

DRUMS ACROSS ONEIDA

Oneida Elderly Service
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

On^stase> W<hn\$tae>

Green Corn Moon

August, 2009



The elders had a wonderful time at activities!

Doing what you might say?

Playing Wii!! Yes! that is correct!! Wii!!!

They were bowling!!!

You missed the fun!!!

Review calendar for the next play date!!!

Come join us!!!

More information contact Michelle Cottrell - 920-869-2448

ELDERS AND EVERYONE – DRUMS CONTACT

From the desk of: Linda F. 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 or 1-800-867-1551

Email ldouglas@oneianation.org

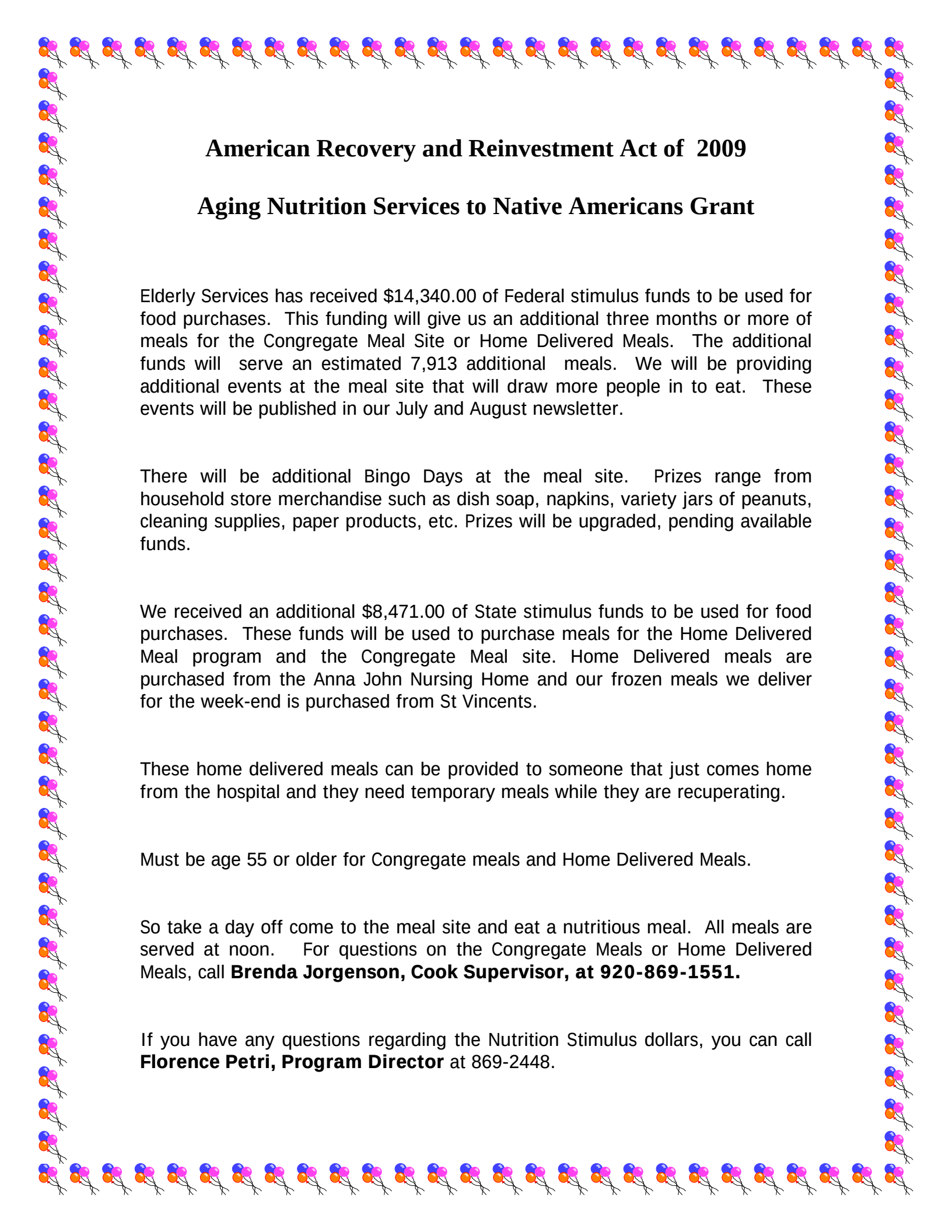
ELDER'S MEDITATION

"Each day, whatever I am doing, I am praying and thinking of God."
Thomas Yellowtail, Crow

Have you ever tried going through your day and carrying on a conversation with the Creator? How many of our Elders live in prayer. They talk to the God like the Creator is their best friend. It is easiest to do this if we pray in the morning and ask the Great Spirit to direct our thinking. When God is involved in guiding our lives, we will have less stress, anxiety, and tension. Maybe this is something we would like to try today. "Oh, Creator, look at the Sun, how beautiful you made it. Oh, look at this child isn't she just beautiful! Well, I am not sure how I should do this task, what do you think? This person is starting to irritate me; I need you help to redirect my thinking. Thank you for returning me to a peaceful mind."

Remember, God also has a sense of humor.

*"The healthiest competition occurs when
average people win by putting
above average effort."
-Colin Powell*



American Recovery and Reinvestment Act of 2009

Aging Nutrition Services to Native Americans Grant

Elderly Services has received \$14,340.00 of Federal stimulus funds to be used for food purchases. This funding will give us an additional three months or more of meals for the Congregate Meal Site or Home Delivered Meals. The additional funds will serve an estimated 7,913 additional meals. We will be providing additional events at the meal site that will draw more people in to eat. These events will be published in our July and August newsletter.

There will be additional Bingo Days at the meal site. Prizes range from household store merchandise such as dish soap, napkins, variety jars of peanuts, cleaning supplies, paper products, etc. Prizes will be upgraded, pending available funds.

We received an additional \$8,471.00 of State stimulus funds to be used for food purchases. These funds will be used to purchase meals for the Home Delivered Meal program and the Congregate Meal site. Home Delivered meals are purchased from the Anna John Nursing Home and our frozen meals we deliver for the week-end is purchased from St Vincents.

These home delivered meals can be provided to someone that just comes home from the hospital and they need temporary meals while they are recuperating.

Must be age 55 or older for Congregate meals and Home Delivered Meals.

So take a day off come to the meal site and eat a nutritious meal. All meals are served at noon. For questions on the Congregate Meals or Home Delivered Meals, call **Brenda Jorgenson, Cook Supervisor, at 920-869-1551.**

If you have any questions regarding the Nutrition Stimulus dollars, you can call **Florence Petri, Program Director** at 869-2448.

Monday	Tuesday	Wednesday	Thursday	Friday
August 2009 ACTIVITIES				*Activities due to change without notice.
3 Bingo Three Sisters 9:30 – 11:15 Bingo Senior Center 1:00 Walk – Elderly Serv. 3:30	4 Crafts Elderly Services 9:30 – 11:30	5 Timber Rattlers Game Must be pre-registered Bus leaving at 10:00	6 Wii Bowling Elderly Services 9:30 Oneida Farmer's Market 1:30 Walk – Elderly Serv. 3:30	7 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
10 Price Is Right Elderly Services 9:30 Bingo Senior Center 1:00 Walk – Elderly Serv. 3:30	11 Crafts Elderly Services 9:30 – 11:30	12 Trouble Game Elderly Services 9:30 Bingo Senior Center 1:00 Walk – Elderly Serv. 3:30	13 4 Nations Picnic Ho Chunk Hosting 8:00 - Departure Senior Center (must be pre-registered for bus ride)	14 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
17 Movie Elderly Services 9:30 Ice Cream Social Elderly Services 1:00 Walk – Elderly Serv. 3:30	18 Farmer's Market & Bread Store Depere 9:30	19 Tour of Log Homes Heritage House 10:00 Bingo Senior Center 1:00 Walk – Elderly Serv. 3:30	20 Concert in the Park Jackson Park Green Bay "New Orleans Jazz" Bag Lunch (on own) 10:15 – 2:30	21 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
24 Cooking Elderly Services 9:30 Bingo Senior Center 1:00 Walk – Elderly Serv. 3:30	25 Bingo Methodist Church 9:30 – 11:30	26 Oneida Language Elderly Services 9:30 Bingo Senior Center 1:00 Walk – Elderly Serv. 3:30	27 Salvation Army Green Bay 9:30 Birthday Lunch 12:00 Bowling Ashw. Lanes 1:30	28 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
31 RummiKub Game Elderly Services 9:30 Wii Bowling Elderly Services 1:00 Walk – Elderly Serv. 3:30		*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.		<u>*Is this your Birthday</u> <u>month?</u> * You must <u>sign up</u> in the Birthday Book at Senior Center, Main Office, Must be <u>present</u> at the Birthday lunch to receive your gift card.

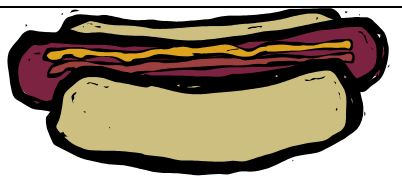
*** If you have any questions or concerns Please call Michelle at 869 - 2448.**

MENU

AUGUST

2009

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Chili Cucumber Salad W/W Bread Mandarin Oranges	4 Chicken Noodle Soup Fresh Bread Juice Sherbet	5 Garden Pasta Salad W/W Bread Pudding	6 Tater Tot Casserole W/ W Bread Fresh Fruit	7 Fish Potatoes Creamed Peas W/.W Bread Ice Cream
10 Chicken Salad Croissants Cucumbers Tomatoes Cookies	11 Potato Soup Fresh Bread Juice Pie	12 Meat Loaf Potatoes Carrots W/W Bread Jell-o	13 SENIOR CENTER CLOSED 4 NATION PICNIC	14 Sloppy Joes Macaroni Salad Beans Buns Melons
17 Bratwurst Potatoes Sauerkraut W/W Bread Mandarin Oranges	18 Tomato Soup Grilled Cheese Sandwiches Peaches	19 Chicken Ala King Rice Biscuits Pears	20 Lasagna Salad Garlic Bread Pudding	21 French Toast Bacon Juice Berries
24 Tuna Salad Lettuce, Tomatoes, Cucumbers Rolls Sherbet	25 Beef Barley Soup Fresh Bread Jell-o W/Fruit	26 Ham Scalloped Potatoes Creamed Peas W/W Bread Pudding	27 BIRTHDAY DAY Pork Roast Potatoes Carrots Cake	28 Fish Red Potatoes Cole Slaw Rye Bread Melons
31 Pork Steak Rice Pilaf Green Beans W/W Bread Ice Cream Bars	Menu is subject to change. All meals are served with coffee, tea or milk.	BIRTH STONE: PERIDOT FLOWER: GLADIOLUS	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	

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

Sept

Godsend
p58

Accident	Emotions	Jessie	Real-Estate
Adam	Experience	Laboratory	Recoil
Approached	Genetic	Lacking	Resist
Audience	Grief	Millions	Retrieve
Birthday	Identical	Ominous	Teacher
Celebrate	Illegal	Opportunity	Thriller
Clone	Implant	Parents	Vermont
Close-up	Implicate	Paul Duncan	Visions
Difficult	Inner-City	Persuade	Waterfront
Dr. Wells	Intersect	Questions	

Oneida Elderly Services 2009



Thank You!

Elderly Services would like to express our sincere appreciation to all those who made the annual rummage sale a success. We would like to take this time to thank all who donated of themselves for this event, be it by donation or their time.

Thank You to the following for their generous donations:

Coca-Cola – Beverage donation	Debra Melchert – Cash donation
Sysco – Food donation	Joyce Johnson – Cash donation
Reinhart – Paper supplies	Daniel Skenandore – Cash donation
Oneida Farms – Food donation	Diane Jourdan – Rummage cleanu
Norbert Hill Kitchen – Food donation	ONCOA Board – Cash donation
Conservation Dept – Picnic tables	DPW – Soap, buckets and brushes
Facilities – Tables, chairs and coat racks	Norbert Hill Center Maint – Tables
Oneida Casino – Match play coupons	Da Rockin' Daddies - Entertainment
7 Gens Corp – Tower Foods facility	Custodial – Custodian services
Environmental Dept – Garbage and recycle bins	

We can all be proud to remember that this event is in place to sponsor the Roberta Kinzhuma Scholarship fund which assists eligible young women to further their education and encourages continued academic achievement. For more information on this fund please call Oneida Elderly Services at 869-2448.

If we missed anyone we apologize. Once again, thank you to all who made this annual event so wonderful.

Elder Services Rummage Committee:

Clifford Cornelius	Claudia Skenandore	Marena Pamenet
Sandra Summers	Tracy King	Jennifer Metoxen
Theresa Sanchez	Loretta Mencheski	Hillary Lewis-Reimers

Rummage Sale Survey Results 2009

Total survey's received # 158

	yes	no
Good location	158	
Good time	155	3
Handicapped acces	152	
Avail seating	147	6
Good pricing	154	2
Restrooms	156	1
Adequate advert	138	14



*Note: some people did not check all of the options so survey results slightly skewed.

Comments:

nice sale!
 nice to have the music
 great job
 lots of stuff!
 good
 very good
 needs to be longer, weekend
 great time and place
 very nice day, as usual
 best ever
 love this rummage. Good job.
 this is great idea
 good job here
 I liked the music
 had a good time
 music :-)
 great sale!, have again
 no drummer!
 good job here
 good lunch, good cause
 good prices, great food
 thanks
 cold in here
 good band
 very organized
 loved it!
 keep it up
 good pricing
 good job here
 need signs for restrooms
 very good, good food
 thanks, good cause
 good sailing
 good time in the day
 all good

good food and many items on hand
 very well organized, well located
 seating too close to music
 very nice to meet everyone
 these events stengthn the community.
 good music, great prices. Keep up this event.
 clothes stacked too high, seperated by gender
 had real good time, good food, and music
 need to be longer, need a tribal thrift
 very good rummage, appreciated
 thank you, for a little while my problems were forgotten.
 nice time and food
 good music, great prices. Keep up this event.
 very worthwhile place and good cause
 first time attended, and enjoyed it
 always enjoy this event
 nice for low income families
 we had lots of fun and found many items
 very good, lots of assortment
 enjoyable, good music, awesome
 looked good, good pricing
 great outing, good band
 nice and cool on hot day
 would like items arranged by size/sex
 very good rummage, food and music
 should be longer than one day
 keep up good work
 music and food is a good addition
 it was fun shopping
 I think this a great project being done.
 wonderful, band great, good time
 excellent food, love pie and brats
 please have for 2-3 days. thanks
 under priced items and abundance of material
 excellent location, glad site is being used.



The Rockin' Daddies volunteered their time

Elderly Services' Annual Rummage Sale

It was held on June 26th.
We made a little over \$1,000 and that will go to the Roberta Kinzhuma Scholarship.
Hope to see you next year!



Barb was selling those 50/50 raffle tickets like hot-cakes! The winner was Hank Jourdan.



The ladies are cleaning those cars on a lovely sunny Friday afternoon.



Marena, Loretta and Theresa were waiting to help check out all the great deals to you found.



We had tons of items to choose from.

RIGHT—Summer Youth Associates take special care of this car—great job!



Cliff, Hillary, Tracy and Cheryl helped dish out all the great summer time food

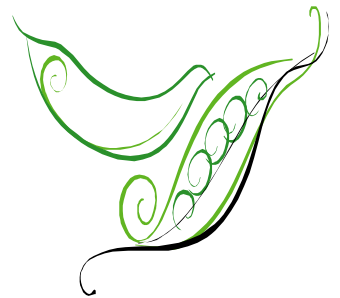
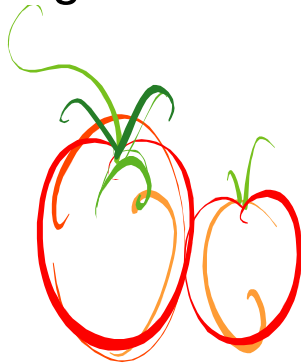
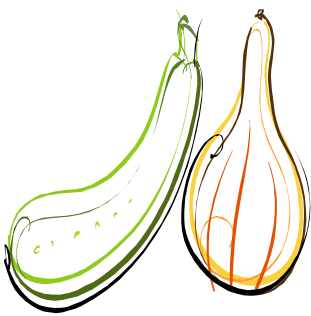


Tsynhéhkw Λ's Garden to Table Program

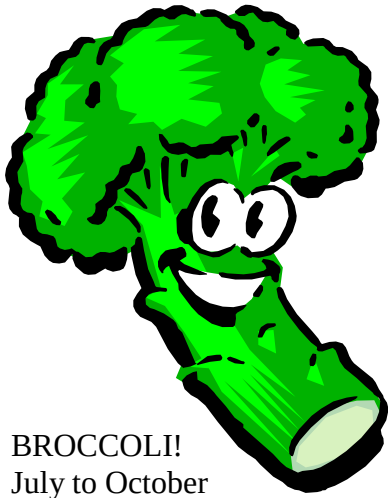


This summer the folks at TsyunhéhkwΛ are working to bring healthy. Locally grown vegetables to the Meal Site and Head Start Daycare on Airport Road.

This will help bring nutritious food to those in the community who need it. To help support this initiative, visit the Meal Site all summer long and taste the delicious vegetables from the farm.



" I feel that it is important for both our youth and our elders to be able get healthy food. From a local source." More information contact Ted Skenandore, Agricultural Supervisor of TsyunhéhkwΛ 920-869-2718



BROCCOLI!
July to October

CHOOSING TIPS

Select stems of broccoli 8" to 10" in length with heads 3" to 6" across. Look for bunches with dark green heads.

Do not choose broccoli with:

- Open or spread out heads
- Moldy or mushy heads
- Yellow coloring of heads
- Soft or limp stems

STORAGE

Broccoli is best when eaten soon after picking but can be stored up to 7 days in the refrigerator. Can be frozen.

PREPARATION

Wash thoroughly in cold water. Snap or cut off end of stem. The heads and stems may be cut into small pieces or florets, or left whole. Broccoli may be used raw in salads, plain as a snack, or with dips. It may be boiled or microwave.

Vitamin C

KEY NUTRIENTS

- Vitamins A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin and blood
- Fiber to prevent constipation
- Potassium to maintain normal blood pressure
- Iron for healthy blood
- Calcium for strong bones

RECIPE

Italian Broccoli with Roma Tomatoes

2 cups fresh broccoli
florets

4 tablespoons water

¼ teaspoon oregano

Dash of pepper

2 Roma tomatoes cut into wedges

¼ cup shredded mozzarella cheese

Put broccoli and water into a 2 quart pot. Cover steam for approximately 7 minutes.

Vitamin A

Calcium

GLNAEA

**Great Lakes Native American Elders Association
Sponsored by Lac Du Flambeau Band of Lake Superior
Indians**



**October 1 & 2, 2009
Lake of the Torches Hotel, 510 Old Abe Road
Lac du Flambeau**

All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Monday, September 14, 2009. We must have 20 people signed-up to reserve a coach bus, or else we'll use tribal vans. Payment for your hotel must be received by September 14 and the last day to cancel is Monday, September 21 for reimbursement of payment. We will be staying at Lake of the Torches Resort Casino (attached to the Casino) and the cost is \$42.00 per person. We will leave the Senior Center (Meal Site, 134 Riverdale Drive, Oneida) at 12:45 pm on Thursday, October 1. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.

Please pay close attention to deadlines to assist in better planning. Thank you.

**Next 2009 Meeting:
December 3 & 4 – Menominee**

Caregiver Support Group

▣ Massage ▣ Music Therapy ▣ Grief Support ▣

Date: Friday, August 28, 2009
Time: 1:30 P. M. to 3:30 P. M.
Oneida Elderly Services Complex
Conference Room
2907 South Overland Road
Oneida, WI 54115

Refreshments Provided

Contact: Deborah J. Melchert, NAFCG
Oneida Elderly Services
920-869-2448 Ext. 6834



▣ LIVE ▣ SUSTAIN ▣ GROW PROJECT ▣

PRESENTER: Betsy Galbraith
Environmental Specialist – Restoration

DATE: Thursday, August 20, 2009
TIME: 12:00 P. M. to 12:30 P. M.
PLACE: Oneida Senior Center
134 Riverdale Drive
Oneida, WI 54115

Contact: Deborah J. Melchert, NAFCG
Oneida Elderly Services
920-869-2448



***** ATTENTION ALL ELDERS*****

We have numerous "911" EMERGENCY CELL PHONES available at NO charge to you!!

This phone is great to have on hand if you have an emergency situation and there's no one around to help you. You just dial "911" and help will be on the way. As long as your phone has reception, you'll be able to call for help where ever you go!!

You can take your phone with you to the garden, yard, porch, shopping, in you car, visiting you friends & relatives, even babysitting those grandchildren!! With this phone you can feel safe when you're alone. Just give me a call and I'll deliver it right to your home.

I'll look forward to hearing from you!! Yaw^ko

Joyce Ann Hoes Transportation Supervisor, Elderly Services 920-869-2448 ext. 6844



Do not forget the Meal Site will be closed on Thursday, August 13, 2009.

The 4 Nations Picnic, Ho Chunk Hosting.

For more information contact: Brenda Jorgenson at 920-869-1551

4 NATIONS PICNIC
HOSTED BY THE HO-CHUNK NATION

When: Thursday, August 13th
Where: Northwoods County Park
Near Pittsville WI in Wood County



Enjoy a leisurely motor coach ride!!!

Departure Time: 8:00 AM
Departure Location: Senior Center
Arrival Time: Approx. 10:15 AM
Enjoy a fun-filled day

COME AND REPRESENT OUR OWN
‘ONEIDA NATION’

Sign-up at the Senior Center by Monday June 29

Any questions please contact Joyce Ann Hoes at
Elderly Services 920-869-2448 ext. 6844
Space limited to the first 100 Elders

*****NO CHILDREN PLEASE*****



Job Positions available!!

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**

If you are interested call
Claudia Skenandore at
Elderly Services—869.2448

**This job is paid for and
sponsored by National In-
dian Council on Aging. For
more information on NICOA
feel free to look at their
website. www.nicoa.org**

Part-Time work for those over 55!!

We are looking for an elder to work part-time. You would work 20 hours a week. A few locations on the reservation are available, including Elderly Services (receptionist or another position) and CEC (as a monitor/aide).

**Elderly Services
2907 South Overland
Oneida, WI 54155
Phone 920.869.2448**



Public Hearing Notice

Attention: Elders age 55 and older.

2010 - 2012 Tribal Aging Unit Plan for Older People

Date: August 12, 2009

Time: 12:00 P. M. - 1:30 P. M.

Where: Oneida Senior Center
134 Riverdale Dr
Oneida WI 54155

Your input is welcome.

Tina R. Pospychala
Assistant Director, Oneida Elderly Services
2907 South Overland Road
Oneida WI 54155
Phone: 920- 869-2448



Attention:

Oneida Elderly Services will be closed.

All staff will be attending the Elders 4 Nation Picnic!!!

When: Thursday, August 13, 2009

We will have telephone service and supervisor will be on call.
If you have an emergency please call 920-869-2448

Sincerely,

Tina R Pospychala
Assistant Director, Oneida Elderly Services
2907 South Overland Road
Oneida WI 54155
Phone: (920)869-2448



*****ATTENTION ALL ELDERS 55+*****

I just wanted to take a few minutes of your time to remind everyone that we have a wonderful "ACTIVITIES" department right here at Oneida Elderly Services. Our Activity specialist is Michelle Cottrell, she is always busy finding various outings for our Oneida Elders!! If you've never thought about attending her program, stop in and see how much fun you're missing!! We have a wide variety of things to do, for example every Friday we go shopping, to the bank of your choice, then out for lunch at a local restaurant. If you need any help with shopping there's staff along to help you. We've recently acquired Wii Fitness and it's very interactive for our elders, even those in wheel chairs! There are various crafts we do, and they are tailored around the various holidays and seasons. Other outings may include bowling; farmer's market, Brewers game, Timber Rattlers game, Concert in the Park-Green Bay, an Appleton Goodwill; Fox River Mall; & lunch day, Amish Country tour, the list just goes on and on. If you don't drive just call, get signed up and we'll provide you transportation on our elder's dodo bus!!

Our program is designed for "ALL OUR ELDERS" so please, stop in and see for yourself how much fun you can have, remember you're an elder from 55 on. I urge all of you elders to at least stop by a few times, sign up for a trip, you're not obligated to come everyday, you can pick and choose when you want to come. See a game on the calendar that you enjoy, come on in a play it with your fellow elders of our community. Make a day of it, come here for games or crafts and go to the meal site for a delicious lunch and then play some Bingo! We are having extra Bingo Days for the Summer & better prizes!! It's a win win situation for everyone!!

***** COME IN AND SEE WHAT WE HAVE TO OFFER !!*****

I'll be looking forward to seeing you all soon!! If you have any questions please feel free to call me any time at 869-2448 ext. 6844 Joyce Ann Hoes; Transportation Supervisor.



The National Society for American Indian Elderly (NSAIE) Americorps VISTA - Tribal Summer Associates

Up Close and Personal

◆ Nadine Kline, Team Leader Summer Associate

Who was your biggest influence?

My mom has always been my biggest influence. I've learned from her that I can make it even when the situation seems impossible. She has instilled in me a strong faith.

◆ Cody Grignon

Who was your biggest influence?

My Grandfather

Advice for someone?

I think I'm too young to give advice

Hobbies?

Football, Baseball, Fishing and Hunting

Favorite meal?

Steak Dinner

◆ Brittany Nicholas

My main influence to want to be in the Summer Associate Program through the National Society for American Indian Elderly was because I didn't feel I had a connection with the elders in this area and I wanted to establish one. I feel like as part of the youth population, we owe them a lot. I was also curious to see and learn of the services that the Oneida community had to offer. My parents are going to be elders one day so this experience brings me comfort to know that if they need help, they'll be sure to get it. Also, my mom was an influence because she encouraged me to apply for the position and to be persistent when at first it didn't seem like it would work out.

◆ Matthew Bateman

Who was your biggest influence?
Mom and Dad

Advice for someone retiring?
Save your money, spend it wisely and have fun.

Hobbies?
Xbox 360, girlfriend, friends and family, sports.

Favorite meal?
Pizza and a Monster!!!

◆ Jessica Close

Who was your biggest influence?
I think my biggest influences in my life are my sister and my mother. My mother and my sister always told me to never give up on life. My mother always was pushing me and telling me to go to college after high school. I was already thinking about what college to go to in grade eight. My sister was always there for me. When I was younger, my sister was like a second mother to me. I thank my mother and my sister very much for being there for me through everything

◆ Waylon Metoxen

Who was your biggest influence?
Paul Rodriguez the pro skateboarder

Advice for high school underclassman?
Think about the future

Hobbies?
Skate Boarding



Thank you,
Florence Petri, Program Director
Oneida Elderly Services

