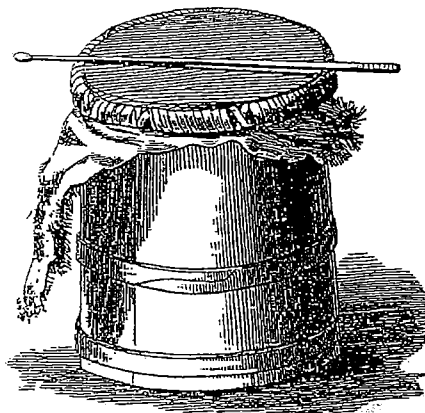


# DRUMS

ELDERLY SERVICES  
2907 S. Overland Rd.

# ACROSS



# ONEIDA

SENIOR CENTER  
134 Riverdale Dr.

P.O. Box 365

Oneida, Wi 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

**Toll Free: 1-800-867-1551**

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**Awahite Weh-hni-tahl**

**Strawberry Moon**

**July 2005**

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## Inscription on the Statue of Liberty

Give me your tired, your poor,

Your huddled masses, yearning to  
breath free,

The wretched refuse of your teeming  
shore.

Send these, the homeless, tempest-  
tossed to me,

I lift my lamp beside the golden door!

**Emma Lazarus**

**ELDERLY SERVICES COMPLEX:**

Program Director  
Assistant Program Director  
Benefits Specialist  
Elder Abuse Coordinator  
Elderly Services Coordinator  
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  
Alzheimers/Respite Activities Specialist  
Title V  
Title V  
Title V

**ONEIDA SENIOR CENTER:**

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

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

Florence Petri  
Tina Pospychala  
Julia McLester  
Joyce Johnson  
Cheryl Ault  
Vacant  
Lorna Christjohn  
Connie Van Gheem  
Dale Webster  
Michele Cottrell  
Cindy Brabbs  
Amy Sumner  
Joanne Close  
Lorleen John  
Vacant  
Debbie Ninham  
Marty Braeger  
Marie Scott  
Barbara Skenandore  
Rita Summers  
Mildred Figueroa  
Nicolasa Jackson  
Leland Danforth

134 Riverdale Drive (P.O. Box 365)  
Oneida WI 54155 1-920-869-1551

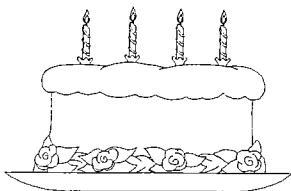
Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Pat Beilke  
Alfrieda Grignon  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Don Bogda  
Jared Skenadore  
Harold Dostalek  
Richard Dodge  
Cornelius Hill  
Grover Smith  
Jeannine LaRock  
Marena Pamanet  
Herb Powless

## Celebrate our July Birthdays

Julie Barton	7-20
Donald Bean	7-01
Pat Benson <i>K. &amp; al</i>	7-13
Geraldine Brass	7-31
Irwin Cook	7-18
Bill Cooper	7-18
Clearance Cornelius	7-26
Dellora Cornelius	7-20
Earl Cornelius	7-15
<del>Harry Cornelius</del> <i>4-33-67</i>	<del>7-04</del>
Marie Dolton	7-02
Marilyn Danforth	7-07
Erma Denny	7-30
Martin Denny	7-19
Arlie Doxtator	7-24
Cleven Doxtator	7-08
Ruth Doxtator	7-31
Arlene Elm	7-19
Beverly Flying	7-01
Sandra Gerhardt	7-17
John Hill	7-05
Winnie Gordon	7-20
Darwin John	7-04
Linda John	7-12
Helema Jordan	7-27
<del>Harold King</del> <i>Dec.</i>	<del>7-18</del>
Carole Liggins	7-30
Ruth Melchert	7-22
Russell Metoxen	7-06
Theresa Morgan	7-03
Ross Moss	7-04
Vernon Ninham	7-11

Lorraine Penn	7-07
Anna Poetter	7-28
Paul Peterson	7-12
Leatrice Powless	7-12
Shirley Powless	7-25
Walter Reed	7-05
Kenneth Schuyler	7-16
Oscar Schuyler	7-12
Barbara Skenandore	7-01
Betty Skenandore	7-20
Cecil Skenandore	7-15
Lave Skenandore	7-22
Lorraine Skenandore	7-24
Elizabeth Smet	7-21
Nathan Smith	7-29
Reka Smith	7-26
Rosella Stevens	7-15
Amanda Summers	7-13
James Summers	7-22
Shirley Thomas	7-11
Rose Van Boxtel	7-15
Donald Vande Voort	7-14
Millie VerBruggen	7-07
Ben View	7-07
Audrey Webster	7-18
Bernard Webster	7-07
Loretta F. Webster	7-25
Martin Webster	7-18
Woodrow Webster	7-13

Elders, if you have a birthday in July please join us at the Senior Center at 134 Riverdale Dr. (Hwy J) on June 30<sup>th</sup> 2005. Have lunch with us and sign the birthday book.



Birthdays are celebrated on the last Thursday of every month.

## Grover C. Smith

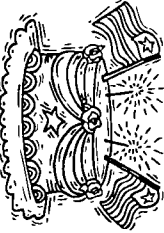


- WWII Combat Veteran
- Entered the U.S. Navy - 03-24-1944 at the age of 17 years old.
- While in the Pacific he participated in the Asiatic Pacific Campaign where he received his campaign medal with 4 Bronze Stars.
- Also while in the Pacific he received the Philippine Liberation Medal with 1 more Bronze Star.
- Did all this before he was 20 years old.
- Discharged from the Navy - 05-05-1946.
- Member of Oneida VFW Post 7784

# MENU

## July

### 2005

Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with coffee, tea, or milk.				
All trips leave from the Oneida Senior Center				
				
4 <b>Closed</b>	5 Tomato Soup Grill Cheese Sandwich Peaches	6 Chef Salad Cottage Cheese Dinner Rolls Watermelon	7 Fish Red Potatoes Cole Slaw	8 Ham d& Eggs Fresh Fruit Cheese Muffins Juice
11 Sub Sandwich Fresh Mixed Veggies Rolls Cheese Fresh Mixed Fruit	12 Corn Soup Fresh Bread Strawberries	13 Chhicken Breast L. grain Wild Rice Carrots W/W Bread Pineapple Tidbits	14 Lasagna Lettuce Salad Garlic Bread Jell / Pears	15 Sausage Eggs Toastums Juice Peaches
18 Chicken Salad Crossants Tomatoes-Cukes Lettuce Sherbert	19 Potato Soup Fresh Bread Melons	20 Pork Steak Potatoes Brussels Sprouts W/W Bread Strawberry Whip Pie	21 Ham Scalloped Potatoes Calif. Blend Veggies W/W Bread Pudding / Banana's	22 Bacon Poached Eggs Toast Juice Mix Fruit
25 Hot Dogs Mac Salad Beans Buns Ice Cream	26 Beef Vegg. Soup Fresh Rolls Mandarin Oranges	27 Hamburger Casserole W/W Bread Applesauce	28 <u>Birthday Day</u> Potatoes & Chicken Sauté Zucchini/Squash & Pepper W/W Bread Jell-o Cake	29 Scramble Eggs Ham & Peppers - Onions Toast Tropical Fruit



# **ENVIRONMENTAL HEALTH & SAFETY**

**Presenter:** Al Baird -Oneida  
Environmental Health & Safety

**Date:** Wednesday, July 27, 2005

**Time:** 11:45 A.M. - 12:15 P.M.

**Location:** Oneida Elderly Meal Site  
Hwy J, Oneida



## **UP CLOSE AND PERSONAL**

**With Julia McLester,  
Benefit Specialist**

Julia Mc Lester age 43, born to the parents of Gordy and Betty McLester and raised in Oneida..

Julia attended college in Milwaukee. She then got married and moved up north and started a family.

She began working with elders in 1988 as a director for the Senior Companion Program of Great Lakes Inter- Tribal Council. She was lucky and got to travel and work with all tribes in Wisconsin. Julia had "gramma's" on every reservation.

In 1991 she moved back home and started working for the tribe. She has been working with elders now for 17 years, and have learned quite a bit. Julia throughly enjoys spending time with elders and feels very fortunate that she has a job that she loves. Also, being a gramma is the greatest thing in the world.

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

Like to own my own bakery.

**Who or what has had the biggest influence in your life?**

My parents.

**What do you consider to be your greatest accomplishment?**

Being a single parent- raising my 2 children the best I can.

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

Singing.

**What is the best advice anyone ever gave you?**

Live life to the fullest.

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

Relax and enjoy your retirement.

**What is your ideal vacation?**

Laying on the beach someplace warm .

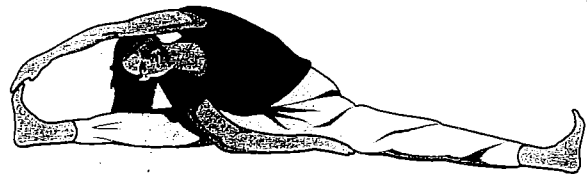
**Favorite Meal:** Anything with shrimp

**Favorite Music:** Like all, country, rock & roll, blues, and jazz.

**Favorite Books:** John Grisham

**Favorite Movies:** Documentaries

**Favorite Hobbies:** Beading, baking and working out



# Flowers



F1124

CARNATION	EDELWEISS	LARKSPUR	PHLOX
CHICORY	FERN	LAVENDER	POLLINATE
CHRYSANTHEMUM	FLORAL	LILAC	POPPY
CLOVE	FLOWER	LILY	POSY
CLOVER	GARDENIA	MAGNOLIA	POTPOURRI
DAFFODIL	GERANIUM	MARIGOLD	PRIMROSE
DAHLIA	GOLDENROD	NARCISSUS	RAGWEED
DAISY	HOLLYHOCK	ORCHID	ROSE
DANDELION	HYACINTH	PEONY	SAGEBRUSH
DOGWOOD	IRIS	PETUNIA	



Monday

Tuesday

Wednesday

Thursday

Friday

# July Activities

Activities subject to change without notice.

Please sign up @ Senior Center for all Activity Trips.

All Trips leave from Senior Center.

**1** Banks,  
Shopping, &  
Lunch Out  
10-3

**4** OFF

**5** Crafts @  
Epworth Hall  
9:30-11:30

**6** Exercise Elderly  
Services  
10-11:30  
BINGO @ 1:00  
Senior Center

**7** STRAWBERRY  
PICKING  
10:30-11:30  
FALL CRAFT @  
Elderly Services 1:30

**8** Banks,  
Shopping, &  
Lunch Out  
10-3

**11** ARTHRITIS  
TREATMENT  
SEMINAR 9:00 Green Bay  
BOARD GAMES  
Elderly Services 1:30

**12** Crafts @  
Epworth  
Hall  
9:30-11:30

**13** FARMER'S  
MARKET  
10:30-11:30  
BINGO @ 1:00  
Senior Center

**14** VISIT @  
GOODSHEPHERD  
NURSING HOME  
10:00-11:30  
MOVIE @ Elderly Services

**15** Banks,  
Shopping,  
& Lunch Out  
10-3

**18** VISIT & LUNCH  
@ AIRPORT  
DAYCARE 10:00  
ST VINCENT DE PAUL  
1:00-2:30

**19** BINGO @  
Epworth  
Hall  
9:30-11:30

**20** NEW ZOO (free)  
SENIOR DAY  
BRING YOUR BAG  
LUNCH  
10:00-2:00

**21** SUMMER  
CONCERT IN PARK  
10:00-2:00  
BRING BAG LUNCH

**22** Banks,  
Shopping,  
& Lunch Out  
10-3

**25** COOKING @  
Elderly Services  
9:30

**26** Crafts @  
Epworth  
Hall  
9:30-11:30

**27** MILWAUKEE  
BREWER GAME  
9:00-6:30  
EATING OUT FOR LUNCH  
MOVIE @ Eldly Serv. 1:30

**28** AJNH VISIT  
10:00-11:30  
FALL CRAFT @  
Elderly Services 1:30

**29** Banks,  
Shopping,  
& Lunch Out  
10-3

CHRISTMAS IN JULY  
Elderly Services 1:30  
(Bring a wrapped gift)

## Culture In Clay

A book about Iroquois pottery by an Oneida (Iroquois) potter.

Did you know that clay cooking pots were used for cooking and storage purposes by the Iroquois people who inhabited the area now called the New York State for around 4,000 years up until the Europeans introduced brass and iron kettles as trade items?

And did you know that thereafter, no pottery was made by Iroquois women over a period of 300 years until a pottery making revitalization took place in the United States and Canada in the 1960's ?

**CULTURAL IN CLAY-** my book on Iroquois pottery and the potters who make this distinctive pottery will identify where the Iroquois live today, what the traditional Iroquois pot looks like and how it may have been fired, the tools used to make the pottery, and a brief history of the recent revitalization of pottery making among the Iroquois both in the United States and Canada. Photographs in color of contemporary pottery will be presented as well as information on each potter featured. Information will be furnished on where Iroquois pottery can be purchased as well as some designs used on the pottery. Other facts and stories will be presented which, it is hoped, you (reader) may find it interesting.

The book will go to the publisher this fall with publication expected six months to a year later. I'll keep you posted.

Rose Kerstetter  
W 1127 Park Drive #403  
Oneida, Wi. 54155  
(920)833-9891

6-05

## Tips For Good Communication With Your Doctor

A basic plan can help you communicate better with your doctor, whether you are starting with a new doctor or continuing with a doctor you have been seeing for years. The following tips can help you and your doctor build a partnership.

**+ Be prepared**, make a list of your concerns. For example, are you having a new symptom you want to tell the doctor. Do you need the flu shot? Take a list of your medications.

**+ Make sure you can hear and see as well as possible.** Make sure you take your eyeglasses and your hearing aid along.

**+ Consider taking a family member or a friend along.** Let your family member or friend know in advance what you want from your visit or what you want to discuss with your doctor.  
**+ Plan to update the doctor.** Let the doctor know what has happened in your life since your last visit. Mention any changes in your appetite, weight, sleep, or energy level. If you have been to the emergency room, or changes in your medications and the effect it has had on you. If you have had a death in the family or a divorce, sold your home recently. All this information can be of help to the doctor for diagnosing your health problems; he is not being nosy!



Live simply. Live well.

Cut out the stress.

Increase the joy.



# Separation of Trust & Enrollment Committee

July 2005

- We are requesting your support to separate into two committees at the G.T.C. meeting on July 11, 2005.
- The Trust-Enrollment Committee respectfully request G.T.C. to approve the development of a Separation Plan.
- It would best serve our roles, responsibilities and commitment if G.T.C. authorizes two separate distinct bodies to conduct business on behalf of G.T.C.
- Due to growth, Trust & Enrollment duties have become increasingly more time consuming.
- Main focus is the integrity of our fiduciary responsibility. The Trust & Enrollment Department work cooperatively, but independently of each other.
- Each department has unique purposes and mission.
- G.T.C. elects people they trust to manage the Trust and Enrollment areas. We would not make a recommendation to G.T.C. unless we truly felt it was necessary and in the best interest of the Nation.
- Both Departments will remain autonomous and be under the direct supervision of G.T.C.

Prepared by the Oneida Trust Committee, Trust and Enrollment Departments,  
phone 920-490-3935



## **Suffering From Headaches? Did You Know???**

Overuse of prescription or nonprescription pain relievers can lead to “rebound headaches.” This can lead to taking more pills than is safe, as the headache returns every time the medications wears off.

### **Self-care Tips**

If you suffer from headaches, new prescription medications are available from your doctor that can help treat or even prevent them. There’s also plenty you can do on your own to ease the pain.

- + Take medicine right away. Pain relievers work best if taken when pain starts.
- + Find a dark, quiet spot and lie down.
- + Try heat, such as a warm pad on the back of the head.
- + Consider massage or physical therapy to help reduce muscle strain and stress.

### **Watch the Three C’s**

1. Cheese (ripened varieties such as cheddar Or Brie.
2. Chocolate
3. Citrus Fruits

These foods contain amines, substances that in some people cause blood vessels to swell, resulting in head pain

### **More Headache Triggers**

- + Alcohol ( especially red wine)
- + Poor ergonomics & posture.
- + Hot Dogs, other processed meats.
- + Smoke.
- + Monosodium glutamate (MSG)
- + High sodium foods.

---

I have no Yesterdays,  
Time took them away,  
Tomorrow may not be-  
but I have Today.

## **Spice Up Your Life More Herbs, Less Salt Day.**

You should cut back on salt and sodium in your diet to help prevent or lower high blood pressure. If you have high blood pressure, lowering it can help reduce your chances of a heart attack and stroke.

### **Tips to reduce sodium**

- + Use reduce sodium or no-salt-added products, such as no-salt -added canned vegetables or dry cereal that have no salt added.
- + Be “Spicy” instead of “salty” in cooking. Flavor foods with a variety of herbs, spicy, wine, lemon, lime or vinegar.
- + Avoid the salt shaker on the table, replace it with herb substitute or pepper.
- + Taste food first.
- + Eat more whole unprocessed foods - choose fewer processed, canned, and convenience foods.
- + Read labels to be aware of high sodium foods.
- + Limit cured foods (such as bacon & ham) foods packed in brine (such as pickles, pickled, olives, and sauerkraut )and condiments such as mustard, horseradish, ketchup, Worcestershire sauce, soy, teriyaki and MSG or use lower sodium versions.

### **Modify recipes:**

- + Omit salt or start by cutting amount of salt in half.
- + Use lemon juice, herbs, spices to enhance flavor.
- + Replace salt with low sodium alternatives.

### **When eating out:**

- + Ask how foods are prepared.
- + Know terms that mean high salt, pickled, cured.
- + Move the salt!!
- + Choose fruits and veggies.
- + Choose foods without sauce.
- + Limit condiments.

## Talking With Your Doctor

How well you and your doctor talk to each other is one of the most important parts in getting good health care. Unfortunately, this is not always easy. It takes time and effort on your part as well as your doctor's.

In the past, the doctor typically took the lead and the patient followed. Today, a good patient/doctor relationship is more of a partnership. You and your doctor can work as a team to solve your medical problems and keep you healthy.

This means asking questions if the doctor's explanations and instructions are unclear, bringing up problems even if the doctor doesn't ask, and letting the doctor know when a treatment isn't working. Taking a active role in your health care takes the responsibility for good communication on both you and your doctor. ■

### Things to Consider When Selecting A Doctor

- + Is the doctor board certified? In what field?
- + Do I have to choose a doctor covered by my insurance plan?
- + Does the doctor accept Medicare?
- + Is the location of the doctor's office important? How far am I willing to travel to see the doctor?
- + Is the age, sex, race, or religion of the doctor important to me?
- + Do I prefer a single doctor or a group practice?
- + Is the hospital the doctor admits patients to important to me?

### What are the doctor's office policies.

- + Is the doctor taking new patients? Will he/she take Medicare assignments?
- + What days/hours does the doctor see patients?
- + Does the doctor ever make house calls?
- + How far in advance do I have to make appointments?
- + What is the length of an average visit?
- + Who takes care of patients after hours or when the doctor's away?

### What does board certified mean?

Doctors who are board certified have had extra training after regular medical school and have passed an exam certifying them as specialist in certain fields of medicine. This includes the primary care fields of general internal medicine, family medicine, geriatrics. It also includes a wide range of specialty fields such as gynecology, urology, and orthopedics. Board certification is one way to tell about a doctor's medical expertise. It doesn't address the doctor's communications skills.

### Questions to consider asking the doctor:

- + Do you have many older patients? What are your views on health and aging?
- + What are your thoughts about complimentary or alternative decisions.
- + How do you feel about involving my family in care decisions?
- + Will you honor living wills, durable powers of attorney for health care and other advanced directives.

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## Sharing Information With Your Doctor

**Be Honest-** It is tempting to say what you think the doctor wants to hear, for example, that you smoke less or eat a more balanced diet than you do. While this is natural, this is not in your best interest. Your doctor can give you the best treatment only if you say what is really going on.

**Stick To The Point-** Although your doctor might like to talk with you at length, each patient is given a limited amount of time. To make the best of your time stick to the point. Give the doctor a brief description of the symptom, when it started, how often it happens, and if it is getting worse or better.

**Ask Questions-** Asking questions is key to getting what you want from the visit. Ask questions, when you don't know the meaning of a word, or when instructions are not clear, when medications should be taken, during, after, or before a meal. If you are worried about the cost say so. Ask questions!

**Share Your Point Of View-** Your doctor needs to know what is working and what is not. He or she cannot read your mind, so it is very important for you to share your point of view. Say if you feel rushed, worried, or uncomfortable. If you would like to talk to your doctor more about your situation, tell him or her. You know he is busy, but you would like another appointment soon to talk more about your problem.

### Summary: Sharing Information With Your Doctor.

Be honest.  
Stick to the point.  
Ask questions.  
Share your point of view.

## Involving Your Family And Friends

It can be helpful if you can take a family member or a friend with you when you go to the doctor's office. You may feel more confident if someone is with you. A friend or relative can help you remember what you plan to tell or ask the doctor. She or he can help you remember what the doctor said. But don't let your companion take too strong a role, because the visit is between you and your doctor. For best results let your companion know in advance how she or he can be most helpful.

Your caregivers may have concerns he or she might want to discuss with your doctor. Some caregivers may find it helpful to discuss areas: what to expect in the future, sources of information or support, community services, and ways they can maintain their own well-being.

If a family member or friend can't go with you for your next appointment, he or she can still help. That person can serve as a sounding board, helping you to practice what you want to say to the doctor before you see him. ■

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## SUCCESS

At age 4 success is...not peeing in your pants.

At age 12 success is ...having friends.

At age 16 success is...having a drivers license.

At age 20 success is...having sex.

At age 35 success is... having money.

At age 50 success is...having money.

At age 60 success is ...having sex.

At age 70 success is...having a drivers license.

At age 75 success is...having friends.

At age 80 success is...not peeing in your pants.



**Oneida Elderly Services**  
Presents Breast Cancer Awareness from the Native American  
Perspective



**Date:** July 20, 2005

**Time:** 1:00 pm to 4:00pm

**Where:** Oneida Elderly Services Conference Room

**Presented by:** Norma General  
Six Nations  
Ohsweken Ontario

**Taking Action to Survive**

Dedicated to our grandmothers, mothers, daughters, wives, sisters, aunts, and all women in the Aboriginal community. We are keepers of the sacred fire. We must lead by example for all our future generations and practice early detection methods to keep our bodies healthy.

## Pledge of Allegiance

This is the original Pledge of Allegiance to the flag in the handwriting of the author, Frances Bellamy, written at the decree of President Benjamin Harrison in 1892 to commemorate the 400<sup>th</sup> anniversary of the discovery of America. The original words have been changed on Flag Day in 1954 by an Act of Congress.

### Original Version:

I pledge allegiance to my flag and the Republic for which it stands-one nation indivisible-with liberty and justice for all.

### Present Version:

I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation , under God, indivisible, with liberty and justice for all.

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## OPEN LETTER TO ONEIDA COMMUNITY

### Dear Oneida Community:

We are actively accepting recommendations and or referrals for participants Elderly Special "Alzheimer's Disease and Dementia Activities Group." Group meetings are every Wednesday morning from 9:30am to 11:30am in the Oneida Elderly Service Complex, building A, Commons Room at 2925 S. Overland Rd. Oneida, Wi. To confidentially recommend or refer anyone who has been diagnosed with early to mid-Alzheimer's Disease or Dementia who may benefit from attending this activity respite group please **call 869-2448**. Volunteers are welcome to assist the participants or to present a therapeutic activity at any group meeting. Visitors are also welcome, especially family members and care-givers as well as other interested individuals.

## Could Excess Pounds Be Endangering Your Liver?

You probably already know that drinking too much alcohol can threaten your liver. But did you know that being overweight stains your liver. More than half of obese people have a little known condition called nonalcoholic fatty liver disease.(NAFLD)

Researchers believe that NAFLD is, in fact, the most common trigger of chronic liver disease in the United States. This serious condition may eventually lead to cirrhosis or even death.

If you are overweight, be sure to lose weight gradually-one or two per week. A rapid weight loss can result in dangerous liver health.

Here are six more ways to keep your liver healthy.

- + Eat a low fat diet. You can cut your risk for getting gallstones, a liver related disease, by avoiding deep fried foods and other high fat or high cholesterol items.

- + If you have diabetes keep it under control.

- + Get plenty of fiber by eating fresh fruit and veggies, whole grain breads, rice, and cereals.

- + Take only necessary medications even over the counter painkillers are bad.

- + Keep your blood pressure under control.

- + Get vaccinated for hepatitis B if anyone in your family has tested positive.

### Signs of liver problems:

- + Yellowing of the skin or eyes.
- + Swelling or pain in the abdomen.
- + Sever itching.
- + Dark urine or pale stools.
- + Fatigue, nausea, or loss of appetite

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**HAPPY FOURTH OF JULY**

Sakoli.

My name is Dellora Cornelius. I am enrolled in the Oneida Tribe of Indians located in Wisconsin and serve as Chairwoman of the Oneida Nation Commission on Aging, also known as O.N.C.O.A., the only elected commission on aging in the State of Wisconsin. Also with us today, is one of our elected officials, Councilman Brian Doxtator. We thank you and offer our appreciation to you for sponsoring this important listening session.

The Oneida Tribe, located near Green Bay, lies on a 64,000 acre "checkerboard" reservation, within two counties, Brown and Outagamie. There are 15,433 people enrolled in the Oneida tribe and reside throughout the world. Approximately 3,540 enrolled Oneidas live within the exterior boundaries of the Oneida Reservation, and 2,392 of the 15,433, are over the age of 55. Although the Oneida Nation Commission on Aging is elected to represent all elders enrolled with the Oneida Tribe, direct services impact those 582 elderly living within the Oneida Reservation.

The Oneida Tribe provides supportive services to Oneida elders such as: home repair, home chore, in-home chore and respite to name a few. The Oneida Tribe also provides congregate meals and meals-on-wheels. The Director of Elderly Services keeps our elected commission informed on impact of services through monthly reporting. The Oneida Nation Commission on Aging provides a quarterly report to the Oneida Business Committee.

The largest concern of the Oneida Nation Commission on Aging, similar to the National concern, are the baby-boomers. The projected elderly population is estimated to double within the next five (5) - seven (7) years.

The following recommendations O.N.C.O.A. provides that we believe will enhance direct services to the elderly population of the Oneida Tribe of Indians located in Wisconsin.

First, O.N.C.O.A. would like to stress the importance of including Tribal governments in a consultation process when re-authorization of the Older Americans Act for Federal monies to American elders. For example, the Medicare Modernization Act directly impacts North American Indian elders. However, Tribal governments are not consulted for funding

assistance from our states. In Wisconsin, under the Medicare Modernization Act, the State developed Medicare Part D. Local counties were awarded funding to hire additional Benefit Specialists to assist elders with enrollment applications. Wisconsin Tribes were overlooked. O.N.C.O.A. encourages the development of National plans to include our Indian elders.

Furthermore, O.N.C.O.A. stresses the importance of funding for elder services be directly provided to Tribal governments, and not through any State budgeting process. This will assure that services to tribal elders will be addressed. Secondly, O.N.C.O.A. recommends to enhance home health care services through the use of para-professionals. Additional monies for continuing education would enhance home health care services to the growing elder population. O.N.C.O.A. also supports additional monies to enhance training resources to law enforcement personnel, medical staff and public education to the community regarding abuse of our important resource, elders.

Overall, monies budgeted for home and community based services need to have flexibility so that the pooling of monies and coordination of services will benefit our Oneida elders. O.N.C.O.A. recognizes that gaps occur in social services and medical services to our elders. A prime example is the planning of an Oneida Assisted Living Facility. Monies from Indian Health Services, Native American Housing and Self-Determination Act and the Oneida Tribe could fully fund and sustain an Assisted Living Facility and Nursing Home.

O.N.C.O.A. believes that monies budgeted for elder services need to be determined through a population based formula. O.N.C.O.A. cannot support a "means testing" formula. There are several types of services that Oneida elders need, and budgeting through a "means testing" formula may exclude services provided to needy elders. Contracting with the Tribes, similar to Indian Health monies could be expanded to include Indian elderly services. The BIA would deliver such pass through funding to the Indian tribe under a self-determination contract or self-governance compact.

Thank you for allowing the Oneida Tribe to present at this important listening session, and thank you for listening.

# **WASHINGTON DC**

**6Days/5 Nights**

**September 29 through October 4, 2005**

**Includes-Deluxe motor-coach  
transportation, 5 Nights lodging, 8 meals**

**TRIP HIGHLIGHTS- Tour of DC, Illuminated  
monuments night tour, WWII Memorial,  
White House & Smithsonians & More.**

**COST: \$639.00**

**Cost are based on double occupancy/per person.  
Includes Two staff for assistance.**

**Deadline for sign-up is September 1<sup>st</sup> 2005. All payments must be in  
by September 8<sup>th</sup>, 2005  
Must have twenty people signed up or the trip will be canceled.**

**Questions, please call:  
Elderly Services at 920-869-2448**

# **Oneida Nation Elderly Services Mealsite**

**134 Riverdale Drive**

**869-1551**

**8am to 10am**

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**This is to remind you of the upcoming Blood Pressure / Blood Sugar Screening dates.**

**This is the 2005 schedule (typically the 2nd Friday of the month):**

**Jun. 10**

**Jul. 8**

**Aug. 12**

**Sept. 9**

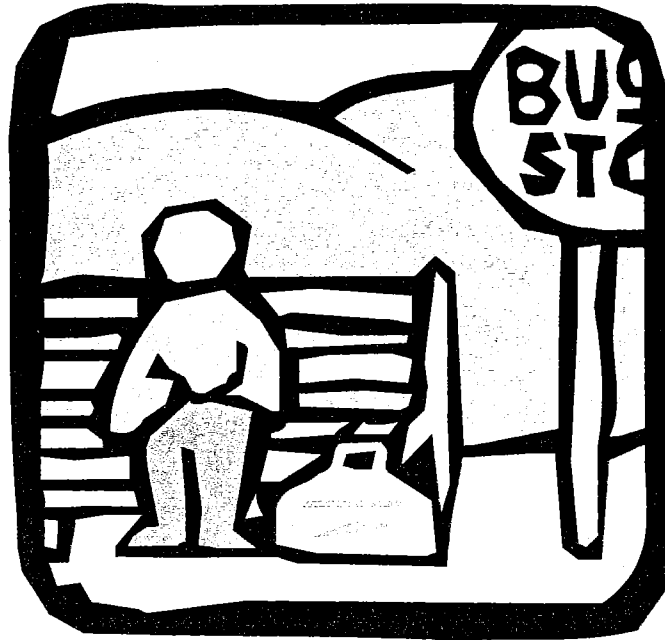
**Oct. 14**

**Nov. 11**

**Dec. 9**

Karen Bialcik or Terri Harmala from the Oneida Health Center  
869-4895 869-4892

# GLNAEA



## **Great Lakes Native American Elders Association**

**Forest County Potawatomi  
August 4<sup>th</sup> & 5<sup>th</sup>**

All elders who need a ride to GLNAEA must sign up at the Oneida Senior Center (Meal Site) by July 15<sup>th</sup>. We must have 20 people signed-up to reserve a coach bus, or else we must use tribal vans. Payment for your hotel must be received by July 22<sup>nd</sup>. We will be staying at Indian Springs Lodge in Carter WI, and the cost is \$30.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551

## Elderly Services Updates

### VISTA VOLUNTEER

I'd like everyone to welcome Sara Loken to the program. Sara has a Bachelor Degree in Criminal Justice and Associates degree in Criminal Justice, with a Major in Social work.

Motivational Statement from Sara:

**"I enjoy interacting with a variety of people from a variety of backgrounds. I hope to gain a larger sense of community with helping others. I speak some Spanish and I believe it's what's different about people that makes them worth knowing. I enjoy being around people from a variety of backgrounds."**

Sara will spend a year working for Elderly Services in various services. The National Society for American Indian Elderly is a non profit organization working to improve the quality of lives for American Indian Elders and will be responsible for helping Elder Services Program Directors get a VISTA placement for our community. I sent the application in and was one approved to have a VISTA worker.

Sara and I will be attending a one week training in New Mexico the end of June and Sara's first work day will began after she returns from training.

### NATIONAL ISSUES

Washington DC addresses appropriations of the Older Americans Act reauthorization and many issues, will be heard at the upcoming White House Conference on Aging. Scheduled dates are December 11 -14. I have been attending conferences for Title III and Title VI to keep abreast of the up-coming national policies on aging.

The White House Conference on Aging occurs once a decade to make aging policy recommendations to the President and Congress, and to assist the public and private sectors in promoting dignity, health, independence and economic security of current and future generations of older persons.

The 2005 White House Conference on Aging occurs as the first wave of the baby boom generation prepares for retirement, creating an important opportunity to creatively assess aging in America and improve the lives of older Americans.

Please see the following testimony given by Dellora Cornelius, Oneida Commission On Aging Board Chairman and Brian Doxtator, Oneida Business Committee. This was given at the National Title VI Training and Technical Assistance Forum in Arlington, Virginia held April 24 to 28, 2005.

I'd like to thank ONCOA and the Business Committee for their support and for advocating on behalf of all our elders.

Florence Petri, Program Director



## Elderly Services Store and Gift Shop

This is an invitation for you to come and visit our Elderly Services Store and Gift Shop. Our store hours are from 8:00 am - 12:00 noon, Monday through Friday. We also feature delicious fresh popcorn daily.

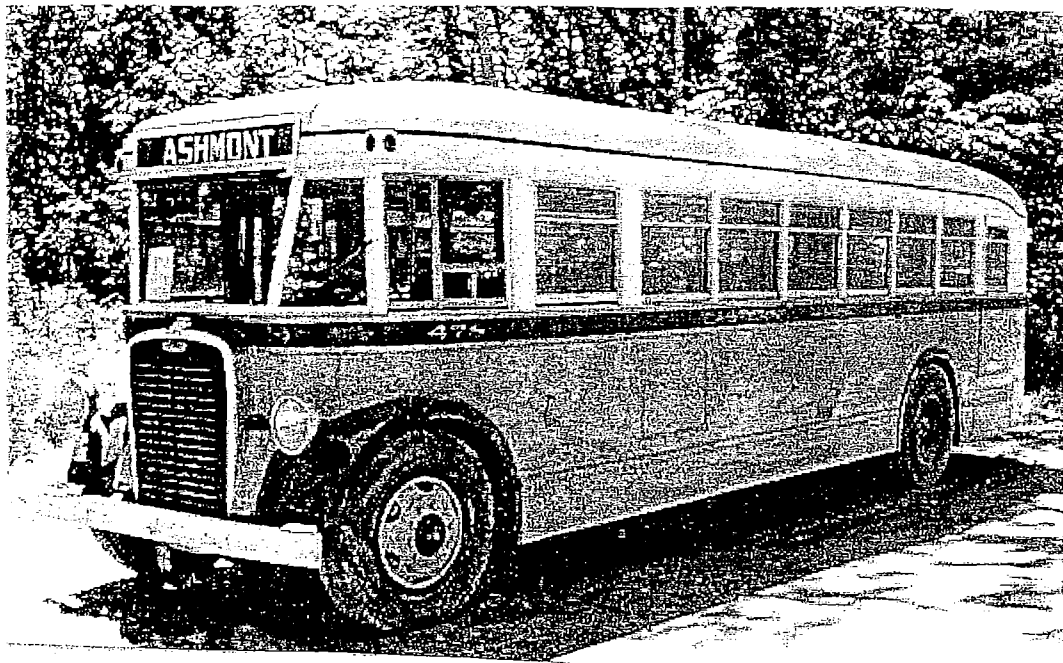
The following is a list of items for sale:

- Bird Houses
- Crosses, all types (plastic canvas)
- Dressers Scarfs
- Wreathes
- Floral Arrangements
- Green Bay Packer Dolls
- Greeting Cards, Native American, etc.
- Hats and Booties
- Kleenex Box Sets (plastic canvas)
- Native American Dolls (all sizes)
- Necklaces
- Key Chains
- Pictures Frames
- Pillows
- Quilts (crib)
- Seasonal Items
- Memories of Oneida Elders tapes
- Oneida Singers Tapes

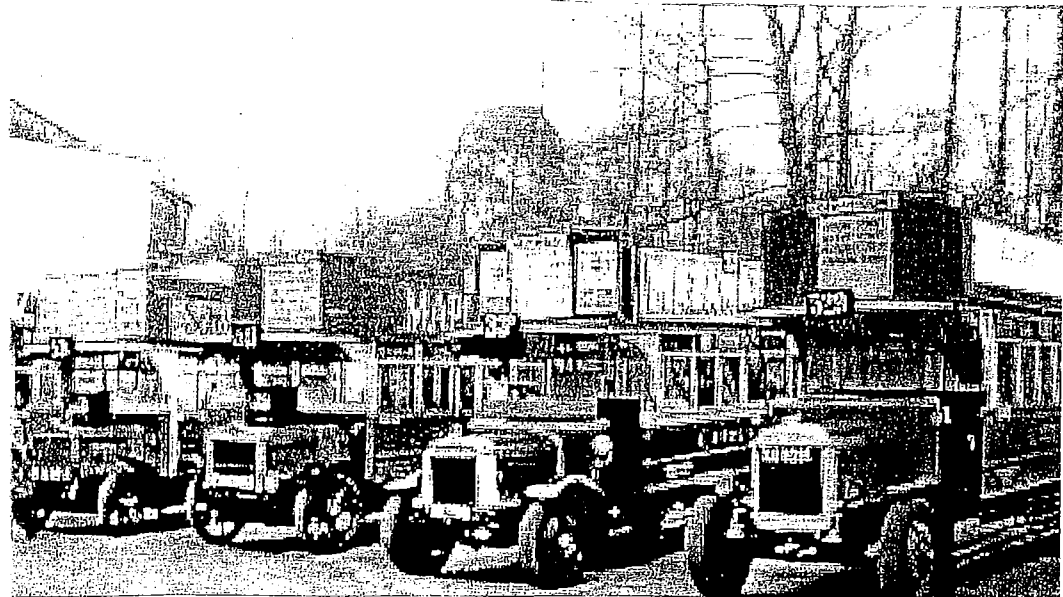
And many other assorted items.  
Check out our FREE rummage box!

Our store is located at the Elderly Services Complex, on Overland Road, right next to the Airport Road, Daycare Center and directly across from the Oneida Community Health Center.

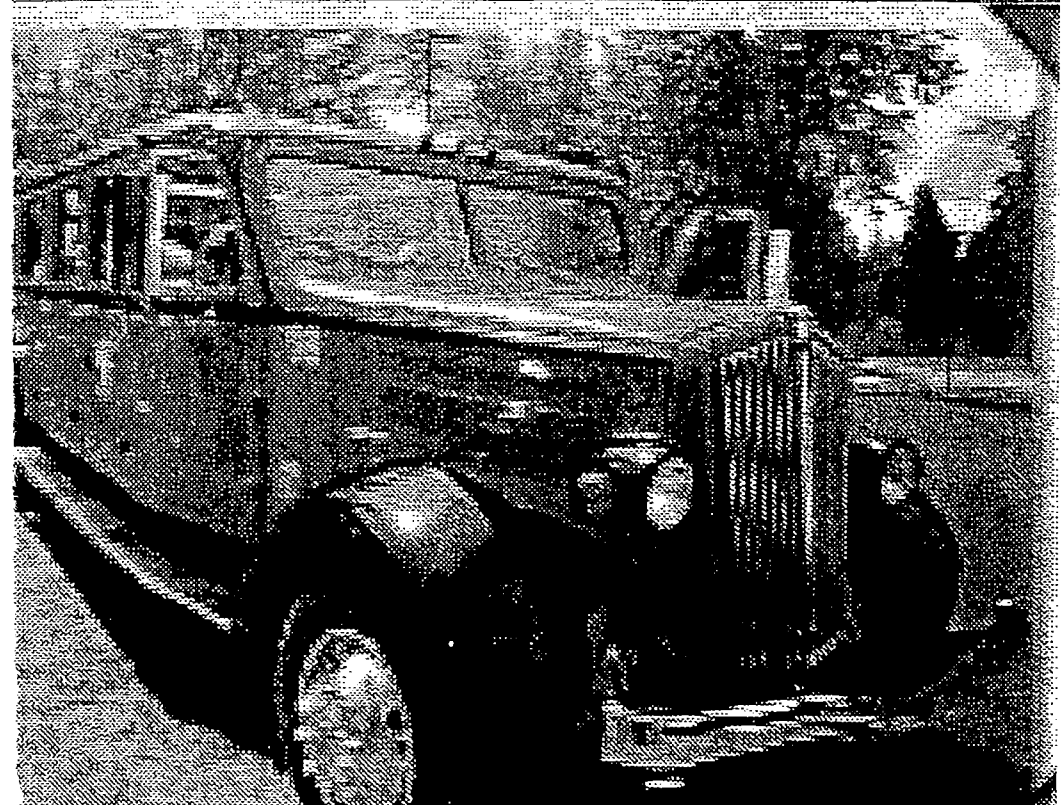
Maybe the elders will  
remember seeing these  
as a child or even  
riding in one. It could  
have happened.  
1934



1928-1934



1935 Limousine



# Oneida Community Health Board News

Keeping you informed

May 26, 2005

## A Service to the Oneida Community

### *Improvements in Administration and Management.*

**T**he Comprehensive Health Area Manager, Deanna Bauman is focusing full-time on **Health Legislation, Advocacy, Lobbying and Fund-raising for Healthcare.** Changes in Health Care Programs, Policy, Legislation and Funding, specifically as it relates to Native Americans is at a critical stage. To successfully address these changes requires a full-time commitment to insure that the United States Government meets its Treaty responsibility to provide adequate Health Care for Native American's.

***Welcome to William Wild.*** Mr. Wild who is an Oneida Tribal Member, has been hired as the **Operations Director** for the Comprehensive Health Area. Mr. Wild has a Master's Degree in Health Administration and extensive experience in Healthcare Administration and Management.

### *Congratulations to Debbie*

***Danforth.*** Debbie has accepted the **Director of Nursing** position. This is a critical position for the Health Center. Debbie will be responsible for coordination and collaboration of all nursing staff, nursing services and for expanding nursing services into the Community and Patients home.

### *Changes in Medical Personnel*

have prompted the Health Board to plan a farewell event for three (3) of our Doctors and welcome receptions for five (5) new doctors coming within the next few months. The farewell event will be for Dr.'s White, Mardan and Ladika. Details of these events will be communicated to the Community in the very near future.

***Please continue to call*** into the Oneida Health Center Staff when seeking medical care. Although, we may experience scheduling problems for the summer months because we will not be fully staffed, scheduling for doctor appointments will improve throughout the summer as new doctors arrive.

*The Health Board has received calls* about the following concerns:

a. The Health Center and pharmacy closing. The Oneida Health Board wants to assure everyone that **the Health Center and Pharmacy are not closing**. The Health Center is stable, continuing to deliver quality care and will remain open for many generations to come.

b. A new hospital coming to Oneida. It is our understanding that Oneida has been contacted by an outside medical firm to research the potential of a hospital in the Oneida Area. We want to make it clear that the Oneida Nation was only consulted with and **is not** in partnership with any firm to build a hospital here in Oneida.

c. The Health Center is planning to require patients to make a co-pay for medical services. This is **not true**. The Oneida Comprehensive Health Area has requested to develop a "Business Plan" for the Health Area. The Business Plan explored many options for raising revenue to assist with the growing cost of health care. One of the options was to examine what revenue could be raised by asking patients to make a co-pay.

The Oneida Health Board **does not support** charging patients a co-pay and there is currently no plan in place to ask patients to make a co-pay.

###

If you are having anxiety concerns, please contact Behavioral Health at 490-3790.

*Assisted Living and Nursing Home Project.* June 2006 is the planned groundbreaking for this project. Currently, Comprehensive Health is moving forward with an integrated design. This design would house both Nursing Home Residents and Assisted Living Residents in the same building. This design would also allow for Nursing Home and Assisted Living Residents to receive the appropriate medical and nursing care without leaving the facility or changing their rooms.

*The Oneida Health Board Members* hope this information is helpful to you. Please contact us for additional information, if you have a concern or interest regarding Health Care Services.

Please leave your message with the Health Board's Administrative Assistant, Pat Kohlman at 920/869-2711. Pat will forward your message onto the Board. A Member of the Board will contact you immediately for follow-up.

*The Oneida Health Board would like to close this issue of our Newsletter with this message:*

The Oneida Nation is fortunate to have the finest Tribally Operated Community Health Center in the State of Wisconsin. You have our commitment to insure that the Oneida Community Health Center will provide the highest quality of care to you and your family.

# IT'S THE BERRY BEST!

## PICKING SEASON

June to September

## CHOOSING TIPS

- Select berries that are bright in color, uncrushed and free of mold.
- If they are in a box, make sure the box is not stained or leaking.

## STORAGE

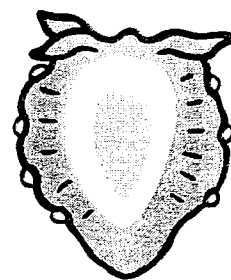
Berries should be stored in the refrigerator in the box they come in or in a shallow dish. They are best if used within 1 to 2 days. Can be frozen - contact your county Extension office for information.

## PREPARATION

Rinse the berries in cold water in a colander just before using them. Remove stem caps after washing strawberries. Berries can be eaten raw or cooked.

## KEY NUTRIENTS

- Fiber to prevent constipation.
- Vitamin C for healthy gums, skin and blood.



## RECIPES

### Berry Sauce

- ½ cup sugar
- 2 teaspoons cornstarch
- ½ cup water
- 1 pint or 2 cups of fresh blueberries, blackberries, raspberries or strawberries
- 1 tablespoon any fruit juice

Combine sugar and cornstarch. Stir in the water. Add berries and bring to a boil. Simmer on low heat until thickened, about 4 minutes, stirring constantly. Remove from heat, add fruit juice. Serve over pancakes, ice cream or mix with plain yogurt. Berry Sauce can be stored in the refrigerator 1 week or can be stored in the freezer for up to 2 months. Serves 4; 130 Cal; <1 g fat.

### Berry Cobbler

- 1 cup blueberries, blackberries, raspberries or strawberries
- 4 tablespoons sugar
- 1½ teaspoons cornstarch
- ¾ cup flour
- 1 teaspoon baking powder
- 1 egg white, well beaten
- ¼ cup low fat milk
- ¼ cup butter or margarine, melted

Preheat oven to 425°F. Combine berries, 2 tablespoons sugar and 1½ teaspoons cornstarch in a mixing bowl. Pour into an 8" or 9" square greased baking dish. Combine flour, baking powder, and 2 tablespoons sugar in a mixing bowl. Mix egg, milk and melted butter or margarine together. Stir into the flour mixture. Spread over the berries. Bake 30 minutes. Serves 9; 115 Cal; 5 g fat.

## Summer Hot Tips

Sun rays can be harmful or helpful. Most skin cancers are caused by long-time exposure. The likelihood of having skin cancer increases through the age of 80. Protect the eyes from the ultraviolet rays of the sun with sunglasses. Unprotected exposure of the eyes to the sun is a major cause of cataracts. Some medicines can make you more sensitive to sun and heat. If you are taking medications for diabetes or high blood pressure, tetracycline, sulfa or diuretics check with your health care provider before going out in the sun.

Vitamin D is made in the skin when skin is exposed to sunlight. When there is a vitamin D deficiency, body calcium levels. When milk products not consumed and body doesn't absorb as efficiently. Older people who live in northern climates and those house bound are at higher risk for osteomalacia. Effects is bone pain and fractures. ■

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### Driving Skills

Aging can result in hearing and vision changes and a slower reaction time that may affect your driving skills. If you have any of the following warning signs, see your health care provider. It may be time to adjust your driving.

- + Difficulty seeing while driving at night. The road looks darker and oncoming lights blind you.
- + Do you have any medical problems such as heart disease, diabetes, epilepsy or Parkinson's disease.
- + You take antidepressants, painkillers, antihistamines and sleeping pills.
- + Have you sometimes missed a red light or stop sign or been told by passengers in your car that your driving concerns them.
- + Do you have trouble remembering directions from one place to another or gotten lost while driving in a familiar area?

## ARTHRITIS TREATMENT

### DOCTOR, WHAT'S BEST FOR "ME?"

Dr. Michael Reilly, Prevea Orthopedic Surgeon, will answer your questions about injection therapy, minimally invasive hip and knee replacement surgery.

**July 11, 2005**

**9:00 A.M.**

**Brown County Aging Resource Center  
300 S. Adams Street  
Green Bay, Wisconsin**

This is a **free** community education event.  
**Please RSVP TO 448-4314 BY Thursday  
July 7, 2005. (Space is limited.)**

If interested please sign up at the Senior Center. ■

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Dost thou love life? Then do not squander time because it is the stuff life is made of.  
Ben Franklin

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### Attention Elders

If your personal medical condition/conditions have changed, please update your Extreme Emergency Contact Form and submit it to the Elderly Services or the Meal Site. If you have not completed the Extreme Emergency Form, please do so and return it to the Elderly Services or the Meal Site. This is **very important** as we are going into the tornado season which could cause electrical problems and much more. So, **PLEASE**, update your Extreme Emergency Form and return it to the either office, **Senior Center or Elderly Services.** (Continued)

# EXTREME EMERGENCY CONTACT FORM

NAME:

AGE:

ADDRESS:

PHONE NUMBER:

CONTACT PERSON:(1 relative):

PHONE NUMBERS:(1)

CONTACT PERSON:(2)

PHONE NUMBERS: (2)

HEALTH PROBLEMS:

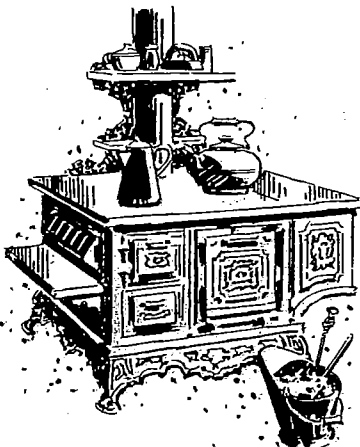
DOCTORS NAME & NUMBER:

MORE INFORMATION:

## Lorna's Corner Elder Humor

Every year around July the elders asked if we were going to Door County to pick cherries and we always did go. It was always a very nice trip. We would stop and have breakfast before we would continue on our way to pick cherries or if it was raining we would just buy them from the stand. Every elder would always buy more than a few quarts and on this one particular trip home I could hear one elder telling the other, "Don't eat to much, because you know what will happen." Then they would all laugh. Well, I got them all safely home with their cherries, and the plans for making pie, jam, canning or just giving some to the children.

The next day I stopped for this elder who always rode the bus, but she didn't answer the door right away. I thought something was wrong, but she finally came to the door looking rather pale. I asked her if she was ok and she said she was, but did not follow her own advice. She said, "Now I have the juicy scoots all morning!" Let me tell you, there was more than one elder staying home the next day with the trots! More elders stayed home than there was pie making, jam making, and canning done that day and whatever was left over, I bet went to the children.



## IS ANGIOPLASTY IN YOUR FUTURE

Each year more than 1 million angioplasties are performed. This procedure can be a real life saver for someone who has suffered a heart attack or who has heart disease. To restore blood flow to clogged coronary arteries, a tiny balloon is threaded through a blood vessel in the groin or arm and then inflated to compress the blockage and stretch the artery open.

A recent advancement in this procedure is the use of medicine-coated stents, or tiny mesh tubes, that remain in place to hold open the affected arteries. These type of stents have helped prevent a major complications of angioplasty: arteries reclosing afterwards. In fact, they promise to narrow the gender gap that traditionally has made angioplasty more helpful to men than to women, according to a article in the journal Geriatrics.

An angioplasty takes about one to two hours. A catheter or tube, may be left in the blood vessel for several hours afterwards. Most patients can go home next day and can return to their normal activities within one week.

Angioplasty can save lives but does not cure heart disease. Only medicine and life style steps can keep those fatty deposits from returning.

- + Eat a low fat, low cholesterol diet.
- + Maintain a healthy weight.
- + Exercise regularly.
- + Manage stress.
- + Steer clear of smoking.

Source: Bellin Health



# **GREAT LAKES NATIVE AMERICAN ELDER ASSOCIATION**

## **RESOLUTION No. TF10-03**

**Great Lakes Native American Elders Association will provide a forum where the Indian Elders may speak learn and grow. To advocate for and protect Elders from abuse, neglect, abandonment, exploitation, and mistreatment.**

**Whereas, The GREAT LAKES NATIVE AMERICAN ELDERS ASSOCIATION (GLNEA) recognizes Physical, Mental, Emotional, Spiritual, Sexual and Financial Abuse. The abuse of Elders in our Wisconsin Native American Communities is on the rise, AND**

**Whereas, The GREAT LAKES NATIVE AMERICAN ELDERS ASSOCIATION (GLNEA) will assist and advocate for the improvement of the Economic, Social, Health, Knowledge or Education, and Spiritual well being of ALL Indian Elders.**

**Whereas, The GREAT LAKES NATIVE AMERICAN ELDERS ASSOCIATION (GLNEA) recognizes Municipal, County, State, Federal and Tribal Elderly services. However, documented inadequacies that adversely affect our elder population still exist in all rural and urban Native American communities. We will continue to look to the Elders for their experience, for they are one of our greatest resources. We must seek them out and listen to their wisdom while they can still tell us, AND**

**THEREFORE, Be it resolved, the Great Lakes Native Elder Association is giving notice to all tribal governments that we are seeking a more appropriate and expedient response to our Native American Elder Abuse and other issues.**

**Julia Littlewolf  
Secretary  
Task Force**



*Milwaukee Brewers*  
*Vs*  
*Ariz Diamondbacks*

**When: July 27<sup>th</sup>, 2005**  
**Leave the Senior Center at 8:30am**  
**Stop for Lunch at 11:30 (On Your Own)**

**Cost: \$15.00 Includes Transportation and Ticket**

**Game Time: 1:00PM to 4:00PM**

**Arrive home around 6:30 PM**

**Sign up at the meal site. Deadline for signup is July 7<sup>th</sup>.**

***Must have 25 signed up or the trip must be cancelled***

DATE:      /      /     

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

A:\ENROLLME.WPD(11/26/02)

