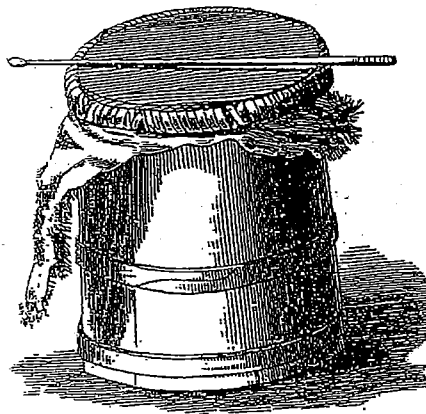


DRUMS

ELDERLY SERVICES
2907 S. Overland Rd.

P.O. Box 365

ACROSS



ONEIDA

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

on hste? Weh-hni-tahl

Green Corn Moon

August 2005

FOUR NATION ELDERLY PICNIC

HO-CHUNK NATION
MENOMINEE NATION

ONEIDA NATION
STOCKBRIDGE NATION

THURSDAY AUGUST 25TH, 2005
10:00 AM

DEXTER PARK, IN DEXTERVILLE
SOUTH OF PITTSVILLE
3751 STATE HWY. 80
PITTSVILLE, WISCONSIN 54466
715-421-8422

ENTERTAINMENT, BINGO, DOOR PRIZES
PLEASE REGISTER AT THE MEALSITE IF YOU WILL BE NEEDING A RIDE.
BUS WILL BE LEAVING AT 7:30 AM AT THE MEALSITE

ELDERLY SERVICES COMPLEX:

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

ONEIDA SENIOR CENTER:

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

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

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

Leland Danforth

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

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

Celebrate our August Birthdays

Ed Baumgart	8-30	Delores Lemon	8-06
William Bennett	8-18	Gordon McLester	8-02
Angie Brocker	8-16	Barbara Mendolla	8-09
David Cannon	8-28	Alberta Metoxen	8-11
Angie Cayenberg	8-24	Donald Metoxen	8-02
Arlene Danforth	8-12	Lida Metoxen	6-19
Sandra Dennett	8-25	Lois Metoxen	8-03
Louis Denny	8-06	Evadna Muscavitch	8-08
Lydia Denny	8-04	Josie Oudenhoven	8-13
Marilyn Elm	8-28	Thersa Powless	8-20
Shirley Evison	8-07	Allen Reed	8-08
Alfreda Green	8-29	Harriet Reiter	8-30
Grace Griffy	8-06	Helen Skenadore	8-17
Jerry Hill	8-30	Delores Skenandore	8-29
Irene Hill	8-18	Robert Smith	8-11
Rose Howard	8-06	Ronald Summers	8-15
Arthur Johnson	8-09	Gordon Swamp	8-12
Karen Jordan	8-20	Pat Thompson	8-12
Janis Kedrowski	8-12	Arthur Webster	8-03
Gerald Kerman	9-29	Ronald Webster	8-30
Jean King	8-15	Ted White	8-28
Wayne King	8-30		

Elder's, if you have a birthday in September, please join us at the Senior Center, 134 Riverdale Drive, Oneida, Wi. (Hwy J) on August 25, 2005. Have lunch with us and sign the birthday book.



Birthday's for our elders are celebrated on the last Thursday of each month.

Happy Belated Birthday To
Gordon Tabor
7-29

Send Diabetes Packin'

**AUGUST 10, 2005
5:30 - 9:00 PM**

**Join us at the Lambeau Field
Atrium in Green Bay for an
evening of good food,
important information and a
great time of fun and laughs!**

Master of Ceremonies:

TIM MOUREAU, RN, NP, CDE

Featuring:

**DR. LAVERDURE, Member of Turtle Mountain Band of
Chippewa Indians**

***Family Practice / Medical Director for Peter Christensen
Health Center / Ministry Medical Group in Lac Du Flambeau***

And

**CHARLIE HILL, Member of Oneida Tribe of Indians of WI
*Renowned standup comedian, has appeared on Letterman & Leno***

Register for prize of: Recumbant Bike

**** Must be 18 and present to win***

Ticket Information: Ticket Price: \$5.00 per person

***Tickets can be purchased at the following
Oneida Community Health Center locations:***

- Welcome / Greeter's Desk**
- Diabetic Team (869-4861)**
- WIC/Nutrition office**

Sponsored by: Oneida Community Health Center Diabetes Grant

ANNOUNCING

ANNUAL FUNDRAISING RUMMAGE SALE CAR WASH AND 50/50 RAFFLE

Oneida Senior Center
134 Riverdale Drive
Friday August 26th 2005
Time : 10 am- 3pm

There will be lots of goodies for sale:

Clothing, Bedding, Furniture,
Dishes, Jewelry, Knick-Knacks,
And Many More Items,
To Many To List.
Please Come And Check
Us Out.

Food Menu
Brats & Hamburgers, Chips
Strawberry Shortcake,
Soda & Bottle Water

50/50 Raffle Held At 2:30 PM
Person need not be present

Oneida Senior Center
134 Riverdale Drive
(Cty. Hwy J.)
Oneida, Wi. 54155
869-1151

The million little things that drop
into our hands, the small
opportunities each day brings
He leaves us free to use or abuse
and goes unchanging along
His silent way.

Helen Keller

BREAKING BAD HABITS

THE COST OF HABITS

Habits such as snacking, drinking, smoking
can put a dent in your pocket book over a 12
month period. Consider this:

Soft drinks:

Two soft drinks at \$1 for five days a
year = \$520 a year.

Eating out:

Lunch for 5 days at \$6 per day =
\$1,560 per year.

Chips or Candy:

One a day at 65 cents for five days =
\$169 a year.

Cigarettes:

One pack daily at \$5.50 = \$2007.50

Alcohol:

One case of beer a week at \$15 =
\$780

Don't forget to reward yourself for starting
out on a healthier road. You'll find yourself
replacing yourself with healthier, enjoyable
ones.

Thought starters:

- + Join a gym.
- + See a concert.
- + Get a monthly massage.
- + Start a new hobby.
- + Sign up to go on a trip.
- + Go for a walk.
- + Visit a web site for more natural
stress relievers.

Make this the month to quit your habits!!
Here's a few tips to help your cravings.

Choose a oral substitute-fruit, veggies,
sunflower seeds, hard candy, sugarless
gum.

Spend time in smoke free area.

Take a shower, or a brisk walk.

Relax and concentrate on soothing scenes.

Light incense or a candle instead of a
cigarette.

Take 10 deep breaths.

Don't use fear of weight gain as a excuse not
to quit smoking.

LEFTOVERS

Leftovers don't have to be boring. They can save money and be helpful in preparing quick meals. For example, buy a large cut of meat and cook it all at once. Use a portion of it at one meal. Then, part of the next meal is ready for use in other recipes.

Some helpful hints on how to use foods left over.

- + Use foods left over from a meal in a new way the next time it is served. For instance, if beef is left over from a roast it doesn't always need to be served as slice beef the next day. Instead use it in beef chop suey, beef stir fry or chili. Mash bits of fruit and add them to fruit juice.

- + Find new recipes for foods left over. Chicken chunks can be used in pasta salad or ground beef in a tamale pie. Turkey can be ground for meatloaf or pork bits can be used on a home made pizza. Vegetables left over can be added to soups, stews, casseroles. Mash bits of fruit and add them to fruit juice. Then, use the juice to make fruit shakes.

- + Combine small servings of meat and poultry with less costly foods such as potatoes, rice, macaroni, and breads.

- + Handle leftovers with care. If they spoil before you can use them, money is wasted. No foods should be left out of the refrigerator more than two hours. Cover food tightly and chill or freeze it right away. Leftovers should not be kept in the refrigerator more than two days without freezing them for later use. ■

WHAT DOES LOVE MEAN?

When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it all the time, even when his hands got arthritis too. That's **LOVE**.

Rebecca age 8.

Smart Snakes

A snack is a small amount of food eaten between meals. Snacks can be a healthful part of your food plan. Snacks should :

- + satisfy hunger but not keep you from eating regular meals.
- + help meet the total day's nutrient needs
- + be quick to fix and low in cost.

It's often difficult for seniors to eat all the food they need in three meals. Because of a small appetite or a chronic illness, it may be wise for you to eat three small meals plus several small but filling snacks. Snacks can help you meet the day's nutrition needs. Select healthful snacks from the five food groups. From the bread group try pretzels, animal crackers, bagels, cereal, muffins, tortillas, or bread sticks.

Meat group ideas might include: leftover meat strips, such as ham or chicken, peanut butter on crackers, or deviled eggs.

From the fruit and vegetable groups try: carrot sticks, frozen fruit cubes, hot applesauce with cinnamon, fresh or dried fruits.

Milk group choices could be hot cocoa, shakes, pudding, custard, yogurt or cheese cubes.

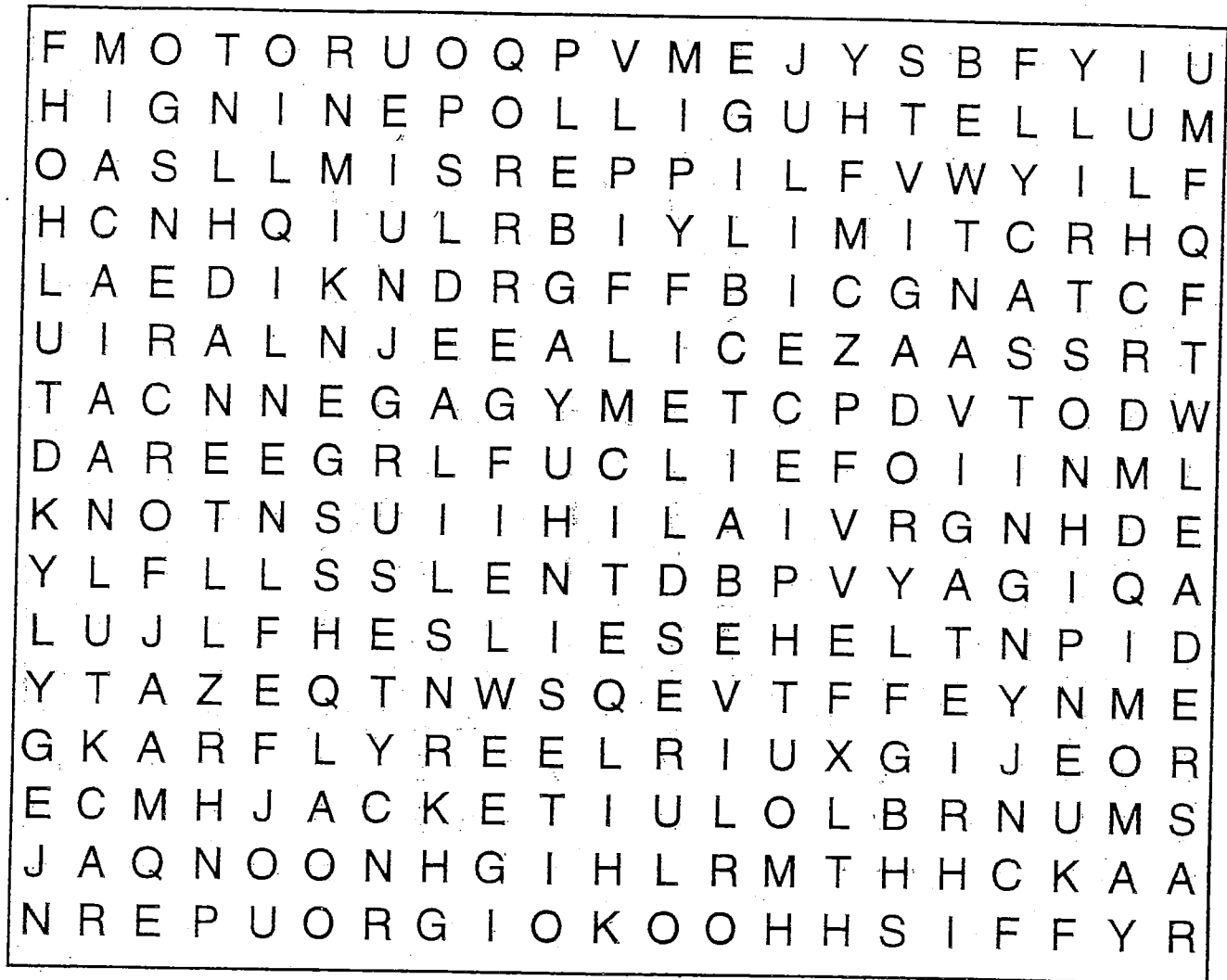
Limit snacks in the fat and sweet group such as pop, candy and cookies. These snacks contain little more than calories and you become hungry soon after eating them.

Snacks can help with weight management. High-calorie, high nutrient snacks, such as milk shakes, can help people gain weight. Or low-calorie, nutritious foods, such as fruit can help people lose weight.

Thomas Jefferson's Quotes

- + Never trouble anyone for what you can do yourself.
- + Never buy what you do not want because it is cheap.
- + Nothing is troublesome that we do willingly.

Going Fishing



F1114

FISHHOOK
FISHING LINE
FLIPPERS
FLOAT
FLY
FLYCASTING
FLYFISHERMAN
FLYREEL
FLYROD
GEAR

GILL OPENING
GROUPE
GULLS
HANDLE
HARNESS
HAT
HIGH NOON
HOOK
ICE CHEST
JACKET

JIG
KNIFE
KNOT
LAKE
LEADERS
LICENSE
LIMIT
LINE
LINEGUIDE
LIVE BAIT

LURES
MARLIN
MOTOR
MOUTHPIECE
MUD
MULLET
NAVIGATE
NET
NOSTRIL
OCEAN

ACTIVITIES AUGUST 2005

Mon	Tue	Wed	Thu	Fri
1 CRAFTS Elderly Services 9:30 ICE CREAM SOCIAL 1:00 Eld. Serv.	2 CRAFTS @ Epworth Hall 9:30 -11:30	3 COOKING Elderly Serv. 9:30 BINGO Senior Center 1:00	4 RUMMAGE SALES 10:00 FALL CRAFT Elderly Serv. 1:00	5 BANKS, SHOPPING, LUNCH OUT 10:00 — 3:00
8 PACE 11:00 Sen. Cent. SHIRT PAINTING Elderly Services 1:00	9 CRAFTS @ Epworth Hall 9:30 -11:30	10 FARMER'S MARKET 10:30 MOVIE Elderly Serv. 1:00	11 PACE 11:00 Sen. Cent. GOODWILL 1:00	12 BANKS, SHOPPING, LUNCH OUT 10:00—3:00
15 PACE 11:00 Sen. Cent. SCRAP BOOKING Elderly Services 1:00	16 CRAFTS @ Epworth Hall 9:30 -11:30	17 GREAT HARVEST BREAD TOUR 10:00 BINGO	18 PACE 11:00 Sen. Cent. CARD GAMES Elderly Serv. 1:00	19 BANKS, SHOPPING, LUNCH OUT 10:00—3:00
22 PACE 11:00 Sen. Cent. BOWLING Ashw. Lanes 1:30	23 BINGO @ Epworth Hall 9:30 -11:30	24 FARMER'S MARKET 10:30 MOVIE Elderly Serv. 1:00	25 4 NATIONS PICNIC 7:30 A.M.	26 BANKS, SHOPPING, LUNCH OUT 10:00—3:00 E.S. RUMMAGE SALE
29 PACE 11:00 Sen. Cent. FALL CRAFT Elderly Serv. 1:00	30 CRAFTS @ Epworth Hall 9:30 -11:30	31 1:00 BOARD GAMES Eld. Serv. BINGO Senior Center 1:00	Please sign up for trips at Senior Cen- ter <u>All Trips leave from</u> Senior Center	Activities due to change without notice

Lorna's Corner

Elder Humor

You know how hot August can get; muggy, sticky, and very uncomfortable. I asked the elders why do they call August, "Dogs Days?" Here are a few of their replies.

One elder said "It's too hot for a dog.

Another said "I wouldn't want to be a dog in this weather."

Another elder said, "This weather would kill a dog."

Another elder said, "My dog always digs a hole in the dirt to cool off, but all he got was dirty, and he didn't know enough to dig a hole in the shade at least."

Another elder said, "I guess they call it Dog Days because it affects everyone, even the dogs."

Another elder said, "Well, they should have a special kind of day if they want to call something after a dog instead of such a miserable hot and sticky weather, because my dog is special to me.

Another elder said, "People say this weather gives the dogs fits, you know rabbits.

Another elder said, "It takes more than these hot days to get me crazy and drooling. In my younger days that only happened if I had too much wine on a hot day like this!

You know it is amazing what you can find out by only asking one question. I still don't know why they call it dog days; maybe the dog got into the wine also!!!! ■

A Special Thank-you

Dear Florence & Elders, ❀

It was great to see all of you at our Milwaukee Meal-Site. I enjoyed talking with you and hope you had a good time while you were here. We want to thank all of you who came to visit, and know the folks here enjoyed seeing all of you. Please come back again. I also want to thank-you Florence for the great idea of getting all of the elders together. It worked out real nice. Hopefully we can get some of our elders up there. We know they would like that.

Thanks again; could you please pass this on to the elders?

Yawa-ko ❀

Deb, Carmen, Bernie, Seots.

Preventing Food Spoilage

Proper refrigeration will help prevent spoilage. Check the temperature by placing a thermometer in the warmest part of your refrigerator. The temperature should be at 40° F. Freezers should be kept at 0° F or below. Keep your refrigerator clean by wiping it out with soap and water often. Foods should be placed in the refrigerator so that cool air can circulate around each item.

When you shop buy cold foods last. Take food straight home to refrigerate. Food should never be left in a hot car! Freeze fresh meat, poultry or fish that you don't plan to use within a few days. Put meat, poultry or fish packages on a plate before refrigerating so that their juices don't drip on other food. Raw juices can contain harmful bacteria.



Yearn to understand first and
to be understood second.



WASHINGTON DC

6Days/5 Nights

September 29 through October 4, 2005

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

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

COST: \$639.00

Cost are based on double occupancy/per person.

Includes Two staff for assistance.

Deadline for sign-up is September 1st 2005. All payments must be in
by September 8th, 2005

Must have twenty people signed up or the trip will be canceled.

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

Elderly Services Store and Gift Shop

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

The following is a list of items for sale:

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

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

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

Falls
Check Your Home For Safety
Kitchen

Look at your kitchen and eating area.

- Q. Are the things you use most often on high shelves?
- + Move items in your cabinet. Heavier items should be on the lower shelves, so as not to fall.
 - + Keep things you use more often on the lower shelves.(about waist high)

- Q. Is your step stool unsteady?
- + Get a new step stool with a bar to hold on to. Never use a chair as a step stool.

Bedrooms
Look At All Your Bedrooms

- Q. Is the light near the bed hard to reach? Does the switch turn easily? Is the bulb bright enough?

- + Place a lamp close to the bed where it can be reach. A lamp able to accommodate at least a 60-watt bulb is recommended.

- Q. Is the path from the bed to the bathroom to dark or cluttered?

- + Put a night-light so you can see where you are walking. Some night lights go on by themselves after dark or use a motion light.
- + Make sure the path is clear.

Bathrooms

- Q. Is the tub or shower floors slippery?
- + Put a non-skid rubber mat or self-stick strips on the floor to the tub or shower. Throw rugs should be rubber backed also.
 - + Clean up spills immediately.

- Q. Do you have a grab bar to assist

- you getting in and out of the of the tub /shower or up from the toilet?
- + Have a handy man put in a grab bar inside the shower or tub and next to the toilet.
 - + Hand held shower heads and tub or shower chairs are also available.

Safety Tips

- + Improving the lighting in your home.
- + Use brighter light bulbs. Frosted bulbs reduce glare. Use lampshades and window coverings that reduce glare,
- + Check lamp cords,make sure you don't trip over them.
- + Do not wax floors. (no even with non-skid wax.)
- + Use stable chairs with arm rest to assist when getting up.
- + Keep emergency numbers in large print near the phones.
- + Include family and close relatives to call in case of emergency.
- + Put a phone near the floor in case you fall and can't get up.
- + Consider wearing a alarm device. (Life Line) that will summon help quickly if you fall. ■

Geriatric Humor

A distraught senior citizen phoned her doctor's office,"Is it true, that the medicine you prescribe has to be taken the rest of my life?" "Yes, I'm afraid so, " the doctor told her. There was a moment of silence before the lady replied, "I'm wondering then how serious is my problem. This prescription is marked, "No refills." !!!

Talking With Your Doctor

Getting information from your doctor or other health professionals.

Take notes: It can be difficult to remember what the doctor says, so take along a note pad and pencil and write down the main points.

Get written or recorded information.

For example, if your doctor says your blood pressure is high, he or she may give you brochures explaining what causes high blood pressure and what can be done about it. He may have cassette tapes, videotapes, computer software or web sites concerning your health.

Evaluate Health Information On The World Wide Web.

Many people are turning to the World Wide Web for information on medical problems and health issues. However, not all health information on the web is of equal quality. The following questions may be useful to consider when you look at health related web sites.

- + What are the author's credentials? Is the doctor affiliated with any major medical institutions?
- + Who is reviewing the material? Make sure a medical advisory board is available to the public.
- + Is the purpose and the sponsoring organization clearly stated?
- + Is there a way to contact the sponsor for more information or to verify information presented.
- + Are advertisements separate from content?
- + Does the website post the date and source of information because website information gets outdated so quickly.
- + If you must register, are you clear how your personal information will be used?
- + When medical data was given, are sources cited for the information? For example, it's easy to say, "2 out of 5 doctors agree," but where did that statistic come from.

Remember that doctors don't know everything.

Even the best doctors may be unable to answer some questions. There is still much we don't know about the human body, the aging process and diseases. Most doctors will tell you when they don't have answers. They also may help

you find the information you need or refer you to a specialist. If your doctor regularly brushes your questions or symptoms as simply part of aging, you had better think of looking for a different doctor.

Talk to other health members of the health care team.

Today health care is a team. Other professionals, including nurses, physician assistants, pharmacist, and occupational or physical therapists, play an active role in your health care. These professionals may be able to take more time with you.

Summary: Getting information from your doctor and other health professionals.

- + Take notes.
- + Get written or recorded information.
- + Remember that doctors don't know every thing.
- + Talk to others of the health care team.

Sodium & High Blood Pressure

For most people, a diet high in sodium isn't a problem-the kidneys just get rid of the extra amounts in the urine. When some people eat too much sodium, the kidneys can't get rid of the extra amounts. Levels of sodium rise in the blood and tissues, resulting in high blood pressure.

Sodium attracts water. If there is more sodium in the blood and tissue there will also be more water. When there is extra water in the blood, the heart has to work harder to push the extra volume of fluids through the vessels. The work load of the heart is increased and higher blood pressure may result. When water increases in the body tissues, edema results. Edema is a swelling that occurs especially in the hands, ankles and legs.

To get rid of extra water and sodium your doctor may prescribe a **diuretic**. Diuretics get rid of extra water by causing the kidneys to increase the urine they produce. When you increase the production of urine, sodium because it's attracted to the water is also lost.

Blood Pressure / Blood Sugar Screening

August 12, 2005

**Oneida Nation Elderly Service
Mealsite
134 Riverdale Drive
8am - 10 am**

869-1551

Pesky Mosquitoes

So you don't like those pesky mosquitoes especially now that they have the potential to carry the West Nile Virus. Here's a tip that was given at a recent gardening forum. Put some water in a white dinner plate and add a couple drops of Lemon Fresh Joy dish detergent. Set the dish on your porch, patio, or other outdoor area. Not sure what attracts them, the lemon smell, the white plate, or what, but the mosquitoes flock to it, and drop dead shortly after drinking the Lemon Fresh Joy / water and usually within 10 feet of the plate. Check this out it works just super! May seem trivial, but it may help control mosquitoes around your home, especially in the south and elsewhere where the where the West Nile is reaching epidemic proportions in mosquitoes, birds and humans.

Fill Er Up

My wife, Hallie and I grew up in California in the 20's-a time when milkmen still used horse drawn wagons to deliver their goods. Hallie recalls watching one day when her milkman's horse relieved himself while waiting between stops. "Mama, mama" cried Hallie to her mother. "The milkman's horse just lost all it's gasoline!"

Cherokee Yam Cakes

1 cup mashed yams or sweet potatoes
2 cups sifted flour
1 ½ tsp. sugar or honey
1½ tsp salt
2½ tsp. baking powder
½ cup granola oil
½ cup milk

Heat oven to 325°. Sift flour, sugar, baking powder, and salt in a bowl. Pour milk and oil into a measuring cup but do not stir. Add to yams in a separate bowl. Blend well. Add to flour mixture and mix lightly with a fork until mixture holds together. Turn dough out onto a floured surface and knead gently until smooth. Roll dough about ¼ inch thick and cut into rounds with a floured biscuit cutter or glass. Place rounds on a greased baking sheet. Bake for 10-20 minutes, until a tooth pick piercing the middle comes out clean. Serve hot, sprinkle with cinnamon or split when cold and toast. Serves 4 people.

Submitted by Wendell Deer

Interested In Food Waning?

Does your favorite chicken dish taste different? Does Aunt Molly's pea soup suddenly seem to need more salt?

The flavor of the food is probably the same as always. With age your sense of taste and your sense of smell may change. This affects how foods taste. You may want to date foods in your refrigerator to keep yourself from eating foods that are no longer fresh. **If in doubt throw it out!** Some medicine can change your sense of taste or make you feel less hungry, you have slowed down a bit, so your body needs less calories.

Attention Elders

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

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

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

The following restrictions apply for out of town activities:

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

Thank-you
Oneida Elderly Service Department

"Business not well manage ruins
one faster then no business."

B. Franklin

RURAL DEVELOPMENT

THE ELDERLY MEALSITE
134 RIVERDALE DRIVE
ONEIDA, WISCONSIN 54155

First Thursday Of Every Month

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

Programs available to low and very
low income household.

Stop for details or call the meal site
office at 1-920-869-1551.

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

ONEIDA BENEFIT SPECIALIST

Tina Pospychala

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



WHEN BEN GOT HOME FROM
WORK, HIS WIFE, GERRY ,
DEMANDED HE TAKE HER TO
SOME PLACE EXPENSIVE .
SO, BEN TOOK HER TO THE
GAS STATION!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. Brats Macaroni & Cheese Peas W/ W Bread Mandarin Oranges</p>	<p>2. Split Pea Soup Fresh Bread Jell-o</p>	<p>3. Meatloaf Potatoes Mixed Vegetables W/W Bread Pears</p>	<p>4. Lasagna Garlic Bread Salad Pineapple Tidbits</p>	<p>5. Sausage Pancakes Juice Berries</p>
<p>8. Chop Suey Rice W/W Bread Ice Cream</p>	<p>9. Calf. Blend Cheese Soup Fresh Bread Strawberries</p>	<p>10. Goulash W/W Bread Juice Bread Pudding</p>	<p>11. Turkey & Gravy Potatoes & Peas W/W Bread Melons</p>	<p>12. SOS Eggs Toast Juice Grapefruit Sections</p>
<p>15. Chicken Patties Red Potatoes Brussels Sprouts W/W Bread Cookies</p>	<p>16. Chili Fresh Bread Cucumbers Sherbert</p>	<p>17. Chef Salad Ham, Turkey, Eggs Cottage Cheese Dinner Roll Watermelon</p>	<p>18. Birthday Day Roast Beef Mash Potatoes & Carrots W/W Bread Spice Cake with Peanut Butter Icing</p>	<p>19. Bacon & Eggs Grits Toast Juice Oranges</p>
<p>22. Chicken Ala King Rice Biscuits Peaches</p>	<p>23. Boiled Dinner Fresh Bread Melons</p>	<p>24. Pork Steaks Buttered Noodles Broccoli W/W Bread Whip & Chill</p>	<p>25. CLOSED 4 NATION PICNIC</p>	<p>26. Cold Cereal Sausage & Eggs Toast Juice Bananas</p>
<p>29. Spaghetti Salad Garlic Bread Pudding</p>	<p>30. Bean Soup Fresh Bread Berries</p>	<p>31. Barbecue Pork Scalloped Potatoes Green Beans W/W Bread Apple Sauce</p>	<p>Birthstone: Peridot Flower: Gladious Menu is subject to change.</p>	<p>Hours: 8 am-4pm Lunch Served: 12-1pm Mon-Thur. Breakfast Served On Friday's 9-10am</p>

UP CLOSE AND PERSONAL
With Joyce Johnson, Elder Abuse
Coordinator

Joyce Johnson was born in Green Bay , Wisconsin on February 17, 1950 to Rosaline (Denny) Smith, and Evans Paul Smith Jr. She attended Chicago Corners Grade School, Seymour High School, and graduated from Appleton East High School. Later she attended Northeast Wisconsin Technical College, Culver City Technical College(California), and earned a Bachelor's Degree in Social Work from the University of Wisconsin - Green Bay.

In 1975, Joyce married Raymond Johnson, and they moved to Green bay from Seymour, They have three adult children, one daughter and two sons, one daughter - in law, and two precious granddaughters. Their children reside in Minneapolis Minnesota and Green Bay., Wisconsin. Joyce comes from a family of seven children, and family is a very important part of her life.

She is an animal lover. Joyce's children and husband brought many stray animals home over the years, on Fridays , knowing that by Monday the animal would have won her heart and that it would be there to stay. She especially loved Tigger the attack cat. The family has a lot of stories about Tigger. Her cat Tigger recently passed on at the age of 18.

One of the greatest adventures Joyce has had was living on Topsoil Island, North Carolina, for 9 weeks in 1986 with her husband and children. They lived in a camper while Ray traveled to Camp LeJeune, Marine Corp Base every day. It is where that they picked up their infamous cat Tigger.

Joyce has held many different types of jobs since she began working at the age of 16, including secretary, receptionist, switchboard operator and trainer, insurance underwriting assistant, account assistant, abstinence educator, to her present one as Elder Abuse Coordinator for Oneida Elderly Services. She finds her profession very rewarding and loves meeting, working with and assisting the Oneida elders.

Joyce was involved in various volunteer activities during her ten years that she took a leave from employment. She did Care and Share Coordination for her church, respite childcare, became a foster parent, and an Angel Tree Volunteer at Christmas. Joyce continues to volunteer for the Oneida Faith in Action (FIA), is Vice - Chairwoman of FIA, and temporary coordinator.

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

A nurse and a singer

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

Grandmother Cordelia. A quiet woman, who assisted with the birth of infants in the Oneida area. She made medicines out of wild plants

What do you consider to be your greatest accomplishment?

A Bachelor's degree in College and raising my family.

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

Oil Painting

What is the best advice anyone ever gave you?

To work hard and never take a job just for the money, but take one that you love doing.

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

To have a lot of fun, travel- do everything you've always dreamed of.

What is your ideal vacation? Camping , fishing and cooking at the campfire.

Favorite Meal: Steak , baked potatoes, salad, & rhubarb custard pie

Favorite Music: Rod Stewart, Bee Gees & Oakridge Boys

Favorite Books: Mysteries & Biographies

Favorite Movies: Fiddler on the Roof, To Kill A Mockingbird, Me , Myself & Irene, Hitch and all the classics

Favorite Hobbies: Painting, reading, traveling, writing poetry, camping, fishing & visiting antique stores

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/handicapped**, living alone. 3) Elders aged **55-69 years** of age, with **health/safety issues**. The elders that are listed are our **priority**.

Please check the appropriate responses:

Martial Status: Married Single Widowed Divorced - Maiden Name

Living Arrangement: _____Lives Alone _____Lives with Spouse _____Lives with Others*

Do You: Rent Own. *How many Others**

Race: Native American Caucasian Latino Asian African American

Tribal Affiliation: _____ **Enrollment Number** _____

General Health status: Excellent Good Fair Poor*

*If poor please list health condition _____

Do you currently have any of the following:

☐ Guardian ☐ Power of Atty--Finances ☐ Health

☐ Medicare ☐ Medicaid ☐ Representative Payee

☐ None of the Above

In case of an emergency--please contact

Name _____

Phone Number (____) _____

Relationship _____

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

_____/_____/_____
Signature Date

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