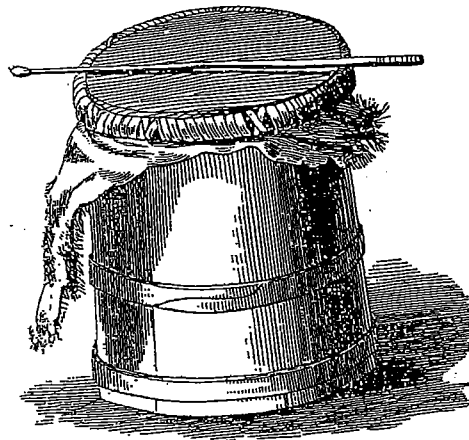


# DRUMS ACROSS ONEIDA

Elderly Services  
2907 S. Overland Rd.

P.O. Box 365



Senior Center  
134 Riverdale Dr.

Oneida, Wi. 54155

Elderly Services 1-920-8692448

Senior Center 1-920-869-1551

Toll Free:1-800-867-1551

---

YEHAT?THOK WAHS WEH-HNI-THAL

HARVEST MOON

SEPTEMBER 2006

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## Grandparents Day September 10<sup>th</sup>, 2006



Grandparents are

A special breed

Of kinfolk, all their

own. They love

you and hug you

And spoil you to

death, and then they

send you home.

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

**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 ET  
Respite Care Worker  
Administrative Assistant  
Elder Helper  
Elder Helper  
Alzheimer/Respite Activities Specialist  
Title V  
Title V  
Title V  
Title V**

**Florence Petri  
Tina Pospychala  
Angela Ortiz  
Joyce Johnson  
Cheryl Ault  
Claudia Skenandore  
Lorna Christjohn  
Connie Van Gheem  
Dale Webster  
Michele Cottrell  
Cindy Brabbs  
Sandy Charles  
Amy Sumner  
Joanne Close  
Lorleen John  
Julia Behling  
Glory LaFlex  
Marty Brager  
Marie Scott  
Barbara Skenandore  
Rita Summers  
Vacant  
Jean Denny  
Wayne McReynolds  
Carmen Pasquale**

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

**Head Cook Supervisor  
Assistant Cook  
Relief Cook  
Relief Cook  
Home-Delivered Meals Driver  
Maintance Supervisor  
Home Respite 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**

**Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Pat Beilke  
Alfrieda Grignon  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Don Bogda  
Tod Hill  
Harold Dostalck  
Richard Dodge  
Cornelius Hill  
Marena Pamanet  
Jeannine La Rock  
Vacant**

## Celebrate Our September Birthdays

Mildred Baird	9-14	Lillian Kroening	9-14
Mildred Basench	9-14	Jeannie Kurowski	9-07
David Cannon	9-28	Helen Laubenstein	9-08
Sandra Charnon	9-27	Threasa McPhearson	9-28
Al Christjohn	9-27	Mike Mendolla	9-06
Cyril Christjohn	9-16	Dianne Mendoza	9-23
Ira Cornelius	9-01	Jim Moureau	9-11
Judy Cornelius	9-11	Angline Newton	9-20
Elizabeth DeMarr	9-23	Audrey Pero	9-17
Beverly DeCoteau	9-28	Marena Pamanet	9-11
Dorthy Denuryter	9-04	Geraldine Parker	9-14
Allen Doxtator	9-18	Carole Platten	9-07
Mary Doxtator	9-18	Marie Powless	9-20
Erma Doxtator	9-25	Father Dewey Silas	9-09
Ervin Doxtator	9-26	Marlene Silas	9-14
Allen Douglas	9-24	Cecil V. Skenandore	9-05
Bernice Elm	9-29	Glen C. Skenandore	9-01
Arlyn Erickson	9-22	Glen H. Skenandore	9-04
Madlyn Genskow	9-25	Gordon Skenandore	9-04
Carole Gill	9-26	Loretta Skenandore	9-15
Lou Ann Green	9-18	Myron Skenandore	9-18
Mary Edna Greendeer	9-04	Phyllis Skenandore	9-15
Kenneth L. Hill	9-08	Judith A. Smith	9-12
Russell Johns	9-17	Austin Summers	9-01
Bernard Johns	9-14	Marie VandeVoort	9-21
Adeline Johnson	9-15	Myron White	9-18
Rose Kersetter	9-05	Irvin Williams	9-01
Mike King	9-24	Pauline Wilso	9-20
Lillian Kolitsch	9-18	Alvira Wishart	9-20

Elders, if you have a birthday in August, come and have lunch with us at the Oneida Senior Ceter at 134 Riverdale Drive on August 31<sup>st</sup>, 2006 and sign the birthday book.

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

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

**Menu****September****2006**

134 RIVERDALE DR.

SENIOR CENTER

1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
				1. <b>CLOSED</b>
4. <b>CLOSED</b>	5. Bean Soup Fresh Bread Juice Pears	6. Sloppy Joes Macaroni Salad Beans, Buns Ice Cream	7. Chicken Gordon Royale Mixed Veg. Potatoes WW Bread	8. Pancakes Bacon Hashbrowns Juice, Mixed berries
11. Sweet Potatoes Ham Peas WW Bread Peaches	12. California Blend Fresh Bread Juice Berries	13. Veg. Lasagna Salad Italian Bread Melons	14. Pork Roast Potatoes, Beans WW Bread Mandarin Oranges	15. Eggs, Sausage Grits, Toast Juice Applesauce
18. Spaghetti Garlic Bread Salad Pineapple tidbit	19. Beef barley Fresh Bread Juice Jell-O	20. Chicken breast Rice Pilaf California blend Sherbert	21. Liver and Onions Red Potatoes Beets Cookies	22. French Toast Bacon Juice Strawberries
25. Goulash WW Bread Raspberry whip	26. Split Pea Soup Fresh Bread Juice Pudding	27. Bar-B-Q Ribs Scalloped Potatoes Broccoli Yogurt	28. Chicken Potatoes Mixed Vegetables WW Bread Cake	29. Egg Ham and Cheese Fresh Fruit Muffins

# SEPTEMBER 2006 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Please sign up for trips at Senior Center Main office. * All trips leave from Senior Center.</p>				
<p>* Activities due to change without notice.</p>				
<p>* If not attending trips, bus will pick up for lunch only.</p>				
<p>4 CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>5 CRAFTS EPWORTH HALL 9:30 - 11:30</p>	<p>6 ONEIDA LANGUAGE Elderly Services 10:00 BINGO Senior Center 1:00</p>	<p>7 GOODWILL Appleton 10:00 LUNCH AT MALL FOOD COURT (On your own)</p>	<p>1 STAFF TRAINING NO ACTIVITIES</p>
<p>11 PRICE IS RIGHT Elderly Services 10:00 BOWLING ASHWAUBENON LANES 1:30</p>	<p>12 CRAFTS EPWORTH HALL 9:30 - 11:30</p>	<p>13 FARMER'S MARKET Festival Foods MAKE CARDS Elderly Services 1:00</p>	<p>14 VISIT AIRPORT DAY CARE 10:00 MOVIE Elderly Services 1:00</p>	<p>15 BANKS SHOPPING LUNCH 10:00 - 3:00</p>
<p>18 ONEIDA ORCHARD APPLE PICKING 10:00 PLAY CARDS Elderly Services 1:00</p>	<p>19 CRAFTS EPWORTH HALL 9:30 - 11:30</p>	<p>20 ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30</p>	<p>21 EXERCISE Elderly Services 10:00 BOARD GAMES Elderly Services 1:00</p>	<p>22 BANKS SHOPPING LUNCH 10:00 - 3:00</p>
<p>25 COOKING Elderly Services 10:00 ONEIDA LIBRARY 1:00</p>	<p>26 BINGO EPWORTH HALL 9:30 - 11:30</p>	<p>27 EXERCISE Elderly Services 1:00 BINGO HWY H 1:30</p>	<p>28 AJNH VISIT 9:30 - 11:00 BIRTHDAY LUNCH 12:00 SCRAP BOOKING Elderly Services 1:00</p>	<p>29 BANKS SHOPPING LUNCH 10:00 - 3:00</p>

# **BIRTHDAY MONTH**

**Just a little reminder:**

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

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

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

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

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

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

**Thank you,  
Michelle Cottrell  
Activity Coordinator**

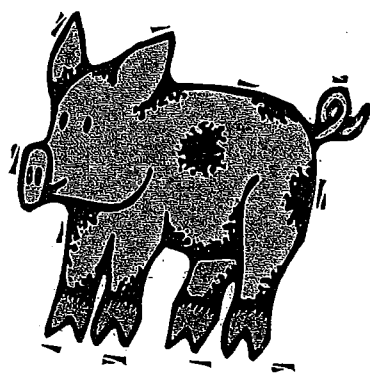


**ONEIDA UNITED METHODIST MEN'S CLUB**

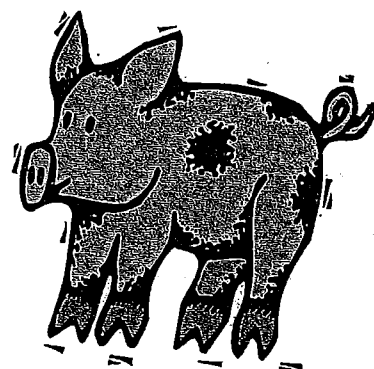
# **PIG ROAST**

**SATURDAY  
SEPTEMBER 9<sup>TH</sup>  
4:00 PM – 7:00 PM**

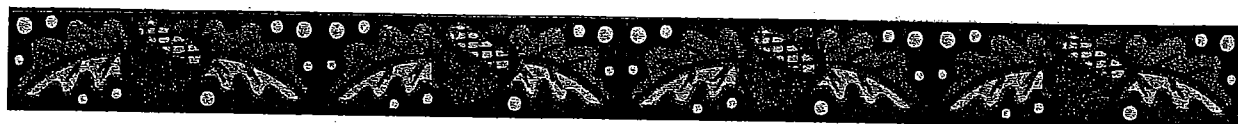
**ALL YOU CAN EAT!**



**MENU:  
ROAST PIG  
RED POTATOS  
SOUR KRAUT  
NAVY BEANS  
DESSERT**



**FUNDRAISER  
\$8 – ADULTS  
\$5 – AGES 6 – 12  
FREE – UNDER AGE 6**



**UP CLOSE AND PERSONAL**  
**With Carmen Pasquale,**  
**Title V Worker**

Carmen Pasquale's maiden name was Carmen Powless. She was born in Tomah , Wisconsin on Feb 1, 1939.

Carmen went from grade one to the seventh grade to High View School on Florist Drive in Oneida. She moved to Chicago, Illinois, then went to 8<sup>th</sup> grade at St Judath's School . She went her 4 years to Tuley High and graduated in Chicago Illinois.

Carmen lived in Hammond Louisiana for about 5 years. She moved to Florida for 10 years and these last 20 years lived in Green Bay. She now resides in Oneida. She was married to Jack Pasquale for 37 years. He is now deceased.

Carmen has worked the last 11 years in Observation. It was very educational and interesting..

Carmen now works part time at Elderly Services. She enjoys it very much because of all the other co - workers who are so friendly and helpful. . They seem to be always happy. Carmen works at the front desk as a receptionist. It is also a learning experience to work with Elders.

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

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

**What do you consider to be your greatest**

**accomplishment?**

Graduating High School and being married for 37 years.

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

Doing Sports

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

Go to work, never be late or absent.

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

Enjoy life and keep active.

**What is your ideal vacation?**

Hawaii

**Favorite Meal;** Lobster

**Favorite Music;** Country

**Favorite Books;** National Geographic

**Favorite Movies;** Anything with Stephen Segal

**Favorite Hobbies;** Crafts and gambling



## What Is A Grandparent?

(Taken from papers written by a class of 8 year olds.)

Grandparents are a lady and a man who have no little children of their own. They like other people's.

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the store and have lots of quarters for us.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the color of the flowers and also why we shouldn't step on cracks.

They don't say "Hurry up."

Usually grandmothers are fat, but not too fat to tie your shoes.

They wear glasses and wear funny underwear.

They take their teeth and gums out.!!

---

May all your hopes, dreams and prayers,

Be carried upon the wings of eagles,

High in the air and there to fall softly,

Upon the ears of the Great Spirit.

## JUST FIFTY YEARS AGO

It seems but yesterday, dear one  
You made your promise true.  
We had a wedding at the church,  
And asked the friends we knew.  
But few are left to celebrate,  
And few are left to go,  
Who wished us joy and happiness,  
Just fifty years ago.

We two have traveled down the years,  
We're growing older now,  
And time and care have left their mark  
On hand and heart and brow,  
But you are just as fair to me,  
I love you more I know  
Than when you promised you'd be mine.  
Just fifty years ago.

R. Hueteer

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## NOTICE PUBLIC HEARING

### 2007-2008 Tribal Aging Unit Plan For Older People

Date: September 22, 2006

Time: 9-10 am

Where; Oneida Senior Center  
134 Riverdale Drive  
Oneida, Wi. 54155

All elders age 55 and older, you and your input is welcome.

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September is grandparents month, don't forget to call them or give them a visit.

## Attention Elders

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

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

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

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

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

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

Please practice proper hygiene at all times.

It is each individual's choice as to which activities they wish to attend.

A donation will be appreciated when riding the bus.

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

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## RURAL DEVELOPMENT

**The Elderly Meal Site  
134 Riverdale Dr.  
Oneida, Wi. 54155**

### First Thursday Of Month

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

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## ONEIDA BENEFIT SPECIALIST

**Angela Ortiz**

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

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## BLOOD PRESSURE AND BLOOD SUGAR SCREENING

September 8<sup>th</sup>, 2006  
Oneida Senior Center (meal site)  
134 Riverdale Drive  
1-920-869-1551

## THANK-YOU

To the Hawk family for the donation of books to the Elderly Services Library.

To Jeff Webster for cutting down those tall weeds to the south of our Elderly Service Complex drive way.

To Cathy Smith for her donation to the Elderly Service Library.

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## GET WELL & STAY WELL WISHES

To Milton Summers.

To Angie Bocker.

To Bunny Johnson

To Lee Domencich

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## DRUMS FOR OCTOBER IS DUE BY SEPTEMBER 21<sup>ST</sup>, 2006.

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### GLNAEA MEETINGS

OCTOBER 5&6 th, 2006  
FOREST CO.  
POTAWATOMI

DECEMBER 7&8 th, 2006  
SOKAOGON  
CHIPPEWA

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I believe in democracy because it releases  
the energies of every human being.

W. Wilson

## Hints For Safe Medication Storage

- \* Keep medication out of reach of children.
- \* Keep medications in their original containers.
- \* Do not combine different medications in one container. This may cause unwanted interactions, not to mention the possibility of taking the wrong medication.
- \* Direct sunlight and heat can harm the effectiveness of some medications. The amber vile only helps to protect the medication from light.
- \* Do not store capsules or tablets in the bathroom, near the kitchen sink or other damp places. Moisture may cause the medication to break down and become ineffective.
- \* Remove the cotton plug that may be in the medicine bottle when it is opened because it may draw moisture into the bottle.
- \* Medication should not be stored in the refrigerator unless there are specific instructions to do so.
- \* Do not leave medication in the car for a long period of time.
- \* Most medication should not be kept for more than a year after purchase.
- \* If you use medication patches, they should be stored folded together so no medicine is exposed.

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Warm, mellow summer  
The slowing sunbeams make  
every nerve tingle.

# GO PACK GO

## 2006 PACKER SCHEDULE

### REGULAR SCHEDULE:

Sun. 9-10	Chicago Bears	3:15 Pm	Fox
Sun. 9-17	New Orleans	12 Noon	Fox
Sun. 9-24	At Detroit	12 Noon	Fox
Mon. 10-2	At Philly	7:30 Pm	ESPN
Sun. 10-08	St.Louis	12 Noon	Fox
Sun. 10-15	Open Date		
Sun. 10-22	At Miami	12 Noon	Fox
Sun. 10-29	Arizona Card.	12 Noon	Fox
Sun. 11-05	At Buffalo	12 Noon	
Sun. 11-12	At Minnesota	12 Noon	Fox
Sun. 11-19	New England	12 Noon	CBS
Mon. 11-27	Seattle	7:30 Pm	ESPN
Sun. 12-03	New York Jets	12 Noon	CBS
Sun. 12-10	At San Francisco	3:05 Pm	Fox
Sun. 12-17	Detroit Lions	12 Noon	Fox
Thur. 12-21	Minnesota	7pm	NFLN
Sun. 12-31	At Chicago	12 Noon	Fox

### IF MY BODY WAS A CAR

If my body was a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps, dents and scratches in my finish and my paint job is getting a little dull, but that is not the worst of it. My headlights are out of focus and it's hard to see things up close. My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather. My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed. My fuel rate burns inefficiently. But here is the worst of it —almost every time I sneeze, cough or sputter —either my radiator leaks or my exhaust backfires!

### Fitness For Couch Potatoes

How about working in a workout in front of the tube? Even fitness experts find TV watching workouts helpful and sometimes a necessity. Shari Feuz, an exercise advisor, says "It is absolutely possible to improve your fitness level in front of the TV, if the intensity is adequate, just as it is quite possible to go to a fitness center several times per weekend not to improve your fitness level." Studies show that American men average 29 hours a week of watching TV, while women rack up about 34 hours. That gives us a lot of time to fit in some extra activity.

Linda Buch, author of The Commercial Break Workout, points out that a 30 minute sitcom has about 10 minutes worth of commercials. Instead of reaching for a handful of cookies or chips, start moving. Buch's suggestion

- \* Push-ups. If floor pushups are too difficult for you, start off by standing up with your hands on the wall, then pushing back. Do this 10 times, increase the reps as the exercise gets easier.
- \* Chair -squats. Stand up sit down, then stand right back up, for even more of a workout, don't sit down all the way. Do this for the length of the commercial.
- \* Marching in place. Move both your arms and legs, add jumping jacks to increase the intensity.

**Muscle Up.** You can do many types of strength training in front of the television, says Pat Woellert, fitness instructor at University of Cincinnati. Using resistance tubing or dumbbells, books, cans of soup, do upper body exercises while seated on a chair. Some to try:

- \* Biceps curl
- \* Overhead shoulder presses
- \* Side arm raises
- \* Front arm raises
- \* Triceps extensions

Source: Weight Loss Clinic

## **JOB OPPORTUNITY**

Are you 55 or older and looking for work?

NICOA Senior Community Service Employment Program may be just what you are looking for. Eligible candidate must meet income guidelines and be available to work 20 hours per week. Training is provided.

For more information call Claudia at 869-2448.

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

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

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

**TO ALL THE KIDS WHO  
WERE BORN IN THE  
1930's 40's, 50's, 60's and 70's !!**

**First, we survived being born to mothers who smoked and/or drank while they carried us.**

**They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.**

**Then after that trauma, our baby cribs were covered with bright colored lead-based paints.**

**We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.**

**As children, we would ride in cars with no seat belts or air bags. Even stand up in the back seat and balance ourselves while they made sharp turns.**

**Riding in the back of a pick up on a warm day was always a special treat.**

**We drank water from the garden hose and NOT from a bottle.**

**We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.**

**We ate cupcakes, white bread, warm oven bread and real butter and drank soda pop with sugar in it, but we weren't overweight because.....**

**WE WERE ALWAYS OUTSIDE PLAYING!!**

**We would leave home in the morning and play all day, as long as we were back when the streetlights came on or the sun went down.**

**No one was able to reach us all day. And we were O.K.**

**We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.**

**We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 100 channels on cable, no video tape movies, no surround sound, no cell phones, no personal computers, no Internet or Internetchatrooms....**

**WE HAD FRIENDS and we went outside and found them!**

**We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents. We didn't have to take a pile of pills either.**

**We ate worms and mud pies made from dirt, and the worms did not live in us forever.**

**We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls and although we were told it would happen, we did not put out very many eyes. Some might of cried a lot. But we bounced back.**

**We rode bikes or WALKED miles to a friend's house and knocked on the door or rang the bell, or just yelled for them!**

**Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!**

**The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! " Let em sit, they'll learn"**

**This generation has produced some of the best risk-takers, problem solvers and inventors ever! ! And YOU are one of them!**

**The past 50 years have been an explosion of innovation and new ideas.**

**We had freedom, failure, success and responsibility, and we learned**

**HOW TO DEAL WITH IT ALL**

**CONGRATULATIONS!**

**You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good.**

**And while you are at it, forward it to your kids and grandchildren so they will know how brave their parents were. How tough you were.**

**Kind of makes you want to run through the house with scissors, doesn't it?!**

## Afraid Of Dentist?

Studies indicate a majority of Americans experience some degree of dental anxiety. Up to 15% are so anxious that they avoid dental treatment all together. Their fears may include injections, the drill, seeing dental instruments, suffocation, claustrophobia and the overall feeling of helplessness and the unknown. Others may have specific problems such as a bad gag reflex. Still, others are terrified of being scolded for their poor oral hygiene. For patients with a history of sexual, physical or emotional abuse, the dental situation can trigger powerful memories.

A good dentist will answer the questions you have, which is likely to lessen your anxiety. Make sure your dentist explains each and every procedure to you. Good dentists usually have videos, pamphlets, or books for you, explaining the procedures they perform.

Another way you can handle your fear of dentists is to ask your friends and family for dentists they would recommend. You shouldn't be afraid to ask questions about his or her practice. You are the patient, the consumer, and it's the dentist who should be selling his or her services.

It's possible that some dentists may go over relaxation techniques with you, which is often beneficial and, for many, a foundation for many, and a foundation for a solid controlled experience. Other dentists will play peaceful music for you in the background or allow you to bring in a walkman and headphones. Some dentists even have virtual reality goggles that you can wear during the procedure, which may seem excessive, is allowing more Americans to see that there is a way to overcome their fears now more than ever before.

A good relationship between you and your dentist, with good communication, is the key factor in overcoming dental anxiety. You should feel comfortable discussing anxieties with your dentist and should be confident that he or she will do everything possible to reduce your anxiety. If this isn't the case, then it is time to look for a new dentist who is willing to meet your needs.

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## HOUSEHOLD HINTS

- \* Ice Cream Cones— Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
- \* Pancakes— Use a meat baster to “squeeze” your pancake batter on the hot griddle for perfect shaped pancakes.
- \* Tupper ware – Spray your Tupper ware with non-stick cooking spray before pouring in tomato-based sauces. No more stains.
- \* Flouring A Baking Pan— Use a bit of the dry cake mix instead of flour. There will be no white mess on the outside of the baked cake.
- \* Ants, Ants, Ants— It is said that ants will never cross a chalk line so get out the chalk and draw some lines!!
- \* Wound Splinters— Reach for the scotch tape before resorting to a tweezer or a needle. Simply put the scotch tape over the splinter and then pull it off.

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Drums for October is due by  
September 21<sup>st</sup>, 2006



## Elder Humor

I had a lot of experience's with the elders and these are just a few.

We all went to Appleton to the Goodwill store, but before we go there, we stop at a restaurant, as its early and some don't have breakfast. We all ordered and one elder said, "My goodness, look how big my sandwich is, even if I cut it I still can't bite it." The elder sitting next to her said, "put it on the floor and step on it, then it will fit." She did manage to enjoy her sandwich.

I always picked up this one elder for lunch and it seemed as no matter when I got there she was never ready, but she always apologized for not being ready. After I got her in the van, she sat in the front with me. Then she would pull out her hairbrush and comb and lipstick and proceed to finish getting ready. When it came to the lipstick, with the van bouncing around and turning corners, she turned to me and said, "is it on straight?" I'd look at her and sometimes I couldn't help but laugh. Her reply was, "Oh well, I'll straighten it out when I get to the meal site." Sometimes she would, sometimes she would forget and stay that way all day.

Another elder had her nylons fall around her ankles and even though we told her about it she'd just say, "yes I know, I'll never wear these nylons again." She stayed that way all day.

Another elder misplaced her glasses and picked up another elders glasses and swore it was hers until she put them on !! See what you have to look forward to!!!!

Source: Lorna Christjohn

## Leg Cramps

Leg cramps occur when an involuntary contraction of the calf muscle causes an uncontrollable spasm. Pain can be mild to severe. Some people have frequent episodes while others have occasional ones. The cause of benign leg cramps is unknown. However dehydration may play a role and leg cramps can be a side effect of many medications. Underlying medical problems, such as thyroid disease, may also contribute to the problem.

Some of the remedies can help relieve leg cramps:

- \* Drink 6-8 glasses of water daily.
- \* Stretch calves regularly throughout the day and again at night.
- \* While lying in bed, gently pull toes toward knees. Do not let feet point down.
- \* Sleep under loose covers that make it less likely to point your toes.
- \* Place a pillow at the end of the bed to prop up feet.
- \* Lie on the stomach with feet hooked over the edge of the bed.

### Calf Stretching Exercise

- \* Stand about 3 feet away from a wall, facing it.
- \* Step forward with you left foot.
- \* Put your hands on the wall at chest level. Bend our elbows slightly and have shoulders, hips and feet aimed towards the wall.
- \* Bend your left knee gently and feel the stretch in your right calf muscle as you do so. Keep both heels on the ground at all times.
- \* Hold the stretch for at least 15 seconds.
- \* Repeat with the other side.

Potassium and calcium supplements have been shown to reduce the incidences of night leg cramps. Diuretic chemicals can also contribute to a loss of important elements. ■

# KEEP YOUR EYE ON EGGPLANT

## GARDENING SEASON

August and September

The most common variety, American, is dark purple and football-shaped. The Oriental type is slender and elongated, has thinner skin and fewer seeds.

## CHOOSING TIPS

Look for a firm, smooth-skinned eggplant that feels heavy for its size, has a glossy color and flesh that bounces back when lightly pressed. Avoid those with soft or brown spots.

## STORAGE

Eggplant can become bitter with age and is very perishable. Refrigerate uncut, unwashed eggplant in a plastic bag for up to four days.

## PREPARATION

- ♥ Cut surfaces will brown quickly when exposed to air, but will not affect flavor when cooked.
- ♥ To peel or not to peel -- the choice is up to you. If it is very fresh, it will not need peeling, but as an eggplant ages, the skin tends to get tougher.
- ♥ Use in stews and stir-fries. Do not be tricked into using too much oil -- eggplant is very porous and soaks up oil like a sponge, so beware when sautéing or stir-frying.

## KEY NUTRIENT

- ♥ Fiber to prevent constipation (more fiber when peel is eaten).

## RECIPES

### Stuffed Eggplant

- 2 cups cooked rice
- 1 medium eggplant
- 2 tablespoons oil
- 1 small tomato, diced
- 1 medium green pepper, diced
- 1 small onion, minced
- ¼ teaspoon dried basil

Cut eggplant in half lengthwise, and scoop out the center from each half, leaving a ½ inch shell. Dice the eggplant meat. Place eggplant shells cut side down in a large skillet with about ½ inch boiling water. Cover and steam 3 minutes. Cook diced eggplant, tomatoes, green pepper and onion in oil until tender. Add rice and basil and stuff into the eggplant shells. Bake at 350°F for 35 minutes or until eggplant shells are tender. Serves 2; 430 Cal; 15 g fat.

### Peperonata: Eggplant with Fresh Thyme

- 1 cup eggplant, diced
- 2 tablespoons olive oil
- 1 cup EACH diced onion and red bell pepper
- 2 cups tomatoes, diced
- 1 tablespoon fresh garlic, chopped
- 2 cups cooked spaghetti or other pasta
- 2 tablespoons fresh thyme or 1 teaspoon dry

Lightly salt eggplant and place on a paper towel to drain. In a thick-bottomed saucepan, cook the onions in the olive oil until lightly browned. Add garlic and eggplant and cook for 5 minutes. Add peppers, tomatoes and thyme and cook for 10 minutes more. Serve eggplant mixture over warm pasta. Serves 4; 180 Cal; 7.5 g fat.



# ELDERLY SERVICE GIFT SHOP

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

The following is a list of items for sale:

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

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

## CLIFFORD G. DOXTATOR

for

### NICOA Board Member

(National Indian Council on Aging)

Minneapolis Area



◇ VOTE ◇

on

Monday,

September 18, 2006

Tulsa, Oklahoma

2:00 p.m.



920-869-3590

arlredoc@aol.com



## CLIFFORD G. DOXTATOR

◆ about me ◆

1950-52 ..... Served in the 43rd Infantry Division; honorable discharge as Sergeant

1998-2003 & 2005-Present

..... Oneida Nation Commission on Aging Board Member

2002 ..... Member of Elks Lodge #259 serving as officer; Member of Elks Veterans National Service; Liaison to WI Veterans Home; AMVETS Post #54 Past Commander

2004 ..... Honored as Veteran by Nation Indian Council on Aging (NICOA); Honored as Ageless Hero by WI Aging Groups (CWAG)

2005 ..... AMVETS 5th District Commander; AMVETS National Diversity Committee

**MEMBERSHIPS** ..... ONVAC; Oneida Nation Athletic Hall of Fame; Oneida Color Guard; Past President Bay Area Agency on Aging; Wisconsin Indian Elders Assn.; National Indian Council on Aging; Green Bay Elks Lodge Officer; National Veterans Service Commission; WI Elks Benevolent Fund; Elk National Scholarship Fund; American Legion Post #106; State Delegate; Brown County Democratic Party

◆ my vision ◆

My vision for NICOA is to see that all our Native American and Alaskan Natives get the full benefit of governmental assistance through advocacy and support of NICOA for future generations.

I will visit your area to listen to your concerns if elected to this position.



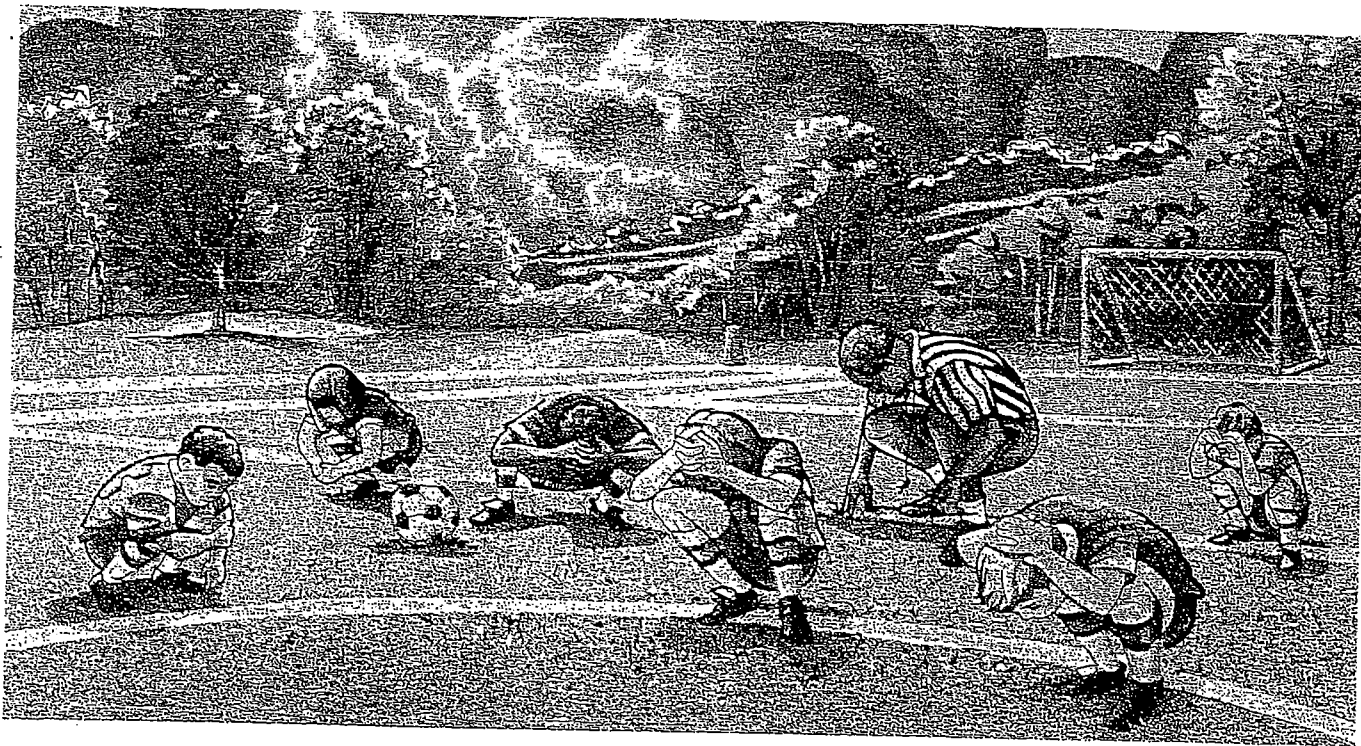
920-869-3590

arlredoc@aol.com





American  
Red Cross



## Are You Ready for a Thunderstorm?

Here's what you can do to prepare yourself and your family

### Before lightning strikes—

- ✓ Keep an eye on the sky. Look for darkening skies, flashes of light, or increasing wind. Listen for the sound of thunder.
- ✓ If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to safe shelter immediately.
- ✓ Listen to NOAA Weather Radio, commercial radio, or television for the latest weather forecasts.

- ✓ Draw blinds and shades over windows. If windows break due to objects blown by the wind, the shades will prevent glass from shattering into your home.

### If caught outside—

- ✓ If you are in the woods, take shelter under the shorter trees.
- ✓ If you are boating or swimming, get to land and find shelter immediately!

### Protecting yourself outside

- ✓ Go to a low-lying, open place away from trees, poles, or metal objects. Make sure the place you pick is not subject to flooding.
- ✓ Be a very small target! Squat low to the ground. Place your hands on your knees with your head between them. Make yourself the smallest target possible.
- ✓ Do not lie flat on the ground—this will make you a larger target!

### After the storm passes—

- ✓ Stay away from storm-damaged areas.
- ✓ Listen to the radio for information and instructions.

### If someone is struck by lightning—

- ✓ People struck by lightning carry no electrical charge and can be handled safely.
- ✓ Call for help. Get someone to dial 9-1-1 or your local Emergency Medical Services (EMS) number.
- ✓ The injured person has received an electrical shock and may be burned, both where they were struck and where the electricity left their body. Check for burns in both places. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight.
- ✓ Give first aid. If breathing has stopped, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR. If the person has a pulse and is breathing, look and care for other possible injuries. Learn first aid and CPR by taking a Red Cross first aid and CPR course. Call your local Red Cross chapter for class schedules and fees.

### When a storm approaches—

- ✓ Find shelter in a building or car. Keep car windows closed and avoid convertibles.
- ✓ Telephone lines and metal pipes can conduct electricity. Unplug appliances. Avoid using the telephone or any electrical appliances. (Leaving electric lights on, however, does not increase the chances of your home being struck by lightning.)
- ✓ Avoid taking a bath or shower, or running water for any other purpose.
- ✓ Turn off the air conditioner. Power surges from lightning can overload the compressor, resulting in a costly repair job.

# Waiting in the Airport



AIRPORT

BOOK

CARDS

COFFEE

COMICS

CONVERSATIONS

DREAM

EAT

INQUIRY

KNIT

LAYOVER

MAGAZINES

MUNCHIES

NEWSPAPER

NOTES

NOVEL

PACE

PAY PHONES

PLAY

PUZZLE

RADIO

READ

REST

SHOESHINE

SHOP

SLEEP

SNACKS

SNOOZE

SOLVE

STARE

STORE

TALK

TEA

THINK

TIME

VISIT

WALK

WATCH

WORK

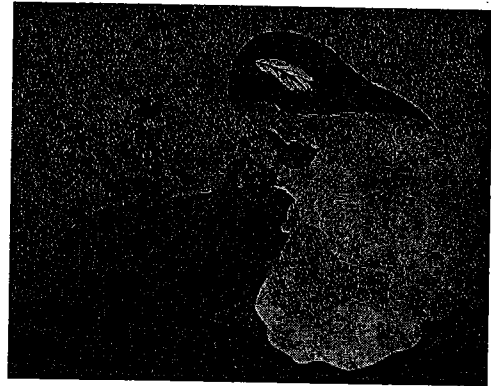
WRITE

## **Family Care Givers Support Group**

**When:** Friday, September 22<sup>nd</sup>, 2006

**Where:** Oneida Elderly Services  
2907 S Overland Rd  
Oneida WI 54155

**Time:** 10:00 - 12:00pm



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

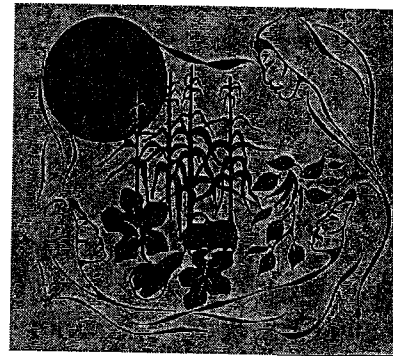
**Come and enjoy some refreshments, support of other Care-Givers and bring your loved one with you and we'll provide Respite Care and/or activities for your loved ones...**

## **Oneida Elderly Services Presents: tsyunhehkwa**

**When:** September 21<sup>st</sup>, 2006

**Time:** 12:00pm

**Where:** Oneida Senior Center  
134 Riverdale Dr  
Oneida WI 54155



**Bring your questions about Organic Farming, White Corn, Pastured Poultry, Grass Fed Beef, Garden Workshops, Seasonal Gate Market and other events held by tsyunhehkwa...**

## BANK ACCOUNT

A 92 year-old, well-poised and proud man, who is fully dressed each morning by eight o'clock, hair combed and face shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window. "I love it," he stated with the enthusiasm of an eight-year old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room, just wait." "That doesn't have anything to do with it," he replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it. It is a decision I make every morning when I wake up. I have a choice : I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away : just for this time in my life. Old age is like a bank account. You withdraw from what you've put in. So my advice to you would be to deposit a lot of happiness in the bank account of memories! Thank you for your part in filling my memory book, I am still depositing. " Remember the five simple rules to be happy:

- \* Treat all with compassion.
- \* Live simply.
- \* Give more.
- \* Say "yes" to life.

## Fire-The Deadliest Threat

No disaster is more frequent or deadly than fire for a person with a mobility disability. Contact the local fire department for help in evacuation planning, but make sure the advice fits the needs of the person in your care. Besides the usual advice about home fire safety, such as buying and maintaining smoke alarms and fire extinguishers, help the person in your care, follow these tips:

- \* Buy clothing, linens, and blankets made of fire-resistant material.
- \* Arrange furniture so it does not obstruct a quick exit.
- \* Attach a small ready to go bag to wheelchair or walker.
- \* Contact support network members to help if he or she must evacuate a building by stairway.
- \* Help memorize a few critical phrases to quickly explain her situation to first responders or write it down.
- \* Practice the emergency plan regularly.

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## BERRIES FOR A BETTER MEMORY

Berries are in season and studies show a basket of berries may be a good way to boost your memory. Researchers discovered that the extracts of certain berries helped combat oxidative stress and DNA damages, both of which play roles in the development of Alzheimer's disease. Boysenberries, blackberries, black currants and blueberries that have deep red or purple color are rich in potent disease-fighting antioxidants. So no matter what the season, eat a colorful assortment of fresh or frozen fruits and vegetables to get a healthy mix of disease-fighting compounds every day.



## NO NURSING HOME FOR ME

Two years ago my wife and I were on a cruise through the western Mediterranean board a Princess liner. At dinner we noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room. I also noticed that all the staff, ships officers, waiters, busboys, etc., all seemed very familiar with this lady. I asked our waiter who the lady was, expecting to be told that she owned the liner but he said he only knew that she had been on board for the last four cruises, back to back.

As we left the dinning room one evening I caught her eye and stopped to say hello. We chatted and I said, "I understand you've been on this ship for the last four cruises," "Yes, that's true." I stated "I don't understand" and she replied, without a pause, "It's cheaper than a nursing home."

So, there will be no nursing home in my future. When I get old and feeble, I am going to get on a Princess Cruise Ship. The average for a nursing home is \$200 per day. I have checked on reservations at Princess and I can get a long term discount and senior discount price of \$135 per day. That leaves me \$65 a day for:

- 1 Gratuities which will be only \$10 a day.
2. I will have as many as 10 meals a day, if I can waddle to the restaurant or I can have room service which means I can have breakfast in bed every day of the week.
3. Princess has as many as three swimming pools, a workout room, free washer and dryer, and shows every night.
4. They have free tooth paste and razors, and free soap and shampoo.
5. They will even treat you like a customer, not a patient. An extra \$5 worth of tips will have the entire staff scrambling to help you.
6. I will get to meet new people every 7 or 14 days.

7. TV broken? Light bulb need changing? Need to have the mattress replaced? No Problem! They will fix everything and apologize for your inconvenience.

8. Clean sheets and towels every day, and you don't even have to ask for them.

9. If you fall in the nursing home and break a hip you are on Medicare; if you fail and break a hip on the Princess ship they will upgrade you to a suite for the rest of your life.

Now hold on for the best. Do you want to see South America, the Panama Canal, Tahiti, New Zealand, Asia, or name where you want to go.

Princess will have a ship ready to go. So don't look for me in a nursing home, just call shore to ship.

PS. And don't forget, when you die, they just dump you over the side at no charge.

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## Condolences

To the Winona Mencheski family.

To the Evadna Muscavitch family.

To the Barbara J. Rohr family.

To the Anna E. Kurowski family.

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## Meaning Of A Name

An old Indian was asked what his wife's name was. "Wife Name Three Horse." That's an unusual name for your wife, what does it mean?

"It's old Indian name, means nag-nag-nag."



## Feather

The eagle allows us to use his spirit in the form of a feather that we can adorn ourselves with, tell stories about, and even pass on to "future generations."

The feather is not given in vain----it has much meaning. It is an honor to receive an eagle feather!

What we pass on to future generations also has much purpose and meaning. The **legacy** that we leave must be fitting (the way a glove fits a hand), filling (the way the glove appreciates the hand) and hopeful to insure our survival.

If we are to insure this, we must fight the evil spirits that hinder us, such as despair, disease, and untimely death.

Don't let our legacy be an inevitable disease that we wait for, yet, let our legacy be a hopeful future, with diabetes as a disease of the past.



**ONEIDA ELDERLY SERVICES  
DATABASE FORM**

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

NOTE: The state 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) Elder 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:**

**Marital Status:** \_\_\_\_ Married \_\_\_\_ Single \_\_\_\_ Widowed \_\_\_\_ Divorced

**Maiden Name:** \_\_\_\_\_

**Veteran:** \_\_\_\_ Yes \_\_\_\_ No

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

**Do You:** \_\_\_\_ Rent \_\_\_\_ Own \_\_\_\_ How Many Others\*

**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

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