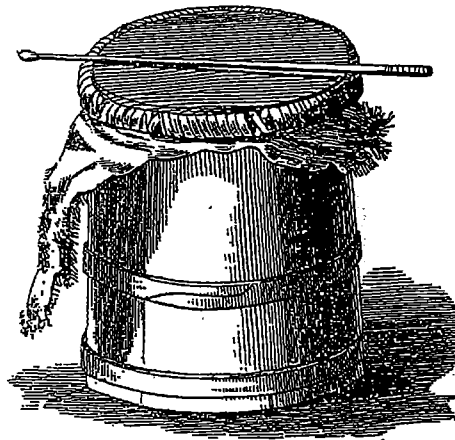


DRUMS ACROSS ONEIDA

Elderly Services
2907 S. Overland Rd.

P.O. Box 365

Elderly Services 1-920-8692448



Senior Center
134 Riverdale Dr.

Oneida, Wi. 54155

Senior Center 1-920-869-1551

Toll Free:1-800-867-1551

Yohsla' se Weh-hni'tahl

NEW YEAR MOON

February 2007

FEBRUARY 14TH-- VALENTINE'S DAY AT THE SENIOR CENTER

11:00-1:00

COME HAVE FUN ON VALENTINE'S DAY WITH YOUR
FRIENDS, INCLUDING STAFF MEMBERS AND
COMMUNITY MEMBERS TAKING
AN ELDER TO LUNCH.

BRIGHTEN YOUR WORLD WITH FRIENDSHIPS.

WE WILL BE HAVING GAMES

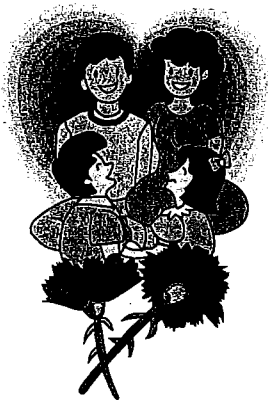
THERE WILL BE A LUSCIOUS LIPS CONTEST

MANY DOOR PRIZES

LAUGH AND HAVE A GOOD TIME.

WOULD YOU LIKE TO PARTICIPATE THIS YEAR?
RSVP BY FEBRUARY 1ST.

FOR MORE
INFORMATION
CONTACT CINDY AT 869-2448



Elderly Service Complex 2907 S. Overland Rd. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-2448

Program Director	Florence Petri
Assistant Program Director	Tina Pospychala
Benefits Specialist	Angela Ortiz
Elder Abuse Coordinator	Joyce Johnson
Elderly Services Coordinator	Cheryl Ault
Office Manager	Claudia Skenandore
Transportation Coordinator	Lorna Christjohn
Transportation Driver	Connie Van Gheem
Transportation Aide	Dale Webster
Activity Coordinator	Michele Cottrell
Outreach Worker	Cindy Brabbs
Outreach Worker	Sandy Summers
Outreach Worker	Amy Sumner
In- Home Chore Worker	Joanne Close
In-Home Chore Worker	Lorleen John
Respite Care Worker ET	Theresa Sanchez
Respite Care Worker	Glory LaFlex
Administrative Assistant	Marty Brager
Elder Helper	Marie Scott
Elder Helper	Barbara Skenandore
Alzheimer/Respite Activities Specialist	Rita Summers
Title V	Vacant
Title V	Jean Denny
Title V	Wayne McReynolds
Title V	Carmen Pasquale

ONEIDA SENIOR CENTER 134 Riverdale Dr. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-1551

Head Cook Supervisor	Brenda Jorgenson
Assistant Cook	Loretta Mencheski
Relief Cook	Betty Jorgenson
Relief Cook	Pat Beilke
Home-Delivered Meals Driver	Alfrieda Grignon
Maintance Supervisor	Robert LaGest
Home Respite Coordinator	Richard Summers
Home-Chore Worker	Lee Domencich
Home-Chore Worker	Lloyd Davis
Home-Chore Worker	Lisa Huff
Home-Chore Worker	Don Bogda
Home-Chore Worker	Tod Hill
Elder Helper	Harold Dostalck
Elder Helper	Richard Dodge
Elder Helper	Cornelius Hill
Title V	Marena Pamanet
Title V	Jeannine La Rock
	Vacant



Oneida Elderly Services will be serving as a free tax site for our elder's once again this year. We will have a certified AARP representative from Bay Area Agency on Aging, Annette Loeberger. The tax preparation will be held at Oneida Elderly Services 2907 S. Overland Rd. Oneida, WI 54155. The dates and times are:

Wednesday March 21, 2007
9am - 12 pm 12:30pm - 3pm

Thursday March 22, 2007
9am - 12 pm 12:30pm - 3pm

If you want to set up an appointment call Angela at Elderly Services 869 - 2448.

Do You Know That Domestic Violence in Later Life is Elder Abuse?



**No one deserves to be abused
and no one has a right to abuse.**

For Help Call

**Joyce Johnson, Oneida Elder Abuse
Prevention Coordinator at (920) 869-2448**

***This is not an actual abuse victim**



Happy Birthday To Our February Celebraties



Lyle Aldrich	02-18	Diane Jourdon	02-24
Roberta Anderson	02-09	Ruth Kerker	02-18
Joanne Bennett	02-17	Beartice King	02-25
Luella Childers	02-20	Glory La Flex	02-28
Carol Cornelius	02-28	Tonita Largo-Glove	02-08
Charlene Cornelius	02-14	Judy Matthews	02-01
Cleo Cornelius	02-26	Commadore Metoxen	02-07
Fredrick Cornelius	02-01	Lorraine Metoxen	02-10
Nori Damrow	02-26	Dan Ninham	02-14
Hugh Danforth	02-25	Gertrude Olmstead	02-25
James Danforth	02-22	Herbert Powless	02-22
Donald Davids	02-13	Lucille Powless	02-24
Phyllis Davids	02-28	Patricia Powless	02-04
Gerald DeCoteau	02-02	Hanna Price	02-15
Sandra DeCoteau	02-28	Lloyd Schuyler	02-14
Barbara Denny	02-14	Clyde Skenandore	02-29
Terry Denny	02-18	Elizabeth Skenandore	02-06
Fern Diamond	02-04	Harvey Skenandore	02-09
Marie Dool	02-28	Kymme Skenandore	02-11
Margaret Doxtater	02-06	Lawrence Skenandore	02-13
Ronald Doxtater	02-11	Norbert Skenndore	02-16
Betty Doxtator	02-01	Cheryl Skolaski	02-03
Patricia Doxtator	02-08	David Smith	02-07
Tim Doxtator	02-15	Oliver Smith	02-11
Mildred Elm	02-14	Joyce Summers	02-02
Norman Elm	02-01	Marlene Summers	02-28
Dorothy Emenc	02-12	Alice Torres	02-13
Shirley Falck	02-13	Elizabeth Waldron	02-15
Kathleen Gilsoul	02-18	George Webster	02-22
Jennifer Hargrove	02-19	William Wild	02-19
Delores Hill	02-21		
Shirley Hoover	02-03		
Henry Huff	02-22		
Benjamin Jahn	02-09		
Neva John	02-10		
Joyce Johnson	02-25		

Elders, if you have a birthday in February, please join us at the Oneida Senior Ctr. At 134 Riverdale Drive (Hwy J) on January 25th, 2007. Have lunch with us and sign the birthday book,. Birthdays for our elders are celebrated on the last Thursday of each month. Your name MUST be on the birthday BOOK to receive a gift for that month



Special Thanks

During my recent illness, in and out of the hospital the last 3 months, I have so many thanks. First, my family, my brothers, sister, sister-in-law, nephews and nieces, for the beautiful flowers. And plants from the Elderly Services, Delores Skenandore, Eleanor, Norma, Florence Petri, Phyllis Johnson, Cookie and Donna Kurowski, Mel and Lori Webster and the Oneida Hymn Singers. Thanks to the gals that brought food. Thanks to Rev. Julio, Eldred and Becky Nicholas, Bunny Johnson for their inspirational visits. And all the other bedside prayers.. God willing, I do hope to return to work.



Marie Scott

10 Tips For Family Caregiving

1. Choose to take charge of your life. . .
2. Remember to be good to yourself.
Love, honor and value yourself.
You're doing a very hard job and you deserve some quality time for yourself.
3. Watch out for signs of depression.
4. When people offer to help—let them.
5. Educate yourself about your loved one's condition.
6. There's a big difference between caring and doing—promote your loved one's independence.
7. Trust your instincts.
8. Grieve for your losses, then allow yourself to dream—new dreams.
9. Stand up for your rights as a caregiver.
10. Seek support from other caregivers—you are not alone.

This Month in History

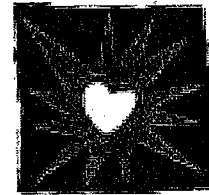
- * Frank Woolworth opens the first "Five Cent Store" in Utica, N.Y., (1879)
- * The Beatles appear on the Ed Sullivan Show. (1964)
- * The board game "Monopoly" first went on sale. (1935)
- * A prize is inserted into a Crackerjack box for the first time. (1913)
- * The Saint Valentine's Day Massacre occurred.. Mobsters dressed as policemen, gunned down seven members of a rival gang. (1929)
- * Glen Miller receives the first ever Gold Record for selling a million copies of a song—"The Chattanooga Choo Choo"

Adults Have Learned

1. Raising teenagers is like nailing Jello to a tree.
2. Wrinkles don't hurt.
3. Laughing is good exercise. It's like jogging on the inside
4. Families are like fudge—mostly sweet with a few nuts. .
5. Middle age is when you choose your cereal for it's fiber, not the toy.

Oneida Elderly Services would like to thank Ida Stevens and DPW Grounds Keeping for donating two tables to the Amvets Community Service Awards Banquet. We'll have a sign up sheet placed at the Oneida Senior Center for those Elders that would like to attend this event.

Oneida Area Faith in Action



Who We Are

We are a volunteer-based program located at the Elderly Services Building, serving people of all ages, on the reservation in Brown and Outagamie County. We are volunteers, encouraged and supported by area congregations and community groups, who have a genuine concern to assist others. We are volunteers who want to live their faith by serving the community.

What We Do

We act as extended family members by:

- Visiting •Transporting •Shopping
- Housekeeping •Performing Chores
- Preparing Meals •Telephoning
- Handling Paperwork •Respite Care

Who We Serve...

Adults, disabled persons, families, friends, and neighbors who are caring for an older adult or disabled person who need a network of caregiving persons to maintain their independence.

What it costs

Our services are offered as a gift. No fee is charged. However, donations are gratefully received.

If you are in need of a service, please call 869-2448 and ask for Glory LaFlex, Faith In Action Coordinator. She will match you with a volunteer.



Cranberry Coffee Cake



Preheat oven to 350 degrees F. In a large bowl, cream 1 cup butter or margarine with 1 cup granulated sugar until light and fluffy. Add 2 eggs, one at a time, beating well after each addition. Stir in $\frac{1}{2}$ teaspoon almond extract. Stir in 2 cups sifted, self rising flour, alternately with 1 cup sour cream. Pour batter into a greased, 9 by 13 by 2 inch baking pan. Spoon one 8-ounce can whole berry cranberry sauce evenly over batter. Sprinkle with $\frac{1}{2}$ cup chopped almonds. Bake 35-40 minutes or until cake pulls away from side of pan. In a small bowl, combine 1 cup powdered sugar, $\frac{1}{2}$ teaspoon vanilla, and 2 tablespoons milk. Stir until smooth. Drizzle over warm cake. Makes 1 large coffee cake.

Blueberry Sour Cream Pie

- 1 -12 ounce jar red currant jelly
- 2 cups sour cream
- 2 tbs brown sugar
- 1 tsp ground cinnamon
- 1-1/2 pints fresh blueberries
- 1- 9 inch prebaked pie crust



Preheat oven to 350 degrees. In a small saucepan, bring jelly to a boil. Lower heat to medium and cook 3 minutes or until jelly is melted and slightly thickened. In a small bowl, combine sour cream, brown sugar, and cinnamon. Set aside. Place berries in prebaked pie crust. Pour jelly over berries. Top with sour cream mixture. Bake 5 minutes. Remove to wire rack to cool. Refrigerate at least 2 hours before serving. Makes 8-10 servings.



Assisted Living Presentation

Bring your questions. Find out what is going on. Get the latest news.

There will be a presentation about the new Assisted Living/Anna John Nursing Home Project on:

Monday, Feb. 12, 2007
12 Noon to 2:00pm

At The Oneida Meal Site
134 Riverdale Dr. Oneida, WI. 54155
920-869-2448

Managing Medications

Medications can play a helpful role in your health or the health of a person you are caring for. But keeping track of more than one medication can be difficult. When do you take them? Will they interact with each other? Here are some tips that will make managing medications easier..

1. **Keep track of all types of medications!**
2. **Understand why you need each medication.**
3. Use a list or chart for tracking your medications.
4. Take your list of medications to every appointment.
5. Consider using a calendar or other Reminder system.
6. Store medicines as directed.
7. Make sure you understand all possible side effects.
8. Ask one doctor to oversee all medicines.



Valentine Food For Thought

Cabbage always has a heart, green beans string along.
You're such a cute tomato, will you peas to me belong?
You've been the apple of my eye, you know how much I care.
So, lettuce get together, we'd make a perfect pear.

Now, something's sure to turnip to prove you can't be beet.
So, if you carrot all for me, let's let our tulips meet.
Don't squash my hopes and dreams now, Bee my honey dear.
Or tears will fill potato's eyes, while sweet corn lends an ear..

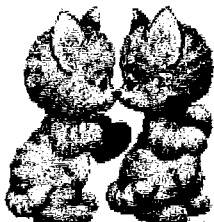
I'll cauliflower shop and say, your dreams are parsley mine.
I'll work and share my celery, so be my Valentine.

Jury Duty Scam

Most of us take a summons for jury duty seriously, but enough people skip out on their civic duty, that a new and ominous kind of scam has surfaced.

Fall for it and your identify could be stolen, reports CBS. In this con, someone calls pretending to be a court official, who threatening says a warrant has been issued for your arrest, because you didn't show up for jury duty. The caller claims to be a jury co-ordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth, so he or she can verify the information and cancel the arrest warrant.. Give out any of this information and BINGO! Your identify just got stolen..

The scam has been reported so far in 10 states, including Michigan, Ohio, Texas, Arizona, Illinois, Pennsylvania, Minnesota, Oregon, Washington and Colorado. This (scam) is particularly insidious because they use intimidation over the phone to try to bully people into giving information by pretending they are with the court system. The FBI and the Federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud.



Happy Valentine's Day.



WHAT IS A GRANDPARENT?

(taken from papers written by a class of 8-year-olds)

Grandparents are a lady and a man who have no little children of her own. They like other people's.

A grandfather is a man & a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the color of the flowers and also why we shouldn't step on "cracks."

They don't say, "Hurry up."

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

They can take their teeth and gums out.
Grandparents don't have to be smart.

They have to answer questions like "why isn't God married?" and "How come dogs chase cats?"

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grown ups who like to spend time with us.

They know we should have snack-time before bedtime and they say prayers with us every time and kiss us even when we've acted bad.

A 6 YEAR OLD WAS ASKED WHERE HIS GRANDMA LIVED. "OH," HE SAID, "SHE LIVES AT THE AIRPORT AND WHEN WE WANT HER WE JUST GO GET HER. THEN WHEN WE'RE DONE HAVING HER VISIT, WE TAKE HER BACK TO THE AIRPORT."

GRAND PA IS THE SMARTEST MAN ON EARTH! HE TEACHES ME GOOD THINGS BUT I DON'T GET TO SEE HIM ENOUGH TO GET AS SMART AS HIM!

It's funny when they bend over, you hear gas leaks and they blame their dog."

REGIONAL OFFICES

Eau Claire
715-835-7050

Fox Valley
920-727-5555

Green Bay
920-469-2110

Hayward
715-934-2222

La Crosse
608-784-5011

Rhineland
715-362-7779

Wausau
715-848-1221

Do's and Don'ts When Interacting With Persons Who Have Dementia

Don't

- ❖ Don't criticize the person
- ❖ Don't make the person feel that his/her behavior reflects on you
- ❖ Don't blame the person for failures
- ❖ Don't discuss traumatic information if the person is resistant
- ❖ Don't repeat traumatic information if the person does not remember the event
- ❖ Don't argue (You probably won't win since the person who has dementia will hold onto his/her ideas and beliefs, become agitated, and be unable to understand your ideas.)
- ❖ Don't burden the person with your own problems (too much work, too little money)
- ❖ Don't always be a perfect model (Sometimes it helps for the person to know that they are not the only ones who make mistakes.)
- ❖ Don't change subjects without telling the person

Do's

- ❖ Be open-minded, even if the person is confused or not making sense to you. Some of the person's comments or activities may be a result of misperceptions
- ❖ Be patient
- ❖ Remember to lengthen the time it takes to complete a task
- ❖ Remember the person's behavior and activities reflect the environment (real or perceived)
- ❖ Talk with the person about feelings/offer reassurance
- ❖ Remember the person will respond to your emotions and body language
- ❖ Present information/directions in short units
- ❖ Allow time for the person to process information
- ❖ Repeat information if needed
- ❖ Offer reassuring touch, if appropriate
- ❖ Find joy in the moment

**For information regarding the Alzheimer
Activity Group at Oneida Elderly Services,
Call 869-2448 Ext. 6851**

The Bible

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

F1153

OLD TESTAMENT	PROTESTANT
ORDER	PROVERB
PETER	PSALM
PEW	RACHEL
PHILEMON	REVELATION
PHILIPPIANS	ROD
PIUS	ROMAN
POLYGLOT	ROMANS
PRIEST	ROME
PROPHET	ROOD

RUTH
 SAMUEL
 SAUL
 SCAPEGOAT
 SCRIPTURE
 SCRIPTURES
 SECURITY
 SEED
 SEMITE
 SERMON

SHEM
 SISTERS
 SOLOMON
 SONG
 SORROW
 STORIES
 SYCAMORE
 TAMEN
 TESTAMENT

ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Seniors
2907 S Overland Rd, Oneida, Wisconsin
54155

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



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.

Independent Living for Seniors

- Lease Options: 6months, 12 months
- Type of Housing: One bedroom Apartment, Independent living
- Utilities Included: Pest Control, Trash, Hot Water, Heat, Gas, Sewer, Water

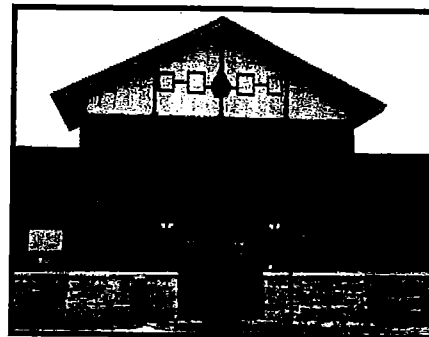
Apartment Features

- ◆ Appliances: Stove, refrigerator and central air
- ◆ Services: parking, community Room
- ◆ Must pay own electricity, cable and telephone
- ◆ Individual storage space
- ◆ Coin operated washers and dryers on premises
- ◆ Secured building with security cameras
- ◆ No Pets Allowed
- ◆ Professional Onsite Management
- ◆ 24 Hour Maintenance
- ◆ Elderly Bus/Public Transit

The Elderly Services Program of the Oneida Tribe of Indians of Wisconsin 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.

HAVE A GREAT DAY !

Oneida Elderly Services is located at 2907 S Overland Road across from the Oneida Health Center. Our phone numbers are 920-869-2448 or 1-800-867-1551. Please also check out the Elderly Services page at www.Oneidanation.org



- Elderly Services Gift Shop has some new items - come check us out. Christmas items have been taken out and we now have some Leanin Tree products like cards, magnets and air fresheners. Barb Skenandore is an elder on staff and available Monday through Friday from 8:00 a.m. - noon. Feel free to call 869-2448 for more information.
- Congratulations to Florence Petri, Elderly Services Director. Florence received a plaque for appreciation of her hard work and dedication to the Aging Network Modernization project. Her input and insights on the Leadership Council have been very valuable. This was given by Donna McDowell, Director, Bureau of Aging and Disability Resources on 11/2//06.
- Thank you to Joyce Johnson, Elderly Services Elder Abuse Prevention Coordinator. Joyce received and used the Hope Grant to create new posters, flyers and brochures to promote the awareness and prevention of elder abuse. Look for these items at the Oneida Health Center, Oneida Senior Center and possibly other sites in our community. Also, look for Joyce and give her a big thanks for a wonderful job.
- FIA welcomes new elders: FIA is an acronym for Faith in Action and is a program that utilizes volunteers to help people in need with such things as transportation, visitation, light housekeeping, respite and also welcomes new elders to our community. If you know of an elder moving into our community - please give Glory LaFlex a call at the above phone numbers or email glaflex@oneidanation.org. Glory is our Oneida FIA Coordinator and will give them a welcome basket which includes information about the community and includes a free pass to our Elders Meal site on Riverside. When they turn this pass in at the meal site they will get that meal free and also receive a special introduction and welcome from the elders present on that day.

ONEIDA ELDERLY SERVICES MISSION: THE ELDERLY SERVICES PROGRAM OF THE ONEIDA NATION OF WISCONSIN IS TO ASSIST OUR ELDERS IN MAINTAINING AN INDEPENDENT, HEALTHY, PRODUCTIVE, AND QUALITY LIFESTYLE. TO ACCOMPLISH OUR MISSION, OUR SERVICES ARE RENDERED THROUGH LOVE, CARING, AND RESPECT FOR THE INDIVIDUAL BY THE SERVICES WE PROVIDE.

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2007

The Project information will be communicated to the community and staff as follows:

- a. Weekly status reports - Monday 8:30 AM at LBDC conference room (Project Manager)
- b. Community Meetings - (*as noted below*) (Project Manager)
- c. Quarterly reports in: (Senior Tribal Architect)
 - DRUMS
 - Gaming Gazette (will note which edition of Kalihwisaks report is published in)
 - To Directors and Supervisors via e-mail
 - Kalihwisaks
 - On Oneida Intranet under Reference Directory, Internal Resources
 - On Oneida Website under Oneida Nation News
- d. Ground breaking and dedication ceremonies scheduled with the events coordinator (Project Manager / Business Unit Manager)
- e. Periodic articles in the Kalihwisaks based upon the specific needs of the project. (Project Manager)
- f. Periodic updates at the Business Unit Informational Meetings (Senior Tribal Architect)

All CIP Projects will be developed employing a process of development consisting of four (4) distinct phases, as noted below:

<u>Project Phases:</u>	<u>Phase Titles:</u>	<u>Phase Description:</u>	<u>% of Project:</u>
CIP - 1	CIP Package assembly phase	The Project Team assembles the specific project information into a package for approval of project.	0 to 25%
CIP - 2	Project Approval phase	The CIP Package is routed to review entities for comment and finally presented to OBC for approval.	26 to 35%
CIP - 3	Design phase	The Architect designs building and prepares documents defining the scope of work for contractors to bid on.	36 to 65%
CIP - 4	Construction phase	The project is bid and constructed.	66 to 100%

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2007

Project No.	CIP Request Date	Project Title	Project Manager	Current Project Phase	% of Project completed	Total Project Budget	Scheduled Completion
94-005	8/26/94	Oneida Cultural Center	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	42%	To be determined	To be determined by capital campaign
The facility will provide cultural and history services by establishing a centralized, holistic, research, exhibition, learning, and teaching facility with a non-institutionalized atmosphere, for the use of the Oneida Nation and will become a major tourism attraction for Northeast Wisconsin serving the local, national, and international public.							
Community Meetings: The project has had four community meetings and will have additional when in the design phase.							
97-001	10/29/96	Oneida Nation Judicial Center	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 1	5%	To be determined	Project on hold, pending creation of judicial system.
The facility will provide appropriate court rooms, law library, offices, and support spaces for the Appeals Commission to carry out their mission within the Oneida Judicial System, which protects the self governance and sovereignty of the Oneida Nation.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							
98-005	FY98	Assisted Living Facility & New Anna John Nursing Home	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 2	35%	\$48,424,000 Estimated	Estimated Substantial Completion: May 2009
The facility will provide another option in the continuum of care for tribal members. Assisted Living facilities offer a homelike atmosphere with trained professionals who are available to help residents with their daily routines. Nursing homes offer 24-hour a day care for those who can no longer live independently and/or may need specialized care for severe illness or injuries. The proposed facility will also include the congregate meals program which will share kitchen and dining space with the other programs in the building.							
Community Meetings: One Community meeting was held on Dec. 15, 2005. Additional meetings to be determined.							

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2007

21-009	FY01	Wastewater Treatment Facility	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 4	99%	\$7,159,000	Substantial Completion: Nov. 2006
	The project will create a wastewater treatment facility in central Oneida which will allow us to determine our own sewer service area boundaries (sovereignty), assist in reducing land acquisition costs, maintain affordable sewer utility rates, and will recharge water resources of the reservation.						
Community Meetings:		No meetings are planned.					
23-005	2/24/03	Residential Home Sites (infrastructure only)	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 3	38%	\$900,000	Project on hold, pending approval of comprehensive housing plan.
	The project is proposed to develop home building sites on Tribal owned parcels for Tribal members to build homes on. The proposed project would be for multiple sites and be phased over a number of years. Sites will be offered to individuals on the DOLM waiting list.						
Community Meetings:		No meetings are planned.					
23-404	FY03	Main Casino Master Plan	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP-1	23%	To be determined	To be determined
	The current project will define the scope and cost of expanding the overall casino/hotel site into a destination resort facility. The scope will be used in creating a CIP Package for project approval. The project will consolidate the gaming operations onto this site and maximize efficiencies.						
Community Meetings:		To be determined. Communication plan will be included in CIP Package when developed.					
04-009	2/27/04	Packerland One Stop	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 4	75%	\$7,796,000	Estimated Substantial Completion: April 2007
	The project is proposed to include a convenience store, restaurant, and casino. The objective is to maximize profits by accommodating the needs of the emerging market of the South Packerland Drive area.						
Community Meetings:		No meetings are planned.					

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2007

04-018	5/19/04	West Mason Street Town Houses	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 4	60%	\$1,700,000	To be determined
The project is proposed to develop between twelve and twenty, two and three bedroom town houses style units as suitable for eventual conversion to condominiums.							
Community Meetings:		No meetings are planned.					
04-022	7/23/04	Oneida Public Transit Garage	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 3	36%	\$5,600,000	Project on hold, pending approval of long-term transit plan.
The project will create a facility to house Transit's buses and vans. It will include some support spaces. It is anticipated that the majority of the funding for this project will come from federal transportation grants.							
Community Meetings:		No meetings are planned.					
05-006	6/2/05	Buffalo Observation Shelter	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 4	100%	\$44,000	Substantial Completion: Oct. 2006
This project will provide a buffalo observation shelter that is accessible to all persons including those with limited mobility, on a raised portion of the site and will provide a unique vantage point for visitors to observe the buffalo.							
Community Meetings:		No meetings are planned.					
05-012	3/2/05	Elder Garages & Driveways	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 1	20%	To be determined	Project on hold, pending approval of SOP for program.
The project would add garages and paved driveways on Oneida elders property to make it safer for them to move from the vehicle to their home.							
Community Meetings:		To be determined. Communication plan will be included in CIP Package when developed.					

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2007

05-013	3/2/05	Elder Services / Apartment Improvements	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 1	20%	To be determined	To be determined
The project would include adding garages for the apartment residents, installing a surveillance system for the common areas, and enhancing the landscaping.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							
05-014 thru 05-021	FY05	Gaming Building Renovations	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP-3 & 4	varies	\$1,724,771	varies
The project includes various maintenance and minor repair projects at the main casino, IMAC, and Mason Street Casino. Projects include: roof replacement, carpet replacement, asphalt repair, toilet room remodeling.							
Community Meetings: No meetings are planned.							
05-025	9/2/05	NHC Remodeling - Phase V	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP-4	100%	\$1,207,800	Substantial Completion: Nov. 2006
The project is a continuation of the upgrading of the building to current building codes and creating operating efficiencies of building systems. Phase V will mainly consist of replacing the existing steam boilers with hot water boilers and other work associated with the replacement. Replacement will provide better energy efficiency.							
Community Meetings: No meetings are planned.							
06-001	10/18/05	Tribal Building Restoration	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 1	5%	To be determined	Project on hold, pending approval of process to designate historic properties.
The project will restore this historically significant building to allow it to be used for community related programs and services.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2007

06-002	1/10/06	Oneida Nation High School	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP-1	10%	To be determined	To be determined
The project will construct a new high school to address the deficiencies in the current structure, allow more curriculum choices for the students and enhance student enrollment by providing a facility designed for a high school function.							
Community Meetings: One Community meeting was held on March 16, 2006. Additional meetings to be determined.							
06-003	2/03/06	EHS Environmental Experiential / Education Center	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP-1	1%	To be determined	Project on hold
The project will be a sustainable building including low impact development, green building materials and sustainable elements throughout the life cycle of the facility. This building will be used as a model for future tribal buildings and community education.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							
06-004	7/26/06	Duck Creek Trail	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP-1	30%	Utilize non-Tribal Funding	Estimated Substantial Completion: 2009
The project would develop the former railroad easement through the reservation into a multi-use paved and unpaved trail for walking, jogging, biking, X-Country skiing, snow shoeing, and will include educational signage.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							
06-005	4/11/06	Oneida Nation Farms Storage Shed	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP-1	10%	To be determined	Project on hold
The project would construct a centralized storage shed for the farm operation's equipment and dry baled crops.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							
06-006	6/28/06	Oneida Fishery Restoration Project	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP-1	15%	To be determined	Project on hold

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2007

The project would create a sustainable 20 to 30 acre fishery on the reservation in a former sand pit located near the corner of Crook Road and County U.					
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.					
06-013	9/7/06	NHC Remodeling - Phase VI	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP-1	30% \$1,104,000 Estimated Substantial Completion: Oct. 2007
The project is a continuation of the upgrading of the building to current building codes and creating operating efficiencies of building systems. The specific scope of Phase VI is being determined and will be limited to available budget.					
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.					
07-002		SS Building Remodeling - Phase V	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP-1	5% \$575,000 Estimated Substantial Completion: Jan. 2008
The project is a continuation of the upgrading of the building to current building codes and creating operating efficiencies of building systems and spaces. Phase V will mainly consist of master planning the building's mechanical systems and some toilet room upgrades to cottages #1 and #2.					
Community Meetings: No meeting are planned.					

Questions regarding a specific project can be directed to the Engineering Department's Project Manager listed above.



A Final Diagnosis

Thought I'd let my doctor check me out,
"Cause I didn't feel quite right—
All those aches and pains annoyed me
And I couldn't sleep at night.

He could find no real disorder
But he wouldn't let it rest.
What with Medicare and Blue Cross
We would do a couple tests.

To the hospital he sent me
Though I didn't feel that bad.
He arranged for them to give me
Every test that could be had.

I was fluoroscoped and cystoscoped,
My aging frame displayed.
Stripped, on an ice cold table
While my gizzards were x-rayed.

I was checked for worms and parasites,
For fungus and the crud,
While they pierced me with long needles
Taking samples of my blood.

Doctors came to check me over,
Probed and pushed and poked around,
And to make sure I was living
They then wired me for sound

They have finally concluded,
Their results have filled a page,
What I have will some day kill me,
My affliction is old age.

Be Still And Listen

I am quiet so that the Spirits
can enter and call my name
I listen as they speak
I hold no thought of shame

They come to me in the silence
of the meditation by the fire
I open myself to the teachings
and they fill my soul with desire.

The Spirits come to tell me
Things I could not know
Of legends before my time
And where the Spirits go

They talk of the souls of the departed
sitting at the Wise Council in the sky
They tell of the coming again
Of things we thought had passed us by

The return of the buffalo on the plains
The return of the water so pure,
They tell of the peace among men
Who know the land so sure

Of hearts in the mending
Of peace among us all
Of great men still standing
Long after the fall.

Returning to a time
where there was abundance in the land
And land was shared by all
Before it left our hands.

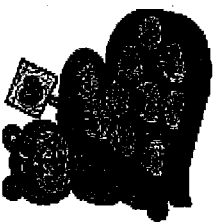

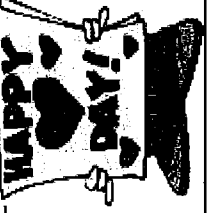
No matter what your Native American heritage,
You have Spirits of your tribe
Reaching out to tell you of the legends.
Be still and listen—with pride.

MENU

FEBRUARY

2007

Oneida Senior Center, 134 Riverdale Drive Phone number: 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>5 Chicken Ala King Rice Biscuits Peaches</p>	 <p>6 Tomato Soup Ground Bologna & Egg Salad Sandwiches Juice Jell-o W/Bananas</p>	<p>7 Chicken Breast Wild Rice Carrots W/W Bread Pineapple Tidbits</p>	<p>1 Polish Sausage Macaroni & Tomatoes Green Beans W/W Bread Cookies</p>	<p>2 Scrambled Eggs W/Ham, Cheese, Peppers & Onions Toast Juice Orange Slices</p>
<p>12 Ham Sweet Potatoes Peas W/W Bread Sherbert</p>	<p>13 Corn Soup Fresh Bread Juice Berries</p>	<p>14 Turkey & Gravy Potatoes Brussel Sprouts W/W Bread Custard</p>	<p>15 Fish Red Potatoes Cole Slaw Corn Bread Berries</p>	<p>16 Poached Eggs Sausage Hash Browns Toast Juice Mandarin Oranges</p>
<p>19 Beef Stew Biscuits Juice Peaches</p>	<p>20 Potato Soup Fresh Bread Juice Applesauce</p>	<p>21 Sub- Sandwiches Turkey, Ham, Cheese, Fresh Mixed Vegetables & Fresh Fruit Rolls Potato Chips</p>	<p>22 BIRTHDAY DAY Chicken Potatoes Carrots Cranberries Jell-o Cake</p>	<p>23 Eggs Sausage Toastums Juice Pears</p>
<p>26 Chicken Salad Croissants, Cukes Tomatoes, Cottage Cheese Jell-o</p>	<p>27 Bean Soup Fresh Bread Juice Raspberry Whip</p>	<p>28 Vegetable Lasagna Salad Garlic Bread Ice Cream</p>		
<p>All meals are served with coffee, milk or tea.</p>	<p>Menu is subject to change.</p>	<p>FLOWER: VIOLET BIRTH STONE: AMETHYST</p>	<p>Hours: 8 a.m.-4:30 p.m. Lunched Served Mon.-Thurs. 12p.m.-1p.m.</p>	<p>Breakfast on Fri. Serving from 9 a.m.- 10 a.m.</p>

F Monday	Tuesday	Wednesday	Thursday	Friday
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FEBRUARY 2007 ACTIVITIES

			1 PRICE IS RIGHT Elderly Services 9:30 BOWLING Ashwaubenon Lanes 1:30	2 BANKS SHOPPING LUNCH OUT 10:00 - 3:00
5 CARDS 9:30 P.A.C.E. EXER. 11:00 Elderly Services BINGO SITE II 1:00	6 CRAFTS EPWORTH HALL 9:30 - 11:30	7 CARDS 9:30 P.A.C.E. EXER. 11:00 Elderly Services BINGO HWY H 1:30	8 SEROOGY'S CHOCOLATE STORE Depere 10:00 ICE BREAKER GAMES Elderly Services 1:00	9 BANKS SHOPPING LUNCH OUT 10:00 - 3:00
12 CARDS 9:30 P.A.C.E. EXER. 11:00 Elderly Services SCRAP BOOKING Elderly Services 1:00	13 CRAFTS EPWORTH HALL 9:30 - 11:30	14 VALENTINE PARTY Senior Center 11 - 1 BINGO HWY H 1:30	15 GOODWILL Green Bay 10:00 BOWLING Ashwaubenon Lanes 1:30	16 BANKS SHOPPING LUNCH OUT 10:00 - 3:00
19 CARDS 9:30 P.A.C.E. EXER. 11:00 Elderly Services BINGO SITE II 1:00	20 CRAFTS EPWORTH HALL 9:30 - 11:30	21 CARDS 9:30 P.A.C.E. EXER. 11:00 Elderly Services BINGO HWY H 1:30	22 COOKING Elderly Services 9:30 BIRTHDAY LUNCH 12:00 MOVIE Elderly Services 1:00	23 BANKS SHOPPING LUNCH OUT 10:00 - 3:00
26 CARDS 9:30 P.A.C.E. EXER. 11:00 Elderly Services SHUFFLE BOARD Elderly Services 1:00	27 BINGO EPWORTH HALL 9:30 - 11:30	28 ONEIDA LANGUAGE 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BINGO HWY H 1:30	*Please sign up for all trips at the Senior Center, main office. *All trips leave from the Senior Center.	*If not attending the trips, bus will pick up for lunch only.

Herbs & Supplements for Memory Problems and Dementia



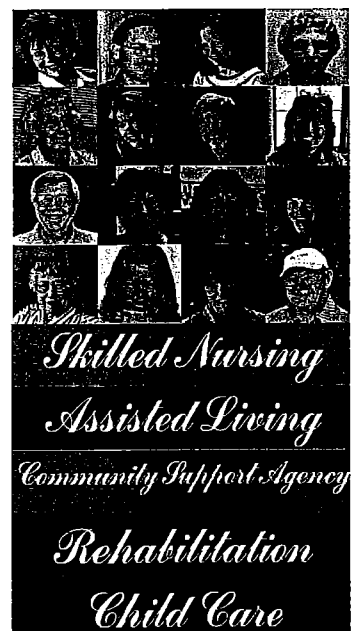
Part 11

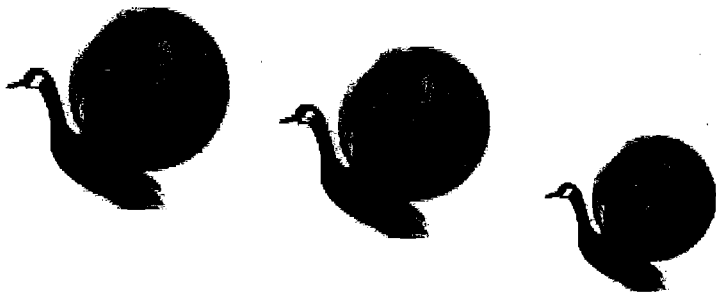
Presented by Dr. Abhilash Desai
Sponsored by Good Shepherd
Services, Ltd.

Thursday, February 8th, 2007
12:30 p.m. – 1:30 p.m. at
at Good Shepherd Services, Ltd.
Community Center
607 E. Bronson Road
Seymour, WI 54165

Plan to attend this FREE presentation by
Dr. Abhilash Desai.

Please RSVP to Mary Beth Fumelle
at 920-833-6856, ext. 117 by Tuesday,
February 6th, 2007





Lessons From The Geese

As each goose flaps its wings, it creates an "up-lift" for the bird following. By flying in "V" formation, the whole flock adds 71% more flying range than if each bird flew alone.

Lesson People **who share a common direction** and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back in formation to take advantage of the lifting power of the birds immediately in front.

Lesson:: If we have as much sense as a goose, we will join in formation with those **who are headed in the direction we are going.**

When the lead goose gets tired, it rotates back into the formation and another goose flies at the front.

Lesson: It pays to take turns doing the hard tasks and **sharing leadership** with, people, **interdependent** with one another.

The geese in formation honk from behind to encourage those in front to keep up their speed.

Lesson: Make sure our honking from behind is encouraging and not something less helpful.

When a goose gets sick or wounded or shot down, two geese drop out of formation and follow their fellow member down to **help** and provide **protection**. They stay with this member until he or she either is able to fly again or dies. Then they launch out on their own, with another formation, or to catch up with their own flock.

Lesson: If we have as much sense as geese, we'll stand by one another like they do.

Microwave Alert

A 26-year old man decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat. I am not sure how long he had set the timer for, but he wanted to bring the water to a boil. When the timer shut off, he removed the cup from the oven. As he looked into the cup, he noted that the water was not boiling. Suddenly the water in the cup "blew up" in his face. The cup remained intact until he threw it out of his hand, but all the water had flown out into his face, due to the build up of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave some scarring.

He also may have lost partial sight in his left eye. While at the hospital, the doctor attending to him, stated that this was a fairly common occurrence and water (alone) should never be heated in a microwave. If water is heated in this manner, something should be placed in the cup to diffuse the energy, such as a wooden stir stick, tea bag, etc: (nothing metal).

General Electric's Response

Thanks for contacting us. The e-mail that you received on this matter is correct. The Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than 2 minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before removing it or adding anything to it.



Oneida Emergency Response Presentation

Presenter: Marty Antone - Oneida
Emergency Response Manager

Date: Mon. February 26, 2007

Time: 11:45 A.M. - 12:15 P.M.

Location: Oneida Elderly Meal Site
Hwy J, Oneida



GLNAEA



Great Lakes Native American Elders Association 2007 Calendar Sponsors

February 1 & 2 - Bad River Lodge & Casino

April 5 & 6 - Oneida Radisson Hotel

June 7 & 8 - HoChunk Hotel & Casino, Baraboo

August 2 & 3 - to be announced

October 4 & 5 - Mole Lake Motel, Casino and Bingo

December 6 & 7 - LCO Casino, Lodge and Convention Center



Lifeline Subscribers

The Oneida Tribe and Elderly Services have changed Lifeline vendors from St Vincent Hospital to A&A Integrated Protection Systems. Oneida Elderly Services apologizes for any inconvenience we may cause during the exchange from St Vincent Lifeline to A&A Integrated Protection Systems. A&A Integrated Protection Systems afford the same great service at less cost, allowing us to provide lifeline services to more elders. The decision to change vendors was based on the quality of service and the three bid processes.

A&A Integrated Protection Systems will be contacting all are current Lifeline Subscribers to make an appointment to replace your old St Vincent Lifeline unit with the new A&A Integrated Systems Lifeline unit. We are currently making the change and hope to be completed by the end of January and/or shortly there after that. Once again we apologize for any inconvenience we may have caused. Please contact A&A Integrated Protection Systems Customer Services at 434-9082 if you have questions, concerns or experiencing any problems with your new lifeline unit.

ONEIDA ELDERLY SERVICES

DATABASE FORM

DATE: ___/___/___

NOTE: The state federal government 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 _____ / ____ / ____

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:

Martial 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 Atty-Finances ____ Health ____ Medicare ____ Medicaid ____ Representative Payee ____ None of The Above

In Case of an Emergency – 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 Elderly Services.

Signature _____

____/____/____
Date

Please Return to
Oneida Elderly Services Complex
Service Coordinator
P.O. Box 365
Oneida, WI. 54155