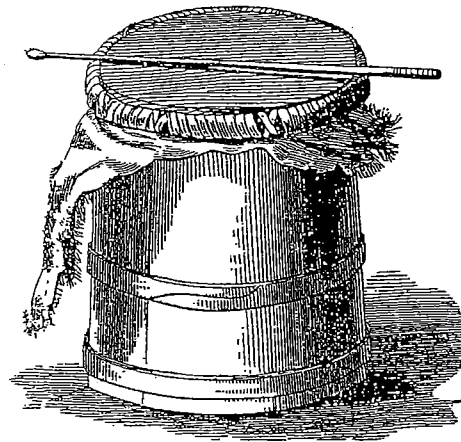


# DRUMS ACROSS ONEIDA

SENIOR CENTER  
134 Riverdale Dr.

P.O. Box 365



ELDERLY SERVICES  
2907 S. Overland Rd.

Oneida, WI 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Harvest Moon

September 2002

## Calling All Elders Ages 55 & Over

The Oneida Recreation Department is looking for and encouraging all interested elderly to take advantage of our special program just for you. If you enjoy bingo, mild exercise, cooking, pottery, and could use a few helpful tips, then this program is just for you! What great about this program? We will welcome you, make you feel comfortable, and keep you occupied with the activities you enjoy most. Try things for the 1<sup>st</sup> time, 100<sup>th</sup> time, or maybe you would like to teach a project! Check out our schedule and feel free to stop in anytime to participate. We are located at N6457 County Hwy H. If you have any questions or concerns, you may also contact Tracey Hill at 833-0010. See you soon!

**ELDERLY SERVICES COMPLEX:**

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

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

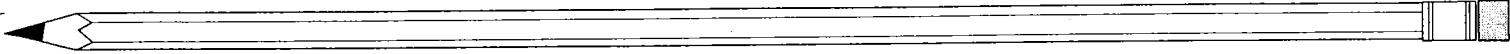
Vacant  
Florence Petri  
Lori Metoxen  
Julia Hill  
C.J. Doxtater  
Cheryl Ault  
Noreen Powless  
Vacant  
Lorna Christjohn  
Edward Goodvoice  
Vacant  
Margaret King-Francour  
Cindy Brabbs  
Amy Sumner  
Joanne Close  
Lorleen John  
Regina Vande Hei  
Debbie Ninham  
Marty Braeger  
Arleen Elm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

**ONEIDA SENIOR CENTER:**

Head Cook Supervisor  
Assistant Cook  
Relief Cook  
Relief Cook  
Home-Delivered Meals Driver  
Maintenance Supervisor  
Home Repairs Coordinator  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Outreach Worker  
Title V  
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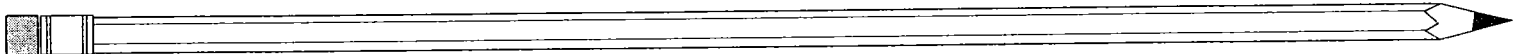
134 Riverdale Drive (P.O. Box 365)  
Oneida WI 54155 1-920-869-1551

Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Althea Schuyler  
Catherine Granquist  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Denise Johnson  
Jared Skenadore  
Harold Dostalek  
Warren House  
Winona Mencheski  
Vacant  
Vacant  
Marie Scott  
Grover Smith



**SeniorCare** SeniorCare is a new prescription assistance program in the State of Wisconsin administered by Wisconsin's Department of Health & Family Services. To qualify for SeniorCare, a person must be age 65 or older and be a permanent resident of Wisconsin.

There are three levels of program qualification, which are dependant on income.

- Level 1** Wisconsin residents 65 or older has to an income less than \$14,177 per individual and less than \$19,105 per couple. Each person pays a \$20 annual enrollment fee. Monthly prescription: \$5 for each covered generic drug, \$15 for each covered brand drugs. There is no deductible.
- Level 2** Residents 65 or older must have an annual income between \$14,177 and \$21,264 per individual or between \$19,105 and \$28,656 per couple. Each person pays \$20 annual enrollment fee. There is a \$500 deductible per person per year. After \$500 deductible has been met: \$5 per covered generic drug or \$15 for each covered brand-name drug.
- Level 3** Residents 65 or older must have an annual income that is more than \$21,264 per individual or more than \$28,656 per couple. Each person pays a \$20 annual enrollment fee. SeniorCare requires the person to purchase covered prescription drugs in an amount equal to the difference between his/her income and the above income amounts.
- 



## Rural Development at the Elderly Mealsite

First Thursday of Every Month  
9:30 a.m. – 12:00 p.m.

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

*Programs available to low and very-low income households.*

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



### REMINDER FOR SERVICING YOUR LARGE APPLIANCES

Many of our large appliances have been purchased with an additional warranty for servicing. These warranties vary in length of time, usually three to five years, and have specific directions for a service call.

It is important to keep your warranties and booklets in a special place so you can refer to them when service is needed on an appliance.

Since each warranty varies, we must refer to them on an individual basis. In some cases, if a service call is made and the directions of the warranty are not followed, it will VOID your warranty.

When phoning Elderly Services for assistance in servicing your appliance, please let us know about your warranty.

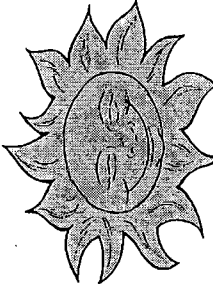
## ATTENTION ELDERS !!!!!


WHEN ELDERS GO ON TRIPS OUT OF TOWN AND ALL ELDERS KNOW THAT CERTAIN ELDERS CANNOT. THE REASON IS FOR THE SAFETY OF THAT ELDER, AS WE HAVE BEEN PUTTING IN THE DRUMS AND THE KALIWISAKS SOME ELDERS HAVE MORE EXTENSIVE HEALTH FACTORS THAN OTHERS SO WE HAD TO DEVELOP THE STANDARD OPERATING POLICIE'S AND PROCEDURES FOR THE ELDERS SAFETY AND THE STAFF INVOLVED.

TAKE FOR INSTANCE WE TAKE AN ELDER WITH A RECORD OF HEART DISEASE ON A TRIP EVEN 40 MILES OUT OF THE LOCAL AREA, THE ELDER DEVELOPS A HEART ATTACK, OF COURSE THE ELDER WILL HAVE TO GO TO THE LOCAL HOSPITAL BY AMBULANCE AND WHO KNOWS WHO THE DOCTOR WILL BE OR EVEN IF THERE IS A CARDIOLIGIST IN THE LOCAL AREA, THE DOCTOR WILL NOT KNOW THE ELDERS HEALTH HISTORY, THE ELDER WILL HAVE TO STAY IN THE HOSPITAL, THE BUS WILL NOT BE ABLE TO STAY AND WAIT FOR THAT ELDER, THE ELDERS RELATIVES WILL HAVE TO BE CALLED TO PICK THEM UP BUT WHAT WILL BE WORSE IS IF THE ELDER DIES, THE STAFF INVOLVED WILL BE DEVASTATED PLUS THE ELDERS THAT ARE IN THE BUS. THE DIRECTOR AND STAFF HAVE ALL AGREED FOR THE SAFETY OF THE ELDER TO PLEASE THINK HOW DEVASTATING IT WOULD BE FOR EVERYONE INVOLVED IF ANY THING DRASTIC HAPPENED TO YOU.

THANK YOU,  
LORNA CHRISTJOHN  
TRANSPORTATION SUPERVISOR

# ACTIVITIES SEPTEMBER 2002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>LABOR DAY</b> Oneida Tribal Offices CLOSED	<b>3</b> Crafts @ Epworth Hall 9:30AM - 11:30AM NICOA conf. in Albuquerque	<b>4</b> Fitness 9:30AM 10 am Farmer's Market @ Festival Foods	<b>5</b> 1pm Goodwill 5pm Hwy H Open House	<b>6</b> Shopping, Banks, Lunch out 10am-3pm
<b>9</b> Fitness - 9:30 PM Bingo @ Site 2 1pm	<b>10</b> Crafts @ Epworth Hall 9:30 AM - 11:30AM Game Room Activity @ Hwy H 1:30pm	<b>11</b> Fitness 9:30AM Bingo @ Hwy H 1:30 PM	<b>12</b> Shopping, Banks, Lunch out 10am-3pm	<b>13</b> Elderly Svs In service mtg Closed 11am
<b>16</b> Fitness 9:30AM Obstacle Course Hwy H 1:30pm	<b>17</b> Crafts @ Epworth Hall 9:30AM - 11:30AM Movie and Snacks Hwy H 1:30pm	<b>18</b> Fitness 9:30AM Bingo @ Hwy H 1:30 PM	<b>19</b> Diabetic Lunch.-Parish H. 10am Make Your Own Post Card 10:30 am - Hwy H	<b>20</b> Shopping, Banks, Lunch out 10am-3pm
<b>23</b> Fitness - 9:30 PM Bingo @ Site 2 1pm	<b>24</b> Bingo Epworth Hall 9:30AM - 11:30AM Treasure Hunt 1:30pm Hwy H	<b>25</b> Fitness 9:30AM Bingo @ Hwy H 1:30pm	<b>26</b> AJNH Visit 10AM 12:15 - 12:30PM Birthday Gifts -Senior Center	<b>27</b> Shopping, Banks, Lunch out 10am-3pm
<b>30</b> Fitness 9:30AM 1 PM New London & Black Creek visit			Activities are subject to change	Bus leaves from Oneida Senior Center for all trips




## Foot Care for Older People

**Bunions** occur when big toe joints are out of line and become swollen and tender. Bunions may result from ill fitting shoes pressing on a deformity or from an inherited weakness in the foot. Wearing shoes that are wide at the instep and the toes may provide relief. Protective pads can also be used to cushion the painful area. There are several methods for treating bunions, including the application or injection of certain drugs or the use of whirlpool baths. Painful bunions can sometimes be repaired surgically.

**Diabetes** is a disease that makes people particularly prone to sores and infections on their feet. Because diabetes may impair the sense of feeling in the feet, injuries can occur more easily. Cuts should receive immediate medical attention because diabetics heal slowly. Even minor infections can take months to heal, and complications in severe cases may lead to surgical removal of the limb. Diabetics should be especially careful to avoid extremely hot or cold bath water, keep feet clean and dry, and avoid stepping on sharp objects or dirty surfaces.

**Preventing Foot Trouble** Improving circulation to the feet can help prevent problems. Exposure to cold temperature, wading or bathing in cold water, pressure on the feet from shoes, long periods of sitting or resting, and smoking can reduce blood flow to the feet. Standing up and stretching, walking, and other forms of exercise promote good circulation. Gentle massage and warm foot baths can also help increase blood flow to the feet. Shoes should be chosen carefully. Shoes should be made of a soft, flexible material to allow the shoe to conform to the shape. Soles should provide solid footing and not be slippery.







## Alzheimer's Association

Public invited to free program on dementia, research, and caregiving.

The public is invited to a free educational program on dementia, research, and caregiving on Sept.23, at 6:00pm at the Brown County Aging Resource Center, 300 S. Adams St., Green Bay.

The event is sponsored by the Alzheimer's Association, Greater Wisconsin Chapter, Green Bay Regional Office and will feature Dr. Gerald Bannesch, a neurologist with Prevea Clinic, who will present an overview of dementia and current research followed by a panel discussion of dementia-care. Panel members will include family caregiver Dennie Nichols, Rev. Stan Lillich, attorney Jeff Martinson, and Mary Bouche, executive director of the Greater Wisconsin Chapter.

Individuals interested in attending this program are asked to preregister by calling the Green Bay Regional Office at 920-469-2110.

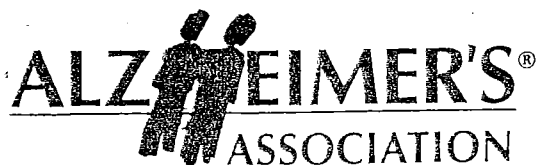
*Alzheimer's disease is a progressive and degenerative brain disorder that impairs memory, abstract thinking, and behavior in four million Americans. More than 11,000 residents of Brown, Door, Kewaunee, Manitowoc, Marinette, Menominee, Oconto, Shawano, and Waupaca counties have Alzheimer's or a related disorder. The Greater Wisconsin Chapter, Green Bay Regional Office offers information, education, support, and advocacy to individuals, families, and organizations. For more information, call 920-469-2110 or 800-360-2110 or visit [www.alzgw.org](http://www.alzgw.org). The chapter is a Community Health Charities of Wisconsin agency.*

*Someone to Stand by You*

## **10 WARNING SIGNS of ALZHEIMER'S DISEASE**

1. Recent memory loss that affects job performance. Everyone forgets things and then recalls them later. Alzheimer's patients forget often, never recall. And repeatedly ask the same question, forgetting the earlier answer.
2. Difficulty performing familiar tasks. "People with Alzheimer's disease could prepare a meal, forget to serve it and even forget they made it."
3. Problems with language. A person with Alzheimer's may forget simple words or use inappropriate words, making speech incomprehensible.
4. Disorientation of time and place. People with Alzheimer's may get lost on their own street and forget how they got there or how to get home.
5. Poor or weaker judgment. Even a normal person might get distracted and fail to watch a child. "A person with Alzheimer's disease could entirely forget the child under their care and leave the house."
6. Problems with abstract thinking. Anybody can have trouble balancing a checkbook; a person with Alzheimer's "could forget completely what the numbers are and what needs to be done with them."
7. Misplacing things. "A person with Alzheimer's disease may put things in inappropriate places - an iron in the freezer or a wristwatch in the sugar bowl - and not be able to retrieve them."
8. Changes in mood or behavior. Everyone has occasional moods, but people with Alzheimer's can have rapid mood swings - from calm to tears to anger - within a few minutes.
9. Personality changes. A person with Alzheimer's may change drastically and inappropriately, becoming irritable, suspicious or fearful.
10. Loss of initiative. People with Alzheimer's may become passive and reluctant to get involved in activities.

**ALZHEIMER'S ASSOCIATION - NORTHEASTERN WISCONSIN**



*Someone to Stand by You*

## "TWELVE STEPS" ADAPTED FOR CAREGIVERS

The original Twelve Steps were developed as the heart of the Alcoholics Anonymous Program in order to provide persons with a unity of purpose and guidance for individual growth. Since that time, professionals and self-help groups have used or adapted them for various purposes. The Twelve Steps developed by Alcoholics Anonymous focus on three different areas. First, they acknowledge that human resources such as intelligence, knowledge, strength, and hope are not enough to help persons solve problems. Secondly, they focus on the need to accept the help of a Higher Power to guide thoughts and actions. And finally, they suggest ways the Power can be brought into one's daily life so that action can be taken.

1. Although I cannot control the disease process, I need to remember I can control many aspects of how it affects me and my relative.
2. I need to take care of myself so that I can continue doing the things that are most important.
3. I need to simplify my lifestyle so that my time and energy are available for things that are really important at this time.
4. I need to cultivate the gift of allowing others to help me, because caring for my relative is too big a job to be done by one person.
5. I need to take one day at a time rather than worry about what may or may not happen in the future.
6. I need to structure my day because a consistent schedule makes life easier for me and my relative.
7. I need to have a sense of humor because laughter helps to put things in a more positive perspective.
8. I need to remember that my relative is not being "difficult" on purpose; rather that his/her behavior and emotions are distorted by the illness.
9. I need to focus on and enjoy what my relative can still do rather than constantly lament over what is gone.
10. I need to increasingly depend upon other relationships for love and support.
11. I need to frequently remind myself that I am doing the best that I can at this very moment.
12. I need to draw upon the Higher Power which I believe is available to me.

(Abridged from the American Journal of Alzheimer's Care and Related Disorders and Research, November/December, 1989.)

ALZHEIMER'S ASSOCIATION - NORTHEASTERN WISCONSIN

MAIN OFFICE: 2900 Curry Lane, Suite A • Green Bay, WI 54311 • Phone (920) 469-2110 • Fax (920) 469-2131  
BRANCH OFFICE: 201 East Bell Street • Neenah, WI 54956 • Phone (920) 727-5555 Fax (920) 727-5552



*Someone to Stand by You*

### METHODS OF COPING WITH STRESS

1. LIKE YOURSELF. You are a unique individual. Respect your abilities, forgive your errors.
2. TACKLE ONE THING AT A TIME. Define what needs to be done and then start with one thing and concentrate on that until you feel you have accomplished what you set out to do. Then go on to the next task. If you have many things to do, make a list. You won't have to worry about forgetting something.
3. TAKE IT EASY. Try not to worry. Do what you can about a situation and then go on to other things.
4. LEARN TO ACCEPT WHAT YOU CANNOT CHANGE. Some circumstances are beyond our control. Accept realistic expectations and go about achieving them with assistance, if needed. Recognize your own limitations and the limitations of others.
5. STOP TRYING TO BE SUPERMAN OR SUPERWOMAN. You can't excel at everything you do.
6. WORK ON BEING OPEN AND POSITIVELY ASSERTIVE.
7. IF YOU HAVE A PROBLEM, THINK IT THROUGH ONCE AND FOR ALL.
8. TALK ABOUT YOUR TROUBLES. At times, confiding worries to a special friend or trained professional may relieve your stress. Often another person can help to see your problem in a new light or find a possible solution. Worry constructively.
9. RELAX CREATIVELY. Take the time to do something you really enjoy. Learn to enjoy what you do to manage stress. If you set aside time to relax, don't let anything interfere.
10. AVOID STRESS PRODUCING SITUATIONS AS MUCH AS POSSIBLE. Try to avoid situations which produce too much change. Consider changing parts of your life that produce too much stress.
11. DON'T ACCEPT HURRY AS A NECESSARY PART OF LIFE.
12. WORK OFF YOUR TENSIONS. Try a physical activity like walking, playing a game of tennis, gardening, chopping wood, or playing the piano.
13. TRY SHARING YOUR TIME AND SKILL WITH OTHERS. It may take you out of yourself.
14. MAKE YOURSELF AVAILABLE. Go out and do things instead of getting frustrated with your life. There is no time like a negative, stressful period in one's life to get involved in a new hobby.
15. GIVE IN ONCE IN AWHILE. Don't always fight other people and insist that you are right. Try to find alternative ways to react in a situation.

"If you are distressed by anything external, the pain is not due to the thing itself, but your estimate of it. This you have the power to revoke at any time."

Marcus Aurclius

ALZHEIMER'S ASSOCIATION - NORTHEASTERN WISCONSIN

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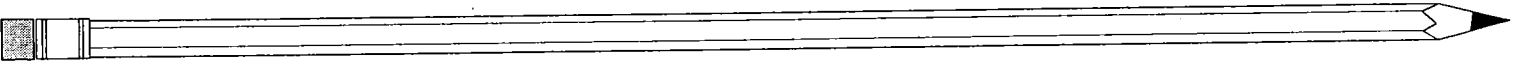
## **Foods that increase memory retention and sharpen your thinking**

**by Don Colbert, MD**

1. Fatty fish, such as mackerel, salmon, herring, sardines, & tuna are rich sources of DHA, which is a fish oil that helps to create healthier brain cells.
2. The healthiest nuts for the brain are walnuts( which actually look like miniature brains) & almonds.
3. Foods with the greatest antioxidant capacity are the healthiest for the brain. These include fruits such as prunes, raisins, blueberries, blackberries, strawberries & raspberries. Vegetables with the highest antioxidant capacity include garlic, kale, spinach, Brussel sprouts, alfalfa sprouts, & broccoli.
4. Olive oil, avocados, macadamia nuts, & other monounsaturated fats help prevent memory loss.

### **Daily Moments of Zen**

**Modified to reflect contemporary wisdom**

1. The journey of a thousand miles begins with a broken fan belt & a leaky tire.
  2. Never test the depth of the water with both feet.
  3. If at first you don't succeed, skydiving is not for you.
  4. Some days you are the bug: some days you are the windshield.
  5. If you tell the truth , you don't have to remember anything.
- 



## Health Corner

### **1 Begin a regular exercise program**

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger & helps you feel better.

### **2 Make your home safe.**

About half of all falls happen at home. To make your home safer.

Remove things you can trip over - paper , books, clothes, shoes-from stairs & places where you walk.

Remove small throw rugs or use double - sided tape to keep the rugs from slipping.

Keep items you use often in cabinets you can reach easily without using a step stool.

Have grab bars put in next to your toilet & in the tub or shower.

Use non - slip mats in the bathtub & on shower floors.

Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.

Have handrails & lights put in on all staircases.

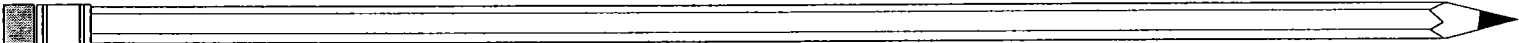
Wear shoes that give good support & have thin non- slip soles. Avoid wearing slippers & athletic shoes with deep threads.

### **Have your health care provider review your medicines.**

Have your doctor or pharmacists look at the medicines you take (include ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines or combinations of medicines, can make you drowsy or light headed which can lead to a fall.

### **Have your vision checked.**

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.





## Injury Prevention

Across the United States, 20,000 deaths and nearly 25 million injuries occur in homes each year. About 80,000 of these injuries cause some permanent impairment.

### Healthy home tips to reduce the risk of falls

Use slip resistant coverings on hard-surfaced floors

Avoid overly thick carpets and rugs with confusing patterns, especially on stairs

Replace loose, torn, or frayed floor coverings.

Inspect wooden stairs & floors & replace sections that are broken, warped, or rotted.

Keep stairs & walkways clear of electrical cords, toys, & other clutter.

Be sure stairs, and & hallways are well-lighted & free of shadows.

Install sturdy, full -length handrails on both sides of all staircases.

Use ladders cautiously. Before climbing a ladder, be sure it is in good condition, securely placed, & long enough to be stable. Never stand on the top two rungs of a ladder. Have someone nearby in case you fall.

Repair broken or uneven concrete in walks & steps.

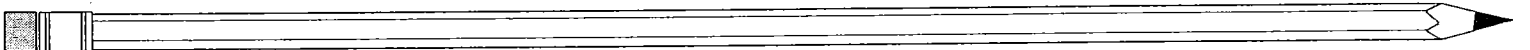
Keep walks & steps clear of snow & ice in winter. Spread sand or chemical melts on icy spots.

Keep garden hoses, toys, skateboards, & other items off walks & steps.

Install non - slip strips or mats & grab bars in the bathtub or shower.

### Slips, trips & falls

Falls are the major cause of household injuries. Most falls occur when someone slips on an icy, wet, or slick surface; trips over a loose rug, toy, or other object; stumbles on stairs. Falls can also occur from a roof, ladder, or furniture.





## Poison Prevention

Each year in the U. S. thousands of people suffer from accidental poisoning. They often require emergency medical care. Household poisonings involve carbon monoxide fumes, cleaning products, cosmetics & personal care products, pesticides, medications, & plants. Poisonings are usually associated with young children, but also can involve adults & senior citizens.

### Healthy home tips on poison prevention

Protect your family against carbon monoxide. Install a carbon monoxide detector near the bedroom area of your home & have your heating system inspected every fall.

Store chemicals & medications in their original containers. Original containers for these products contain information that may be needed in a poisoning. In addition, medicines & chemicals that have been transferred to an unlabeled container may be difficult to identify. Use of food containers like drinking glasses, cups, or soda cans to store pesticide solutions, cleaning compounds, or solvents can result in an accidental poisoning.

Read and follow labels. Learn to use label information to select products that are safe for your home & the environment. If you have questions about the use & disposal of a product, call the manufacturer

When buying chemicals, buy only as much as you need for the job you plan to do. Although buying a larger quantity may save you a few dollars, storing left over toxic chemicals in your home is not a good idea.

Never mix household chemicals that contain chlorine bleach with products that contain acids. These chemicals can combine to form deadly chlorine gas.

**Use the Wisconsin Poison System as a resource. Post their number near each telephone in your home. Call the Poison Center if you have questions about toxic substance or possible poisoning(1-800-815-8855), anywhere in Wisconsin.**

### Prevent grandchild poisonings

Store toxic chemicals in locked cabinets or above counter level. All cleaning products, toiletries, pesticides, & plant products should be stored out of sight & reach of small children.

Store vitamins, iron pills, & other medications in locked cabinets. Hide the key in a separate location.

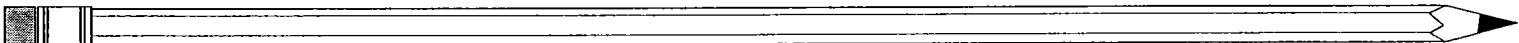
Buy products that are packaged in a child - resistant containers.

Keep poisonous plants out of small children's reach. Learn about the plants in your home & yard. Consider lending toxic houseplants to a friend or taking them to work until your toddler is older.

Keep syrup of ipecac handy, but use it only if instructed to do so by a doctor or poison control center.

### Handling and storing toxic chemicals

Cleaning products, lawn care chemicals, insecticides, paint removers or thinners, and medications are found in most homes. When used for their intended purpose, these products can make our lives easier & more enjoyable. However when they are used inappropriately or ingested by curious child, these chemicals can cause serious health problems.





## **West Nile Virus Reduce Your Risk**



### **When you are outside:**

- ✓Wear protective clothing such as long pants, loose fitting long-sleeved shirts, and socks.
- ✓Use repellent to cover exposed skin & clothing.
- ✓Do not apply in enclosed areas.
- ✓Avoid prolonged or excessive use.

### **At home:**

- ✓Make sure doors and windows have tight fitting windows and screens.

### **Reduce mosquito breeding habitat:**

- ✓Eliminate standing water that collects on your property.
- ✓Remove discarded tires that could hold water.
- ✓Dispose of tin cans, plastic containers, ceramic pots or other water holding containers left outside.
- ✓Ensure rain gutters drain properly – clean gutters of debris.
- ✓Clean and chlorinate pools and hot tubs. Cover when not in use.
- ✓Drain water from pool covers.
- ✓Change water in bird baths every 3 or 4 days.
- ✓Turn over wheelbarrows and wading pools when not in use.



## **Getting Your Affairs in Order**

Older people sometimes need help from relatives & friends with managing their legal or financial affairs, either temporarily or by having these responsibilities gradually assumed. Because the person who provides care often has little knowledge of vital information & records, the task is much simpler if papers are already in order.

The following suggestions may help you to begin organizing your financial & personal records.

### **Personal Records:**

Full legal name

Social security number

Legal residence

Date & place of birth

Names & addresses of spouse & children ( or location of a death certificate if any are deceased)

Location of will or trust

Location of birth certificates & certificates of marriage, divorce, & citizenship

List of employers & dates of employment

Education & military records

Religious affiliation, name of church, or synagogue, & names of clergy

Memberships in organizations & awards received

Names & addresses of close friends, relatives, doctors, & lawyers or financial advisors

Request, preferences, or prearrangements for burial.

### **Financial Records:**

Sources of income & assets (pension funds, interest income, etc.)

Social Security & Medicare information

Investments income (stocks, bonds, property)

Bank accounts (checking, savings, & credit union)

Location of safe deposit boxes

Copy of most recent income tax return

Liabilities- what is owed to whom & when payments are due

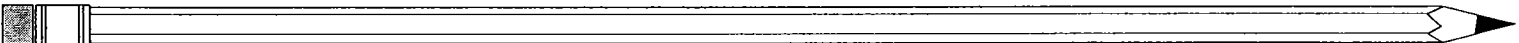
Mortgages & debts- how & when paid

Credit card & charge account names & numbers

Property taxes

Location of all personal items such as jewelry or family treasures.

A family member or friend should know the location of these records & all important papers & documents. It is not necessary to reveal the contents of wills or trusts.



# How's the Weather?



AIR QUALITY  
ATMOSPHERIC  
BAROMETER  
BREEZE  
BREEZY  
CIRRUS  
CLEAR  
CLIMATE  
CLOUDS  
CLOUDY

COLD  
CUMULUS  
CYCLONE  
DRIZZLE  
EAST  
FOGGY  
HAZY  
HEAT INDEX  
HOT  
HUMID

HURRICANE  
LIGHTNING  
MIST  
NORTH  
RAIN  
RAINBOW  
RAINY  
SMOG  
SMOGGY  
SOUTH

THUNDER  
TORNADO  
TWISTER  
TYPHOON  
WATERSPOUT  
WAVES  
WEST  
WIND CHILL  
WINDS  
WINDY

## SKILLET CORN FRITTERS

1 ½ cups corn cut from the cob  
1/4 cup milk  
½ cup unsifted all purpose flour  
¾ teaspoon salt  
1 teaspoon pepper  
2 eggs, beaten  
fat for frying


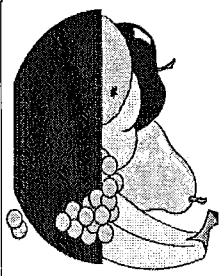
Mix all ingredients except fat for frying until blended. Drop by tablespoons into 1 1/2 inch of hot fat and fry until golden brown on both sides. Makes 4-6 servings.

Frozen whole kernel corn may be substituted.

# MENU

# SEPTEMBER

# 2002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED IN OBSERVANCE OF LABOR DAY	3 Chili Cucumbers W/W Bread Ice Cream	4 Ring Bologna Saurkraut Red Potatoes W/W Bread Applesauce	5 Pork Roast Potatoes Peas W/Wread Pears	6 Ham Eggs Juice Muffins Fresh Fruit
9 Chicken Salad Croissants Tomatoes Cottage Cheese Peaches	10 Calif. Blend Soup Fresh Rolls Diet Jello W/ Fruit	11 Spagetti Lettuce Salad Garlic Bread Whip & Chill	12 Liver & Onions Potatoes Beets W/W Bread Melons	13 Bacon Eggs & Grits Toast Juice Grapefruit Sections
16 Chicken Ala King Rice Biscuits Sherbert	17 Tomato Soup Ground Bologna Egg Salad Sand Raspberries	18 Meatloaf Scalloped Potatoes Corn W/W Bread Melons	19 Fish Cole Slaw Red Potatoes Corn Bread Pineapple Tidbits	20 Sausage French Toast Juice Strawberries
23 Chop Suey Rice W/W Bread Mandrin Oranges	24 Corn Soup Fresh Rolls Blackberries	25 Hamburges Pasta Salad Beans Buns Ice Cream	26 BIRTHDAY Beef Roast Potatoes Brussels Sprouts W/W Bread Peach Upside Down Cake	27 S.O.S Eggs Toast Juice Pineapple Tidbits
30 Ham Sweet Potatoes Green Beans W/W Bread Peaches	All meals served with coffee, tea and milk.	Meals are subject to change		

**ONEIDA NATION COMMISSION ON AGING  
AUGUST 13, 2002- REGULAR MEETING  
ELDERLY SERVICES COMPLEX- CONFERENCE  
ROOM**

MINUTES

I. CALL TO ORDER: The meeting was called to order by chair and welcome at 1:00 pm.

II. PRAYER: Arlie Doxtator

III. ROLL CALL: Nadine Escamea was excused, rest of Commissioners were present.

IV. APPROVAL OF AGENDA: Agenda was approved with Bay Area Gail Fisher and Bellin Health, Karen M. Sentowski put on top of reports.

V. APPROVAL OF July 9<sup>th</sup> reg. ONCOA meeting minutes by Lois Powless, 2<sup>nd</sup> by Mary E.

VI. A. Reports: Gail Fisher from Bay Area offered ONCOA and Elderly Services help with any programs that Roberta might have had started also reported of a scam, where people are calling elderly and for a fee they will help fill out forms for Senior care prescriptions. Bay Area is also going to plant a tree on Elderly Services grounds in honor of Roberta. Also a National health board has some honor in the works for Roberta. Bellin Health representative Karen Sentowski told us about what Bellin has to offer and have a better communication line with Oneida health center.

B. Elderly Services Programs for July was approved by Lois Powless and 2<sup>nd</sup> by Hugh Danforth. Motion carried,

C. Dave Larson report: Hugh D. asked Dave for a time table? No time table was available at time. Valder John wanted to know if our engineer Department had inspectors on the job site and at the new health center. Also will they have inspectors at the building of the assisted living complex. Valder also asked if we could have the Oneida engineering department come and talk to ONCOA at some meeting.

D. Lois Powless made a motion to approve ad Hoc Committee report, 2<sup>nd</sup> by Cliff D. Motion

carried.

E. Financial report was approved by a motion by Lois Powless and 2<sup>nd</sup> by Mary E. Motion carried

F. ONCOA Reports: CWAG report was approved by a motion by Lois Powless and 2<sup>nd</sup> by Mary E. Motion carried.

VII. Tabled business A-B-C-E-F-G

D. Lois Powless made a motion to take garage report off of table, 2<sup>nd</sup> by Mary E. Motion carried. Motion by Lois P. to have John Brueninger at next meeting to discuss garages in his FY 2003 budget, 2<sup>nd</sup> by Lois Strong. Motion carried.

VIII. Old Business

A. Employee incentive. ONCOA chair and Secretary will set a meeting with Sue

IX. New Business.

A. Roy Huff Request for Naming the Health Center. Motion by Lois Powless 2<sup>nd</sup> by Mary E. to have a special meeting with Sue House from the Health center and a rep from Land Mang and LOC the 27<sup>th</sup> of Aug. 1:00. Motion carried.

Motion was made by Hugh D, 2<sup>nd</sup> by Lois P that ONCOA take a stand against reopening land fill also support neighborhood alert which is a notice going around the community.

The alternate chosen to attend NICOA is Dorothy Skenandore. This would be if any of the original three - Clifford Doxtator, Lois Strong or Nadine Escamea cannot attend.

The alternate chosen to attend WIEA was Dellora Cornelius. This would be in the event any of the original three could not attend - Clifford Doxtator, Arlie Doxtator, Alfreda Green. Dellora did replace Arlie as he was not able to attend the WIEA meeting.

2:29 motion was made by Lois P and 2<sup>nd</sup> by Cliff D. to adjourn.

Submitted by  
Arlie Doxtator, Secretary

Minutes approved at the Regular ONCOA meeting of September 10, 2002 with corrections. (See September 10, 2002 minutes for corrections.)

**ONEIDA NATION COMMISSION ON AGING  
SPECIAL MEETING - AUGUST 28, 2002  
ELDERLY SERVICES COMPLEX-  
CONFERENCE ROOM**

MINUTES

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

II. WELCOME AND PRAYER: Chairwoman Cornelius welcomed all in attendance. Lois Powless delivered the opening prayer.

III. ROLL CALL: Present: Dellora Cornelius, Hugh Danforth, Clifford Doxtator, Lois Strong, Nadine Escamea, Lois Powless, Dorothy Skenandore, Susan Daniels, Florence Petri, Lori Metoxen, Cheryl Ault, Valdar John. Late: Arlie Doxtator. Unexcused: Mary Edna Greendeer.

IV. APPROVAL OF AGENDA: Motion to approve agenda by Lois Powless, 2<sup>nd</sup> by Clifford Doxtator. Motion carried.

V. DISCUSSION ON PUBLIC HEARING AND REVIEW OF AREA AGENCY PLAN 2003-2005. Presentation by Florence Petri and Lori Metoxen regarding the draft plan. Motion to accept draft plan by Lois Powless, 2<sup>nd</sup> by Clifford. Motion carried. If anyone has additional comments, please submit to Lori Metoxen by September 20, 2002. The Public Hearing will be held at the Elderly mealsite on September 24, 2002 beginning at 10:00 a.m. Lori will also include information regarding the Foster Grandparent and Senior Companion Programs funded through GLITC.

VI. ANNOUNCEMENTS:

1. The ONCOA/Elderly Services staff picnic will be held on September 13 beginning

at 11:00 until 3:00 at the Decaster Garage. This is a potluck picnic.

2. Elderly Services will be holding a bake sale at the IMAC bingo hall on September 13 for the evening session. They are in need of workers and baked goods.

3. Elderly Services staff will begin meeting every two weeks starting with September 10. Those commissioners committed to attend those meetings should change their calendars as appropriate. Supervisor meetings will stay the same as scheduled.

4. Discussion around WIEA possibly being held in Oneida in October. Sue Daniels will call and check to find out for sure where it will be held.

5. CWAG will be held at the Radisson in June of 2003.

6. Lois Powless made a motion for an Emergency Meeting to be held on Monday, September 2, 2002 beginning at 1:00 p.m. at the Elderly Services Building, Common Room C to discuss the Elderly Services' Director's position. Valdar John will make sure all can get in the building. 2<sup>nd</sup> by Dorothy. Motion carried.

7. The Naming Building issue regarding the health center will be on the regular ONCOA agenda for September. ONCOA will entertain two names, take action, and forward the results to OBC and OCHC.

VII. ADJOURNMENT: Meeting was adjourned at 2:30 p.m.

Minutes approved at the regular ONCOA meeting of September 10, 2002

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

## ONCOA AGENDA REQUEST FORM

\_\_\_\_\_ REGULAR MONTHLY ONCOA AGENDA

\_\_\_\_\_ (SCHEDULED DATE)

\_\_\_\_\_ SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

\_\_\_\_\_ (SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

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

☐ YES

☐ NO

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

APPROX. TIME REQUESTED TO DISCUSS ITEM: \_\_\_\_\_ MINUTES

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

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

1) \_\_\_\_\_

2) \_\_\_\_\_

REQUESTED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

Name

Title

Phone

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

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: \_\_\_\_\_

RECEIVED BY: \_\_\_\_\_ DATE: \_\_\_\_\_





