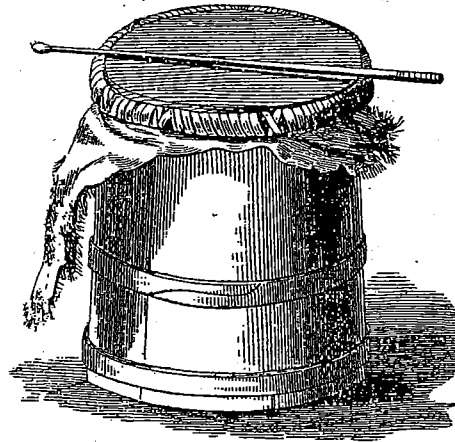


DRUMS ACROSS ONEIDA

SENIOR CENTER

134 Riverdale Dr.

P.O. Box 365



ELDERLY SERVICES

2907 S. Overland Rd.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Editors: Jan, Noreen & Cary

September 2001

Happy Grandparents Day!

Sunday, September 9th



ELDERLY SERVICES COMPLEX:

Program Director
Assistant Program Director
Benefits Specialist Supervisor
Benefits Specialist
Elder Abuse Coordinator
Elderly Services Coordinator
Administrative Assistant
Office Manager
Transportation Coordinator
Activity Coordinator
Outreach Worker
Outreach Worker
In-Home Chore Worker
In-Home Chore Worker
Respite Care Worker
Respite Care Worker
Administrative Assistant
Title V
Title V

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

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

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
Outreach Worker
Title V
Title V
Title V
Title V
Title V
Title V

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

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

A Special Invitation

Oneida Elderly Services is hosting the Wisconsin Indian Elder's Association Annual meeting on October 5, 2001. It will be held at The Edgewood beginning at 9:00 A.M. with lunch provided at noon. We recognize that many Oneida community elders are unable to travel to this meeting when it is held away from here therefore we wanted to notify you of the opportunity to attend at this time.

Because it is an annual meeting and there will be voting, you will need to be a paid member in order to cast your vote for board members. If you would like to join this organization and participate in the issues that affect American Indian elders, we will have membership forms available in advance and at the door. Membership dues are \$10.00 per year and can also be renewed at this time. Your new membership or renewal now will secure your place at the meeting, so please call and let us help you confirm your spot. Contact Noreen or Marty at 1-920-869-2448 or 1-800-867-1551.

We look forward to your participation and welcome your new membership!!

Sincerely,

Roberta Kinzhuma, Program Director
Oneida Elderly Services

WIEA MISSION STATEMENT

The Wisconsin Indian Elder Association will aid and assist in the improvement of the economic, social, health, and spiritual well being of all American Indian Elders.

WIEA will provide a forum where Indian Elders may speak, learn, and grow. To advocate for and protect Indian Elders from abuse, neglect, abandonment, exploitation and mistreatment.

Look to the Elders for their experience, for they are one of our greatest resources. Seek them out and listen to their wisdom while they can yet tell us.

Date Saver



Culture Day

When: September 28, 2001

Where: Apple Creek Inn

Time: 9:00 a.m. – 3:00 p.m.

Cost: \$17.00/person – includes: materials, breaks, ethnic buffet lunch and program.

When you Care...You're a Caregiver Join Us Caregivers Support Group

Do you feel, love, concern, resentment, anger, sadness, helplessness, embarrassment and guilt all at the same time?

For: Anyone taking care of a relative, friend or other person they love who is age 60 or older.

When: 3rd Wednesday of the month
5:30-7:00 p.m.

Where: Brown County Senior Center
300 S. Adams Street
Green Bay

Call: (920) 448-4300
Pre-Registration Required,
Class size Limited
Cost is Free

Professionally facilitated, this group is designed to provide information, encouragement and emotional support. Learn new skills to reduce frustration and stress. Regain control of your life. You are not alone.

Sponsored by: Aging Resource Center of Brown County

Elderly Health Survey

Elderly Services is in the process of seeking additional State & Federal funds to help make improvements and expand on existing programs. We would appreciate your help in taking a few minutes to complete the Health Survey.

This survey will diagnose the greatest needs related to the elderly health.

In order to accomplish which needs our program should address, it is important that we find out what your unmet long-term health needs are.

Some of you have sent the surveys back, and I thank you. Please return the survey by mail, leave at the meal-site or hand to one of the workers. If there are any questions, please don't hesitate to call me.

Florence at 920-869-2448

Thank you

ONEIDA COMMUNITY HEALTH CENTER
AREAS OF CONSIDERATION FOR FUTURE DISCUSSIONS

1. Please list ideas which you would like to learn about regarding your health care.

2. List any areas of concern that you may be having with your current health services at the Oneida Community Health Center.

3. What would you like to see to improve the current Oneida Community Health Center services specifically for the Oneida Community Elders?

4. What additional information would be helpful to improve future meetings with Elder Services and the ONCOA board?

5. Any additional comments:

Please return this form to: Florence Petri
2907 South Overland Road
Oneida, WI
54155

Adoption apology too late for Indians

By Judith Graham, Tribune staff reporter

DENVER - Sandy White Hawk says she remembers the day in 1954 when she was taken away by missionaries from the Rosebud Sioux Reservation in South Dakota. Standing in a red truck beside the stern woman who would become her adopted mother, the toddler gazed up at a pale white arm so different from any arm that had hugged her before. The 18-month-old wouldn't see her Indian family for the next 34 years.

At her new home, White Hawk was afraid for a long time, and then ashamed. "My adoptive mother constantly told me I was being saved from being a pagan, good-for-nothing Indian," said White Hawk, 47. "I felt so isolated and empty, ugly and unwanted."

It's because of so many other similarly unsettling stories that late last month the nation's largest child welfare organization apologized to White Hawk and other American Indians for its participation in a controversial program that removed Indian children from their homes and placed them with white adoptive families across the nation in the 1950's and 1960's. Many of those people, now middle aged and with children of their own, have spent much of their lives trying to deal with the emotional fallout from the adoptions.

Speaking before a group of Indian child welfare experts in Anchorage, Shay Bilchik, executive director of the Child Welfare League of America, said: "What we did may have been well-intentioned, but it was wrong, it was biased, it was hurtful. It is time to tell the truth—that our actions presupposed that Indian children would be better off with white families as opposed to staying in their own communities and tribes—and be reconciled."

For White Hawk and others, however, the apology comes too late to prevent the emotional scares inflicted in their youth by these adoptions.

Dealing with the pain

White Hawk began to abuse alcohol as a teenager, "anything to deal with the pain," she said. In 1988, she found her way back to the Rosebud reservation, and discovered 19 aunts and uncles she hadn't known existed; her mother was already dead.

"I was led to believe I was taken from nothing and I go back to find so much: people who remembered me and who were glad I came back," she said. "You can't imagine how angry I was."

The league's expressions of regret follow a groundbreaking apology last September by the head of the federal Bureau of Indian Affairs for the agency's "legacy of racism and inhumanity" toward American Indians.

But words alone are not enough, Bilchik said. The Child Welfare League, based in Washington, will address American Indian family concerns more aggressively through its training, education, publications and advocacy programs, he said, and will put more emphasis on preparing member agencies to implement the Indian Child Welfare Act, a landmark 1978 law that is often ignored in many areas of the country, according to several studies.

"We need to create a more culturally competent level of practice with Indian children and their families than we see in our field today," said Bilchik, whose organization includes nearly 1,200 agencies in the U.S.

The Indian Adoption Project, run by the Child Welfare League with support from the Bureau of Indian Affairs, began in 1958 and ended a decade later when it was folded in to another, larger initiative. During those years, 395 Indian children from 16 mostly Western states were placed with white families in 26 states, mostly in the East and Midwest. About 48 children were resettled in Illinois, 39 went to Missouri, 34 found homes in Indiana, and 24 landed in Iowa.

(Continued on back)

History of federal policies

This was not the first time Indian children were separated from their families. Beginning in 1860, federal officials began to encourage the development of boarding schools where Indian children could be assimilated into white culture. The history of these institutions, where children were not allowed to speak their tribal language or practice their native religion and where discipline was often harsh, has been well documented.

While federal policies changed in the 1930's, interest in "saving" Indian children from the culture of the reservation remained, according to a 2000 study prepared by the National Indian Child Welfare Association and Casey Family Programs, a Seattle foundation. With the Indian Adoption Project, a movement to place Indian children in white families gained momentum. The justification was poverty and neglect reported on Indian reservations, according to "Far From the Reservation," a 1972 book by David Fanshel, a Columbia University social work professor.

"The purpose of the Indian Adoption Project was to stimulate the adoption of American Indian children on a nationwide basis," he wrote. By declaring these "transracial" adoptions successful, Fanshel's work inspired hundreds of child welfare agencies in many states to pursue Indian adoptions. In Minnesota in the early 1970's, for instance, nearly 1 in 4 Native American babies under the age of 1 were put up for adoption, overwhelmingly in white homes, according to a 1997 article in the *Journal of Multicultural Social Work*.

Today, 23 years after the passage of the Indian Child Welfare Act, problems persist. For instance, a 1999 Nebraska study found that "clear and convincing evidence" for placing children outside their homes was absent from records 78 percent of the time. A study last year in North Dakota found "serious deficiencies" in about 50 percent of the notices relating to potential out-of-home placements sent to tribes and parents.

Meanwhile, tribes that want to provide foster-care services cannot get direct federal payments under the law; instead, they have to arrange transfers from states,

a process often fraught with difficulties, according to Terry Cross, executive director of the Indian Child Welfare Association in Portland, Ore.

Frank Petersen, 48, a grant writer with the Quinault Indian Nation in northwest Washington state, can't forget being placed in foster care at 12, and seeing two sisters and one brother adopted. His family had gone to a fair in Seattle and his mother's purse had been stolen at the bus station later that day. Taking money from her pocket, she sent the children back on a bus to their aunt in town near the reservation with a request to send the money for her bus fare as soon as possible.

Emotional Scars

A neighbor called to report the children as "abandoned." Social services retrieved them before their mother could get home, and distributed them among three white families. "They thought they were providing us with a better environment and a chance to grow up and be white, but they destroyed my family," Petersen said.

You don't ever get over the emotional impact from an adoption, said White Hawk, who lives just outside Madison, Wis. But healing is still possible, she believes. In the past year, she has established a grass-roots group, First Nations Orphan Association, dedicated to helping people who were adopted or placed in foster care find their birth families.

This October, White Hawk has arranged a powwow on the Menominee Reservation in Keshena, Wis., for children removed from their Indian families years ago and for the families who lost them. Indian spiritual leaders have written a special song for the occasion.

"I'm hoping this will help people, like me, who didn't know who we were, who didn't know our centers, until we came home," White Hawk said.

Article Taken from *Chicago Tribune*, Monday, May 7, 2001.

Sandy White Hawk presented to the Wisconsin Indian Elders Association on August 9, 2001 in LCO

Recipe of the Month

Fresh Corn Pudding

2 cups of fresh corn kernels

3 eggs, beaten

4 tablespoons flour

1 teaspoon salt

1 tablespoon of sugar, pepper and nutmeg

2 tablespoons of melted butter

2 cups of milk

Mix all ingredients, bake in casserole dish set in a pan of water at 350 degrees for one hour or until pudding is firm.

September Highlights

14th-Blood sugar and Blood Pressure Screening-Multipurpose 8:30 a.m.-10:00 a.m.

19th-Understanding Depression, the Effects, of Alcohol and Solutions –
Presentors: Dr. Kathy Roblee and Ann Rockhill 6:00 p.m.-9:00 p.m., Parish Hall

20th-Diabetic Luncheon – Parish Hall 10:00 a.m.-12:00 Noon

27th-Diabetic Wellness Support Group Parish Hall 6:00 p.m.-7:00 p.m.

28th-Blood sugar and Blood Pressure Screening-Multipurpose 8:30 a.m.-10:00 a.m.



Spotlight on Social Security

September 2001 Edition

Government Pension Hoax

By: Bruce W. Schultz

Social Security Public Affairs Specialist

We have received numerous fraud allegations regarding advertisements targeting elderly Americans. One ad aimed at elderly African Americans states: "the Government is refunding monies to anyone alive that was born up until the year of 1927 due to the Slave Reparations Act."

This advertisement states that in order to qualify for this money individuals must become part of a "National Victim's Register" by supplying their name, date of birth and Social Security number. There is no such law as the "Slave Reparations Act"--the ad is a hoax.

A second ad involves the "Notch Babies" and targets individuals born between 1911 and 1926 whose benefits were lower because Congress corrected the benefit formula to fix an inflationary glitch. This ad also requires individuals to become part of a "National Victim's Register" by supplying their name, date of birth and Social Security number. While the "notch" is a

legislative issue, the requirement to become part of a National Victim's Register is a hoax.

It's important that all Americans recognize the danger in giving out personal identifying information to unknown individuals or companies. Unscrupulous individuals can take the personal identifying information of another person and assume that person's identity. They can then open charge accounts, obtain car loans and commit crimes, all of which will be traced back to the person whose identity has been stolen. The burden will be placed on the victim to prove that someone else engaged in these activities.

Think twice before responding to **any solicitations** promising additional Social Security payments. If you or someone you know is contacted with a scam similar to this, report it to Social Security at once using our national fraud referral hotline: 800-269-0271.

Bruce Schultz is the Public Affairs Specialist for Northern Wisconsin. You can contact Bruce at Social Security, 528 N. Monroe, Green Bay, Wisconsin 54301-4899 or via email at bruce.schultz@ssa.gov

Lori Metoxen, Julia Hill or C.J. Doxtater may be able to assist if you have any questions regarding this publication.


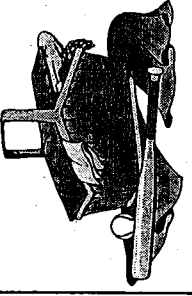
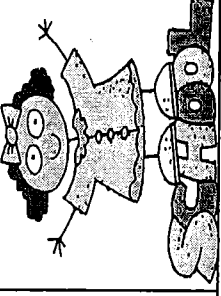
Many acts of kindness go unrecognized. Others are acknowledged by a quick word of thanks. And some, though few, are acknowledged by a note of appreciation. We at the Elderly Services would like to thank everyone for their generous donations. We appreciate every ones' enthusiasm for the task we had put before us to accomplish. It would be almost impossible to name all who were involved in the success of the Elderly Services fund raiser which was held on August 3, 2001 but we are genuinely grateful to all just the same.

Thank you to:

Nathalie Benton	Rose Kerstetter	Helen Skenandore
Renessa Bluebird on behalf of Melinda Doxtator	Cassondra Martinez	Sandy Skenandore
Angie Brocker	Tanya Martinez	Karen Spangler
Leigh Campshure	Winona Mencheski	Sue Stevens
Casino/ Table Games	Maria Metoxen	Rita Summers
Dellora Cornelius	Rose Nelissen	Alice Torres
Hugh Danforth	O.D.P.S. Benevolent Club	Jenny Webster
Sue Daniels	Oneida Bingo & Casino	Susan White
Connie Doxtator	Oneida Group Home	All Who Donated Rummage Items.
Verna Farris	Oneida Nation Museum	All Who Donated Food items.
Food Distribution Department	Marena Pamanet	All Who Donated their valuable time.
Alfreda Green	Doreen Perrote	All our customers.
Higher Education Department	Relay for Life Team	Last but not least the Elderly Services Staff.
Kalihwisaks	Ella Sauer	
	The Bertha Skenandore Family	

On a closing note, thank you to the Oneida Police Department and everyone who took time out to bring their cars through the car wash.

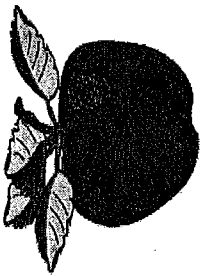
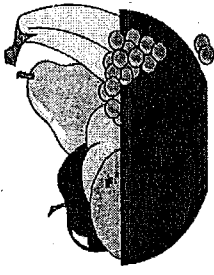
ACTIVITIES SEPTEMBER 2001

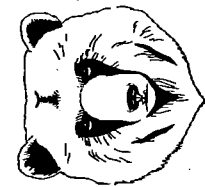
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED IN OBSERVANCE OF LABOR DAY	4 Epworth Hall 9:30-10:30am Crafts	5 Fitness 9:30-10:30am Farmers Market Festival Foods (West) 9:30 -noon	6 Therapy Day 10:30am Elderly Services	7 Shopping Banks Lunch Out 10am-3pm
10 Fitness 9:30-10:30am Bingo Site II 1-3pm Computer Intro for seniors 1pm Rec center Hwy H	11 Epworth Hall 9:30-11:30am Crafts	12 Fitness 9:30-10:30am Neville Museum FREE Computer Intro 1pm Rec Center Hwy H	13 Amish Trip	14 Shopping Banks Lunch Out 10am-3pm
17 Fitness 9:30-10:30am Botanical Gardens 1:30 \$3.00 fee Computer Intro for Seniors 1pm Hwy H	18 Epworth Hall 9:30-10:30am Crafts	19 Fitness 9:30-10:30am Game Day 1:30 Computer Intro For Seniors 1pm Hwy H	20 Diabetic Lunch Parish Hall 10-11:30 Budget Cinema E Town Mall 1pm \$2.00	21 Shopping Banks Lunch Out 10am-3pm
24 Fitness 9:30-10:30am Bingo Site II 1-3pm Computr Intro for Seniors 1pm Hwy H	25 Epworth Hall 9:30-10:30am Crafts Bingo	26 Fitness 9:30-10:30am Ice cream social 1:30 (Bring own topping) Computer Intro for seniors 1pm Hwy H	27 BIRTHDAY Gifts 12:00-12:15pm AJNH 10-11am	28 Shopping Banks Lunch Out 10am-3pm
Bus leaves from the Oneida Senior Center for trips.	Activities are subject to change.			

MENU

SEPTEMBER

2001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED IN OBSERVANCE OF LABOR DAY	4 Chicken Veg Soup Fresh Bread Pineapple Juice Diet Pud/Van Cookies	5 Ring Bologna Sauerkraut & Taters Whole Wheat Bread Mandarin Oranges	6 Lasagna Lettuce Salad Garlic Bread Blueberries	7 Bacon Cold Cereal Toast Blueberries Eggs
10 Hot Dogs Mac & Cheese W/W Bread Peaches	11 Calif. Blend Cheese Soup Fresh Rolls Orange Juice Diet Jello	12 Cube Steak Pasta Salad/Veggies W/W Bread Applesauce	13 Ham/Au gratin Potatoes Carrots W/W Bread Blueberries	14 Corn Meal Toast Apple Juice Pears Eggs
17 Spagetti Lettuce Salad French Bread Blackberries	18 Bean Soup Fresh Bread Cranberry Juice Sherbert	19 Liver & Onions Potatoes W/W Bread Whip n Chill Beets	20 Fish Cole Slaw Rye Bread Pineapple Tidbits Red Potatoes	21 SOS Grapefruit Juice Toast Peaches Eggs
24 Chop Suey Rice W/W Bread Raspberries	25 Boiled Dinner Apple Juice Fresh Bread Cantalope	26 Tacos Rice & Beans Watermelon	27 BIRTHDAY Roast Pork Mashed Potatoes Squash Jello Cake	28 Ham & Cheese Slices Eggs Orange Juice Mixed Fruit Muffins
	All meals served with coffee, tea and milk.	Meals are subject to change		



Oneida Language and Culture Classes

Tuesdays	12:00 to 1:00 p.m. Beginners' Language Class	Inez Thomas/Curt Summers Call 490-2472 to confirm	Tekalu'tátu, Log House 3757 Hillcrest Dr (FF)
Wednesday	8:30 to 10:00 a.m. Beginners' Language Class	Carol Bauman Call 490-2096 to confirm	Cultural Heritage Dept 2640 Hillcrest Dr (FF)
	1:15 to 2:15 p.m. Beginners' Language Class	Laura Cornelius Call 490-2472 to confirm	Trust Dept., Bay Bank 2535 S. Packerland Dr
	2:30-3:30 p.m. Language/Culture Class	Bob Brown Call 490-2096 to confirm	Cultural Heritage Dept 2640 Hillcrest Dr (FF)
Thursdays	12:00 to 1:00 p.m. Beginners' Language Class	Carol Bauman Call 869-1600	Little Bear Conference Room, Hwy 54
	2:00-3:00 p.m. Beginners' Language Class	Randy Cornelius Call 869-2768 to confirm	Oneida Nation Museum W892 EE Road
	3:00-4:30 p.m. Ceremonial Language Class	Randy Cornelius Call 869-2768 to confirm	Oneida Nation Museum W892 EE Road
	6:30 to 8:00 p.m. Oneida Culture Class	Randy Cornelius Call 490-2472	Tekalu'tátu, Log House 3757 Hillcrest Dr (FF)
	5:30 to 8:30 p.m. Raised beadwork Class/Gathering	Carol Bauman Call 490-2472 to confirm	Tekalu'tátu, Log House 3757 Hillcrest Dr (FF)
Fridays	8:30 to 10:00 a.m. Beginners' Language Class	Carol Bauman Call 490-2096 to confirm	Cultural Heritage Dept 2640 Hillcrest Dr (FF)

Classes Sponsored by the Oneida Language Program 490-2472 or 490-2473

WELCOME BACK!
MARGARET KING-FRANCOUR



Margaret returned to work on Tuesday, August 7th as our Activities Coordinator, after the birth of her son, Hudson! Margaret will be working only on a part-time basis, but regardless, it's good to have her back with us.

AND



Our thanks go to CARY WAUBANASCUM for her intern services to the Oneida Elderly Program this past summer. Cary will be returning to Alverno College and will graduate in December. Our thanks and good wishes go with her.

AND

WELCOME RITA SUMMERS!



Rita began her employment with the Title V Program on Monday, August 20th. Rita's responsibilities will include researching Mental Health issues that affect the elder population. Rita will also have the responsibility of setting up a library of current references and will keep management and staff informed of any and all updates.

AND



Arlene Elm returns with the Title V Program and will be assisting with telephone coverage.

The start date for Alice Jourdan (also with the Title V Program) will be Tuesday, September 4th. Alice will assist with the In-Home chore program for the Oneida Elders.

Benefits of Growing Older

1. In a hostage situation, you are likely to be release first.
2. It's harder and harder for sexual harassment charges to stick.
3. Kidnappers are not very interested in you.
4. No one expects you to run into a burning building.
5. People call at 9:00 p.m. and ask, "Did I wake you?"
6. People no longer view you as a hypochondriac.
7. There's nothing left to learn the hard way.
8. Things' you buy now won't wear out.
9. You can buy a compass for the dash of your car.
10. You can eat dinner at 4:00 p.m.
11. You can live without sex but not without glasses.
12. You can't remember the last time you laid on the floor to watch TV.
13. You consider coffee one of the most important things in life.
14. You constantly talk about the price of gasoline.
15. You enjoy hearing about other people's operations.
16. You get into heated arguments about pension plans.
17. You got cable TV for the weather channel.
18. You have a party and the neighbors don't even realize it.
19. You no longer think of speed limits as a challenge.
20. You quit trying to hold your stomach in, no matter who walks into the room.
21. You send money to PBS.
22. You sing along with the elevator music.
23. You talk about "good grass," and you're referring to someone's lawn.
24. Your arms are almost too short to read the newspaper.
25. Your back goes out more than you do.
26. Your ears are hairier than your head.
27. Your eyes won't get much worse.
28. Your investment in health insurance is finally beginning to pay off.
29. Your joints are more accurate than the national weather service.

This was sent in by Irene Moon for all of us to enjoy. Thanks Irene for thinking of us and giving us a smile, even though you're so far away. We miss you and hope to see you soon. Thanks again Irene!

Submitted by: Irene Moon to the August 2001, Elderly Stream newsletter of the Stockbridge-Munsee Elderly Program of Bowler, Wisconsin.

Wisconsinites Team Up Against Alzheimer's Disease

Currently, it is estimated that 104,000 Wisconsin residents have Alzheimer's disease, with 10,800 of these individuals living in the nine counties served by the Alzheimer's Association's Greater Wisconsin Chapter—Green Bay Regional Office.

Memory Walk is the national Alzheimer's Association's premier fundraising event. Nine chapters participated in the first walk in 1989 and raised a total of \$150,000. This year, Memory Walks will be held in more than 400 communities across the country and generate an estimated \$20 million for local chapter programs and services.

"As the population ages, more people will be diagnosed with Alzheimer's disease and more families will look to our chapter for assistance and support. Memory Walk funds go directly toward sustaining and enhancing a broad range of information, education, support, and advocacy services for local families, caregivers, and dementia-care professionals," explains Mary Bouche, regional director for the Green Bay Regional Office.

This year's area Memory Walk will be held Saturday, October 6 in the Brown County Reforestation Camp and N.E.W. Zoo. Two different walk routes, two and five miles in length, will be offered.

Registration is \$20 for adults and \$5 for children 10 years old and younger. Participants registering by September 20 will receive a Memory Walk T-shirt. To obtain a registration and pledge form or volunteer to help with Memory Walk 2001, call 920-469-2110 or 800-360-2110. ☐

Moderate Activity on a Daily Basis is Healthy

If you think it takes a sweat suit and lot of effort to get in some beneficial daily exercise, think again.

A small study published in the journal *Nature* found that moderate daily activity – such as taking the stairs instead of the elevator or parking your car farther from your destination – can add up and effectively boost the amount of energy you expend each day.

The study closely tracked the day-to-day activities of 30 people over a period of two weeks. Activity levels were broken out into those of low intensity (sitting, lying down), moderate intensity (walking, bicycling) and high intensity (active sports, strenuous housework). Although there was some high-intensity activity recorded during the study, it took up too little time in any given day to be a predictor of energy expenditure. In the end, time spent in moderate activities was found to be the best predictor of increased energy expenditure.

Mayo Clinic doctors say that even though the study was small, it provides more evidence that consistent daily activity is probably more important than inconsistent, intense activity that can only be sustained for short periods. ☐

Quick Response to Food Poisoning

The United States has one of the safest food supplies in the world – so safe that when a food-borne illness strikes, victim and physician may not immediately make the connection. Knowing when to see a doctor and when self-care measures are adequate can minimize risk and ensure a safe recovery. Concern about the situation has become so pronounced that the American Medical Association and three government agencies have launched a campaign to help doctors recognize and treat food-borne illnesses.

Most food-related infections are caused by improper food handling during preparation or storage, which exposes food to potentially harmful microscopic pathogens that thrive in or on the food. In the United States, bacteria and viruses are the usual offenders.

The symptoms of food-related infections are similar. They typically include some combination of nausea, vomiting, and diarrhea, sometimes fever, and generally develop within about 12 to 72 hours of eating tainted food. Most cases are mild and resolve spontaneously.

Because a healthy immune system is necessary to resolve a food-borne infection, immunocompromised people are at increased risk. Among the most vulnerable are the frail elderly; those with severe, advanced chronic medical conditions, and those on certain treatments. Everyone in these circumstances should call their doctor as soon as they suspect a food-related infection may be developing.

FOOD SAFETY AT HOME

Washing your hands after using the toilet and washing produce are two of the best ways to prevent food-borne infections. Proper food storage and preparation are also key. Store foods at appropriately cold temperatures, and cook meat, fish, and poultry thoroughly. After cutting raw meat or poultry, wash the cutting board and knife with warm, soapy water. More tips are available from the organizations listed below. □

For More Information

- **American Medical Association**,
Chicago, IL (312-464-5000);
www.ama-assn.org/foodborne
- **Center for Disease Control and Prevention**, Atlanta, GA (800-311-3435); www.cdc.gov

Calcium supplements: You can choose the Less Expensive One

Calcium supplements are essential to preventing osteoporosis, but which of the choices on the drugstore shelf work best? A study in the Journal of the American College of Nutrition concludes that two common formulations – calcium carbonate and calcium citrate – work equally well. Therefore, consumers can consider choosing the less expensive of the two: calcium carbonate.

In the study, 24 postmenopausal women received 500 mg of calcium daily. The capsules contained calcium citrate or calcium carbonate. The women also took vitamin D, which improves the absorption of calcium. Tests showed that both were absorbed equally well and that the amount of calcium that actually made it into the bloodstream was comparable.

However, supplements containing calcium carbonate are less expensive than those with calcium citrate. As a result, the researchers estimate, treating people 65 or older with calcium carbonate could save \$478 million every year in the cost of health care. But whatever form you choose, remember that calcium supplements are absorbed best when taken with food. □

Dry Eye: Irritating But Treatable

Dry eye is an annoying, irritating, and sometimes debilitating condition that affects some 10 million Americans. Although exciting new medical treatments are in the works, many cases of dry eye heed to self-care measures as simple as running a humidifier at night. But the causes of dry eye are many, so a careful evaluation by your eye doctor is critical to obtaining proper diagnosis and effective treatment.

What is dry eye? Many people describe dry eye as the sensation of having a grain of sand stuck in the eye. Other symptoms reported are sensitivity to light, itching and burning, blurry vision, excessive tearing, and redness. It often develops during periods of reading, watching television, or computer work. Another sign is lower tear production in emotional situations. Severe dry eye can damage eye tissue, scar the eye surface, and make it difficult for you to wear contact lenses.

Dry eye is usually caused by a malfunction in the irrigation system that protects and lubricates the eyeball. Three lubricants form a coating called the tear film. Every time you blink, tears are smeared over the surface of the eyeball. Dry eye can trace problems with secreting these fluids or maintaining the proper chemical composition of the tear film.

In older adults, the glands may simply produce less oil than earlier in life. Women sometimes experience dry eye at menopause as a result of changing hormone levels. Although dry eye often traces to aging, it's also caused by certain diseases.

With so many possible causes of dry eye – some of them serious medical conditions – it's wise to visit an eye specialist and get a thorough evaluation. One question the doctor will ask you is what medications you are taking. Some common medications may cause dry eye, including anti-histamines, some antidepressants, and glaucoma drugs. □

***Excerpts for this page are taken from the
September 2001 issue of "Focus on Healthy Aging"**

puzzle 41

Work in the Garden



F1141

ACID
AERATE
BASIL
BASKET
BEDS
BEETS
BERRIES
BIRDS
BLOOM
BLOSSOM

BROCCOLI
BUGS
BULBS
CACTUS
CARROTS
CELERY
CHIVES
COMPOST
CORN
DIBBLE

DRAIN
FERTILIZE
FLAX
FLOWERS
FOLIAGE
FRESH
FRUIT
FUNGUS
FURROW
GARLIC

GLOVES
GROUP
GOURD
GROW
HARDY
HEDGE
HOES
INSECTS
KALE
LAWN

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

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

ONCOA AGENDA REQUEST FORM

REGULAR MONTHLY ONCOA AGENDA

(SCHEDULED DATE)

SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

(SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

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

☐ YES

☐ NO

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

APPROX. TIME REQUESTED TO DISCUSS ITEM: _____ MINUTES

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

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

1) _____

2) _____

REQUESTED BY: _____ DATE: _____

Name

Title

Phone

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

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: _____

RECEIVED BY: _____ DATE: _____

**ONEIDA ELDERLY SERVICES
ENROLLMENT FORM**

DATE: ____/____/____

NOTE: The state and 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) Elders aged **70 years** and older. 2) Elders aged **55-69 years** of age that are **disabled/disabled, 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:

Marital Status: ____ Married ____ Single ____ Widowed ____ Divorced

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

Do You? : ____ Rent ____ Own ____ *How many Others**

Estimated monthly Household Income: ____ 0-to-\$686.00 ____ \$687.00-to-\$924.00 ____ \$925.00 + up

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 _____

8/22/01nmp

Please return to
**Oneida Elderly Services Complex
Service Coordinator
2907 S Overland Rd.
Oneida WI 54155**

