

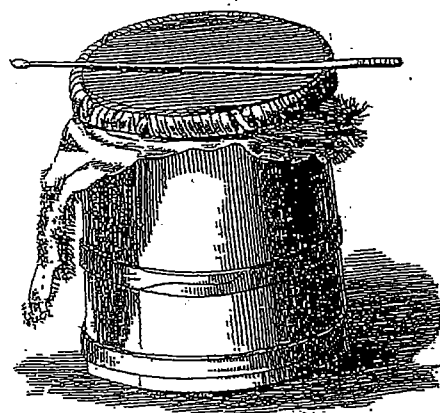
DRUMS

ACROSS

ONEIDA

Elderly Services
2907 S. Overland Rd.

P.O. Box 365



Senior Center
134 Riverdale Dr.

Oneida, Wi. 54155

Elderly Services 1-920-8692448

Senior Center 1-920-869-1551

Toll Free:1-800-867-1551

OHYOTSLI WEHNI-TALE?

STRING BEAN MOON

July 2006



IS

FREEDOM

FREE

I watched the flag pass by one day, it fluttered in the breeze. A young man saluted it, and then he stood at ease I looked at him in uniform, so young, so tall, so proud. With hair cut square and eyes alert he'd stand out in any crowd.

I thought how many men like him had fallen through the years. How many died on foreign soil, how many mothers' tears?

How many pilots planes shot down? How many died at sea? How many foxholes were soldiers' graves? **No, Freedom Isn't Free.**

I heard the sound of taps one night, when every- thing was still. I listened to the bugler play and felt a sudden chill. I wondered how many times that Taps meant "Amen."

When a flag has draped a coffin of a brother or a friend, I thought of all the children, of the mothers and the wives, of fathers, sons and husbands with interrupted lives.

I thought of a graveyard at the bottom of the sea, of unmarked graves in Arlington.
No Freedom Is Not Free.

Enjoy your freedom and God Bless America. Say a prayer for all of our servicemen and women.



Elderly Service Complex 2907 S. Overland Rd. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-2448

**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
Outreach Worker
In- Home Chore Worker
In-Home Chore Worker
Respite Care Worker ET
Respite Care Worker
Administrative Assistant
Elder Helper
Elder Helper
Alzheimer/Respite Activities Specialist
Alzheimer Aide
Title V
Title V
Title V
Title V**

**Florence Petri
Tina Pospychala
Angela Ortiz
Joyce Johnson
Cheryl Ault
Claudia Skenandore
Lorna Christjohn
Connie Van Gheem
Dale Webster
Michele Cottrell
Cindy Brabbs
Sandy Charles
Amy Sumner
Joanne Close
Lorleen John
Julia Behling
Glory LaFlex
Marty Brager
Marie Scott
Barbara Skenandore
Rita Summers
Marena Pamanet
Mildred Figueroa
Jean Denny
Wayne McReynolds
Carmen Pasquale**

ONEIDA SENIOR CENTER 134 Riverdale Dr. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-1551

**Head Cook Supervisor
Assistant Cook
Relief Cook
Relief Cook
Home-Delivered Meals Driver
Maintance Supervisor
Home Respite 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**

**Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Pat Beilke
Alfrieda Grignon
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Don Bogda
Vacant
Harold Dostalck
Richard Dodge
Cornelius Hill
Marena Pamanet
Jeannine La Rock
Vacant**

Celebrate Our July Birthdays

Julid Barton	7-20	Threasa Morgan	7-03
Donald Bean	7-01	Ross Moss	7-04
Rose Benson	7-13	Vernon Ninham	7-11
Geraldine Brass	7-31	Lorraine Penn	7-07
Irwin Cook	7-18	Anna Poetter	7-28
Bill Cooper	7-18	Leatrice Powless	7-12
Clearance Cornelius	7-26	Shirley Powless	7-25
Dellora Cornelius	7-20	Walter Reed	7-05
Earl Cornelius	7-15	Kenneth Schuyler	7-16
Eugene Cornelius	7-19	Oscar Schuyler	7-12
Marie Dolton	7-02	Barbara Skenandore	7-01
Marilyn Danforth	7-07	Betty Skenandore	7-20
Curtis Denny	7-06	Cecil Skenandore	7-15
Erma Denny	7-30	Lava Skenandore	7-22
Martin Denny	7-19	Lorraine Skenandore	7-24
Arlie Doxtator	7-24	Skenandore Virginia	7-20
Arlyle Doxtator	7-15	Elizabeth Smet	7-21
Cleven Doxtator	7-08	Nathan Smith	7-29
Ruth Doxtator	7-31	Reka Smith	7-26
Victor Doxtator	7-19	Luke Stevens	7-02
Arlene Elm	7-19	Rosella Stevens	7-15
Ehlinger Dorthy	7-05	Amamda Summers	7-13
Beverly Flying	7-01	James Summers	7-22
Sandra Gerhardt	7-17	Harry A. Swamp	7-08
Alan Hill	7-06	Shirley Thomas	7-11
John Hill	7-05	Rose Van Boxel	7-15
Winnie Gordon	7-20	Donald VandeVoort	7-14
Inez Jakubowski	7-17	Millie VanBruggen	7-07
Iris Jakubowski	7-17	Donald VandeHei	7-28
Darwin John	7-04	Ben View	7-07
Linda John	7-12	Audrey Webster	7-18
Helema Jordan	7-27	Bernard Webster	7-07
Carole Liggins	7-30	Kurtys Webster	7-21
Beatrice LeMieux	7-16	Loretta F Webster	7-25
Ruth Melchert	7-27	Martin Webster	7-09
Russell Metoxen	7-06	Woodrow Webster	7-13
		Dorthy Yealy	7-04

Elders, if you have a birthday in July, come and have lunch with us at the Senior Center at 134 Riverdale Drive on June 29th, 2006 and sign the birthday book.

Birthdays for our elders are celebrated on the last Thursday of the month .

Your name MUST be on the birthday BOOK to receive a gift for that month.

BIRTHDAY MONTH

Just a little reminder:

***We celebrate Birthdays on the last Thursday of the month at the Senior Center.**

***There is a Birthday Book you need to sign up in at the Senior Center the month of your Birthday. You need to sign the sheet before 4:30, the Wednesday before the Birthday lunch in order to receive your Birthday Gift Card in the amount of \$5.00.**

***This does not carry over from year to year. You need to sign-up each year, the month of your Birthday.**

***Even if your name is on the Birthday list in the Drums Across Oneida, you still need to be signed up in the Birthday Book at the Senior Center.**

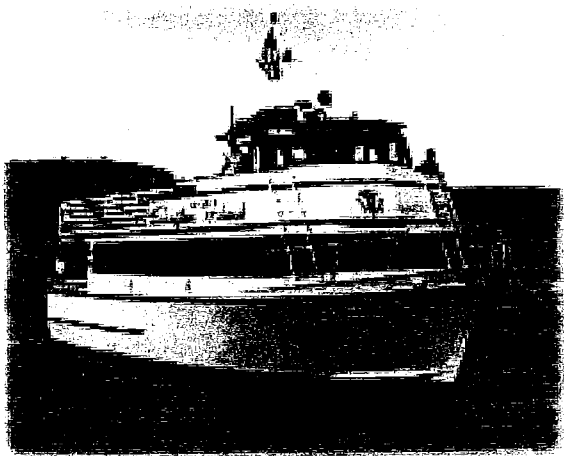
***Finally, you need to be present at the Birthday lunch to receive your Birthday Gift Card.**

If you have any questions please call me at 869-2448.

**Thank you,
Michelle Cottrell
Activity Coordinator**

MENU		134 Riverdale Dr		JULY		1-920-869-1551		2006	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
Office Hrs. 8am-4:30pm Lunch Served 12-1pm Breakfast served on Fridays 9am-10am.	All meals are served with coffee, tea, or milk. Menu is subject to change.	Birthstone: Ruby Flower: Larkspur							
3. Chicken Salad Tomatoes, cukes Lettuce Cottage Cheese Croissants &Jell-o	4. CLOSED	5. Hamburger Patties Mac & Cheese Green Beans Peaches	6. Lasagna Garlic Bread Salad Ice Cream	7. French Toast Sausage Juice Strawberries					
10. Chicken Ala King Rice Juice Biscuits Mandarin Oranges	11. Bean Soup Fresh Rolls Juice Pears	12. Chef Salad Ham, Turkey, Eggs Lettuce, Tomatoes, Cukes, Cottage Cheese Rolls & Melons	13. Sloppy Joe's Mac Salad Beans, Buns Sherbert	14. Bacon & Eggs Grits Toast Juice Bananas					
17. Goulash Juice W/W Bread Ice Cream	18. Split Pea Soup Fresh Bread Juice Watermelon	19. Taco Salad Tomatoes- Lettuce Onions Juice Fresh Fruit	20. Pork Steak Red Potatoes Brussel Sprouts Strawberry Whip	21. Scramble Eggs w/ Ham and Cheese Peppers & Juice Apple Sauce					
24. Brats & Kraut Potatoes Juice & Peaches W/W Bread	25. Potato Soup Fresh Bread Juice Jell-o / Fruit	26. B.B.Q. RIB Sand French Fries Fresh Fruit & Veggies Juice Pineapple Tidbits	27. Birthday's Pork Roast Potatoes & Peas W/W Bread & Cake	28. Pancakes Sausage Juice Berries					
31. Chop Suey Rice Juice & W/W Bread Blackberries									

Monday	Tuesday	Wednesday	Thursday	Friday
JULY, 2006				
ACTIVITIES				
3 COOKING Elderly Services 10:00 BOWLING Ashwaubenon Lanes 1:00	4 OFF OBSERVE INDEPENDENCE DAY	5 FARMER'S MARKET Festival Foods 10:00 SCHREODER'S GREEN HOUSE 1:00	6 PRICE IS RIGHT Elderly Services 10:00 ST. VINCENT DE PAUL STORE 1:00	7 BANKS SHOPPING LUNCH OUT 10 - 3
10 TIMBER RATTLERS GAME Leaving Senior Center 10:00	11 CRAFTS EPWORTH HALL 9:30-11:30	12 ONEIDA LANGUAGE Elderly Services 10:00 BINGO Senior Center 1:00	13 CONCERT IN THE PARK 10-2 (Bring a Bag Lunch)	14 BANKS SHOPPING LUNCH OUT 10 - 3
17 TRIP TO VISIT MILWAUKEE SEOTS 8:00 - 4:00	18 BINGO EPWORTH HALL 9:30-11:30	19 VISIT WITH airport DAY CARE Elderly Services 10:00 MOVIE Elderly Services 1:00	20 BOARD GAMES Elderly Services 10:00 CHRISTMAS IN JULY Elderly Services 1:00	21 BANKS SHOPPING LUNCH OUT 10 - 3
24 CHERRY PICKING Sturgeon Bay 9:30- 4:00 (Bring a Bag Lunch)	25 CRAFTS EPWORTH HALL 9:30-11:30	26 ONEIDA LANGUAGE Elderly Services 10:00 BINGO Senior Center 1:00	27 CARDS Elderly Services 10:00 BIRTHDAY LUNCH 12:00 FALL CRAFT Elderly Services 1:00	28 BANKS SHOPPING LUNCH OUT 10 - 3
31 EXERCISE Elderly Services 10:00 ICE CREAM SOCIAL Elderly Services 1:00			*Activities due to change without notice.	*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.



BOAT CRUISE around the tip of the Peninsula

This is a 100 passenger ship called the Island Clipper.

2 hour sightseeing tour of Plum and Pilot Island Bluffs & Lighthouses

Tuesday, July 25, 2006

All elders who would like a ride to CRUISE the PENINSULA, please sign up at the Oneida Senior Center (Meal Site) by July 17th. Payment of \$25.00 per person must be received by July 17th and we need to have a minimum of 15 people. For reimbursement of payment, the last day to cancel is July 18th. We will be leaving the Senior Center at 7:30am. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920) 869-1551.

NOTE: Alternate date, if needed, will be Thursday July 27.

Oneida Elderly Services Presents:
Joyce Johnson, Elder Abuse Prevention Coordinator

When: July 19th, 2006

Time: 12:00pm

Where: Oneida Senior Center
134 Riverdale Dr
Oneida WI 54155

SCAMS

Bring your questions on how to prevent scams from happening to you...

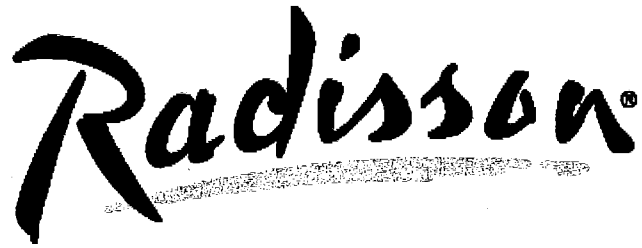
GLNAEA



Great Lakes Native American Elders Association

**Sponsored by Stockbridge
August 3rd & 4th, 2006**

All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by 7-17-06. We must have 20 people signed-up to reserve a coach bus, or else we'll use tribal vans. **REVISED: We will not be staying overnight.** We will leave the Senior Center (Meal Site) at 8:00am on August 4th . Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.



RADISSON HOTEL & CONFERENCE
CENTER GREEN BAY

20th Anniversary Celebration

Community Elders Luncheon in the Three Clans
Ballroom at the Radisson

Luncheon at 12 PM

RSVP by July 3, 920-405-6435

Limited seating, please call
Shadia Cook

National Sales Executive

Radisson Hotel & Conference Center Green Bay

Email: shadia.cook@rhccgb.com

Web: www.radisson.com/greenbaywi

Tel Direct: 920/405-6437

Fax Direct: 920/429-2394

Hotel Tel: 920/494-7300

Hotel Fax: 920/494-9599

Attention Elders

Oneida Elderly Services encourages all who participate in elderly activities and bus transportation to create a positive atmosphere for all participants including themselves, other elders, and employees. Courteous behavior to other elders and employees is expected. Transportation will be provided by Elderly Services to those activities scheduled on the monthly activity calendar. **Activities are subject to change or cancellation.** Transportation to after hour activities (After 4:30 P. M.) or weekend activities will be provided by Elderly Services providing there is a **minimum of five(5) passengers.** The deadline for signing up for these activities is **4:40 pm** the day before the event (**except wakes and funerals.**)

The following restrictions apply to traveling to out of town activities:

- * Passengers must be physically able to board the bus or van on their own and must be able to keep up with others.
- * Those individuals with high risk of a heart attack, wheel chair bound, have had open heart surgery, have a pacemaker, oxygen dependent, or medication that caused dizziness, disorientation or nausea are ineligible to travel.

Seat belts (if equipped) are **mandatory** at all times while on the bus

Physical or verbal abuse of other elders or employees will not be tolerated.

If you have an illness that may be contagious, be considerate of those riding the bus and please stay home until you are better so others will not become infected.

Please practice proper hygiene at all times.

It is each individual's choice as to which activities they wish to attend.

A donation will be appreciated when riding the bus.

If you wish to participate in special activities offered by Oneida Elderly Services, you must sign up in person (**no call -ins or signing for someone else, this includes signing up for bingo passes**) at the Oneida Senior Center, 134 Riverdale Drive, Oneida. For transportation to our monthly activities that you wish to attend, please call 869-2448.

Visualization Exercise Only

1. At lunch time, sit in your parked car with sunglasses on, point a hair dryer at passing cars and see if they slow down.
2. Every time someone asks you to do something, ask if they want fries with that.
3. Put your garbage can on your desk and label it "TN."
4. As often as possible, skip rather than walk.
5. Specify that your drive through order is to go.
6. Sing along at the opera.
7. Go to a poem recital and ask why the poems don't rhyme.
8. Put mosquito netting around your work area. Play a tape of jungle sounds all day.
9. When the money comes out of the ATM, scream "I won't" "I Third time this week!!"
10. When leaving the zoo, start running towards the parking lot, yelling "Run for your lives, they're loose."
11. Tell your children over dinner "Due to the economy, we are going to have to let one of you go."
12. Every time you see a broom, yell "Honey, your mother is here!"

Grandma's Birth Control

The doctor that had been seeing an 80 year old women for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her.

As the young doctor was looking through these , his eyes grew wide as he realized she had a prescription for birth control pills.

"Mrs. Smith, do you realize these are birth control pills?"

"Yes, they help me sleep at night."

Mrs. Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep!"

She reached out and patted the young doctor's knee, " Yes dear, I know that, But every morning, I grind one up and mix it in the glass of orange juice that my 16 year old granddaughter drinks.....

And believe me it helps me sleep at night."

Women

Women are like apples on a tree. The best ones are at the top of the tree. Most men don't want to reach for the good ones because they might fall and get hurt. Instead they sometimes take the apples from the ground that aren't as good, but ease. The apples at the top think something is wrong with them, when in reality, they 're amazing. They just have to wait for the right man to come along, the one who is brave enough to climb all the way to the top of the tree.

NOW MEN: Men are like a fine wine. They begin as grapes, and it's up to women to stomp them until they turn into something acceptable to have dinner with.

GOODNESS

Goodness consist not only in the outward things we do, but in the inward things we are.

My Rememberer Is Broke

My forgetter's getting better
But my remember's is broke
To you that may seem funny
But, to me, that is no joke.

For when I'm "here" I'm wondering
If I should really be "there"
And, when I try to think it through,
I haven't got a prayer.

Off times I walk into a room,
Say "what am I here for?"
I wrack my brain, but all in vain
A zero , is my score.

At times I put something away
Where it is safe, but Gee!
The person it is safest from
Is generally me!!

When shopping I may see someone,
Say "Hi" and have a chat
Then when the person walks away
I ask myself, "who was that?"

Yes, my forgetter's getting better
While my rememberer's is broke
And it is driving me plumb crazy
And that isn't any joke.

CAN YOU RELATE?

SMILE

There is something about a smile I
know, it can never stay in one place.
As sure as you smile, it's bound to
go and appear on another's face.

H. Spelman

Help Prevent Falls Around Home



Falls are the most common and a serious problem facing us after the age 60. Thirty-five to 40 percent of community dwelling, generally healthy older persons fall annually.

Here is a check list of things to consider to help prevent falls:

Self

- ◇ Do strength training exercises to maintain strength and flexibility.
- ◇ Get up slowly from a chair or bed. Stand for a few minutes to get your balance. Sometimes getting up quickly can cause dizziness.
- ◇ Discuss any dizziness with your physician.
- ◇ Discuss all medications with your primary physician. That means any over-the-counter or prescription medications that are prescribed by other health care providers at least once a year.
- ◇ Eat well balanced meals and drink fluids.
- ◇ Talk to your doctor about taking additional vitamins and supplements. They may recommend you take specific vitamins or supplements to maintain strong bones etc.
- ◇ Discuss with your doctor if you are considered high risk for falling and seek out education on fall prevention and product to assist you.

Floors

- ◇ Replace any carpets or rugs that are wrinkled, curled or are worn or torn.
- ◇ Place non-skid pads under rugs or use non-skid rugs, so they are firmly secured on the floor. Avoid placing small rugs in traffic areas.
- ◇ Always wipe up spills especially grease as soon as they occur. Some floors are more slippery than others. For example, shiny glare finish may be more slippery than a non-glare finish, especially when wet.
- ◇ Place electrical and phone cords along the wall, not under a rug, and away from traffic areas.
- ◇ Make sure traffic areas and steps are not cluttered and leave large passageways for walking.

Lighting

- ◇ Ensure that your lights are bright enough to see clearly.
- ◇ Stairs and steps should be well lit.
- ◇ Light switches should be placed by each door way so you can turn on a light as you enter the room and turn the light off as you exit a room. Don't walk in the dark, no matter how well you think you know the room.
- ◇ Place an easy to switch on light next to your bed, and place night lights in strategic places (in the room and on the way to the bathroom) to light dark pathways at night. Motion sensing lights or photo electric lights are great to illuminate passages.
- ◇ Keep a flashlight handy and in reach by your bed and favorite chair. Check batteries and keep spare batteries nearby for emergencies.
- ◇ Medicines should be kept in a well lit location to assure you can read the label clearly.
- ◇ Allow time for your eyes to adjust when going to and from light and dark areas.

Steps, Stairs and Ladders

- ◇ Keep steps and stairs free of objects, to avoid tripping and falling. Check the height of stairs to assure they are comfortable for your stride.
- ◇ Limit objects you are carrying when using steps and stairs. Don't try to carry too much in one trip.
- ◇ Stairs may need extra lighting to assure that you can see the edge of the step clearly.
- ◇ Apply non-skid treads that are securely fastened to the edge of each step or non-skid paint works well on steps that are not carpeted.
- ◇ Make sure you have secure handrails, preferably on each side of all stairways. Have them checked periodically to make sure they are sturdy for weight bearing and they won't pull out of the wall.
- ◇ Move frequently used object to reachable locations to reduce the need for ladders.
- ◇ Have someone with you if it is necessary to use a ladder.
- ◇ Make sure your ladder is in good condition, that it is sturdy and consider using ladders that have handrails.

Bathrooms

- ◇ Non-skid flooring is recommended for bathrooms. Wet areas are more likely to be slippery and hazardous. Take extra caution.
- ◇ Use non-slip surfaces in the shower or bathtub.
- ◇ Grab/hand rails are recommended inside and outside the tub or shower to assist while entering, bathing and exiting the tub or shower.
- ◇ Remember towel holders are typically not strong enough to hold weight. They are meant to hold towels.
- ◇ Shower/bath seats may be helpful for bathing.
- ◇ Raised toilet seats and hand rails may also be used around the toilet to assist with mobility.

Furniture – Living Room, Kitchen and Bedroom

- ◇ Make sure chairs, sofa and bed are not too low or too deep to get in or out of easily. Beds should be at a good height for easy movement on or off.
- ◇ A firm bed mattress provides support and will make getting out of bed easier.
- ◇ Sturdy chairs, sofa and bed are a must, assure they will not move or collapse while getting on or out of.
- ◇ If using furniture for walking or standing support, make sure it is steady and will not move.
- ◇ Place walking aids, such as a cane, or walker close to the chair or bed to avoid reaching or straining.

Other Recommendations

- ◇ Have a telephone near and keep emergency number by each phone in case of falls.
- ◇ Consider an elder personal safety/security service. They provide wearable and stationary monitors that are used to alert in emergency situations.
- ◇ Wear shoes with non-skid soles and sensible heels, slippers around the house are comfortable, but make sure they provide support and are not slippery.
- ◇ Select clothing that is not too long and blanket or throws that may get in your way of to cause tripping.

What To Do If You Fall At Home

1. Don't Panic. Stay quiet for a moment to assess the situation.
2. Make the decision whether or not to try to get up.
3. If you try to get up – use stable furniture to help and take some time to recover, then call someone for help and seek medical advice if necessary.
4. If you cannot get up – try sliding and crawling to seek help via a telephone, personal alarm or calling out the front door.
5. Make yourself comfortable and warm, lie quietly until help arrives.

Family Care Givers Support Group

When: Friday, July 28th, 2006
Where: Oneida Elderly Services
2907 S Overland Rd
Oneida WI 54155
Time: 10:00 - 12:00pm



Care-Giver Support Group to address the needs and concerns of care-givers and their loved ones with solutions...

Come and enjoy some refreshments, support of other Care-Givers and bring your loved one with you and we'll provide Respite Care and/or activities for your loved ones...

Driving Tips For Seniors

The following tips can help you to become a more careful and comfortable driver and reduce your risk of accidents on the road.

1. Have your eyes checked. Good vision is key to good driving, so be sure to schedule regular checkups. Cataracts and other vision problems can develop quickly with age. Keep your eyeglass prescription up to date.
2. Drive in daylight. As you age your eyes adjust more slowly to changes in light. Driving at dusk or very early in the morning when the light is changing or the glare is strong is particularly hard on older eyes. Never look directly into oncoming headlights, but focus just to the left or right.
3. Buckle up. Make it a habit to automatically buckle your seatbelt.
4. Watch the weather. Avoid driving when roads are wet, snowy, foggy or slippery. Use headlights and wipers and reduce your speed.
5. Keep your distance. Your reaction time is slower. Keep a three seconds distance between your car and the one in front of you. When you come to stop behind someone, you should be far enough away to see the rear tires of the car in front of you.
6. Keep up to speed. Driving too slow can be just as dangerous as speeding. If you are traveling on a highway stick to the slower right hand lane, particularly at the crest of a hill, where other drivers may tend to accelerate.
7. Signal your moves. For your safety and everyone else on the road, indicate all your moves by using turn signals. If you have trouble looking over your shoulder to check your blind spots, install additional or oversize mirrors. Never back up without looking behind you first.

8. Drive with someone. Having a co-pilot in the passenger seat can give you an extra pair of eyes and make you feel more secure on the road.

9. Ask about medicines. Ask your doctor any medicines you are taking (or combination of medicines) that might make you drowsy or interfere with your driving.

10. Maintain your vehicle. Have your car brakes, signals, tires, and lights checked regularly. Clean your wipers and your windshield, wipe your headlights and the inside of your windshield.

The worst possible driving condition is stress. If driving has become frightening for you or a source of concern for your relatives take a driving course for adults.

Two Patients

Two patients limp into two different medical clinics with the same complaint. Both have trouble walking and appear to require a hip replacement.

The first patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The second sees the family doctor after waiting a week for an appointment, then waits eighteen weeks to see a specialist, then gets an x-ray, which isn't reviewed for another month and finally has his surgery scheduled for a year from then.

Why the different treatment for the two patients?

The first is a Golden Retriever, the second is a Senior Citizen!

Southern Grandma

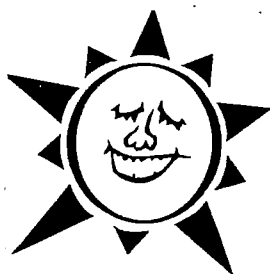
Lawyers should never ask a Southern grandma a question if they aren't prepared for the answer. In a trial, a Southern small-town prosecuting attorney called his first witness; a grandmotherly, elderly woman to the stand. He approached her and asked, "Mrs. Jones, do you know me?" She responded, "Why yes, I do know you, Mr Williams. I've known you since you were a young boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you are a big shot when you haven't the brains to realize you never will amount to anything more than a two-bit paper pusher. Yes, I know you!"

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs Jones, do you know the defense attorney?" She again replied, "Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone and his law practice is one of the worst in the state. Not to mention he cheated on his wife with three different women and one of them was your wife. Yes, I know him!!"

The defense attorney almost died.

The judge asked both counselors to approach the bench and, in a very quiet voice said, "If either of you idiots asks her if she knows me, I'll send you to the electric chair."

Have A Nice Summer



Is Walking As Good As Running

Is walking as good as running? Are you getting as good of an aerobic workout as running? The answer is yes! Moderate exercise such as walking briskly for a total of 12 hours a week, or a total of 2.5-3 miles a week improves aerobic fitness and decreases the chance of cardiovascular disease. You don't have to be gasping for breath to get good cardio benefits from walking.

There are some things to consider though, when beginning a walking program (or even if you've been in one for awhile.)

- * Always wear good shoes! The ones you wear around the house or do the gardening with just won't do it. A good pair of walking shoes need not be expensive, but should give you the support you need and be comfortable. Running shoes come in a wider variety and can be used for walking as well.

- * When you walk try and do it with the sun behind you at least once. Watch your shadow. It should not sway side to side, Your walking stance should be straight, not weaving.

- * Think of taking baby steps when you walk. Long strides put strain on your calves and the lower front of your leg.

- * Dress appropriately wearing layers that can be easily shed to cool you off should you become over heated.

- * Carry water with you if possible. There are straps available for some water bottles making them easier to take with you.

- * Walk heel to toe rolling from the back of the foot to the front.

- * Start your program by just doing 20 minutes. Gradually build up to more time and higher intensity (should you desire to).

What would you like to see
on the menu at Oneida
Senior Center Meal Site?

MEALS MATTER!

Please contact Brenda Jorgenson at
869-1551 if you have ideas or
menus to share. Thank you.

**THE ELDERLY SERVICES PROGRAM MISSION IS TO ASSIST
OUR ELDERS IN MAINTAINING AN INDEPENDENT, HEALTHY,
PRODUCTIVE, AND QUALITY LIFESTYLE. TO ACCOMPLISH
OUR MISSION, OUR SERVICES ARE RENDERED THROUGH
LOVE, CARING, AND RESPECT FOR THE INDIVIDUAL BY THE
SERVICES WE PROVIDE.**



puzzle 3

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	B	E	L	S	H	I	A	E	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
B	G	U	S	A	M	T	K	S	T	E	K	H	C	E	H	N	C	H	M	W	V
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

F1103

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

RIDE AN VISIT

WHAT: VISIT, EAT LUNCH AND PLAY BINGO

WHERE: AT MILWAUKEE SEOTS

WHEN: JULY 17TH

TIME: BUS WILL LEAVE SENIOR CENTER AT 8:00 a.m. sharp
RETURN AROUND 4:00p.m.

COST: NONE

SIGN UP BY JULY 12TH BEFORE 4:30.

*ONLY ELDERS 55 AND OLDER AN IN GOOD HEALTH ARE ELIGIBLE TO TRAVEL ON THIS TRIP. (Those who are oxygen dependant, on medication that causes dizziness disorientation, or those with high risk of heart attacks are ineligible for travel.)

Please sign up at the Senior Center Main Office.

COME ALONG CHERRY PICKING

WHEN: JULY 24,th 2006

Time: 9:30 a.m.

Bus will leave from Senior Center TO STURGEON BAY TO pick cherries and then heading to Sunset Park for some lunch and fun.

Please bring a bag lunch and a drink as well as your own containers for your cherries.

* Please sign up at the meal site by July 21st AT 4:30.

*\$5.00/10lb. if you pick your own

*\$8.00/10lb. pre-picked

*Only Elders 55 and older and in good health are eligible to travel on this trip.(Those who are oxygen dependant, on medication that causes dizziness, disorientation, or those with high risk of heart attacks are ineligible for travel.)

ELDERLY SERVICE GIFT SHOP

THIS IS AN INVITATION FOR YOU TO COME AND VISIT OUR ELDERLY SERVICE GIFT SHOP. OUR HOURS ARE FROM 8:00 AM- 12:00 AM., MONDAY THROUGH FRIDAY. WE ALSO FEATURE FRESH POPCORN DAILY.

The following is a list of items for sale:

- Seasonal Items
- Crosses, all types (plastic canvas)
- Dresser Scarfs
- Floral Arrangements
- Greeting Cards, Native American etc.
- Hats and Booties
- Kleenex Box Sets (plastic canvas)
- Native American Dolls
- Necklaces
- Key Chains
- Picture Frames
- Pillows
- Quilts (crib size)
- Lap Throws
- Memories of Oneida Elders Tapes
- Oneida Singers Tapes
- Many Other Assorted Items

Our gift shop is located in the Elderly Service Complex, on Overland Road, right next to the Airport Road Daycare Center.
Elders, display your arts and crafts in our store FREE.

ATTENTION ELDERS

If you want to participate in activities offered by the Oneida Elderly Services, you must sign up in PERSON at the Oneida Senior Center, 134 Riverdale Dr. Oneida. (This also includes signing up for bingo passes.) We will **no longer** accept phone calls and **you may** not sign up for someone else. There has been too many call in's and the same name is on the sign up list more than once.

The dead line for sign up for activities will be 4:30 PM one day before the schedule event. **(THE ONLY EXCEPTION BEING WAKES AND FUNERALS.**

Transportation will be provided by the Elderly Services Department to attend after hours or weekend activities providing there is a minimum of **5 elders signed up to go.**

The following restrictions apply for out of town activities:

- A. Elders must be physically able to keep up with others and must be able to physically able to board the bus or van on their own.
- B. Elders with high risks of heart attacks (open heart surgery or pace makers) may not attend.
- C. Elders with lung disease (dependent on oxygen) or Emphysema.
- D. Elders on medication that causes disorientation, dizziness or nauseousness.

Thank-You
Oneida Elderly Services Department

RURAL DEVELOPMENT

The Elderly Meal Site

134 Riverdale Dr.
Oneida, Wi. 54155

First Thursday of Every Month

504 Home Repair Loans and Loan Grant Combinations. 502 Home Purchases to buy or build. Programs are available for low and very low income households.

Stop for details or call the mealsite office at 1-920-869-2448

Shawano Rural Development Office at 1-715-234-2148.

Oneida Benefit Specialist Angela Ortiz

Benefit Specialist from the Elderly Service Center will be available at the Oneida Senior Center, (meal site) every second and fourth Thursday of the month from 11 am-1pm. She has valuable information on benefits and helpful programs for you, including information on health insurance. This is on the first come first serve basis. You can also sign up for Senior Care with Angela. For more information call 1-920-869-2448.

Blood Pressure And Blood Sugar Screening

July 14th, 2006
Oneida Senior Center
Meal Site
134 Riverdale Dr.
1-920-869-1551

Steep thyself in a bowl of summertime.

SPECIAL OMELET

Have guests write their name on a quart-size Ziploc freezer bag with permanent marker.

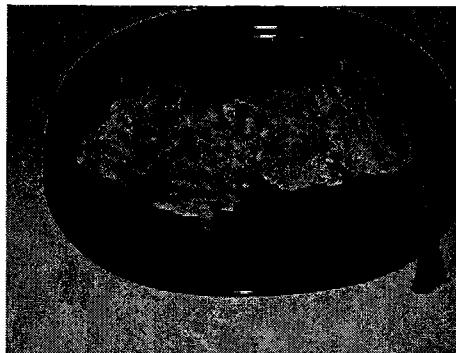
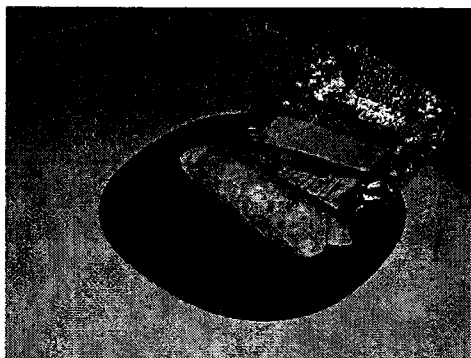
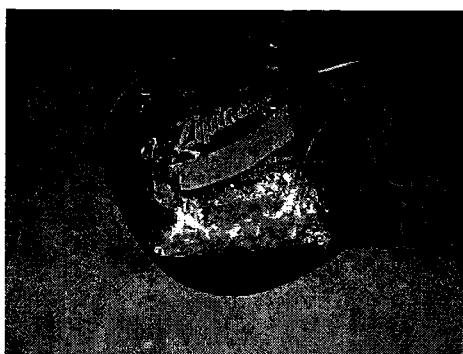
Crack 2 eggs (large or extra-large) into the bag (not more than 2) shake to combine them.

Put out a variety of ingredients such as: cheeses, ham, onion, green pepper, tomato, hash browns, salsa, etc. Each guest adds prepared ingredients of choice to their bag and shake. Make sure to get the air out of the bag and zip it up.

Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot. For more, make another pot of boiling water.

Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed. Nice to serve with fresh fruit and coffee cake; everyone gets involved in the process and a great conversation piece.

Imagine having these ready the night before, and putting the bag in boiling water while you get ready. And in 13 minutes, you got a nice omlette for a quick breakfast!!! Tomatoes, ham, green onions, cheddar cheese and mushrooms in this one! MMMMMMMM . . .MMMMMMMM good.



Strawberry - Rhubarb Puff

1 pkg. (160z.) Frozen rhubarb, thawed
1 pkg. (100z) strawberries, thawed
½ c. sugar
2 c. flour
2 Tbsp. sugar
3 tsp. baking powder
1 tsp. salt
⅓ c. salad oil
⅔ c. milk

In ungreased pan (9x13) mix rhubarb, strawberries, ½ c. sugar. Place in oven. Measure flour, 2 Tbsp. sugar, the baking powder, and salt into bowl. Pour oil and milk into measuring cup (do not stir) and pour all at once into flour mixture. Stir until mixture cleans side of the bowl and forms a ball. Drop dough by spoonful onto hot fruit. Make indentation in each biscuit, dot with butter. Mix 2 Tbsp. Sugar and 1 tsp. cinnamon, sprinkle on biscuits and bake 20- 25 minutes in a 450° oven. Serves 12-15.

Upside Down Rhubarb Cake

10 halved marshmallows
¾ c. sugar
3 c. cut-up rhubarb
Put in a greased baking dish. Sift together
1 ¼ c. cake flour
½ t. salt
2 t. baking powder
⅔ c. sugar
Add to sifted mixture
¼ c. shortening
½ c. milk
Beat 2 minutes. Add
1 egg
1 t. vanilla
Beat another 2 min. Pour over rhubarb mixture, bake at 350° for 30 min. Let stand 20 min. before turning upside down on serving plate. This cake doesn't get soggy.

Compass

When traveling in unfamiliar territory, explorers frequently consult their compasses to ensure they have not lost their way or not headed in a direction away from their destination. The value of a compass is that it defines one direction-north. All other directions can be determined and selected or rejected based on this knowledge.

As advocates, we also need to consult our professional compass. Rather than showing north, our compass needs to point directly at empowering older people. Every issue, every decision, and every expenditure of our organization's resources- human or financial- must be judge on its consistency with the point of our compass.

If we are clear and consistent in our pursuit of and support for older people, we can monitor our direction and adjust our course with relative ease. Like explorers, we need to frequently consult our compass and adjust our course accordingly. However, our compass is not something we can carry in our pocket. We must keep it in our hearts and minds. ■

Poison Ivy

Even if a person doesn't get poison ivy as a child, they still may get it as an adult.

Poison ivy grows as a vine, plant or shrub. It has three shiny green leaves which are all attached to one stem. The oily resin on the plants causes the rash. When exposed to poison ivy, wash with hot, soapy water as soon as possible. If out in the woods without soap, use plain water to wash. Clothing and animal fur can carry the oil also, so wash these too.

Normally, a red skin with tiny blisters breaks out within 24 to 48 hrs. The rash itches terribly. Cold compresses may help relieve itching. Or, over the counter creams may help. See your doctor or visit your clinic for treatment if the rash affects the eyes or a fever develops.

What Can You Do Today To Age Successfully?

1. Do at least 30 minutes of sustained, vigorous exercise four times a week. Seek out patterns , times, places and contacts that make exercise as much a part of your day as eating and sleeping.
2. Eat like a bushman. Return to the habit of eating what nature first laid on our tables: fruit, whole grains, vegetables and lean meat.
3. Get as much sleep and rest as you need. Make quiet time a major priority. Exercisers, in particular, must acknowledge that their bodies require respite from workouts and the general clamor of the day.
4. Maintain your sense of humor and deflect anger. Make each day an opportunity for optimism for yourself and others. A positive mind-set creates the expectation that something good is about to happen and opens the door to new options for success.
5. Set goals and accept challenges that force you to be as alive and creative as possible. Nature operates in such a way that growth and living are nearly synonymous. When one stops, so does the other. Creativity is not confined to the first part of your life. In fact, accumulated knowledge and experience should make the later decades even more congenial to new accomplishment.
6. Don't depend on anyone else for well-being. A well-developed sense of self-efficacy is the crucial link to a long and meaningful existence. We all need to maintain mastery, autonomy and independence in our daily lives.
7. Be necessary and responsible. Live outside yourself. Beyond independence, we also need to see each day as a chance to help someone or something. Associate with other active, involved individuals. Sharpen your sense of duty to the Earth, which nurses us all.

8. Don't slow down. Stick with the mainstream. Avoid the shadows. Stay together. Universal law dictates that natural order is ordained by only one mechanism-a well directed , purposeful flow of energy. Aging need not be characterized by loss. Maintaining your energy flow is the antidote.

Source: W. Bortz M.D.

Be Aware Of This New Scheme

You walk across the parking lot, unlock your car, and get inside then you start your engine and shift into reverse and you look into the rear-view mirror to back out of your parking space and you notice a piece of paper stuck to the middle of the rear window.

So, you shift into Park, unlock your doors and jump out of your car to remove that paper (or whatever it is) that is obstructing your view. When you reach the back of your car, that when the car- jackers appear out of nowhere, jump into your car and take off!

Your engine was running and they practically mow you down as they speed off in your car. And guess what ladies? I bet your purse is still in the car.

Just drive away and remove the paper that is stuck to your window later. A purse contains all of your identification, and you certainly do not want someone getting your home address, they already have your keys!!

Source: Bureau Of Investigation
Lieutenant T. Bartolome



JULY REFERENDUM 2006

REASONS FOR TWO COMMITTEES

- The Trust & Enrollment Departments work cooperatively, but independently of each other, and will always be linked.
- The Trust-Enrollment Committee respectfully requests your support to create 2 committees out of 1 by approving the "development" of a Separation Plan.
- The Committee would best serve it's roles, responsibilities and commitment if G.T.C. authorizes two distinct bodies to conduct business on behalf of G.T.C.
- Due to growth, Trust & Enrollment duties have become increasingly complex and time consuming.
- Each department has unique purposes and mission.
- Both Committees will remain autonomous and be under the direct supervision of G.T.C.
- Your support in creating 2 out of 1 is the crucial beginning step.

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 it was necessary and in the best interest of the Oneida Nation.

Prepared by the Oneida Trust Committee, Trust and Enrollment Departments,
Trust Department - 920-490-3935 Enrollment Department - 920-869-2083



ATTENTION ELDERS

Oneida Elderly services encourages all who participate in Elderly Activities and bus transportation to create a positive atmosphere for all participants including themselves, other elders and employees. Courteous behavior to other elders and employees is expected.

Transportation will be provided by Elderly Services to those activities scheduled on the monthly activity calendar. **Activities are subject to change or cancellation.** Transportation to after hour activities (**After 4:30 P.M.**) or weekend activities will be provided by Elderly Services provided there is a **minimum of five (5) passengers.** The deadline for sign-up for these activities is **4:30** the day before the event (**exception-wakes and funerals**).

The following restrictions apply to travel to out of town activities:

1. Passengers must be physically able to board bus or van on their own and must be able to keep up with others.
2. Those individuals with high risk of heart attack, wheel chair bound, have had open heart surgery, have pacemakers, oxygen dependent, or on medication that causes dizziness, disorientation or nausea, are ineligible to travel.

Seat belts (if equipped) are **mandatory** at all times while on the bus.

Physical or verbal abuse of other elders or employees will not be tolerated.

If you have an illness that may be contagious, be considerate of those riding the bus and please stay home until you are better so others will not become infected.

A donation will be appreciated when riding the bus.

Please practice proper hygiene at all times.

It is each individuals choice as to which activities they wish to attend.

If you wish to participate in special activities offered by Oneida Elderly Services, you must sign up in person (**no call-ins or signing for someone else-this includes signing up for bingo passes**) at the Oneida Senior Center, 134 Riverdale Drive, Oneida. For transportation to our monthly activities that you wish to attend, please call 869-2448.

ONEIDA ELDERLY SERVICES

DATABASE FORM

DATE: ___/___/___

NOTE: The state federal government have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name _____ Phone Number (____) _____

Address _____ Social Security Number _____ / ____ / ____

City _____ State _____ Zip Code _____ County _____ DOB ____ / ____ / ____

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elder aged 70 years and older. 2) Elders aged 55-69 years of age, that are disabled/handicapped, living alone. 3) Elders aged 55-69 years of age, with health/safety issues. The elders that are listed are our priority.

Please check the appropriate responses:

Martial Status: ☐ Married ☐ Single ☐ Widowed ☐ Divorced

Maiden Name: _____

Veteran: ☐ Yes ☐ No

Living Arrangement: ☐ Lives Alone ☐ Lives with Spouse ☐ Lives with Others*

Do You: ☐ Rent ☐ Own ☐ How Many Others*

Race: ☐ Native American ☐ Caucasian ☐ Latino ☐ Asian ☐ African American

Tribal Affiliation: _____ Enrollment Number: _____

General Health Status: ☐ Excellent ☐ Good ☐ Fair ☐ Poor*

*If Poor Please List Health Condition: _____

Do You Currently Have Any of the Following: ☐ Guardian ☐ Power of Atty-Finances ☐ Health ☐ Medicare ☐ Medicaid ☐ Representative Payee ☐ None of The Above

In Case of an Emergency – Please Contact

Name: _____

Phone Number: (____) _____

Relationship: _____

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form, are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elderly Services.

Signature

____ / ____ / ____
Date

Please Return to
Oneida Elderly Services Complex
Service Coordinator
P.O. Box 365
Oneida, WI. 54155

RECEIVED

AUG 03 2006

ONEIDA ELDERLY SERVICES