

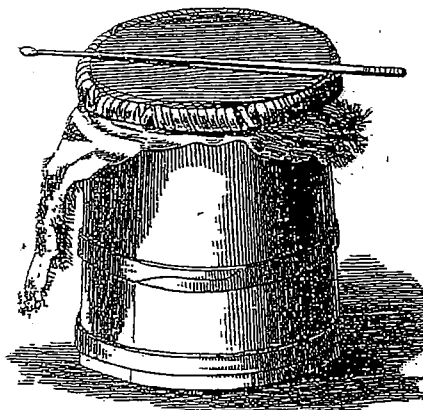
# DRUMS

ELDERLY SERVICES

2907 S. Overland Rd.

P.O. Box 365

# ACROSS



# ONEIDA

SENIOR CENTER

134 Riverdale Dr.

Oneida, Wi 54155

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

**Toll Free: 1-800-867-1551**

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YEHA7THOK WAHS WEH- HNI-TAHL

HARVEST MOON

Sept 2005

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## GRANDPARENTS DAY SEPTEMBER 11, 2005

### WHEN GRANDPA LOOKS AT GRANDMA

When Grandpa looks at Grandma  
Some how he doesn't see,  
Her wrinkle brow, her hair white now  
Her aged serenity.  
He doesn't see her falter  
When night it's darkness brings.  
That she is slow, he'll never know...  
Of any of those things.

When Grandpa looks at Grandma  
Forgetting she is old  
He sees his bride cling to his side  
With hair of shining gold  
He sees her in the splendor  
Of love that grows and grows  
If she is gray and bent today  
Grandfather never knows.



**ELDERLY SERVICES COMPLEX:**

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

2907 S. Overland Rd. (P.O. Box 365)  
Oneida WI 54155 1-920-869-2448  
Florence Petri  
Tina Pospychala  
Vacant  
Joyce Johnson  
Cheryl Ault  
Vacant  
Lorna Christjohn  
Connie Van Gheem  
Dale Webster  
Michele Cottrell  
Cindy Brabbs  
Sandy Charles  
Amy Sumner  
Joanne Close  
Lorleen John  
Jackie Ninham  
Vacant  
Marty Braeger  
Marie Scott  
Barbara Skenandore  
Rita Summers  
Sara Loken  
Mildred Figueroa  
Leland Danforth

**ONEIDA SENIOR CENTER:**

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

134 Riverdale Drive (P.O. Box 365)  
Oneida WI 54155 1-920-869-1551  
Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Pat Beilke  
Alfrieda Grignon  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Don Bogda  
Jared Skenadore  
Harold Dostalek  
Richard Dodge  
Cornelius Hill  
Grover Smith  
Jeannine LaRock  
Marena Pamanet  
Herb Powless

# CELEBRATE OUR SEPTEMBER BIRTHDAYS

Harriet-Alicia	<del>9-24</del>
Mildred Baird	9-14
Mildred Basench	9-14
Ira Cornelius	9-14-01
Elizabeth DeMarr	9-23
Dorthy Denuryter	9-04
Allen Doxtator	9-18
Mary Doxtator	9-18
<del>Jannette Doxtator</del>	<del>9-26</del>
Allen Douglas	9-24
Arlyn Erickson	9-22
Carole Gill	9-26
Lou Ann Green	9-18
<del>Pat Harms</del>	<del>9-12</del>
Kenneth L. Hill	9-08
Russell Johns	9-17
Bernard Johns	9-14
Adeline Johnson	9-15
Rose Kersetter	9-05
Mike King	9-24
Lillian Kolitsch	9-18
Lillian Kroening	9-14
Helen Laubebstein	9-08

Allen Luttrell	9-24
Threasa McPhearson	9-28
Dianne Mendoza	9-23
<del>Irene Moon</del>	<del>9-17</del>
Jim Moureau	9-14
Angline Newton	9-20
Audrey Pero	9-17
Marena Pamanet	9-14
Geraldine Parker	9-14
Carole Platten	9-07
Father Dewey Silas	9-09
Glen C. Skenandore	9-01
Glen H. Skenandore	9-04
Gordon Skenandore	9-04
Myron Skenandore	9-18
Phyllis Skenandore	9-15
Judith A. Smith	9-12
Austin Summers	9-01
Myron White	9-18
Irvin Williams	9-01
Pauline Wilso	9-20
Alvira Wishart	9-20

Elders, if you have a birthday in October, please join us at the Senior Center, 134 Riverdale Dr. (Hwy J ) on September 18<sup>th</sup>, 2005. Have lunch with us and sign the birthday book.

Birthdays for our elders are usually celebrated on the last Thursday of the month. There are a changes occasionally so watch your Drums.

*Janet L. Hill*  
9-1-48



Happy Belated Birthday to our friends  
**GORDON F. FABIAN** on July 29<sup>th</sup>  
Gordon is from Oxford, Wi.

And  
**Michael Hill (Bluto)**  
August 31

**UP CLOSE AND PERSONAL  
WITH  
Brenda Jorgenson,  
Head Cook Supervisor**

Brenda Jorgenson was born in Green Bay on October 23, 1955 to Betty & Carl Jorgenson. Brenda's grandparents were John and Evelyn Jorgenson and Nancy and Edward Metoxen. She has three sisters , Janice, Wanda, and Edwina .Brenda has two brothers , Jerry and Randy.

Brenda attended High View Grade School, West De Pere High School and graduated from Flandreau School. In 1974.

She moved to Chicago in 1977. She attended Wilferd Academy of Cosmetology in 1983 and graduated in 1984 .

Brenda has two children. Christopher is 23 years old and is going to attend school. Erin is 18 years old , just graduated from High School. They have two pets which are a cat named Boo and a Pom named Trixie.

Brenda enjoys working for Elderly Services.

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

Being a parent

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

My parents

**What do you consider to be your**

**greatest accomplishment?**

My kids

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

Being an artist

**What is the best advice anyone ever gave you?**

Be yourself and enjoy life.

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

Keep active and enjoy life

**What is your ideal vacation?**

Camping

**Favorite Meal:** steak, baked potato, big salad and mom's apple pie

**Favorite Music :**Country and rock

**Favorite Books:** Mysteries

**Favorite Movies:** Comedies

**Favorite Hobbies:** Sewing, arts and crafts

## Smart Snacks

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

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

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

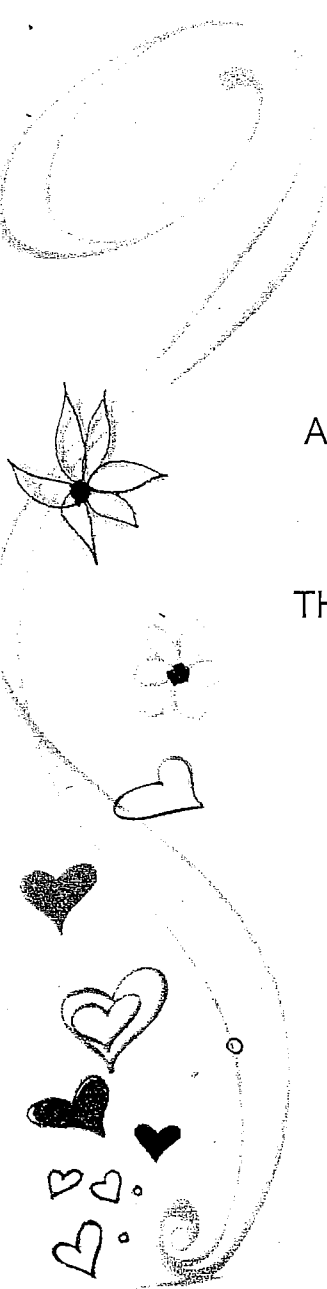
Meat groups might include leftover meat strips, such as ham or chicken, peanut butter on crackers, or deviled eggs.

From the fruit and vegetables groups try carrot sticks, frozen fruit cubes, hot apple sauce with cinnamon, fruit or dried fruits.

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

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

Snacks can help with weight management. High caloric snacks, can help people gain weight. Low caloric foods can help people lose weight.



GOLDEN WEDDING-  
ANNIVERSARY  
WISHES TO  
ART & RITA WEBSTER  
FOR CELEBRATING  
THEIR 50<sup>TH</sup> WEDDING  
ANNIVERSARY ON  
SEPTEMBER 3<sup>RD</sup>  
THEY HAVE BEEN  
BLESSED WITH  
11 CHILDREN  
33 GRANDCHILDREN  
15 GREAT -GRAND  
CHILDREN

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## HAPPY BIRTHDAY

Lydia Denny celebrated her 98<sup>th</sup> birthday on August 14<sup>th</sup> with her family and friends. The Oneida Singers entertained her as she to was an Oneida Singer. Fun was had by all and the food was delicious

Lydia has ;

3 Children

38 Grandchildren

2 Great Grandchildren



## HOW ARE WE DOING???



We need your feedback to continue improving our services. It takes approximately 25 minutes to complete the questionnaire. Your responses will be anonymous and confidential. You will not be individually identified. Thanks for your participation!

- 1) How do our services benefit you?
- 2) What do you like about our services?
- 3) What would you change to improve our services?
- 4) Quality- Please tell us if you are satisfied with the quality of the work we are providing?
- 5) Were you greeted in a friendly manner?
- 6) Did you get the help you asked for?
- 7) Did you wait too long for your service?

Comments and Suggestions are welcome: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank You for your participation in this survey. It is very important to all staff to get your feedback!!

# MENU

## SEPTEMBER

2005

Oneida Senior Center, 134 Riverdale Drive Phone number: 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
5 CLOSED LABOR DAY	6 Chicken Soup Fresh Bread Juice Pudding	7 Lasagna Lettuce Salad Garlic Bread Apple Sauce	8 Hamburger Casserole Rice W/W Bread Watermelon	9 Poached Eggs Ham Toast Juice Blackberries
12 Sub-Sandwiches Turkey Ham, Fresh Vegetables, Cheese, & Rolls Fresh Fruit	13 Tomato Soup Grilled Cheese Sandwiches Peaches	14 Liver & Onions Potatoes Beets W/W Bread Pears	15 Hamburger Patties Baked Beans Macaroni Salad Buns Sherbert	16 Pancakes Sausage Juice Mixed Berries
19 Hot Dogs Macaroni & Tomatoes Buns, Green Beans Ice Cream	20 Beef Vegetable Soup Fresh Rolls Mandarin Oranges	21 Meat Loaf Rice Mixed Vegetables W/W Bread Whip & Chill	22 Ham Sweet Potatoes Peas W/W Bread Pineapple	23 SOS & Toast Eggs Juice Grapefruit Sections
26 Brats & Sauer Kraut Potatoes W/W Bread Apple Sauce	27 Corn Soup Fresh Bread Juice Jell-o	28 Beef Roast Potatoes Mixed Vegetables W/W Bread Peaches	29 BIRTHDAY DAY Chicken Potatoes Carrots W/W Bread Jell-o Cake	30 Fresh Toast Sausage Juice Strawberries
All meals are served with coffee, milk or tea.		Menu is subject to change.		
		<b>FLOWER: ASTER</b> <b>BIRTHSTONE: SAPPHIRE</b>		<b>Hours: 8 a.m.-4:30 p.m. Lunched Served Mon.-Thurs. 12:00-1:00p.m.</b> <b>Breakfast on Fri. Serving from 9 a.m.-10 a.m.</b>

# SEPTEMBER ACTIVITIES

			<b>1</b> P.A.C.E. EXERCISE Elderly Services 10:30 CARDS Elderly Services 1:00	<b>2</b> BANKS, SHOPPING, LUNCH OUT 10-3
<b>5</b> OFF LABOR DAY	<b>6</b> CRAFTS @ EPWORTH HALL 9:30-11:30	<b>7</b> FARMER'S MARKET 10:30 MOVIE 1:00 Elderly Services	<b>8</b> P.A.C.E. EXERCISE Elderly Services 10:30 PAMPERIN PARK SOCIAL 1:30 (Bring a snack)	<b>9</b> BANKS, SHOPPING, LUNCH OUT 10 -3
<b>12</b> P.A.C.E. EXERCISE Elderly Services 10:30 ONEIDA MUSEUM MINGLE 1:30 - 3:00	<b>13</b> CRAFTS @ EPWORTH HALL 9:30-11:30	<b>14</b> ONEIDA APPLE ORCHARD 10:00 BINGO 1:30 HWY H	<b>15</b> P.A.C.E. EXERCISE Elderly Services 10:30 WORKING WITH CLAY Elderly Services 1:00	<b>16</b> BANKS, SHOPPING, LUNCH OUT 10-3
<b>19</b> P.A.C.E. EXERCISE Elderly Services 10:30 COOKING Elderly Services 1:00	<b>20</b> BINGO @ EPWORTH HALL 9:30 - 11:30	<b>21</b> VISIT WITH DAYCARE 10:00 BINGO 1:30 HWY H	<b>22</b> P.A.C.E. EXERCISE Elderly Services 10:30 MOVIE Elderly Services 1:00	<b>23</b> BANKS, SHOPPING, LUNCH OUT 10-3
<b>26</b> P.A.C.E. EXERCISE Elderly Services 10:30 SCRAP BOOKING Elderly Services 1:00	<b>27</b> CRAFTS @ EPWORTH HALL 9:30-11:30	<b>28</b> DOLLAR STORE 10:00 BINGO 1:30 HWY H	<b>29</b> P.A.C.E. EXERCISE Elderly Services 10:30 BOARD GAMES Elderly Services 1:00	<b>30</b> BANKS SHOPPING, LUNCH OUT 10-3



## FAST FOODS

### ATTENTION ALL ONEIDA ELDERS!

ONCOA REQUEST SUPPORT OF ONEIDA ELDERS AT A BC MEETING. AS OF NOW IT WILL BE HELD, SEPTEMBER 13<sup>TH</sup>, 2005 AT THE NORBERT HILL BUSINESS COMMITTEE CONFERENCE ROOM. IMPORTANT ISSUES CONCERNING ALL ELDERS WILL BE DISCUSSED.

ONCOA CHAIRMAN

ARLIE DOXTATOR

---

### ALLERGIES

In most parts of the country, summer is the season for teary eyes, runny noses, sneezing and itchy throats. Most of these symptoms are due to allergies. Itching, popping or pain in the ear may also be a sign that an allergy is present.

Hot, dry and windy weather increase pollen in the air and causes more problems for people who suffer from allergies. The most common outdoor, summer allergies are to trees, weeds, grass and molds.

People who have summer allergies to trees, weeds, grass or molds should stay indoors when the pollen count is high or on a windy days when dust and pollen are stirred up. Some people can't mow lawns or be around freshly cut grass because mowing stirs up pollen and molds. And it helps to keep windows closed when riding in a car.

Seek help from your clinic or doctor if you have an allergy. There are many new ways to treat allergies.

Let's face it—we all eat fast foods once in a while. Fast food restaurants offer a quick bite, a change of scenery, a place to eat with other people and an excuse to avoid cooking!

But most fast foods are high in fat, salt and calories. Many are also low in nutrients such as iron, fiber, and vitamins C and A. Eating at fast food chains costs a lot for families on tight food budgets.

You can make wise choices at fast food chains. For example, a small roast beef sandwich with a side salad and milk has far less fat and salt, and far fewer calories than an hamburger, fries and soda. A breakfast of scramble eggs, an english muffin and juice or milk has less salt and fewer calories, than a sausage and egg biscuit and milk. Ask for low-fat salad dressing, plain baked potatoes, grilled chicken sandwiches, frozen yogurt cones, and low fat milk or shakes.

To control calories, avoid deep fried food and ask for sandwiches without sauce. You can order Mexican food such as tacos and burritos without meat to cut down on fat and calories.

On the days when you eat a fast food meal, have fresh fruit, a green or yellow vegetable, milk and whole-grain breads the rest of the day.

If you are on a special diet, most restaurants will provide you with the calorie, fat or sodium content of their foods. Then you can plan your meals before you arrive at the restaurant.

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"The older you get, the more important it is not to act your age"

---

"Nature cures and the doctor takes the fee"

## **LORNA'S CORNER ELDERLY HUMOR**

I think most of us (Elders) remember the good old outhouses, right? Well, this elder told me about a dance at this bar and you had to go outside to the outhouse if you had to much to drink. Anyway, she had to go to the outhouse and there was a line! She had to go so bad and couldn't quite make it, she had a accident! She felt lucky because she had on a skirt, so she took her underwear off and ditched it in the toilet! Luckily, her brother was going to the men's outhouse so, she told him to give her his t-shirt. Of course, her brother demanded to know why? She couldn't tell him why but, he took his T-shirt off and gave it to her. She said she took safety pins to pin the neck hole up and put her legs in the arm holes and more safety pins to hold it up so it wouldn't fall down. Now—what I wonder is, did she give the T-shirt back to her brother after she got done with it? I haven't heard a better example of giving someone "the shirt off your back," in a time of need, right? This is real brotherly love. I forgot to ask her if she gave the shirt back, but they are both gone now and I'm sure they have no needs like the needs they had here on earth.

AMEN to that!!!

---

## **HAPPINESS**

**Happiness is not in our  
circumstances but, in ourselves.  
It is not something we see like a  
rainbow, or feel like the heat of a  
fire. Happiness is something we are.**

## **THE MOST POWERFUL WORDS**

+ Most powerful channel of communication-----

### **PRAYER**

+ The greatest joy----- **JOY**

+The greatest lost-----**LOST OF SELF**

### **RESPECT**

+ The Most Satisfying Work - **-HELPING**

### **OTHERS**

+ The Ugliest personality trait-----

### **Selfishness**

+ The most endangered species.-----

### **Dedicated Leaders**

+ Our greatest natural resources-----

### **Our Youth**

+ The greatest "shot in the arm" -----

### **Encouragement**

+ The greatest problem to overcome-----

### **Fear**

+ The most effective sleeping pill-----

### **Peace of Mind**

+ The most crippling failure disease-----

### **Excuses**

+ The most powerful force in life-----

### **LOVE**

+ The worlds most incredible computer----

### **THE BRAIN**

+ The worst thing to be without-----

### **HOPE**

+ The two most power filled words-----

### **"I CAN"**

+ The greatest asset----- **FAITH**

+ The most worthless emotion-----

### **SELF PITY**

+ The most prized possession -----

### **INTEGRITY**

+ The most dangerous pariah-----

### **A GOSSIPER**

---

**"DIET:** A short period of starvation.  
Followed by a gain of five  
pounds."

Especially for You



Erv Thompson  
Tribal Relations Assistan  
Senior Advocate

Mr. Erv Thompson;

At this time the family of Daisy A. Christjohn would like to thank you and Joyce Johnson for the help you have rendered.

What you have done to make all elders more comfortable is much appreciated. The doctors and nurses are very pleased with the recliner that you have provided to make Daisy more comfortable.

Again, your prompt service to this matter is very much appreciated. It sure makes a big difference to our Mother's ability to sit and visit with relatives and friends that come to visit.

Sincerely,  
The family of Daisy Chrisjohn

---

#### A SPECIAL THANKS

To Ted Hawk Family for the donation  
of books to the Elderly Library.

Elderly Services

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#### A SPECIAL THANKS

To Darrell Freeman for his donation of  
hospital equipment.

Elderly Services

## Yes To Flavor, No To Salt

You may be shaking up trouble if you regularly add salt to your food at the dinner table. Study after study makes it clear: Too much salt in the diet boosts a person's risk of high blood pressure. Whether you have high blood pressure or not going easy on the salt makes good sense.

The National Institute of Health advises people to eat no more than 6 grams of table salt daily. That includes all salt—including the amount used daily during cooking, present in processed foods or sprinkled on at the table.

To control your salt intake, try these tasty tips:


- + Use no-or no-salt-added to products.
- + When buying vegetables, go for the fresh or no-salt added to canned or frozen varieties.
- + Use fresh poultry, or lean meats instead of canned, processed, cured, or smoked kinds.
- + Limit items packed in brine, such as pickles, olives, and sauerkraut.
- + Go easy on salt- containing condiments such as mustard, catsup, horse-radish, barbecue sauce and soy sauce.
- + Use herbs, spices, lemon, lime, or vinegar instead of salt to add flavor to food.
- + Cut back on processed items, such as frozen dinners, pizza, packed mixes, canned soups and salad dressings.
- + Eat fruits and vegetables instead of salty snacks.
- + Rinse canned foods, such as tuna, to remove sodium.
- + Read labels carefully. Choose products with the lowest Percent Daily Value for sodium.



# The Oneida Trust & Enrollment Committee Requests Your Support 2005

- The Trust & Enrollment Departments work cooperatively, but independently of each other, and will always be linked.
- The Trust-Enrollment Committee respectfully requests your support to create 2 committees out of 1 by approving the "development" of a Separation Plan.
- The Committee would best serve its roles, responsibilities and commitment if G.T.C. authorizes two distinct bodies to conduct business on behalf of G.T.C.
- Due to growth, Trust & Enrollment duties have become increasingly complex and time consuming.
- Each department has unique purposes and mission.
- G.T.C. elects people they trust to manage the Trust and Enrollment areas. We would not make a recommendation to G.T.C. unless it was necessary and in the best interest of the Oneida Nation.
- Both Committees will remain autonomous and be under the direct supervision of G.T.C.
- Your support in creating 2 out of 1 is the crucial beginning step.

Prepared by the Oneida Trust Committee, Trust and Enrollment Departments,  
Trust Department - 920-490-3935      Enrollment Department - 920-869-2083



# Physical Activity

## American Heart Association Scientific Position

Physical inactivity is a major risk factor for developing coronary artery disease. Coronary artery disease is characterized by deposit of fatty substances, cholesterol, calcium and other substances in the inner lining of arteries that supply blood to the heart muscle. It also contributes to other risks factors, including obesity, high blood pressure, high triglycerides, a low level of HDL (good) cholesterol and diabetes. Even moderately intense physical activity such as brisk walking is beneficial when done regularly for a total of 30 minutes or longer on most days.

### Why is physical or exercise activity important?

Regular aerobic physical activity increases your fitness level and capacity for exercise. It also plays a role in both primary and secondary prevention of cardiovascular disease. Physical is a major risk for heart disease and stroke and is link to cardiovascular mortality.

Regular physical activity can help control blood lipid abnormalities, diabetes and obesity. Aerobic physical activity can also help reduce blood pressure.

### How can physical activity help condition my body?

Some activities improve flexibility, some build muscular strength and some increase endurance.

Some forms of continues activities involved using the large muscles of the arms or legs. These are called aerobic or endurance exercise. They help the heart by helping it work more efficiently during exercise and at rest.

Brisk walking, jumping rope, jogging, bicycling, cross-country skiing, dancing are examples of aerobic activities that increase endurance.

### How can I improve my physical fitness?

Programs design to improve physical fitness take into account frequency (how often) intensity (how hard) and time (how long). For health benefits to the heart, lungs, and circulation perform any moderate- to -vigorous intensity aerobic activities for at least 30 minutes on most days of the week at 59-75 per cent of your maximum heart rate. You can accumulate 30 minutes in 10-15 minute sessions. Include physical activities as part of your regular routine.

### What risk factors are reduced?

Regular physical activity can also help reduce or eliminate some of these risk factors.

**High blood pressure** - regular aerobic activity can lower blood pressure.

**Cigarette Smoking**- smokers who become physically active are more likely to cut down or stop smoking.

**Diabetes**-People at the ideal weight are less likely to develop diabetes. Physical activity may also decrease insulin requirements.

**Obesity and overweight**-regular physical activity can help people lose excess fat or stay at a reasonable weight.

**High levels of triglycerides** -physical activity helps reducer triglyceride level. High triglycerides are linked to developing coronary disease in some people.

**Low levels of HDL**-(good cholesterol ) has been linked to a higher risk of coronary artery disease. Recent studies show that regular physical activity can significantly increase HDL cholesterol levels and thus reduce your risk.

# SUNNY SUMMER SQUASH

## GARDENING SEASON

July through September

Types of summer squash include: zucchini, yellow straightneck, yellow crookneck, patty pan.

## CHOOSING TIPS

- ☒ Look for small to medium sized squash.
- ☒ Summer squash should be firm and have a glossy, tender skin.
- ☒ Do not choose squash with soft spots or wrinkled skin.

## STORAGE

Keep summer squash in a plastic bag in the refrigerator. It is best if used within one week. Can also be frozen - contact your county Extension office for information.

## PREPARATION

Wash well in cold water. Do not peel squash, just cut off the ends. If squash is large and has a thick skin or large seeds, remove the skin and seeds.

## SERVING IDEAS

Slice raw for salads and sandwiches. Boil, microwave, or steam. Add sliced summer squash to spaghetti sauce for extra flavor and texture.

To Microwave: cut in ½ inch slices, add ¼ cup water, cover and microwave about 5 minutes or until tender. Let stand 1 minute.

## KEY NUTRIENT

- ☒ Vitamin C for healthy gums, skin, and resistance to infection.

## RECIPES

### Oven-Fried Squash

2 medium squash  
Water  
1/3 cup Parmesan cheese  
1/3 cup flour

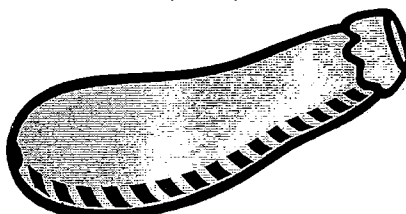
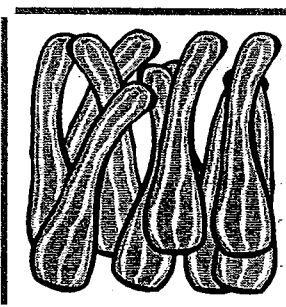
Preheat oven to 400°F. Lightly coat a baking sheet with vegetable oil or nonstick cooking spray. Peel and slice squash into ½ inch thick pieces. Dip in water to moisten. In a bag, shake squash slices in 1/3 cup Parmesan cheese and 1/3 cup flour. Place slices on baking sheet. Bake for 5 minutes on each side. Serves 4; 90 Cal; 2.5 g fat.

### Squash Bread

1 ½ cups flour  
2 teaspoon cinnamon  
1 teaspoon baking powder  
½ teaspoon baking soda  
1½ cups zucchini or summer squash, grated  
2 eggs, well beaten  
¾ cup sugar  
½ cup oil  
2 teaspoon vanilla extract

Preheat oven to 350°F. Mix flour, cinnamon, baking powder and baking soda thoroughly. Combine well-beaten eggs, sugar, oil, and vanilla. Beat about 3 minutes. Stir in squash. Add dry ingredients. Mix just until dry ingredients are moistened. Pour into well-greased loaf pan. Bake 40 minutes or until toothpick put in center of loaf comes out

clean. Slice and serve when cool. Serves 10; 240 Cal; 10 g fat.



## GRANDMA'S APRON

Did your mother or grandmother wear an apron?

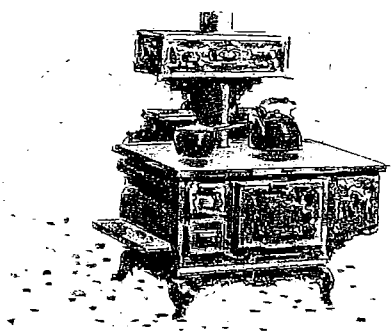
The principle use of an apron was to protect the dress underneath, but along with that, it served as holder for removing hot pans from the hot oven. It was wonderful for drying children's tears and on occasion it was used for cleaning out dirty ears.

From the chicken-coop the apron was used to carry eggs, fuzzy chicks, and sometimes half hatched eggs to finish in the warm oven. When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold grandma wrapped it around her arms. Those big old aprons wiped away many a perspiring brow, bent over a hot oven.

Chips and kindling wood were brought into the kitchen with that apron. From the garden, it carried all sorts of vegetables. After the peas had been hulled it was used to carry out the hulls. In the fall it was used to carry in the apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out onto the porch, waved her apron and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron that served so many purposes.



## Talking With Your Doctor

Talking about your health means sharing information about how you feel both physically and emotionally. Knowing how to describe your symptoms, discuss treatments, and talk with your specialist will help you become a partner in your health care.

A symptom is evidence of a disease or a disorder in the body. Symptoms include pain, fever, unexpected weight loss or weight gain or difficulty sleeping.

Things to ask yourself about your symptoms.

- + What are exactly your symptoms?
- + Are the symptoms constant? If not when do I experience them?
- + Do the symptoms affect my daily activities? Which ones and how?
- + What steps does the test involve? How should I get ready?
- + What are the dangers or side effects?
- + How will I find out the results? How long will it take to get the results?
- + What will we know after the test?

Discussing your diagnosis and learning what to expect. A diagnosis is the identification of a disease or physical problem. The doctor makes a diagnosis based on the symptoms the patient is experiencing and on the results he or she is examination, laboratory work or other test.

Questions to ask your doctor about the diagnosis,

- + What may have caused this condition? Will it be permanent?
- + How is the condition treated or managed?
- + What will be the long term effects on my life?
- + How can I learn more about it?

Questions to ask your doctor about treatment.

- + Are there any risks associated with the treatment?



# ONEIDA ELDERLY SERVICES VISTA VOLUNTEER PRESENTATION

**Presenter:** Sara Loken

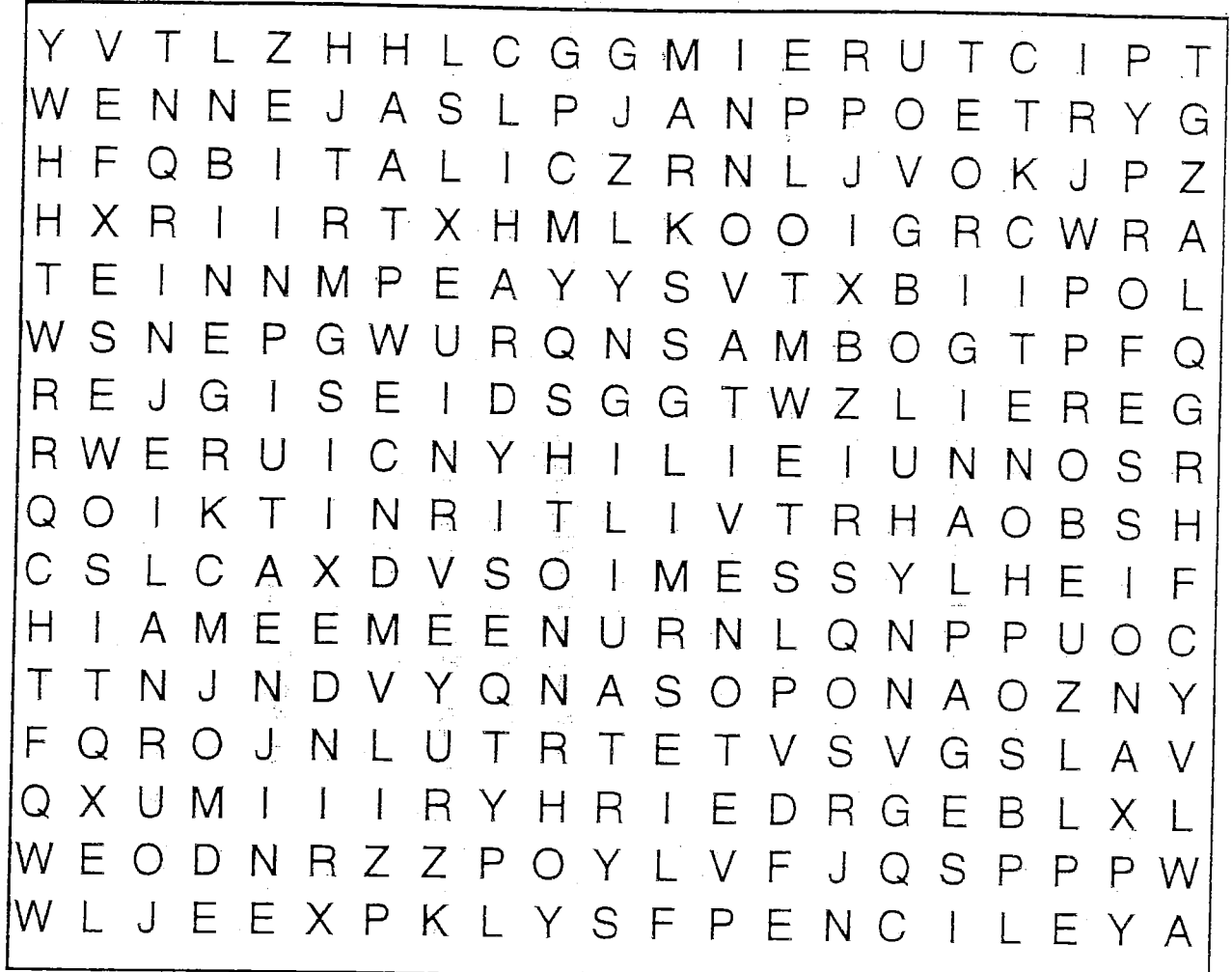
**Date:** September 15, 2005

**Time:** 12:00 P.M. - 12:30 P.M.

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



# Sharpen Your Writing Skills



F1109

GUIDE  
HARD  
HEBREW  
INDEX  
INGENIOUS  
INNOVATIVE  
INQUIRE  
INVENTIVE  
INVESTIGATIVE  
IRISH

ITALIC  
JOURNAL  
LATIN  
LETTERS  
LINE  
LITERARY  
LORE  
LOVE  
LYRIC  
MARKS

MESSY  
MYSTERY  
MYTH  
NEAT  
NEW  
NOTE  
NOVELS  
ORIGINAL  
PAGES  
PENCIL

PENS  
PHONETIC  
PICTURE  
PLAY  
PLOT  
POETRY  
PRINT  
PROBE  
PROFESSION

## Attention Elders

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

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

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

The following restrictions apply for out of town activities:

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

Thank-you  
Oneida Elderly Service Department

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### REMEMBER

Grandma used to set her hot apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw!!

## RURAL DEVELOPMENT

THE ELDERLY MEAL SITE  
134 RIVERDALE DRIVE  
ONEIDA, WISCONSIN 54155

### First Thursday Of Every Month

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

Programs available to low and very low income household.

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

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

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### ONEIDA BENEFIT SPECIALIST

**Tina Pospychala**

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

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### Blood Pressure/Blood Sugar Screening

September 9<sup>th</sup>, 2005

Oneida Elderly Service Mealsite  
134 Riverdale Drive

1-920-869-1551

## **WELCOME NEW ELDER**

we have a new elder that has recently moved into our community, his name is Marion Doxtater. Marion Doxtater is from St. Paul, Minnesota. His parents were Grace Marshall and Fred Doxtater. Marion was born and grew up in Milwaukee, Wi. His parents divorced when he was 4 years old, then he lived with his father in Richmond Center, Wi. until his mother remarried when he was age 11. At the age of 16 he went to work at Oscar Meyer, but had to attend school one day a week to keep his job. Marion was interested in the Marine Corps, so at the age of 17 a friend got him in and he went to boot camp at Paris Island, South Carolina and on to training camps at Camp Lagune, North Carolina and on to Camp Pendleton, Oceanside, California.

Marion was amazed at the segregation going on with restrooms, restaurants, and even bubblers for blacks only. He was recognized as a Chippewa Indian while in the service, He went to Hawaii with the 4<sup>th</sup> division at the time when President Truman dropped the atom bomb and then he went to Maui for the duration of the war and then back to Wisconsin.

I believe alcoholism was a part of most Native Americans and touched Marion's life also. He prevailed and went back to work at Oscar Mayer although they told him they were only hiring left handed people. He convinced them that he was left handed, he held a number of jobs

He finally returned to Oneida and looked up his cousin Harold Schuyler who he knew as a boy.

He went back to Minneapolis to some sad events in his life due to alcoholism. But he finally sobered up for a period of time; until he met a women and he started drinking again. Laughingly he said,"A women will do

that to you." He finally held down a job and when he asked when he could retire, they told him one more day which he did and he received a bonus.

After retiring Marion went into bicycling and he bicycled from the east coast to the west coast, Mexico to Florida.

Marion has been sober since September of 1958, which is a accomplishment in it self. He enjoys being back in Oneida and getting to know everyone. He rides the Do-Do Bus everyday and he is getting to know different places and people.

Oh yes, Marion has a bicycle that you must see!! He rides his bicycle around here and at the Oneida Health Center parking lot. So please welcome Marion Doxtater when you see him.

As told to me, Lorna Christjohn, from Marion Doxtater.

**Welcome back to Oneida, Marion  
Doxtater  
Oneida Elderly Services**

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## **BEWARE OF SCAMS**

WE HAVE INFORMATION OF  
PEOPLE CALLING ELDERS AND  
ASKING THEM FOR MONEY TO PAY  
TAXES ON MONEY THEY WON  
THRU PUBLISHER'S CLEARING  
HOUSE. DO NOT FALL FOR THESE  
CALLS, IT IS A SCAM!!!! BEWARE  
OF CALLERS ASKING FOR  
MONEY!!!!

# FREE PROSTATE SCREENING FOR TRIBAL MALES

From: Dr. Joseph Binard  
Interim Medical Director  
Oneida Community Health Center

Regarding: **Prostate Cancer Awareness**

- More than **230,000** new cases of prostate cancer will be diagnosed **this year**.
- **One** - out of every - **six** - men will be diagnosed with prostate cancer.
- More that **30,000** men will die from prostate cancer **this year**.
- Early stages of prostate cancer may not cause any symptoms; thus, **early checkups are important !**

Regarding: **Prostate Cancer Screening Blood Test**

- During the entire month of September, there will be a prostate cancer screening blood test at the Oneida Community Health Center.
- It is for: **All tribal males - age 45 and over.**
- When: The entire month of September - Monday thru Thursday from 8:00 am until 4:00 pm.
- Cost: Free (Insurance may be billed) but there will be no cost to the tribal member.
- How to register:
  - 1) Pre-registration would be appreciated.
  - 2) Call (920) 869-2711 and ask for Registration.
  - 3) Tell Registration this is for:
    - a) **"Lab Only"** and
    - b) For the... **Free - PSA Test**
  - 4) Register under Dr. Joseph Binard for the test.

# WASHINGTON DC

**6Days/5 Nights**

**September 29 through October 4, 2005**

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

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

**COST: \$639.00**

Cost are based on double occupancy/per person.  
Includes Two staff for assistance.

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

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

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

## ARE YOUR BONES STRONG ENOUGH?

Osteoporosis is a disease of the bones. They become fragile and likely to break due to a loss of bone mass. The disease is a health threat for about 28 million Americans. Most of these -80%- are women. It is estimated to be responsible for 1.5 million fractures of the hip, spine, wrist, and other bones annually.

The only way to determine the health of your bones is to have your bone density measured. A low reading indicates that at some point in your life that not enough was formed or too much bone was lost.

Reasons to have a bone density test include the following:

- + To determine if you have low bone density before a fracture occurs.
- + To confirm a diagnosis of osteoporosis if a fracture has already occurred.
- + To protect your chances of bone fracture in the future.
- + To help you and your doctor decide what prevention or treatment steps are best for you.

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## SAFETY IN THE HOME

Falls are one of the most common causes of accidents and death in people over the age of 55. Most falls occur in the home.

Medicines can affect a person's balance and increase the chance of falling, but most falls are caused by tripping over something or by poor footwear. To help prevent falls in the home:

- + Wear good firm footwear with nonskid soles.
- + Don't walk in stocking foot or loose slippers, or barefoot.
- + Be careful of thick carpets, uneven surfaces such as tile, and cracks in pavement that can cause falls.

If you have trouble with balance, ask your health care provider about your medicines, walking aids, and exercise for balance.

## Vitamin C

People of all ages need vitamin C daily. It helps the body fight off infection, speeds the healing of wounds, forms a "glue" that holds bone cells together, helps absorb iron and boosts the immune system.

Vitamin C is not a cure-all however.

Megadoses taken in pill form can result in kidney stones and GI problems. People differ in how much they can take before they notice side effects. Daily amounts of 500 mg may result in stomach upset, diarrhea, dry nose or nose bleeds in some people. Others can take 1000 mg without any effects.

Getting vitamin C from food ensures a safe amount. Most people need 60 mg daily. Smokers have lower levels of vitamin C and need to include more vitamin C foods in their daily diet.

The best food sources of vitamin C are broccoli, brussels sprouts, cabbage, cantaloupe, grapefruit, oranges, spinach, sweet peppers, strawberries, orange and grapefruit juice.

Air, heat, and light destroy vitamin C.

Because it dissolves in water, much vitamin C is lost when a food such as broccoli is cooked for a long time in lots of water.

To get the most vitamin C from your foods:

- + eat fruits and vegetables raw when possible.
- + cook vegetables quickly in a small amount of water.
- + keep prepared juices cold.
- + wrap cut fruits and vegetables in plastic wrap and keep chilled.

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## RURAL DOCTOR'S ADVICE

A rural doctor's advice on how to avoid high blood pressure:

"If it starts to rain let it."

## Elderly Services Store and Gift Shop

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

The following is a list of items for sale:

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

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

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

# **Job Opportunity**

**Are you 55 or older and looking  
for work?**

**The NICOA Senior Community Service  
Employment Program may be just what you are  
looking for. Eligible candidates must meet  
income guidelines and be available to work 20  
hours per week. Training is provided.  
Information and applications can be obtained  
by calling (920) 433-0290**

**or write to:  
NICOA Title V Program  
1823 S. Webster Ave.  
Green Bay, Wisconsin 54301**