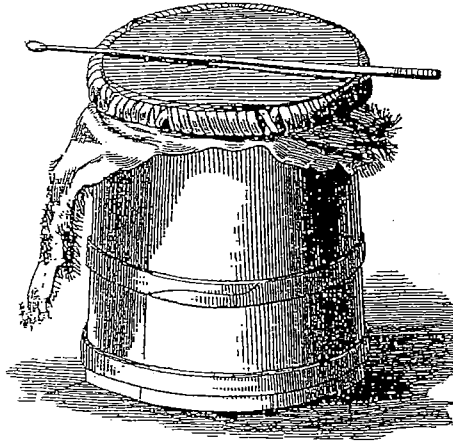


DRUMS ACROSS ONEIDA

ELDERLY SERVICES
2907 S. Overland Rd.

P.O. Box 365



SENIOR CENTER
134 Riverdale Dr.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Green Corn Moon- O•n•hste? Weh-hni•tahl

August 2003

4 Nations Elder Picnic

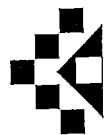
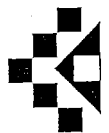
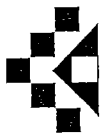
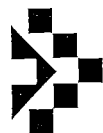
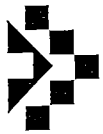
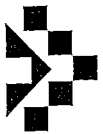
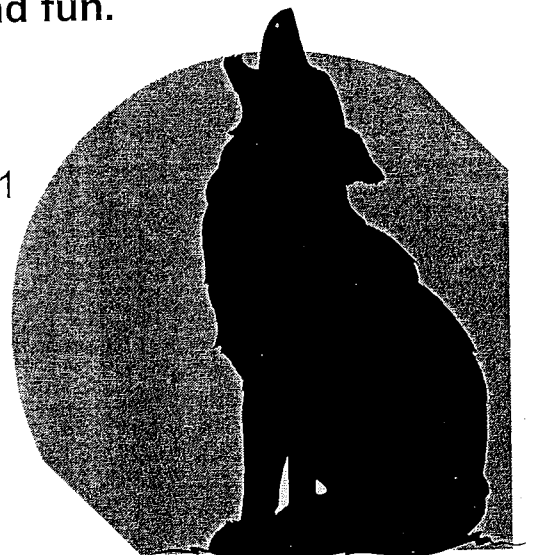
Friday, August 29th, 2003
10 a.m. - 3:00 p.m.

Oneida Elderly Services Complex
2907 S. Overland Rd. - Oneida, Wisconsin
(Located just off of HWY 172, Across the road
from the Oneida Health Center)

Join us for food, music, and fun.

Please
R.S.V.P. by 8/15/03
by calling 1-800-867-1551
or 869-2448.

We look forward to
seeing everyone there!



Margaret

ELDERLY SERVICES COMPLEX:

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

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

Florence Petri
Vacant
Lori Metoxen
Julia Hill
C.J. Doxtator
Cheryl Ault
Noreen Powless
Vacant
Lorna Christjohn
Connie Van Gheem
Dale Webster
Margaret King-Francour
Cindy Brabbs
Amy Sumner
Joanne Close
Lorleen John
Regina Vande Hei
Debbie Ninham
Marty Braeger
Marie Scott
Barbara Skenandore
Arleen Elm

ONEIDA SENIOR CENTER:

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

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

Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Althea Schuyler
Catherine Granquist
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Denise Johnson
Jared Skenadore
Harold Dostalek
Warren House
Richard Dodge
Winona Mencheski
Grover Smith
Cornelius Hill
Marena Pamanet

UP CLOSE AND PERSONAL

With Betty Jorgenson, Relief Cook

Betty Jorgenson was born in Outagamie County to the parents of Edward and Nancy Metoxen. She went to school at Elm Hill for three years and then at Summit for five years. Then Betty entered Freedom High School for two years.

Betty married Carl Jorgenson and had 6 children.

She like is working for the Senior Center. There is something different going on every day and elders are real interesting. They like to tell you stories of their younger days, and the way things are different today.

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

A nurse.

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

My parents

What do you consider to be your greatest accomplishment?

My family.

What is the best advice anyone ever gave you?

To be happy.

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

Enjoy themselves and keep active.

What is your ideal vacation?

Love to travel.

Favorite Meal: Good steak and baked potato

Favorite Music: Country Western

Favorite Books: True Stories

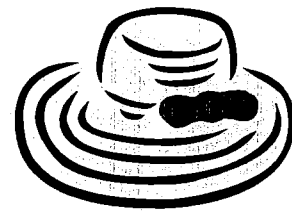
Favorite Movies: Comedies

Favorite Hobbies: Like to Sew



*Received
at \$20
13 people canceled
99 went*

It's Cherry Picking Time
**Join us for a trip to
DOOR COUNTY**



Friday August 1

Leave at 8:30 am

We'll be going to breakfast at Country Kitchen in the morning
and during the afternoon we'll eat at the park

BRING YOUR BAG LUNCH...coolers will be available



**Join us for a trip to
MILWAUKEE**

Friday August 15

Leave at 9:00 am

ARE YOU INTERESTED IN ATTENDING THE INDIAN
COUNCIL OF THE ELDERLY (MEAL SITE) IN MILWAUKEE? THE
SCHEDULE IS FOR US TO ARRIVE THERE AT 11:00 OR 11:30 IN TIME
FOR LUNCH (\$2.00), FOLLOWED BY 7 GAMES OF BINGO. CARDS
ARE 2 FOR \$.25 AND \$.50 FOR THE PROGRESSIVE CARD.

In the afternoon, we'll either tour the Domes, Museum or other
destination...please be prepared to walk and pay entry fee.

Sign up at Mealsite for these trips

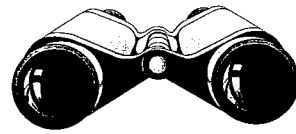
You must be in good health to sign up
(Those who are oxygen dependant, on medication that causes
dizziness, disorientation, or those with with high risk of heart
attacks are ineligible for travel)

Only Elders 55 and older and in good health are eligible to travel on trips
Call Margaret or Lorna with questions (920) 869-2448

Want to go
to INDIAN SUMMER?
SUNDAY, SEPTEMBER 7

LEAVE 7:30 am RETURN 3:30PM

Located on Milwaukee's Lakefront, we will be traveling to Milwaukee on Sunday morning at 7:30 am on a coach bus and return at 3:30pm the same day.



Sign up by September 1st at the Senior Center on
Riverdale Drive.

THIS TRIP IS FOR ELDERLY 55 AND OLDER,
you must be in good health and be able to travel
and walk the outdoor grounds

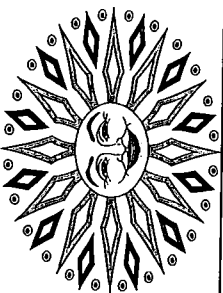
Those who are oxygen dependant, on medication that causes dizziness,
disorientation, or those with with high risk of heart attacks
are ineligible for travel

Call Margaret or Lorna with questions (920) 869-2448

ACTIVITIES

AUGUST

2003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All trips leave from Sr. Ctr on Riverdale Drive. Activity schedule to change without notice.		Watch for possible blackberry picking and rummage sale (trip to Stiles)		1 Shopping Banks Lunch Out 10-3 pm
4 Dollar Tree or Thrift Store 1pm	5 Crafts @ Epworth Hall 9:30-11:30am	6 Butterfly Garden Mosquito Hill Nature Ctr New London	7 Farmer's Market 10 am Seroogy Lot (E.Depere) Summer in the Park Concert 11:30am	8 WIEA- Stockbridge Shopping Banks Lunch Out 10-3 pm
11 Ice Cream Social 1pm Elderly Svs Bldg	12 Crafts @ Epworth Hall 9:30- 11:30am	13 Tower Foods 10am White Elelphant Bingo 1pm Elderly Svs Bldg	14 Farmer's Market 10am Seroogy Lot (E.Depere) Defens. Driving On-line 1pm Eld Svs Bldg	15 Trip to Milwaukee Elderly Site Leave at 8 am Shopping, Banks,
18 Game Day 10 am @ Elderly Svs Bldg WISE program presentation 12:15pm at Sr. Ctr	19 Crafts @ Epworth Hall 9:30- 11:30am	20 Farmer's Market 10 am Festival Foods (W.Mason) Shopping, Banks	21 Summer in Park Concert Series -Dwnth GB 11:30 am-2pm Bring Bag Lunch	22 Elderly Svs Office Closed 11am Adminstrative Mtg
25 Nutrition and Exercise Bingo or Cooking 1pm Elderly Svs Bldg	26 Bingo @ Epworth Hall 9:30- 11:30am	27 Shopping Banks Lunch Out 10-3 pm	28 AJNH visit 10-11am Birthdays Gifts and Music @ Sr. Ctr 12:15pm -1PM	29 4 Tribe Picnic at Elderly Svs Bldg Location

**All Oneida Gathering
Info**

Event: All Oneida Gathering

Slogan: "Building a Stronger Oneida Nation"

Dates: August 16-17, 2003

Location: Turtle School-Oneida, Wisconsin

Agenda:

August 16, 2003

12:00	Lunch
1:30	Opening
2:00	Canandaigua Treaty
3:00	Question/Answer
3:30	Break
3:45	Reconnection: Joint ventures
5:00	Dinner
7:00	Social

August 17, 2003

9:00	Continental Breakfast
10:00	Genealogy/Reservation Tours
12:00	Lunch
1:30	White Pine Tree Planting
2:30	Break
5:00	Dinner-Catered
7:00	Social

(Coinciding with the Oneida History Conference, August 14-16, 2003)

Background: Bringing the Oneida people from Canada, New York, and Wisconsin together to develop strategies in order for the three communities to build a better working relationship for a stronger Oneida Nation. All Oneidas are welcome where ever you are. The Gathering will entail Fun activities and Discussions.

For more information contact Jennifer Stevens at 869-4403 or
Marlene Doxtator at (519) 652-3244.

Reminder



Nutrition Advisory Council Meeting

*Elderly Services Conference
Room - 2907 S. Overland Rd.,
Oneida.*

Thursday, August 7th, 2003
at 9:00 a.m.

MENU

AUGUST

2003

Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with coffee, tea, and milk				
Meals are subject to change				
4 Chicken Salad Croissants Lettuce-tomato Oranges slices	5 Corn Soup Fresh bread Juice Berries	6 Lasagna Lettuce salad Garlic Bread Sherbert	7 Ham Sweet Potatoes Peas, Whole wheat bread, Applesauce	1 Bacon & eggs Cold cereal, juice Toast Peaches
11 Ring bologna Seasoned red potatoes Green Beans Pineapple	12 Potato Soup Fresh Bread Juice Whip & chill	13 Chicken Pasta Casserole Whole wheat bread Melons	14 Cube steak Buttered noodles Broccoli Whole wheat bread Pears	15 Scrambled eggs with ham & peppers Toast, juice Bananas
18 Tuna salad Cottage cheese Tomatoes, w/w bread Peaches	19 Beef barley soup fresh bread Juice Jell-o	20 Beef roast Potatoes, carrots Whole wheat bread Ice cream	21 Fish Cole slaw, Red potato Corn bread Whip & chill	22 Oatmeal Bacon, eggs Toast Pears
25 Beef stew Biscuits Sherbert	26 California blend soup, Fresh bread Peaches	27 Hamburger patties, Scalloped potatoes, green beans, & whole wheat bread Pudding	28 Birthday Day Pork Roast Potatoes, peas Spice cake with peanut butter frosting	29 S. O. S. Eggs & toast Juice Mandarin oranges.

A BIT OF HUMOR!!!!

1. How do robins get in shape?
2. What crook lives in the ocean?
3. Why was the dolphin so sad?
4. What does a grump put on his toast?
5. What do you call a lost hot dog?
6. What do you call people who sell cornmeal?
7. How does a witch break the sound barrier?
8. Why do ghosts like health food?
9. What is Santa's favorite candy?
10. Why do some people never go bald?

1. They do worm-ups.
2. The mobster lobster.
3. It had no porpoise in life.
4. Gripe jelly.
5. The missing link.
6. Pone brokers.
7. With a sonic broom.
8. Because it's super-natural.
9. Jolly beans.
10. They have a re-seeding hair line.

The Silly Joke Book
By: Scholastic Inc.

RECIPES

SUGARLESS STRAWBERRY CAKE

- 5c. cleaned firm strawberries
- 1/4 tsp. red food coloring
- 2 oz. (1 pkg.) Powdered fruit pectin
- 1 Tbsp. lemon juice
- 3 1/2 tsp. artificial sweetener

1. Crush strawberries in 1 1/2 -quart sauce pan; stir in food coloring.
2. Add fruit pectin and lemon juice.
3. Bring to boil and boil 1 minute.
4. Remove from heat, add liquid sweetener and continue to stir for 2 minutes.
5. Pour into several small freezer containers. Cover tightly and freeze.
6. Thaw before serving; refrigerate unused portions. Yield: 2 1/2 cups.

DIABETIC CAKE

- | | |
|------------------------------|-------------------------|
| 2 c. water | 1 tsp. soda |
| 2 c. raisins | 1/2 tsp. nutmeg |
| 1 c. unsweetened applesauce | 1 1/2 tsp cin-
namon |
| 2 eggs | 2 c. flour |
| 2 Tbsp. artificial sweetener | 1 tsp. vanilla |
| 3/4 c. polyunsaturated oil | |

Cook raisins in 2 c. water until water evaporates. Add applesauce , eggs, sweetener, and cooking oil. Mix well; blend in soda and flour. Add cinnamon, nutmeg, and vanilla; mix well. Bake at 350 degrees for 25 minutes.

Cooking With
Holy Apostles Episcopal Church Women

WORK IN THE GARDEN

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

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

HOW TO PREVENT WASTE, FRAUD & ABUSE

1. **Never** provide your Medicare/Medicaid number (or any part of it) unless you know who you are dealing with.
2. **Never** provide your Medicare/Medicaid number in exchange for “free” services.
3. **Never** allow anyone, except appropriate medical professionals, to review your medical records or to recommend services.
4. **Never** sign a blank contract from a solicitor (i.e. door-to-door sales rep).
5. **Never** accept medical services, supplies or equipment from a telephone solicitor, a door-to-door sales rep, or from a TV or magazine ad. Only your doctor can order services, supplies or equipment for you.
6. **Never** accept an offer for “free” medical equipment. Remember, only your physician can order medical equipment for you.
7. **Beware** of providers who represent themselves as being part of, or endorsed by, the federal or state government, Medicare or Medicaid. None of these entities endorse products or services of any provider.
8. **Avoid** a provider who tells you that the item or service isn't usually covered, but they know how to bill Medicare/Medicaid to get it paid.
9. **Never** allow anyone to convince you to contact your physician requesting a service you don't need.
10. **Record** – use a calendar or notebook, for instance - medical appointments, tests and supplies.
11. **Review** every Medicare Summary Notice (MSN) or Medicaid Explanation of Benefits (EOB) to determine that only services and supplies that were ordered, received, and medically necessary were billed; and
12. Report Any Suspicious Activities.

WISCONSIN “NO CALL” LIST

The Wisconsin “No Call” List was established by law to protect consumers from unwanted telemarketing sales calls. Inclusion on the Wisconsin “No Call” List is FREE to Wisconsin residents.

The date you sign up determines the date when telemarketing calls should decrease:

If you sign up before:	You will be listed on the List on:
September 1 st	October 1 st

The updated “No Call” List is given to registered telemarketers quarterly. Therefore, it may take 30 to 120 days for your number to get to the telemarketers.

EXCEPTIONS:

Although registration is designed to prevent MOST unwanted telemarketing calls, it will not stop ALL calls. The law provides for some exceptions:

- Donation requests from nonprofit organizations.
- Calls encouraging you to purchase property, goods or services from a “nonprofit organization”.
- Individuals acting on his/her own behalf and not as an employee or agent for any other person.
- Calls made in response to your written/verbal request or permission.
- Calls made to an existing customer.
- Calls made to a business telephone number.
- One call to check on a lapsed contract or customer satisfaction.
- Calls for polls, surveys and political purposes.

Consumers sign up by calling:

1-866-9NO-CALL

(1-866-966-2255)

Or by visiting our website at: <http://NoCall.Wisconsin.gov>

Wisconsin Department of Agriculture,
Trade and Consumer Protection

“No Call” Program

P.O. Box 8911

Madison, WI 53708-8911

Telephone: 608-224-4999

FAX: 608-224-4939

Email: WINoCall@datcp.state.wi.us

ONEIDA NATION ELDERLY SERVICES PRESENTS

Your 9-day Holiday includes:

- Scheduled flights
- Local Pickup

First Class Accommodations

- 4 Nights in Bavaria
- 3 Nights in Rhineland

Features 11 meals that include:

- 7 Breakfasts
- 4 Dinners

Tours & Places you'll visit:

- Tour of Fussen
- Austria, Fern Pass
- Bavaria
- Neuschwanstein
Castle-King Ludwig II
- Wies Church
- Munich
- Glockenspiel Clock
- Nymphenburg Palace
- Nuremburg
- Rothenburg
- Rhineland
- Rhine Cruise
- Lorelei Rock
- Heidelberg
- Koblenz
- Cochem
- Baggage Handling
- Tour Director

Highlights of Germany

Glide past fairy-tale castles, flower-covered hillsides, and medieval villages on an unforgettable holiday to Germany. Stay in Fussen and Rhineland which both are within an easy day's drive of many major sights and many other countries, including Austria. You will discover old palaces and churches, cobbled lanes, beautiful parks along the river, a charming old town, and inns that go back centuries. Some of the highlights include visiting sleeping Beauty's fairy-tale castle of Neuschwanstein, Oberammergau, famed for the Passion Play and wooden chalets, Munich, Nuremburg, scene of the Nazi rallies on the Field of Mars, Koblenz, the spot where the Rhine and Moselle rivers meet, Heidelberg, the city of Germany's oldest University.

Enjoy the opportunity to travel to Innsbruck on an optional excursion. The city has been host to two Olympiads, in 1964 and 1976. Join us on this exciting tour to Germany!

Payments: A \$350 per person deposit is required to confirm your space. A payment schedule will be mailed to you with final payment due 60 days prior to your departure.

****Safe & Sound insurance:** If you cancel more than 60 days before departure for any reason, you will be issued a full refund, no questions asked. Thereafter, if you must cancel due to illness to yourself or an immediate family member, or for any covered reason, we will refund 100%. (This protection covers pre-existing medical conditions, if purchased 14 days after initial trip payment.) Postpone your trip without penalty up to the day of departure and receive credit for any Far & Wide travel experience...just depart by February 15, 2005 or if you cannot travel in the future, receive a refund of 75% of your holiday payment. Some restrictions, limitations and exclusions apply. Cancellations must be in writing to our office. Group price is \$169 per person.

Rate per person: \$1,829 double occupancy \$2,148 single occupancy

Make Checks to: Prism Holidays

Departure Point: Green Bay, WI

**Return To &
For More Info:** Florence Petri-Oneida Nation
P.O. Box 193
Oneida WI 54155
920-869-2448 ext 4954

Note: A valid U.S. passport is required. Taxes, fees, PFC, charges (presently \$126), passport fees, plus items of a purely personal nature are not included. Complete terms and conditions will be provided in your invoice.

Featuring Southern Bavaria...Romantic Roads...Rhineland

9 escorted days - 11 meals

March 14, 2004 - \$1,829

**AT THE AGING RESOURCE CENTER
OF BROWN COUNTY
300 S. ADAMS ST. GREEN BAY, WI**

**ESTATE PLANNING: ACCUMULATING,
PROTECTING AND DISTRIBUTING**

Monday, August 11, 2003, 6:00 - 7:00 P.M.

Come and learn more about how to make the most of your estate for you and your loved ones. Estate planning is more than a Will: It included taking advantage of a variety of legal alternatives, laws, tax planning steps and other options.

Among the topics to be discussed: living trusts, power of attorney for healthcare and finances, medical assistance planning, probate, annuities and other investments suitable for retirement. Also, bring your questions and topics of interest.

Presented by: Attorney Mark J. Mahoney

Refreshments Provided.

RSVP to 448-4314 by August 7, 2003

**FREE PUBLIC SEMINAR
LEGAL MATTERS FOR ELDER CITIZENS**

Presented by: Attorney Robert H. Geimer &
Attorney Mary Rose Orcutt

Tuesday, August 19, 2003 @ 2:00 P.M.

Please RSVP at 448-4314 by August 25, 2003

Seminar will cover:

Wills, Power of Attorney Documents, Nursing
Home Planning

Aurora Baycare Medical Center, Aurora Health
Care, Baycare Clinic and the Aging Resource
Center of Brown County present an informational
program on **HERBAL MEDICINES**

Presented By: Dr. Jane Witman

Monday, August 11, 2003 at 9:00 A.M.

Refreshments provided.

RSVP to 448-4314 by August 7, 2003

Prevent Blindness Wi, Northeast Chapter Will Be
at the Aging Resource Center of Brown County
Offering **FREE VISION SCREENINGS.**

When : Tuesday, August 19, 2003
15 minute appointments between
10:00 a.m and 1:30p.m.

Where: Aging Resource Center of Brown
County 300 S. Adams St. Green bay, Wi

What: Free glaucoma and vision screening by a
Prevent Blindness Wi certified Vision screener

FREE SCREENING INCLUDES

Glaucoma screening, screeners use a machine
called a visual field analyzer which measures
your ability to see flashing bars in your peripheral
vision. Near and distance visual acuity

SCREENING DETAILS. Each screening takes
about 15 minutes. Glasses and contacts may be
worn during the screening.

This is not an eye exam, but does show
inconsistencies in your vision that indicate a full
eye exam is needed. Educational material about
other aging concerns will be available.

**Please call 448-4314 by Monday, August 18th
to make your appointment.**

ATTENTION: Have you thought about how you will pay for long-term nursing care?

What: A free workshop that provides a look at long-term care costs and the various Methods of paying them: LTC insurance, government programs and alternative Financing strategies. No products are sold or solicited at this program.

Tuesday, August 12, 2003@ 10:00 a.m.

Refreshments will be provided

RSVP to 448-4314 by August 8, 2003

ABOUT THE SPEAKER: Romeo Raabe, National educator and licensed Long Term Care agent from Informed Choice, LLC. Romeo has been on TV and radio "Ask the Expert" programs, Kiplinger Magazine and aging resource centers across Wisconsin. Romeo not only provides information to healthcare consumers but teaches continuing education classes for accountants, attorneys, and insurance agents who want to help their clients through difficult time.

BROWN COUNTY AGING RESOURCE CENTER & INFORMED CHOICE

THE WYNDHAM GARDEN HOTEL - BROOKFIELD

Welcomes the Travelers of the **ONEIDA TRIBE** to the Milwaukee Area with a Special Negotiated Rate of \$66.00 Pls Tax, for Business And/or Personal Stays.

Experience Travel "The Right Way, The Wyndham Way"
& enjoy the following amenities:

- *Voicemail and Dataports
- *Highspeed Dsl Internet Access
- *Meeting Space Available
- *In Room Coffee Maker
- *Complimentary Usa Today
- *Ironing Board & Iron
- *Hairdryer

- *Exercise Facility/indoor Pool
- *Complimentary Airport Transportation
- *Full Service Restaurant and Lounge
- *Frequent Traveler Program
- *Located Only 10 Miles from Downtown Milwaukee

Complimentary transportation can be provided to the Brookfield Square, where you will find a variety of restaurants & speciality shops. Maps will be available to you upon check-in.

\$66.00** plus tax

**Please reference the Oneida Tribe when making a reservation to ensure this rate.

Please note that the Oneida Tribe is not endorsing this hotel in any way, this is for your information only, please call our office if you need brochures.



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

First Thursday of Every Month

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

Programs available to low and very-low income households.

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



When Muscles and Joints Won't Stop Hurting

Rheumatoid Arthritis (RA) is an inflammatory disease that generally begins in middle age and occurs with increased frequency as we grow older.

"People with Rheumatoid Arthritis suffer from pain, swelling, stiffness. And loss of joint function", says board-certified Rheumatologist Marlon Hermitanio. "Some individuals are only mildly affected by the disease, but others have a severe form that is active most of the time and leads to serious joint damage and disability".

Fortunately, a variety of treatment options are available to relieve pain, reduce inflammation, and slow down joint damage.

"Striking a balance between rest and exercise is important", explains Dr. Hermitanio. "During periods of joint inflammation, rest is important. When symptoms subside, exercise is crucial for building strong, healthy muscles, as well as maintaining joint mobility and flexibility".

Dr. Hermitanio notes that numerous drugs have been introduced in recent years that can be highly effective in decreasing or even halting the progression of the disease. "A variety of approaches can be successfully used to improve a patient's sense of well-being and ability to function. With careful monitoring and good communication, individuals with RA can have an active life".

WELLNESS MESSAGE

WELLNESS is a balanced lifestyle that honors: our minds and bodies; our emotions; our spirituality; our work; our environment; our relations with others; and our culture and history.

This message comes to us from *A Woman's View from St. Mary's Hospital*.

COOLING A HEAT EMERGENCY

Sweating in the hot sun is no fun. But perspiring is how your body cools itself in extreme temperatures. Certain factors, such as humidity, medication, or dehydration, can throw off this cooling system. The result: a heat -related illness.

Left untreated, heat -related illnesses can become deadly. Luckily this guide can help you chill out the two most common types in their early stages.

HEAT CRAMPS

Heat cramps are painful muscle spasms, arms, or legs. They occur when muscles are deprived of salt. Salt often is lost through excessive sweating, such as during a workout.

Take the following first aid steps to combat heat cramps;

- Find a cool place and sit quietly.
- Drink clear juice, a sports beverage, or 500 millimeters of water mixed with a teaspoon of salt.
- Get medical attention if heat cramps do not go away within the hour. Also seek immediate help if you have heat cramps and are on a low -sodium diet or have heart problems.
- Avoid strenuous activity for a few hours once cramps subside.

HEAT EXHAUSTION

Heat exhaustion can happen after being exposed to high temperatures and not drinking enough fluids. It may occur suddenly or develop after several days of continuous heat exposure. In fact , it might feel a bit like the flu.

Symptoms include:

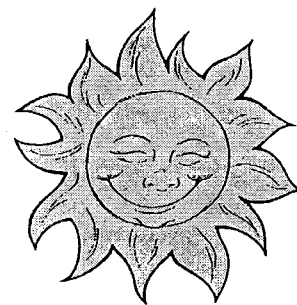
- Irritability
- Headache
- Fatigue and/or weakness
- Nausea or vomiting
- Heavy sweating
- Intense

If you suspect heat exhaustion, find a cooler environment- either in shade or an air-conditioned building or car. Remove any heavy layers of clothing, and apply water or cold, wet towels to the skin. Sip small amounts of cool water or sports drink.

Find help immediately , however, if you have clammy skin, a body temperature above 103 degrees Fahrenheit, or no improvement with the above self care measures.

HEATSTROKE is the deadliest heat illness. It can be fatal or cause permanent disability. Get help right away if any of these signs are noticeable:

- Extremely high body temperatures
- Confusion, dizziness, sudden collapse
- Red, hot, dry skin



REINVIGORATE YOUR LIFE AFTER RETIREMENT

Traditionally, retirement was the period in your life when you quit the job you had been doing for the past 40 years and enjoyed long, idle days of rest and relaxation.

But as the work-world has changed, so has the way seniors retire and the way they live their lives after retirement. Many seniors are now easing their way into retirement instead of going "cold turkey". Seniors are also finding ways to reinvigorate their lives with activities during and after retirement.

Volunteer. One of the most fulfilling and important activities you can undertake as a retiree is volunteer work. You now have the time and wisdom to make a significant difference in the lives of other people and your community. Volunteering is also a great way to meet new people and make new friends. No matter where you live, there are not-for-profit organizations such as the Southeastern Wisconsin Area Agency on Aging, that will welcome your assistance.

Learn. Retirement is also an ideal time to broaden your mind and expand your range of

experiences. If you never got a chance to finish your college degree or have always wanted to go back for a master's degree, now is the time. Contact your closet state college or university about degree programs.

Other activities to keep you young: Of you have your health and a decent retirement income, you can spend your retirements years doing almost anything. If volunteer work or school doesn't interest you, stay young and active by doing something! Consider these activities:

Learn about investing and manage your own retirement portfolio. To add a social aspect to this activity, join an investing club.

Get on good physical shape. Exercise helps prevent many diseases associated with aging. Even if you've never been an athlete, you can join an exercise class or participate in a sport that will keep your body in motion.

Go into politics. Become engaged in the issues that concern your community and consider running for office. If you're a parent or are concerned about children, run for your local school board. Or start with your town or city council.

HELP YOUR DOCTOR TO HELP YOU

In an ideal world, all health-care professionals - doctors included- would be as proficient at talking to and listening to their patients as they are at dealing with medical issues. However, there are things you can do to make appointments better and more productive for both you and your doctor.

Try to describe your emotion or worry rather than displaying it. Although this may be how you are feeling, it does not produce the best results and can hinder your communication with your doctor. Focus on telling your doctor the problem.

Ask where you can get more information. As the saying goes, information makes interviews more efficient. If you know general background information about your condition, then you can spend more time with your doctor discussing your individual situation and the problems and options particular to your case. However, do be cautious of what you read on the internet, only visit reputable sources.

Plan what you want to talk about. Appointments run much more smoothly if you know what you want to talk about. Writing down a tentative plan will help you and your doctor get the most out of your time together.

After you've asked a question, try to repeat what you have heard. A few seconds spent clarifying what you have heard will save time later in sorting out misunderstandings and will reinforce what you have heard so you will remember it more effectively.

WHAT CAN YOU DO TO PREVENT FALLS

Begin a Regular Exercise Program:

Exercise makes you stronger, improves your balance and coordination. Lack of exercise leads to weakness and increases your chance of falling.

Always consult your doctor before starting an exercise program. Ask him/her about the best type of exercise program for YOU.

Exercise Tips:

- ◆ Set a timer and get up every hour to move around during the day.
- ◆ Stretch often.
- ◆ Use exercise videos/tapes.
- ◆ Walk with a group of friends.
- ◆ Walk in the mall or grocery store in the winter months.
- ◆ Chair exercises are better than no exercises.
- ◆ Exercises that improve balance, agility, dexterity and coordination are the most helpful.

Have Your Vision Checked:

A routine vision exam should be scheduled yearly with an eye doctor.

Inform him/her of all medications (prescription, over the counter, vitamins and herbs).

Poor vision will increase the risk of falling by 75%.

Wear prescribed correction lenses during all waking hours.

Move Slowly:

When changing positions, (from sitting or lying to standing) always move SLOWLY.

Relax.

Think before moving.

TAKE YOUR TIME!

Check Your Feet:

Wear sturdy, well-fitted, low heel shoes with non-slip, thin soles that are appropriate for the weather.

Avoid slippers or running shoes.

Avoid thick soles.

Never walk barefoot or in stocking feet.

See your doctor if you have pain, calluses, corns, or are unable to trim your toenails.

SORE FEET CAUSE FALLS

Pamper Those Feet!

Take advantage of foot care clinics offered at your local senior centers!

Dress appropriately:

Wear clothing that doesn't restrict movement.

Loose clothing can catch on doorknobs and furniture.

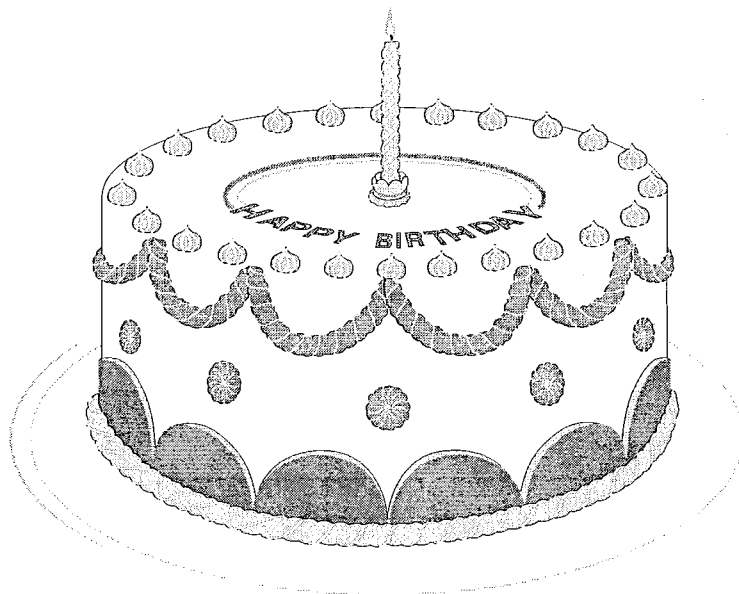
Long robes, pants, and skirts or dresses can cause tripping.

AGING RESOURCE CENTER
Manitowoc County

AUGUST BIRTHDAYS

Happy Birthday to all you August Babies!

Laban Baird	8/7	Marian Mauritz	8/9
Edmund Baumgart	8/30	Gordon Mclester	8/2
William Bennett	8/18	Barbara Mendolla	8/9
Angeline Bocker	8/16	Donald Metoxen	8/2
David Cannon	8/28	Lida Metoxen	8/18
Arlene Danforth	8/12	Nancy M. Metoxen	8/19
Sandra Dennett	8/25	Evadna Muscavitch	8/8
Lois Denny	8/6	Anna Olson	8/15
Lydia Denny	8/4	Viola Ortiz	8/24
Marilyn Elm	8/28	Josie Oudenhoven	8/13
Raymond Elm	8/16	Theresa Powless	8/20
Shirley Evison	8/7	Allen Reed	8/8
Grace Griffey	8/6	Harriet Reiter	8/4
Irene Hill	8/18	George Samardich	8/16
James House	8/5	Deloris Skenandore	8/29
Warren House	8/27	Zach Skenandore	8/29
Rose Howard	8/6	Robert Smith	8/11
Arthur Johnson	8/9	Ronald Sommers	8/15
Karen Jourdan	8/20	Gordon Swamp	8/12
Janice Kedrowski	8/12	Pat Thompson	8/10
Gerald M Kernan	8/29	Orlando Vieau	8/13
Edwin D. King	8/1	Arthur Webster	8/3
Jean King	8/15	Ronald Webster	8/30
Wayne King	8/30	Ted White	8/28
Dolores Lemon	8/6		



CDC WARNS: WEST NILE THREATENS HEALTH OF OLDER AMERICANS

Scientists at the Centers for Disease Control and Prevention (CDC) in Atlanta are reminding health providers in aging that with the advent of summer - and its surfeit of mosquitos- the West Nile virus poses a rare but unmistakable threat to the health of Americans, especially elders. CDC experts discussed their concerns during a symposium at the 2003 Joint Conference of the National Council on the Aging and American Society on Aging (ASA) in Chicago in March.

According to the new ASA/CDC background paper, very few people get sick from the bite of infected mosquitos, but among those who do, the biggest risk for severe cases of illness from the West Nile virus is among people age 50 or older. Elders who become infected with the virus stand the greatest chance of suffering severe illness, and even death. According to preliminary totals, more than 4,000 cases of West Nile virus infection occurred in 2002, resulting in about 250 deaths. All but 10 who died were people age 50 or older, and their median age was 78.

VIGOROUS ELDERS AT RISK

Older people should be concerned and should be careful about protecting themselves against the disease, but they should avoid panic. "Should they change their entire life? No. Should they modify their lifestyle slightly? Yes, stated Lyle Peterson, deputy director of the Division of Vector -Borne Infectious Diseases at CDC. Th divisionhas monitored the spread of the virus as it moved westward from New York, where the first cases appeared in 1999.

He indicated that older people with an active lifestyle, who are often outdoors for recreation or exercise, ironically have the greatest potential risk for contracting the

West Nile virus. Prospective victims are vigorous people hiking in the woods, hunting and fishing, or spending happy hours in their gardens. "The older people the virus tends to infect are pretty healthy people", Peterson said.

Initially, mosquitos get the virus when they feed on infected birds, which have the virus in their blood, then spread it when they bite animals and people. In addition to humans , birds and even reptiles, the West Nile virus has infected cats, dogs, horses, and many other mammals. There is no evidence that humans can get the West Nile virus from contact with these animals, and there is no indications that the disease can be contracted by those who eat game birds or any other animals that might have been infected, say CDC scientists.

According to the agency, the virus apparently has been transmitted through blood transfusions in a few cases, and - in at least one instance- through organ donation, but these facts should not defer anyone from donating blood or getting blood transfusions. More than 4 million people a year receive blood or blood products, and the procedure is safe. As a precautionary measure, however, the CDC said doctors should notify local public - health departments of any cases in which patients show symptoms of infection with the West Nile virus (possibly including headaches, body aches and fever, and occasionally, a skin rash and swollen lymph nodes) within four weeks of receiving a blood transfusion or under going an organ trans plant.

ONE IN FIVE BECOME ILL

The reassuring news is that comparatively few mosquitos are infected with the West Nile virus, and even among people bitten by a- laden mosquito, 80% will show absolutely no symptoms of any ailment. One in five who are bitten,

however, will get West Nile fever, according to the CDC.

Because the condition is so new to the United States, it often goes unidentified. Patients and their doctors often think West Nile fever symptoms indicate only a touch of the flu or some other common non threatening ailment. When the West Nile virus strikes in its milder form, it is easy to miss because of the likelihood of confusion with other ailments, Peterson observed.

The slight or moderate headache, fever and chills, sore throat, aches and diarrhea associated with mild cases of the West Nile virus will make patients feel bad for a few days and will then go away: there is no chronic infection or lasting impact. But some people will have warning symptoms of a more serious illness: very severe headaches, dangerously high fevers and mental confusion. Anyone with these conditions should see a doctor immediately. The physician will draw a blood sample and send it to a public-health system laboratory to check for the West Nile virus.

CDC scientists say that a small number of people, about 1 in 150, who are infected with the virus will develop a severe disease- either West Nile meningitis or West Nile encephalitis. This proportion increases to 1 in 50 people infected among those ages 65 and older. Meningitis is an inflammation of the membrane around the brain and the spinal cord. In West Nile encephalitis, the virus crosses the barrier between the blood and the brain and enters the central nervous system and the brain tissue becomes inflamed. Serious cases include such symptoms as tremors, convulsions, stupor and paralysis. About 10% of those stricken with these severe forms of West Nile virus infection die.

The incubation period for the West Nile virus- the time from when a person is bitten by an infected mosquito until symptoms begin- is 2 to 15 days, but in vast majority

of cases, the symptoms will persist for just a few days, with no permanent impact on the patient. Severe cases, however, last for weeks and may have long-lasting effects.

According to the CDC website, "There is no specific treatment for West Nile virus infection. Even in its most dangerous manifestations the condition is not contagious, CDC explains.

PREVENTION AND PROTECTION

Nobody knows precisely why people over age 50 are at higher risk for developing encephalitis associated with West Nile virus infection. One speculative but unproven theory is that older people are more likely to have a compromised immune system less able to fight the ravages of disease. People of any age can be infected, there is a higher risk of severe disease for older people". Although cases of the West Nile virus have been confirmed in some younger people and even children, the median age of those reported as infected is 55, she added.

Because older people are at higher risk, they need to pay special attention to warnings and guidance about West Nile virus. One effective step is to minimize breeding environments for virus carrying mosquitos, depriving them of stagnant pools of water where they can develop and multiply. Any place with standing water is a potential birthplace for mosquitos. Check potential receptacles- from rain gutters to flower pots- once a week, emptying them. Also, window screens and doors should be checked for holes or cracks where mosquitos can enter.

PRUDENCE- AND DEET- BEAT WEST NILE

With environments secure against mosquitos that may carry West Nile virus, the next step is personal prudence and protection, especially for older people who enjoy the outdoors. "We certainly don't want

to people to reduce the amount of exercise they are getting,” said Lyle Peterson of the Centers for Disease Control and Prevention (CDC).

DAWN AND DUSK

Peterson cautioned that people should avoid being outdoors at dawn and dusk, when mosquitos are most likely to bite. When outside, older people should wear repellent -treated long sleeve shirts or jackets and long pants, not shorts.

According to the CDC, the best repellents contain DEET. The higher

concentration of DEET in a product , the longer it will offer protection against mosquitos: Look on the label for the term “N,N- diethyl-m-toluamide.” or “N,N- diethyl-3 methylbenamide.” The percentage of DEET listed on the label gives consumers an approximate indication of how long the repellent will work. A spray with 7% DEET, for example is good for two hours and a spray with 23.8% offers five hours of protection. There is no need for more than 50% DEET, however, because it does not offer any extra protection.



“Thank You” Oneida Transit and the Department of Public Works for assisting us when we needed your help.

Oneida Transit and the Department of Public Works came to our rescue with no questions asked and the service they provided was very exceptional! All of us at Elderly Services sure appreciate the prompt and excellent services that they provided for us. We appreciate all that you do and I know that I speak for the Oneida Elders as well. Thank you again.

Respectfully,
Lorna Christjohn, Transportation Coordinator

GRASS CUTTING/ FOR ONEIDA ELDERLY

At a recent regular meeting of ONCOA held on June 10, 2003, it was brought to the attention of the commissioners, problems being faced with the elderly grass cutting program. The Elderly Services Program of Oneida provides these services to elderly over the age of 70 as their first priority, and to those ages 55-69 as a second. Those elderly tribal members who have a determined handicapped and are between the ages of 55-69 are placed in the first priority category.

Currently, staff at the Elderly Services have identified several concerns for which they have asked assistance from ONCOA. First, there are over 70 people who qualify for the grass cutting services. Of this number, 50% are over the age of 70 and 50% are in the 55-69 age category that qualify because of a handicap. In order to provide services to all of these people, it takes two to three weeks to make a complete rotation of grass cutting before starting over again.

Secondly, there are currently two (2) trucks and four (4) lawnmowers available through Elderly Services to complete this task. There are two working crews consisting of three staff members each. The two major problems identified are: (1) the need for one more truck and one more lawnmower; and (2) the need for more family members to assist in this task.

It was determined that if there were three working crews with two staff members each, three trucks and three lawnmowers, the task of lawn cutting could be expedited. It was also determined that if the family members of the elderly would take an active role in assisting with grass cutting, it would also expedite the process.

With the summer months in full swing, everyone is enjoying the weather either spending time in their gardens, doing home repairs or making an overall effort to keep things nice in their yards and around their homes. On average, grass needs to be cut once a week. There's a couple of reasons for this, the obvious one is to make one's yard look nice. A

second reason is to eliminate habitats for mosquitoes. Long grass provides a perfect environment for mosquitoes to live and breed.

While Elderly Services is aware of these reasons and is completely sympathetic to the needs of the elderly in the community, there is only so much they can do. They are asking for your help. If you are able-bodied and capable of cutting your own grass, please do. If you have a family member who can come over and help you out, please ask them. What we are asking is for everyone who can to pitch in and help out.

Unfortunately, we have relied heavily on tribal programs to provide so many things to our tribal members—and when they can't we need to be resourceful in looking to other means by which to get our tasks completed, such as grass cutting (and sooner than we'd like to admit, snow plowing). Please be assured Elderly Services is trying to identify more funding to get the equipment they need in order to get grass cut for our elderly members, but that process is slow at best.

One other alternative that was discussed was providing services to the elderly based on income guidelines which would include all members of the household. This is a rather harsh approach, but one that could be considered. Both Elderly Services and ONCOA agreed to try asking everyone for their assistance first. It always seems that when the time comes, if our tribal members need help, everyone rallies around to assist. Community spirit is what it's called.

Today, we are asking for all those who can to contribute to that community spirit and to help those around you – be they a neighbor or family member. We all know our elderly are important members of our community and the contributions they have made. Let's all pitch in to try to make their lives safe and comfortable.

Thank you,

Oneida Nation Commission on Aging

The Effect of Per Capita Distribution of Gaming Revenue on Public Benefits

Many tribes distribute revenue from casino gaming to individual Tribal members. These payments, often referred to as per capita distributions of gaming revenue, can affect an individual Tribal member's eligibility for certain public benefits. The general rule is that need-based benefits may be affected by per capita distributions of gaming revenue, but benefits that are not based on need should not be affected. The following list identifies specific benefits and whether they are likely to be affected by a per capita distribution of gaming revenue:

Need-based programs that maybe affected by a per capita distribution of gaming revenue:

- *Supplemental Security Income (SSI) based on age
- *Supplemental Security Income (SSI) based on disability
- *Need-based Veteran's benefits
- *QMB, SLMB, and SLMB+ (Medicare Buy-In Programs)
- *Food Stamps
- *Medical Assistance
- *Commodities
- *W-2, TANF

Programs that should not be affected by a per capita distribution of gaming revenue:

- * Social Security Retirement Benefits
- * Social Security Survivor Benefits
- * Social Security Disability Benefits
- * Medicare (Part A and Part B)

Generally, recipients of need-based public benefits have an obligation to report all changes in income, such as increased income due to per capita distribution, to their case workers. Tribal elders who would like assistance reporting income or determining whether their public benefits will be affected by per capita distribution of gaming revenue can contact Oneida's Tribal Benefit Specialists Lori Metoxen or Julia Hill at Oneida Elderly Services at (920) 869-2448 or 1(800) 867-1551.

**ONEIDA NATION COMMISSION ON
AGING**

REGULAR MEETING - JUNE 10, 2003
ELDERLY SERVICES COMPLEX
CONFERENCE ROOM
1:00 P.M.

MINUTES

I. CALL TO ORDER: The meeting was called to order at 1:00 p.m. by Chairwoman, Dellora Cornelius.

II. WELCOME AND PRAYER: Arlie Doxtator delivered the opening prayer.

III. ROLL CALL: Present: Arlie Doxtator, Dellora Cornelius, Lois Powless, Dorothy J. Skenandore, Valder John, Clifford Doxtator, Lois Strong, Nadine Escamea. Others present: Robert Lagest, Sue Daniels, Dave Larson, Lisa Summers, Florence Petri, Yvonne Jourdan, Pearl McLester.

IV. APPROVAL OF AGENDA: Motion by Lois Powless to approve agenda. 2nd by Arlie Doxtator, motion carried.

V. APPROVAL OF MINUTES:

May 13, 2003 - Regular ONCOA Meeting - Motion by Lois Powless to approve minutes, 2nd by Valder John, motion carried.

May 15, 2003 - Quarterly Meeting with Oneida Business Committee - Motion by Dorothy J. Skenandore to approve minutes, 2nd by Arlie Doxtator, motion carried.

May 27, 2003 - Special Meeting - Senior Care/Oneida Constitution - Motion by Valder John to approve minutes, 2nd by Lois Powless, motion carried.

VI. REPORTS

A. Bay Area Agency on Aging - Gail

Fisher/Arlie Doxtator. Gail was not present at the meeting. Arlie reported that BAAA has a job posting for Executive Director. On June 21, they will review the applications and by June 30, they will select a new director. Arlie will sit in on the interviews. Florence indicated that Brown County had concerns that more time was being spent with the tribes than the other aging units. Motion by Lois Powless to accept the report, 2nd by Clifford Doxtator, motion carried.

B. OBC Liaison - Brian Doxtator. Lisa Summers was at the meeting representing Brian. As a result of the quarterly meeting with OBC, Brian has written a memo to Janice Hirth requesting action on several of the issues. ONCOA is requesting a copy of that memo. Lisa reported that at the GTC meeting in January, there will be a resolution for another per capita payment of \$750 for FY 2004. Options will then be provided at either the January or July GTC meeting of 2004. The treasurer is looking at ways to distribute per capita that will not affect taxes. Motion by Dorothy J. Skenandore to approve the report, 2nd by Lois Powless, motion carried.

C. Elderly Services Program/May - Florence Petri. Motion by Lois Powless to approve the report, 2nd by Dorothy J. Skenandore. Discussion: BAAA has collected money to have a memorial stone placed at the Elderly Services Complex in memory of Roberta Kinzhuma. Title VI starts over in April. Robert Lagest had requested time to present information regarding the grass cutting situation for the elderly. He indicated there is a policy that exists and that they have over 70 people who are on their list. He understands there are complaints in the community that it

takes so long for grass to get cut, and he was asking ONCOA for their help and support to figure out solutions. He indicated he has two crews of three people each. His program has two trucks and two lawnmowers. If he could get one more truck and one more lawnmower, he could divide his crews up to have three crews with two people each, versus two crews with three people each. They could get a lot more work done. There was quite a bit of discussion around this issue. On one hand, because of lack of necessary equipment, it takes almost two to three weeks to rotate around the reservation cutting grass. On the other hand, many of those who are on the list have able-bodied family members living in the home who will not help with the work. Requests have gone to DPW to ask for assistance, however, DPW also has tribal properties they must maintain. Each time DPW assists with grass cutting, they charge Elderly Services \$40.00. Robert has used JTPA students 16 years of age and older, but have found this to be a fiasco. Things have changed in Oneida. The tribe is growing really fast, we have a lot of property that needs grass cutting, and the staff and budgets are not increasing to accommodate this growth. There are five programs that cut grass: Parks, DOLM, DPW, OHA and Elderly Services. Robert indicated that at least 50% of his client list is 70 years of age or older. The rest are in the category of 55 - 69 years of age and handicapped. Lisa Summers suggested ONCOA write a memo to Brian, explain the situation and highlight the immediate needs. Original motion carried to approve Florence and Robert's reports. MOTION by Lois Strong that Sue draft a letter stating the issues, how we can improve grass cutting, the social impacts, and the

need for family support. Also, to address alternatives, 2nd by Clifford Doxtator, motion carried.

PRESENTATION BY STEVE HILL - Background Investigator. The tribe is responsible to comply with the Wisconsin Care Givers Law which affects children and elderly. The tribe also has other checks they make which are more restrictive. There is a check with the Department of Health and Family Services and a professional licensing check. Such information as criminal background, other jobs, problems on those jobs, etc. People usually get fired, but not prosecuted. There is a Criminal Restriction Policy for the state. The Tribe uses all these laws and makes them stricter. If a person has an ordinance violation the tribe will not hire. If using only the Care Givers Law, a background check takes about three days. The background check used by the tribe takes between four to six weeks. An ordinance violation is less than a felony or a misdemeanor. It is an infraction that is punishable by a fine only. QUESTION: Couldn't an applicant, after being processed through the state's background check, be hired contingent upon completion of the full background check? So many times it takes so long for the background check, applicants go elsewhere. QUESTION: What about those who work for the tribe and are placed by an agency? STEVE: Those agencies conduct their own background checks, the tribe does not. Oneida does not know the outcome of those background checks. PARDON POLICY: In the beginning, gaming had a Pardon Policy process. When the Gaming HRD merged with the tribe's HRD, this policy became effective across the board although this was not the

intent. The State has a Rehabilitative Review Pardon. If the tribe pardons someone, the State does not recognize it. BONDING: People need to be bonded because of the tribe's insurance coverage and potential loss. If there is theft, misbehavior or fraud, these are all violations of bonding. STATEMENT: If a person applying for a job with the tribe has an ordinance violation, they cannot get hired. However, if a person already works for the tribe and commits a felony or misdemeanor, they can go in front of the pardons board, get pardoned and keep or be reinstated in their position? It was generally agreed that this was an accurate statement. Everyone thanked Steve for his presentation and the valuable information he provided.

D. Dave Larson Report - Dave was not present. ONCOA put the report on hold in the event he returned to the meeting.

E. Elderly Services Ad Hoc Committee-May - Warren Skenandore. No meeting in May, no report.

F. Financial Report/April - Motion by Lois Strong to approve report, 2nd by Nadine Escamea, motion carried.

G. ONCOA Reports

1. CWAG/Arlie Doxtator - Stephanie Sue Stein from Milwaukee County made a presentation at the CWAG conference regarding information about COP and other programs for elder care. Arlie would like to invite her to present to the elderly community in Oneida. There is no charge for a presentation unless she needs to stay overnight at a hotel. MOTION by Arlie to have Sue Stein come to Oneida for a Special Meeting on July 22

at 1:00 p.m., 2nd by Lois Strong, motion carried. It was suggested this meeting be an Ice Cream Social and that advertisement go out on Groupwise A-Z, KaliWisaks, DRUMS and flyers.

2. CWAG Reports - June 4, 5 and 6, 2003 - Dellora Cornelius, Nadine Escamea, Lois Powless, Valder John, Lois Strong, Dorothy J. Skenandore, Arlie Doxtator. Motion by Dorothy J. Skenandore to table reports, 2nd by Nadine Escamea, motion carried.

3. WIEA Report for June - Clifford Doxtator. Motion by Lois Strong to table report, 2nd by Lois Powless, motion carried.

VII. TABLED BUSINESS

A. Elderly Services/Ad Hoc Committee January, February, March, April - Leave tabled.

B. Dave Larson Report/March - Leave tabled.

C. CWAG/Arlie Doxtator - Leave tabled.

D. Senior Statesmanship Report/Lois Strong, Valder John, Nadine Escamea. Motion by Lois Powless to take Nadine Escamea's report from the table, 2nd by Dorothy J. Skenandore, motion carried. Motion by Lois Strong to approve report, 2nd by Dorothy J. Skenandore, motion carried.

E. Committee on Home Health Care/Lois Strong, Dellora Cornelius. Leave tabled.

F. Driveway Survey Report - Nadine Escamea. Motion by Lois Strong to take from table, 2nd by Lois Powless, motion

carried. Nadine has conducted a survey and placed a call to Florence Petri for numbers of those in need of driveways. There are 46 driveways not completed. Of those three are asking for resealing. This program allowed for only 100 feet of driveway. If the driveway is longer, the individual was responsible for paying for the difference. Currently, we have an outdated policy for this program, no income guidelines, and no way to determine eligibility for such a program. MOTION by Lois Strong to accept report, 2nd by Lois Powless, motion carried. MOTION by Lois Strong to invite John Breuninger to the next ONCOA meeting to discuss the next steps, 2nd by Arlie Doxtator, motion carried.

G. CWAG Workshop Stipends. Motion by Lois Powless to take from table, 2nd by Lois Strong, motion carried. Dellora had requested a legal opinion regarding payment of stipends for attending this meeting. As of yet, she has not received any information. Motion by Clifford Doxtator to table, 2nd by Valder John, motion carried.

H. Aging Network Training Report (written) - Nadine Escamea, Arlie Doxtator, Dorothy J. Skenandore, Dellora Cornelius, Clifford Doxtator. Lois Strong. Motion by Lois Powless to take from table Dorothy J. and Lois Strong's report, 2nd by Arlie Doxtator, motion carried. Motion by Lois Powless to accept Dorothy J and Lois Strong's reports, 2nd by Clifford Doxtator, motion carried. For the record, Clifford Doxtator did not attend this meeting due to a doctor's appointment.

VII. OLD BUSINESS

A. Balancing Acquisition to Benefit

Everyone - DOLM. Motion by Dorothy J. Skenandore to support the Division of Land Management's BABE program, 2nd by Lois Strong, motion carried.

B. Safety Inspection of Elderly services Complex - Dan King. Dan presented his report as a result of the safety inspection conducted at the Elderly Services Complex. His primary focus was on the sprinkler system. The Town of Hobart's Fire Inspector was here over a year ago and pointed out the rusted, faulty, corroded sprinkler heads. These heads were on recall. Had they been ordered and replaced within a certain period of time, there would be no charge. Because they have not been taken care of for over a year, replacement of these sprinkler heads will probably cost again. Dan's report suggested ONCOA request written proof of required inspections that have been conducted on this building since its inception. MOTION by Lois Strong to have Sue send a letter to the Elderly Services Building Manager, Dave Larson, to provide proof of the plan to work on the problems outlined in the report, and proof that it's been done in the past with a copy to our OBC liaison, Deanna Bauman, Fred Muscavitch and Florence Petri, 2nd by Clifford Doxtator, motion carried. It was discussed that ONCOA should host a tenant's meeting at the Elderly Services complex to find out issues of concern. This will be hosted in the near future. Everyone thanked Dan for coming and waiting so long to make his presentation.

C. Time Warner Cable Quote Updates. There was a preliminary quote sent from Time Warner Cable with a request to come back again to present to ONCOA at their next meeting in July.

D. ONCOA By-Laws - Status Update. The by-laws will be on the LOC agenda on June 9th or June 16th after which time it will be forwarded to the OBC.

E. Request for Office Space - Facilities Management Team - Status Update. A request has been sent to Paul Witek, consideration being given to that request at their meeting of June 3. Pat Foss has been assigned to be the FMT project Manager for our request.

F. ONCOA's research regarding disposition of Ad Hoc Committee (See May 15, 2003 Quarterly OBC/ONCOA minutes). There are many variables that need to be considered regarding this committee. One, there continues to be a lack of information forthcoming. Although reports are being formatted properly, there is no representative from this committee attending ONCOA meetings to explain and discuss its contents. This project is taking far too long. There are 48 people on the elderly apartment's waiting list. There is a need for long term care, assisted living. People are living longer, able to take care of themselves, therefore, there is a need for apartments also. MOTION by Lois

Powless to rescind the previous motion made by ONCOA on March 17, 2003, specifically, "...in the event of a vacancy on the Ad Hoc Committee, notification of such vacancy is to be made to ONCOA. ONCOA is to choose replacement(s) from their active members", 2nd by Clifford Doxtator. Discussion: it is still the intention of ONCOA that "...Upon expiration of a term of commissioner from ONCOA, their position on the Ad Hoc Committee will also expire. Replacement of that member must be from active ONCOA commissioners." MOTION by Valder John that ONCOA recall the present Ad Hoc Committee members, replace them with active ONCOA members and thank them for their service and contribution, 2nd by Arlie Doxtator, motion carried.

IX. NEW BUSINESS - None

X. EXECUTIVE SESSION - None

XI. ANNOUNCEMENTS - None

XII. ADJOURNMENT: Motion by Valder John to adjourn the meeting at 4:10 p.m., 2nd by Lois Strong, motion carried.

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

MINUTES

I. CALL TO ORDER: Chairwoman Dellora Cornelius called the meeting to order at 1:11 p.m.

II. WELCOME AND PRAYER: Arlie Doxtator delivered the opening prayer

III. ROLL CALL: Arlie Doxtator, Dellora Cornelius, Dorothy J. Skenandore, Valder John, Lois Strong, Clifford Doxtator. Others present: Brian Doxtator, Arlyce Paulsen, Yvonne Jourdan, Sue Daniels. LATE: (1:45 p.m.) Nadine Escamea.

IV. APPROVAL OF AGENDA: Motion by Lois Strong to approve agenda, 2nd by Lois Powless, motion carried.

V. DISCUSSION OF INDIAN HOUSING PLAN, PREPARATION OF COMMENTS, SUBMISSION PLAN.

ARLYCE: What can housing do for the elderly? There are ten units for the elderly. We need to plan for the "baby boomers." There is a public hearing on June 20, 2003 at which time all should come and express housing needs. OHA can start an elderly complex by next year, however, to date there is no demonstrated need. OHA has no waiting list for elderly. There are no applications on file. COMMENT: Dave Larson has 49-50 people on his waiting list, but hasn't shared this information with Arlyce or through the Housing Task Force. LOIS STRONG: There are 351 elderly on the reservation according to your plan. ARLYCE: What is their status on

housing? The Indian housing plan is based on low-income for the 351 people. These numbers came from enrollments. The numbers vary as people come and go. Is there anything we can do for an accurate census? BRIAN: We need an accurate database which is what the Housing Task Force is working on. Per capita applicants are usually always most accurate. CLIFFORD: How many people are there per unit? ARLYCE: There are no specifics at this time. They are all one bedroom units. QUESTION: Can two bedrooms be built for the elderly so one can be for their care taker? Also, many elderly would like a storage room versus a basement. Who is eligible? ARLYCE: Oneidas first, then other enrolled Indians, then non-native with Oneida children. To qualify, must be a resident of Wisconsin. Elderly, however, can be from anywhere in the United States. There are openings in the elderly units now. Usually, as soon as an elderly applies, they get an apartment. ONCOA can put an article in the KaliWisaks encouraging elderly to apply to OHA for housing - this should address those on other waiting lists.

ARLYCE: Revisions can be made to the Indian Housing Plan at any time. LOIS STRONG: There are many definitions of Assisted Living. At CWAG it was stated that assisted living facilities do not have to be licensed. Regulations: Nursing homes are regulated. Criteria: What do we need or want? What is the criteria we want? ARLYCE: Housing Authority can build over here by the Elderly Services Complex. Apparently, there is no application on file at DOLM putting aside this land specifically for

the elderly. Presently, OHA approaches DOLM for land.

COMMENTS: Use Keefe and Associates study for information, demographics. Add more apartments, add kitchen, call it assisted living - what we have now. BRIAN: Not in favor of the Indian Housing Plan because it names the Oneida Housing Authority as the Tribally Designated Housing Entity (TDHE). The Federal Government recognizes the Oneida Housing Authority Board (OHA). OHA only recognizes low-income people and mutual help. OHA does not look at single people without children or other housing needs. OHA is not equipped to be the TDHE because there are more needs than OHA can address. This is Brian's objection to submitting the plan and having OHA recognized as TDHE. If the Housing Task Force was identified as the TDHE, this task force would be representative of all housing entities and programs in Oneida. An applicant could go to one place for "one stop shopping", apply and be directed to the program for which they qualify. ONCOA's relationship should be with the OHA board to discuss needs and concerns. Keep level of authority the same. ONCOA goes to OHA board, who in turn gives direction to the director. OHA is very restrictive. If they are the TDHE, there would be greater limitations and would subject elderly to more federal regulations. All housing entities need to work together.

Today, housing programs are territorial. TDHE only takes care of federal money that comes into the tribe. Currently, the Housing Task Force is comprised of a technical team. They are working on an information database and the job description for a Housing coordinator for the "one stop shopping" concept. The Housing Task Force should have communicated this information more openly so people understood their main assignments. The Public hearing is currently their main focus. As far as process, Arlyce can approach the OHA board and ask for the waiting list, the OHA board approaches Brian, Brian can then direct through the chain of command to make this information available. For more information on TDHE, see the NAHASDA website. ONCOA should also exercise its right to meet with the OCHC to request assistance in terms of cooperation on the part of OCHC staff. Currently, the OBC approved the Indian Housing Plan. Arlyce has sent it in. Once it is approved, it can be changed or revised. ONCOA can submit changes, comments.

ONCOA would like to see what comes out of the public hearing for information. Representatives on the Housing Task Force include ONCOA, OHA, DOLM.

VI. ADJOURNMENT: Motion by Dorothy J. Skenandore to adjourn at 2:30 p.m., 2nd by Clifford, motion carried.

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

ONCOA AGENDA REQUEST FORM

_____ REGULAR MONTHLY ONCOA AGENDA

_____ (SCHEDULED DATE)

_____ SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

_____ (SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ YES

☐ NO

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

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

APPROX. TIME REQUESTED TO DISCUSS ITEM: _____ MINUTES

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

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

1) _____

2) _____

REQUESTED BY: _____ DATE: _____

Name

Title

Phone

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

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: _____

RECEIVED BY: _____ DATE: _____