# DRUMS ACROSS ONEIDA

134 Riverdale Drive P. O. Box 365 Oneida WI 54155 920-869-1551 (Senior Center) 920-869-2448 (Elderly Services)

SENIOR CENTER

September 2000

V. Powless and M. King

# **Enjoying Sweet Days of Summer**

A few summer outings and good company made for memorable afternoons when Oneida elders visited the N.E.W. Zoo in Suamico, picked cherries in Door County, fished in DePere, attended the Four Nations Picnic in Bowler, attended the Mysteries of Egypt Exhibit in Green Bay and picked berries in Machickanee Forest.

Organized and sponsored by Oneida Elderly Services, elders were able to attend an afternoon at the N.E.W. Zoo on June 8, where the main attraction was the camels. A handful of elders got to ride the Mid-Eastern creatures and checked out the other zoo critters.

On July 20, Door County was the destination as 27 elders rode the shuttle driven by guest driver Jim "Renegade" House and van drivers Robert LaGest and Cindy Brabbs. Some 30 pails of cherries were brought home and with some eaten and even a few tossed around! Ray's Cherry Hut of Fish Creek generously allowed us to pick on eye-level trees convenient and within our reach. We toured a bit further into Door County and even stopped at a Bailey's Harbor picnic site for a short lunch.

Elders attended a fishing trip in DePere at the Izaak Walton fish pond on July 27. Those wheelchair bound from Anna John Nursing home and from the community donned their fishing hats and gear and caught nearly 20 fish. Bob's bait and Tackle generously provided bait and poles while volunteer sportsman from Brown County assisted Oneida elders on the shore.

Ellsworth Webster pulled in a 13" smallmouth bass while Rose Stevens pulled in a bullhead that got away and took line, hook and sinker!

The annual Four Nations Picnic was held in Bowler this year and with nearly 70 Oneida elders in attendance, we took a coach bus, a van and a truck to the deep woods of the Stockbridge-Munsee.

Members of the Ho-Chunk, Menominee, Oneida and Stockbridge joined in an afternoon of socializing, raffling, and eating a grand lunch brought together by all tribes.

STORY CONT'D ON PAGE 3

# 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 Elderly Transit Driver Activity Coordinator** Outreach Worker Outreach Worker

In-Home Chore Worker In-Home Chore Worker Respite Care Worker Respite Care Worker Administrative Assistant

Title V

Roberta Kinzhuma

Florence Petri

Lori Metoxen

Julia Hill

Amber Henke

Lisa Mittag

Noreen Powless

Connie Danforth

Lorna Christiohn

Marsha Salzman

Terry Reed

Cindy Brabbs

Margaret King-Francour

Joanne Close Lorleen John

Amy Sumner

Debbie Ninham

Marty Braeger

Alice Schuyler

# **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

Title V Title V

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Title V

Title V

Title V

Brenda Jorgenson

Loretta Mencheski

Betty Jorgenson Althea Schuyler

**VACANT** 

Robert LaGest

Richard Summers

Lee Domencich

Lloyd Davis

Lisa Huff Denise Johnson

Jared Skenandore

Harold Dostalek

Warren House

Winona Mencheski

Richard Dodge

Elda Swamp

Marie Scott

Nancy Woodke

Grover Smith

#### STORY CON'TD FROM COVER PAGE

The members of the Stockbridge-Munsee tribe hosted the event and brought together entertainment where elders kicked up their heels in mid-day. Volunteers served lunches and refreshments all day long. Oneida elder Josiah Powless came home with a beautiful red and black pendleton blanket won in a raffle.

Some of the mysteries of ancient Egypt were revealed to us upon arrival at the Neville Public Museum in Green Bay. Mummies, tombs, musical instruments, statues, stones and other artifacts and history were depicted in this reconstructed exhibit. Our group received a tour and checked out this famous piece of history.

Dusty roads and lots of hands were available on the annual trip to pick blackberries in the Machickanee Forrest. Volunteer, Marvin Lucas, lead us into the deep woods to find berries, sticks and stones. A few of us wandered off, but thanks to helpful neighbors in the woods we all got back together and found our way out. Berries were plentiful, but not quite ripe when we went.

# INTRODUCING!!!! Our New Do-Do Bus Driver Greet our new driver. Her name is Marsha Salzman and she has a family which recently moved into Site II. She also recently acquired her Commercial Driver's License (CDL) and looks forward to working with all the elders. She will be our driver so help her out if she gets lost or needs direction. Just kidding, she needs to get to know everyone's name so say Hi and introduce yourself and make her welcome. Thank you.

# Make your appointments NOW For the Fall Foot Care Sessions

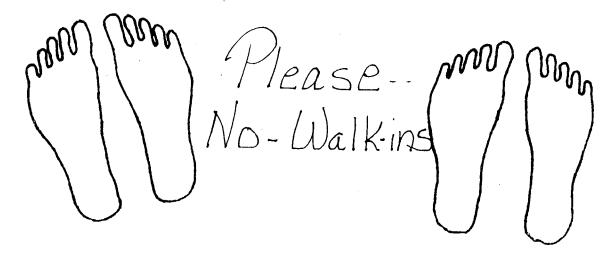
The dates are Sept. 12, Sept. 26, Oct. 31, Nov. 14, Nov. 28 and Dec. 12<sup>th</sup>.

The times are 8:30, 9, 9:30, 10, and 10:30 in the morning.

Please call Jet at 869-2448 to make your appointment.

This service is provided, under supervision, by the Bellin College of Nursing students.

Sponsored by Community Health Nursing and Health Promotion.



The messages from Indian Elders at the 2000 NICOA conference were many and complex. The messages were organized into three groups:

- 1) Concerns and issues faced by elders in Indian Country
- 2) Topics to raise in Indian Country
- 3) A spiritual message to America

### Key concerns and issues raised include:

- Fulfilling the promise of our treaties
- Acknowledging and respecting tribal sovereignty
- Protecting the trust relationship
- Protecting the healthcare of our elders
- Securing long-term care programs
- Protecting medicare/medicaid
- Protecting social security
- Improving transportation
- Exercising your right to vote
- Improving education
- Protecting the environment

## Topics to raise in Indian Country

- Return to the ways of our forefathers
- Embracing the principles of love, respect, and compassion
- Maintaining and preserving our languages
- Maintaining our spirituality and native religions
- Preserving, teaching and sharing our values and traditions with our children
- Reaching out to our youth
- Strengthening our commitment to families
- Addressing destructive behaviors
- Destroying our lives, families and communities
- Articulating a vision for our communities
- Investing in the education of our people
- Strengthening our governmental and community capacity to support and care for our children and elders
- Developing voter education programs and increase our political participation
- Working together for a common mission and vision for our communities
- Being inclusive in our decision-making and planning for our communities

# A SPIRITUAL MESSAGE TO AMERICA

As we stand before a the dawn of a new millennium, we pray for America's survival, our survival.

We pray that we will be given strength by the Creator to follow the footsteps or our forefather to share our love, respect and compassion for one another. There is good in everyone because our Creator has put a little of Himself in all of us.

We pray for forgiveness for the pain and suffering we have caused on another. We pray that our children will not repeat our mistakes.

We pray that we can respect the diversity of America; all life is sacred. Every child born is a precious gift of our Creator. It is our sacred trust to embrace children from all walks of life because we are part of the same family.

We pray that children will honor and respect their elders-that is where the wisdom comes from. This respect will not allow forgotten elders. We are all equal, with each having our own special gift to contribute. These values allow our youth to become leaders and workers in our society. Children, you are our future and our hope for the people. Stand and be courageous.

We pray to learn and use the wisdom of all that has come before us, to achieve personal successes and to contribute to those of others. Only when our young ones learn respect for everything can they evolve.

#### **EARTH:**

We pray for respect and love of Mother Earth because she is the foundation of human survival and we must keep her pollution-free for those who will travel after us. Protect her water, air, soil, trees, forests, plants and animals.

Do not just take and waste resources. Make it a priority to conserve.

The land is given to us by the Creator to care for, not to own. If we take care of the land, the land will take care of us.

#### UNITY:

We should have respect for each other. We pray for commitment and responsible behavior in order to help those in need and to give them support and friendship. Be an example in life that others may follow; serve people, community and country.

We should all strive to be leaders and contributors. Do not sit back and let others plan and do all the thinking.

Let us unite together so that we may have the strength to protect our future. Strength comes from working through trials and tribulations.

#### **HEALTH:**

Spiritual health is the key to holistic health.

We pray to have the discipline to set healthy examples for our children to follow.

Respecting everyone and everything in the universe starts with self-respect.

Take time to listen and take care of your body and spirit.

### **FAMILY AND YOUTH:**

Family is important and precious. Always let them know that they are loved.

Let you children and grandchildren know you are always there to love and support them and that they mean the world to you no matter what they do or say. Children are of infinite value.

Live what you teach. Spiritual values, honesty, and integrity start in the home.

We pray for the youth. We must teach the youth to work together and respect all that is living on our Mother Earth.

We need to convey to our younger generations that the survival of our people lies in spirituality.

#### PEACE:

We pray to learn the ways to settle differences peacefully.

Teach respect for each other's ideas. Value honesty on all levels, from children to parents to community to government. We will be happy when we create peace with each other.

# To The 7<sup>th</sup> Generation:

Survive

- Keep hopes and dreams
  - Take care of yourself
  - •Remember your spirit
- •Be there for each other
  - Respect courage
  - Share knowledge
- Always keep learning
- Remember your true values



# Oneida Women's Sewing Circle

Starting up again after a summer break!

New Location: Elderly Complex-Activities Room #2907 S. Overland Rd.

*WEDNESDAY EVENINGS* 6 –8:30 p.m.

We will start a on-going group quilt, but if you have a project you need help on, or would like to work on, please bring it in.

Any questions call Lori-869-2781 after 5pm. Or Julia-869-2448 day-8-4:30.

# ANY AND ALL ARE WELCOME TO ATTEND

ONEIDA LANGUAGE CLASSES

STARTING THURSDAYS

# FOR 6 WEEKS

- •SEPT 7<sup>TH</sup>
- •SEPT 14<sup>TH</sup>
- •SEPT 21<sup>ST</sup>
- •SEPT 28<sup>TH</sup>
- •OCT 5<sup>TH</sup>
- •OCT 12<sup>TH</sup>

TIME: 12-1 P.M.

COME AND BRING A BAG LUNCH

PLACE: ELDERLY SERVICES COMPLEX CONFERENCE ROOM-2907 S. OVERLAND

# ELDERLY REQUEST FOR SERVICE PROCEDURE

Please note the following clarification of the procedure when making an emergency and non-emergency request for service and the procedure for the Elderly Services/Senior Center payment of bills:

- ♦If a service is needed which another Tribal area usually handles, such as Plumbing, Utilities, Department of Public Works, etc. or any service area/vendor outside the Tribe, call the Elderly Services at (920) 869-2448 or (800) 867-1551.
- ◆Upon receiving your request we will generate an Initial Contact Form and route it to the proper vendor for service.
- ◆The policy is to serve Seniors 70 and older, disabled or handicapped. Our priority for serving this age group would be an immediate emergency, economic or health and safety issue.

We will make every effort to meet the needs of the Elders in the 55/69 age groups. As of this notice, unless the Elderly Services/Senior Center makes a referral to a vendor, this department will not be responsible for any charges incurred. Clients will be responsible for the full cost of these charges.

This procedure is only applicable as funds are available.

If you have any questions or concerns please do not hesitate to call 1-920-869-2448 or 1-800-867-1551. Office hours are Monday thru Friday 8:00 a.m. to 4:30 p.m.. We provide 24-hour answering services that effectively relay messages to the appropriate staff after our regular work hours including weekends. As always, thank you for your attention to this matter.

# **HOW TO PROTECT YOURSELF FROM MEDICARE FRAUD**

- 1. **Never** give you Medicare/Medicaid number over the telephone or to people you don't know. Treat your Medicare/Medicaid cards as you would your credit cards.
- 2. **Never** allow anyone to convince you to contact your physician requesting a service you don't need.
- 3. **Never** accept Medicare/Medicaid services that are represented to you as being free. If the service is truly "free", they do not need your medicare number.
- 4. **Never** accept medical supplies or equipment from a telephone solicitor, door-to-door salesman, or from a television or magazine ad. And never sign a blank contract.
- 5. **Never** allow anyone to review your medical or prescription records without your physician's approval.
- 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 Government. Neither the Federal Government nor Medicare endorses products or services of any provider.
- 8. **Beware** of a provider who uses pressure or scare factics to sell you high priced medical services without giving you the option of a second opinion.
- 9. **Always** review your Medicare Summary Notice (MSN) to insure that they properly reflect the services you receive.
- 10. Always keep a record of your health care appointments and services so you can compare them with your MSN's and your Explanation of Benefits from the insurance company.
- 11. ALWAYS REPORT ANY SUSPICIOUS ACTIVITIES.

# Gathering of Oneidas October 21 & 22, 2000

Thames Administration Building Southwold Ontario, Canada

A Cooperative Effort Between Oneida Nation of the Thames and the Oneida Tribe of Indians of Wisconsin

Main Purpose

To talk with Oneida people on the New York Land Claims and provide an opportunity for each voice to heard equally.

# **Events That Will Occur**

- \*Dancing\*Games\*Bingo\*Meals
- **★Interaction★Tours★Storytelling**
- **\***Socializing

For more information, please contact:

Karen or Marlene 519-652-3244 Terry Hetzel 920-497-5830 ext.13

# **Friday**

Arrivals & Various Social Activities

# **Saturday**

Meeting & Social

# Sunday

Meeting, Wrap-up & Departure

All Oneida People Are Invited To Attend

# CALLING ALL ONEIDAS FOR THE "GATHERING OF ONEIDAS" (THE NEW YORK LAND CLAIMS TRIP TO SOUTHWOLD, ONTARIO, CANADA)

Thursday - OCTOBER 19<sup>TH</sup> at 7:30 p.m. three Lamers Motorcoaches will be leaving the Oneida Gaming Employee Overflow Parking Lot (Highway 172/Airport Road across from Oneida Bingo & Casino) for the historic GATHERING OF ONEIDAS - a time to develop or renew relationships and meet and talk with other Oneidas about the New York Land Claims.

The plan is to arrive on Friday morning in Southwold where you can enjoy of the hospitality offered by the Thames Band of Oneidas or go to your accommodations for free time. The hospitality includes: tours, bingo busses, games, food, dancing and an opportunity to meet each other and socialize.

Saturday will start the historic meeting at 8:00 a.m. with an opening, a short presentation on the history and the current status of the New York Land Claims. That will be followed by the meeting where we break into small groups to talk, listen and learn from each other about the land claims. Sessions will run the entire day followed by an evening meal and social.

Sunday will start at 9:30 a.m. with a review the information from the day before and more discussion on the Land Claims. Aside from the goal of developing and renewing relationships with other Oneidas, it is our hope that the information shared will provide the leaders of the respective Nations with input on what the community members want from the New York Land Claims. Around 4:30 p.m. we will say our Good-byes to all the Oneidas we met and board the motorcoach to go back home. We will be back in Oneida, Wisconsin around noon on Monday.

Three motorcoaches have been reserved and each will hold 50 people. Due to limited funding, we must ask for a \$100 contribution which covers transportation and most meals. If you would like to be a part of this event, please immediately send \$100 per traveler to the Land Claims Commission to reserve your seat. We will reserve a motorcoach for families with smaller children and one for adults/youth.

Upon request, a short historical time line can sent to those that would like to start reading about the New York Land Claims. This time line will provide an overview of how we ended up in Wisconsin, the treaties that affected our lives and other information.

To offset the cost of the trip, members can organize and participate in fund-raising events such as bake sales, candy sales, raffles, rummage sales, etc. If you have any questions please contact Loretta Metoxen - Chairperson at 920-490-2096 or Terry Hetzel, Land Claims Commissioner at 920-497-5830 Ext. 13 or call either Toll Free at 1-800-236-2214.

# GATHERING OF ONEIDAS

Bus Leaving Oneida, Wisconsin: Thursday 7:30 p.m. October 19, 2000

\*\*Bus Leaving Southwold, Canada: Sunday 6:00 p.m. October 22, 2000

Bus Arriving Oneida, Wisconsin: Monday Late Morning October 23, 2000

# \$100.00 Payment Required - PER PERSON!!! Payment Reserves Bus Seat

erry Hetzel - CIMS,
II Free: 800-236-2214 leeds )
ō

- □ Send Hotel List & Prices
- □ Special Needs \*

□ Send Historical Time Line

□ Elder

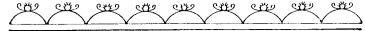
□ Reser .e Camping Space

□ Children Under Age 10

□ Prefer Adult Only Bus

You are responsible for your own sleeping accommodations. Camping will be available, at no charge and a limited number of homes available for Elders. A confirmation will be sent to you after receipt of this application.

# Iroquois Recipes 🛎



# Fruit or Berry Dumplings

by Amelia Williams-Tuscarora

Use wild black caps, blueberries or apples for this recipe. Oil the bottom of a 6 qt. kettle. Make a dough as for biscuits using a 2 c. flour, ½ c. lard, 1tsp. Salt, 2 tsp. Baking powder and enough milk to make a soft dough. Divide dough into 3 portions. Rollout each portion to 1/4 inch thickness and fill the center of each with 1 cup of berries or apples. Dampen the edges with water and shape each filled portion into a square by bringing the edges up and sealing. Place all 3 squares in the bottom of a kettle. Pour boiling water on the side of the kettle until the dumplings come up from the bottom. Cover and boil for 10 minutes. Scoop out with a flat spoon and serve with milk and sugar. One dumpling serves 2 adults or 3 children.

# Dried Peach Dessert

Soak 2 cups dried peaches overnight. Put in water to cover the dried peaches. The next day cut up the peeling of an orange. Put in one stick of cinnamon. Put these with the peaches and cook until soft. Add ½ cup sugar. Put into a baking pan. Make a flour mixture to put on top of the peach mixture. Take 1/3 cup lard, 1/3 cup sugar and beat in an egg or two. Add ½ cup flour, 2 tsp. baking powder and mix in 2/3 cup milk. Drop by spoonfuls on top of peaches with cinnamon sugar sprinkled over it all. Bake in oven at 325 degrees for about 2 hour. You can put frosting or whipped cream on it when serving.

# Wild Elderberry Pie

Jacquie Young-Tuscarora

Clean 1 quart of elderberries and add water to make some juice. Sugar to sweeten, add lemon or orange rind and juice and cook until berries are done. Add thickening of cornstarch. Cool. Pour into unbaked pie shell, dot with butter, cover with top crust. Bake at 350 degrees until brown.

# Apple Cake

Virginia Snow-Cattaraugus Seneca

1 c. cooking oil

1tsp. salt

2 eggs

2 tsp. cinnamon

2 c. flour

1 tsp. nutmeg

2 c. sugar

5 c. sliced peeled apples

1 tsp. soda

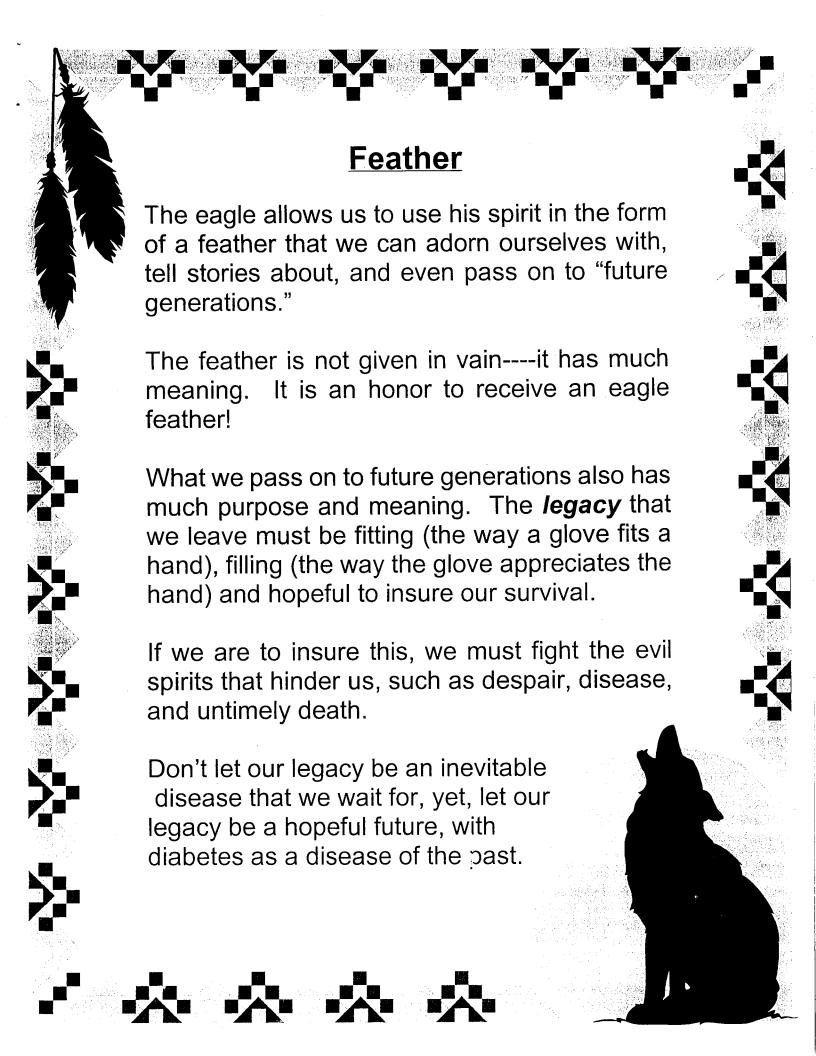
1 c. walnuts

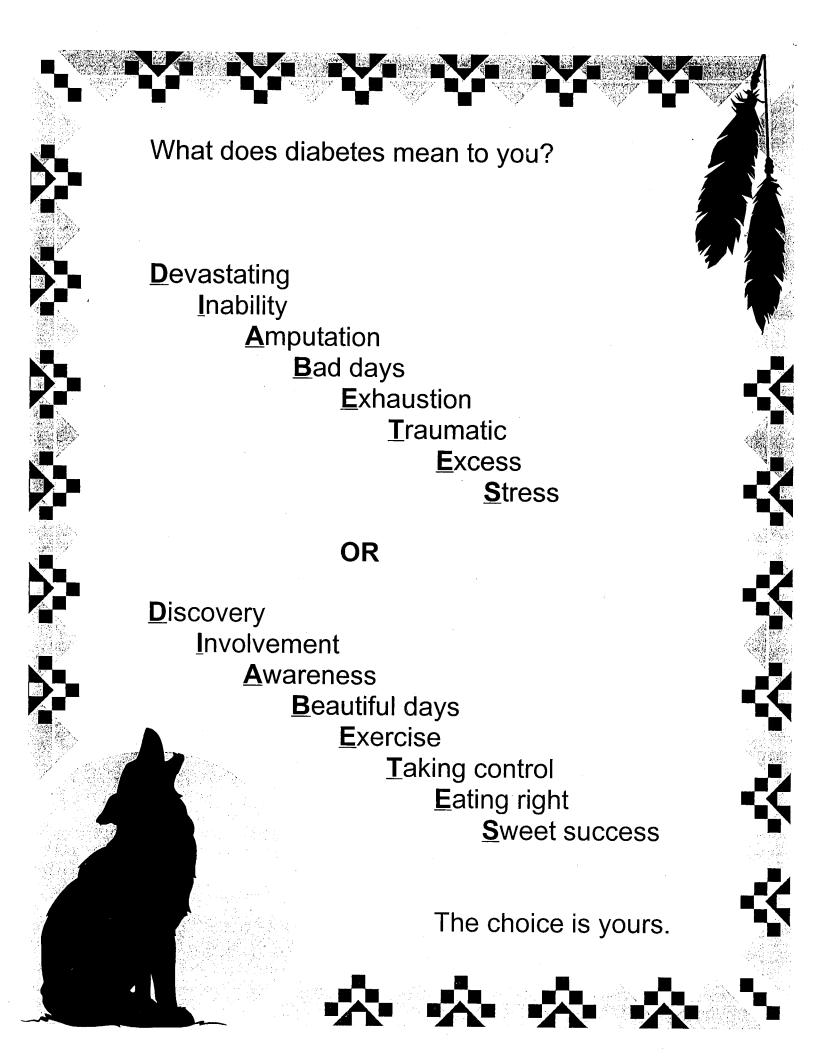
Pour into a  $9 \times 12$  inch greased pan (batter will be stiff). Bake in 350 degrees oven for 1 hour. Serve warm with whipped cream or ice cream.

# MENU

# SEPTEMBER 2000

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Meals are subject to change.	All meals are served with coffee, tea and milk.	1 Pancakes Sausage Cran/Orange Juice Mixed Berries
4 CLOSED IN OBSERVANCE OF LABOR DAY	5 Chicken Veg Soup Fresh Bread Pineapple Juice Diet Pud/Van cookies	6 Pork Steak Mac Noodles&Tomato Whole Wheat Bread Mandarin Oranges	7 Lasangna Lettuce Salad Garlic Bread Blueberries	8 Bacon Eggs Cold Cereal Toast Bananas
11 Tuna Salad Cottage Cheese Whole Wheat Bread Peaches	12 Calif. Blend Soup Fresh Rolls Orange Juice Diet Jello	Cube Steak  Pasta Salad/Vegetables Carrots Whole Wheat Bread  Applesauce  Mam /A	ugratin Potatoes Wheat Bread ries	Corn Meal Eggs Toast Apple Juice Pears
18 Spaghetti Lettuce Salad French Bread Blackberries	19 Corn Soup Fresh Bread Cranberry Juice Sherbert	20 Liver & Onions Potatoes Beets Whole Wheat Bread Whip n Chill	21 Fish Red Potatoes Cole Slaw Corn Bread Pineapple Tidbits	SOS Eggs Grapefruit Juice Toast Peaches
25 Chop Suey Rice Whole Wheat Bread Raspberries	26 Chili Cucumber Salad Apple Juice WW Bread Cantalope	27 Tacos Rice & Beans Watermelon	28 BIRTHDAY Roast Beef Mashed Potatoes Brussel Sprouts Jello Cake	29 Ham & Cheese Slices Eggs Muffins Orange Juice Mixed Fruit





# Activities



2000

Frmay	I Shopping Banks Lunch 10 am to 3 pm	8 Shopping Banks Lunch 10 am to 3 pm	IS Shopping Banks Lunch I pm to 3 pm	22 Shopping Banks Lunch I pm to 3 pm	29 Shopping Banks Lunch I pm to 3 pm
THURSDAY	Activities subject to change. Bus leaves from the Oneida Senior Center for trips.	7 Farmers Market Ipmto 3pm	14 Anna John Nursing Home 10am to 11:30am Farmers Market 1pm to 3pm	2i Diabetic Lunch IOam to II:30am Good Will in Green Bay Ipm to 3pm	28 BIRTHDAY Gifts 12:15-12:30 Thrift Store in DePere Ipm to 3pm
WEDNESDAY	Check for Blackberries	6 TEP Worth Hall 9:30-II:30am Farmers Market Crafts Ipmto 3pm Cards Beads	13 Fitness 9:30am to 10:30am Therapy by Margaret Ipm to 3:30pm	20 Fitness 9:30am to 10:30am Farmers Market Ipm to 3pm	27 Fitness 9:30am to 10:30am Farmers Market Ipm to 3pm
TUESDAY		5 Marinette I0am to 3:30pm	12 EP Worth Hall 9:30-11:30am Crafts Cards Beads	19 EP Worth Hall 9:30-ll:30am Crafts Cards Beads	26 EP Worth Hall 9:30-II:30am Fitness 9:30am to 10:30am Fingo Ipm to 3pm
Monday		4 CLOSED IN OBSERVANCE OF LABOR DAY	II Fitness 9:30am to 10:30am Bingo Site II I pm to 3 pm	18 Fitness 9:30 am to 10:30am	25 Fitness 9:30 am to 10:30am Bingo Site II I pm to 3 pm

# "Just Eat"

# Workshops with Jane and Aimee

"Exercise and Nutrition"
September 12 \*Healthworks OLC 5:00 - 6:00 pm

"Eating on the Run"
September 28 \*Career Center 5:00 - 6:00 pm

"Meatless Cooking" October 11 Little Bear 12:10 - 12:50 pm

"Supermarket Nutrition"
October 26 \*Festival Foods 5:00 - 6:00 pm

a healthy snack will be provided \* child care available

RSVP requested 869-4829
Oneida Community Health Center Nutrition Services

# JUST TOUCH CLASSES for August, September and October 2000

Just Touch, using a light butterfly touch, is a simple way to help the body achieve well-being and relaxation.

Mae Baxter and Sandy Dennett, the only Certified Just Touch practitioners in the State of Wisconsin, will be offering classes for new and returning students on the following dates:

Monday, August 28 from 5 to 7:30 Monday, September 18 from 5 to 7:30 Tuesday, October 10 from 5 to 7:30



# LIGHT Refreshments will be served.

Location is at 2945 S. Overland, Building D of the Elder Apartments (this is not in the main building but please park in the lot with the 3 flags and walk to Building D.) The lounge where the classes are held is at the end of Building D.

New students will receive the introduction and learn simple touch points.

Returning students will practice touch points they already know and then they will learn new touch points.

Won't you join us?

Please call Sandy at 869-3066 between 9 a.m. and 5 p.m. if you have any questions. We hope to see you soon!

# Safe Mobility In An Aging Society

America is aging and Wisconsin is aging right along with it! Estimates are that 13% of Wisconsinites are 65 years and older; by 2020 this will increase to 17%.

We learned that older driver self-assessment, physician's advice, and driving performance evaluation help adapt driving to changing capabilities.

#### **HOW AGING AFFECTS DRIVING**

Vision-Eyes struggle to make out detail, absorb light, adapt to the dark, handle glare.

Hearing-Almost one third of those over 65 have significant loss. This jumps to 75% at age 75.

Flexibility-Arthritis and osteoporosis are factors, but even in healthy people, muscles deteriorate and limit movement. It's harder to check for cars in blind spots, grip the wheel, step on the brake, look behind to back the car.

Reaction time-Mental sharpness can remain the same, but the pace slows. It takes longer to process information, especially from several sources.

Fatigue and depression-Both can be common, brought on by a number of factors.

Medical problems that require medication-The older we get, the more prescription and over-the-counter we tend to take. These can cause drowsiness and disorientation (especially when combined with alcohol).

Heart disease and aftermath of stroke-One or both can cause disorientation, dizziness, fainting, blurred vision, weak limbs.

# WHAT CAN YOU DO?

- Ask your doctor to assess you for driving factors. Get your eyes checked, too.
- Regular exercise improve agility and range of motion.
- Check with your doctor about the effects of your medications on driving.
- Avoid rainy or snowy weather.
- Let fog burn off before starting out.
- Limit night driving.

Look into alternatives for days when you don't want to drive and for the time when you no longer can. Consider bus, taxi, friends, family, church programs, van services.

# THINGS ARE CHANGING WITH RURAL DEVELOPMENT



#### **HOURS**

To become more effective in providing our housing programs, we will have new office hours at the **ONEIDA MEAL SITE** (920-869-1551).

The new hours at this location will be the FIRST THURSDAY OF EACH MONTH FROM 9:30am to 12:30pm. SEPTEMBER 7, 2000 IS OUR NEXT VISIT IN THE OFFICE.

October 5, 2000 will be the following month's schedule.

Please feel free to stop in and see us. If you are interested in seeing us at any other time please, contact us at the Shawano Office at 715-524-2148, Lori Metoxen at the Oneida Elderly Complex at 920-869-2448 or Alan King the Housing Administrator at 920-833-9709.

### **NEW EMPLOYEES**

We would like to introduce two new employees Margaret Robertson and Jo Ann Tyree who have joined our staff in Shawano.

- Margaret has been with the agency for over 11 years and previously worked in another local office.
- Jo Ann has been with the agency for over 12 years and previously worked in our State Office.

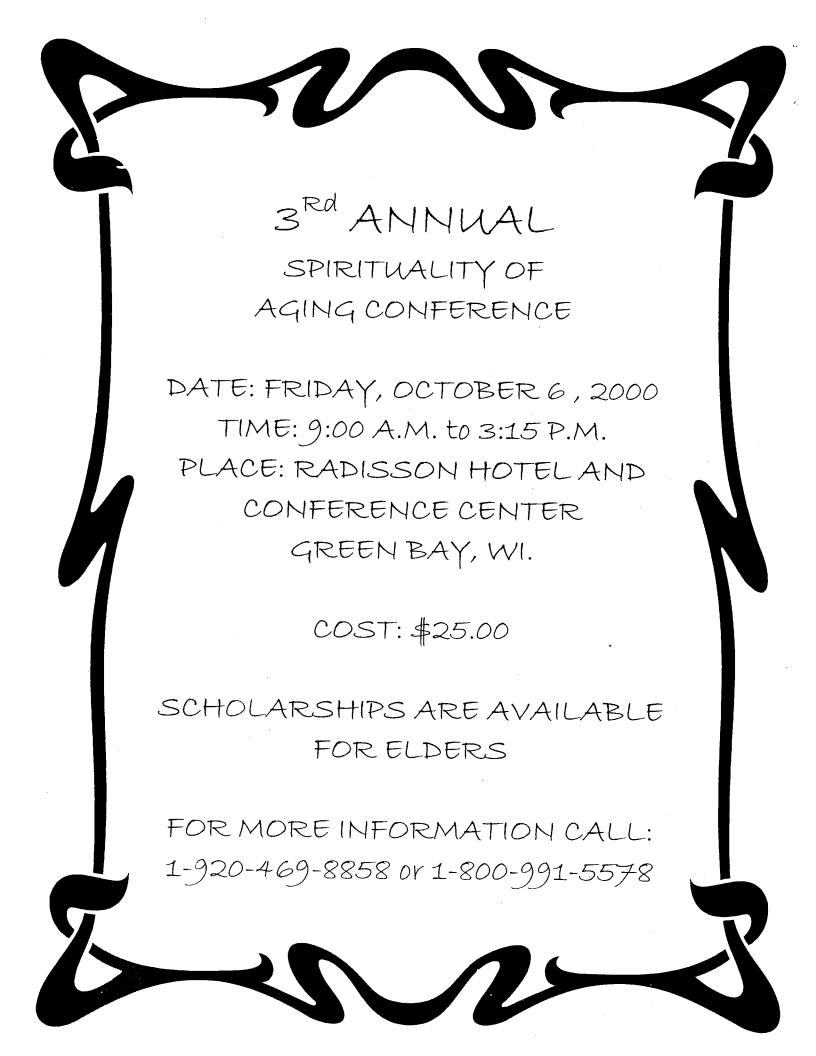
We believe you will find these two individuals exciting to work with.

### **PROGRAM INFORMATION**

Home improvement loans and grants (504) are available for very low income residents, tribal members and elders of the Oneida Tribe. USDA Rural Development can make loan/grant combinations available to persons 62 years of age or older for home improvements. If you haven't reached this age, 1% loans are available for home improvements.

Home buying loans (502) are also available through our office.





# Monday Is Laundry Day

TCSNEN JRBFHACH LYD S ΖF S AKY $\mathsf{D}$ YMQMUA D XE HBCGΕ U KS E R S S S SWG CWZS ΖΑ CMOME В В В OWCAS E TEKNALBSWEAT

BLANKETS
BLEACH
CLEAN
CLOTHES LINE
CLOTHES PINS
CLOTHING
COLD
COTTON
CYCLES
DELICATE

DETERGENT
DISPENSER
DRESS
DRYER
FABRIC
GENTLE
HOT
IRONING
LINENS
NYLON

PILLOWCASES
RAYON
RINSE
RUGS
SHEETS
SHIRTS
SOAP
SOFTENER
SORT
SPIN

STARCH
SUDS
SWEATERS
TEMPERATURE
TUMBLE DRY
WARM
WASH
WASHER
WEAR
WHITE

# FOR AGENDARLANNING PLEASE SUBMIT THIS FORM TO: ONCOA Chairperson and ONCOA Secretary at the Elden Services Complex Ten (410) Days before the ONCOA Regular Meeting -Second Tuesday of the Month

# **ONCOA AGENDA REQUEST FORM**

REGULAR MONTHLY	ONCOA AGENDA	:	
		(SCHEDULE	D DATE)
SPECIAL MEETING AC	SENDA		
(By Request and Notice - 0		(SCHEDULED	DATE)
EXECUTIVE SESSION REQUIRED	FOR DISCUSSION	? □ YES	□ NO
Must comply with State Statutes 19.85 and			_110
URPOSE OR ITEM FOR DISCUSSI	(ON: □ Informat	ion Only 🗀 Action	Requested
PPROX. TIME REQUESTED TO D	ISCUSS ITEM:		MINUTES
NOTE: There is a fifteen (15) minute tin	ne limit for presentation	ons, unless otherwise apr	roved Please I
rompt, prepared and respect the time lim	its.	one, amos official wife upp	noved. Trouge (
IST ATTACHMENTS AND PROVI	DE ONCOA WITH	COPIES:	
	· , — <del></del>		
EQUESTED BY:		· D.A	TOE
Name	Title	Phone Phone	ATE:
This box is for ONCOA Officers to complet	te. Please do not write	in this box.	
APPROVED FOR:			Your why charlottable decision of a con-
Next Regular ONCOA Meeting	경험을 받는 것 같아 없는 것 같아.		
		acial ONCOA Mantin	
☐ Executive Session	くきむばき さぶがく ソール いわいたいきょくかい しゅうたール もつじん 悪力	ecial ONCOA Meeting of ONCOA Business	
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# ONEIDA ELDERLY SERVICES ENROLLMENT FORM

DATE: \_\_/\_/\_

Name			Phone Number (	)		
Address			Social Security Numb	er/	/	
City	State	Zip Code	County	DOB		/
	ibled/handicapped		ws: 1) Elders aged 70 years and o ders aged 55-69 years of age, with			
Pease check the	appropriate respo	nses:				
Martial Status	:Married	Single	WidowedDivor	ced		
	ement: Rent		Lives with Spouse	Lives with Others* _How many Others	*	
Verified mont	thly Household l	ncome:0-to-	-\$686.00\$687.00-to-\$9	24.00\$925.0	)0 + up	
Race:	Na	tive American	Latino	_AsianAfric	an Amer	rican
Tribal Affiliat	ion:		Enrollment N	umber		
General Healt	h status:	ExcellentC	oodFairF	oor*		
*If poor pleas	se list health con	dition	· · · · · · · · · · · · · · · · · · ·	A. (1),	· · · · · · · · · · · · · · · · · · ·	
Do you curren	tly have any of	the following:	GuardianPower of At	tyFinances	Health_	
			MedicareMedicaid	Representativ	e Payee	
			None of	the Above		
In case of an	emergencyple	ease contact	Name			
		]	Phone Number ()			_
		]	Relationship			
for denial of	services. All of the	e information on the e	owledge. Any false statements on nrollment form is confidential and nation. This enrollment form bec	d will not be released	to any pe	rsons unless
Signature						

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

3-13-00 ljm

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