

DRUMS ACROSS ONEIDA

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



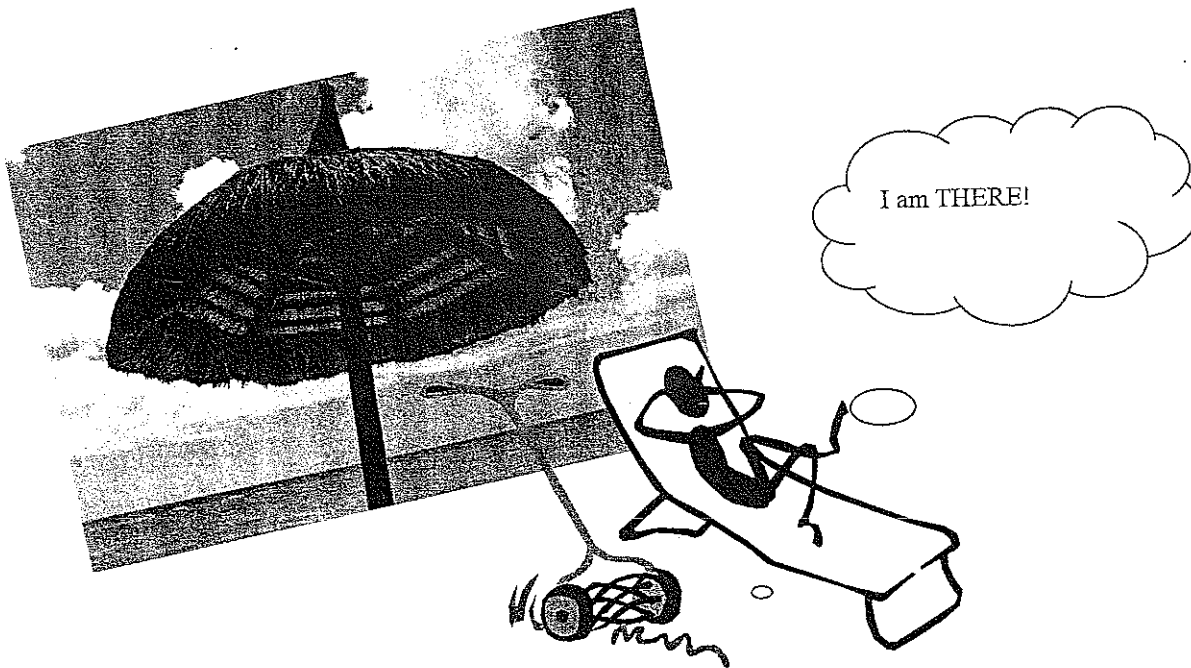
Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Ph: 920-869-1551
Fax: 920-869-1526

Onástase? Wahní-tale?

Green Corn Moon

August 2010

Things You Do This Time Of Year!!



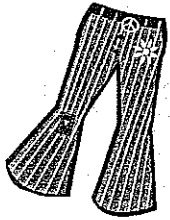
DRUMS CONTACT

Linda F. Douglas

Contact me with any comments and acknowledgements, etc.

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

E-mail ldouglas@oneidanation.org

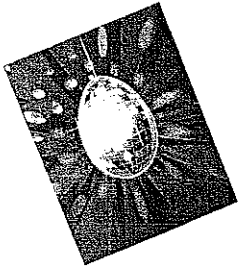


1978: Long Hair
2010: Longing for Hair

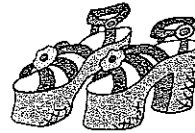
1978: Keg
2010: EKG



1978: Moving to California because it is cool
2010: Moving to Arizona because it is warm



1978: Hoping for a BMW
2010: Hoping for a BM

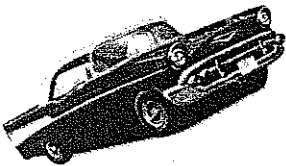


1978: Going to a new, hip joint
2010: Receiving a new hip joint

1978: Screw the system
2010: Upgrade the system



1978: Disco
2010: Costco



1978: Parents begging you to get a hair cut
2010: Children begging you to get you hair shaved

"Each day is a gift, and as long as my eyes open, "I'll focus on the new day
and all the happy memories I've stored away.

Just for this time in my life.

Old age is like a bank account.


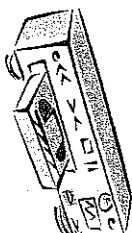
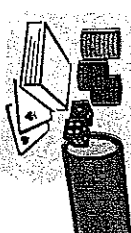
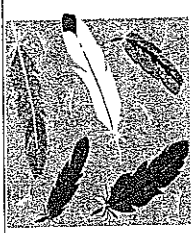
You withdraw from what you've put in.

---Author Unknown

Alzheimer's Support Group

August 2010



Monday	Tuesday	Wednesday	Thursday	Friday
2 Rubber Stamping 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	3 No Group	4 Oneida Language 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	5 No Group	6 No Group
9 Craft 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	10 No Group	11 Rummikub 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	12 No Group	13 No Group
16 Movie/Popcorn 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	17 No Group	18 Oneida Language 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	19 No Group	20 No Group
23 Yahtzee Game 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	24 No Group	25 UNO Game 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	26 No Group	27 No Group
30 Toss the Pig 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	31 No Group		Activities subject to change with out notice Beta 	
				

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

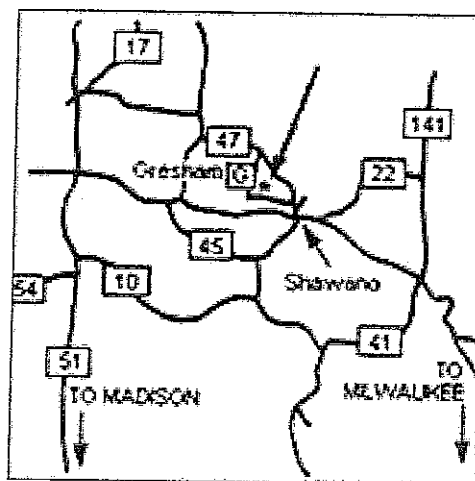
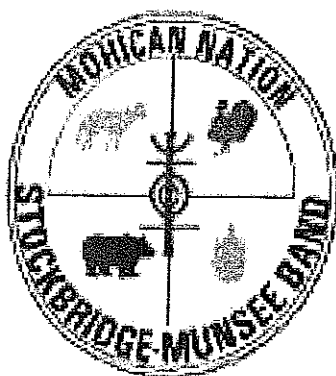
GLNAEA

Great Lakes Native American Elders Association

Sponsored by Stockbridge Munsee

October 7-8, 2010

Northstar Mohican Casino
Between Bowler & Gresham



All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Wednesday, September 8, 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 Konkapot Lodge and the cost is \$36.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, October 7. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551. Thank you.

Next 2010 Meeting:

December 2 & 3 – Menominee Nation

Tuesday

Wednesday

Thursday

Friday

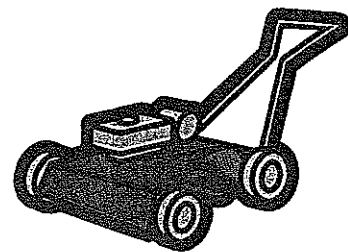
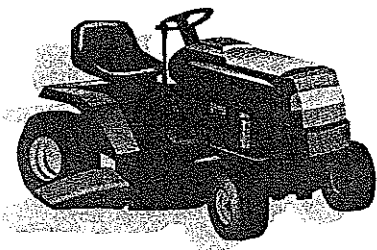
*Activities due to
change without notice.

August 2010

ACTIVITIES

2	3	4	5	6
Wii Bowling Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	Crafts Elder Services 9:30 - 11:30	Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	Concert in the Park (Light Rock) Jackson Park Green Bay 10:30 - 2:30 Bring bag lunch	Banks, Shopping, 9:30 12:00 Lunch and Shop At Elder Services Rummage Sale
9 Rummikub Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	10 Crafts Elder Services 9:30 - 11:30	11 Scrabble Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	12 Wii Bowling Elder Services 9:30 Oneida Farmer's Market Bash 1:30	13 Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00
16 Timber Rattler Baseball Game Appleton 10:30 Must be pre-registered	17 Bingo Intergenerational Youth and Elder 3 Sisters Center 10:00	18 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	19 Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00	20 4 Nations Picnic Keshena Hosting Departure at 9:00
23 Yahtzee Game Elder Services 9:30 Pace Exercise Elder Services 11:00 ONCOA Bingo Senior Center 1:00	24 Farmer's Market & Bread Store DePere 9:30	25 UNO Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	26 Cards Elder Services 9:30 Birthday Lunch 12:00 GoodWill Store Green Bay 1:30	27 Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00
30 Toss the Pigs Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Movie Elder Services 1:00	31 Crafts Elder Services 9:30 - 11:30		*Is this your Birthday Month? *You must sign up in the Birthday Book at Senior Center, Main Office. *Must be present to receive your gift card.	*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.

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



Notice to Grass Cutting Customers



Due to numerous grass cutting request and the growing demand, we need to downsize lawns. Effective July 1, 2010 Lawn sizes will be reduced to 780 feet around the customer home. This will allow us to provide more services. We are looking for family members and volunteers to help maintain lawns for our elder community. For more information please contact Maintenance Supervisor Robert LaGest at 869-1551

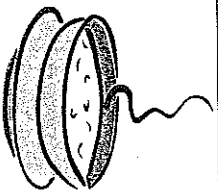
MENU

AUGUST

2010

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili Cucumber Salad w/W Bread	3 Chicken Pasta w/Broccoli w/W Bread	4 Chef Salad w/Ham, Turkey, Eggs, Lettuce, Tomatoes, Cucumbers, Cottage Cheese Rolls	5 Meat Loaf Potatoes Brussels Sprouts w/W Bread	6 BREAKFAST French Toast Sausage Juice
Ice Cream	Blackberries	Raspberry Whip	Cookies	Berries
9 Ham Sweet Potatoes Peas Cranberries w/W Bread Apple Sauce	10 Chop Suey Rice Juice w/W Bread Pears	11 Liver & Onions Potatoes Beets w/W Bread Sherbet	12 Beef Tips W/Gravy Potatoes Brussels Sprouts w/W Bread Melons	13 Fish Potatoes Cole Slaw Juice Rye Bread Pudding
16 Chicken Salad Croissants, Tomatoes, Cucumbers Cottage Cheese Ice Cream	17 Macaroni & Tomatoes Hot Dogs Green Beans w/W Bread	18 Pork Steak Potatoes Peas & Carrots w/W Bread	19 Turkey & Ham Wraps Fresh Vegetables Chips	20 4 NATION PICNIC SENIOR CENTER CLOSED
23 Beef Stew Biscuits Juice	24 Potato Soup Fresh Bread Juice	25 Fish Red Potatoes Cole Slaw w/W Bread	26 BIRTHDAY DAY BEEF ROAST VEGETABLES POTATOES w/W BREAD CAKE	27 Sloppy Joe's Chips Fresh Vegetables Buns Fresh Fruit
Sherbet	Berries	Jell-o w/Fruit		
30 Bratwurst Sauerkraut Red Potatoes w/W Bread Orange Slices	31 Chicken Noodle Soup Fresh Bread Juice Melons			
Menu is subject to change.	BIRTH STONE: PERIDO FLOWER: GLADIOLUS	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	All meals are served with coffee, milk or tea.	





Caregiver Support Group

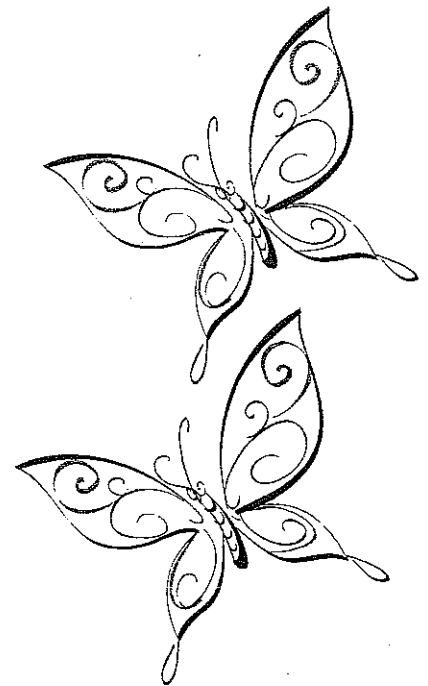
Date: Friday, August 20, 2010

Guest Presenter: Representative from
Unity

Topic: Hospice and Palliative Care

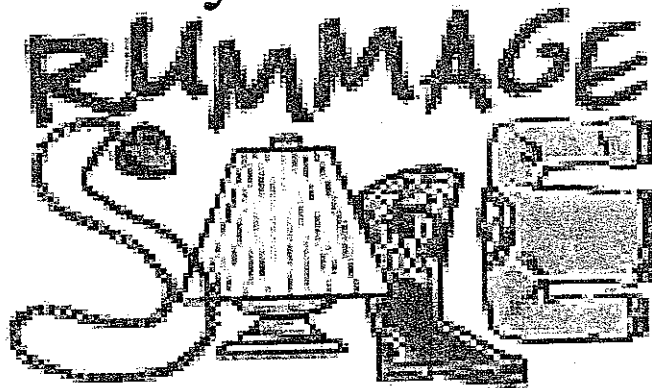
1:30 P. M. – 3:30 P. M.

Place: Oneida Elder Services
2907 South Overland Road
Oneida, WI 54155



Contact: Debi Melchert, NAFCCG
Oneida Elder Services
Phone 920-869-2448 at 6834

Oneida Elderly Services ANNUAL



Supports: Roberta Kinzhuma Scholarship

Date: Friday, August 06, 2010

Time: 10:00A.M. to 3:00 P.M.

Location:

Former Towers Foods

(N7360 Water Circle Place, Oneida, off Hwy 54, behind Little Bear Development Center and Oneida Post Office)

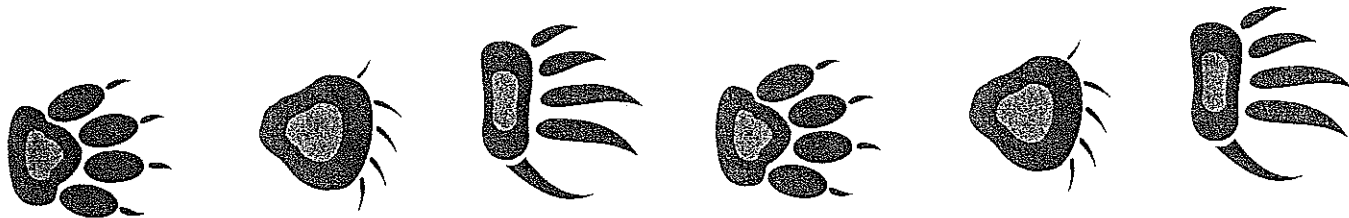
**Rummage, Car Wash,
Lunch, 50/50 Raffle**

(Mealsite will serve breakfast only)

For more information call
Robert LaGest at 869-1551

RUMMAGE SALE TIDBITS:

- Elderly Service Mealsite will serve breakfast instead of lunch this day so that all can participate in the sale.
- Rummage sale time is a great time for spring cleaning. Have you done yours?
- If you would like to donate, please call us at 869-2448 for drop off location. In order to not affect services during this week we are limiting pick up to large items only. We would greatly appreciate if you could store your items until the week of August 02 - 06, 2010. If you must rid yourself of items before the given dates please call to make arrangements.
- Thank you to all who continue to assist the Roberta Kinzhuma Scholarship.



4 NATIONS PICNIC HOSTED BY THE MENOMINEE TRIBE

When: Friday, August 20th

Where: The Pavilion at the Veterans Park in Keshena



Come & Enjoy a Leisurely Motor Coach Ride & a Fun Filled Day!!

Load Time: 8:30 AM At the Senior Center

Departure Time: 9:00 AM

Sign-up at the Senior Center by Monday July 9th

Any Questions please contact Joyce Ann Hoes at:

Elder Services 920-869-2448 ext. 6844

Bus Space limited to the first 80 Elders

*** NO CHILDREN PLEASE ***



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 YATENE
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.

June 18, 2010

Dear Oneida Community:

As you may be aware, there have been some changes within the Medical Clinic area. These changes are being made in an effort to improve your experience within the Oneida Community Health Center as well as to improve overall, our ability to provide quality health care.

Unfortunately, we have had some concerns with nursing coverage within the medical clinic area. In an effort to address the immediate need for nurse staffing coverage, we will be **discontinuing the evening hours for the Pediatric area effective immediately. Evening hour appointments for Adult care will be scaled back effective July 7, 2010. Evening hour appointments will still be available after July 7, 2010 on Mondays and Fridays through October 1, 2010.** We hope this will not cause any inconvenience for your urgent medical appointment needs. It is our hope that once nursing staff levels are restored within the medical clinic, we will re-evaluate the need for this service and will hopefully be able to restore this valuable service. We will do our best to accommodate your health care needs.

Pharmacy hours will remain the same. The pharmacy will continue to remain open for pick up until 6:00 PM Monday through Friday. If you have any further questions, please feel free to contact either Reinette Gunderson at 869-4813, Dr. Vir at 869-4808 or myself at 869-4807.

We appreciate your understanding and assure you that our goal is to continue to provide the highest quality of health care possible and ask your assistance to help us make this a smooth transition. Yaw^ko! Thank you!

Sincerely, .

Dr. Ravinder Vir, Medical Director

Debbie Danforth, RN, BSN, Operations Director

Oneida Comprehensive Health Division

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

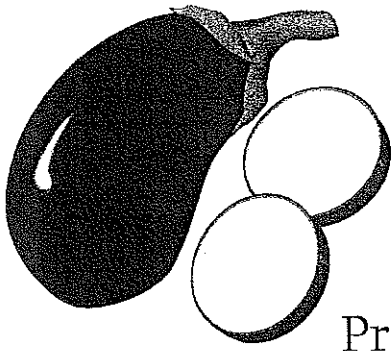
525 Airport Dr., Oneida, WI 54155
2640 West Point Rd., Green Bay, WI 54304
W846 Cty Rd EE, DePere, WI 54115
701 Packerland Dr., Green Bay, WI 54303

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

EGGPLANT

The most common variety is American, dark purple and football shaped.
The Oriental type is slender and elongated, has thinner skin and fewer seeds.



Storage

Eggplant can become bitter with age and is very perishable. Refrigerate uncut eggplant in a plastic bag for up to four days.

Preparation

Cut surfaces will brown quickly when exposed to air, but will not affect flavor when cooked.

To peel or not to peel—the choice is up to you.

If it is very fresh, it will not need peeling, but as eggplant ages, the skin tends to get tougher.

Use in stews and stir-fries. Do not be tricked into using too much oil eggplant is very porous and soaks up oil like a sponge, beware when sautéing or stir-frying.

Peperonata: Eggplant with Fresh Thyme

1 cup eggplant diced

2 tablespoons olive oil

1 cup diced onion

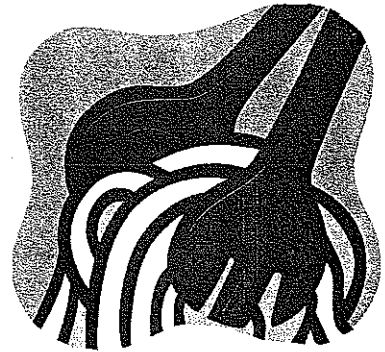
1 cup diced red bell pepper

2 cups tomatoes diced

1 tablespoon fresh garlic, chopped

2 cups cooked spaghetti or other pasta

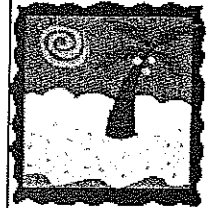
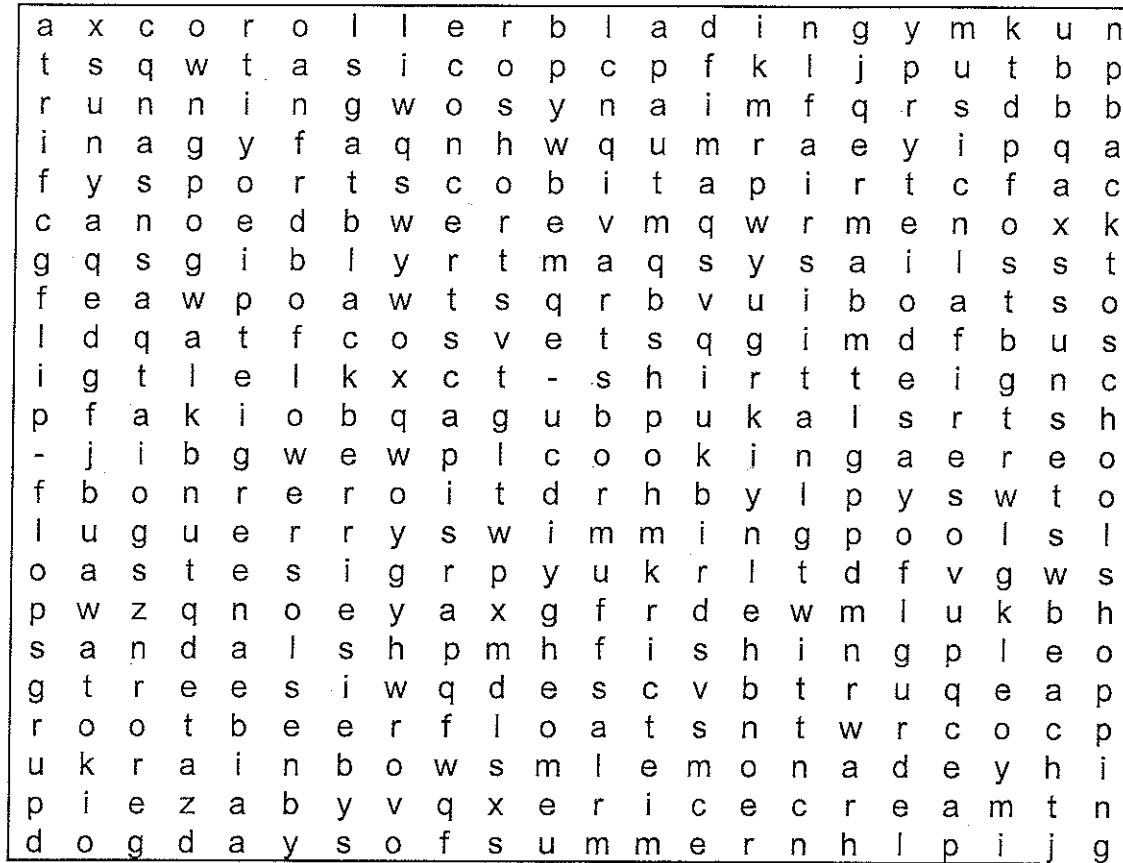
2 tablespoon fresh thyme or 1 teaspoon dry



Lightly salt eggplant and place on a paper towel to drain. In a thick bottom saucepan, cook onions in olive oil until lightly browned. Add garlic and eggplant and cook for 5 minutes. Add peppers, tomatoes and thyme and cook for 10 minutes more.

Serve eggplant mixture over warm pasta.

Serves 4



Back to School Shopping

Cooking

Lemonade

Sports

BBQ

Dog Days of Summer

Leo

Sun

Beach

Fairs

Music

Sunsets

Bike

Fires

Rainbows

Swimming Pools

Birds

Fishing

Rollerblading

Swimsuits

Blackberries

Flip-flops

Rootbeer floats

Tan

Boats

Flowers

Running

Trees

Camp

Game

Sails

T-shirt

Canoe

Green

Sandals

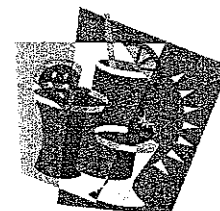
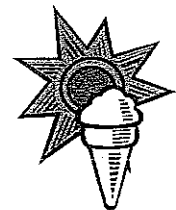
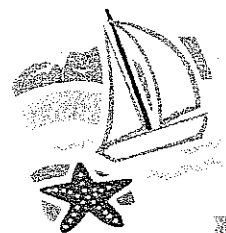
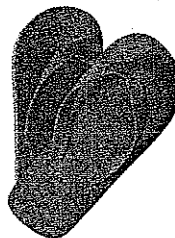
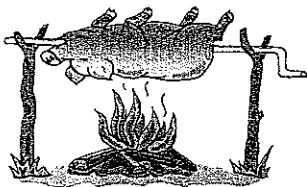
Walk

Concerts

Ice Cream

Shorts

Water



My Grandparents are funny,
when they bend over;
they toot and blame the dog~:-)

YawA·ko

Pearl McLester

We here at Oneida Elder Services want to thank you for your donation😊

Oneida Elder Services

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Hi Florence,

I just wanted to extend a special thank you, to you your staff, and especially your elders. I've heard such wonderful things about the recent visit. It was such a good feeling to know that this rare occasion could take place, living so far apart and all.

Thank you for your help in securing rooms, your wonderful hospitality, and for the neat gifts. You went above and beyond; you're such a great lady.

They also said the food was wonderful, and noticed the set up (tell your nutrition staff). As a result, we will be suggesting a few things to our cooks.

Again, thank you. And I hope to someday be able to offer the same kindness and generosity to your staff and elders in return.

Brigette Gokee, Director  
Red Cliff Elderly Program  
Bayfield, WI 54814

*Thank You* 

~~~~~

Oneida Elder Services

We would like to take this opportunity to express our appreciation to all our Elders. Who took the time for their busy schedules to assist with surveys. We appreciate your responses, which helps us as a program and staff to look for ways for improvements.

YawA·ko

Florence Petri, Program Director



OFFICE OF THE GOVERNOR

A PROCLAMATION

WHEREAS, the death rate due to unintentional falls in Wisconsin's older adults is over twice the national average; and

WHEREAS, one third of people over the age of 65 fall each year resulting in doctor visits, hospital admissions, emergency room visits, loss of functional independence and even death; and

WHEREAS, fall-related hospitalization and emergency room visits costs Wisconsin over \$475 million annually, over 90 percent of which is paid by Medicare; and

WHEREAS, multiple contributing factors increase the risk of falls in older adults, including lack of strength in lower extremities, use of four or more medications, reduced vision, chronic health problems and unsafe home conditions; and

WHEREAS, injuries from falls are preventable and Wisconsin's aging and public health networks are leaders in providing evidence-based, community fall prevention programs; and

WHEREAS, Wisconsin is a leader in falls prevention research; and

WHEREAS, a reduction in the incidences of disability and death due to falls for older adults is a priority of the *Healthiest Wisconsin 2010* agenda

NOW, THEREFORE, I, Jim Doyle, Governor of the State of Wisconsin do hereby proclaim the month of September 2010, as

FALL PREVENTION AWARENESS MONTH

and further proclaim **September 23, 2010 as**

FALL PREVENTION AWARENESS DAY

in Wisconsin and call upon all citizens to learn and practice ways to reduce the risk of falling thus helping individuals maintain their independence and quality of life.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this ninth day of June in the year two thousand ten.

A handwritten signature of Jim Doyle in black ink, written over a horizontal line.

JIM DOYLE

By the Governor:

A handwritten signature of Douglas La Follette in black ink, written over a horizontal line.

DOUGLAS LA FOLLETTE
Secretary of State





ELDERWOMEN GATHERING TO REST, REFLECT AND RECONNECT

A DAY PRIMARILY FOR WOMEN IN THE IN THE
SECOND HALF OF LIFE!

Join us and experience a Gathering Circle, meet other women ready to celebrate the second half of life, bring a friend or two. Together we will engage in great conversation and answer just a few of the following questions:

What is different about this time of life for women?
What are some of the issues I would like to discuss?
How do you define yourself as an elderwoman?
What are some of the resources that are available to women in the second half of life that address the physical, emotional and spiritual changes that are emerging?

Date: September 23, 2010
Place: St. Joseph's Parish Hall, (lower level)
Enter from 13th Avenue parking lot
1224 12th Avenue, Green Bay, WI

Time: 9:00a.m. to 2:00p.m.
Free Lunch Provided

This event is sponsored by Wisconsin Rural Women's Initiative, Inc.
There is no cost to attend. A free will donation will be gratefully accepted.
For more information call Sister Toni—920-496-2160
Or Christy—262-723-4156

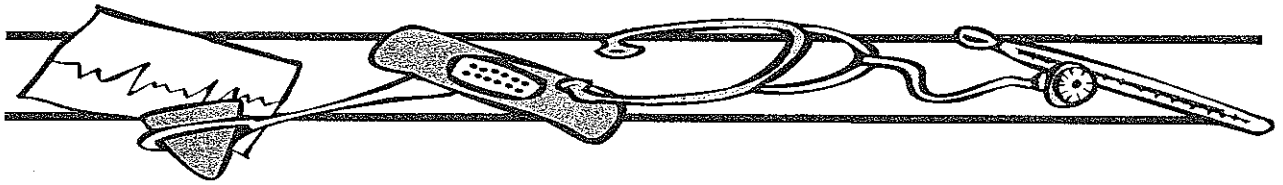
.....
.....
Registration due by September 2, 2010

Name.....

Address.....City.....State.....

Phone number.....e-mail.....

Mail to: 1420 Division Street Green Bay, WI 54303
Or WRWI—W3319 Potter Road, Elkhorn, WI 53121



Meal site presenter:

Tina Jacobsen, RD CD

Health Promotion Supervisor

**TOPIC: HEALTH PROMOTION /
DISEASE PREVENTION SERVICES**

Time: Noon for 15-30 min. presentation

Date: Wednesday, August 18, 2010

Place: Oneida Senior Center

134 Riverdale Drive

Oneida, WI 54155

Contact: Debi Melchert, NAFCG
Oneida Elder Services
Ph. 920-869-2448 Debi at 6834

**ONEIDA ELDER SERVICES
ENROLLMENT FORM**

DATE: ____/____/____

NOTE: The State & Federal Governments have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name _____ Phone Number (____) _____

Address _____ Social Security Number Last four digits ____/____

City _____ State _____ Zip Code _____ County _____ DOB ____/____/____

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elder aged 70 years and older. 2) Elders aged 55-69 years of age that are disabled/handicapped, living alone. 3) Elders aged 55-69 years of age, with health/safety issues. The elders that are listed are our priority.

Please check the appropriate responses:

Marital Status: ____ Married ____ Single ____ Widowed ____ Divorced

Maiden Name: _____

Veteran: ____ Yes ____ No

Living Arrangement: ____ Lives Alone ____ Lives with Spouse ____ Lives with Others*

Do you: ____ Rent ____ Own ____ How Many Others*

Race: ____ Native American ____ Caucasian ____ Latino ____ Asian ____ African
American

Tribal Affiliation: _____ **Enrollment Number:** _____

General Health Status: ____ Excellent ____ Good ____ Fair ____ Poor*

***If Poor Please List Health Condition:** _____

Do You Currently Have Any of the Following: ____ Guardian ____ Power of AttyBFinances ____ Health
____ Medicare ____ Medicaid ____ Representative Payee
____ None of The Above

In Case of an Emergency B Please Contact

Name: _____

Phone Number: (____) _____

Relationship: _____

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form, are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elder Services.

_____/____/____
Please Return to
Oneida Elderly Services Complex
Service Coordinator, P.O. Box 365
Oneida, WI. 54155
Revised: 12/15/09 cjs

