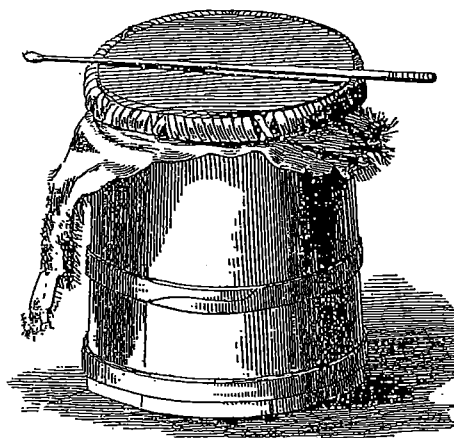


DRUMS ACROSS ONEIDA

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

Green Bean Moon- Oshahe•ta Weh-hni•tahl

July 2003

Garden Meditation by Rev. Max Coots

Let us give thanks for a bounty of people.
For children who are our second planting, and
though they grow like weeds and the wind too
soon blows them away, may they forgive us
our cultivation and fondly remember where
their roots are.

Let us give thanks;
For generous friends...with hearts...and smiles
as bright as their blossoms;
For fiesty friends, as tart as apples;
For continuous friends, who like scallions and
cucumbers, keep reminding us that we've had
them;
For crotchety friends, sour as rhubarb and as
indestructible;
For handsome friends, who are as gorgeous
as eggplants and elegant as a row of corn, and
the others, as plain as potatoes and so good
for you;

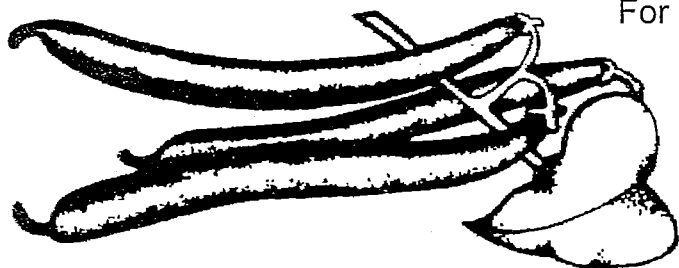
For funny friends, who are silly as Brussels
sprouts and amusing as Jerusalem artichokes;
And serious friends as unpretentious as
cabbages, as subtle as summer squash, as
persistent as parsley, as delightful as dill, as
endless as zucchini and who, like parsnips,
can be counted on to see you through the
winter;

For old friends, nodding like sunflowers in the
evening-time, and young friends coming on as
fast as radishes;

For loving friends, who wind around us like
tendrils and hold us, despite our blights, wilts
and witherings;

And finally, for those friends now gone, like
gardens of the past that have been harvested,
but who fed us in their times that we might
have life thereafter.

For all these we give thanks.



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
Transportation Driver
Transportation Aide
Activity Coordinator
Outreach Worker
Outreach Worker
In-Home Chore Worker
In-Home Chore Worker
Respite Care Worker
Respite Care Worker
Administrative Assistant
Elder Helper
Elder Helper
Title V

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
Marie Scott
Barbara Skenandore
Arleen Elm

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
Elder Helper
Elder Helper
Elder Helper
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 Skenadore
Harold Dostalek
Warren House
Richard Dodge
Winona Mencheski
Grover Smith
Cornelius Hill
Marena Pamanet

UP CLOSE AND PERSONAL
With Lorleen John,
In-Home-Chore Worker

Lorleen John was born in Green Bay, Wisconsin on January 1, 1968. She grew up in the Oneida Community.

Lorleen graduated from West High School in 1986. She married and has four children. She lived in Green bay and then moved back to Oneida in 1990 and lived there ever since.

She enjoys camping and going to different places around Wisconsin to see and to get away for awhile.

Lorleen worked in Green Bay at a CBRF, then applied at HRD for the position as a respite worker in 1997. She switched over to In -Home Chore and has been in that position since.

Lorleen enjoys working with the elders because you learn a lot of new things every day. You learn to have patience and to listen to the stories of their younger days is interesting to hear.

When you were a child, what did you you'd like to be when you grew up?
Wanted to travel and be the Hee Haw girl

Who or what has had the biggest influence in your life?
My mother and sisters

What do you consider to be your greatest accomplishment?
Graduated from High School

Is there something you've always wished you were great at doing?
Writer

What is the best advice anyone ever gave you?
To stay in School

What advice would you give to anyone who is about to retire?
Enjoy the retirement

What is your ideal vacation?
Hawaii

Favorite Meal: Pot roast, carrots and mashed potatoes.

Favorite Music: Old Bluegrass

Favorite Books: Sacajewea

Favorite Movies: Windwalker

Favorite Hobbies: Cross stitch & plastic canvas



Diabetes Support Group Update

Hello, everyone. We just wanted to let you know we have had our third support group meeting. It is going well, and many questions have been answered for the individuals attending. Recipes are shared, along with articles about coping with feelings of frustration and fatigue related to the diabetic regimen.

Tips about diabetic resources and diabetic magazines were covered and we again had a wonderful meal provided by the Anna John Nursing Home staff.

Most of all people were able to talk about their feelings and receive support, advice and understanding from the other members.

Anyone who has an interest in diabetes is welcome to attend, if you are diabetic yourself or a loved one is diabetic, the purpose of the group is to support each other and share feelings and information to help each other. The meetings are confidential and are on the 1st and 3rd Tuesdays of the month at the Oneida Health Center. Every other Tuesday a delicious meal is provided. We look forward to seeing you there.

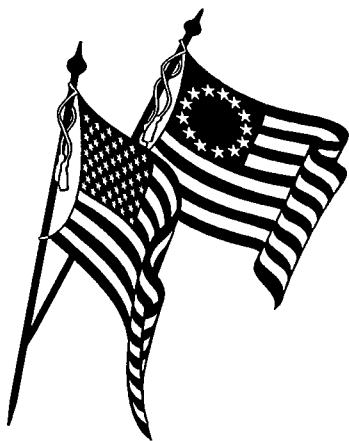
Ann & Sandy

We Wish Everyone A Happy & Safe 4th of July Holiday!

The Oneida Commission on Aging & The Elderly Services Staff



FREEDOM



I know these things must always be
To keep a nation strong and free:
One is a hearthstone bright and dear
With busy, happy loved ones near.

One is a ready heart and hand
To love and serve and keep the land.
One is a firm and beaten way
To where the people go to pray.

So long as these are kept alive,
Nation and people will survive,
Keep them always, everywhere..
The home, the heart, the place of prayer.



...Author Unknown

Road Trip Rules

Vacationing on the road this summer? Staying safe is more than wearing a seat belt and topping off the gas tank. It can mean the difference between an unforgettable trip and one you'd rather forget.

Before Leaving....

- Have your vehicle checked or check it yourself.
 - Carry a cellular phone. Consider installing an alarm system in your car.
 - Map out your trip. Stay to populated, well-lit roads.
- To minimize any risk, try to drive during daylight hours.

On the Road....

- Follow local traffic laws and speed limits.
- Keep doors locked and windows mostly closed.
- Don't offer rides to hitchhikers or stalled motorists.

Instead, stay in your vehicle and offer to go for help.

- NEVER leave children or animals in a vehicle, especially while the motor is running or when it's hot outside.

At tourist stops...

- Park in the shade close to your destination.
- Park in well-lit areas after sundown.
- Put wallets, bags, valuables and maps out of sight.
- Always lock up and give someone with you an extra key.

If you break down...

- Signal and try to pull over to safety. Turn on your flashing emergency lights and tie a white or red cloth to the antenna or driver's door handle. Get back in the car, lock the doors and roll up the windows (leave a crack) and wait for help. If you have a cellular phone, call for help. **STAY IN YOUR CAR!**

Are You Making Healthy Choices?

You face decisions every day that can affect your health.

Are you making the best choices for keeping you and your family healthy and happy?

Test your knowledge....

1) People who suffer back pain are usually:

- a. manual laborers
- b. small-boned women
- c. in poor physical condition

2) The incidence of diabetes in America is declining as a result of improved medications.

☐? True ☐? False

3) One alcoholic drink can affect your driving ability.

☐? True ☐? False

4) After age 35, you can expect your weight to:

- a. stabilize
- b. become a reminder you're getting older
- c. increase about a pound a year

5) The best move you can make for your heart health is:

- a. to lose weight
- b. to kick the cigarette habit, if you smoke
- c. to visit a cardiologist

6) Fast food usually exceeds a healthy portion of:

- a. sodium
- b. your food budget
- c. fat

7) It's safe to use over-the-counter drugs as often as you want.

☐? True ☐? False

8) Late-night eating produces deep, restful sleep.

☐? True ☐? False

9) Smiling is a good way to combat negative feelings.

☐? True ☐? False



ANSWERS

1)c.- The best ways to prevent back pain from overuse or bad posture: Keep your back muscles strong and supportive and avoid excess weight gain.

2)False - Diabetes is more common as our population grows older, more sedentary and overweight. Sometimes the best ways to prevent and control the disease are drug-free - diet, regular exercise and weight control.

3)True - Any amount of alcohol affects your ability to drive or

operate machinery, even if it's below the legal limit. Studies show a 120 to 140 lb woman who has 1 or 2 drinks in 1 hour could be twice as likely to have an accident.

4)c.- Weight gain may be typical as you age and metabolism slows down. But you can help control it by cutting calories and getting regular heart-pumping exercise that builds muscle.

5)b.- Smoking hurts you a lot more than a few extra pounds - it increases your risk of heart attack 2 to 3 times that of a non-smoker.

6)c.- Instead of a maximum of 30% of total calories, the typical burger, deep-fried fish sandwich or pizza contains 50% to 60% fat. But many restaurants now offer lower-fat menu choices.

7)False - You should not exceed the usual dosage or duration of use specified on the drug label.

8)False - Eating activates your digestive system and elevates your heart rate which can trigger wakefulness.

9)True - Studies show that your smile muscles send the same positive signals to your nervous system as when you are feeling happy.



May 21, 2003

Oneida Elderly Services,

I received a computer and want to thank everyone involved for the gift.

Thanks again.

Darlene Mason Running

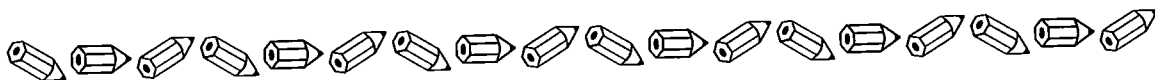


Thank you so very much for the computer. It was the nicest surprise & greatly appreciated.

Thank you again

Sincerely,

Elizabeth Huff Bins



Thank you for letting take part in the Elder Computer drawing. I received a computer and want let everyone know that it is greatly appreciated.

Sincerely,

Heleema Watters



Oneida Elders Videos

Oneida memories
are like golden
threads...let's not
break them.

--Joy Ninham

Project created by:
Joy Ninham

Film & Editing by:
Jill Martus-Ninham
& Michelle Danforth

*Memories of
Oneida Elders
Series* © 2003

- Kenneth Hill
- Kenneth L. Hill
- Rose Kerstetter
- Erv Thompson
- Woodrow Wilson Webster

For more information,
contact Sue Daniels at 920-869-2448 or
Email her at sdaniels@oneidanation.org

This project was made possible with support from the Oneida Nation Commission on Aging, Oneida Nation Arts Program with funding from the Wisconsin Arts Board and National Endowment for the Arts.

ORDER FORM

There are two ways to order! Order the complete set of 5 for \$50.00 or individual tapes for \$15.00/ea. plus shipping & handling.

	qty.		total
Complete Set of 5 Elder Tapes ...		@50.00/ea.	
Story of Kenneth Hill		@15.00/ea.	
Story of Kenneth L. Hill		@15.00/ea.	
Story of Rose Kerstetter		@15.00/ea.	
Story of Erv Thompson		@15.00/ea.	
Story of Woodrow Wilson Webster		@15.00/ea.	
SHIPPING & HANDLING			+ \$7.00
GRAND TOTAL			

MY NAME: _____

ADDRESS: _____

Mail this order form and check payable to: **The Oneida Nation Commission on Aging**,
Attn: Sue Daniels, P.O. Box 365, Oneida, WI 54155. Please allow 2-4 weeks for delivery.

*Oneida Elders
Videos 2003*

2nd ANNUAL ONEIDA DAYS
"GET TO KNOW THE ONEIDAS"

THIS YEAR ITS JUNE 27 - JULY 6

TENTATIVE EVENTS DURING THIS PERIOD INCLUDE:

Oneida Community Little League, Inc.
Oneida Ballfield

Tuesday & Thursday, July 1 & July 3, 5:30 &
7:30 p.m. Concessions available. Volunteers
needed for fund-raising. Contact: Harlan King
920-869-1436

2nd Annual Oneida Days Golf Tournament
Sponsored by Oneida Recreation
Thursday, July 3, 9:00 a.m.
Highland Ridge Golf Course
4 Person Teams will be selected by luck of the
draw at 9AM sharp.
Entry Fee: \$55 per person. No Exceptions.
Price includes Green fees, Cart, & Food
Prizes-cash depends on number of entries.
Call John Powless III at 920-869-1088
Funds are being raised for Oneida participation
in the 2005 North American Indigenous Games
in Buffalo, NY.

Oneida Powwow Thursday-Sunday, July 3-6
Norbert Hill Center Grounds
Weekend pass \$10.00.
Advance sales at One Stops/Smoke Shops \$8.00
Daily pass \$5.00, Singers/Dancers \$5.00
60 and over, 10 and under **free**.
Contact: Lloyd E Powless Jr. @ 920-496-7897

Oneida Parade
Friday, July 4 Start at Site I - 10:00 a.m.
"Cartoon Theme" - \$3000 payout.
Contact: Lloyd E Powless Jr @ 920-496-7897

Pavilion Nights
www.oneidabingoandcasino.net

Oneida Nation Museum
The museum will be open to the public Tuesday
thru Saturday from 9am to 5pm
Contact: 920-869-2768

Farmers Market Across from Tower Foods
Tuesday, July 1, 2003 3-7 PM
Contact: Jen Falck 920-497-5812
Jfalck@oneidanation.org

Ecumenical Church Service
Norbert Hill Center
Sunday, July 6, 2002 10:00 a.m.

Lacrosse Exhibition Games
10:30 a.m. Youth,
Adult traditional 2:00 p.m.
Saturday, July 5 Powwow Grounds
Norbert Hill Center
Contact: Kilabrew VanDyke - 920-498-4078

BRAT FRY AND BAKE SALE
Land Management office
Tuesday, July 1, 2003 11am-1:30pm

Miss & Jr Miss Oneida Pageant
Canned goods or perishable food items
requested for admission. These items will be
redistributed to various community programs.
Tuesday, July 1 @ 6:00pm
BC Conference Room Norbert Hill Center
Contacts: Racquel Hill @ 920-8694475 or
Tana Archiquette @ 920-869-4239

MVP Coed Slow Pitch Softball Tournament
Friday, July 4th - Sunday, July 6th
Entry Fee: \$175, 1st Place-\$700, 2nd Place \$400,
3rd Place \$250
(Prize monies may vary based on team entries)
Contact: Geno Danforth/Susan Martinez @ 920-
869-1362

Oneida Wise Women's Group
"Rock & Rest"

Even Start Program will provide a family
literacy activity and story time from 5:30 -
6:00pm Friday and Saturday. Also, some
children's books and coloring materials.

Powwow grounds Norbert Hill Center
Thursday-Sunday July 3rd - July 6th
Contact: Alice Skenandore 920-490-0627

Six Nation Women Singers
Wednesday, July 2 Elderly Services Complex
2907 S. Overland, Oneida
Oneida hospitality starting at 6:00pm,
performance starts at 7:00pm

Finger weaving Traveling Exhibit
Wood Carving works by Ken Metoxen
Heritage Hill July 1 - Aug. 15
Contact: 920-488-5150

Bradford Smith
Winner of the 2003, "MUSICAL ECHOES"
National Native American Flute Competition
Performing during Powwow.
Norbert Hill Center
Thursday-Sunday July 3-6

Norbert Hill Center Pond
Open to Public
Contact 920-490-3730

VISIT LOCAL BUSINESSES:

TOWER FOODS

920-869-1969

"Everyone is a Co-op Member" During the
Oneida Powwow anyone who comes in the store
will get Member discounts even if they are not a
member of Tower Foods Cooperative.
Thursday-Sunday July 3-6 ONLY

HIDDEN VALLEY DRIVING RANGE

920-869-2700

390 Dexter Rd.

ONEIDA ONE STOPS AND SMOKE SHOPS

920-490-8000

ON SALE Pendleton Bags & Music 30% OFF
Pendleton Baby Blankets 25% OFF

NOW THRU Saturday, July 5

All items available at the Oneida Smoke Shop
inside the Mason Street Casino, select items
available at the Oneida Smoke Shop on
Packerland Drive.

ONEIDA BINGO AND CASINO

920-494-4500

RADISSON INN 920-494-7300

BEAR PAW KEEPSAKES 920-499-7875

2615 Packerland Drive

ONEIDA THUNDER WASH 920-869-1005

J & A QUIK LUBE 920-869-6355

N7283 County U

JO'S LOG CABIN 920-869-2505

TSYUNHEHKWA

Ridgeview Plaza Suite 8

Contact 920-497-5821

July 2003 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					06.27.03(1)	
		1 Crafts @ Epworth Hall 09:30-11:30	2 Tower Foods 10:00 - 11:30 Movies @ Senior Complex 01:00-	3 Crafts @ Senior Complex 09:00-11:30 Good Shepherds NH, Seymour 01:30-02:30	4 OFFICE CLOSED - INDEPENDENCE DAY	5
6	7 Crafts @ Senior Complex 01:00- Good Shepherds NH, Seymour 01:30-02:30	8 Crafts Epworth Hall 09:30 - 11:30	9 Tower Foods 10:00-11:30 Movies @ Senior Complex 01:00-	10 Crafts @ Senior Complex 09:00-11:30 P/U Strawberries Berryland- Abrams 01:00-	11 Trip to Milw Senior Center 09:00-	12
13	14 Crafts @ Senior Complex 01:00-	15 Crafts Epworth Hall 09:30 - 11:30am	16 Tower Foods 10:00-11:30 Movies @ Senior Complex 01:00-	17 Crafts @ Senior Complex 09:00-11:30 Bingo @ Senior Complex 01:00-	18 Senior Extravaganza Washington Commons 10:00-	19
20	21 Crafts @ Senior Complex 01:00 -	22 Crafts Epworth Hall 09:30 - 11:30am	23 Tower Foods 10:00-11:30 Movies @ Senior Complex 1:00 -	24 AJNH Visit 10:00-11:00	25 Shopping, Banks, Lunch Out Rummaging 10 - 3 pm	26
27	28 Crafts @ Senior Complex 01:00 -	29	30	31 AJNH Visit 10:00-11:00 Birthdays 12:15		

SUNSHINE ORANGE CAKE

Yield: 9 servings

EACH SERVING Amount: 1 square

Exchanges:	1 Starch	Calories:	118	Fat:	3gm
	1 Fat	Carbo:	19 gm	Fiber:	Tr.
Chol:	30 mg	Protein:	3gm	Sodium:	257mg

INGREDIENTS:

1/3 cup reduced - calorie margarine, melted	1/2 teaspoon baking soda
Brown sugar substitute to equal 1/4 cup sugar	1/4 teaspoon ground cinnamon
1 egg	1/3 cup raisins
1 1/4 cups all -purpose flour	2/3 cup unsweetened orange juice
2 teaspoons baking powder	Vegetable cooking spray

STEPS IN PREPARATION:

1. Combine margarine, sugar substitutes, and egg; beat at high speed of an electric mixer 2 minutes.
 2. Combine flour, baking powder, soda, and cinnamon, stirring to blend. Stir in raisins.
 3. Add flour mixture to creamed mixture alternately with orange juice, beginning and ending with flour mixture.
 4. Spoon batter into an 8 -inch square baking pan coated with cooking spray. Bake at 350 degrees for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cut into squares to serve.
-

Rural Development at the Elderly Mealsite
139 Riverdale Dr., Oneida, WI

First Thursday of Every Month

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.



A BIT OF HUMOR!!!!

What can cats have that dogs cannot?

What has 4 legs, a head, and a foot but can not move?

What's black and white and red (?) all over?

What has a tongue but can not speak?

Why did the chicken cross the road?

What has eyes but can not see?

What has ears but can not hear?

Which weighs more a ton of feathers or a ton of bricks?

My grandson was always wanting to stay by himself before he was of age to do so. I told him that when he was 12 years he could stay by himself. He didn't forget what I had said and soon after he was 12 he asked to stay by himself after some thought I told me no because I would be gone to long but he really had his heart set on staying home alone. I tried to convince him that he was still to young to be alone and *he said that he would not be alone so I asked who would stay and watch him and he told me God would. You can't argue with that kind of reasoning.*

1. A kitten
2. A bed
3. An newspaper
4. A shoe
5. To get to the other side
6. Potatoes
7. Corn field
8. Neither they weigh the same

RECIPES

APPETIZERS

YOGURT DILL DIP

- 1 c. plain fat-free yogurt
- 1 Tbsp. chopped fresh dill or 1 tsp. dried dill
- ½ tsp. salt
- ¼ tsp. freshly ground pepper
- ½ tsp. lemon juice

Combine all ingredients in a small bowl. Cover and chill at least 2 hours before serving. Serve with fresh vegetable platter with baby carrots, zucchini strips, celery sticks, cucumber wheels, and red, yellow, and green pepper strips. Yield: 8 servings.

Considered a free food within the limits of the serving size. Good source of calcium.

HOMEMADE HOT COCOA MIX

- 2 c nonfat dry milk powder
- ½ c powdered sugar
- 6 pkg. artificial sweetener
- ½ c cocoa
- ½ c powered fat-free or lite non-dairy creamer

Combine all ingredients. Blend well. Store tightly covered. Yield: 14 servings.

To prepare: Combine ¼ cup mix and ¾ cup boiling water into mug. Stir to blend.

The Diabetic Cookbook

MENU				JULY		2003
Monday		Tuesday		Wednesday	Thursday	Friday
					All meals are served with coffee, tea, and milk	Meals are subject to change
		1 Chicken soup Fresh Bread Pudding		2 Cube steak Noodles & tomatoes, Peas Whole wheat bread Pineapple tidbits	3 BBQ Ribs Scalloped potatoes Whole wheat bread Broccoli Sherbert	4 OFF
7 Brats Sauerkraut Red potatoes Whole wheat bread Peaches		8 Beef stew Fresh bread Juice Watermelon		9 Hamburger Patties, tator-tots Corn Whole wheat bread Pears	10 Pork roast Potatoes Whole wheat bread Green beans Jell-o w/fruit	11 Sausage Pancakes Juice Mixed berries
14 Tuna salad Tomato slices Crossants Melons		15 Bean soup Fresh bread Juice Berries		16 Hot dogs Mac & cheese Broccoli Whole wheat bread Sherbert	17 Fish Red potatoes Cole slaw Whole wheat bread Blueberries	18 SOS Eggs Toast Melons
21 Spaghetti Lettuce salad Garlic bread Pears		22 Tomato soup Ground bologna sandwiches Apple sauce		23 Beef roast Brown rice Carrots Whole wheat bread Peaches	24 Sloppy joes Mac salad Baked beans Ice cream	25 Bacon Poached eggs Cold cereal Juice toast Mandarin oranges
28 Chop suey Whole wheat bread Rice Pineapple tidbits		29 Chili Cucumbers Whole wheat bread Ice cream		30 Meat loaf Potatoes Green beans Whole wheat bread Jell-o	31 Birthday Day Chicken Potato- California blend veg.- whole wheat bread Strawberry shortcake	

ONEIDA AREA FAITH IN ACTION Volunteer Training

We are having a class for all of our volunteers on "TAKING CARE OF YOU THE CAREGIVER". Whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country doesn't matter. What's important is that you are interested in learning some tools to help YOU in your caregiving role. This class meets for 6 weeks one day a week for 2.5 hours, at the cost of \$10.00 and includes a HOW -TO-DO-IT-BOOK to accompany the class content. This book contains 15 chapters including: Class limit 10

- **Hiring in-home help**
- **Making financial decisions**
- **Understanding depression**
- **Making decisions about driving**
- **Help you reduce stress**
- **Reduce guilt, anger, and depression**

**When: Tuesdays from 1:30-4pm
July 8,15,22,29, August 5,12,.**

**Where: Oneida Elderly Services Conference Room
2907 S. Overland Rd.
Oneida Wi. 54155**

Call 869-2448 to register, make check payable to Oneida Area Faith In Action.

**For more information call 869-2448 ask for Debbie or Cheryl.
Fee includes: Book, Snack, Drinks. So be one of the first 10 to sign up. (Dates to change if not enough signed up)**

SUDDENLY SENIOR 3RD- AND A- HALF ANNUAL "OLDER THAN DIRT" TRIVIA QUIZ

By Frank Kaiser

1. In what year did most US cars change from two headlights?
A. 1957
B. 1958
C. 1959
2. What fad toy sold over 25 million units in 1958 after just four months on the market?
A. Silly Putty
B. Slinky
C. Hula Hoop
3. All but one won a best picture Oscar during the 50's. Which one did not?
A. Around the World in 80 Days.
B. Bridge on the River Kwai
C. Ben Hur
4. What haunting suspense movie, starring Orson Welles and Joseph Cotton, premiered in 1949?
A. Hot Pants
B. Poodle Skirts
C. Twiggy Look
6. In 1949, _____ was divided into two states.
A. Korea
B. Germany
C. Vietnam
7. Kilroy was _____ ?
A. A fad diet of the 40's
B. Twiggy's last name
C. here
8. What did we use in the outhouse before toilet paper was available?
A. Corks from Portugal
B. Leaves
C. Catalogs
9. This Christmas favorite was introduced in 1949.
A. Jingle Bells
B. I'm dreaming of a White Christmas
C. Rudolph, the Red Nosed Reindeer
10. Which of the following was not new in 1946?
A. Slinky
B. Bikini
C. Lego
11. When did the national numbered road system start?
A. 1925
B. 1932
C. 1940
12. What article of clothing made popular in 1954 by Fess Parker in Davy Crockett?
A. Coonskin cap
B. Miniskirt
C. Leisure suit
D. Tank top

ANSWERS

1. B. 1958
2. C. Hula Hoop. Considered the biggest fad of them all, the Hula Hoop was modeled after a wooden toy which was utilized in Australian gym

classes.

3. D. Ben Hur

4 A. The Third Man

5 B.. Poodle Skirts. Though known poodle skirts, they were not limited to poodle patches but instead were often decorated with patches of flowers, records, cars and other animals.

6. B. Germany

7. C. "Kilroy was here"! Appeared mysteriously all over Europe and the Pacific during the World War II.

8. C. Catalogs.- Many seniors alive today remember using Sears catalogs, newspapers, flyers, or what ever was available for both reading and sanitary purposes. Toilet paper rolls were first marketed in the US in the 1880's by Edward and Clarence Scott of Philadelphia.

9. C. Rudolph, the Red Nosed Reindeer

10. C. Lego. The Danish Lego company first started making building blocks of the type that would develop in the familiar plastic Lego blocks in 1949.

11.A 1925. The nation's most well - known road Route 66, opened in 1932 to link Chicago and Los Angeles.

12 A coonskin cap. Even presidential candidate Senator Estes Kefauver, joined in on the craze, wearing one at numerous public appearances.

SCORING:

10-12 correct: You are not only older than dirt, but sharp as a rusty Civil War bayonet. Now if you could only remember where you put your glasses.

7-9 correct: Not quite dirt yet, but your mind is definitely dusty.

0-6 correct: You are one sad excuse for an old goat. Turn in your "sorry, I'm having a senior moment" card immediately.

BATTER UP!

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

ANTHEM
 AUTOGRAPH
 BALLS
 BASES
 BAT BOY
 BLEACHERS
 BOX
 BUNT
 CATCHER
 CHEER

COACH
 COVERED
 DIAMOND
 ERRORS
 FAIR
 FASTBALL
 FLAG
 GLOVE
 HELMET
 HITS
 HOMEPLATE

HOME TEAM
 INFIELD
 KNUCKLEBALL
 LEFT
 LINEUP
 MISS
 ODDS
 OUTFIELD
 PITCHER

PLAYERS
 PRO
 RELIEF
 RIGHT FIELD
 ROYALS
 RUNS
 SCOREBOARD
 SECOND BASE
 SLIDE
 SOCKS

Heat Exhaustion vs. Heat Stroke

- CAUSE Depletion of body fluids and electrolytes due to exposure to intense heat or the inability to adjust to the heat, resulting in prolonged or heavy sweating. May progress to heat stroke.
- ONSET May develop slowly after exposure to heat for several days and inadequate or unbalanced replacement of fluids and electrolytes.
- SIMILARITIES
 - Headache
 - Vomiting
 - Dizziness
 - Muscle cramps (arms, legs, abdomen)
 - Fatigue
 - Rapid pulse
 - Nausea
- DIFFERENCES
 - Excessive perspiration
 - Cool, moist skin
 - Rapid respiration
 - Body temperature may be normal, or slightly below normal, or as high as 102.2 degrees F.
 - Possible giddiness
- HOW TO INTERVENE Cool fluids, loosen tight clothing, recumbent position, cool shaded environment, elevate legs, transport to a medical facility for medical follow up.

Heat Stroke vs. Heat Exhaustion

- CAUSE Failure of temperature-regulating mechanism of the body due to prolonged exposure to high temperature.
- ONSET May develop quickly (within minutes).
- SIMILARITIES
 - Headache
 - Vomiting
 - Dizziness
 - Muscle cramps (arms, legs, abdomen)
 - Fatigue
 - Rapid pulse (tachycardia)
 - Nausea
- DIFFERENCES
 - Absence of perspiration
 - Hot, dry, red or mottled skin
 - Slow deep respiration
 - Extremely high temperature (104 degrees F or above)
 - Mental confusion, disorientation, delirium, irrational behavior, feeling of euphoria or impending doom, diminished level of consciousness, loss of consciousness may be sudden.
 - Confusion may occur early or late
 - Signs of shock
 - Coma
- HOW TO INTERVENE Call for transport to medical facility immediately; cool water, sponging, fluids by mouth if still alert; reduce body temperature to 102 degrees F if possible. **Transport to medical center for temperature stabilization and prevention/treatment of complications.**

FTC Charity Checklist

Federal Trade Commission ■ Bureau of Consumer Protection ■ Office of Consumer and Business Education

Thinking about donating to a charity? The Federal Trade Commission advises that you consider the following precautions to ensure that your donation dollars benefit the people and organizations you want to help. They're good practices whether you're contacted by an organization's employees, volunteers or professional fund-raisers, soliciting donations by phone, mail or in person.

- ✓ Be wary of appeals that tug at your heart strings, especially pleas involving patriotism and current events.
- ✓ Ask for the name of the charity if the telemarketer does not provide it promptly.
- ✓ Ask what percentage of the donation is used to support the causes described in the solicitation, and what percentage is used for administrative costs.
- ✓ Call the charity to find out if it's aware of the solicitation and has authorized the use of its name.
- ✓ If the telemarketer claims that the charity will support local organizations, call the local groups to verify.
- ✓ Discuss the donation with a trusted family member or friend before committing the funds.
- ✓ Don't provide any credit card or bank account information until you have reviewed all information from the charity and made the decision to donate.
- ✓ Ask for a receipt showing the amount of the contribution and stating that it is tax deductible.
- ✓ Understand that contributions made to a "tax exempt" organization are not necessarily tax deductible.
- ✓ Avoid cash gifts. They can be lost or stolen. For security and tax record purposes, it's best to pay by check — made payable to the beneficiary, not the solicitor.

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them. To file a complaint or to get free information on wise giving, visit www.ftc.gov/charityfraud or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261.

FEDERAL TRADE COMMISSION	FOR THE CONSUMER
1-877-FTC-HELP	www.ftc.gov

Tornado Safety

What can you do

Before the storm:

- Develop a plan for you and your family for home, work, school, and when outdoors.
- Have frequent drills.
- Know the county/parish in which you live, and keep a highway map nearby to follow storm movement from weather bulletins.
- Have a NOAA Weather Radio with a warning alarm tone and battery back-up to receive warnings.
- Listen to radio and television for information.
- If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.

If a warning is issued or if threatening weather approaches:

- In a home or building, move to a pre-designated shelter, such as a basement.
- If an underground shelter is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; instead, leave it

immediately.

- If caught outside or in a vehicle, lie flat in a nearby ditch or depression.
- Mobile homes, even tied down, offer little protection from tornadoes and should be abandoned.

Occasionally, tornadoes develop so rapidly that advance warning is not possible. Remain alert for signs of an approaching tornado. Flying debris from tornadoes causes most deaths and injuries.

It's up to you! Each year, many people are killed or seriously injured by tornadoes despite advance warning. Some did not hear the warning while others received the warning but did not believe the tornado would actually affect them. The preparedness information on this page, combined with timely severe weather watches and warnings, could save your life in the event a tornado threatens

Who's most at risk?

- People in automobiles
- The elderly, very young, and the physically or mentally impaired
- People in mobile homes
- People who may not understand the warning due to a language barrier

**ONEIDA NATION COMMISSION ON AGING
REGULAR MEETING - MAY 13, 2003
ELDERLY SERVICES COMPLEX
CONFERENCE ROOM
1:00 P.M.**

MINUTES

- I. CALL TO ORDER: The meeting was called to order at 1:05 p.m. by Chairwoman, Dellora Cornelius.
- II. WELCOME AND PRAYER: Chairwoman Cornelius welcomed all in attendance and asked if anyone had particular issues they wanted on the agenda. Arlie delivered the opening prayer.
- III. ROLL CALL: Dellora Cornelius, Arlie Doxtator, Clifford Doxtator, Lois Powless, Nadine Escamea, Valder John, Dorothy J. Skenandore, Lois Strong. Others present: Florence Petri, George Greendeer, Donald McLester, Fred Muscavitch, Mercie Danforth, Dave Larson, Dan King.
- IV. APPROVAL OF AGENDA: Changes: Move IV, 3 to IV, 1. Under XI, correct date of May 13, 2003 to May 14, 2003. Motion to approve agenda by Lois Powless, 2nd by Lois Strong, motion carried.
- V. APPROVAL OF MINUTES:
April 9, 2003 - Regular ONCOA Meeting: Motion by Lois Powless to approve, 2nd by Clifford Doxtator, motion carried.
April 22, 2003 - Special ONCOA Meeting: Motion by Dorothy J. Skenandore to approve, 2nd by Clifford Doxtator, motion carried.
- VI. REPORTS
- A. Bay Area Agency on Aging. Gail Fisher was not present. Arlie reported that Gail Fisher is the acting Interim Director. Motion to approve report by Lois Strong, 2nd by Clifford Doxtator, motion carried.
- B. Oneida Business Committee Liaison. Brian Doxtator was not present.

1. Profit/Loss/Audit Information Presentation - Mercie Danforth. Mercie indicated the FY 2002 net profit was \$7.4 million, the FY 2001 net profit was \$6.5 million. This is after programs, resolutions, etc. were taken care of. This includes gaming, retail, etc. For gaming, the FY2002 net profit was \$76.6 million, for FY 2001 it was \$72.2 million. Gross profit for gaming was FY 2002 \$184.8 million, FY 2001 \$167.9 million. Resolutions such as the \$750 per capita X 15,000 members is a \$11.25 million distribution. The resolution indicates carryover from previous fiscal should be applied. As in the case of FY 2002, with a \$7.4 million carryover, the remainder of the per capita must come from tribal contribution. QUESTION: (Lois Powless) There is a resolution that indicates the treasurer is to give a quarterly report to GTC. What is the status of that resolution? MERCIE: Trying to find all resolutions that pertain to the treasurer. LOIS P: This resolution was passed at the time Kathy Hughes was treasurer. MERCIE: Asks that if anyone knows of resolutions that pertain to treasurer to bring it to her attention. MOTION to accept report by Lois Strong, 2nd by Nadine Escamea, motion carried. MERCIE: Terry Cornelius was to present a report on investments, however, he is not here today. He can make the report at a later meeting. (Terry came to the meeting after Mercie left and was excused).

2. Safety Inspection & Oneida Emergency Management Plan: Dan King. Dan was informed that Brian Doxtator would coordinate the safety inspection with him of the Elderly Services Complex. Dan presented on

the emergency plan. In 1986, a law was passed. The community has the right to know. It was under the Title III of the Superfund. The Chair of the Tribe is to follow through on this law. It is a revised version of the Old Civil Defense Act. It is planning for disaster, organizing tribal resources. An example would be Y2K. How many elders live in our area. Knowing this, the tribe can respond. OPD can check on them. Before we relied on relatives. There is a confidentiality issue about releasing names, however, it is important to know how many are on life support in case there is a need for generators/electricity. We need to plan for managing chaos. Chair can appoint either an individual or a team. The LEPC, Local Emergency Planning Committee was formed. We should inventory how many front end loaders, bobcats and generators we have on the reservation. We need to be able to respond to either manmade or natural disasters. The LEPC coordinates community help. The main shelter is IMAC. There are generators there. This is a good place for people to come to locate their family members. GOALS OF LEPC: Save lives, limit casualties, limit damage, restore community as soon as possible. We need to prepare in advance. Some of the members of LEPC include Debbie Danforth, Lou Williams, Crystal Holtz, Chris Powless, Chris Cottrell, Corinna Williams, Debbie Reiter-Mehojah, Conservation, DPW, Accounting, Zoning, Gaming. The second location for a shelter is the Turtle School. They also have a generator. In 1996, Dan King got involved. Oneida is one of only three tribes in the US that were prepared for Y2K. Oneida is part of Region 5. There are three levels of emergency

management. 1. Moderate/minor: we will use local resources; 2. Moderate/severe - will request mutual aid such as regional or state. This is where a state of emergency might be called. Tribes are not included in the Stanford Act to call a state of emergency. The Governor requests assistance from the President. FEMA can give money back to keep it going if we have an emergency plan. In 1996, the Apaches in Arizona had a fire with damages in the amount of \$1.7 million. There was damage to homes. They contacted FEMA, who submitted to the Governor, who in turn rejected the request. In 2000 there was a tornado in Pine Ridge. There were 12 deaths. The Governor rejected the request to consider this a state of emergency. Tribes vs. local. Tribe is way behind. There are 38 tribes in Region 5 that must vie for \$4,7000 to develop a plan. A LEPC may come to Elderly Services to request location of elders, the number on life support, those who live alone. QUESTION: Who else has this information been presented to? DAN: There has been one other presentation. SUGGESTION: This information should be out community wide. QUESTION: Is this plan in writing? DAN: No, due to protection against such things as terrorism, the plan is not in writing. Dan would like to see a full-time person and office for this effort. Would like to have training on the reservation. There were questions regarding the tornado shelter at the trailer court and the tornado sirens on Highway 54 and Site 2. It appears there is an issue about who holds the key for the tornado shelter at the trailer court. ONCOA requested Dan to perform a Safety Inspection of the Elderly Services building. Dan will

contact Sue to arrange an inspection. QUESTION: Who deals with bio-hazard? DAN: Eric Krawsczk. MOTION to approve Dan King's report by Clifford Doxtator, 2nd by Arlie Doxtator, motion carried. Everyone thanked Dan for the valuable information presented and for coming to the meeting.

REPRESENTATIVES FROM TIME WARNER CABLE WERE PRESENT AND AT THIS POINT ASKED TO MAKE THEIR PRESENTATION (VIII. OLD BUSINESS, ITEM A.)

George Greendeer, Time Warner Cable, indicated that the Elderly Services Building, like many others could have a bulk account and receive one bill. There are special rates for buildings such as these. Jim, Time Warner Cable, indicated there are commercial bulk billings that could include one or several properties. There could be a fixed discount in a cable agreement that could span between 5-10 years. The costs to install equipment would be spread over that period, waived, or absorbed into the contract. They can waive installation costs. This would include standard cable with channels 1-99, providing subscribers have cable ready televisions. Elderly/assisted living rates are different than standard rates. An individual could subscribe to additional channels if they chose. DAVE LARSON: Three weeks ago, there was a Time Warner cable technician that came to determine if it could be installed. Dave is waiting for a quote. At one point, when the building was new, there was a \$13,000 installation quote. We currently use American Telecasting. JIM: Assisted Living environments could pay as low as \$7 - \$9 per unit for cable on a monthly basis. QUESTION: (Sue Daniels) When you have the quotes, would you please bring them back and present them to ONCOA? Jim stated he will do that. Everyone thanked all who came to present information at the meeting and look forward to the information when it is available.

C. Elderly Services Program-April/Florence Petri: There is one (1) Title V position ending on May 30. Anyone interested should let her know. QUESTION: Why can't ONCOA or

Elderly Services get the contract from NICOA to administer its own Title V program? This program has been transferred to so many different locations with no consistent staff. It was suggested that Florence contact Dave Baldrige, Executive Director of NICOA to ask the question. QUESTION: What did you learn by touring other Assisted Living facilities? FLORENCE: Everything is included: nurses, meals, dining area, cooking area in apartment, one or two bedrooms. DAVE: Our assisted living will be based on a sliding scale. The commissioners were interested in other tribal assisted living arrangements. Forest County Potawatomi has one. Sue is to arrange a tour of the facility and request a sixteen (16) passenger tribal van. Arlie has clearance to drive a tribal vehicle. Sue is to also contact Arlyce Paulsen and ask her to come along. Florence asked for a copy of the schedule of ONCOA commissioners who would be attending Elderly Services staff meetings. She indicated it was very helpful to have them at the meetings. On May 16, 2003, there will be an Alzheimer presentation during breakfast at the multi-purpose center (9:00 a.m.) On May 28, it is National Senior Health and Fitness which will be held at the Recreation building on County H. It will be from 11:00 - 3:00 with screenings done by OCHC, massages, etc. MOTION to approve report by Lois Powless, 2nd by Lois Strong, motion carried.

D. Dave Larson Report: QUESTION (Lois Strong) When does the Alzheimer group meet? DAVE: Every Wednesday from 8:30 - 11:00. QUESTION: How many people are enrolled? DAVE: 10. QUESTION: How is the attendance? DAVE: On average 8-9 people attend. QUESTION: Who is eligible? DAVE: Only those in the early stage of Alzheimer. QUESTION: Why isn't there more people involved? DAVE: Shortage of staff, shortage of space. QUESTION: How do you select people? DAVE: Either Leigh Campshure or Dave makes the determination.

At some point, if we have an Adult Day Care, we can then serve people who are in the later stage of Alzheimer. The program serves people from the community and is limited to Oneidas. LOIS STRONG: Would like to have more history of where the meetings are held in future reports. DAVE: They are held in either Common Room B or the Activities Room. Once a month, they have an intergenerational day with the Day Care. Transportation is provided, but limited. Sometimes family members bring them in. There is no limit on the geographic area. There is an approximate \$7,000 tribal contribution. This pays part of Leigh's salary and purchases some supplies. Leigh screens clients and gets a doctor's clearance. They also use volunteers. QUESTION: Do your volunteers need to have a background check? DAVE: Yes and no. ONCOA would like to invite Steve Hill, Background Investigator to the next meeting to better understand what is involved in a background check and to understand why it takes so long. QUESTION: Why is Dave's office here and not at the health center? DAVE: Originally the health center was planned for 96,000 sq. feet, but because of budget constraints, it has been reduced to 66,000 sq. feet. QUESTION: Who has administration of the Elderly Services building? DAVE: I am the facilities manager of this building. QUESTION: Why does OCHC have control of this building? (Dave Larson is an OCHC employee). QUESTION: (Sue Daniels) There is an office unit in your area that hasn't been used for a year. ONCOA has need for space. We have two employees, both of whom need access to a computer. Can we use the space that is vacant? DAVE: Until we get our new Social Worker. The current social worker is going on maternity leave at the end of August. COP will be bringing on a LTE social worker. Both will be here at the same time for a while. The LTE social worker will be starting next week. QUESTION: Was this position posted through HRD? DAVE: No, but it is in the HRD process. Dave

indicated he has no control over who gets space in the building. Requests must go in front of the Space Committee, headed by Paul Wittek and John Brueninger. QUESTION: Are you also the administrator of the Nursing Home? DAVE: Yes. QUESTION: Are you also the director of the COP program? DAVE: Yes. Dave Larson is also the HIPPA Safety Inspector. There was a concern about the nursing home. It was stated that while visiting AJNH, there were mattresses on the floor. Dave was asked why this was happening. Dave indicated it was for the safety of the patients. There is a federal law that prohibits lifting the side rails on the beds—it is considered restraint, which is unlawful. For that reason, mattresses are put on the floor next to the bed in case a patient falls out of bed. ONCOA would like to invite Julie Button, the Bay Area Agency Ombudsman to come out and investigate the nursing home. MOTION by Lois Powless to accept the report, 2nd by Valder John, motion carried.

E. Elderly Services Ad Hoc Committee-April/Warren Skenadore. Warren was not present at the meeting. MOTION by Lois Powless to table, 2nd by Lois Strong, motion carried.

F. Financial Report/March - Motion by Lois Powless to approve the report, 2nd by Arlie Doxtator, motion carried.

G. ONCOA Reports

1. CWAG/Arlie Doxtator - No news. Motion to table by Lois Powless, 2nd by Nadine Escamea, motion carried. Sue indicated that Peggy from CWAG called and asked ONCOA to present on the Oral History Videotape project. Joy Ninham and Michelle Danforth will do the presentation. ONCOA was asked to be present as sponsors of the project.

2. Senior Statesmanship Report/Nadine Escamea, Valder John - Motion to table by Lois Powless, 2nd by Lois Strong, motion carried.

3. ONCOA By-laws Subcommittee Report/Recommendations - Lois Powless. The subcommittee met to consider Scott Wilson's, Attorney for LOC, recommendations. The subcommittee saw no problem with the suggestions and wanted approval from ONCOA to move forward with the by-laws incorporating Scott's recommendations. Motion to approve subcommittee report and move forward with ONCOA by-laws by Lois Strong, 2nd by Arlie, motion carried. Lois Powless abstained.

4. Working Session - April 14, 2003 - Protocol regarding death in community - Lois Strong. The subcommittee presented its report and asked for ONCOA approval. The subcommittee recommends the following: "It was determined that ONCOA could provide a statement of encouragement to the Oneida Business Committee based on courtesy and respect. ONCOA makes the following statement: 'As an act of courtesy and respect, the Oneida Nation Commission on Aging encourages a representative from the Oneida Business Committee be chosen to extend condolences to the family of Oneida tribal members in the event of death.' In addition, ONCOA adheres to the following: 'Our (ONCOA) present policy has been to send flowers in conjunction with Elderly Services to the elderly tribal members in the event of hospitalization or death.'" MOTION made to approve this action and submit to Julie Barton and Brian Doxtator for action by the

OBC, by Valder John, 2nd by Lois Strong, motion carried.

5. Aging Network Training Report - May 5, 2003 - Nadine Escamea, Arlie Doxtator, Dorothy J. Skenandore, Dellora Cornelius, Clifford Doxtator, Lois Strong. Motion to table and have report presented in writing at the next regular meeting by Lois Powless, 2nd by Arlie Doxtator, motion carried.

VII. TABLED BUSINESS

A. Elderly Services Ad Hoc Committee/January/February/March. No report, no rep. Leave tabled.

B. Dave Larson Report/March. No rep. Leave tabled.

C. ONCOA Reports/August 2002 - present. Motion to take from table by Lois Powless, 2nd by Lois Strong, motion carried. Sue indicated that as a result of the new Operation Plan for FY 2004, it was approved that ONCOA reports would involve either written or verbal reports. These reports will include travel, training and subcommittee activities. Travel reports are to be submitted in writing as a result of previous action taken by ONCOA. MOTION to remove this item from the agenda by Lois Powless, 2nd by Arlie Doxtator, motion carried.

D. CWAG/Arlie Doxtator - No report. Leave tabled.

E. Senior Statesmanship Report/Lois Strong, Lois Powless. Motion to take Lois Powless report from table by Lois Strong, 2nd by Dorothy J. Skenandore, motion carried. Lois Powless abstained. Motion to approve report by Lois Strong, 2nd by Arlie Doxtator, motion carried.

MOTION made to have Sue request office space at

the Elderly Services Complex for ONCOA through the Facilities Management Team by Valder John, 2nd by Arlie Doxtator, motion carried.

F. Committee on Home Health Care/Lois Strong, Dellora Cornelius. Motion to leave tabled. Some discussion around the purpose of this committee included Lois Strong and Dellora Cornelius were going try to form a committee of representatives from various tribal programs to address the issue of Home Health Care. Sue Daniels will review the action taken and present information to ONCOA in order to move forward with this item.

G. Driveway Survey Report - Nadine Escamea. No report. Leave tabled.

IX. NEW BUSINESS

A. Balancing Acquisition to Benefit Everyone-DOLM. Motion by Lois Powless that ONCOA meet at 12:00 p.m. on the day of the next regular ONCOA meeting to discuss this project, then place it on the next regular ONCOA agenda, 2nd by Dorothy J. Skenandore, motion carried.

B. CWAG Workshop Stipends - Dellora Cornelius. It was discussed that ONCOA commissioners should receive a stipend for attending the CWAG conference in June at the Radisson Hotel. Sue Daniels indicated that the Comprehensive Policy for Governing Boards, Committees and Commissions does allow for \$100 per day stipends in the event there is no travel that occurs on the day for which a stipend is being paid. In other words, if a commissioner travels to a conference on Day One, no stipend is provided. If on Day

Two of the conference, there is no travel either to or from, then a stipend is allowable. The CWAG conference is local, therefore, commissioners will be traveling to and from on all days. The stipend in this case would not apply. Also, the ONCOA by-laws do not provide for this type of stipend to be paid for the CWAG conference. If it is a duly called ONCOA regular, special or emergency meeting, then a stipend can be provided. The CWAG conference does not fit this definition either. MOTION to table by Lois Strong, 2nd by Lois Powless, motion carried.

X. EXECUTIVE SESSION

A. ONCOA Commissioner Resignation/Removal. Motion by Lois Strong to go into executive session, 2nd by Clifford Doxtator, motion carried. Motion by Lois Powless to come out of executive session, 2nd by Valder John, motion carried. Motion by Lois Powless to rescind the original motion made on March 17, 2003 regarding the removal of Hugh Danforth, 2nd by Clifford Doxtator, motion carried. Motion by Lois Powless to follow the process outlined in the Oneida Removal Ordinance to remove Hugh Danforth, 2nd by Clifford Doxtator, motion carried.

MOTION made to approve Clifford Doxtator and Nadine Escamea to attend the WIEA meeting in Wisconsin Dells by Lois Powless, 2nd by Valder John, motion carried.

XII. ADJOURNMENT: Motion by Valder John to adjourn the meeting at 4:20 p.m., 2nd by Lois Powless, motion carried.

**ONEIDA NATION COMMISSION ON AGING
ONEIDA BUSINESS COMMITTEE
QUARTERLY MEETING
MAY 15, 2003
1:30 P.M.**

MINUTES

I. CALL TO ORDER: The meeting was called to order by Chairwoman, Dellora Cornelius at 1:40 p.m. The chair turned the meeting over to OBC liaison, Brian Doxtator.

II. WELCOME AND PRAYER: Brian welcomed all in attendance and extended encouragement for a productive meeting. Arlie Doxtator delivered the opening prayer.

III. ROLL CALL: Commissioners present: Clifford Doxtator, Arlie Doxtator, Lois Strong, Dellora Cornelius, Dorothy J. Skenandore, Valder John, Nadine Escamea. OBC members present: Julie Barton, Mercie Danforth, Curtis Danforth, Paul Ninham, Christina Danforth, Brian Doxtator. Others signing in: Sue Daniels, Florence Petri, Yvonne Jourdan, Lori Metoxen, Julia Hill, Carole Liggins.

IV. APPROVAL OF MINUTES: ONCOA/OBC Quarterly Meeting of December 11, 2001. Brian asked that the minutes be read and accepted as FYI.

V. APPROVAL OF AGENDA: Clifford Doxtator asked that Item 9 be added to the agenda regarding the Finance Committee. Brian also indicated that rather than voting, if any comments or objections were to be had, they be stated, or all is considered accepted.

VI. RESOLUTION 10-08-02A - Travel Resolution: BACKGROUND: OBC approved resolution to be placed on GTC semi-annual meeting for January 2003. The resolution was sent to LOC, a statement of effect was prepared. It was then sent back to OBC for agenda review at which time it was eliminated from the agenda. The legal opinion (statement of effect) was sent to Sue Daniels at ONCOA. The issue at hand is the process. LOIS POWLESS: This was not a draft resolution. What is the process for having a

resolution considered? She understands that it goes to the law office for a statement of effect. It then goes into the packet with the statement of effect, and becomes a GTC resolution for ratification. Is there a resolution process that exists? BRIAN DOXTATOR: OBC made a motion to accept the resolution go to the GTC annual meeting. It did go to LOC for a statement of effect. JULIE BARTON: The statement of effect did not come back to OBC. The resolution would have to be changed to reflect a GTC certification. MOTION: Mercie moved that the Secretary research the resolution and forward through the next steps. 2nd by Paul Ninham. Two abstentions: Tina Danforth and Julie Barton. JULIE BARTON: The deadline date for submission of information at the July semi-annual is tomorrow. If this resolution is still in the process, there would be no time to get it in for publication. The process is: Resolution goes to OBC for approval at the annual then to LOC for statement of effect, then back to OBC as an official agenda item to be ratified to go on to GTC agenda.

VII. AD HOC COMMITTEE

A. LEGAL OPINION: There is a legal opinion that states in part: "The Elderly Services Ad Hoc Committee can be dissolved by ONCOA because it was originally formed by ONCOA, with subsequent approval by the Business Committee. Because the Business Committee approved the formation of the Ad Hoc Committee, it may want to consider also approving the dissolution. However, such approval is not necessary." ISSUES: (1) There is a lack of communication between Dave Larson, Director of Long Term Care and ONCOA; (2) Ad Hoc Committee is reporting to OBC, not to ONCOA, they should be reporting to ONCOA, and ONCOA in turn is to report to OBC; (3) Reports forthcoming from Ad Hoc are all the same, there appears to be little or no progress with this project. ONCOA has attempted to send a representative to the Ad Hoc Committee, but that representative was not allowed to carry information from the meeting back to ONCOA via a motion made at the Ad Hoc Committee meeting. ONCOA reserves the

right to dissolve this committee. ONCOA wants to take a proactive position and has attempted to resolve communication issues. ONCOA wants to research the background of the committee, previous attempts to resolve communication problems and research the reasons why the project is taking so long. MERCE DANFORTH: Was this long enough? Should it be given more time? Should specific expectations be set down for them? LOIS POWLESS: This project has been seven years in the making. A lot of money is being spent on an architect. Brian requested that Janice Hirth orchestrate a meeting for a presentation to ONCOA by Keefe and Associates. ONCOA wants to be prepared to present recommendations to the OBC as was outlined in the Planning Caucus of April 8, 2003. Janice Hirth was given direction to do this, and it has yet to happen. TINA DANFORTH: It appears there was the formation of the Ad Hoc Committee, the legal opinion that Ad Hoc was created by ONCOA. If ONCOA is not satisfied, they have options. LOIS STRONG: ONCOA is prepared to take action to focus this committee. They will replace members, not dissolve the committee. BRIAN suggested all take this as information and to turn it back to ONCOA to make their decision and plan of action.

VIII. DISCUSSION/CONSIDERATION OF BRIAN DOXTATOR'S RECOMMENDATIONS:

(Brian's memo dated May 7, 2003 to the OBC).

1. Support issues for Alzheimers, Elder abuse and Oneida elders who attend dialysis. RECOMMENDATION: Direct Assistant General Manager to develop an Integrated Health Team regarding a status report, with recommendations, about Alzheimers, Elder abuse and "End State Renal Disease (ESRD). ISSUES: There are two programs, one through Dave Larson and one through Elderly Services. These programs are not working together. The program under Dave's direction is for early state Alzheimer. Late state Alzheimer patients are usually

institutionalized. There needs to be coordination between Dave Larson, Elderly Services and OCHC. It was suggested that elder health issues not be limited to these three topics. MOTION: Lois Powless moved that this issue be turned over to the Assistant General Manager to include all parties regarding these issues to be completed within thirty (30) days. 2nd by Dellora Cornelius. Brian will reiterate his memo of April 11, 2003 to Janice Hirth regarding the Keefe and Associates presentation and will include direction regarding this motion.

2. Legislative Concerns. Legislative concerns were submitted to "appropriate parties." This would include the organization, government, etc. RECOMMENDATION: Approve Memorandum of Understanding that all legislative concerns be forwarded to the Oneida Business Committee Liaison, Councilman Brian Doxtator. ACTION: Defer legislative concerns to a planning meeting with Brian and ONCOA at a later date.

3. Senior Care. Oneida elders are not participating. It was reported to ONCOA that a surplus existed in 2002. Senior Care is for prescription drugs. Initially, this issue was brought forward by ONCOA Chairwoman Dellora Cornelius with a concern that the elderly were not taking advantage of this program and few were signing up. The pharmacy could realize a great savings in dispensing prescription drugs and could recover substantial cost through this program. Elderly Services could pay fees for signing up. At the ONCOA planning meeting of yesterday, it was discovered this was not the issue. Lori Metoxen had brought this program to the attention of the OBC who in turn granted \$12,000 for sign up fees for the elderly. The funds, however, were granted to the OCHC. Lori and her staff developed a communication plan, outreach, a sign up day and also included recruiting elders from Milwaukee. All applications were turned over

to Dave Larson for fees to be paid. This was done in October of last year and to date, they have still not been paid. Elderly who applied are asking about the status of this program and others are reluctant to sign up due to the fact that nothing is happening. Brian will include this concern in his memo to the Assistant General Manager.

4. Per Capita. Per capita has negatively affected other sources of income to Oneida Elders. RECOMMENDATION: Direct Assistant General Manager to coordinate efforts for an analysis on the impacts, within the tribe, that per capita has had on Oneida Elders. ISSUE: How to avoid impact of per capita. Provide creative options to the elderly. MOTION: Lois made motion to send concerns to Mercie Danforth regarding per capita issue. 2nd by Arlie Doxtator. Motion carried.

5. Secret Ballot Voting system. RECOMMENDATION: Defer concern to Legislative Operating Committee for consideration of Election Code (Law) amendments. ACTION: Brian will work on this issue with LOC.

6. Medicare. Medicare is not utilized within the tribal structure, to the extent it could be. RECOMMENDATION: Direct the Assistant General Manager to provide an assessment, cost/benefit analysis and follow up regarding Medicare. ACTION: Brian will forward this issue to the Assistant General Manager in his memo regarding action to be taken. (Send ONCOA's Medicare resolution to Brian).

7. Tribal Elections. ONCOA is inquiring about whom has the legal authority to cancel an election? RECOMMENDATION: Defer to law office for a legal opinion. ACTION: Same as recommendation.

8. Travel resolution submitted for Semi-Annual. The first concern of ONCOA is the lack of communication to ONCOA regarding

the status of a resolution submitted for General Tribal Council consideration. A few Business Committee offices were continually contacted with no response. Another communication concern was how the Business Committee had no regard to discuss the proposed "travel resolution" with ONCOA. The second concern is the legality of not publishing the proposed "travel resolution" into the General Tribal Council annual report. RECOMMENDATION: A written apology be submitted to ONCOA for the lack of communication, and follow up to ONCOA regarding their proposed "travel resolution." Secondly, submit to ONCOA the standard operating procedure for items, like resolution not considered for General Tribal Council consideration. ACTION: During the meeting, Tribal Secretary, Julie Barton, researched the status of the resolution and reported that all was in order and could be included in the GTC semi-annual report packet along with the statement of effect. Furthermore, that it would be done.

9. Dental Financial assistance. RECOMMENDATION: Direct the Assistant General Manager to provide a cost/benefit analysis for providing dental financial assistance to Oneida Elders. MOTION: Julie made motion to have Brian include this concern in his memo to the Assistant General Manager. 2nd by Dellora Cornelius. Motion carried.

10. Elder complex safety issues. RECOMMENDATION: Direct Assistant General Manager to complete a comprehensive building and safety inspection of the Elderly Complex building located at 2907 S. Overland Road, Oneida, WI 54155. ISSUES: There are issues about the roof caving in, no generator in the building for back up, hot water coming out of the cold water faucets, the fire sprinkler system being defective and other concerns. ACTION: Brian will include this directive to the AGM in his

memo to her.

11. Lack of Communication between Director of Long Term Care and ONCOA. The Director of Long Term Care is also the building manager for elderly services, Interim Director of the Anna John Nursing Home, Administrator of the COP Program and Project Manager for Elderly apartments - Phase II. Secondly, the Director of Long Term Care's office is located within the Elderly Services complex. Elderly Services has long term planning which includes use of the space of the Director of Long Term Care's office. RECOMMENDATION: Defer concerns from Join Meeting to Joint GM meeting. ACTION: Brian will include this concern in his memo to the AGM.

Under Item VII, E. Nursing Home or Assisted Living? Which comes first? ACTION: The April

11, 2003 memo from Brian Doxtator to Janice Hirth will be reiterated for a presentation regarding assisted living in order to bring ONCOA up to date about this project.

IX. FINANCE COMMITTEE: How is the elder representative chosen for the Finance Committee? According to the by-laws of this committee, shouldn't that representative be replaced after OBC elections? MERCIÉ: The Finance Committee is undergoing policy revisions. The elder representative was asked to stay on through the duration of the revision in order to give input. The elder representative is familiar with the workings of the committee.

X. CLOSING REMARKS: All were thanked for coming. Positive input was shared and encouraging action was taken. It was hoped that all issues would be addressed and resolved in a timely manner.

XI. ADJOURNMENT:

**ONEIDA NATION COMMISSION ON AGING
SPECIAL MEETING - MAY 27, 2003
MULTI-PURPOSE CENTER
1:00 P.M.**

MINUTES

I. CALL TO ORDER: Chairwoman, Dellora Cornelius, called the meeting to order at 1:10 p.m.

II. WELCOME AND PRAYER: Valder John delivered the opening prayer.

III. ROLL CALL: Commissioners present: Lois Powless, Dorothy J. Skenandore, Dellora Cornelius, Nadine Escamea, Valder John, Clifford Doxtator, Lois Strong. Others signed in: Florence Petri, Edward Delgado, Mary E. Dodge, Charlene E. Cornelius, Jan Frion, Noel Cleven, Pat Bielke, Mary Lemieux, Beatrice Lemieux, Susan Daniels, Brian Doxtator, Vince DelaRosa, May Adams, Brian Doxtator.

IV. APPROVAL OF AGENDA: Motion by Dorothy J. Skenandore to approve the agenda, 2nd by Lois Powless, motion carried.

V. PRESENTATION REGARDING THE HISTORY AND CURRENT STATUS OF THE ONEIDA CONSTITUTION: Lloyd Powless was a no call, no show. Vince DelaRosa made the presentation on the constitution. He indicated that in 1982 GTC directed the OBC to do a revision of the Constitution and by-laws. Again in November, 1993, GTC directed the OBC to do a revision. OBC in turn appointed the Constitutional Review Committee (CRC) to do the work. In 1996, the CRC found the current constitution to be inadequate and detrimental to the sovereignty of this nation. They hired two renown attorneys, one being Mr. Bob Little. By 1997, the CRC completed their work. In 1998/99, the CRC scraped the new constitution and created in its place nine amendments to the current constitution. These amendments were comprehensive and included creating a new structure involving a legislative, executive and judiciary branch of government. There were several community meetings held to explain the amendments. These amendments were then sent to

the BIA for comment. It took until 2001 for the BIA to comment and stated the amendments were basically cosmetic in nature. The OBC asked the Legislative Operating Committee (LOC) to draft a constitution based on CRC's work. The OBC withdrew the nine amendments. The current draft is a combination of two year's work by CRC, the last five months LOC has done a "yeoman's" job based on what has already been done. The current draft has not been disseminated as of yet. The goal is to release into the community sometime in September or October. General information includes the:

PREAMBLE: Which addresses sovereignty. (The constitution, however, still has to be approved by DOI/BIA) QUESTION: Should not the preamble tie in more elaborate issues describing who we are and our values? ANSWER: The preamble addresses the authority of the nation and is designed to protect our sovereignty. QUESTION: When the draft comes out, can there be a strike out version so people can see what has been changed from the original? Also, a line by line presented at the community meeting.

CITIZENSHIP: The current constitution includes 1/4 degree, reservation residence at the time of birth and GTC's authority to promulgate enrollment. The new will not be dependent on parent's residency. If we were to stay with the requirement for reservation residence at the time of birth, potentially 75% of all enrolled Oneidas could be affected.

ARTICLE 3: GTC: The current constitution indicates that all Oneidas 21+ in age can vote, 75 people at a GTC constitutes a quorum, they make major decisions, direct democracy. The new constitution increases the quorum to 150 people required, allows GTC to make policy, veto, budget decisions, GTC can no longer pass legislation, no political passion, more deliberate, oral/written comments, public hearings would provide for community input.

The original CRC consisted of Mary Adams, John Danforth, Teresa Powless, Lloyd Powless, Chaz Wheelock, Erv Thompson, Stan Webster, Brian Doxtator, Lee Ninham, Rita Summers, Leyne Orosco, Barb Hill-Hawkins.

ARTICLE 4: Currently there are 9 people on the OBC. The new constitution would separate powers into three branches: Legislative with nine members; Executive with 2 and Judiciary is undetermined as of yet. Currently the GTC has law revoking ability but defers this power to the OBC. Under the new constitution, all legislative action would go through the legislative body of nine elected officials. The Executive Branch would have a President with executive powers. Using the terms has a more distinguished connotation. This would be an elected position. The President can run agencies such as a cabinet structure. Can appoint individuals to administer. Under our current constitution, the Chairman has only two duties: to run meetings and to call meetings. QUESTION: Up to this point, all of this could be in the preamble. We need guidelines for people to act on. Each committee can write their mission based on the preamble of the Constitution. It should include who we are, what we want to accomplish. COMMENT: Our process is so bureaucratic, it disenfranchises people's desire to be pro-active. Currently there are 4200 Oneidas living on the reservation, 1900 of which are over 18.

ARTICLE 7: Addresses elections, with proposed four year terms rather than the current three.

ARTICLE 8: Declaration of rights. Oneidas should enjoy the same rights as citizens of the United States.

ARTICLE 9: Sovereignty Immunity

ARTICLE 10: Amendments and how to make them.

COMMENT: This revision is in *reaction* to a current wave of enforcement on the level of the State and Feds. This is not an answer to the problems that exist here on the reservation. Again, we are ignoring the problems, not addressing them. This revision takes power from the people. We are fashioning ourselves after the federal government, not exercising sovereignty. The public hearings/community meetings don't work for community input. Why doesn't it? Who has analyzed it to determine why it

doesn't work and then come up with remedies to address lack of community input?

VI. PRESENTATION ON SENIOR CARE: Prescription Drugs for Wisconsin Seniors - Dr. Ali Mardan. Dr. Mardan will come later in the meeting. In the interim, Dave Larson will present on Senior Care: This is a State of Wisconsin prescription drug program for seniors. There is currently \$4.5 million in write offs by Oneida Health Center for prescription drugs annually. There is a \$24,000 investment by the Tribe to pay for Senior Care enrollment fee. This would allow the tribe to bill the State of Wisconsin with a refund of around \$1.6 million. In September 2002, this program went into effect. There were 100 applications taken from Oneida elderly. Those applications were submitted last year September. As of last week, the applications are just now being processed. COMMENT: The credibility of the program has been compromised because the applications sat on someone's desk. There are potentially 1,200 applicants that are needed to realize a \$1.6 million return. Who is administering this program? ANSWER: Every year, everyone must reapply. QUESTION: Whose budget does the \$24,000 enrollment money sit in? ANSWER: Fred Muscavitch. This money cannot come out of the health center budget. \$12,000 was put into Fred's program. QUESTION: Who is delegated the responsibility to update, give our cards, process applications? ANSWER: No one has been appointed. Currently, the Medical Benefits Coordinator at the OCHC can take applications, but must turn them over to the Benefits Specialist at Elderly services. QUESTION: Where did the applications go? Was there a problem? Was the problem corrected? COMMENT: It was recommended that a memo go to the Assistant General Manager indicating the credibility of the program is bad, to ask that the person responsible for not processing the applications be held accountable, and to put something in place for follow up every year. At this point, Dr. Mardan came into the meeting. He indicated that OCHC receives \$5million for health care. 33% of our health care is funded, the rest is tribal contribution. The pharmacy alone has an expense for disbursing medications in the amount of

\$6 million per year. SUGGESTION: Set up a stand at the Elderly Luncheon on May 29, letting everyone know they are eligible for the program, make a presentation on Senior Care right before or after lunch. The process identified is as follows:

Either the Medical Benefits Coordinator at the health center or the Benefits Specialists at Elderly Services will help fill out applications. All applications will go to Lori Lynn Metoxen, of Elderly Services. Lori will

then submit request of enrollment fee funds to Fred Muscavitch for sign off. That request will then go to the Accounting Department. Individual checks will be cut and returned to Lori. Lori will include the application form along with the individual check and mail to the state.

VII. ADJOURNMENT: Motion by Valder John to adjourn at 3:45 p.m. 2nd by Lois Powless, 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

☐ Executive Session

☐ Referred to: _____

☐ Special ONCOA Meeting

☐ Not ONCOA Business

RECEIVED BY: _____ **DATE:** _____

DATE: / /

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

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