

DRUMS ACROSS ONEIDA

Oneida Elder Services
2907 South Overland Rd.
Oneida, WI 54155
Ph: 920-869-2448
Fax: 920-869-1824



Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Ph: 920-869-1551
Fax: 920-869-1526

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Thunder Moon

April 2010

Alzheimer's / Discovery Group



Monday and Wednesday
Time: 9:30 A. M. to 11:30 A.M.
Elder Services Complex

We foster a climate and culture that promotes discovery...creativity...
Energy and confidence.



We also encourage physical, mental and spiritual wellbeing.

Crafts<>Language<>Reminisce<>Card Games<>Memory Games<>

We invite you to come and share!

Would you need transportation?

Call 920-869-2448
Ask for Linda F. Douglas



DRUMS CONTACT

From the desk of: Linda F. Douglas

Contact me with any comments and acknowledgements, etc.

Telephone: 920-869-2448 or 1-800-867-1551

E-mail ldouglas@oneianation.org



"So don't be afraid. What we left behind, leave it back there. Try to do some good. Let's try to take a step, try to think something good."

--Wallace Black Elk, LAKOTA

Every day is a new day. Sometimes we make mistakes. We do not need to carry these mistakes along with us. Take the lessons and leave the mistakes behind. Look forward to today. Today we can do something good. Today we can have good thoughts. Today we can think kind, uplifting thoughts about ourselves.

Today I will think good about ...

My Creator, today I ask You to direct my thoughts.



“Nearly all men can stand adversity, but if you want to test a man’s character give him powder.”

~ Abraham Lincoln ~

	Tuesday	Wednesday	Thursday	Friday
APRIL 2010 ACTIVITIES				<i>*Activities due to change without notice.</i>
<p><i><u>*Is this your Birthday Month?</u></i> <i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i> <i>*Must be present to receive your gift card.</i></p>	<p><i>*Please sign up for trips at Senior Center Main Office.</i></p> <p><i>*All trips leave from Senior Center.</i></p>		<p>1 Banks and Shopping Green Bay 9:30</p> <p>Wii Can Do It League Hwy H 1:00</p>	<p>2</p> <p>½ Day Breakfast Only 9:00 – 10:00</p>
<p>5</p> <p>Wii Bowling Elderly Services 9:30</p> <p>Bingo Senior Center 1:00</p>	<p>6</p> <p>Crafts Elderly Services 9:30 – 11:30</p>	<p>7</p> <p>Oneida Language Elderly Services 9:30</p> <p>Bingo Hwy H 1:30</p>	<p>8</p> <p>Salvation Army Green Bay 10:00</p> <p>Bowling Ashw. Lanes 1:30</p>	<p>9</p> <p>Banks Shopping Lunch Out 10:00 – 3:00 (on your own)</p>
<p>12</p> <p>Yahtzee Game Elderly Services 9:30</p> <p>Bingo Site II 1:00</p>	<p>13</p> <p>Bingo 3 Sisters Building Green Bay 10:00 – 11:30</p>	<p>14</p> <p>Price is Right Elderly Services 9:30</p> <p>Bingo Hwy H 1:30</p>	<p>15</p> <p>Cooking Elderly Services 9:30</p> <p>Wii Can Do It League Hwy H 1:00</p>	<p>16</p> <p>Banks Shopping Lunch</p> <p>Bingo Senior Center 1:00</p>
<p>19</p> <p>Rummikub Game Elderly Services 9:30</p> <p>Bingo Senior Center 1:00</p>	<p>20</p> <p>Crafts Elderly Services 9:30 – 11:30</p>	<p>21</p> <p>Oneida Language Elderly Services 9:30</p> <p>Bingo Hwy H 1:30</p>	<p>22</p> <p>Oneida Museum Tour 9:30</p> <p>Bowling Ashw. Lanes 1:30</p>	<p>23</p> <p>Banks Shopping Lunch Out 10:00 – 3:00 (on your own)</p>
<p>26</p> <p>Scrabble Game Elderly Services 9:30</p> <p>Bingo Site II 1:00</p>	<p>27</p> <p>Bingo Senior Center 9:30 – 11:30</p>	<p>28</p> <p>Wii Bowling Elderly Services 9:30</p> <p>Bingo Hwy H 1:30</p>	<p>29</p> <p>Rubber Stamping Elderly Services 9:30</p> <p>Birthday Lunch 12:00</p> <p>Wii Can Do It League Hwy H 1:00</p>	<p>30</p> <p>Banks Shopping Lunch</p> <p>Bingo Senior Center 1:00</p>

****If you have any questions or concerns Please call Michelle at 869 - 2448.****

Yawá·ko

Oneida Elder Services

I want to thank you the department for the assistance given to me when my furnace went on the blink. My furnace was acting up over the Christmas Holidays and when I called for help, it was answered by Claudia Skenandore and Richard Summers. I, truly appreciated the quick response to my situation. Richard immediately brought over someone to check out the problem and resolved it. Again I want to thank the department, Claudia and Richard.

Amelia Cornelius



A special thank you for all Elder Service Staff. They have all been so helpful, nice, dependable and courteous. She gets various services and the visit from the staff breaks up her week. She is very grateful for the services and the people.

Brucelyn Benson

ELDER SERVICES SENIOR CENTER, PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti Salad Garlic Bread Ice Cream	2 BREAKFAST Good Friday 1/2 Day Ham & Eggs Cheese, Muffins Fresh Fruit Juice
5 Hot Dogs Macaroni & Tomatoes Peas W/W Bread Yogurt	6 Beef Pasty Gravy Mixed Vegetables W/W Bread Sherbet	7 Beef Vegetable Soup Fresh Bread Juice Berries	8 Pork Steak Wild Rice Brussels Sprouts W/W Bread Cookies	9 Tomato Soup Ground Bologna & Egg Salad Sandwiches Peaches
12 Chili Cucumber Salad W/W Bread Ice Cream	13 Sloppy Joe's Pasta Salad Beans Buns Chips Pudding	14 Boiled Dinner Fresh Bread Juice Pears	15 Hot Beef Sandwiches Oven Brown Potatoes Green Beans W/W Bread Jell-o	16 Fish Seasoned Potatoes Cole Slaw Rye Bread Mandarin Oranges
19 Chef Salad Ham, Turkey, Eggs, Lettuce & Tomatoes Cottage Cheese Whip & Chill	20 Beef Stew Biscuits Juice Applesauce	21 Chicken Vegetable Alfredo W/W Bread Pineapple Tidbits	22 B.B.Q. Pork Scalloped Potatoes Peas W/W Bread Applesauce	23 French Toast Sausage Juice Berries
26 Tater Tot Casserole Green Beans W/W Bread Cookie	27 Stuffed Peppers Mixed Vegetables W/W Bread Juice Jell-o	28 Chicken Soup Fresh Bread Juice Ice Cream	29 BIRTHDAY DAY Beef Roast, Potatoes Mixed Vegetables W/W Bread Strawberry Short Cake	30 Ham Sweet Potatoes Peas W/W Bread Mandarin Oranges
All meals are served with coffee, milk or tea.	Menu is subject to change.	BIRTH STONE: DIAMOND FLOWER: SWEET PEA	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	



First row right to left, Florence Petri, Oneida Elder Service Program Director, Dellora Cornelius, Chairwoman ONCOA, Sylvia S. Cornelius, winner, Dorothy Skenandore, Vice Chairwoman, and Summer Dawn, winner.

Second row right to left, Carol Elm, ONCOA Board, Hugh Danforth, ONCOA Board, and Warren Skenandore, ONCOA Board.

Congratulations to Summer Dawn and Sylvia S. Cornelius this year's winners of the Roberta Kinzhuma Scholarship Award and thank you to Higher Education and Oneida Nation Commission on Aging (ONCOA) for helping with the selection process of the Roberta Kinzhuma Scholarship.

Yawá·ko

To: The Staff –The Chefs
Senior Center ~ Meal Site

We appreciate all the delicious meals that are prepared and served with care.

To those of you that make sure the place is decorated with each passing season. We look forward to the next holiday to what you are going to create.

You do go the extra mile to make sure that we have a welcoming and friendly decorated center.


We have seen all the attention to details you make.

Thank You,

Alzheimer's Support Group

April

2010

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No Group	2 No Group
5 Painting / Cards 9:30 A.M. to 11:30 A.M.	6 No Group	7 Oneida Language 9:30 A.M. to 11:30 A.M.	8 No Group	9 No Group
12 Puzzles / Cards 9:30 A.M. to 11:30 A.M.	13 No Group	14 Price is Right 9:30 A.M. to 11:30 A.M.	15 No Group	16 No Group
19 Rubber Stamping 9:30 A.M. to 11:30 A.M.	20 No Group	21 Oneida Language 9:30 A.M. to 11:30 A.M.	22 No Group	23 No Group
26 Native American Painting / Coloring 9:30 A.M. to 11:30 A.M.	27 No Group	28 Wii Bowling 9:30 A.M. to 11:30 A.M.	29 No Group	30 No Group
--Activities subject to change with out notice				

For More information contact Linda F. Douglas at 920-869-2448

*All activities assist clients to maintain physical and mental health

Identify Colors

Number Sequences

Brain Exercise

Dexterity

Memory

Counting

Socializing

Identify Shapes

Eye Hand Coordination

Native American Culture

Oneida Veterans Department

By: Kerry Metoxen of the
Oneida Veterans Office

Tuesday April 20, 2010

12:00 pm



**Elder Meal Site
134 Riverdale Dr.
Oneida, WI 54155**

Come and learn some benefits and programs that may be able to assist any veterans and their family. Also come and find out about our local veterans events. Any questions please call Angela Ortiz, Benefit Specialist at (920) 869-2448 or (800) 867-1551.



Spring Is Here!

Grass needs raking?

Will your grass need cutting this
season?

Call Oneida Elder Services 920-869-2448 ask for
Cheryl Ault



UP CLOSE AND PERSONAL WITH

CHERYL AULT

1) When you were a child, what did you think you would like to be?

Social Worker

2) Who or what has had the biggest influence in your Life?

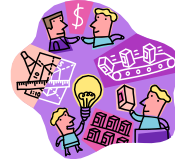
My Mom and Grandpa

3) What do you consider to be your greatest accomplishment?

Raising my kids

4) Is there something you have always wished you were great at doing?

Home Interior Decorator



5) What is the best advice anyone ever gave you?

Appreciate what you have and worked for

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

Stay active and travel



7) What is your ideal vacation?

At the cottage with family and friends

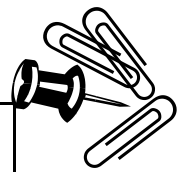
8) Favorite Meal: Steak, Potatoes and Texas Toast

9) Favorite Music: Country and Oldies

10) Favorite Movie/Movies: Detective

MAC GYVER

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



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|--------------|-------------|-------------|----------------|
| Action | Defenses | Jack | Rugged |
| Agent | Enemy | Knowledge | Runaways |
| Bad Guys | Environment | MacGyver | Short-Circuit |
| Bomb | Fellow | Makeshift | Special Forces |
| Brute | Foul | Memorable | Tackle |
| Candy Bars | Handsome | Motorcycles | Think Tank |
| Clever | Hero | Nikki | Tidbits |
| Conventional | Ignite | Ordinary | Undetermined |
| Dedicated | Ingenuity | Paper Clips | Weapons |
| Defeating | Issues | Peter | Wonders |

Three old guys are out walking. First one says 'Windy, isn't?' Second one says, 'No, it's 'Thursday!' Third one says, 'So am I. Let's go get a beer.'

MAC GYVER

Caregiver Support Group

Time: 1:30 P. M. - 3:30 P. M.

Presenter Debi Melchert, Native American Family Caregiver-Coordinator

Topic: Fall Prevention and Tips from the Matter of Balance Class

Films:

“Exercise: It’s Never Too Late” and “Fear of Falling: A Matter of Balance”

Date: Friday, April 23, 2010

Place: Oneida Elder Services Complex

2907 South Overland Road

Oneida, WI 54155

Contact: Debi Melchert, NAFCG

Oneida Elder Services

Ph. 920-869-2448 Debi at Ext. 6834



Learn About Computers

The Oneida Nation Community Education Center (ONCEC) invites you to *Learn About Computers* the last week of April. Nathan Plitzuweit, a computer instructor at the ONCEC, has schedule classes specifically for Elders on **April 26th, 27th, 28th, and 29th**, all from **9 am to 11 am**. Attendance is not required for all four days, but it is very strongly encouraged! Over these four days you will learn about the various parts of a computer, both inside and out, and you will also practice some essential computer skills. If you have ever wanted to learn about computers but have been hesitant, this is your opportunity. Nathan will work with you in a small group environment, with the plan of giving you the individual attention you may need to succeed!

Please contact Claudia Skenandore at Elder Services (869-2448) to reserve your spot for all four days. Space is limited, so act quickly. Please note that if you have previously taken computer classes at the ONCEC from their regular schedule, this class will cover most of that same material, just with an emphasis on individual attention.

From Elaine Doxtator

And then It Is Winter

*You know, time has a way of moving quickly and catching you unaware of the passing years. **

It seems just yesterday that I was young, just married and embarking on my new life with my mate. And yet in a way, it seems like eons ago, and I wonder where all the years went.*

* **I know that I lived them all...** *

*And I have glimpses of how it was back then and of all my hopes and dreams... But, here it is. The winter of my life and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? **

I remember well...seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like... But, here it is...my friends are retired and getting gray...they move slower and I see an older person now. Lots are in better shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant... but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be. *

*Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! Cause if I don't on my own free will. I just fall asleep where I sit!

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!!

But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over...its over....Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime....

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!!

Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life...so, live for good today and* *say all the things that you want your loved ones to remember.....*

and hope that they appreciate and love you for all the things that you have done for them in all the years past!!*

'Life is a gift to you. The way you live your life is your gift to those who come after.*

* Make it a fantastic one.'

LIVE IT WELL!!-----*

***ENJOY TODAY!!!!-----*

DO SOMETHING FUN!!!--

BE HAPPY!!!----BE THANKFUL!!!!!!

SAVE THE DATE!!!

May 4-5, 2010

**"Share the Care"
Cancer Conference**

**Ho-Chunk Casino & Convention
Center**

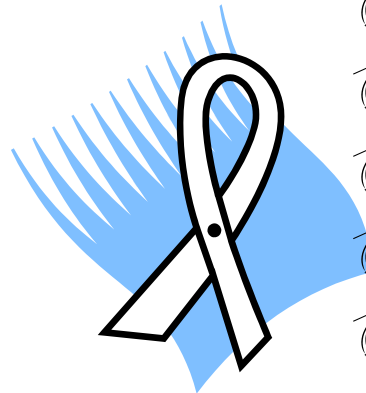
- Be able to define the importance of cancer screening, early detection, and prevention
- Learn how to locate cancer resources in our communities
- Be able to describe the physical and emotional impact of cancer on survivors, their families, and their communities

For more information contact:

Louise Voss

715-284-9851 ext 5053

louise.voss@ho-chunk.com





Training Positions Available!!

Part-Time training positions for those over 55!!

- ◆ Criteria
- ◆ Must be 55 or older
- ◆ Must not exceed low-income guidelines
- ◆ Must reside in the state you work in
- ◆ Must not have worked in past 7 days

We are looking for an elder to work part-time 20 hours a week.

Interested call:

Aleta Fish, Wisconsin Employment Specialist
N559 Library Road #2
Keshena, WI 54135
Business: 715-701-0674 ~ Office: 715-799-5720
E-mail: afish@nicoa.org

Oneida Elder Services
Roberta Young
Business: 920-869-2448 ~ Toll Free 800-867-1551

These positions are paid for and sponsored by National Indian Council on Aging. For more information on NICOA feel free to look at their website. www.nicoa.org

GLNAEA

Great Lakes Native American Elders Association,

Sponsored by Forest County Potawatomi,



June 3rd & 4th, 2010

Potawatomi Carter Casino/Hotel

618 State Hwy 32, Wabeno (Carter), WI

All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Monday, May 10, 2010. We have made arrangements for 10 people and will be using our tribal van. Payment must be received at sign-up. Participants must be independent, (able to help themselves) and be in good health (to prevent spread of health problems). We will be staying at the Potawatomi Carter Casino/Hotel and the cost is \$29.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, June 3rd. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.

Thank you.

Next 2010 Meetings:

August 5 & 6 – Ho-Chunk Nation

October 7 & 8 – Stockbridge Munsee

December 2 & 3 – Menominee Nation

