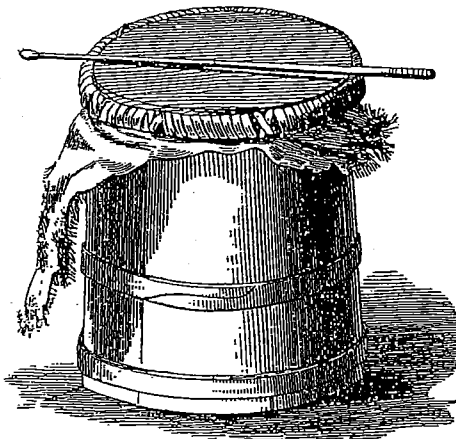


DRUMS ACROSS ONEIDA

ELDERLY SERVICES
2907 S. Overland Rd.

P.O. Box 365



SENIOR CENTER
134 Riverdale Dr.

Oneida, WI 54155

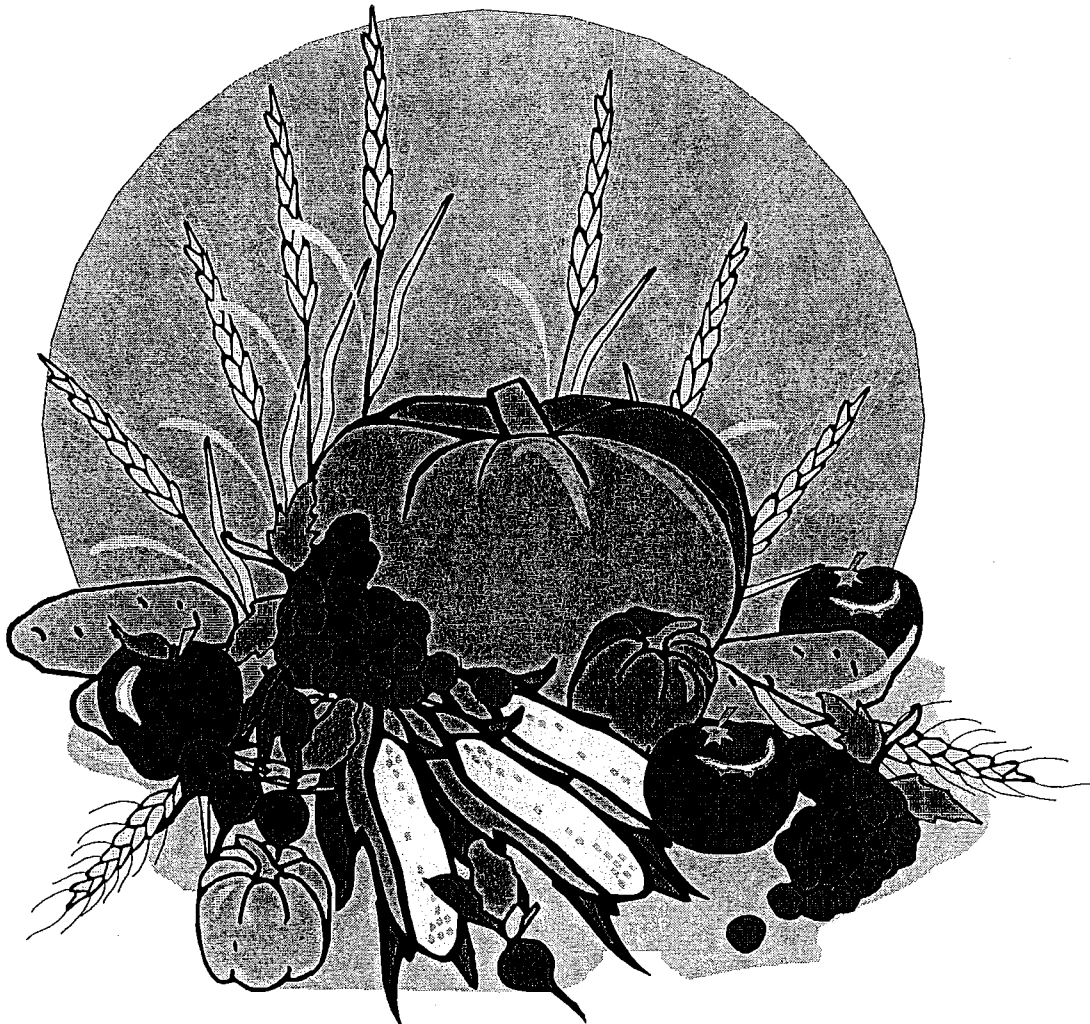
Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Harvest Moon- Yeh\at?thokwahs Weh-hni•tahl

September 2003



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
Elder Helper
Elder Helper
Title V

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

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

ONEIDA SENIOR CENTER:

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

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
Richard Dodge
Winona Mencheski
Grover Smith
Cornelius Hill
Marena Pamanet

UP CLOSE AND PERSONAL

With Robert Lagest
Maintenance Supervisor

Robert Lagest was born in 1964 in Milwaukee to the parents of Milton and Evelyn Lagest. Grand parents are Doc and Edna Lagest and Chester and Matilda Williams.

Robert went to Pembine School. He got his GED from Emily Griffen School in Denver , Colorado . He married Tina John and has three children who are Jonathon, Robert JR and Twilight .

Robert enjoys camping with his family and traveling with them. He enjoys riding his Harley Davidson.

Robert started working with his dad in the woods cutting pulp.. He started working for the tribe in 1996 here at the Senior Center.

Robert enjoys the Elders because of the stories they can tell.

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

What do you consider to be your greatest accomplishment?
My Family

What is the best advice anyone ever gave you?
Do what makes you happy

What advice would you give to someone who is about to retire?
Stay active and have fun

What is your ideal vacation?
Hunting in Canada with the sons

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

My parents

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

No , because I am good at everything

Favorite meal: Steak and spuds

Favorite Music: The Blues

Favorite Books: none

Favorite Movies: Action

Favorite Hobbies: Hunting, fishing, riding bike, and spending time with the kids.



A BIT OF HUMOR!!!!

1. Where do cows hang their paintings?
2. What do call the sale of a lion?
3. What's the best cheese to eat when you are up a tree?
4. What do healthy ghosts eat for breakfast?
5. When does a cucumber laugh?
6. Where do cows go for lunch?
7. What's a monster's favorite snack?
8. How does an actor get a part in a horror movie?
9. What did one devil say to the other?
10. How did Sir Lancelot see in the dark?

Answers:

1. In moo-seums.
2. A roar deal.
3. Limb-burger cheese.
4. Hex chex.
5. When it's a tickled pickle.
6. The calf-eteria.
7. Dread and butter.
8. He passes a scream test.
9. Any fiend of yours is a fiend of mine.
10. He used a knight light.

The Silly Joke Book by: Scholastic Inc.



Oneida Elderly Services Mealsite Volunteer Program

Needs

VOLUNTEERS* *VOLUNTEERS* *VOLUNTEERS

Want to be a volunteer? We need elders in the Oneida area who would like to volunteer at the meal site. Services can include assistance with greeting and checking in guests upon arrival at the mealsite, assist in setting and cleaning tables, friendly visiting, errands, shopping. If you feel you would like to offer your assistance, by giving a few hours a week or more, please call 869-1551 and ask for Loretta Mencheski.

Other Services Volunteers Can Provide:

1. Companionship/Conversation
 2. Transportation to appointments
 3. Assist with special events
 4. Dust and polish furnishings
 5. Participate in Games/Cards
 6. Care of house plants
 7. Clip coupons for shopping
 8. Reading
 9. Assist with arts & crafts
-

RECIPES

CHICKEN OR TURKEY CRESCENT SQS

1- 3oz. pkg. cream cheese
3 Tbsp. melted margarine or butter
2 cup cooked chicken or turkey
1/4 tsp. salt
1/8 tsp. pepper
2 Tbsp. milk
1 Tbsp. chopped onion
1 Tbsp. chopped pimienta
1 8-oz. can quick crescent rolls
1/2 - to 3/4 c. crushed seasoned croutons

In medium bowl, blend cheese and 2 of the 3 Tbsp. of the margarine until smooth. Add the next 6 ingredients. Lay out the rolls from the pkg. in rectangles. Fill each with 1/2 c. of the meat mixture. Fold up the corners to the center and brush with the remaining Tbsp. of margarine or butter. Sprinkle with the crushed croutons. Bake on an ungreased cookie sheet for 20 minutes at 350 degrees. Serves 4.

Eugenia Williams

WILD RICE CASSEROLE

2 Lbs. ground chuck or ground beef
2 c. chopped celery
3/4 c. chopped onions
2 cans mushroom soup
2 small cans mushrooms
6 Tbsp. soy sauce
1/8 to 1/4 c. bacon grease
1 green pepper, chopped
Can also add 1/2 c. of salt pork, cut up, with ground beef.

Brown meat, celery, onion, green pepper in bacon grease. Add remaining ingredients. Put in casserole dish and bake uncovered 45 minutes at 350 degrees. To make rice, take 1 cup wild rice, wash and bring to boil; then simmer for 1/2 hour. Kwa Ika J Yaweku. It's very delicious.

Ann Skenandore

CHICKEN AND BISCUIT PATCHWORK DINNER

1 (12- OUNCE) jar Heinz fat -free chicken gravy
1/2 teaspoon Poultry Seasoning
1 cup (6 Ounces) diced cooked chicken breast
1 1/4 cups frozen green beans, thawed
1 1/4 cups frozen carrots, thawed
1/4 cup frozen peas
1/2 cup (one -2.5 -ounce jar) canned, sliced mushrooms, drained
1 (7.5 - ounce) package Pillsbury refrigerated buttermilk biscuits

Preheat oven to 400 degrees. In a large bowl, combine gravy and Poultry Seasoning. Add chicken, green beans, carrots, peas, and mushrooms. Cut each biscuit into 4 pieces. Add to chicken mixture. Gently mix to combine. Pour into an 8 by 8 - inch baking dish sprayed with butter- flavored cooking spray. Bake 25 to 30 minutes. Place baking dish on a wire rack and let set 2 to 3 minutes. Cut into 6 pieces.

Serves 6 - Each serving equals:

HE: 1 Br, 1 Ve, 1Pr, 1/4 SL 5 OC
170 Calories, 2 gm Fa, 13 gm Pr, 25 gm Ca,
721; Mg So , 4 gm Fi
Diabetic: 1 St, 1Ve, 1 Mt



ELDERLY REQUEST FOR SERVICE PROCEDURE

Clarification of emergency and non-emergency request for service and the procedure for the Elderly Services/Senior Center and payment of bills. If you need a service which is usually handled by another area, such as Plumbing, Utilities, Department of Public Works, etc. or any service area/vendor outside the Tribe, call the Senior Center at (920) 869-2448.

Upon receiving your request, an Initial Contact Form will be generated and routed 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. Every effort will be made to meet the needs of the Elders in the 55/69 age group.

As of this notice, unless the Elderly Service/ Senior Center makes the referral to a vendor, the department will not be responsible for the charges incurred by you. You will be responsible for the full cost of these charges.

This procedure is only applicable as funds are available. As always, thank you for your attention to this matter.

If you have any questions, please do not hesitate to call Cheryl Ault at (920) 869-2448. **Office hours are Monday thru Friday 8:00 a.m. to 4:30p.m.**

We provide 24- hour answering services that effectively relay messages to the appropriate staff after our regular work hours and on weekends.

TIPS FOR CAREGIVERS Preventing Home Accidents

Home accidents cause over 26,000 deaths each year. The majority of these accidents happen to seniors. Seniors are at increased risk of serious accidents in their home due to declining health. Decreased muscle strength, poor vision, balance problems and judgement errors make accidents most likely to occur. Because the decline is gradual for most people, we often fail to see potential hazards.

Caregivers need to be equally concerned about their own safety at home. A fall, back strain, or twisted ankle may cause an injury that makes it impossible to care for your loved one and yourself.

Nearly half of home accidents can be prevented with awareness and modification. Look at your surroundings and consider the condition of your loved one and the potential hazards. You may be able to improve the safety of your home by moving furniture around, removing cords from open areas, taping edges of throw rugs. Perhaps you need to install a ramp, grab bars, motion lights, non-skid flooring or strips to foot surfaces.

Falls most often happen on stairs and steps. Bright or reflective tape helps people better judge the contrasting rise or drop of the step. Surfaces with glare or complex patterns are hard to navigate. Bathrooms are frequently the place where people fall either from slipping on a wet surface or losing one's balance. Grab bars and better lighting go a long way to safety.

Regular activity helps your mobility as a caregiver or receiver, strengthens your muscles and improves your balances- all beneficial to reducing accidents.

Remember, preventing home accidents is serious responsibility for caregivers.

FALLS- Check Your Home for Safety

Floors: Look at the floor in each room

Q. When you walk through a room do you have to walk around furniture?

**Ask someone to move the furniture so your path is clear.*

Q. Do you have throw rugs on the floor?

**Remove the rugs or use double-stick tape or non-slip backing so rugs won't slip.*

Q. Are papers, books or other objects on the floor? **Pick up things that are on the floor. Always keep objects off the floor. Clean spills immediately to avoid slipping.*

Q. Is the flooring in good repair?

**Replace cracked, curled, or worn flooring or carpeting.*

Q. Do you have to walk over or around cords or wires (like cords from lamps, extension cord, or telephone cords)? **Watch those cords!**

**Coil or tape cords and wires next to the wall so you can't trip over them. Have an electrician put in another outlet if necessary.*

Stairs and Steps: Look at the stairs you use both inside and outside your home.

Q. Are papers, shoes, books or other objects on the stairs? **Pick up things on the stairs. Always keep objects off stairs.*

Q. Are any steps broken/uneven?

**Fix loose or uneven steps.*

Q. Are you missing a light over a stairway or in any walking area?

**Have a handyman or electrician put in an overhead light at the top and bottom of the stairs.*

Q. Are outside steps and walkways clear of snow, ice and debris?

**Clear snow from walkways. Spread sand or salt preparations on icy walkways.*

**Make sure steps and walkways are clear of debris.*

Q. Do you have only one light switch for your stairs (at the top or bottom)?

**Have a handyman or electrician put in a light switch at the top AND bottom of the stairs. You can get light switches that glow. Battery operated lights are also available.*

Q. Has the stairway light bulb burned out?

**Have a friend or family member change the bulb for you. If lighting is poor, it is difficult to detect subtle changes in the surface. Check light bulbs.*

**Use reflective tape at the top and the bottom of the stairs so you can see them better. Know how many stairs are in your staircase.*

**Paint doorsills a different color to prevent tripping.*

Q. Are the handrails on the inside or outside stairs loose or broken? Is there a handrail on only one side of the stairs?

**Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the length of the stairs.*

Q. Is the carpet on the steps loose or torn in any area?

**Make sure the carpet is firmly attached to every step or remove the carpet and attach non-slip rubber treads on the stairs.*

AGING RESOURCE CENTER
Manitowoc County

WELLNESS MESSAGE

WELLNESS is a balanced lifestyle that honors:

- our minds and bodies; our emotions;
- our spirituality; our work; our environment;
- our relations with others; and
- our culture and history.

Ways To Nurture Yourself

PHYSICAL;

- Get a massage
- Take a walk/ ride a recumbent bike
- Soak in a hot bath with candles and music
- Watch birds and animals interact in nature
- Sit in a garden or park
- Go swimming/ stretch and move to music

EMOTIONAL;

- Breathe deep and think, "I am calm and peaceful"
- Hug someone/ ask for a hug
- Pet your dog or cat
- Talk to an empty chair pretending someone is sitting in it and facing you
- Telephone a long- distance friend or relative
- Notice what you are feeling several times a day
- Smile at a stranger/ watch children play

- Acknowledge yourself for accomplishments
- "YOU ARE PROUD OF"**

MENTAL;

- Say an affirmation - positive statement about yourself
- Call the Warmline at 1-888-478-7653 for a list of affirmations
- Write a poem/ write a letter
- List things you will do to improve your life
- Write in a journal daily about your reactions, thoughts, and feeling for a month
- Make a list of short - term and long-term goals

SPIRITUAL;

- Concentrate on the flame of a candle
- Meditate / pray
- Listen to a guided meditation tape
- Visualize yourself in a peaceful place
- Do something of service to another person or for your community
- Practice unconditional love and forgiveness with yourself and ... others
- Practice a daily quiet time.. Routine to explore your spiritual side



HIGHLIGHTS OF GERMANY

Your 9-day holiday includes

- ♦ Scheduled flights
- ♦ Local pickup

First Class Accommodations

- ♦ 4 nights in Bavaria
- ♦ 3 nights Rhineland

Features 12 meals that include

- ♦ 7 breakfasts
- ♦ 5 dinners

Tours & places you'll view & visit

- ♦ Tour of Fussen
- ♦ Bavaria
- ♦ Neuschwanstein Castle - King Ludwig II
- ♦ Linderhof Castle
- ♦ Wies Church
- ♦ Munich
- ♦ Glockenspiel Clock
- ♦ Nymphenburg Palace
- ♦ Nuremburg
- ♦ Rothenburg
- ♦ Rhineland
- ♦ Rhine Cruise
- ♦ Lorelei Rock
- ♦ Heidelberg
- ♦ Koblenz
- ♦ Cochem

- ♦ Baggage Handling
- ♦ Tour Director

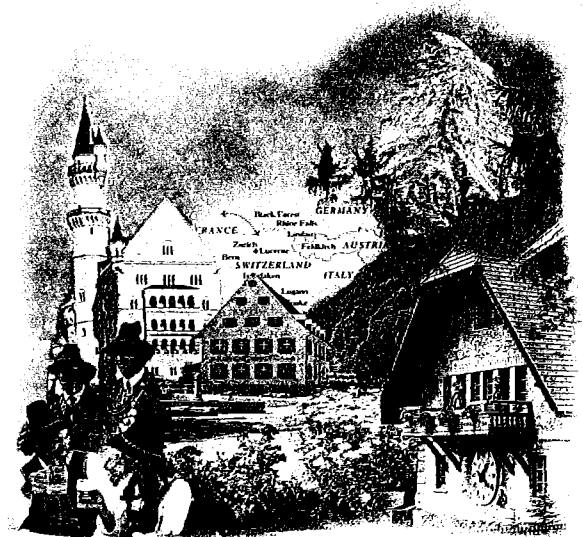
Oneida Nation

Southern Bavaria...Romantic Road...Rhineland
\$1,829- 9 Escorted Days - 12 Meals
March 14, 2004

**TWO
HOTEL
HOLIDAY**

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

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



Join us for a Travel Preview!

October 1, 2003 at 12:30 PM

**Oneida Nation
2907 S. Overland Rd
Oneida, WI**

**To RSVP and for more information please contact
Florence Petri
at
920-869-2448 ext 4954**

HAPPY BIRTHDAY TO ALL YOU SEPTEMBER BABIES

Harriet Alicea	9/24	Helen Laubenstein	9/08
Mildred Anderson	9/04	Harry Leutjen	9/11
Mildred Baird	9/14	Allen Luttrell	9/24
Mildred J. Basinsh	9/14	Priscilla Manders	9/18
Evelyn Cornelius	9/22	Theresa McPherson	9/26
Howard Cornelius	9/01	Dianne Mendoza	9/23
Ira Cornelius	9/01	Irene Moon	9/17
John Danforth	9/27	Angeline E. Newton	9/20
Elizabeth DeMarr	9/23	Rebecca Ninham	9/30
Russell DeNomie	9/01	Marena (Rena) Pamanet	9/11
Dorothy Denruyter	9/01	Geraldine Parker	9/14
Allan Duglass	9/24	Audrey J. Pero	9/17
Allen Doxtator	9/18	Carol Platten	9/07
Ervin Doxtator	9/26	Marie Scott	9/20
Mary Doxtator	9/18	Fr. Dewey Silas	9/09
Gary Erickson	9/22	Glen C. Skenandore	9/01
Carol L. Gill	9/26	Glen H. Skenandore	9/04
Lou Ann Green	9/18	Myron Skenandore, Jr.	9/18
Mary Edna Greendeer	9/04	Phyliss Skenandore	9/15
Patricia Harms	9/12	Judith Ann Smith	9/12
Kenneth L. Hill	9/08	Paul Smith	9/04
Russell John	9/17	Austin Summers	9/01
Bernard Johns	9/14	William Wheelock, Jr.	9/11
Adeline Johnson	9/15	Myron White	9/18
Rose Kerstetter	9/05	Irvin Williams	9/01
Mike King	9/24	Pauline Wilson	9/30
Juanita Kolitsch	9/08	Alvira Wishart	9/20
Lillian Kroening	9/14		



ACTIVITIES

SEPTEMBER

2003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 LABOR DAY Tribal Offices Closed</p>	<p>2 Crafts @ Epworth Hall 9:30-11:30am Obstacle Fun @ Hwy H 1:30pm</p>	<p>3 Tower Foods 10 am It's back! Bingo at Hwy H 1:30 to 3:00pm</p>	<p>4 Cooking at Hwy H 10:30am-12noon Game Day 1pm Eld Svs Bldg</p>	<p>5 Shopping Banks Lunch Out 10-3 pm</p>
<p>8 Bingo @ Site 2 starts at 1pm Pottery at Hwy H 1:30-3:00pm</p>	<p>9 Crafts @ Epworth Hall 9:30-11:30am Treasure Hunt @1:30 Hwy H</p>	<p>10 Tower Foods 10 am Bingo at Hwy H 1:30 to 3:00pm</p>	<p>11 Cooking at Hwy H 10:30am-12noon Movie 1pm Eld Svs Bldg</p>	<p>12 Shopping Banks Lunch Out 10-3 pm</p>
<p>15 St Vincent DePaul 10am Pottery at Hwy H 1:30-3:00pm</p>	<p>16 Crafts @ Epworth Hall 9:30- 11:30am Taste this @1:30 Hwy H</p>	<p>17 Tower Foods 10am Bingo at Hwy H 1:30 to 3:00pm</p>	<p>18 Cooking at Hwy H 10:30am-12noon</p>	<p>19 Shopping Banks Lunch Out 10-3 pm</p>
<p>22 Bingo @ Site 2 starts at 1pm Pottery at Hwy H 1:30-3:00pm</p>	<p>23 Crafts @ Epworth Hall 9:30am Judicare/Percap discussion Sr. Ctr 11am-2pm</p>	<p>24 Tower Foods 10am Bingo at Hwy H 1:30 to 3:00pm</p>	<p>25 AJNH visit10 am Birthdays Gifts and Music @ Sr Ctr 12:15 to 1pm</p>	<p>26 Shopping Banks Lunch Out 10-3 pm</p>
<p>29 Pottery at Hwy H demonstration by Guest artist Rose Kerstetter 1:30-3:00pm</p>	<p>30 Bingo @ Epworth Hall 9:30- 11:30am Guest Speaker@1:30 Hwy H</p>		<p>WATCH FOR SEPT 7 TRIP TO INDIAN SUMMERFEST Bus leaves at 7:30am Sign up at Sr. Ctr 869-1551</p>	<p>All trips leave from Sr. Ctr on Riverdale Drive Schedule subject to change without prior notice</p>

AROUND THE HOUSE

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

BATHMAT
BATHROOM
BATHTUB
BED
BEDROOM
BEDSPREAD
BLANKET
CHAIRS
CHEST
CLOCK

CLOTHES
COAT
COATRACK
COUCH
CUPBOARD
CURTAINS
DECK
DESK
DINING ROOM
DRAPES

DRESSER
DRYER
DUSTPAN
FIREPLACE
GARAGE
IRON
KITCHEN
LAMP
MAGAZINES
MIRROR

MOP
OVEN
PICTURE
PILLOWS
PLANTS
QUILT
RADIO
ROOF
RUG
SHOWER

Community Center Elder Programming

Location: County Highway H Facility

Program Descriptions:

Pottery: Reinvent the wheel and make your own "works of art" by hand or by learning how to use our very own pottery wheels.

Obstacle Fun: Want to get some exercise without even realizing it? Join us for our mild obstacle courses which are guaranteed to keep you on your feet.

Treasure Hunt: Looking for treasure is one of our all time favorites. Put your searching skills to the test.

Mild Stretching: We will wake our bones up to either a video tape of mild chair exercises or perhaps a local fitness instructor will assist us.

Guest Speaker: Is there something you would like to know more about? Just let us know and we will do our best to get the professionals in here to help you become more informed about a certain topic.

Bingo: "O-72" How about getting your friends together for an afternoon of bingo, convenient prizes, and refreshments. Everybody's talking about it!

Cooking: Learn how to cook for one or for fun. This class is sure to be superlucious.



Taste this, Smell this, Feel this, Hear this: Sensory stimulation is a fun way to keep us up to par. Participants will be blind folded while trying to distinguish the many differences.

Elder Programming Schedule

Location: County Highway H Facility

SEPTEMBER 2003					
Mon.	Tues.	Wed.	Thurs.	Fri.	
Pottery 1:30-3:00	Obstacle Fun 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers	
Pottery 1:30-3:00	Treasure Hunt 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers	
Pottery 1:30-3:00	Taste This...1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers	
Pottery 1:30-3:00	Mild Stretching 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers	
Pottery 1:30-3:00	Guest Speaker 1:30				

*Schedules for *October, November, and December* are included on the back of this page.

Elder Programming Schedule

Location: County Highway H Facility (continued)

OCTOBER 2003				
Mon.	Tues.	Wed.	Thurs.	Fri.
		Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Obstacle Fun 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Treasure Hunt 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Feel This... 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Mild Stretching 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers

NOVEMBER 2003				
Mon.	Tues.	Wed.	Thurs.	Fri.
Pottery 1:30-3:00	Obstacle Fun 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Treasure Hunt 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Hear This... 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Guest Speaker 1:30	Bingo 1:30-3:00	Thanks- giving	Open Computers

DECEMBER 2003				
Mon.	Tues.	Wed.	Thurs.	Fri.
Pottery 1:30-3:00	Obstacle Fun 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Treasure Hunt 1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Smell This...1:30	Bingo 1:30-3:00	Cooking 10:30-12	Open Computers
Pottery 1:30-3:00	Offices Closed @ Noon	Bingo 1:30-3:00	Christmas	Open Computers
Pottery 1:30-3:00	Mild Stretching 1:30	Bingo 1:30-3:00		



Oneida Nation Elderly Services presents . . .

**PER CAPITA:
"HOW COULD IT AFFECT YOUR
PUBLIC BENEFITS?"**

**COME AND LISTEN TO AN INFORMATIONAL
PRESENTATION ON HOW THE UP COMING
PER CAPITA PAYMENT MAYBE AFFECTING
YOU!**

DATE: TUESDAY, SEPTEMBER 23, 2003

TIME: 11:00 A.M. - 2:00 P.M.

**LOCATION: SENIOR CENTER 134 RIVERDALE DRIVE
PRESENTATION STARTS AT 11:00 A.M. WITH TIME
FOR QUESTIONS AND ANSWERS FROM 12:00 UNTIL
2:00 P.M.**

**THE PRESENTER IS KAREN ERI ATTORNEY WITH
WISCONSIN JUDICARE**

PER-CAPITA TIME

When the Per Capita payment comes out this year, many will have to spend the money within the month in order to maintain certain public benefits and keep below the asset limits for benefits.

The Elderly Services Program has made a commitment to assist you in the following:

1. Purchase large items.
2. Accompany you to select a purchase
3. Obtain quotes for you to help select the best quality or price
4. Arrange for delivery, to save delivery charges

Elderly Services budget does not allow for household appliances, although our Loan Closet may have some for emergency use only.

Take time now to take stock of your household needs and try to determine beforehand what you might need to purchase.

The lifetime expectancy of some items are 10-15 years, so if something hasn't been replaced for 15-20 years, perhaps now is the time to do so.

Some suggested large items you may need to purchase if you own your own home:

Water Heater	Riding Lawn Mower
Stove	Washer and Dryer
Furnace	Lightweight Vacuum Cleaner
Air Conditioner/central Air	Dressers
Home-improvement Needs: (le.flooring, Carpeting, Windows, Weatherization)	Mattress and Box Springs
Water Softener	Auto Purchase
Water Saving Toilet, High Rise Toilet	Auto Repairs
Refrigerator	Dehumidifiers
Security Lighting for the Home/yard	Furniture
Food Freezer	Sump Pumps

Some suggested smaller items that you may need to purchase:

Clothing (Winter, Summer, Night Wear)	Coats
Blankets, Sheets, Towels	Medical Aid (Grab Bars, Toilet Riser Seat, Shower Chair, Canes, Walkers)
Kitchen Ware	Boots, Slippers
Storage Bins/containers	Special Shoes
Lighting Fixtures, Lamps	
Telephone with Large Print Numbers	

MENU

SEPTEMBER

2003

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Bean Soup Juice Whole wheat bread Watermelon	3 Cube Steak Noodles & tomatoes Peas Pineapple tidbits	4 Chicken Rice Mixed vegetables Whole wheat bread Pears	5 Sausage Pancakes Juice Mixed berries
8 Chili Cucumbers Whole wheat bread Ice cream	9 Chicken soup Fresh bread Juice Pudding	10 B B Q Ribs Scalloped potatoes Whole wheat bread Raspberries	11 Ham Sweet potatoes Peas Whole wheat bread Blue berries	12 Bacon Poached eggs Cold cereal Juice & toast Mandarin oranges
15 Chicken ala-king Broccoli Rice & biscuits Blackberries	16 Tomato soup Grilled cheese sandwiches Peaches	17 Pork chops Stuffing Carrots Whole wheat bread Apple sauce	18 Liver & onions Potatoes Beets Wholewheat bread Strawberries	19 Ham Eggs Cheese-Juice English muffins Fresh fruit
22 Spaghetti Lettuce salad Garlic bread Pears	23 Pea soup Fresh bread Juice Sherbet	24 Hot dogs Baked beans Potato salad Buns Melon	25 Birthday Day! Chicken Wild rice-w/w bread Broccoli Short cake	26 S.O.S. Eggs & toast Juice Grapefruit sections
29 Chop suey Rice Whole wheat bread Jell-o	30 Boiled dinner Fresh bread Juice Whip & chill		All meals are served with coffee, tea, and milk	Meals are subject to change

C.W.A.G. 26th Annual Convention

June 4-5-6

The evening of June 3rd, I went to the Radisson to meet with Barb Thome, who is director of members services for C.W.A.G. She and her helpers needed help in setting up registration tables and breaking down material to distribute to conventioners. I stayed for about three hours.

June 4th - A.M.: Arrived back at the Radisson at 7:45 AM with elderly services ladies already getting people registered and showing people where different meeting rooms were located. The elderly services people did a great job, it was a very busy morning. The Wednesday schedule had six workshops in the morning. The one I attended was called the Medication Maze. The presenter told how we should comply with the doctor's directions on how and when we take our meds. Don't skip days, report ill side effects, don't share and the use of natural and herbal supplements and how they interact with certain disease states.

June 4th - P.M.: Was asked to help with the tour of the rez. We had more people than seats on three shuttle buses. We made a few people mad but when we told the mad ones that we were scheduling another tour on Thursday, they settled down. The only PM workshop I got

to attend was the Circle of Life. The presenter was Norma General. She came from the State of New York. Her presentation was interesting and easy to follow.

June 5th - A.M.: Breakfast. It was good. 9:00 a.m., Oneida singers sang their way into the hearts of C.W.A.G. people from all over Wisconsin. From the Radisson, the Oneida singers had to go to the Episcopal church for a funeral, so I couldn't attend any AM workshops.

June 5th - P.M.: The workshop I attended was Lessons We Learned from Family Care. The presenter was Stephanie Sue Stein, Director of Milwaukee County Department on Aging. She doesn't have a waiting list for housing, elderly services. She will be in Oneida for an ONCOA meeting in July. I also attended a workshop on a Video History of Oneida. The video featured Woody Webster who was present.

June 6th - A.M.: 9:00 AM - We had a Senior Statesmanship Reunion breakfast. Met old friends, made new ones and a few short messages of inspiration from our CWAG leaders.

From

Arlie Doxtator, ONCOA Vice Chairman

COALITION OF WISCONSIN AGING GROUPS CONFERENCE

JUNE 4, 5 and 6, 2003

Submitted by: Valder John

The CWAG convention planner collaborated with the Oneidas to host tours of the Oneida community and to include entertainment by Native American drumming and dancing. I was present to take part as a Native American veteran. I was impressed at the warm reception we received.

Governor Doyle was the keynote speaker

and Senator Hansen of Green Bay had some closing remarks.

WORKSHOPS ATTENDED:

Alternative Therapies - Diane Ames

Dementia - Dr. Fred Walburn

Who Will Speak for You? - Ellen Henninger

Circle of Life - Norma General

Oneida Elders Video - Joy Ninham

EVALUATION: I would have liked to attend more workshops. Not possible the way they were scheduled.

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

ONCOA AGENDA REQUEST FORM

_____ REGULAR MONTHLY ONCOA AGENDA

_____ (SCHEDULED DATE)

_____ SPECIAL MEETING AGENDA

(By Request and Notice - ONLY)

_____ (SCHEDULED DATE)

EXECUTIVE SESSION REQUIRED FOR DISCUSSION?

☐ YES

☐ NO

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

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

APPROX. TIME REQUESTED TO DISCUSS ITEM: _____ MINUTES

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

LIST ATTACHMENTS AND PROVIDE ONCOA WITH COPIES:

1) _____

2) _____

REQUESTED BY: _____ DATE: _____

Name

Title

Phone

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

APPROVED FOR:

☐ Next Regular ONCOA Meeting

☐ Special ONCOA Meeting

☐ Executive Session

☐ Not ONCOA Business

☐ Referred to: _____

RECEIVED BY: _____ DATE: _____

ENROLLMENT FORM

DATE: / /

NOTE: The state and federal government have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

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

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elders aged **70 years** and older. 2) Elders aged **55-69 years** of age, that are **disabled/handicapped, living alone**. 3) Elders aged **55-69 years** of age, **with health/safety issues**. The elders that are listed are our **priority**.

Please check the appropriate responses:

Martial Status: Married Single Widowed Divorced

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

Do You:	Rent	Own	How many Others*
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Race: Native American Caucasian Latino Asian African American

Tribal Affiliation: _____ **Enrollment Number** _____

General Health status: Excellent Good Fair Poor*

***If poor please list health condition** _____

Do you currently have any of the following: Guardian Power of Atty--Finances Health

Medicare _____ Medicaid _____ Representative Payee _____

None of the Above

In case of an emergency--please contact

Name _____

Phone Number () _____

Relationship _____

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

_____/_____/_____
Signature Date

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