

DRUMS

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



ACROSS

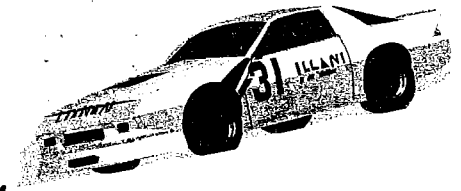
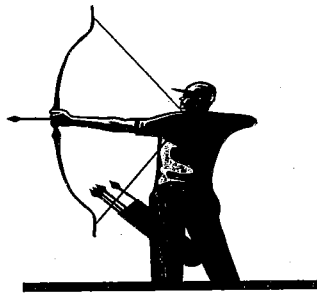
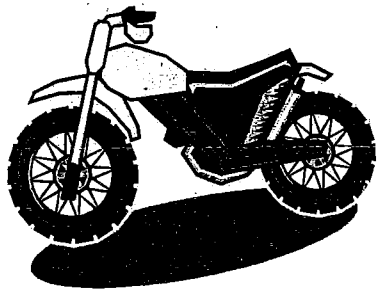
Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Ph: 920-869-1551
Fax: 920-869-1526

Onástase? Wahní'tale?

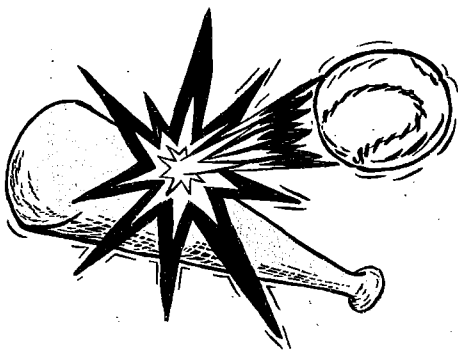
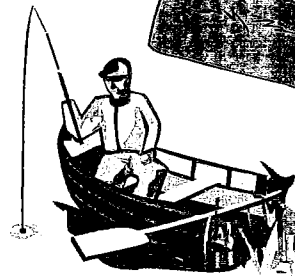
Green Corn Moon (8th Moon)

July 8 2008
1643

POW WOWS



SUMMER FUN



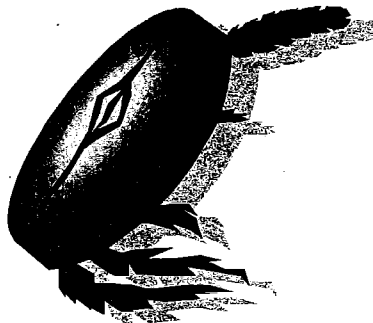
INDIAN SUMMER FESTIVAL



Where: Henry Maier Festival Park, Milwaukee's Lakefront
When: September 7, 2008
Who: Elders 55 and Older
Time: 9:00 am to 4:00 pm

- ❖ Bring spending money for food at the park; it will be a long day
- ❖ Bus will leave Senior Center at 8:00 am and return home around 4:00 pm
- ❖ Please sign up at the Senior Center
- ❖ We have minimum of 20 seats
- ❖ Dead line to sign up is July 29, 2008
- ❖ Any questions please call Senior Center at 920-869-1551

Only Elders 55 and over in good physical health are eligible to travel on this trip. Elders must be able to walk without help, board the bus, and use the restroom on their own. Those who are oxygen dependent, on medication that causes dizziness, disorientation or those with high risk of heart attack or heart problems are ineligible for travel.



ELDERS AND EVERYONE – DRUMS CONTACT

From the desk of: Linda Douglas

I am with Elderly Services and will be the main contact for the DRUMS Across Oneida newsletter. Please contact me with any comments, suggestions, concerns, complaints, etc. Thank you for your attention. My phone number: 920-869-2448 email ldouglas@oneidanation.org



Elder's Meditation

"You are going to learn the most important lesson - that God is the most powerful thing there is." Mathew King, Lakota

The Medicine Wheel teaches that there are two worlds - the Seen World and the Unseen World, or the Physical World and the Spiritual World. We need information from both of these worlds in order to live our lives in a harmonious way. The most difficult way is to figure things out by ourselves and leave the Great Spirit out of it. When we do this, we are making decisions with information only from the Physical World. This can be called reliance on self. If we ask the Creator to help us, we then get information from the Unseen World or the Spirit World. The Spiritual World is where we get our power. When we do this, we are God reliant. Being God reliant is the same as being on the Red Road.

Great Spirit, whisper the secrets of the Unseen World in my mind's ear.

GENERATIONAL HEALING CONFERENCE
ONCOA REPORTS
JULY 9, 2008

In the beginning the birds did not sing, when the Creator was here walking around and could hear the people singing their songs and the birds looked sad and he called them together and told them to meet him in the morning and they will all fly toward the Creator's Land and when they tire, there they will find their song and return to Earth with that song. One little bird knew he could not fly like the others so he flew up to the Eagle and hid under his feathers. Every bird was so excited they did not notice him hiding in the Eagles feathers. When the Eagle got tired the little bird flew up to the Creator's Land and got the most beautiful song of all. When he came down all the birds were waiting for him but he felt ashamed of cheating to get the most beautiful song so he went deep into the forest. He comes out once in awhile and sings when he does the other birds are silent because they know that that song came from the Creator's Land. The Eagle is sacred because he went up to the Creator's Land.

The Creator gave us for food, the berry itself, which came from the Creator land so we have a ceremony to acknowledge it being the first fruit of the year. A young man or girls pass out the strawberry juice at the ceremony. When done they do the Feather Dance. Oyu?Kwa?U.we, tobacco the smoke of the beaver, the spirit that goes back to the Creator with a message for the Creator. It is the spirit messenger. The messengers have long black hair and wear white buckskin with rosy cheeks. They can be here as fast you snap a finger and return with the message as fast. The Creator gives us the Spirit. He gives us our voice; hearing tells us right from wrong. Listens and understands.

Reported by Dellora Cornelius

Four (4) messengers came and are around us all of the time. They control and talk about things of state. We are lucky we are still here. Natures' Laws. The spirit inside of us can talk, it tells us right from wrong – the one that tells us the most is our Mothers. We hear things but do not listen. We know and hear what is going on. From child to young adult the spirit – both Mom and Dad need to let child know that he's loved and knows of this. Take extra care of the things you eat and travel. Dysfunction of the energy and confusion about love – really love your self - pay attention to taking care of yourself about all your feelings. Relate to ourselves and get to know your emotions and respect yourself, and how you carry yourself. You give up on yourself, so now you are healing, crickets sound. Be nice to yourself. *Reported by Dorothy J. Skenandore*

Randy Cornelius, talked about two worlds out there, the native traditional and the contemporary, and how we should understand the contemporary and how we should understand the contemporary and what it has done to our people. Randy Cornelius, made clear what our roles and responsibilities for our people and how the contemporary world finds that our people do not fulfill the roles and responsibilities. He also talked about the mood alternating substance which was not found in our culture and what it did to our culture. He talked about the Kanehelatu'sla, the Long House Opening and its meaning. Randy Cornelius, also talked about the Natural Law and how our people use to follow it. He also talked about the Unnatural Law that it was not healthy for our people and how some of our people have a Welfare Mentality and no matter how educated you are, there is someone there to pull you down. *Reported by Hugh Danforth*

**GENERATIONAL HEALING CONFERENCE
ONCOA REPORTS
JULY 9, 2008**

Later the Creator brought us medicines to help us out; some are still used by our people today. Each and every medicine is a gift from our Creator, berries, maple sap, nuts and roots. Also, the Creator sent to us many animals for food and changes in weather for us to continue on and for the animals to exist. The wild beasts are scattered all over the earth to console us at times. *Reported by Josephine Oudehoven*

GENERATIONAL HEALING: July 9, 2008 ONCOA Submission
ONCOA: rp



**The Oneida Pow Wow
Article 2**

Smoke Dance

Over the past few decades while putting on "Shows," or exhibitions of Iroquoian Singing and Dancing, some singers sped up the tempo of the old "War Dance songs" to see if the dancers could keep up. The result is the 'Smoke Dance,' as my research suggests.

- Is a fast paced dance
- Dancer moves out stretched arms quickly
- The feet perform very fast intricate steps to the beat of the drums
- They twirl and spin to imitate dancers in a smoke filled Longhouse
- Wiping eyes and fanning away the smoke

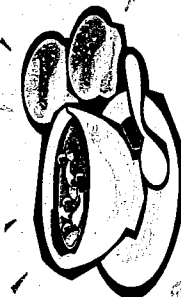
The style of dance varies greatly with each dancer.

MENU

AUGUST

2008

ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WL., 54155 PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Breast Wild Rice Carrots W/W Bread Cookies
4 Hot Dogs Macaroni & Tomatoes W/W Bread Mixed Berries	5 Bean Soup Fresh Bread Juice Oranges Slices	6 Ham Sweet Potatoes Peas W/W Bread Sherbert	7 Mostaccioli Salad Garlic Bread Juice Berries	8 Fish Potatoes Cole Slaw Rye Bread Jell-o
11 Chicken Alfredo Noodles Peas W/W Bread Yogurt	12 Hamburger Soup Fresh Bread Juice Whip & Chill	13 Swedish Meatballs Noodles Green Beans W/W Bread Pears	14 NO MEAL 4 NATIONS PICNIC	15 Fish Red Potatoes Cole Slaw W/W Bread Fresh Fruit
18 Roasted Vegetables With Chicken W/W Bread Juice Jell-o	19 Potato Soup Fresh Bread Juice Strawberries	20 Macaroni Salad Ribs W/W Bread Juice Ice Cream	21 Spaghetti Salad Garlic Bread Juice Peaches	22 Chili Fresh Vegetables W/W Bread Fresh Fruit
25 Chop Suey Rice W/W Bread Mandarin Oranges	26 Beef Barley Soup Fresh Bread Juice Apple Sauce	27 Pork Steak Baby Red Potatoes Mixed Vegetables W/W Bread Yogurt	28 Birthday Lunch Chicken Potatoes Corn Juice W/W Bread Spice Cake	29 Goulash W/W Bread Juice Peaches
		BIRTH STONE: PERIDOT FLOWER: GLADIOLUS	All meals are served with coffee, milk or tea Menu is subject to change	HOURS: 8 A.M.-4:30 P.M. Lunch Is Served Monday-Friday 12P.M.-1:00P.M.

<p>*Please sign up for trips at Senior Center Main Office.</p> <p>*All trips leave from Senior Center.</p>		<p><u>*Is this your Birthday month?</u></p> <p>* You must sign up in the Birthday Book at Senior Center, Main Office, Must be present at the Birthday lunch to receive your gift card.</p>		<p>1</p> <p>Banks Shopping Lunch Out - (on your own) 10:00 - 3:00</p>
<p>4</p> <p>Shuffle Board Elderly Services 9:30</p> <p>Ice Cream Social Elderly Services 1:00</p>	<p>5</p> <p>Crafts Elderly Services 9:30 - 11:30</p>	<p>6</p> <p>Salvation Army Green Bay 9:30</p> <p>Bingo Senior Center 1:00</p>	<p>7</p> <p>Concert in the Park (Jackson Square) Green Bay</p> <p>Contemporary Jazz Bag Lunch - on own 10:30 - 2:00</p>	<p>8</p> <p>Banks Shopping Lunch Out - (on your own) 10:00 - 3:00</p>
<p>11</p> <p>Scrabble Elderly Services 9:30</p> <p>Bowling Ashw. Lanes 1:30</p>	<p>12</p> <p>Visit Wonder Thrift Store & Farmer's Market Depere 9:30</p>	<p>13</p> <p>Oneida Language Elderly Services 9:30</p> <p>Bingo Senior Center 1:00</p>	<p>14</p> <p>4 Nations Picnic Stock Bridge Hosting 8:00 - 4:30</p>	<p>15</p> <p>Banks Shopping Lunch Out - (on your own) 10:00 - 3:00</p>
<p>18</p> <p>Yatzee Game Elderly Services 9:30</p> <p>Inter-generational Bingo Site II 1:00</p>	<p>19</p> <p>Crafts Elderly Services 9:30 - 11:30</p>	<p>20</p> <p>Cooking Elderly Services 9:30</p> <p>Bingo Senior Center 1:00</p>	<p>21</p> <p>Heritage Hill State Park Green Bay 10:30</p> <p>Bag lunch Provided</p>	<p>22</p> <p>Banks Shopping Lunch Out - (on your own) 10:00 - 3:00</p>
<p>25</p> <p>Price is Right Elderly Services 9:30</p> <p>Movie Elderly Services 1:00</p>	<p>26</p> <p>Bingo Methodist Church 9:30 - 11:30</p>	<p>27</p> <p>Oneida Language Elderly Services 9:30</p> <p>Bingo Senior Center 1:00</p>	<p>28</p> <p>UNO Game Elderly Services 9:30</p> <p>Birthday Lunch 12:00</p> <p>Oneida Farmer's Market 1:30</p>	<p>29</p> <p>Banks Shopping Lunch Out - (on your own) 10:00 - 3:00</p>





LIVING *Well* with CHRONIC CONDITIONS

Living Well with Chronic Conditions is designed to improve the self-management skills of people living with a chronic health issue. This program, which meets 2½ hours, once a week for six weeks, teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition. People with different chronic health conditions attend the workshop together to learn:

- How to develop a suitable exercise program
- Symptom management
- Nutrition management
- Breathing exercises and stress management
- Medication management
- How to communicate with family, friends and health care professionals
- How to deal with emotions such as anger and depression
- Problem solving skills and goal setting

Facilitators: Cheryl Ault & Richard Summers
Redstone Apartment Complex
1:30 p.m. – 3:30 p.m. on Wednesday
August 6, 13, 20, 27 & September 3, & 10
Sign up at meal site or call 869-2448

EMERGENCY SHELTER



With the weather being as severe as it has been a few elders have had concerns as to where there emergency shelter is located. The following locations are sites that were thought to have the highest concentration of elders in the Oneida Community; next to the site is the designated "emergency shelter" location.

Housing Site

Artley Street Units

Elderly Service Apartments

Green Earth Trailer Park

Red Stone Apartments

Park Drive Apartments

Standing Stone Apartments

Three Sisters

Emergency Shelter Location

Site I Civic Center

Activities Room In Main Building

Green Earth Library

Community Room

Community Room

First Floor Hallway

Three Sisters Library

Three Sisters Headstart

Of course if these areas are closed or there is not enough time to gain access here are a few tips that can assist you during a tornado:

- If you're in a house or apartment building and a tornado threatens, go to the lowest level--a basement or storm cellar if possible. Once on the lowest level, go to the middle of the building away from windows, into a bathroom or closet if possible.
- Use your other arm and hand to protect your head and neck from falling or flying objects.
- If you're outside in a car or in a mobile home, go immediately to the basement of a nearby sturdy building.
- If there is no building nearby, lie flat in a low spot. Use your arms and hands to protect your head. ie.ditch

If you feel there was a location that was not mentioned that should have been, feel free to give Angela Ortiz a call at 869-2448 and I can assist in finding it.

If you are looking for specific emergency management information contact Marty Antone, Director of Emergency Management or Kaylynn Gresham at 869-2214. Also, Marty Antone will be doing presentation at the Senior Center on August 20, 2008.





Emergency Family Planning Presentation

Presenter: Marty Antone, Director
Oneida Emergency Management/
Homeland Security

Date: Wed., August 20, 2008

Time: 12:00 P.M.

Location: Oneida Senior Center
134 Riverdale Drive
Oneida, WI 54155



LOST in SPACE

V	T	L	G	W	U	F	Z	V	O	Z	J	Y	M	Y	C	R	I	Y	B
Y	K	N	T	L	A	A	R	E	T	I	P	U	J	A	K	J	N	U	H
A	J	A	L	Z	C	N	T	I	T	G	R	P	L	P	U	N	M	B	R
S	V	I	M	H	T	O	D	G	E	O	O	P	X	D	E	R	V	N	A
A	W	B	A	B	L	O	U	E	S	N	H	V	Y	P	G	Y	E	C	D
B	E	R	G	I	U	E	B	S	R	A	D	K	E	N	Q	H	Z	E	U
O	Y	G	P	W	S	L	E	O	C	E	J	L	O	R	L	J	H	I	N
T	M	Y	A	T	P	F	A	E	R	U	D	I	Y	D	N	Y	N	V	H
A	N	E	M	Y	O	D	N	T	Y	E	T	E	E	F	G	M	A	O	N
G	P	A	T	R	O	T	O	S	O	A	H	P	E	U	I	M	E	M	D
E	L	R	P	S	A	V	A	C	R	R	P	T	Q	N	E	S	C	N	C
D	A	L	O	U	Y	E	E	O	T	A	Y	X	C	C	R	P	A	S	T
C	C	E	R	G	N	S	L	K	R	O	T	I	M	T	O	A	P	M	E
E	I	I	M	U	R	P	R	T	C	J	R	V	E	I	F	C	S	R	A
C	G	W	U	O	X	A	L	A	T	S	E	W	N	O	D	E	N	O	M
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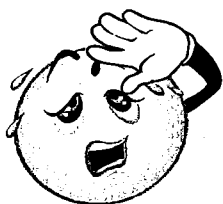
Aplha Centauri
Ambulatory
Controls
Doctor
Don West
Exploration
Forgeign
Frendily
Function
Government

Guest
Home
Judy
Jupiter
Life Forms
Logical
Lost in space
Maureen
Monsters
Movie

Passengers
Penny
Pilot
Planet
Professor
Program
Reminiscent
Sabotaged
Spaceship
Star System

Team
The Robot
Threat
Trapped
Truce
Uneasy
Voyage
Wandered
Will
Zachary

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Is your air conditioner on the fritz?
Call us before your A/C goes out completely!!
When the weather gets hot and muggy!!
Call Elderly Services, ask for Cheryl Ault at
920-869-2448

Survey April, 2008 How are we doing?

Results

Mailed 1,661

Responded 14

	Exc	Avg	Poor	No Comment
Congregate Meals	6			
Transportation	3	2		
Faith in Action Services	2			
Native Family Care-Giver	1			
In-home Chore	3			
Lifeline	6	1	1	
Activities & Crafts	5			
Home Chore	3			
Information & Referral	5	1		
Foster Grandparent & Senior Companion	1			
Senior Employment Training Program				0
Home Delivered Meals	1			
Benefits Assistance	5	1		
Outreach	1	1		
Respite Care				0
24 Hour Emergency Service		1		
Special Events	2	2		
Alzheimer's Support Group				0
Elder Abuse Prevention		1		
Loan Closet	4			
Emergency Home Repairs	2			

Other Services:

- Free Wood
- Income Tax
- Foot Care
- Pharmacy
- Snow Plowing
- Optical
- Dental

Comments:

- Proud to be Native American. Would love to learn the language and history of my ancestors. Any response you could send me would be much appreciated, from my heart.
- All your caregivers show the patient complete respect and are very helpful.
- The employees of the Elderly Services are some of the nicest people I have ever met. You have a great group to people. Thank you one and all.

Continue Next Page

- I am thankful for the Tribe; including the free wood.
- I have not had a need of all the services but noted those I knew of and those experienced.
- It is good to be an Oneida Elder. Thanks to all the Staff.
- You are doing a great job! I feel like you are a part of my family, at least Monday – Friday 8:00am to 4:30pm. I know you have someone just to listen to me sometimes. I do not yet have many needs but whenever I have a question—if this person I ask does not know he/she will find someone who does.
- Thank you, take good care.
- I really do not know what I would do without the Senior Center Service! We have always had excellent care; from snow plowing to lawn cutting. I do believe that Lloyd would be terribly missed if he left the Center for any reason. Thank you for all that you do for us.

Thank you to all that participated in our survey.
We will be having another survey in October.

Elderly Services



CELL- PHONES

**GET YOUR FREE CELL-PHONE WHILE THEY
LAST... CELL-PHONES ARE AVAILABLE AT
ELDERLY SERVICES FOR COMMUNITY ELDERS!!!**

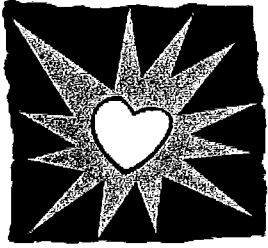
**70 + First
55 + Second**

THEY CAN BE USED TO CALL 911 ONLY!

TAKE THEM WITH YOU ON A WALK OR GOING FOR A RIDE...

(HAVE AN EMERGENCY-CALL 911 FROM THE CELL-PHONE)

**Please contact Lorna Christjohn, Transportation Supervisor at
(920)869-2448 to receive or donate cell-phones.**



**FAITH
IN ACTION**

in partnership with

AARPSM

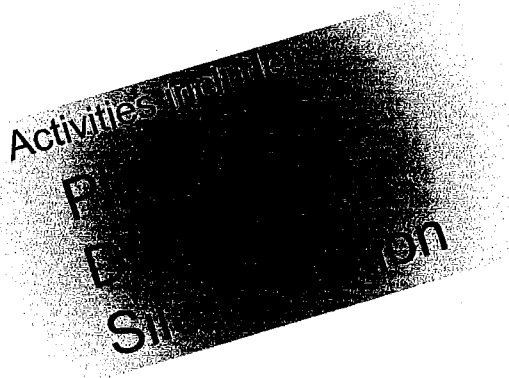
Oneida Faith in Action

FAMILY PICNIC

AUGUST 2ND

11 A.M. - 3 P.M.

Oneida Elderly Services Building



Fun & Games
for All Ages



Live Entertainment by:

BOBBY RIVERS

Music Starts at 11 with Musical
Tributes to: Neil Diamond (noon)
Johnny Cash (1 p.m.)
Elvis (2 p.m.)

Proceeds to:

ONEIDA FAITH IN ACTION

For more Info:
Glory LaFlex
(920) 869-2448



ONEIDA HOUSING AUTHORITY

National Night Out Block Party

**To promote neighborhood spirit and
policy-community partnerships**

August 5, 2008

5 p.m.

Three Sisters Park



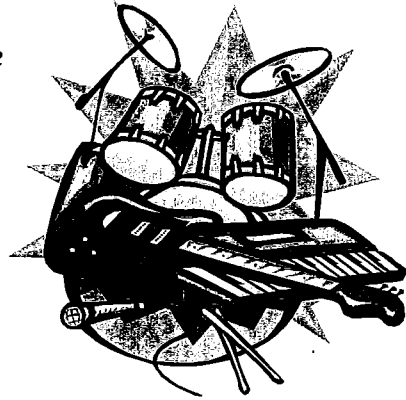
POLICE-COMMUNITY PARTNERSHIPS

Food & Entertainment

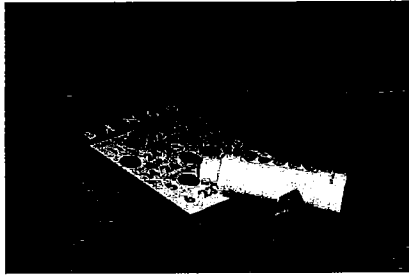
If you have any questions, please call (920) 869-6669

*4 NATION PICNIC
Hosted by Stockbridge Munsee*

*What: Picnic
Where: Many Trails Banquet Hall
Pine Hills—N9499 Pine Hills Drive
Gresham, WI
When: August 14, 2008
Who: Elders 55 and older
Time: 8:00am – 4:00pm*



*10 games of Bingo
Lunch will begin at 12:00pm
Music/Jiggin' Contest
Door Prizes*



- Bus will leave Senior Center at 8:00am and return home around 4:30pm
- We have a minimum of 20 seats
- Sign up at the Senior Center
- Dead line is Wednesday, August 13TH at 4:30pm

Only Elders 55 and over in good physical health are eligible to travel on this trip. Elders must be able to walk without help, board bus, and use to restroom on their own. Those who are oxygen dependent, on medication that causes dizziness, disorientation or those with high risk of a heart attack or heart problems are ineligible for travel.

Oneida Elder Services
AmeriCorps VISTA (Volunteers in Service to America) in Oneida to
work with the Elderly program.

The National Society for American Indian Elderly is a non-profit organization working to improve the quality of lives for American Indian Elders and will be responsible for helping Elder Services Program Directors get a VISTA placement for our community.

AmeriCorps VISTA members:

- Give one year of service to the project they are assigned
 - Serve a one year term
 - Earn a living allowance (Approximately \$833 per month)
 - Health coverage while in service
- Relocation Allowance of \$550, if applicable plus mileage to site for National recruits.
- May earn an education award of \$4,725 or cash stipend of \$1,200 at the end of the completed term.

Individuals interested in committing one year of service as an AmeriCorps VISTA member need to register online at:

www.americorps.gov.

Candidates must have a Bachelors degree or have extensive work experience and must have good professional writing skills. If you would like to work for your Oneida elders, and you meet this criterion, you can register online.

The National Society for American Indian Elderly
200 E. Fillmore Street #151 Phoenix, AZ 85004 (602) 424-0542 www.nsaie.org





Oneida Elderly Services ANNUAL
Supports: Roberta Kinzhuma Scholarship Award
Held Date: June 27, 2008 at the Former Towers
Foods Building



Thank you all again for supporting this event. There was over \$800 raised for the Roberta Kinzhuma Scholarship. Please send any comments to Claudia Skenandore at cskenan2@oneidanation.org or phone 869-2448. Above photos compliments of Phil Wisneski, Kalihwisaks Reporter/Photographer.

FYI: For our elder consumers:

Starting February 2009 television broadcasting will be changed from analog to digital. This is supposed to provide better viewing and help emergency responders protect the community. In order for this change to not affect your television viewing a TV converter box must be purchased and connected to your television. Most converter boxes will be priced from \$50 to \$70. Any televisions connected to cable, satellite, or services of the sort do not need a converter box to receive broadcasting.

Since new equipment must be purchased to accommodate the broadcasting change the government is offering a program to help lower the cost for consumers. You can apply for a \$40 coupon via telephone, online, mail in, or by fax. There is a limit of two coupons per household. The remaining balance of the converter will be the consumer's out of pocket cost.

To get more information or complete an application you can visit the website <https://www.dtv2009.gov/> or contact Angela Ortiz, Elder Benefit Specialist at (920) 869-2448.



Oneida Tribe of Indians of Wisconsin
Enrollments
P.O. Box 365
Oneida WI 54155-0365

RETURN SERVICE REQUESTED

FIRST CLASS MAIL
AUTO
U.S. POSTAGE PAID
ONEIDA, WI 54155
PERMIT NO. 4