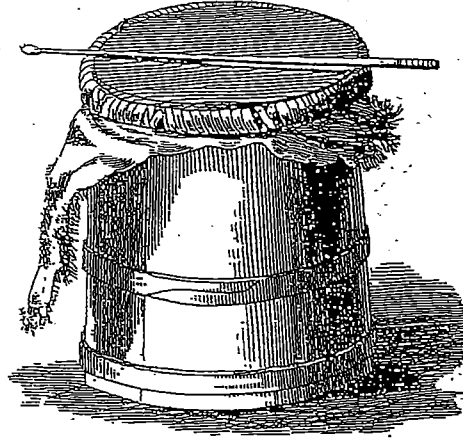


DRUMS ACROSS ONEIDA

ELDERLY SERVICES
2907 S. OVERLAND RD.



SENIOR CENTER
134 RIVERDA;E DR.



ELDERLY SERVICES 1-920-869-2448

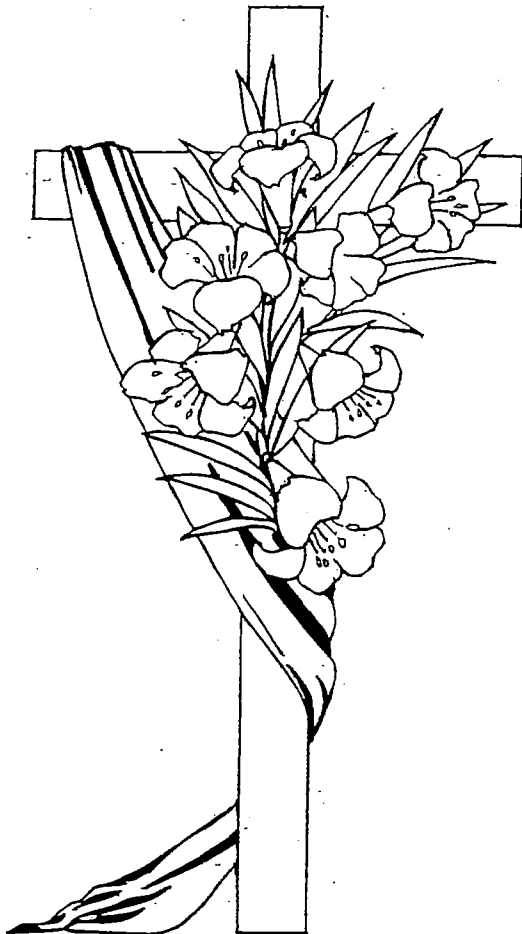
SENIOR CENTER 1-920-869-1551

TOLL FREE 1-800-867-1551

WAHSAKAYU-TE-SE?

THUNDER MOON

APRIL 2006



*Happy Easter From
The Elderly Services Staff
and
The Oneida Nation
Commission On Aging*

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

| | |
|---|--------------------|
| Program Director | Florence Petri |
| Assistant Program Director | Tina Pospychala |
| Benefits Specialist | Angela Ortiz |
| Elder Abuse Coordinator | Joyce Johnson |
| Elderly Services Coordinator | Cheryl Ault |
| Office Manager | Claudia Skenandore |
| Transportation Coordinator | Lorna Christjohn |
| Transportation Driver | Connie Van Gheem |
| Transportation Aide | Dale Webster |
| Activity Coordinator | Michele Cottrell |
| Outreach Worker | Cindy Brabbs |
| Outreach Worker | Sandy Charles |
| Outreach Worker | Amy Sumner |
| In- Home Chore Worker | Joanne Close |
| In-Home Chore Worker | Lorleen John |
| Respite Care Worker | James Smith |
| Respite Care Worker | Glory LaFlex |
| Administrative Assistant | Marty Brager |
| Elder Helper | Marie Scott |
| Elder Helper | Barbara Skenandore |
| Alzheimer/Respite Activities Specialist | Rita Summers |
| Alzheimer Aide | Marena Pamanet |
| Vista Worker | Sara Loken |
| Title V | Mildred Figueroa |
| Title V | Vacant |

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

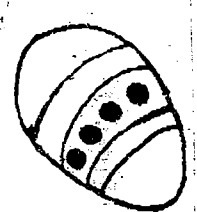
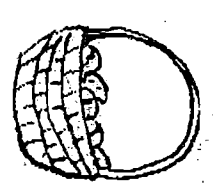
| | |
|-----------------------------|-------------------|
| Head Cook Supervisor | Brenda Jorgenson |
| Assistant Cook | Loretta Mencheski |
| Relief Cook | Betty Jorgenson |
| Relief Cook | Pat Beilke |
| Home-Delivered Meals Driver | Alfrieda Grignon |
| Maintance Supervisor | Robert LaGest |
| Home Respite Coordinator | Richard Summers |
| Home-Chore Worker | Lee Domencich |
| Home-Chore Worker | Lloyd Davis |
| Home-Chore Worker | Lisa Huff |
| Home-Chore Worker | Don Bogda |
| Home-Chore Worker | Jared Skenadore |
| Home-Chore Worker | Harold Dostalck |
| Elder Helper | Richard Dodge |
| Elder Helper | Cornelius Hill |
| Elder Helper | Vacant |
| Title V | Jeannine La Rock |
| Title V | Herb Powless |

MENU 134 Riverdale Dr

April

1-920-869-1551

2006

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 3. Polish Sausage Red Potatoes Green Beans W/W Bread Pears | 4. Chicken Noodle Soup Fresh Rolls Juice Jell-o Pears | 5. Vegetable Lasagna Salad Garlic Bread Ice Cream | 6. Pork Roast Potatoes Calif. Blend Veggies W/W Bread Sherbert | 7. Toastums Eggs & Sausage Cold Cereal Juice Peaches |
| 10. Sub. Sandwiches Turkey, Ham, Cheese Mixed Veggies Rolls, Fresh Fruit Baked Chips | 11. Chili Tomatoes & Cukes Fresh Bread Juice Ice Cream | 12. Chicken Broccoli Alfredo W/W Bread Juice Pears | 13. Chop Suey Rice W/W Bread Juice Mandrin Oranges | 14. Ham & Eggs Fresh Fruit Cheese Muffins Juice |
| 17. Chicken Ala King Rice Biscuits Mandrin Oranges Juice | 18. Beef Veggie Soup Fresh Rolls Juice Peaches | 19. Turkey & Gravy Potatoes Brussel Sprouts W/W Bread Pineapple Tidbits | 20. Spaghetti Salad Garlic Bread Jell-o | 21. Bacon Pancakes Juice Mixed Berries Hashbrowns |
| 24. Beef Stew Biscuits Juice Applesauce | 25. Boiled Dinner Fresh Bread Juice Pears | 26. Chicken Pasta Broccoli W/W Bread Blackberries | 27. Birthday Day Beef Roast Potatoes & Carrots W/W Bread Cake | 28. Grits Bacon & Toast Juioce Grapefruit Sections |
| All meals are served with coffee, tea or milk. Menu is subject to change | | | | |
| Office Hrs. 8am-4:30pm Lunch served 12-1pm Breakfast served on Fri. From 9am-10am | | | | |
| Birthstone: Diamond Flower: Sweet Pea | | | | |
|  | | | | |
|  | | | | |

APRIL 2006 ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| *ACTIVITIES DUE TO CHANGE WITHOUT NOTICE. | | | | |
| 3 | 4 | 5 | 6 | 7 |
| <p>P.A.C.E. Exercise Elderly Services 10:00 BINGO SITE II 1:00</p> | <p>CRAFTS EPWORTH HALL 9:30-11:30</p> | <p>Easter Party Elderly Services 10:00 BINGO HWY H 1:30</p> | <p>P.A.C.E. Exercise Elderly Services 10:00 BOWLING Ashwaubenon Lanes 1:30</p> | <p>BANKS SHOPPING LUNCH OUT 10-3</p> |
| 10 | 11 | 12 | 13 | 14 |
| <p>P.A.C.E. Exercise Elderly Services 10:00 BINGO</p> | <p>CRAFTS EPWORTH HALL 9:30-11:30</p> | <p>ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30</p> | <p>BANKS SHOPPING LUNCH OUT 10-3</p> | <p>BREAKFAST ONLY GOOD FRIDAY ½ DAY</p> |
| 17 | 18 | 19 | 20 | 21 |
| <p>P.A.C.E. Exercise Elderly Services 10:00 BINGO</p> | <p>BINGO EPWORTH HALL 9:30-11:30</p> | <p>Price is Right Elderly Services 10:00 BINGO HWY H 1:30</p> | <p>BANKS SHOPPING LUNCH OUT 10-3</p> | <p>BREAKFAST ONLY EMPLOYEE APPRECIATION LUNCH</p> |
| 24 | 25 | 26 | 27 | 28 |
| <p>P.A.C.E. Exercise Elderly Services 10:00 BINGO</p> | <p>CRAFTS EPWORTH HALL 9:30-11:30</p> | <p>ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30</p> | <p>AJNH VISIT 10:00-11:00 BIRTHDAY LUNCH 12:00 MOVIE Elderly Services 1:00</p> | <p>BANKS SHOPPING LUNCH OUT 10-3</p> |

*Please sign up for trips at Senior Center.
*All trips leave from Senior Center.



**Oneida Elderly Services & Division of Land
Management Presents:**

**Carolyn Grzelak, Samantha Webb Kading, & Sunshine
LeMieux
Wisconsin Judicare Attorneys:**

**Date: April 17th - 19th
Where: Oneida Elderly Services
2907 S Overland Rd
Time: 9:00 am - 4:30 pm**

**These three ladies have volunteer to come to Oneida to present
on Wills & Power of Attorney (POA) along with offering
scheduled appointments to help you prepare your Wills and/or
Power of Attorney (POA). If interested in having your own
Will or Power of Attorney (POA) prepared please contact
Oneida Elderly Services at 869-2448 for an appointment.**

People Are Like Potatoes

Some people are very bossy and like to tell others what to do, but don't want to soil their own hands. They are called "Dic-Tators."

Some people never seemed motivated to participate, but are just content to watch while others do the work. They are called "Speck-Tators."

Some people never do anything to help, but are gifted at finding fault with the way others do the work. They are called "Comment Tators."

Some people are always looking to cause problems by asking others to agree with them. It's too hot or too cold, too sour or too sweet. They are called "Aggie Tators."

There are those who say they will help, but somehow just never get around to actually doing the promised help. They are called "Hezzie Tators."

Some people can put up a good front and pretend to be someone they are not. They are called "Emma Tators."

Then there are those who love to do what they say they will. They are always prepared to stop whatever they are doing and lend a helping hand. They bring real sunshine into the lives of others. They are called "Sweet Tators."

☺ A gush of birdsong, a patter of dew,
a cloud and a rainbow's warning.
Suddenly sunshine, and perfect blue-
An April day in the morning.

Time To Retire

Since people live longer today and are able to work in their later years, a set retirement age no longer makes sense.

Here are some guide lines to tell us when it's time to retire:

- * A fisherman should retire when his **Net** income is falling off.
- * A publisher should quit when he can't handle the **Volume** anymore.
- * An actor should tell he's done when he can't make the **Scene**.
- * A dentist will know when he has his **Fill**.
- * A photographer better retire when he just doesn't **Click** anymore
- * As artist has had it when he can't **Draw** his own conclusions.
- * A teacher should retire when she has no **Class**.
- * An accountant ought to quit before his **Number** comes up.
- * But a **Writer** can go on writing until the very end.

Men's Club Booyah Supper

When: April 22nd, 2006

Where: Methodist Church Hall

Time: 4pm- 7pm

Price: Adults—\$7.00

Children 6-12----\$3.50

Children 5 & under FREE

All you can eat.

Carry outs will be available.

Breakfast Treat

1½ lb. Jimmy Dean regular sausage
2½ c. herb seasoned croutons
2 c. sharp cheddar cheese
4 eggs
2¼ c. milk
¾ tsp. dry mustard

Brown sausage, drain oil off meat. Grease 9x13 pan, spread croutons evenly over bottom of pan. Spread cheese over croutons, sausage over cheese. Beat eggs, milk, and mustard. Pour over sausage. Cover and refrigerate over night. Bake at 350° for 1½ hours.

Ham & Egg Brunch

Layer bottom of pan with 6 pieces of buttered bread. Add ham pieces to cover bread. Cover ham with cheese slices. Add another 6 pieces of buttered bread. Mix 6 eggs with 2½ c. milk with salt and pepper. Pour egg mixture over bread. Cover and refrigerate over night. Bake for 1½ hours.

Out Of Shape

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Peanuts

A tour bus driver is driving with a bus full of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up.

After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times.

When she is about to hand him another batch again he asks the little old lady why they don't eat the peanuts themselves. "We've can't chew them because we've no teeth." she replied.

The puzzle driver asks, "Why do you buy them then?" The old lady replied, "We just love the chocolate around them."

It pays to be careful around old people!!

Step To It

Health experts recommend walking around 10,000 steps per day (about 5 miles) on most days for cardiovascular health. It's possible for more steps needed for weight loss. The average person gets less than 5,000 steps per day. Many people need to include some type of daily walking program for about a half hour to one hour to get to 10,000 steps, just become more active than you were before. It is still better than not being active at all. As a general guideline, a person will burn about 100 calories walking a mile.

SPRING SING 2006

WHAT: * Spring Sing – (We will be attending the Spring Sing to watch several Choir Groups perform, have fun and fellowship.)
* Lunch will be provided
* Ice cream social

WHERE: Two Rivers, Senior Center (held at Grace Congregational Church)

WHEN: May 11th, 2006

TIME: Singing will start at 10:00 A.M.

COST: \$8.50 PER PERSON (On our own)
Due by April 15, 2006

** Please sign up at the Senior Center if you are interested in attending. Deadline to sign up is April 15, 2006.

** Bus will be leaving the Senior Center at 8:45 and returning at 4:30.

Grief & Loss

Presenter: George Kamps -
Counselor, Oneida
Behavioral Health

Date: Friday, April 21, 2006

Time: 9:00 A.M. - 9:30 A.M.

Location: Oneida Elderly Meal Site
Hwy J, Oneida



Memo

Do you have a traditional Oneida recipe?

The National Society for American
Indian Elderly

- ◆ Would like to include your traditional recipe in their local Oneida Cookbook.
- ◆ This cookbook will be approximately 60 pages in length with color photographs and cover.
- ◆ There will be an estimated number of 40 traditional local recipes needed to produce this cookbook for Oneida.

If you have any questions or have a recipe you'd like to share contact:

Sara Loken
VISTA Volunteer
Oneida Elderly Services
2907 S. Overland Road
Oneida, WI 54155
920-869-2448

Hello Dolly (1969)

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

BARBRA
BLANDNESS
BULLYING
CAST
CHARACTER
CHENAULT
COMEDY
CUTE
DISNEY
DOLLY

DOSE
ELEPHANTINE
EXERCISE
FUTURE
HANDPICKED
HORACE
INKLING
LEVI
MACHINATIONS
MARVELOUS

MATTHAU
MUGGING
MUSICAL
NASTY
PALLID
REFUGEES
RUFFLE
SENTIMENT
SLAP
STAR

STREISAND
SUPPORTING
TERRIFIC
THORNTON
TOMMY
TUNE
VANDERGELDER
WALTER
WILDER
YOUNG

CELEBRATE
OLDER AMERICAN'S MONTH
MAY
SPRING DANCE



WHEN: May 5, 2006

TIME: 6-10 pm

WHERE: Norbert Hill Cafeteria

**** SPECIAL MUSIC ****

**** REFRESHMENTS ****

**** FUN ** & PRIZES ****

FOR ELDERS 55 AND OVER
(NO CHILDREN PLEASE)

FOOT CLINIC

STARTING NOVEMBER 17TH, 2005 THE FOOT CLINIC WILL BE OPENED FOR SCHEDULED APPOINTMENTS ON THE 2ND AND 4TH MONDAY FROM 8 AM-11 ;30 PM AND THE 1ST AND 3RD THURSDAY OF THE MONTH FROM 1 PM-4PM. OTHERWISE ALL ARRANGEMENTS FOR MAKING APPOINTMENTS IS THE SAME.

TERRI HARMALA BSN RN
ONEIDA COMMUNITY HEALTH
THARMALA@ONMEIDANATION.ORG
PHONE: 920-869-4289
FAX; 920-869-6329

CONDOLENCES

To the Lillian Skenandore family. Lillian was active with the Elderly Activities Program, she will be missed.

To the Florence Elm family, her smiling face will be missed.

To the Grover Smith family, we will miss that "Good Looking" guy.

To the Irwin Hill family.

To the Sandra Lindholm family.

To the Joseph Thundercloud family.

To the Emerson Reed family.

To the Bertha Cornelius family.



I just wanted you to know I have entered the snapdragon part of my life.

*Part of me has snapped...
And the rest of me is draggin'!*



Elders Wish

An elder women decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart." "Wal-Mart?" the preacher exclaimed, "Why Wal-Mart?" "Then I'll be sure my daughters will visit me twice a week."

Did You Ever Wonder..

- * why the sun lightens our hair, but darkens our skin?
- * Why women can't put on mascara with their mouth closed?
- * why you don't ever see the headline "Psychic Wins Lottery?"
- * why "abbreviated " is such a long word?
- * why doctors call what they do "practice"
- * why you have to click on "Start" to stop Windows 98?
- * Why lemon juice is made with artificial flavor, while dishwashing liquid is made with real lemons?
- * why the man who invests your money is called a broker?
- * why there isn't mouse-flavored cat food?
- * who taste dog food when it has a "new & improved" flavor?
- * why Noah didn't swat those two mosquitoes?
- * why they sterilize the needle for lethal injections?
- * why they don't make the whole plane out of the material used for the black box?
- * why sheep don't shrink when it rains?
- * why they are called apartments when they are all stuck together?
- * if con is the opposite of pro, is Congress the opposite of progress?
- * why they call the airport "the terminal" if flying is so safe?

The nice thing about being senile is you can hide your own Easter eggs!!

Invitation To Elders

The Oneida Elder Program needs more elders to participate in our daily activities. There's an elder bus to come pick you up at the front door and take you back home. The meals are mighty fine and so are the people you meet.

In the winter, we have short little trips and also crafts. There is an activity calendar in this newsletter and if you are interested there is a sign up book at the Senior Center in the front office.

When you are down and blue and getting cabin fever, come and join us for the new year!!!

Call 869-2448 or 869-1551 for a little fun. Oneida Elderly Services and The Senior Center.

Special Thanks

Thanks to all the people who expressed their concern for me over my recent week long stay at St. Mary's Hospital. I am deeply touched to realize how many people support me. Thanks for stopping by, the phone calls, cards, flowers and prayers for my recovery; I know all these things helped. Since I was in ICU and heavily sedated, visitation was limited. Relatives helped by keeping people informed of my progress.

I am recuperating at home and will return to work as soon as the doctor releases me.

Again, I want to thank all of you.

Cornelius Hill

ELDER ABUSE
By Joyce Johnson

My name is Joyce Johnson and I have been the Elder Abuse Prevention Coordinator for Oneida Elderly Services for two years. My office is located at Oneida Elderly Services, 2907 S. Overland Rd., Oneida, Wisconsin.

As the Oneida Elder Abuse Prevention Coordinator, I work primarily with elders who may be the victims of Financial/Material Exploitation, Physical Abuse, Neglect or Self-Neglect. In some cases the police are contacted and after an investigation and substantiation, they may make a referral to the District Attorney for prosecution. In other cases, referral's may be made to the supportive services that the Oneida Tribe, and Oneida Elderly Services provides. Oneida Social Services provides such services as Community Support, Catastrophic Support, and Counseling services. Oneida Elderly Services provides services such as respite, home chore, home maintenance, outreach, and Meals-On-Wheels. Faith in Action (FIA) whose coordinator is also located at Oneida Elderly Services provides volunteer services such as transportation within reservation boundaries, and respite care for the care giver. Sometimes these basic services are all that are needed to help our elder to remain independent or in their homes as long as possible. Once it has been determined that supportive services would benefit the elder, appropriate services will be offered and if accepted they will be provided. As a self-determining and competent person, an elder or their guardian does have the option of refusing services.

Elder Abuse is a national problem that has no racial or financial boundaries. It is found among all socio-economic classes. According to the Wisconsin Department of Health and Human Services (DHHS) and reports submitted by counties, a disturbing aspect of aging is an increase in elder abuse. In 2004 a total of 3,937 cases of suspected abuse and neglect were reported (an increase of 2.2 percent from 2003). Tragically, 17 were fatal and another 320 involved life threatening situations.

Each year Adult Protective Services agencies and lead agencies are required to submit reports to the Bureau of Aging and Long Term Disability Department (BALTCR) regarding the elder abuse reports that they have received. These reports provide information about the type of abuse reported, characteristics of the victims and abusers, and local responses. The report guides the State's efforts to prevent elder abuse and protect our valuable resources, our senior citizens.

If you have any concerns about an elder that may be the victim of financial, physical, care giver neglect or self-neglect, there are services that can help to alleviate these situations. Please contact and report your concerns to the Oneida Elder Abuse Coordinator, Joyce Johnson at (920)869-2448.

Back Pain Solutions

Eighty percent of adults will suffer back pain at least once. Exercise is the last thing someone with lower-back pain wants to do. Most would rather lie still until the pain goes away. Well, get on your feet! Lying down only causes muscles to weaken and get less flexible, back therapists say. Exercise keeps the blood flowing to discs, joints and muscles; relaxes painful spasms, and speeds healing. And flexible muscles make future strains less likely.

Two of the best pain fighters are in most homes; ice and anti-inflammatories (Asprin, ibuprofen). Ice breaks the pain-spasm cycle between the nerves by slowing the nerve impulses and numbing the area. Note: Therapists differ on ice vs. heat. Some suggest ice for the first couple days, then 20 minutes of heat several times a day for several days.

12 do-it-yourself fixes

Because most back pain recurs, therapists say a change in routine is the best way to stay pain-free.

- * Start a program of aerobic exercise (running, biking or swimming, etc.) to strengthen the muscles of the back and abdomen.
- * When lying down, keep your upper back flat with a pillow under your knees, or lie on your side with a pillow between bent knees. Don't lie on your stomach with back pain.
- * To get from bed, roll to your side, swing legs to the floor and push yourself up with your arms.
- * Shift your weight when standing a long time.
- * Put a rolled-up towel or pillow between lower back and chair when sitting for long periods.
- * Maintain good posture. Use shoe inserts to fix misalignments.

- * Keep feet flat on the floor instead of crossing your legs when seated.
- * Take breaks to stretch on long drives.
- * Don't drive with a thick wallet in your back pocket.
- * Lose weight if you're too heavy.
- * Bend your knees (not your waist) when lifting heavy objects and let your thighs carry the burden.
- * Wear soft-soled shoes with low heels.

Did You Know?

When you go to buy bread in the grocery store, have you ever wondered which is the freshest, so you "squeeze" freshness or softness. Did you know that bread is delivered fresh to the stores five days a week Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different color twist tie. They are Monday=Blue, Tuesday=Green, Thursday=Red, Friday=White, and Saturday=Yellow. So if today was Thursday you would want red twist ties, not white which is Friday (almost a week old!) The colors go alphabetically by color Blue, Green, Red, White, Yellow, Monday through Saturday. Very easy to remember, I thought this was interesting. I looked in the grocery store and the bread wrappers DO have different twist ties, and even the ones with the plastic clips have different colors.

Baked on food— Fill container with water, place a Bounce paper softener and the static from the Bounce towel cause the baked food to adhere to it. Soak overnight. Also, you can use 2 Efferdent tablets and soak overnight!

The one thing about being senile is you can hide your own Easter eggs!

Remember, you don't stop laughing because you grow old, you grow old because you stopped laughing!

Wild & Crazy Day

When: May 3rd, 2006

Where: Senior Center Meal Site

Time: 12:00-1:00 PM

Menu: Apricot Pork Chops

Red Potatoes

Asparagus

Warmed Bread

Oatmeal Brownies

i Come Dressed in your Wild & Crazy
Apparel (examples: mismatch colors,
funny glasses or wigs, any thing goes!)

i Give aways for Best Dressed in
their Wild & Crazy Apparel

PERSONAL COMMITMENT TO HOST THE (GLNAEA)
GREAT LAKES NATIVE AMERICAN ELDERS
ASSOCIATION BI-MONTHLY MEETING

*THE FOLLOWING IS A LISTING OF DATES OF
(GLNAEA) MEETINGS.
EACH TRIBE IS LISTED WITH CORRESPONDING
DATE.*

APRIL 6 & 7, 2006----- ST. CROIX

**JUNE 1 & 2, 2006----- LAC DU
FLAMBEAU**

AUGUST 3 & 4, 2006-----STOCKBRIDGE

**OCTOBER 5 & 6, 2006-----FOREST CO.
POTAWATOMI**

**DECEMBER 7 & 8, 2006-----SOKAOGON
CHIPPEWA
COMM.**

THE LIGHT SIDE

Today Dear Lord, I'm 80 and there's much I haven't done . I hope Dear Lord you'll let me live until I'm 81.

But then, if I haven't finished all I want to do, would you let me stay awhile until I'm 82.

So many places I want to go, so very much to see, do you think you could manage to make it 83?

The world is changing very fast, there is much in store, I'd like very much to live until I'm 84.

And if by then I'm still alive I'd like to stay till 85.

More plans will be up in the air so, I'd really like to stick, and see what happens to the world when I'm 86.

I know, Dear Lord, it's much to ask and it must be nice in heaven ,but I would really like to stay until I'm 87.

I know by then I won't be fast and sometimes will be late, but it would be so pleasant to be around at 88.

I will have seen so many things and had a wonderful time, so I'm sure I'll be willing to leave at 89....Maybe!!

Source: Author unknown

Knock, Knock
Who's there?
Petunia.
Petunia who?
Petunia your Easter bonnet.

Positive Side Of Life

Living on earth is expensive, but it does include a free trip around the sun every year.

Birthdays are good for you, the more you have, the longer you live.

Happiness comes through doors you didn't even know you left open.

Ever notice that the people who are late are often much jollier than the people who have to wait for them?

Most of us go to our grave with our music still inside of us.

If Wal-Mart is lowering prices every day, how come nothing is free yet?

You may be one person in the world, but you may also be the world to one person.

Some mistakes are too much fun to only make once.!

Don't cry because it's over, smile because it happened.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors....but they all exist very nicely in the same box.

A truly happy person is one who can enjoy the scenery on a detour.

Source: Unknown

Thanks to Yvonne Doxtator for the donation of video's to the Elderly Service Library.

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 to many call in's and the same name is on the sign up list more than once.

The dead line for sign 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 Services 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 able to physically able to board the bus or van on their own.
- B. Elders with high risks 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 Services Department

RURAL DEVELOPMENT

The Elderly Meal Site

134 Riverdale Dr.
Oneida, Wi. 54155

First Thursday of Every Month

504 Home Repair Loans and Loan Grant Combinations. 502 Home Purchases to buy or build. Programs are available for low and very low income households.

Stop for details or call the mealsite office at
1-920-869-2448

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

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 11 am-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.

Blood Pressure And Blood Sugar Screening

April 14th, 2006
Oneida Senior Center
Meal Site
134 Riverdale Dr.
1-920-869-1551



Hop-py Easter!!

Celebrating 30 Years of Advocacy and Service to
American Indian and Alaska Native Elders
Theme

"Moving Forward:
Honoring Commitments of the Past and
Advocating for the Future"

Please join us
September 16-19, 2006

Location
Tulsa Convention Center
100 Civic Center
Tulsa, OK 74103-3822
(918) 596-7177
(800) 678-7177
www.tulsaconvention.com

Host Hotel
Crowne Plaza Tulsa
100 E 2nd Street
Tulsa, OK 74103
(918) 582-9000
(800) 2CROWNE
www.crowneplaza.com/tulsaok

For more Information

NICOA

10501 Montgomery Blvd NE, Suite 210, Albuquerque, NM 87111

Phone: (505) 292-2001 / Fax (505) 292-1922

www.nicoa.org

Please sign up at the Senior Center Meal Site. **Deadline for signing up is May 31.** Final decision (attendance is limited to 10 people) will be made by a drawing. **Payment of \$500 and will be needed by June 15.** Arrangements for hotel, event registration and air flight will be coordinated by Oneida Elderly Services. Any questions, please feel free to call at Oneida Elderly Services 920-869-2448 or Oneida Senior Center 920-869-1551. **Cancellations must be made by July 31st, in order to receive reimbursement of the \$500.**

Are You At Risk For Glaucoma

Source: Glaucoma Research Foundation

Everyone is at risk for glaucoma. However, certain groups are at higher risk than others. People at high risk for glaucoma should get a complete eye exam, including eye dilation, every one or two years.

Glaucoma is the leading cause of blindness among African-Americans. It is six to eight times more common in African-Americans than in Caucasians.

Glaucoma is much more common among older people. You are six times more likely to get glaucoma if you are over 60 years old.

The most common type of glaucoma, primary open angle glaucoma, is hereditary. If members of your immediate family have glaucoma, you are at a much higher risk than the rest of the population. Family history increases risk four to nine times.

Some evidence links steroid use to glaucoma. A study reported in the Journal of American Medical Association demonstrated a 40% increase in the incidence of ocular hypertension and open angle glaucoma a 40% increase in the incidence of ocular hypertension and open angle glaucoma in adults who require approximately 14 to 35 puffs of steroid inhaler to control asthma. This is very high dose, only required in cases of severe asthma.

Injury to the eye may cause secondary open angle glaucoma. This type of glaucoma can occur immediately after the injury or years later. Blunt injuries that "bruise" the eye (called blunt trauma) or injuries that penetrate the eye can damage the eye's drainage system, leading to traumatic glaucoma. The most common cause is sports related injuries such as baseball or boxing. Other possible risks include; high myopia (nearsightedness), diabetes, hypertension, and central corneal thickness less than .5 mm.

APRIL RAIN

There's no sweeter smell than April rain
Upon fresh earth.
Flinging bright javelins into green sod,
Waking to birth
That life that waits,
In every bud and blade and furrowed clod.

There is no music soothing to the soul
As April rain,
Washing away all winter's soot and grime,
Bringing again,
Fullment of a faith it holds
Against all lost, all heartache, and all time.

Source: J.W.Murton

On an Easter Morn

Let me think deeply when Easter comes,
Look to my soul and weigh its faith and hope,
Redicate it; then lead those who grope
In unbelief into the light that sums
Our living up in such a wondrous way.
Show them the meaning of the Easter songs,
The lily flowers, the gathering of the throngs
The hallelujahs; teach them how to pray.
We should be happy on a Easter morn,
Rejoicing with Christ's glorious rebirth,
Joining to spread His message around the earth,
And beckoning others to again be born.

Call who wander, who have sinned, known loss,
"Come, rise, again, and conquer o'er the cross!"

Can words describe the fragrance
of spring.

Each day comes bearing it's gifts;
untie the ribbons.



The Oneida Trust & Enrollment Committee Requests Your Support

April 2006

- 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 it's 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





**VOLUNTEERS
ARE NEEDED**
to deliver meals to
homebound Elders

FOR MORE INFORMATION
PLEASE CALL
BRENDA JORGENSON AT
920-869-1551
Oneida Senior Center

The Meals-On-Wheels program provides an opportunity for homebound Elders to access well-balanced meals that will enhance intake and improve social status. Please help us, help our Elders!

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.

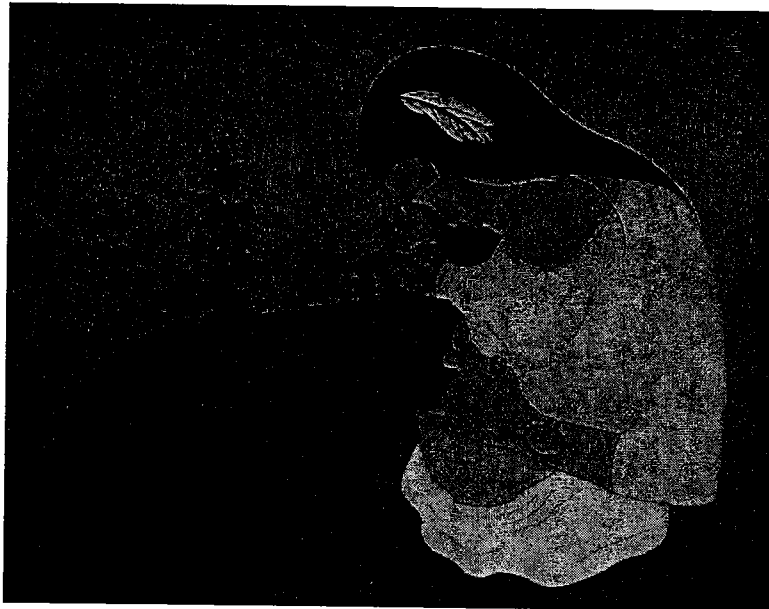
Family Care Givers Support Group

When: Friday, April 28, 2006

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

Time: 10:00 am - 12:00 pm

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...



An elderly Native American was teaching his grandchildren about life. He said to them,

“A fight is going on inside of me...it is a terrible fight and it is between two wolves.



One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, false pride, self-pity, guilt, lies, resentment, inferiority, superiority, and ego.



The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, truth, generosity, compassion, and faith.

This same fight is going on inside you, and inside every other person, too.”

They thought about it for a moment and then one child asked his grandfather, “Which wolf will win?”

The elderly man simply replied...”The one you feed.”



Lessons from Geese



As each bird flaps its wings, it creates an uplift for others behind him. There is a 71 percent more flying range in V-formation than flying alone.

Lesson: People who share a common direction and sense of common purpose can get there quicker.

Whenever a goose flies out of formation, it quickly feels the drag and tries to get back into position.

Lesson: It's harder to do something alone than together.

When the lead goose gets tired, it rotates back into formation and another goose flies at the head.

Lesson: Shared leadership and interdependence gives us each a chance to lead as well as opportunities to rest.

The geese in formation honk from behind to encourage those up front to keep up their speed.

Lesson: We need to make sure our honking is encouraging and not discouraging.

When a goose gets sick or wounded and falls, two geese fall out and stay with it until it revives or dies. They then catch up or join another flock.

Lesson: Stand by your colleagues in difficult times as well as in good.

The Power of True Understanding

The Talking Stick is very symbolic in many Native American cultures, and has played an integral part in their government for centuries. It is one of the most powerful communication tools I have encountered because while it is tangible and physical, it embodies a concept that is truly synergistic.

According to Native American tradition, using the Talking Stick ensured that all council members who wished to speak would have their ideas heard. When matters of great concern would come up, a council member would hold the Talking Stick and begin the discussion. No other members could make their own point, argue, disagree, or even agree until that council member felt understood. When he finished what he had to say, he would hold out the Talking Stick and whoever would speak after him would take it. The Talking Stick would then be passed from one individual to another until everyone had chance to speak.



When you meet with other people to discuss a challenging issue, literally or figuratively use the Talking Stick in harmony with Habit 5: Seek First to Understand, Then to Be Understood. You'll notice some amazing results. Negative energy dissipates, contention evaporates, mutual respect grows, and people become creative. New ideas emerge. Third Alternatives appear-synergy results.

Much of today's organizational strife, silo thinking, scarcity mentality and interpersonal conflict is derived from a simple lack of understanding. I believe most disputes arise from differences in perception or semantics. Overcoming these challenges can be achieved through the practice of Habit 5. To that end, I hope this Talking Stick will help you become better at modeling this powerful principle.

Best of success

-Stephen R. Covey

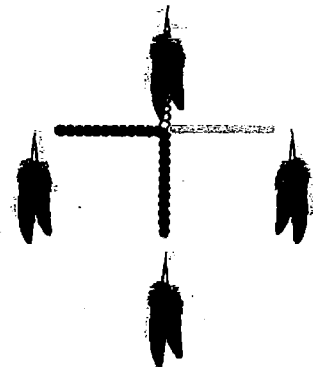
Cofounder and Vice-Chairman

Use Proactive Language - We can tell the difference between proactive and reactive people by listening to the language they use.

| Proactive Language | Reactive Language |
|---|------------------------------|
| "Let's look at our alternatives." | "There's nothing we can do." |
| "I can choose an different approach." | "That's just the way I am." |
| "I control my own feelings." | "He makes me so mad." |
| "I can create an effective presentation." | "They won't allow that." |
| "I will choose an appropriate response." | "I have to do that." |
| "I choose." | "I can't." |
| "I prefer." | "I must." |
| "I will." | "If only." |

*"There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle."*

-Albert Einstein-



**ONEIDA ELDERLY SERVICES
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 - Maiden Name

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**

