

DRUMS ACROSS ONEIDA

Oneida Elder Services
2907 South Overland Rd.
Oneida, WI 54155
Phone: 920-869-2448
Fax: 920-869-1824
1-800-867-1551



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

(Awáhihte? Wáhní'tale?)

Strawberry Moon

June 2013



Dad

He never boks for praises
He's never one to boast
He just goes on quietly working
For those he loves the most
His dreams are seldom spoken
His wants are very few
And most of the time his worries
Will go unspoken too
He's there.... A firm foundation
Through all our storms of life
A steady hand to hold to
In times of stress and strife
A true friend we can turn to
When times are good or bad
One of our greatest blessings,
The man that we call Dad.

MENU**JUNE****2013****ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WI., 54155 PHONE : 1-920-869-1551**

Monday	Tuesday	Wednesday	Thursday	Friday
		<i>HAPPY FATHER'S DAY</i>		
3 Chili Cucumber Salad Juice Sherbet	4 Bratwurst Potatoes Mixed Vegetables Buns Jell-O W/Fruit	5 Chef Salad Ham, Turkey, Cheese, Lettuce, Cucumbers, Tomatoes, Eggs & Cottage Cheese Fresh Fruit	6 Hot Beef Mashed Potatoes Mixed Vegetables Pears	7 Fish Oven Potatoes Cole Slaw Blueberries
10 Salisbury Steak Mashed Potatoes Mixed Vegetables Apple Sauce	11 Potato Soup Fresh Bread Cheese & Crackers Ice Cream	12 Lasagna Garlic Bread Salad Pears	13 Chicken Wild Rice Mixed Vegetables Melons	14 Tuna Salad Tomatoes Cucumbers Lettuce Peaches
17 Sub Sandwiches Turkey & Ham Cheese Fresh Vegetables Jell-O	18 Beef Barley Soup Fresh Bread Fresh Vegetables Peaches	19 Meat Loaf Rice Plaf Green Beans Strawberries	20 Pork Steak Stuffing Cranberries Green Beans Oranges	21 Fish Potatoes Cole Slaw Sherbet
24 Swedish Meatballs Noodles Green Beans Ice Cream	25 Chicken Soup Fresh Bread Pudding	26 Turkey Potatoes & Gravy Mixed Vegetables Juice Apple, Pineapple & Orange Rings	27 BIRTHDAY DAY BBQ Ribs Scalloped Potatoes Peas Cake	28 Chicken Salad Croissants Lettuce, Tomatoes, Cucumbers Fresh Fruit
All meals are served with coffee, milk, tea or water	Menu is subject to change.	BIRTH STONE: PEARL FLOWER: ROSE	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1:00P.M.	

Volunteering makes a difference

Foster Grandparents and Senior Companions-
participate in various settings within our Tribal Communities

Share Today. Shape Tomorrow.

Foster Grandparents provide an inter-generational exchange between Elders and youth. Elders serve as mentors and to youth at Tribal schools, Day care centers, Head start, After-school activity groups and youth centers.

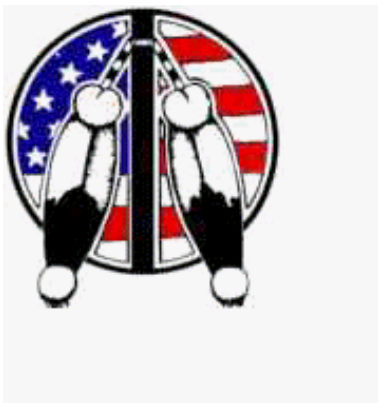


Make Independence a Reality.



Senior Companions provide opportunities for healthy older adults to serve Elders who may be homebound, alone, and/or isolated without family support. Senior Companions may serve clients in tribal elderly housing, assisted living facilities and private homes.

Come share with our community, enjoy life, help others and
earn tax-free money!

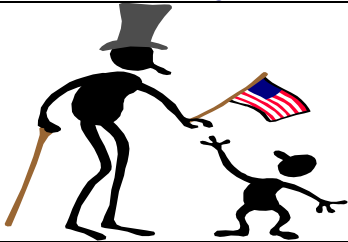




Please call for an opportunity in your area:
Angela Ortiz, Benefit Specialist
(920) 869-2448



*You must be a least 55 years of age, complete a background check and meet
Income guidelines to earn a stipend!*

June 2013 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>*Is this your Birthday Month?</i></p> <p><i>*You must sign up in the Birthday Book at Senior Center</i></p> <p><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>3</p> <p>Fact or False Game Elder Services 9:30 Exercise Elder Services 11:00 Wii Bowling Elder Services 1:00</p>	<p>4</p> <p>Crafts Elder Services 10:00 – 11:30</p>	<p>5</p> <p>Oneida Language Elder Services 9:30 Exercise Elder Services 11:00 Bingo S.C. 1:00</p>	<p>6</p> <p>Christian Thrift Store DePere 10:00 Simon's Cheese Store Little Chute 1:30</p>	<p>7</p> <p>Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>10</p> <p>Wheel of Fortune Game Elder Services 9:30 Exercise Elder Services 11:00 Cooking Elder Services 1:00</p>	<p>11</p> <p>Crafts Elder Services 9:30 – 11:30</p>	<p>12</p> <p>Oneida Language Elder Services 9:30 Exercise Elder Services 11:00 Bingo S.C. 1:00</p>	<p>13</p> <p>Amish Trip Bonduel 10:00 – 3:00 Lunch on your own</p>	<p>14</p> <p>Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>17</p> <p>Rubber Stamping Elder Services 9:30 Exercise Elder Services 11:00 Wii Bowling Elder Services 1:00</p>	<p>18</p> <p>Crafts Elder Services 9:30 – 11:30</p>	<p>19</p> <p>Apples to Apples Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo S.C. 1:00</p>	<p>20</p> <p>Concert In the Park "Folk" group Jackson park 10:30 – 2:30 Bring a bag lunch</p>	<p>21</p> <p>Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>24</p> <p>Yahtzee Game Elder Services 9:30 Exercise Elder Services 11:00 Movie Elder Services 1:00</p>	<p>25</p> <p>Strawberry Picking Sunny Hill Farms 9:30 No Orders</p>	<p>26</p> <p>Scrabble Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo S.C. 1:00</p>	<p>27</p> <p>Banks, Shopping 9:00 Birthday Lunch 12:00 Oneida Family Fitness 1:00 – 3:00</p>	<p>28</p> <p>Elder Expo Elder Services 10:00 – 2:00</p>

If you have any questions Please call Michelle at 869 – 2448



**** ATTENTION ****



Elder Services will **NO LONGER** have the
Annual Roberta Kinzhuma Scholarship Rummage Sale
We will be scheduling other events throughout the year to
raise money for the Scholarship

Watch for notices in the Drums and Kalihwisaks

Questions contact:
Joyce Ann Hoes, Transportation Supervisor
(920)869-2448



**Spring has finally sprung
Tired of Being Stuck in the House?**

Numerous Activities:

- **Free** Transportation to our Activity Program
- **Free** Transportation to Congregate Meal Site

**Check out the Activities and Menu Calendars if you would
like to participate and need a ride contact:**

Joyce Ann Hoes, Transportation Supervisor
(920)869-2448



Regional Collaboration in the Great Lakes Area

By

Sarah Green & Serena Steele

www.travelinstruction.org

Whether in 1993 or 2012, April is apparently a good time for Travel Training in the Great Lakes Region. Perhaps it is because after a long cold winter, getting outside to learn a new skill and have the opportunity to become more independent is more inviting in our region.

The *Rapid* travel training program celebrates its 20 year anniversary on April 12th. Initially this program was grant funded and administered by a nonprofit organization. The *Rapid* brought the program in-house in 1998. The Travel Training program is offered to any passenger who may face more challenges in learning to use fixed route. However, persons who are legally blind are referred to local Orientation and Mobility Specialists. The *Rapid*'s program includes familiarization for immigrants new to the area and/or with limited English proficiency, as well as instruction for senior citizens, students, and people with disabilities. In 2004, a successful *Rapid* Senior/Volunteer Mentor program was added to assist experienced adults looking to reduce their need to drive -- yet maintain their independence and involvement in the community. One-on-one trips are arranged with a friendly and knowledgeable volunteer who uses the fixed route system. There are also group familiarizations offered with an out-of-service bus to senior centers and independent living complexes, as time allows.

Located about 50 miles south of Grand Rapids, Kalamazoo Metro Transit's Mobility Management program is celebrating one-year in existence. Metro Transit received a New Freedom grant and began gathering information. Collaboration with the Travel Training program at the *Rapid* provided essential industry knowledge, and was helpful to Metro Transit after hiring Mobility Manager/Travel Trainer Serena Steele in April, 2012.

The program's first trainee went through the program in the summer of 2012. Thus far, 40 individuals have received one-on-one training, and hundreds have received training in group settings.

Continued 

In addition to the transit perspective and experience, local schools and universities, advocacy groups, and various service providers also provide a network of resources and community awareness. All these relationships are still vital to the program, and help considerably from a public relations and marketing stand point.

The next step in collaboration is expanding partnerships outside of Kalamazoo County, and connecting with other similar professionals in agencies throughout the state of Michigan. This new network initiative is in its infancy, but has received a great deal of positive support from over one-dozen professionals. The goal of creating this local network is to provide a more regional support for agencies with Mobility Management programs. The network will be a way to not only connect and share ideas, but as an outlet in which to continue the growth of our programs and our reach.

The concept that ‘we can accomplish more together than apart’, is a key component to the success of the Kalamazoo Mobility Management program, and programs nationwide.

Recently, Sarah Green at the *Rapid* had the opportunity to consult for the Oneida Nation in Green Bay, Wisconsin. The Oneida nation received a National Center for Senior Transportation (NCST) grant to encourage their Elders to take transit to their jobs. Sarah was invited to Green Bay in January to present at a forum highlighting the *Rapid* Senior Mentor program. While in Green Bay, Sarah learned about the many services available on the reservation for the Oneida Nation Elders. The facilities were impressive, as was the respect and care with which the Elders are treated. They are truly valued members of their community.

In March, the Transportation Supervisor of the Oneida Elder services, and the Transportation Outreach Assistant came to Grand Rapids. They toured the administration and paratransit scheduling offices, the *Rapid* Operations Center, and *Rapid* Central Station facilities (both of which are LEED certified.)

Two of the *Rapid*’s Senior Mentors, the lead paratransit scheduler, and a member of the Consumer Advisory committee met for lunch during the visit, and shared information. As a result, new connections were forged.

Continued ➡

All three of these programs: Grand Rapids MI, Kalamazoo MI, and Green Bay, WI are in different stages of development and implementation, yet all three have learned from each other. Collaboration with each other and other agencies contribute to each programs' success. Each program also shares a vision for inclusion, and an ability to start from scratch to create a meaningful program to benefit their respective communities.

While experience is valuable, admitting we don't have all the answers goes a long way to making ATI inclusive. We would both like to encourage all members of ATI to make room for and encourage new programs; even those that may not be exactly like ours. New people bring fresh eyes, new ideas and technologies, and can bring new energy to our profession and our programs.

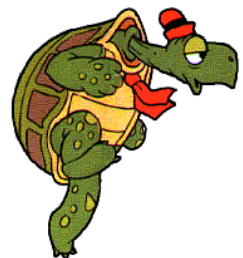
Joyce Ann Hoes-Transportation Supervisor

Curtis Ninham-Transportation Assistant

Elder Mobility Grant

**ONEIDA ELDER SERVICES &
National Center for Senior Transportation
ELDER MOBILITY GRANT**

**FREE Oneida Transit and
Green Bay Metro bus passes
From: February 1, 2013 through
May 31, 2013.
Employed 55 years and older.**



For more information contact:

Curtis J. Ninham

Phone: (920) 869-2448 ex 6861

Elder Services Gift Shop

Located inside the Elder Services Complex at, 2907 South Overland Rd. Oneida, WI

Check out our shop! Meet our friendly elder employees. Buy gifts and crafts all handmade by Oneida elders.

Beadwork, jewelry, birdhouses, ribbon-shirts, coasters, t-shirts, hoodies and baskets
fresh popcorn, soda and water

Regular operating hours: M-F: 8-12:00 P.M. and 12:30 – 4:30 P.M.

No consignment fees for Oneida elders, age 55 and older to display and sell your arts and crafts. Inquire in our store. For more information contact Barb Skenandore at (920) 869-2448.

ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Oneida Tribal Elders

2907 S Overland Rd., Oneida, Wisconsin 54155

1-920-869-2448, 1-800-867-1551

Ask for Corinne Robelia-Zhuckkahosee

We would greatly appreciate it if you would call us:

- ☞ to update your contact information
- ☞ if you would like to be added to the list
- ☞ if you would like to be taken off the list
- ☞ to confirm your name and status on the list

When an apartment becomes available we will contact elders in the order they are on our list. **If we are unable to reach an elder because contact information is not valid - this elders name will be listed as inactive until contact information is updated.**

Our mission is to assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

Maintenance Corner

Justine Hill, Maintenance Supervisor



HOUSEHOLD *Clean Sweep*

Large Item & Appliance Pickup at Your Home
Mon.-Tues., June 10 & 11, 2013

Schedule an appointment with Amy Spears to have your appliances and large waste items picked up from your home.
920-869-4549 or aspears@oneidanation.org

*Items must be placed at end of driveway for quick and accessible pickup.
Appointments must be made by June 1, 2013.*

ATTENTION
oneida elders

Clean Sweep will take place rain or shine!

Wednesday, June 12, 2013

2:00pm-7:00pm

~Bring your Tribal ID~

Grass Cutting Services

We have just a few spots open for grass cutting. Priority is for 70 years of age or older.



Elder services will be assisting with the Clean Sweep project. There will be no grass cutting on that day.

Yawáko

In the Oneida language, **Yawáko** means *Thank You!* During these hard economic times, the generosity of our community members means so much, which is why Oneida Elder Services would like to send a very special thank you to the following individual(s):

William Vervoort

Fran Brigham

Jennifer Jordan

Elder's Meditation of the Day –whitebison.org

"We are responsible for the condition of the Earth. We are the ones who are responsible and we can change that. If we wake up, it is possible to change the energy. It is possible to change everything."

– Hunbatz Men, MAYAN

The environment we want outside will be created by the mental pictures we have inside our heads. We must have the right environmental picture as well as the right values. These values will give the mental picture its true meaning. If we respected Mother Earth, we would not throw garbage on Her, nor would we put poison in Her. We would not misuse Her in any way. Mother Earth is like She is today because of the mental pictures of previous generations as well as the mental pictures of our own generation. If we want the environment to change, each individual must change their mental picture. "As within, so without."

Great Spirit, today, let me be alert to Your guiding voice.

ONCOA Meetings:

June 11th & 25th, 2013

1:00 PM – 3:00 PM

Elder Services Conference Room

2907 S Overland Rd

Oneida, WI 54155

Oneida Elder Services Native American Family Caregiver Information

Oneida Elder Services would like to introduce the "Native American Family Caregiver Voucher/Stipend Program". It is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 4 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.



Please contact Barbara Silva/Native American Family Caregiver at (920) 869-2448 for details.

****Services are dependent on available funds****



Please join us for our Alzheimer's & Native American Family Caregiver Support Group at:

Elder Services Complex – Pod A
2907 S Overland Rd, Oneida WI 54155
Wednesday 6/26/13
1:30 PM – 3:30 PM

For more information, contact Barbara Silva/Native American Family Caregiver at (920)869-2448.

Privacy and Confidentiality Rights: Title III and VI

The regulations governing the Older Americans Act guarantee that users of aging services have rights pertaining to the information collected about them.

A tribal organization shall have procedures to ensure that no information about an older Indian or obtained from an older Indian by the provider of services is disclosed by the provider of such services in a form that identifies the person without the informed consent of the person or of his or her legal representative. Disclosures are allowed if required by court order or for a program monitoring by authorized federal, state, local or tribal monitoring agencies.

We ask that all service requests come from the individual needing the service. We understand that we all (family members and friends) only want the best for our elders. Included in this understanding is that each individual has a right to their own privacy and has rights. When we request services for another individual we could be breaking that confidentiality and right of the elder to request on their own. Please be mindful of this and ask each elder to make the call or feel free to assist them to make the call for service request. Thank you for your assistance and understanding.

NOTICE * NOTICE

ATTENTION ALL PARTICIPANTS AT THE SENIOR CENTER MEAL SITE

Effective June 17, 2013 the meal cost for ages under 55 will increase to \$8.00. We are asking all participants who plan on eating at the meal site to call in the day before to reserve their meal for the following day, week, or month. We also ask if you have reserved your meal and you cannot make it please call and cancel your reservation.

To reserve or cancel your meals please call (920)-869-1551.

Nutrition Information



Volunteers Wanted

The meal site is looking for volunteers, age 55 or older; services needed are assistance in the kitchen and delivering Meals on Wheels to homebound elders. If you would like to volunteer, please contact: Loretta Mencheski at (920) 869-1551 or you can stop by the meal site at 134 Riverdale Dr. Oneida, 54155.

Attention All Participants of the Senior Center Meal Site:

Policies & Procedures Specific to the Older Americans Act – Funded Nutrition Program

We are looking to manage costs and quality improvement to our meal site program. Effective October 1, 2008 the meal site will maintain a reservation system for participants who eat at the meal site. Participants who eat at the meal site are asked to call in the day before to reserve or to cancel their meal for the next day, week, or month before 4:00 pm. Any questions please contact Loretta Mencheski, Meal Site Supervisor at (920)-869-1551.

No participant will be denied a meal

Upcoming Nutrition Advisory Council Meetings

•When: 06/21/13 - Time: 1:00 P.M. - Where: Oneida Senior Center Meal Site

Elder Service Meal Site

During the transitioning phase from the old meal site to the Anna John Residential Care Community Center, the daily menus are subject to change without notice due to being short staffed or any other unforeseen circumstances. We apologize for any inconvenience this may cause and thank you for your cooperation and understanding.

****Menu is subject to change without notice****

Oneida Comprehensive Health Division

Oneida Community Health Center
Behavioral Health Services
Anna John Nursing Home
Employee Health Nursing



Oneidas bringing several hundred bags of corn to Washington's starving army at Valley Forge, after the colonists had consistently refused to aid them.

PO Box 365



Oneida, WI 54155



UGWA DEMOLUM YATEHE
Because of the help of this Oneida Chief in cementing a friendship between the six nations and the colony of Pennsylvania, a new nation, the United States was made possible.

Diabetes Resources in Oneida:

- **Annual Diabetes Event(s)**
 - Adult: "Annual Diabetes Event," is in its 14th year and held each August at the Radisson Hotel and Conference Center, cost: \$5
 - Youth: "Family Fun Night," is in its 8th year and held each February at the Oneida Nation Elementary School.
- **Annual Diabetes Walk**
 - Held in September, at the Norbert Hill Center.
- **Just Move it Oneida (JMI)**
 - Is open to anyone and families of all ages.
 - Promotes physical activity through fun events each month.

The following diabetes-focused educational programs are available to established patients of the Oneida Community Health Center (OCHC) in Oneida:

- **Diabetes Prevention Program (DPP)**
 - For patients with pre-diabetes who are referred by OCHC providers.
 - Provides: screening, wellness coaching, exercise and nutrition education.
- **Diabetes Talking Circle**
 - Support Group held the 1st Tuesday/month at the OCHC from 4:5-5:30pm.
- **Medical Nutrition Therapy**
 - For patients who are referred by OCHC providers to the Nutrition or DREAM Program(s) within the Health Center for individual diet education and counseling.
- **Oneida DREAM Program:**
 - "Diabetes Resource for Education, Assessment and Management"
 - Formerly known as the OCHC Diabetes Team.
 - For OCHC patients with diabetes
 - Provides: Medical provider care, education and incentives.
- **TRIAD Program:**
 - "Taking Responsibility in Addressing Diabetes"
 - For patients with diabetes who are referred by OCHC providers.
 - Provides: screening, wellness coaching, exercise and nutrition education.

The mailing address to all locations is: P.O. Box 365, Oneida, WI 54155

Oneida Community Health Center
Behavioral Health Services
Anna John Nursing Home
Employee Health Nursing

525 Airport Dr., Oneida, WI 54155
2640 West Point Rd., Green Bay, WI 54304
W846 Cty Rd EE, DePere, WI 54115
701 Packerland Dr., Green Bay, WI 54303

Phone: (920)-869-2711 or 1-866-869-2711
Phone: (920) 490-3790 or 1-888-490-2457
Phone: (920) 869-2797
Phone: (920) 405-4492

Fax: (920) 869-1780
Fax: (920) 490-3883
Fax: (920) 869-3238
Fax: (920) 405-4494

Wisconsin seniors hit with medical alarm scam

Department of Agriculture, Trade and Consumer Protection issues alert

By [Gitte Laasby](#) of the Journal Sentinel
May 11, 2013

Scammers are trying to get Wisconsin seniors to pay for medical alert systems that they initially indicate are free, officials warn.

State consumer protection officials say they have seen an increase in complaints about robocalls from "Medical Alert System" and "Senior Safe Alert." So far, the companies have mainly targeted consumers in the 608 area code and in the Green Bay area.

"In each of these robocalls, seniors were told that a piece of emergency alert equipment was going to be delivered to them, free of charge," the Wisconsin Department of Agriculture, Trade and Consumer Protection said in an alert Friday.

"Most seniors hung up on the calls (as we advise), but at least one spoke to an operator who told him that the equipment was free but would cost around \$35 per month to operate. The message told the seniors that they could hit 5* to be removed from their call list, but taking any action like this may just validate the number for the company and lead to additional calls to the consumer in the future."

State officials said the scammers use different names.

The Better Business Bureau issued its own alert Friday, saying the company identified itself as "Medical Alert of Wisconsin" and that no such company appears to exist in Wisconsin.

The state has logged 45 complaints since March against an entity calling itself "Medical Alert System." The first complaints came in from seniors in Appleton, Green Bay and just north of Green Bay, and some of the seniors fell for the sales pitch. When state officials first issued an alert in mid-April, they had received at least a dozen calls.

Continued 

The BBBAlert said some robocalls told the complainants that the alarm was prepaid.

"Inquiries from all over the state told the BBB that phone calls are purportedly coming from phone number 920-636-4415," the BBBAlert said. "The caller states, 'I'm calling to confirm your order' and I'm attempting to install an alarm' or 'This is a state of emergency. Seniors have been falling down in their homes.' "

The phone number is listed as a telephone, the BBB said.

"When the Wisconsin BBB called the phone number, the company identified itself as 'Senior Medical Alarms' company, and stated it was located in upstate New York," the BBB alert said. "It gave an address of 519 Springfield St, 9th Floor, Albany, NY. It said that it markets a bracelet with a button that, when pushed, 'sends an immediate alert to the local police station or ambulance.' The BBB of upstate New York has no information on this company, and tells us the Albany address does not exist."

The caller typically says to expect delivery of a piece of medical or alert equipment the same afternoon. The call claimed the equipment was paid for, although the seniors never ordered it. The calls were made to sound "live" with sounds of shuffling papers and other call agent in the background.

State officials remind people who receive a call to hang up immediately and not press keys to verify information or speak to an operator. Do not give out personal or financial information.

Save the Date and Join the Fun

Oneida Elder Expo

Friday June 28, 2013

Time: 10am-2pm

Place: Oneida Elder Services (Lee Mclester II Building)

Contact Information: Lois Strong or Jan Herwald Phone: (920) 869-2448

Snacks and door prizes! 50/50 raffle and silent auction with proceeds going to the Roberta Kinzhuma Scholarship Fund.



Happy Father's Day



c	o	o	k	o	u	t	i	g	p	v	c	o	n	s	e	s	c	a	f
a	l	i	e	r	d	g	o	a	s	e	n	i	r	a	m	c	m	a	s
d	l	a	g	h	a	a	n	t	a	r	s	t	e	v	e	e	t	j	a
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r	l	o	d	i	s	c	p	l	i	n	e	g	h	r	p	a	r	e	l
d	a	d	i	l	i	h	e	s	m	a	c	a	p	t	a	i	n	b	p
e	f	s	n	r	n	s	g	e	y	m	l	e	d	o	m	e	l	o	r

Tools

Dad

Discipline

Sports

Father

Grandfather

Tradition

Pops

Role Model

Fishing

ESPN

BBQ

Protector

Gathering

Football

Athletic

Cookout

Honor

Understanding

Golf

DRUMS Contact
TeAta DeCorah
920-869-2448 <> 1-800-867-1551
tdecorah@oneidanation.org

Breakfast Cupcakes

Ingredients

- 8 eggs
- 1/2 cup half & half
- 1 cup cheddar cheese
- 1 yellow onion
- 14 oz. turkey breakfast sausage patties
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Start by cooking the sausage in a large skillet or pan, according to package directions. Place one sausage patty in each cupcake liner.

Then, roughly chop the onion and sauté in the same pan you cooked the sausages in for 5-6 minutes.

In a separate bowl, mix the eggs, half & half, cheese, salt, and pepper together. Add the onions, then divide the mixture evenly among the cupcake liners.

Bake at 350 degrees for 30 minutes or so, until the egg has set.

Other ingredients that work well in a breakfast cupcake:

- | | | |
|---------------|-------------------|--------------------|
| •Bell peppers | •Chopped tomatoes | •Sautéed mushrooms |
| •Green onions | •Chopped spinach | •Red onions |



Oneida Tribe of Indians of Wisconsin
ENROLLMENT DEPARTMENT
P.O. Box 365
Oneida, WI 54155-0365

PRSRT STD
U S POSTAGE
PAID
ONEIDA WI 54155
PERMIT NO. 4



UP CLOSE AND PERSONAL WITH: *Al Lopez*

When you were a child, what did you think you would like to be? **When I was a child I wanted to be an artist.**

Who or what has had the biggest influence in your Life?
Jesus has had the biggest influence in my life.

What do you consider to be your greatest accomplishment?
My greatest accomplishment is being promoted to supervisor.

Is there something you have always wished you were great at doing? **Math.**

What is the best advice anyone ever gave you? **The best advice anyone ever gave me was to stay out of trouble.**

What advice would you give to someone who is about to retire?
The advice I would give to someone who is about to retire is to stay active.

What is your ideal vacation? **World travel.**

Favorite Meal: **My favorite meal consist of anything pork.**

Favorite Music: **My favorite music includes country, classical, oldies and early jazz.**

Favorite Book: **My favorite book is the Bible.**

Favorite Movie/Movies: **My favorite movie is Dances with Wolves.**

Favorite Hobby/Hobbies:
My favorite hobby is watching movies.

