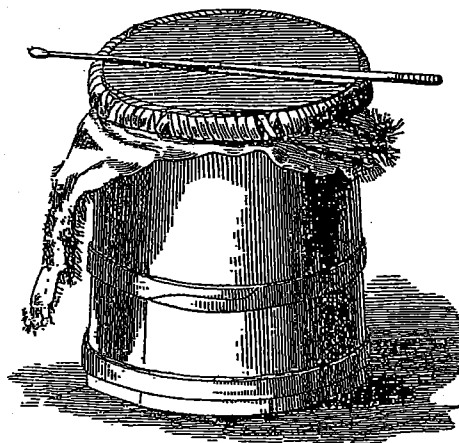


# DRUMS ACROSS ONEIDA

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

Have a safe Independence Day.

July 2002



**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  
Title V  
Title V

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

Robert Kinzhuma  
Florence Petri  
Lori Metoxen  
Julia Hill  
C.J. Doxtater  
Cheryl Ault  
Noreen Powless  
Vacant  
Lorna Christjohn  
Edward Goodvoice  
Tim Freeman  
Margaret King-Francour  
Cindy Brabbs  
Amy Sumner  
Joanne Close  
Lorleen John  
Regina Vande Hei  
Debbie Ninham  
Marty Braeger  
Arleen Elm  
Rita Summers

**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  
Home-Chore Worker  
Outreach Worker  
Title V  
Title V  
Title V  
Title V  
Title V

Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Althea Schuyler  
Catherine Granquist  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Denise Johnson  
Jared Skenandore  
Harold Dostalek  
Warren House  
Winona Mencheski  
Richard Dodge  
Vacant  
Marie Scott  
Grover Smith

**UP CLOSE AND PERSONAL WITH  
LLOYD DAVIS, HOME CHORE  
WORKER**

I was born in Sacaton , Arizona, September 23, 1955 to Lloyd and Beverlene Davis. I have two brothers and three sisters. I am a GED graduate. I have one daughter and one granddaughter enjoy working with the elders. I have been working for Elderly Services for eight years. Since working with the elders, I found out they all have a sense of humor. That is why I enjoy working with them so much.

1. **When you were a child, what did you think you'd like to be when you grew up?** A construction worker.
2. **Who or what had the biggest influence in your life?** Roberta Kinzhuma
3. **What do you consider to be your greatest accomplishment?** My daughter.

4. **Is there something you've always wished you were great at doing?**  
Being computer smart.
5. **What is the best advice anyone ever gave you?** Don't let anyone tell you - you can't do it, when you can do any accomplishment you want.
6. **What advice would you give someone who is about to retire?** Keep active.
7. **What is your ideal vacation?**  
Going back home to Arizona, I miss the mountains.

**Favorite meal:** Steak at Prime Quarter

**Favorite Music:** Blues

**Favorite Books:** Bury My Heart at Wounded Knee

**Favorite Movie:** Dances with Wolves

# **FOUR NATIONS PICNIC**

**Will be held at the Menominee Logging  
Museum**

**July 12,2002 at 10:30AM  
(Rain date July 19<sup>th</sup>)  
State Hwy. 47 & VV**

**Entertainment- Legend Lake Laughters  
Museum Tours**

**Bucko- Local D.J.**

**Horse & Buggy Rides (Possible)  
Games**

**Bingo , Horseshoe Tournament  
Two Blind Men & Raccoon Play/Skit By  
Language Trainees**

**A sign up -sheet for the Elders will be at  
the Senior Center Mealsite**

**We will be departing after breakfast**

**Rob Gundermann, Public Policy Director**  
**Phone: 608-232-3400**

### **State health plan calls Alzheimer's " priority health condition"**

Madison Wis, June 7.2002- The Wisconsin Department of Health and Family Services has unveiled " Healthiest Wisconsin 2010, A Partnership Plan to Improve the Health of the Public" in which Alzheimer's disease is recognized as a "priority health condition".

To qualify as a priority condition, an illness must rank high in terms of both magnitude and severity. On a scale of 0 to 10, with 10 highest, Alzheimer's earned an 8 in magnitude and 8.5 in severity.

To give you comparison, Alzheimer's disease ranked equal in severity to AIDS, but with twice the magnitude. What we're seeing here is the beginning of an epidemic, Gundermann says

Magnitude is defined as the number of persons in the state affected by the condition during a typical year plus those who had onset in the past but continue to be affected by the condition. Currently in Wisconsin, an estimated 104,000 people are living with an Alzheimer's diagnosis.

This figure is predicted to increase to 161,000 in the next two decades, and to over 300,000 as baby boomers age. Gundermann explains, " If we don't address this growing health issue, we are going to have a problem funding Medicare", Gundermann continued.

### **Alzheimer's Priority Condition**

In 2000, total Medicare spending for beneficiaries with Alzheimer's disease was an estimated \$31.9 billion. By 2010 Medicare spending for persons with Alzheimer's is expected to rise to \$49.3 billion. According to Gundermann, early diagnosis and treatment can significantly reduce these costs. Delaying institutionalization of the Alzheimer's population by just one month would save Medicare about \$1.12 billion each year. Delay institutionalization by one year, and estimated annual cost savings would be \$13.44 billion.

The Alzheimer's Association is pleased the State of Wisconsin is acknowledging the seriousness of Alzheimer's disease. This is comforting to the 104,000 Wisconsin families impacted by this devastating illness. We hope the state follows through with assistance in helping people get diagnosed early. In addition to comforting those suffering from this disease, we suspect the cost savings would greatly comfort taxpayers, Gundermann concluded.

# SeniorCare Rx

SeniorCare is a new program designed to help Wisconsin residents aged 65+ with the cost of prescription drugs.

SeniorCare has three levels of participation. Only income is considered in calculating individual levels of participation. Assets such as your house, your car, your savings, any other possessions **DO NOT COUNT**.

## **Level 1**

For Wisconsin residents 65+ whose annual income is less than \$ 14,177 (single) and less than \$ 19,105 (couple).

- \*Each Person pays a \$20.00 annual enrollment fee.

- \*Monthly prescriptions: You'll pay \$5.00 for each covered generic drug, \$15.00 for each covered brand-name drug.

## **Level 2**

For Wisconsin residents 65+ whose annual income is between \$ 14,177 and \$ 21,264 (single) or between \$ 19,105 and \$ 28,656 (couple).

- \*Each person pays a \$20.00 annual enrollment fee.

- \*\$500.00 deductible per person per year. This means you pay the first \$500.00 of your prescription costs each year. SeniorCare will automatically track how much you spend.

- \*Monthly prescriptions: After you've paid your \$ 500.00 deductible, you'll pay \$ 5.00 for each covered generic drug, \$15.00 for each covered brand-name drug.

## **Level 3**

For Wisconsin residents 65+ whose annual income is more than \$21,264 (single) or more than \$ 28,656 (couple).

- \*Each person pays a \$20.00 annual enrollment fee.

- \*SeniorCare requires you to pay regular retail prices for your prescriptions until you've paid the difference between your income and the limits for level 2. For example, if your income is \$ 500.00 over level 2 limits, you'll pay regular retail prices for your prescriptions until you've paid \$ 500.00. This is called "spend-down".

- \*\$500.00 deductible per person per year. This means you pay the first \$500.00 of your covered prescription costs each year. SeniorCare will automatically track how much you spend on your prescription.

- \*Monthly prescriptions: After you've paid your spend-down difference and your \$500.00 deductible, you'll pay \$5.00 for each covered generic drug, \$15.00 for each covered brand-name drug.


SeniorCare is a state-funded program, approved by the governor and the state legislature last year to help Wisconsin adults 65+ with the cost of prescription medication. SeniorCare is administered by Wisconsin's Department of Health & Family Services (DHFS).

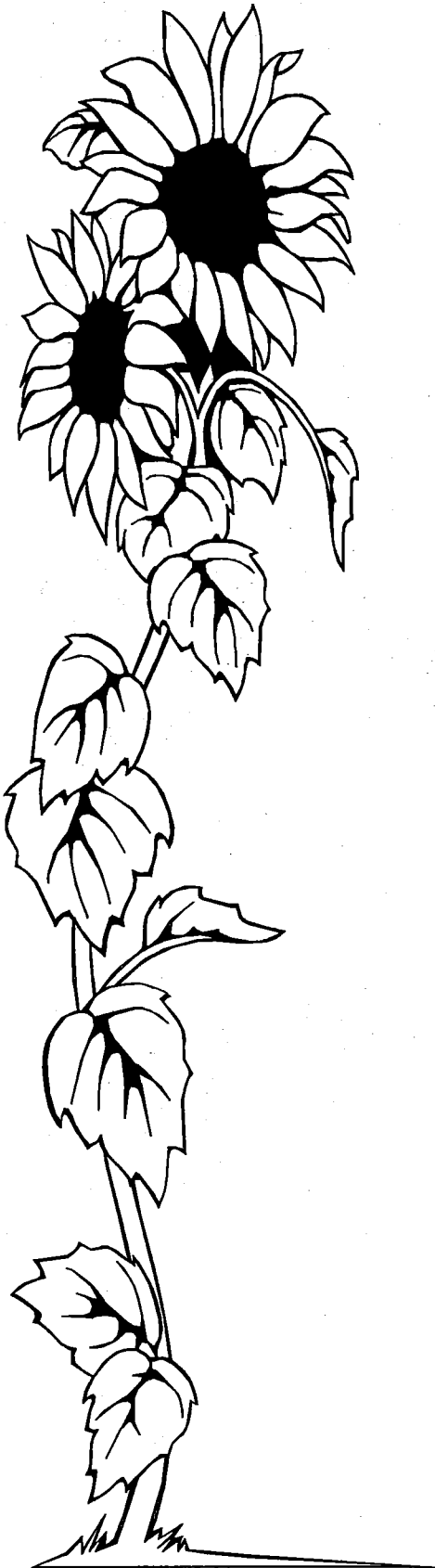
If you have any questions please call Lori Metoxen or Julia Hill at Oneida Nation Elderly Services 869-2448 or 1-800-867-1551. Oneida Area and Milwaukee Area meetings and help with the application process are being planned so stay tuned for more information.

# ACTIVITIES

# JULY

# 2002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Fitness 9:30-10:30am N.E.W. Zoo 1:30pm Cost \$1.00</p>	<p>2 Crafts Epworth Hall 9:30-11:30am Visit Andy's Produce</p>	<p>3 Fitness 9:30-10:30am Land Mgt Allotted Land presentation- 9:30am</p>	<p>4 Independence Day Tribal Offices </p>	<p>5 Shopping Banks Lunch out 10am - 3pm</p>
<p>8 Fitness 9:30-10:30am Fun Exercise with Dawn 1:30 pm Elderly Svs bldg</p>	<p>9 Crafts Epworth Hall 9:30-11:30am</p>	<p>10 AM- Oneida Farmer's Mkt Oneida House Party 6pm Elderly Svs Outdoors</p>	<p>11 AM -Rummage Sales Summer in the Park Concert Downtown GB</p>	<p>12 Shopping Banks Lunch out 10am-3pm</p>
<p>15 Marinette trip and Potluck Picnic 10am</p>	<p>16 Crafts Epworth Hall 9:30-11:30am</p>	<p>17 Fitness 9:30-10:30am AM- Oneida Farmer's Mkt</p>	<p>18 Diabetic Luncheon 10am Parish Hall or AM -Rummage Sales Massage w/Margaret</p>	<p>19 Shopping Banks Lunch out 10am-3pm</p>
<p>22 Fitness 9:30-10:30am Bingo and Ice Cream Social Elderly Svs Bldg</p>	<p>23 Crafts Epworth Hall 9:30-11:30am</p>	<p>24 Fitness 9:30-10:30 Tree Talk Wildlife Sanctuary 2 pm</p>	<p>25 AJNH visit 10 am Birthday Gifts -Sr. Ctr 12:15 - 12:30 Visit Andy's Produce 1pm</p>	<p>26 Shopping Banks Lunch out 10am-3pm</p>
<p>29 Fitness 9:30-10:30am Cards, Board Games &amp; Puzzles Elderly Svs Bldg</p>	<p>30 Bingo Epworth Hall 9:30-11:30am</p>	<p>31 Natural Ovens and Maritime Museum 10am - Manitowoc Tours and Lunch</p>	<p>Activities subject to change</p>	<p>Bus leaves from Oneida Senior Center for trips</p>



## **Some Foods May Cut Alzheimer's Risk**

According to Lindsey Tanner a medical writer, eating nuts, leafy green vegetables, sunflower seeds, peanut butter and other foods rich in antioxidants such as vitamin E, A and C may reduce the risk of Alzheimer's.

Studies suggest those foods rich with vitamins, but not vitamin supplements have beneficial effects. Antioxidant vitamins have been shown to block the effects of oxygen molecules called free radical, which damage cells may contribute to cancer & heart disease. The lesions associated with exposure to free radicals have been found in the brains of Alzheimer's patients.

Research suggests that vitamin E pills can slow Alzheimer progression in people already diagnosed with the disease.


Researcher Martha Clare Norris of Rush Presbyterian St. Luke's Medical Center in Chicago, IL, said people with a high intake of vitamin E ate amounts that could be obtained from a diet that includes whole grain cereal for breakfast, a sandwich with whole grain bread for lunch and a dinner including a green leafy salad sprinkled with nuts. So go ahead & change your diet to include foods rich in antioxidants.



# ACTIVITIES

# JULY

# 2002

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<p>8 Fitness 9:30-10:30am Fun Exercise with Dawn 1:30 pm Elderly Svs bldg</p>	<p>9 Crafts Epworth Hall 9:30-11:30am</p>	<p>10 Natural Ovens and Maritime Museum 10am - Manitowoc Oneida House Party 6pm Elderly Svs Outdoors</p>	<p>11 AM -Rummage Sales Summer in the Park Concert Downtown GB 11:30am -2pm</p>	<p>12 Shopping Banks Lunch out 10am-3pm</p>
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<p>29 Fitness 9:30-10:30am Cards, Board Games &amp; Puzzles Elderly Svs Bldg 1:30 pm</p>	<p>30 Bingo Epworth Hall 9:30-11:30am</p>	<p>31 Fitness 9:30-10:30 AM-Oneida Farmer's Mkt Movie and Popcorn Elderly Svs Bldg 1:30pm</p>	<p>Activities subject to change</p>	<p>Bus leaves from Oneida Senior Center for trips</p>

## Cramming A Top Scam

"Cramming"- - billing consumers on their telephone bills for services that they never ordered

Cramming has overtaken sweepstakes and prize offers to become the No. 1 scam reported the National Fraud Information Center. The Center reports that 444% of con artists are now using the telephone bill as the preferred method of payment.

According to the Center ( a project of the National Consumers League) the top 5(five) scams are:

1. Cramming
2. Slamming (phone service switches to other carriers)
3. Advance fees for loans (loan is never made)
4. Sweepstakes and prize offers
5. Work-at-home kits (stuff envelops, make jewelry, etc.) based upon false promises of big profits.

### *How To Fight Cramming*

- \* Check your telephone bill carefully
- \* If you find a questionable charge, instruct your telephone company to remove the charge.
- \* If the charge isn't removed, complain to the Federal Communications Commission by calling (888)CALL-FCC(225-322) or contact Oneida Elderly Services at (920)869-2448 and ask for C.J., the Elderly Abuse Prevention Coordinator.



## Rural Development at the Elderly Mealsite

Wednesday, July 10: 9:30am-12:30pm

504 Home Repair Loans and Loan/Grant Combinations.  
502 Home Purchase to build or buy.

*Programs available to low and very-low income households.*

Stop in for details or call the mealsite at 1-920-869-1551.  
Shawano Rural Development Office 1-715-524-2148.



### REMINDER FOR

All Elders

If you are planning to the attend the  
Pow-wow this year, please remember  
to bring your own chairs.

# ***Oneida Area Faith In Action VOLUNTEER Program Needs***

***VOLUNTEERS***

***VOLUNTEERS***

***VOLUNTEERS***



**Want to be a volunteer?**

**We need individuals in the Oneida area who would like to join our volunteers.**

**We need caring people in the community who seek personal fulfillment by giving of themselves to people in need of help. Services include assistance with errands, transportation, respite care, light housekeeping, minor home repairs, recreational outings, shopping, gardening, light yard work, telephone reassurance, friendly visiting, weekend meals, or any other ideas??? If you feel you would like to offer your assistance, by giving an hour a week or more, please call 869-1551 and ask for Marie Scott at the Senior Center.**

## This One Is Worth Sharing

I hired a carpenter to help me restore an old farmhouse, and after he had just finished a rough first day on the job, a flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start.

While I drove him home, he sat in silence. On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching tips of the branches with both hands.

When opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward, he walked me to the car and we passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home. Then in the morning I pick them up again."

He smiled, "Funny thing is, God makes sure that when I come out in the morning to pick 'em up, there ain't nearly as many as I remember hanging up the night before."



## A Garden for Daily Living

Plant three rows of peas:

Peace of mind

Peace of heart

Peace of soul

Plant four rows of squash:

Squash gossip

Squash indifference

Squash grumbling

Squash selfishness

Plant four rows of lettuce:

Lettuce be faithful

Lettuce be kind

Lettuce be happy

Lettuce really love one another

No garden should be without turnips:

Turnip for service when needed

Turnip to help one another

Turnip the music and dance

Water freely with patience and cultivate with love.

There is much fruit in your garden Because you reap what you sow.

To conclude our garden we must have thyme:

Thyme for fun

Thyme for rest

Thyme for ourselves

Pass it on!!!

## Old Folks are Worth a Fortune

Old folks are worth a fortune: With silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a lot more social with the passing of the years; some might even call me a frivolous old gal. I'm seeing five gentlemen everyday.

As soon as I wake, Will Power helps me out of bed. Then I go to see John. Then Charley Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.) After such a busy day, I'm really tired and glad to go to bed with Ben Gay. What a life!!

P.S. The preacher came to call the other day. He said that at my age, I should be thinking about the hereafter. I told him that I do all the time. No matter where I am, in the parlor, upstairs, in the kitchen or in the basement, I ask myself, "Now what am I here after?"

## Wooden Bowl

author unknown

A frail old man went to live with his son, daughter-in-law and four-year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult.

Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth. The son and daughter-in-law became irritated with the mess. "We must do something about Grandfather," said the son.

I've had enough of his spilled milk, noisy eating, and food on the floor. So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food when I grow up." The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done. That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

A question: What kind of example do you set for others whose ears hear your messages and whose eyes see your touch? If we thoughtfully and patiently provide an environment and attitude of care, others will experience this goodness and will imitate it. The wise leader realizes that every day those seemingly small and insignificant words and actions shape the way someone else gives and accepts care.



## Storm Safety

### Prevention:

Keep an emergency kit handy, including a flashlight, storm candles, a portable radio, and fresh batteries.

Stay indoors during lightning storms. If you're outdoors seek shelter. The best shelter is a house or building. A car is also a good shelter. Do not seek shelter under a tree.

If you're caught in the open, seek low ground. Sit or lie down.

If you're swimming, get out of the water. If you're in a boat, get to shore.

During a lightning storm, don't use the phone unless it is essential.

Don't take a shower or a bath during a lightning storm.

A severe weather watch means that conditions are right for severe weather. A severe weather warning means that severe weather is actually in the warning area.

If a tornado warning is issued, go to the basement or other secure area. Stay there until the warning is lifted.

Keep a cold weather emergency kit in your car during winter, including a warm blanket, flashlight, and candy bars.

If you see a downed power line, call Wisconsin Public Service or your electric power company immediately.

Never touch a downed power line, even if you don't see sparks.

# Backyard Sports



DIRT  
DOUBLES  
FACE  
FOREHAND  
FOUL LINE  
FRAME  
GRASS  
GRIP  
HALF COURT  
HANDLE

HEAD  
HORSESHOES  
LAWN BOWLING  
LEANER  
MALLET  
MARKER  
NET  
PADDLE  
PEG  
PING PONG

PITCH  
PLATFORM  
PLAYER  
POST  
RACKET  
RETURN  
SCOREBOARD  
SCORER  
SCREEN  
SERVE

SERVICE LINE  
SHAFT  
SHIRT  
SHOES  
SHORTS  
SHUTTLECOCK  
SIDELINE  
SINGLES  
SOCKS  
STAKE

## ONEIDA NATION COMMISSION ON AGING BOARD MEMBERS

Dellora Cornelius (Chairman)  
N6319 Onondaga Drive  
Oneida Wi 54155  
869-1171

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

Arlie Doxtator (Secretary)  
N5260 County E  
De Pere wi 54115  
788-5474

Clifford Doxtator (Board Member)  
3035 Standing Stone Dr. Apt 2  
Oneida Wi 54155  
869-3590

Alfreda Green (Board Member)  
P. O. Box 12  
Oneida Wi 54155  
869-2818

Lois Powless (Board Member)  
W 1728 Poplar Ln  
Seymour Wi 54165  
833-7745

Mary Edna Greendeer (Board Member)  
W103 Service Rd  
Oneida Wi 54155  
869-2907

Lois Strong (Board Member)  
N6407 County U  
DePere Wi 54115  
869-1126

Nadine Escamea (Board Member)  
W1428 Ray Road  
DePere Wi 54115  
833-1791

*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?

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

☐ YES

☐ NO

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	/      /

H:\Newsletter\ENROLLME.WPD(1/25/02)

