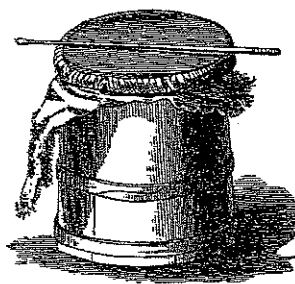


# DRUMS ACROSS ONEIDA

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

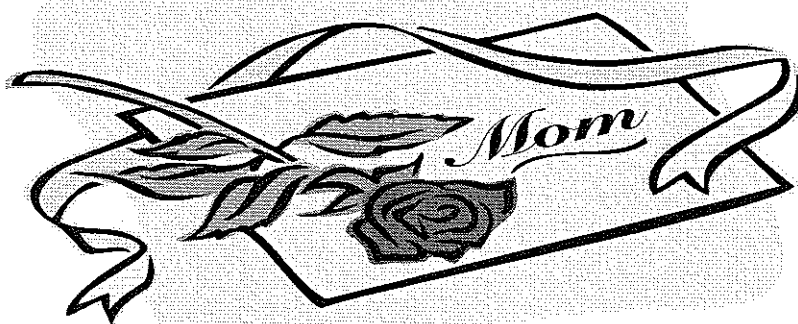


Senior Center-Meal Site  
134 Riverdale Dr.  
Oneida, WI 54155  
Phone: 920-869-1551  
Fax: 920-869-1526

Yeyáthos Wáhní·tále?

Planting Moon

May 2013



## So Blessed by You, Mom

A mother who always cares,  
A mother who's always there.  
A mother who always prays,  
A mother who always stays.  
When things get rough,  
When life gets tough,  
When all is just too much to bear,  
God's Word she shares.  
God's light she shines.  
So blessed God made this mother mine.  
Author Unknown-faithfulprovisions.com



## MENU

MAY

2013

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hamburger Patties Potato Salad Beans Buns  Fresh Fruit	2 Ham Sweet Potatoes Brussels Sprouts  Cookies	3 Fish Cole Slaw Potatoes  Fresh Fruit
6 Chop Suey Rice	7 Taco Soup Chips Fresh Bread	8 Chicken Strips Macaroni & Cheese Green Beans	9 BB Q Ribs Scalloped Potatoes Peas	10 Tuna Salad Lettuce, Cucumbers Tomatoes
Sherbet	Peaches	Melons	Pears	Berries
13 Spaghetti Meat Sauce Salad Garlic Bread	14 Ring Bologna Sauer Kraut Potatoes Juice	15 Liver & Onions Potatoes Beets	16 Meat Loaf Potatoes Corn	17 Fish Cole Slaw Potatoes
Ice Cream	Blue Berries	Pudding	Jell-O	Mandarin Oranges
20 Beef Stew Biscuits Juice  Apple Sauce	21 Goulash Fresh Vegetables Juice  Apple, Pineapple Orange Rings	22 Sub Sandwiches Turkey & Ham Cheese Fresh Vegetables  Jell-O W/Fruit	23 Pork Roast Wild Rice Mixed Vegetables  Yogurt	24  ONEIDA DAY  CLOSED
27 MEMORIAL DAY  CLOSED	28 Bean Soup Fresh Bread Juice  Mandarin Oranges	29 Lasagna Salad Garlic Bread Juice  Peaches	30 BIRTHDAY DAY Chicken Potatoes Mixed Vegetables  Cake	31 California Blend Soup Bologna Sandwiches Juice  Sherbet
All meals are served with coffee, milk, tea, or water.	Menu is subject to change.	<b>BIRTH STONE:</b> <b>EMERALD FLOWER:</b> <b>LILY of the VALLEY</b>	<b>HOURS:</b> <b>8:00A.M.-4:30P.M.</b> <b>Lunch Is Served</b> <b>Monday-Friday</b> <b>12:00P.M.-1: 00P.M.</b>	



Oneida Nation Community Is Hosting the 10<sup>th</sup> Anniversary  
**"SHARE THE CARE CANCER CONFERENCE"**

May 6 – 8, 2013 at Radisson Hotel & Conference Ctr.

Oneida Elder Services will provide transportation all 3 days

Must have a minimum of 5 elder sign-ups to go each day

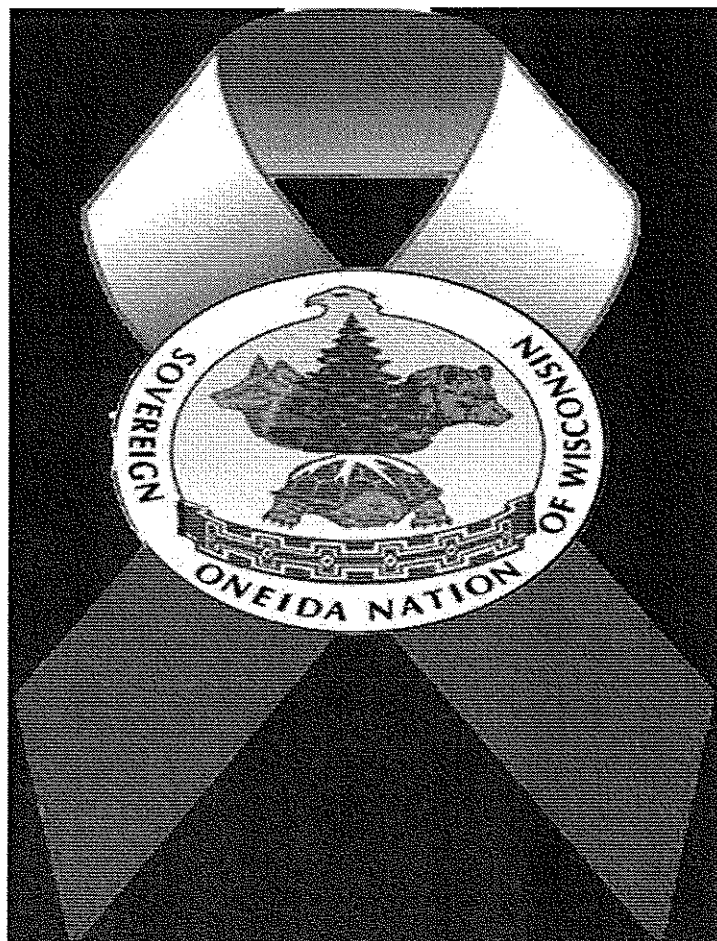
Deadline to Sign-up at Senior Center is 5/1/13 by 4:00 pm

Riders must be 55 yrs. or older

If you have any questions please feel free to contact:

Joyce Ann Hoes, Transportation Supervisor

920-869-2448 ext. 6844 / [jhoes@oneidanation.org](mailto:jhoes@oneidanation.org).





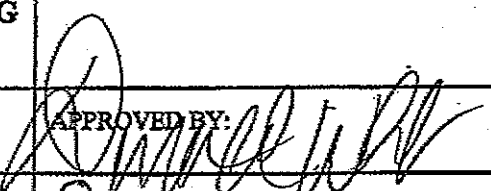

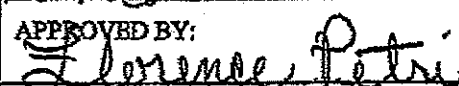

# MAY 2013 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Is this your Birthday Month?</i>  <i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i>  <i>*Must be present to receive your gift card.</i></p>	<p><i>*Please sign up for trips at Senior Center Main Office.</i>  <i>*All trips leave from Senior Center.</i></p>	<p>1 Oneida Language Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>2 Price is Right Elder Services 9:30  Wii Bowling Hwy H 1:15</p>	<p>3 Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>6 UNO Game Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Site II 1:00</p>	<p>7 Crafts Elder Services 10:00 – 11:30</p>	<p>8 Qwirkle Game Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>9 Cooking Elder Services 9:30  Bowling Ashw. Lanes 1:30</p>	<p>10 Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>13 Yahtzee Game Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  S.C. 1:00</p>	<p>14 BINGO  3 Sisters Center Green Bay  10:00 – 11:30</p>	<p>15 Oneida Language Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>16 Salvation Army Store Green Bay 9:30  Wii Bowling Hwy H 1:15</p>	<p>17 Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>20 Wii Bowling Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Site II 1:00</p>	<p>21 Crafts Elder Services 9:30 – 11:30</p>	<p>22 Toss The Pigs Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>23 Banks, Shopping 9:30  Bowling Ashw. Lanes 1:30</p>	<p>24 NO ACTIVITIES OFF ONEIDA DAY</p>
<p>27 NO ACTIVITIES OFF MEMORIAL DAY</p>	<p>28 Crafts Elder Services 9:30 – 11:30</p>	<p>29 Rummikub Game Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  S.C. 1:00</p>	<p>30 Oneida Fitness Center 9:30 – 11:30  Birthday Lunch 12:00 Movie  Elder Services 1:00</p>	<p>Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>

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





<b>ONEIDA TRIBE OF WISCONSIN STANDARD OPERATING PROCEDURE</b>	<b>TITLE: MOVING POLICY</b>	<b>ORIGINATION DATE:</b> 9/30/03 <b>REVISION DATE:</b> 9/21/11 <b>EFFECTIVE DATE:</b> one week after last signature
<b>DIVISION:</b> Governmental	<b>APPROVED BY:</b> 	<b>DATE:</b> 5/15/12
<b>AREA MANAGERS OFFICE:</b> Social Services	<b>APPROVED BY:</b> 	<b>DATE:</b> 5/14/12
<b>DEPARTMENT:</b> Elder Services	<b>APPROVED BY:</b> 	<b>DATE:</b> 5/14/12
<b>AUTHOR:</b> Assistant Director	<b>APPROVED BY:</b> 	<b>DATE:</b> 5-14-12
<b>PAGE NO: 1 of 4</b>	<b>APPROVED BY:</b>	<b>DATE:</b>

1. **PURPOSE:** To assist elders with moving their belongings from one home to another.
2. **DEFINITIONS:**
  - 2.1 **Initial Contact Form (ICF):** A form used to obtain client information and need(s)
  - 2.2 **Service Coordinator:** The initial point of contact for any service requested.
  - 2.3 **Normal Business Hours:** Monday through Friday, 8:00 a.m. – 4:30 p.m.
  - 2.4 **Vendor:** A company that supplies a service.
3. **WORK STANDARD:**
  - 3.1 Moving is a service provided by Elder Services, as a benefit to Tribal Elders.
  - 3.2 Tribal Member may not hold Elder Services or the Oneida Tribe of Indians of Wisconsin liable for any damages. This would include any property damage, personal injury, other incidental damages i.e. weather related rain or snow.
  - 3.3 Moving request(s) are dependent on available funding and may not exceed the amount of \$400.00 to be paid directly to an approved vendor.
  - 3.4 Moving request(s) must be in Brown and Ontonagon Counties within Reservation Boundaries.
  - 3.5 Moving request(s) are limited to one request per client; per year.
  - 3.6 All moves will occur during normal business days (Monday – Friday) and hours (8:00 a.m. – 4:30 p.m.)
  - 3.7 Packing is solely the responsibility of the client.
  - 3.8 All cabinetry must be emptied i.e. china hutch, buffets, dressers and etc., prior to being moved.
4. **PROCEDURE:**
  - 4.1 All requests for services must be initiated through Oneida Elder Services' Initial



- Contact form (ICF).
  - 4.2 The Service Coordinator will obtain needed information and forward to the proper supervisor during normal business hours.
  - 4.3 Needs Assessment will be done upon request for service and annually thereafter.
  - 4.4 Moving request must be made thirty (30) business days in advance.
  - 4.5 Eligibility Requirements:
    - 4.5.1 Must be enrolled Oneida Tribal Member.
    - 4.5.2 Priority will be given to elders age 70 and older.
    - 4.5.3 Elder age 55-69 must provide proof of disability from the Social Security Disabilities Administration Office.
  - 4.6 Must be willing to sign a release of information form and waiver relieving Oneida Elder Services and/or the Oneida Tribe of Indians of Wisconsin of all liability (See attached form).
  - 4.7 Maintenance Supervisor will contact the client to schedule an appointment to sign wavier and schedule moving date.
  - 4.8 No move will occur without the RELEASE OF ALL CLAIMS wavier completed.
  - 4.9 Maintenance Supervisor will make arrangements: contact moving company to process the move request.
    - 4.9.1 Elder Services does not warrant the work of any moving company, and shall not be liable for any damages caused by them.
  - 4.10 Elder Services will follow-up after five (5) business days with client for documentation and customer satisfaction.
5. REFERENCES:
- 5.1 Moving Policy Oneida Elderly Services  
Dated: 09/30/2003
6. FLOW CHART:
7. RECORDS:





# News Release

## **WISCONSIN EMERGENCY MANAGEMENT**

Department of Military Affairs ■ 2400 Wright Street ■ Madison WI 53704

### **Tornado Safety at Home, Work, or at Play Listen, Act, and Live**

In a home or building, avoid windows. Move to a basement, and get under a sturdy table or the stairs. A specially-constructed "safe room" within a building offers the best protection. Use an internet search engine and search for "safe room" for more information.

- If a basement is not available, move to a small interior room or hallway on the lowest floor and cover yourself with towels, blankets or pillows. If possible, get under a sturdy table, desk or counter. Put as many walls as possible between you and the storm.
- If caught outdoors, seek shelter in a sturdy building. If you cannot quickly walk to shelter, get into a vehicle, buckle your seatbelt and drive to the closest sturdy shelter. If flying debris occurs while you are driving, pull over and park. Now you have two options as a last resort: - Stay in the vehicle with the seatbelt on and place your head below the windows. - If you can safely get noticeably lower than the roadway, exit the vehicle and lie in that area, covering your head with your hands. Do not seek shelter under an overpass.
- Mobile homes, even if tied down, offer little protection from tornadoes. You should leave a mobile home and go to the designated storm shelter or the lowest floor of a sturdy nearby building.
- At school, follow the drill. Go to the interior hall or room. Crouch low, head down, and protect the back of your head with your arms. Stay away from windows and large open rooms like gyms and auditoriums.

For more information contact: Tod Pritchard Office: 608-242-3324 Cell: 608-219-4008



**ONEIDA ELDER SERVICES**

# **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.**

Contact Oneida Elder Services and we can help you with your transportation needs. Free bus passes that allow you to get to your job. Also provided is training on using the Oneida Public Transit and Green Bay Metro systems. Call or come in to see if you are eligible.

**ONEIDA ELDER SERVICES**

Curtis J. Ninham  
2907 S. Overland Rd.  
Oneida, WI 54155

Phone: (920) 869-2448

Fax: (920) 869-1824

E-mail: [cninham2@oneidanation.org](mailto:cninham2@oneidanation.org)





# GLNAEA

**Great Lakes Native American Elders Association,  
Sponsored by Forest County Potawatomi,**



**(CORRECTED DATES) June 5<sup>th</sup> & 6<sup>th</sup>, 2013  
Potawatomi Carter Casino/Hotel  
618 State Hwy 32, Wabeno (Carter), WI**

All GNAEA member elders who want to participate in coordination with Elder Services please sign up at the Oneida Senior Center Meal Site by Tuesday May 21, 2013. **Payment must be received at sign-up and membership verification will be requested at time of payment.** We will make arrangements for 8 people and will be using our tribal van, (please bring no more than 1 carry-on bag per person). Participants must be independent, (able to help themselves) and be in good health (to prevent spread of illness). We will be staying at the Potawatomi Carter Casino/Hotel and the cost is \$38.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Wednesday, June 5<sup>th</sup>, 2013. If you have any questions please call Oneida Senior Center at (920)869-1551. Thank you.

Next meeting information:

September 5 & 6, 2013 – Oneida



# Oneida Elder Services is hosting an "AARP Driver's Safety Class"

## May 14<sup>th</sup>, 2013

TIME: 9:00 am - 1:30 pm (total class length 4 ½ hours)

PLACE: Oneida Elder Services - 2907 S. Overland Rd., Oneida, WI 54155

Sign-up at the Senior Center Meal Site; Elder Services will pay for the first 10 Elders to register

### Some of the highlights will be:

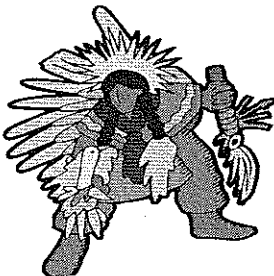
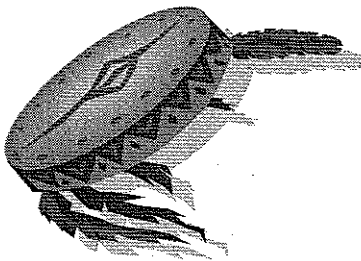
\*Information On Aggressive Drivers\*Anti-Lock Brakes\*Cell Phone & Text Usage While Driving\*\*Defensive Driving Techniques\*\*New Traffic Laws And Information Regarding Round-Abouts\*\*Get An Insurance Discount (Consult Your Insurance Agent)\*\*How To Adjust Your Driving To Age-Related Changes In Vision, Hearing, And Reaction Time\*\*

*\*Some Auto Insurance Companies May Give A Discount For Taking This Class\*No Testing\**

**\*\*MUST HAVE A MINIMUM OF 7 ELDERS TO HOLD THE CLASS!!\*\***

If you have any questions please feel free to contact:

Joyce Ann Hoes / Transportation Supervisor  
(920) 869-2448 ext. 6844



### Oneida Elder Services Elder Craft Vendor Tent

Tables available at no charge  
for Pow-Wow July 5, 6, 7, 2013

**Must be:** 55 years or older, enrolled  
Oneida tribal member and pre-registered

**\*Available to first 15 elders\***

For more information please contact:

Joyce Ann Hoes  
Transportation Supervisor  
920-869-2448 ext 6844  
jhoes@oneidanation.org



## ***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.



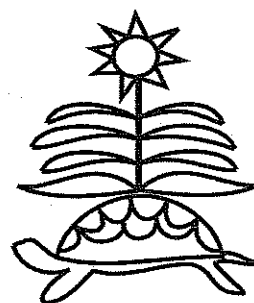
Please contact Barbara Silva/Native American Family Caregiver at (920) 869-2448 for details.

**\*\*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 5/22/13  
1:30 PM – 3:30 PM



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



## Maintenance Corner

*Justine Hill, Maintenance Supervisor*

### Drinking Water from Your Well

Wisconsin Department of Natural Resources, Bureau of Drinking Water and Groundwater

Musty odors, red-brown stains on plumbing fixtures, bathtub rings—all these are unpleasant signs of water quality problems, but usually not of harmful contaminants in the water. Contaminates that may threaten our health are usually not discernible by the senses. Drinking water can contain nitrate, bacteria, and pesticides at levels which cannot be tasted or smelled, but which can be hazardous to health.

Rotten egg odor is more common from a hot water tap than from cold water tap because the hydrogen sulfide gas remains dissolved in cold water. As the temperature increases, the gas is released as the hot water exits the tap.

Most private wells provide a safe and uncontaminated source of drinking water. Some wells do however become contaminated with bacteria. Fortunately certified labs can easily test water for coliform bacteria, a common indicator of bacterial contamination in wells. To ensure your well is not contaminated, it's a good idea to regularly test your water.

If you would like more information on your private well water system, contact the Oneida Community Wells & Septic Department (CWS) at 920-869-4578.

Private, individual wells are the responsibility of the homeowner. To help protect your well here is a guideline to follow: Have your well water tested once a year. Even if you do not observe any smells, stains, or changes in water quality. Results from the laboratory provide information on bacterial contamination, fluoride, nitrates, metals & minerals. The well water test results are shared with the homeowner along with recommendations if any needed. Maintaining maintenance on your well can save money. Contact CWS on pamphlets on

"Tips for Maintaining Your Well" and other well water information.

Credit ON TAP Magazine Summer 2007

#### Test Your Water Regularly

The National Ground Water Association recommends that well owners test the water:

- annually for bacteria, nitrates/nitrites, and any contaminants of local concern;
- any time there is a change in the taste, odor, or appearance of the well water, or if a problem occurs such as a broken well cap or a new contamination source;
- if family members or houseguests have recurrent incidents of gastrointestinal illness;
- if an infant is living in the home; or
- if you wish to monitor the efficiency and performance of home water treatment equipment.

You should also check with your local health or environmental health department for recommendations regarding the type and frequency of testing best suited to your location. Many water well system contractors will take water samples for testing by a certified water-testing laboratory.





## **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.

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### **Attention All Participants of the Senior Center Meal Site:**

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

Effective October 1, 2008 meal sites are required to maintain a reservation system for all participants who eat at the meal site. All participants are asked to make reservations or to cancel their meal one (1) day in advance. Reservations and or cancellations of meals can be made by the day, week or month by notifying the check person or calling (920) 869-1551.

**\*No participant will be denied a meal\***

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### **Upcoming Nutrition Advisory Council Meetings**

- When: 05/17/13 - Time: 1:00 P.M. - Where: Oneida Senior Center Meal Site
- 

### **Elder Service Meal Site**

During the transitioning phase from the old mealsite at 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.**



## 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.

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## 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.*



## Indicators of Financial Exploitation

by Joyce A. Johnson, CSW



Any of the following may indicate elder financial exploitation:

- Refusal to spend money on the care of the elder.
- Recent will when person is clearly incapable of making a will.
- Signature on checks or other documents that does not resemble the elder's signature or being signed when elder cannot write.
- Missing signature stamp and checks being written and stamped after the loss of stamp.
- Older person being accompanied by unknown or many different persons to make bank withdrawals.
- Closing of accounts at bank by the older person or a joint account holder with no apparently valid reason.
- Checks bounce when an elder has entrusted someone else to handle their finances and the elder should have ample funds in the account to cover expenses such as rent, utilities, telephone bills, and groceries.
- Changes in an elder's appearance or behavior (i.e., unkempt appearance, worried expression, etc.).

Please contact the Elder Abuse Coordinator @ Oneida Elder Services 869,-2448 x 6833 if you are concerned that an elder may be being exploited financially.



## 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):

George Greendeer

Nadine Escamea

.....  
You are invited to ....

### **Community Discussion:** GTC Preparation Meeting for Elders

This discussion will focus on the May 5, 2013 agenda items that will come before the General Tribal Council.

When: Thursday, May 2nd

Time: 11 am—12:30 pm

Where: Elder's Meal Site

For more information contact: Tribal Member Information Services  
@ 869-4458 or 869-4281

.....  
**ONCOA Meetings:**

May 14<sup>th</sup> & 28<sup>th</sup>, 2013

1:00 PM – 3:00 PM

Elder Services Conference Room

2907 S Overland Rd

Oneida, WI 54155





**UP CLOSE AND PERSONAL WITH:** Sarah Gard, AmeriCorps VISTA

***When you were a child, what did you think you would like to be?*** When I was really young, I really wanted to be a ballerina.

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

My former supervisor, the Residence Life director and communications professor at St. Ambrose University-Matt Hansen.

***What do you consider to be your greatest accomplishment?***

I studied abroad for my last undergraduate semester. I didn't know anyone and traveled a lot by myself...such a growing experience!

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

Painting and drawing.

***What is the best advice anyone ever gave you?***

If your dreams don't scare you they're not big enough.

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

I don't think I'm old enough to do that yet! My grandparents were very present during my childhood-So I would say spend lots of time with your family.

***What is your ideal vacation?***

Right now, either New Zealand (hiking, activities) or the U.S Virgin Islands (blissful relaxation).

***Favorite Meal:***

My mom's chicken noodle soup and apple pie.

***Favorite Music:***

My radio is usually tuned to country, but I also never get tired of Switchfoot and Joshua Radin.

***Favorite Book:***

So many! The most recent good book I read was PaperTowns by John Green.

***Favorite Movie/Movies:***

The Lord of the Rings trilogy and Ratatouille.

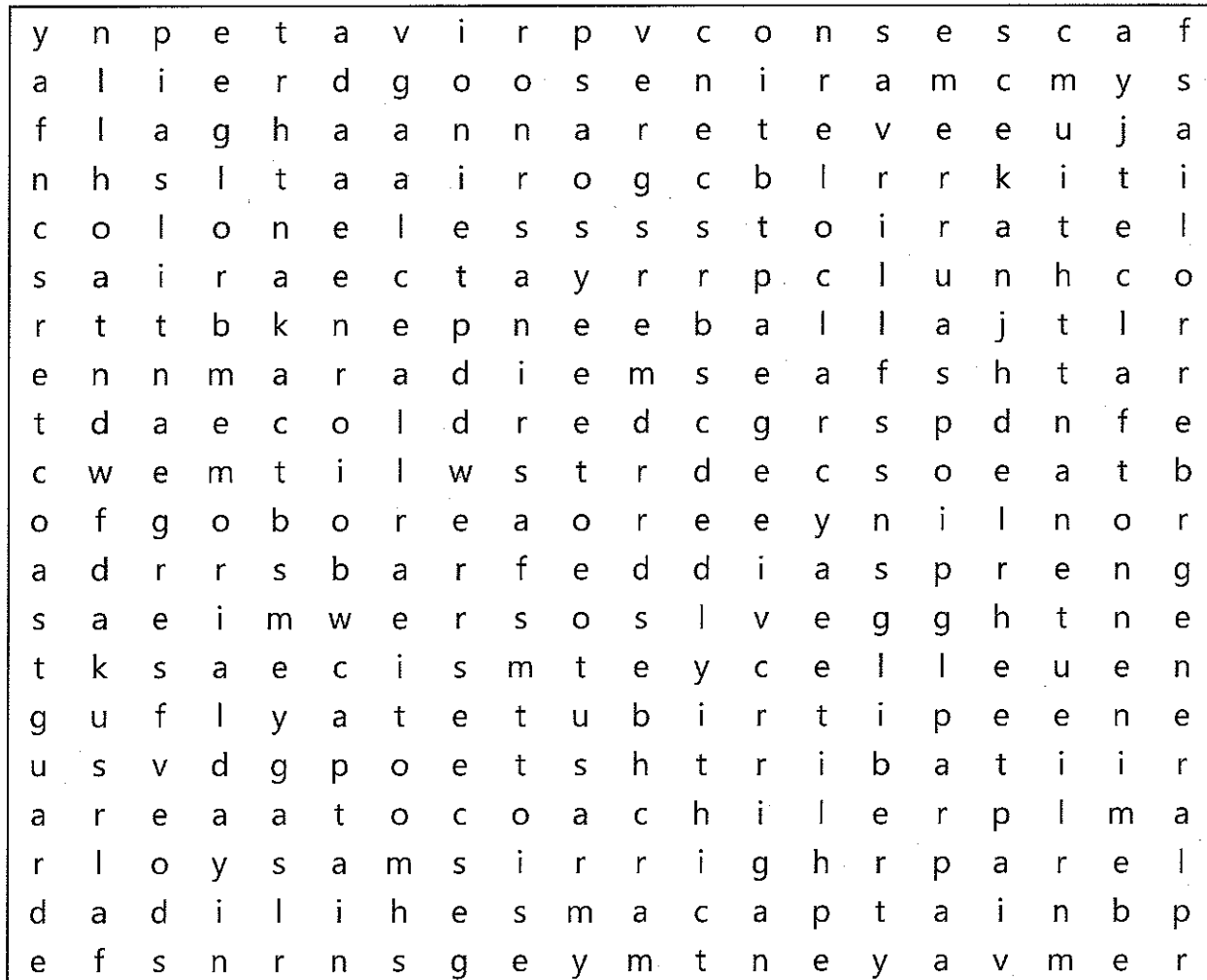
***Favorite Hobby/Hobbies:***

Cooking, baking, gardening...I'm also learning to knit!





## Memorial Day 2013



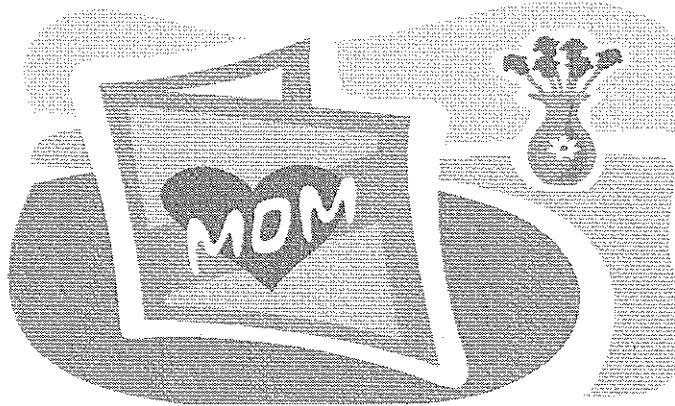
Navy	Army	Airforce	Coast Guard	Marines
Sailor	Soldiers	Private	General	Captain
Sergeant	Lieutenant	Liberty	Freedom	America
Veteran	Memorial Day	Colonel	Flag	Tribute





DRUMS Contact  
TeAta Decorah  
920-869-2448 <> 1-800-867-1551  
[tdecorah@oneidanation.org](mailto:tdecorah@oneidanation.org)

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## Mother's Day Sausage, Corn and Broccoli Bake

- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls (8 rolls) or 1 can (8 oz) Pillsbury® Crescent Recipe Creations® refrigerated seamless dough sheet
  - 8 oz spicy or mild bulk pork sausage
  - 2 cups Green Giant® Select® frozen broccoli florets, thawed
  - 3 eggs
  - 1 tablespoon all-purpose flour
  - 1 teaspoon seasoned salt
  - 1 can (14.75 oz) Green Giant® cream style sweet corn
  - 1 cup shredded Cheddar cheese (4 oz)
1. Heat oven to 325°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Unroll dough in baking dish; press on bottom and 1/2 inch up sides of dish. Press edges and perforations to seal.
  2. In 10-inch skillet, cook pork over medium-high heat, stirring occasionally, until no longer pink; drain. Spoon evenly over dough in dish. Top with broccoli. In large bowl, beat eggs, flour and seasoned salt until well blended. Stir in corn. Pour over broccoli; sprinkle with cheese.
  3. Cover with foil; bake 30 minutes. Uncover; bake 25 to 35 minutes longer or until knife inserted in center comes out clean.



*SAVE THE DATE*

Friday June 28<sup>th</sup> 2013

*Oneida Elder Expo*

TIME: 10am-2pm

PLACE: *Oneida Elder Services Complex*

PROGRAMS and PRIZES: (to be announced)

Contact information:

*Will be printed in upcoming Kalihwisaks and The Drums*

