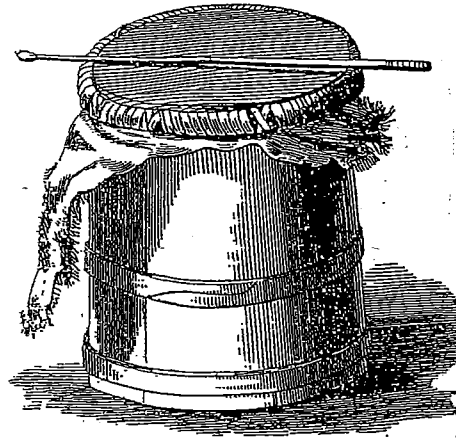


# DRUMS ACROSS ONEIDA

Elderly Services  
2907 S. Overland Rd.

P.O. Box 365



Senior Center  
134 Riverdale Dr.

Oneida, Wi. 54155

Elderly Services 1-920-8692448

Senior Center 1-920-869-1551

Toll Free:1-800-867-1551

---

O-N\HSTE? WHE-HNI-TAHL

GREEN CORN MOON

AUGUST 2006

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## 4 NATIONS PICNIC

Land Of The Menominee

**THURSDAY AUGUST 17, 2006**

**TIME; 10:00AM - 2:30 PM**

**THE EVENT WILL BE HELD AT THE  
VETERANS PARK, DOWNTOWN KESHENA**

**HIGHLIGHTS INCLUDE:**

**BINGO & FOOD**

**PRIZES & MUSIC**

**GAMES & RAFFLES**

**PLEASE REGISTER AT THE MEALSITE IF YOU WILL  
BE NEEDING A RIDE. THE BUS WILL BE LEAVING AT  
7:30 AM AT THE MEALSITE.**



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

<b>Program Director</b>	<b>Florence Petri</b>
<b>Assistant Program Director</b>	<b>Tina Pospychala</b>
<b>Benefits Specialist</b>	<b>Angela Ortiz</b>
<b>Elder Abuse Coordinator</b>	<b>Joyce Johnson</b>
<b>Elderly Services Coordinator</b>	<b>Cheryl Ault</b>
<b>Office Manager</b>	<b>Claudia Skenandore</b>
<b>Transportation Coordinator</b>	<b>Lorna Christjohn</b>
<b>Transportation Driver</b>	<b>Connie Van Gheem</b>
<b>Transportation Aide</b>	<b>Dale Webster</b>
<b>Activity Coordinator</b>	<b>Michele Cottrell</b>
<b>Outreach Worker</b>	<b>Cindy Brabbs</b>
<b>Outreach Worker</b>	<b>Sandy Charles</b>
<b>Outreach Worker</b>	<b>Amy Sumner</b>
<b>In- Home Chore Worker</b>	<b>Joanne Close</b>
<b>In-Home Chore Worker</b>	<b>Lorleen John</b>
<b>Respite Care Worker ET</b>	<b>Julia Behling</b>
<b>Respite Care Worker</b>	<b>Glory LaFlex</b>
<b>Administrative Assistant</b>	<b>Marty Brager</b>
<b>Elder Helper</b>	<b>Marie Scott</b>
<b>Elder Helper</b>	<b>Barbara Skenandore</b>
<b>Alzheimer/Respite Activities Specialist</b>	<b>Rita Summers</b>
<b>Alzheimer Aide</b>	<b>Marena Pamanet</b>
<b>Title V</b>	<b>Vacant</b>
<b>Title V</b>	<b>Jean Denny</b>
<b>Title V</b>	<b>Wayne McReynolds</b>
<b>Title V</b>	<b>Carmen Pasquale</b>

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

<b>Head Cook Supervisor</b>	<b>Brenda Jorgenson</b>
<b>Assistant Cook</b>	<b>Loretta Mencheski</b>
<b>Relief Cook</b>	<b>Betty Jorgenson</b>
<b>Relief Cook</b>	<b>Pat Beilke</b>
<b>Home-Delivered Meals Driver</b>	<b>Alfrieda Grignon</b>
<b>Maintance Supervisor</b>	<b>Robert LaGest</b>
<b>Home Respite Coordinator</b>	<b>Richard Summers</b>
<b>Home-Chore Worker</b>	<b>Lee Domencich</b>
<b>Home-Chore Worker</b>	<b>Lloyd Davis</b>
<b>Home-Chore Worker</b>	<b>Lisa Huff</b>
<b>Home-Chore Worker</b>	<b>Don Bogda</b>
<b>Home-Chore Worker</b>	<b>Todd Hill</b>
<b>Home-Chore Worker</b>	<b>Harold Dostalck</b>
<b>Elder Helper</b>	<b>Richard Dodge</b>
<b>Elder Helper</b>	<b>Cornelius Hill</b>
<b>Elder Helper</b>	<b>Marena Pamanet</b>
<b>Title V</b>	<b>Jeannine La Rock</b>
<b>Title V</b>	<b>Vacant</b>



## Celebrate Our August Birthdays

Ed Bumgart	8-30	Barbara Mendolla	8-09
William Bennett	8-18	Alberta Metoxen	8-11
Angie Bocker	8-16	Lida Metoxen	8-19
David Cannon	8-28	Lois Metoxen	8-03
Arlene Danforth	8-12	Josie Oudenhoven	8-13
Sandra Dennett	8-25	Rochelle Powless	9-11
Lydia Denny	8-04	Theresa Powless	8-20
Louis Deny	8-06	Allen Reed	8-08
Marilyn Elm	8-28	Harriet Reiter	8-04
Shirley Evison	8-07	Helen Skenadore	8-17
Alfreda Green	8-29	Delores Skenandore	8-29
Grace Griffy	8-06	Diane Skenandore	8-02
Irene Hill	8-18	Marlene Skenandore	8-05
James House	8-05	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
Janice Kedrowski	8-12	Ronald Webster	8-30
Gerald Kerman	8-29	Orlando Vieau	8-13
Jean King	8-15	Ted White	8-28
Wayne King	8-30		
Delores Lemmons	8-05		
Gordon McLester	8-20		
Elaine Melchert	8-11		

Elders, if you have a birthday in August, come and have lunch with us at the Oneida Senior Ceter at 134 Riverdale Drive on June 27<sup>th</sup>, 2006 and sign the birthday book.

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

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



# **BIRTHDAY MONTH**

**Just a little reminder:**

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

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

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

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

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

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

**Thank you,  
Michelle Cottrell  
Activity Coordinator**





## ANNOUNCING

Annual Fund-raising Rummage Sale  
Car Wash and 50/50 Raffle

Oneida Senior Center  
134 Riverdale Dr.  
Friday August 25, 2006  
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 & Hanburgers, Chips  
Strawberry Shortcake,  
Soda & Bottle Water

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

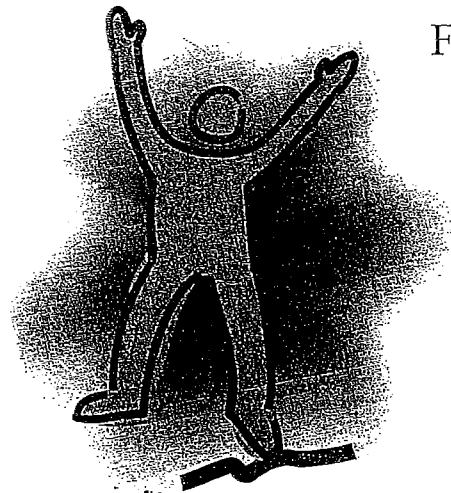
Oneida Senior Center  
134 Riverdale Drive  
(Cty Hwy J)  
Oneida, Wi. 54155  
920-869-1151

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Friends may not be able to  
PULL you up,  
but  
they will think of ways not  
to let you FALL

**'CHARITY,** LITERALLY  
TRANSLATED FROM THE  
ORIGINAL, **MEANS LOVE**

The love that understands, that  
does not merely share the wealth of  
the giver, but in true sympathy  
and wisdom **helps men to  
help themselves."**



Franklin D.  
Roosevelt

---

### THE SWING THAT DADDY MADE

When I see a tall oak tree, with branches  
offering shade,  
I recall years ago, the swing that Daddy made.

The tree stood by the house, in a corner of  
the yard,  
Oh, the many games we played, with it  
standing guard,

Sometimes we would climb high, to perch  
upon a limb;  
And view the world for hours, until the light  
grew dim.

We would swing so very high, cooled by  
the balmy shade.  
How I would love to ride again, in the swing  
that Daddy made.



<div> <div> <b>MENU</b> 134 Riverdale Dr. </div> <div> <b>AUGUST</b> </div> <div> 1-920-869-1551 2006 </div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Office Hrs. 8am-4:30pm Breakfast served on Fridays 9am-10am.	1. Chicken Soup Fresh Bread Juice Jell-o W/ Fruit	2. Spaghetti Salad Garlic Bread Peaches	3. Turkey & Gravy Potatoes Brussels Sprouts W/W Bread Ice Cream	4. Toast-ums Eggs & Sausage Links Juice Pears
7 Ham Sweet Potatoes Peas W/W Bread Mandarin Oranges	8. Corn Soup Fresh Bread Juice Berries	9. Chicken Mixed Veggies Scalloped Potatoes Jell-o	10. Meatloaf Baked Potatoes Carrots W/W Bread Melons	11 Scramble Eggs Toast & Bacon Juice Grapefruit Sections
14. Tuna Salad Croissants Tomatoes Cottage Cheese Pudding	15. Beef Stew Biscuits Juice Yogurt	16. Brats & Kraut Potatoes W/W Bread Cookies	17. Fish Red Potatoes Coleslaw Rye Bread Pears	18 Poached Eggs Sausage Hash Browns Juice Orange Slices
21. Polish Sausage Buttered Noodles Green Beans W/W Bread Applesauce	22. Tomato Soup Ground Bologna P.B. & Jelly Sand. Melons Juice	23. Veggie Lasagna Salad Garlic Bread Sherbert	24. Liver & Onions Potatoes Beets W/W Bread Peaches	25. S.O.S. & Eggs Toast Juice Berries
28. Chili Cuke Salad W/W Bread Ice Cream	29. Boiled Dinner Fresh Bread Juice Mandarin Oranges	30. Sub Sandwiches Turkey, Ham, Cheese Fresh Mix Veggies Roll Berries	31 .BIRTHDAY'S Beef Roast Potatoes & Corn W/W Bread Cake	All meals are served with coffee, tea, or milk. Menu is subject to change.



Monday		Tuesday		Wednesday		Thursday		Friday	
AUGUST, 2006 ACTIVITIES									
*Activities due to change without notice.		1	CRAFTS Epworth Hall 9:30 - 11:30	2	FARMER'S MARKET Festival Foods 10:00  MOVIE Elderly Services 1:00	3.	9:00 - 11:30 ONEIDA RESERVATION TOUR THRIFT STORE Green Bay 1:30	4	BANKS SHOPPING LUNCH 10:00 - 3:00
7	EXERCISE Elderly Services 10:00  FALL CRAFT Elderly Services 1:00	8	CRAFTS Epworth Hall 9:30 - 11:30	9	ONEIDA LANGUAGE Elderly Services 10:00 BINGO Senior Center 1:00	10	BANKS SHOPPING LUNCH 10:00 - 3:00	11	MIND, BODY & SPIRIT CONFERENCE Radisson Hotel 9:00- 3:00
14	PRICE IS RIGHT Elderly Services 10:00  BOWLING Ashwaubenon Lanes 1:30	15	CRAFTS Epworth Hall 9:30 - 11:30	16	EXERCISE Elderly Services 10:00  GENERAL DOLLAR STORE DAIRY QUEEN (ON OWN) Seymour 1:30	17	4 NATIONS PICNIC Keshena, WI 8:30 - 4:00	18	BANKS SHOPPING LUNCH 10:00 - 3:00
21	COOKING Elderly Services 10:00  SHUFFLE BOARD Elderly Services 1:00	22	CRAFTS Epworth Hall 9:30 - 11:30	23	ONEIDA LANGUAGE Elderly Services 10:00 BINGO Senior Center 1:00	24	CONCERT IN THE PARK 10 - 2 (Bring a Bag Lunch)	25	BANKS SHOPPING LUNCH 10:00 - 3:00
28	EXERCISE Elderly Services 10:00  VISIT ONEIDA LIBRARY 1:00	29	BINGO Epworth Hall 9:30 - 11:30	30	FARMER'S MARKET Festival Foods 10:00 MOVIE Elderly Services 1:00	31	VISIT AT AJNH 10:00 - 11:00 BIRTHDAY LUNCH 12:00 BOARD GAMES Elderly Services 1:00	*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.	



## **UP CLOSE AND PERSONAL**

**With Jean L. Denny**

**Title V Worker, Librarian**

Jean Denny was born on April 10, 1931 and was raised in Green Bay all her life. Jean is the daughter of the late Dewey Denny and Armenia (Mc Hugh) Denny.

Jean graduated from Green Bay East High School in 1949. She played the clarinet in the Concert Band. This she enjoyed in Junior and Senior High School

She loves Football and is a big Packer fan. Jean follows all the league games that are on the tube. Her second love is shopping while "wheeling" around in a motorized cart.

Jean enjoys traveling, having been to Texas, Washington and Colorado. The Badlands of South Dakota being her very special place of interest, which she had the opportunity to visit twice with her sister Donna Doxtator.

Jean is a nature lover and appreciates the Beauty of Gods work.

She currently is working for Oneida Elderly Services as the Librarian there and thoroughly enjoys working with the elders and her co-workers.

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

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

**What do you consider to be your greatest accomplishment?**  
Stopped drinking about 17 years ago.

**Is there something you've always wished you were great at doing?**  
Playing the piano well

**What is the best advice anyone ever gave you?**  
Dad taught me about honesty and credibility

**What advice would you give to someone who is about retire?**  
Relax and enjoy yourself- keep active and keep your mind alert.

**What is your ideal vacation?**  
South Dakota Badlands

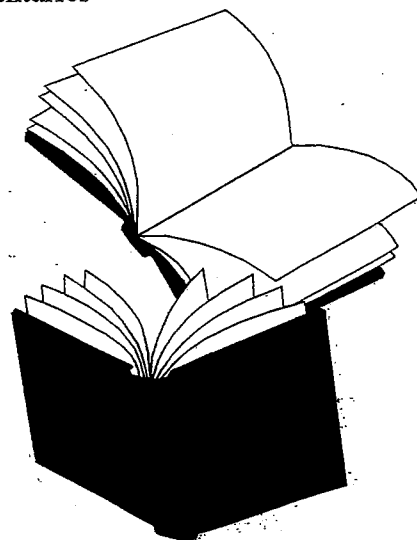
**Favorite Meal:** Steak and potatoes

**Favorite Music:** The oldies- some old country and western

**Favorite Books:** The Good Earth by Pearl S Buck

**Favorite Movies:** Sister Act and The Sound of Music

**Favorite Hobbies:** Read - watching documentaries







## **ELDERLY SERVICE GIFT SHOP**

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

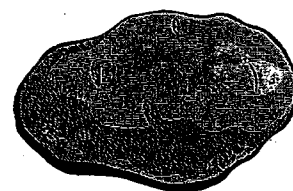
The following is a list of items for sale:

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

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



# ONE POTATO - TWO POTATO



## GARDENING SEASON

New red potatoes - Mid June to August

White potatoes - August to October

## CHOOSING TIPS

- ♪ Look for firm potatoes with no sprouts growing from "eyes."
- ♪ Do not choose potatoes with soft spots, wrinkled skin, or shades of green on the skin.

## STORAGE

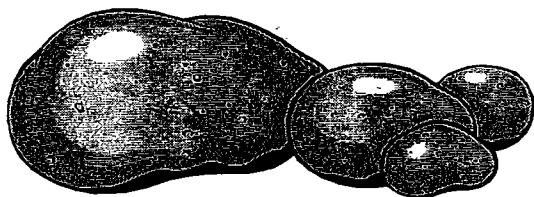
New red potatoes should be used within a few days. Store at room temperature after buying. White potatoes should be stored in a cool well-ventilated dark cupboard or cellar (not in a refrigerator). The atmosphere should be moist enough so they do not dry out but not so damp they mold. If stored correctly, potatoes can be stored for several weeks.

## PREPARATION

New red potatoes: Wash potatoes lightly in warm water and leave whole. Do not peel.  
White potatoes: Wash in warm water and scrub potatoes well. Cut off any sprouts.  
Avoid green potatoes.

## KEY NUTRIENTS

- ♪ Vitamin C for healthy gums, skin and blood.
- ♪ Potassium to maintain normal blood pressure.
- ♪ Carbohydrates for energy.



## RECIPES

### Oven Wedge Fries

2 large potatoes

1 teaspoon vegetable oil

Seasoning suggestions (optional):

2 cloves garlic, finely chopped, or ¼ teaspoon garlic powder, or onion salt, or Italian seasoning mix.

Preheat oven to 400°F. Lightly grease baking sheet or spray with non-stick cooking spray. Wash and cut potatoes into quarters. Then cut each quarter into wedges with the wedge (area with the skin) being about ¼ inch wide.

Toss potatoes with oil. Place oiled potatoes on cookie sheet. Place the cookie sheet on the oven rack about 7 inches from the bottom of the oven. Bake for 7 minutes, until brown. Flip wedges over and sprinkle seasoning over the top. Bake for another 7 minutes, until brown and cooked throughout. Serves 4; 150 Cal; 1 g fat.

### Chive Potatoes

1½ pounds red potatoes (10 to 12 small)

2 tablespoons margarine or butter

2 teaspoons chives, chopped fine

½ teaspoon salt

¼ teaspoon pepper

Heat 1 inch water in a large pot to boiling. Add potatoes. Cover and heat to boiling again. Reduce heat and cook until tender; 15 to 20 minutes; drain and keep warm. Heat remaining ingredients just to boiling. Turn hot potatoes into serving dish: pour margarine or butter mixture over potatoes. Serves 4; 200 Cal; 6 g fat.





## Elder Abuse

**Presenter:** Joyce A. Johnson-Oneida  
Elder Abuse Prevention Coordinator

**Date:** Wed., August 23, 2006

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

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





## Kidney Failure

Diabetes can impair the ability of the kidneys to filter wastes from the blood. If this process continues until the kidneys no longer function, people have three options; a kidney transplant or one of the two methods of dialysis (a way of cleaning the blood artificially). Each methods has risks and benefits that must be weighed before choosing an option.

Survival rate is one factor to consider. Two recent studies studied treatment survival rates. One study found that certain people who got a kidney transplant without having been on long term dialysis first were less likely to die than people who did have dialysis. In the other study, people who were on hemodialysis had a lower risk of death than people on peritoneal dialysis.

The transplant study was published in the January 9, 2006, issue of Archives of Internal Medicine. Earlier studies have found that people who had so called "preemptive" kidney transplants were less likely to lose their kidney or to die. The new study's goal was to find out whether this finding applied to all subgroups of kidney recipients.

The participants were 11,825 adults with type 1 diabetes. (1,707 of whom received of preemptive kidney transplant). Researchers defined preemptive kidney transplantation after less than a week of dialysis. All were followed by at least six months after their first kidney transplant.

The researchers found that both death and transplant failure were significantly less likely in people with Type 1 diabetes who received a simultaneous preemptive kidney and pancreas transplant in those who had been on dialysis first. "Failure was defined as inadequate kidney function, a second kidney transplant, or death.) Death and failure rates were also lower in people who received a kidney from a live donor.

The researchers concluded that preemptive kidney transplant benefitted only certain people.

with diabetes: only those who received a kidney from a living person and people with Type 1 diabetes, preemptive kidney transplants with pancreas transplants were particularly successful halving their risk of death and reducing their risk of kidney failure by 21 %.

Choice of dialysis method can also affect one's risks of death, according to a study found in the Annual Of Internal Medicine. Although kidney transplants generally produce better results than dialysis, there are many people with end-stage kidney disease than there are available kidneys. Also, not everyone is a good candidate for a transplant As a result, many people to use dialysis, either temporarily or permanently.

The researchers goal was to compare survival rates of peritoneal dialysis and hemodialysis users. In hemodialysis, the blood is removed from the body, into an artificial kidney machine, which cleans the blood and returns it in the body. In peritoneal dialysis blood is filtered in the abdomen rather than an external machine.

The researches compared death rates between the hemodialysis group (7% of the participants) and the peritoneal dialysis group (26% of the participants ) taking account of other factors that could influence a persons risk of death, such as age, smoking, and cholesterol level.

During the study, 21.2% of people on peritoneal dialysis died, compared with 24.4% of those on hemodialysis. After adjusting to other risk factors, the researchers found that after two years, the risk of death among people on peritoneal dialysis was more than twice that of people on hemodialysis, statistically significant among people with diabetes,

**SEPTEMBER DRUMS DUE  
AUGUST 24<sup>TH</sup>, 2006**





## Attention Elders

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

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

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

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

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

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

Please practice proper hygiene at all times.

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

A donation will be appreciated when riding the bus.

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

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## **RURAL DEVELOPMENT**

**The Elderly Meal Site**

**134 Riverdale Dr.**

**Oneida, Wi. 54155**

### **First Thursday Of Month**

504 Home Repair Loans and Loan Grant Combination. 502 Home Purchases to buy or build. Programs are available for low and very low income households. Stop for details or call the mealsite office at 1-920-869-2448. Shawano Rural Development Office at 1-715-234-2148.

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## **ONEIDA BENEFIT SPECIALIST**

**Angela Ortiz**

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

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## **BLOOD PRESSURE AND BLOOD SUGAR SCREENING**

**August 11, 2006**

**Oneida Senior Center (meal site)**

**134 Riverdale Drive**

**1-920-869-1551**



## Things Your Dog Can Teach You

1. When loved ones come home always run to greet them.
  2. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
  3. Let others know when they're invading your territory.
  4. Take naps and stretch before rising.
  5. Run, rump, and play daily.
  6. On hot days drink lots of water and lay under a shady tree.
  7. When you are happy dance around and wag your entire body.
  8. No matter how often you are scolded, don't buy into the guilt thing and pout..run right out and make friends.
  9. Delight in the simple joy of a long walk.
  10. Eat with gusto and enthusiasm. Stop when you have had enough.
  11. Be loyal.
  12. Never pretend to be something you're not.
  13. If what you want lies buried, dig until you find it.
- 

**SEPTEMBER DRUMS DUE  
AUGUST 24<sup>TH</sup>, 2006**

## THANK=YOU

To Viola Ortiz for her donation to the Elderly Services Library.

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**Elderly Services:** I need to let you know that Lloyd Davis has been a God send for us! He did such a great job in cutting our grass and then trimming all that needed to be. Everyone should have his knack for doing a good job, no matter what it is. Gene said he did such a good job that it was like cutting his own lawn. Please let him know how much we appreciate him and all the others who help us. At this time I sure don't know what I would do without your services!

Thanks again Florence

Gene and Jan Frion

---

This is to let friends of Gordon Fabian know that he is very much alive at 78. Sorry I forgot your birthday again. It was not Michelle's error, but mine, Marie. Have a wonderful year.



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## Sincere Condolences

To the Arthur Webster family.

To the Wilson D. Charles "Buster" Family.

To the Allen Denny family.

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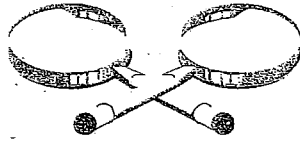
## INSPIRATION

There are some things you learn  
in calm, and some in a storm.

W.Cather



# ARREST WARRANT



## Western Day

**Where:** Senior Center Meal Site

**When:** August 23, 2006

**Time:** 12:00-1:00 PM

★ Come Dressed in your Western Apparel for a  
Best Dressed Contest!

### **Menu:**

Chuck Wagon Beef Roast

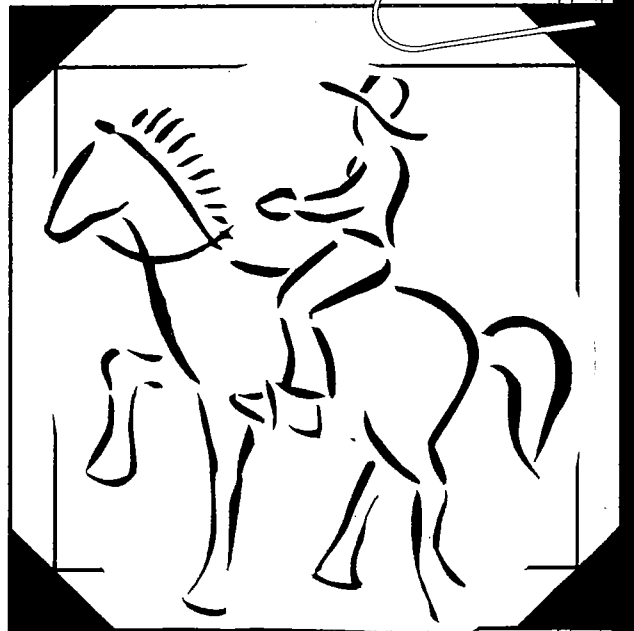
Galloping Red Potatoes

Campfire Asparagus

Rainbow Fruit Salad

Golden Corn Bread

Moo Juice (Milk)



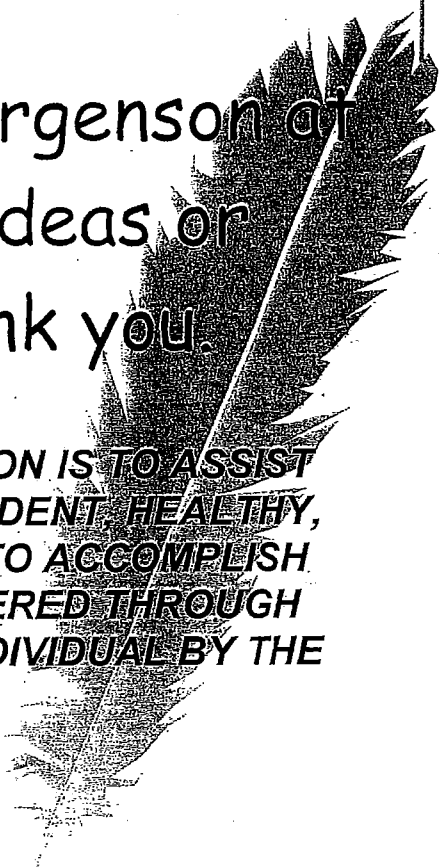


What would you like to see  
on the menu at Oneida  
Senior Center Meal Site?

## MEALS MATTER!

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

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







## **CLASSES TO HELP THE FAMILY CAREGIVER**

### **“TAKING CARE OF YOU” POWERFUL TOOLS FOR THE FAMILY CAREGIVER**

**Are you providing care or support for an older adult. If you are, then who's taking care of You?**

**Help is on the way.**

**A class called “Taking Care of You” Powerful Tools for the Family Caregiver is being offered at Oneida Elderly Services in October. This six- week class is designed for family caregivers ( no professional caregivers please). You will be with other caregivers that can relate to what you are going through. This six-week class will meet once a week for 2 ½ hours. Respite will be provided.**

**You will learn tools to:**

- 1.help you to reduce stress**
- 2.reduce guilt, anger and depression**
- 3.make tough decisions**
- 4.take care of yourself**
- 5.help you relax**
- 6.set goals and solve problems**

**When: Wednesday from 5:00 -7:30**

**October 11, 18,25 & November 1,8,15**

**Where: 2907 S. Overland**

**For more information contact Cindy Brabbs at Oneida Elderly Services  
869-2448 or 1-800-867-1551**



# It's In The ...



ATTIC  
BANK  
BARREL  
BASEMENT  
BASKET  
BATHROOM  
BUCKET  
CABINET  
CELLAR  
CORNER

CREDENZA  
DESK  
DRAWER  
FIREPLACE  
FOYER  
HOPPER  
HOUSE  
KETTLE  
KITCHEN  
MAIL

MAILBOX  
OVEN  
OVER  
PANTRY  
PARLOR  
POCKET  
SAFE  
SHELF  
SINK  
TANK

VALISE  
VASE  
VAULT  
WALLET  
WASH  
WATER  
WELL  
WINDOW  
YARD



LOOKING FOR AN ELDER TO WORK AS A  
FOOD PREPARATION PERSON. WAGES  
ARE NEGOTIABLE AND WILL BE ON AN  
ON-CALL BASIS.

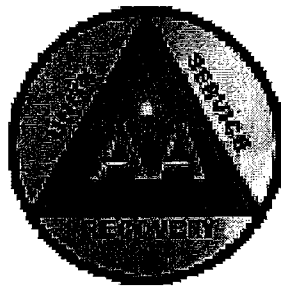
Please call 920-713-1906 to inquire.

Vicky Matson, V&G Skillet, LLC

Catering business

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## AA MEETING FOR HOME BOUND ELDER



Thursdays at 7:00 pm

1330 Hobart Drive, Green Bay

For more info please call: 920-884-0474

Meeting to support Tony S. as he courageously  
faces the symptoms of Parkinson's.

YOUR COURAGE, STRENGTH AND WISDOM  
IS GREATLY APPRECIATED.



## Family Care Givers Support Group

**When:** Friday, August 25<sup>th</sup>, 2006  
**Where:** Oneida Elderly Services  
2907 S Overland Rd  
Oneida WI 54155  
**Time:** 10:00 - 12:00pm



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

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





## JUST A MOM?

A woman, renewing her driver's license at the County Clerks office was asked by the woman recorder to state her occupation. She hesitated, uncertain how to classify herself. "What I mean is, explained the recorder, "do you have a job or are you just a ...?" "Of course I have a job," snapped the woman. "I'm a Mom," "We don't list 'Mom' as an occupation, "housewife covers it," said the recorder emphatically.

I forgot about her story until one day, I found myself in the same situation, this time at our own Town Hall. The clerk was obviously a career woman, poised, efficient and possessed of a high sounding title like, "Official Interrogator" or "Town Register," "What is your occupation?" she probed. What made me say it? I don't know. The words simply popped out. "I'm a Research Associate in the field of Child Development and Human Relations." The clerk paused, ball-point pen frozen in midair and looked up as though she had not heard right. I repeated the title slowly emphasizing the most significant words. Then I stared with wonder as my pronouncement was written in bold, black ink on the official questionnaire. "Might I ask," said the clerk with new interest, "just what you do in your field?" Coolly without any trace of fluster in my voice, I heard myself reply, "I have a continuing program of research, (what mother doesn't) in the laboratory and in the field, (normally I would have said indoors and out.) I'm working for my Masters, (the whole darned family) and already have

four credits (all daughters.) Of course, the jobs one of the most demanding in the humanities, (any mother care to disagree?) And I often work 14 hours a day, (24 is more like it.) But the job is more challenging than most run-of-the-mill careers and the rewards are more of a satisfaction rather than just money." There was an increasing note of respect in the clerk's voice as she completed the form, stood up and personally ushered me to the door.

As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants—ages 13, 7, and 3. Upstairs I could hear our new experimental model, (a 6 month old baby) in the child development program, testing out a new vocal pattern. I felt I had scored a beat on bureaucracy. And I had gone on the official records as someone more distinguished and indispensable to mankind than "just another Mom." Motherhood. What a glorious career! Especially when there's a title on the door.

Does this make grandmothers "Senior Research Associates in the field of Child Development and Human Relations" and great grandmothers "Executive Senior Research Associates?" I think so!!! I also think it makes Aunts "Associates Research Assistants."

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"Successful people are those who've fallen off the horse a dozen times and gotten back on a dozen times."

J. Driscoll



DATE:      /      /     

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

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