learn from them. The donation can is there to help in recycling our continued effort to provide better services to our elders. So we are always thankful for receiving, if it is a donation, a conversation, a smiling face, or the feeling that we have helped and learned from another elder.

**"Oneida Elderly Services"**

***Oneida Tribe of Indians of Wisconsin***

Post Office Box 365  
Oneida, WI 54155

Phone: (920) 869-2448

Fax: (920) 869-1824



Oneidas bringing several hundred bags of corn to Washington's starving army at Valley Forge, after the colonists had consistently refused to aid them.



UGWA DEMOLUM YATEHE  
Because of the help of this Oneida Chief in cementing a friendship between the six nations and the colony of Pennsylvania, a new nation, the United States was made possible.

**IMPORTANT TELEPHONE NUMBERS**

ONEIDA ELDERLY COMPLEX	869-2448
ONEIDA SENIOR CENTER	869-1551
ONEIDA HEALTH CENTER	869-2711
ONEIDA POLICE DEPT.	869-2239
ELDER ABUSE HOTLINE	869-3155

**OTHER IMPORTANT PHONE NUMBERS**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Our program utilizes a 24-hour answering service called the An-Ser. This service is also used for our Tuesday morning staff meetings and for other events where there are no staff available to answer the phones. When you call our number after hours you will get a voice mail message and after that someone will answer your call to insure you are served.



ONEIDA NATION COMMISSION ON AGING  
MONTHLY REPORT BY  
ALFREDA GREEN  
JUNE 11, 2001

May 2, 1002

I attended the Transportation and Safety Conference Great Lakes Native American, from Cradle to Honored Elders. There were many good presenters from Minnesota and Michigan, as well as Wisconsin, and Wisconsin's State Transportation officials. Most of the speakers represented various Tribes. The conference was good for me, as it sure stressed the importance of using safety belts and car seats for the babies, we well as youngsters up to 6 years, depending on weight and size. Teenagers must be taught to use their seat belts and the hazards of drinking and driving. We were shown a film about some teens from a Reservation in Minnesota on how accidents do not always happen to others, it could happen to you. Joseph Hall, Police Chief from the Menominee Nation was one of the speakers. Linda Hale and Joan Fernon from the Wisconsin Bureau of Safety and Management, spoke on mobility. It was very interesting to learn that we elders are increasing in numbers and are therefore becoming another hazard on the roads because of failing eyesight, hearing loss and reflexes, due to aging. Airbag safety was also demonstrated and I learned that they are expensive to replace. A demo was also given on car seats, the do's and don'ts of buying. We learned that the car seats expire every six years so they are trying to ban the resale of them at garage sales, etc.

May 15, 22, 29, 2001

The Oneida Appeals Commission held sessions on Roberts Rules and the election laws. (Very good training, but too short for me).

May 15, 2001

I made a home visit to an elder couple. They gave me the grand tour of their new house and it is very nice and cozy. They seem very happy with the results, and are both deeply devoted to each other. As it turned out, I'm the one that needed help from them as my car died and I had to be taken home. I'll bet they're glad that I don't go there very often.

May 29, 2001

I attended the Honor the Elder Luncheon. It was good to see so many elders from out of town. The food was good and the service excellent, but the sound system was bad. We couldn't hear Vince DelaRosa speak very well.

MONTHLY REPORT  
MAY, 2001  
Submitted By: Clifford Doxtator

April 27 - Social Services held their annual luncheon at the Edgewood Supper Club in Seymour. It was an honor to be part of this event. Many awards were given to these dedicated workers. Dr. Fred does an excellent job of honoring his workers.

May 1-3 - The National Transportation Safety Board held their conference at the Radisson Hotel. It was an interesting conference that zeroed in on the importance of using seat belts. Some of the slides were graphic, but in a lot of accidents seat belts aren't worn. Also, air bags were discussed and the impact on drivers and passengers that result in injuries. Three factors play a role in airbag injuries: lack of awareness, lack of training and negligence. Overall, it was a very informative conference.

May 4 - Volunteered at the Nifty Over Fifty booth at the Shopko Convention Center. Elderly Services had their booth again this year. Information on the Oneida Elderly Services programs were distributed by staff and myself. There is always a large turnout for this annual event, including many Oneida elders.

May 19 - Met with John Ryba, our state Assemblyman from Green Bay. We discussed the elders drug prescription dilemma again. Again, some of the Senators and assemblymen will not budge on elders' issues.

MONTHLY REPORT  
MARCH 2001  
ONCOA - NADINE ESCAMEA

March was very stormy. Managed to attend the ONCOA meeting. Called some elders. Made no visits. Spent most of March indoors. Attended a meeting on health care in Green Bay that was cancelled.

MONTHLY REPORT  
APRIL 2001  
ONCOA-NADINE ESCAMEA

Attended ONCOA meeting. Attended Honor the Youth pow-wow. Attended health pow-wow. Attended ERB meeting. Made visits to two elders. Moved into my new house. Attended dinner for Rick Hill. Rick Hill will be running for Chairman for 2002. I believe he will do well. Good luck to Rick Hill.

ONCOA  
Monthly Report  
June 12, 2001  
Integrated Health Systems

From November 9, 2000 to February 8, 2001, Integrated Health Systems was known as "Planning for Health Care". After March 1, 2001, they have taken the name of Integrated Health Systems.

The purpose of this meeting was to discuss and to come to a consensus and understanding of the health care needs for the Oneida community and employees. The desired outcome was to develop a comprehensive, all inclusive plan for the direction for the health care needs of the Oneida community and employees.

From November 2000 to date, there have been many discussions on many issues that have gone in many different directions. As a result, subgroups, work teams and objectives have developed. Members of the IHS team from the BC were involved, as well as directors and top management personnel and professional people. The expertise is at a very high level and many deadlines have not been met, due to some areas being very complex. Therefore, at this time, there is not much meaningful information I can report back to ONCOA, nor can I offer any real information to the IHS group. My recommendation is to wait until they have an operational plan, review it, and then make suggestions. I believe that the work IHS needs to do, must be done.

On a lighter note, there is some information I did get from the meeting: There's a pot luck dinner at the DeCaster House on Wednesday, June 13<sup>th</sup>, 5:00 p.m., to talk about what to do with the DeCaster property.

Respectfully submitted by,

Hugh Danforth

ONCOA  
Monthly Report  
June 12, 2001

Land Commission Meeting May 29, 2001  
20/20 Updated (Draft)

From this report to the Land Commission: The plan is to acquire 51% of reservation land in nine years, or 33,366 acres. The acres owned by the nation and members total 14,162 acres. We need 19,204 acres to reach 51% in nine years. That's an average of 2,134 acres per year. The actual average acreage acquired is 1,259 acres per year. We have not acquired 875 acres per year.

Oshkosh West High Indians

On May 9, 2001, the Oshkosh Area School District Board voted to send the mascot issue to the area school sites counselors. The site councils consists of 30 people. One half of the counselors are teachers and one half are students, parents, and others. I contacted the West High principle and indicated to him that I was interested in meeting with the counselors. He was very helpful. I also contacted a Wisconsin Indian Education Association (WIEA) Mascot Task Force member and an Oneida member, to help me with a presentation. I now have a great deal of information - more than I can use.

Rose Kerstetter

Rose is working on her book entitled "Culture in Clay". The book is about Iroquois potters. She has submitted two chapters to a publisher and has received notice that they are interested. The aim of the book is to show Iroquoian potters in action, as well as the end result. Rose has asked me to assist her in making phone calls to photographers and arranging for possible 'grants' for her. She is also interested in arranging a tour of the Six Nations. Rose needs someone to talk for her as she has a problem talking. To date, I have made three visits and progress is very slow.

Respectfully Submitted by,

Hugh Danforth

ONCOA  
Monthly Report  
June 12, 2001  
WIEA Meeting, June 7, 2001

Ellyn K. Fuhsteiner and Diane L. Meulemans from Wisconsin Judicare gave a report on Social Security Part B and diabetes information. There's a new legislation on Part B of the Social Security. The limit an elder can make before it affects their medical assistance has increased. For more information, contact Ellyn or Diane at (715) 842-1681. Ellyn and Diane also presented a "Diabetes Resource Guide" for consumers and health professionals. The guide was prepared by the Wisconsin Diabetes Control Program. The purpose of the guide is to provide a listing of organization and financial resources in one easy-to-use guide. The telephone number is 608-261-6871.

Margaret Teller of the Coalition of Wisconsin Aging Groups (CWAG) was also in attendance and gave a presentation. The CWAG convention will be held in Madison on July 11<sup>th</sup> through the 13<sup>th</sup>. For more information, call 1-800-362-9472. She encouraged everyone at the meeting to talk with their legislators about prescription drugs and long term care.

Betty Martin gave a presentation on the WIEA Pow-Wow. Mary Edna Greendeer elaborated that the Pow-Wow would be held during the first week of October in Oneida. It would combine a WIEA meeting and a Pow-Wow honoring both Veterans and WIEA. At this time, the Pow-Wow is only a consideration and is to be decided at the next WIEA meeting.

Wendel McLester did not attend the WIEA meeting to give an update on the American Elders Association. He was in Washington, DC, meeting with legislators on WIEA and the new organization. Mary Edna Greendeer did mention that the bi-laws for the organization is in Madison for approval.

Art Tainter gave an update on MAST. He talked about \$8,000 per student in the public schools and only \$3,250 per student in reservation schools. He stated that the most important education still comes from our elders.

At this point in the meeting, Virginia Chosa voiced a concern about cigarette smoking at these WIEA meetings. Virginia is a smoker. However, some elders are having breathing problems and we should stop the smoking at these meetings. There was a motion made to keep the WIEA meetings smoke free. The motion passed with 99% support. There was also a big cheer after the vote: good leadership by Virginia!

Noreen, RN, Turtle Lake's Health Coordinator, gave a presentation on COPD, Chronic Obstructive Pulmonary (lung) Disease. COPD covers bronchitis, emphysema and asthma. Eighty percent of the problem comes from smoking. She explained about the effects these three diseases have on lungs and bronchial tubes. She went on to say that it's not the tobacco that's the problem, but it's the other 99 things that are in it.

Betty Martin is concerned about the State money that comes from the Indian Nations, that it's not coming back to the Nations. A motion was passed to draft a resolution to send concerns to the State.

ONCOA  
Monthly Report  
June 12, 2001  
WIEA Meeting, June 7, 2001  
Page 2.

An All Nations Picnic is scheduled for Friday, July 13<sup>th</sup>, sponsored by the Ho-Chunk Nation at Marathon Park in Wausau. For more information call 1-800-701-8234.

It was observed that Turtle Lake gave the WIEA members a full dinner the night before the meeting and a full breakfast and lunch the day of the meetings. They also gave the people in attendance a roll of quarters during the meeting. The question is, can Oneida match that?

Respectfully submitted by,

Hugh Danforth

---

## 29<sup>th</sup> Annual Oneida Pow-Wow



July 6-8, 2001

Norbert Hill Center Pow-Wow Grounds  
Oneida, Wisconsin

Grand Entry

Friday-7:00 p.m.

Saturday-1:00 & 7:00 p.m.

Sunday-12:00 noon

Admission

Weekend Pass-\$10.0

Daily Pass-\$5.00

Advanced Purchase-\$8.00

Dancers & Singers-\$5.00 for a Weekend Pass

60 yrs + and 6 yrs under-Free

# ONEIDA NATION COMMISSION ON AGING

## BOARD MEMBERS



Clifford Doxtator  
(Chairman)  
2610 Forestville Dr.  
Green Bay, WI 54304  
490-8865

Hugh Danforth  
(Vice-Chair)  
874 Silver Creek Drive  
Oneida, WI 54155  
869-1762

Dellora Cornelius  
(Secretary)  
N6319 Onondaga Drive  
Oneida, WI 54155  
869-1171

Mary Edna Greendeer  
W103 Service Rd.  
Oneida, WI 54155  
869-2907

Alfreda Green  
P.O. Box 12  
DePere, WI 54155  
869-2818

Lois Strong  
N6407 County U  
DePere, WI 54115  
869-1126

Nadine Escamea  
W1428 Ray Road  
DePere, WI 54115  
713-6861

Lois Powless  
W1728 Poplar Ln.  
Seymour, WI 54165  
833-7745

Arlie Doxtator  
N5260 County E  
DePere, WI 54115  
788-5474

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

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

## ONCOA AGENDA REQUEST FORM

REGULAR MONTHLY ONCOA AGENDA

(SCHEDULED DATE)

SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

(SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ YES

☐ NO

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

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

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

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

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

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

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

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

Name

Title

Phone

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

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: \_\_\_\_\_

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