DRUMS Across ONEIDA

Oneida Elderly Service 2907 S. Overland Rd. Oneida, WI 54155

Ph. 920.869.2448 Fx. 920.869.1824



Senior Center-Meal Site 134 Riverside Dr. Oneida, WI 54155

Ph. 920.869.1551 Fx. 920.869.1526



Great Snow moon

FEBRUARY 2008

Elders and Everyone... Elder's Meditation of the Day

Wata>klokwask%= W<hn\$-tale>

There is a New DRUMS Contact Person

From the desk of: Linda Douglas

I am a new employee with Elderly Services and will be the main

contact for the DRUMS Across Oneida newsletter. Please contact me with any comments, suggestions, concerns, complaints, etc. Thank you for your attention. My phone number: 920-869-2448 email Idouglas@oneidanation.org

"When you remove love and try to replace it with monetary things, you have nothing...get him to understand that he has to love himself before he can love anything else."

John Peters (Slow Turtle), WAMPANOAG

It is said, "Love Thy neighbor as thyself." That's the trouble, most of us do.

Great Spirit, You are love; You are spirit. Spirit and love are interconnected. I am spiritual. Let me realize what I am really made of.

Monday	Tuesday .	Wednesday	Thursday	Friday
FEBRUA	RY 2008	B ACT	IVITIES	*Activities due to change without notice.
"Please sign up for trips at Senior Center, Main Office. "All trips leave from Senior Center.				1 Banks Shopping Lunch Out 10:00 – 3:00
4 Board Games 9:30 PACE Exercise 11:00 Elderly Services Bingo Site II 1:00	Crafts Elderly Services 9:30 - 11:30	6 Onelda Language 9:30 PACE Exercise 11:00 Elderly Services Bingo Hwy H 1:30	7 Price is Right Elderly Services 9:30 Seroogy's Candy DePere 1:30	8 Banks Shopping Lunch Out 10:00 - 3:00
11 Cards 9:30 PACE Exercise 11:00 Elderly Services Goodwill Green Bay 1:30	Crafts Elderly Services 9:30 - 11:30	Scrabble 9:30 PACE Exercise 11:00 Elderly Services Bingo Hwy H 1:30	Valentine Party Senior Center 11:00-1:00 Bowling Ashw. Lanes 1:30	Banks Shopping Lunch Out 10:00 - 3:00
18 Puzzies 9:30 PACE Exercise 11:00 Elderly Services Bingo Site II 1:00	Crafts Elderly Services 9:30 - 11:30	20 Oneida Language 9:30 PACE Exercise 11:00 Elderly Services Bingo Hwy H 1:30	21 Cooking Elderly Services 9:30 Elder "Spring Training Baseball League" Oneida Library 1:00	22 Banks Shopping Lunch Out 10:00 - 3:00
Rummikub Game 9:30 PACE Exercise 11:00 Elderly Services Movie Elderly Services 1:00	Bingo Methodist Church 9:30 - 11:30	27 ice Breaker Game 9:30 PACE Exercise 11:00 Elderly Services Blngo Hwy H 1:30	28 Geneology Heritage House 10:00 Birthday Lunch 12:00 Senior Center Shop at Simon'sCheese Little Chute 1:30	Banks Shopping Lunch Out 10:00 – 3:00

MENU		FEBRUARY		2008
		IVERDALE DRIVE, ONE		920-869-1551
Monday	Tuesday	Wednesday	Thursday	Friday
				1 lasagna Salad Garlic Bread Blueberries
4 Chicken Pattics Long Grain & Wild Rice Carrots W/W Bread Pineapple Tidbits	5 Potato Soup Fresh Bread Juice Bread Pudding	6 B-B-Q Ribs Scalloped Potatoes Broccoli W/W Bread Mandarin Oranges	7 Cube Steak Red Potatoes Mixed Vegetables W/W Bread Jell-o	8 Tater Tot Casserole Green Beans W/W Bread Applesauce
11 Goulash W/W Bread Juice Pears	12 Chicken Soup Presh Bread Juice Mixed Berries	13 Pork Chops Stuffing Carrots W/W Bread Oranges	14 Meat Loaf Cheesy Potatoes Brussels Sprouts W/W Bread Berry Whip Pie	15 Salmon Loaf Polatoes Creamed Peas W/W Bread Sherbel
18 Tuna Salad Cottage Cheese Tomatoes W/W Buns Peaches	19 Boiled Dinner Fresh Bread Juice Strawberries	20 Chop Suey Rice W/W Bread Yogurt	21 Turkey & Gravy Potatoes California Blend W/W Bread Cookies	22 Fish Seasoned Wedges Cole Slaw Rye Bread Pineapple Tidbits
25 Hot Beef Sandwich California Blend Vegetable Juice Orange, Apple, & Pineapple Rings	26 Pea Soup Fresh Bread Juice Whip & Chill	27 Chicken Alfredo Noodtes Peas W/W Bread Pudding	28 Birthday Day Beef Roast Mashed Potatoes Mixed Vegetables W/W Bread Lemon Cake	29 Sloppy Joe's Macaroni Salad Beans Buns Ice Cream
All meals are served with coffee, milk or tea.	Menu is subject to change.	BIRTH STONE: AMETHYST FLOWER: VIOLET	HOURS: 8 A.M4:30 P.M. Lunch Is Served Monday-Friday 12:00P.M1:00P.M.	

Congregate and Home Delivered Meals

Oneida Services and Senior Center will be providing monthly articles in Drums Across Oneida of the services we provide along with the basic guidelines. This month article is on Congregate & Home Delivered Meals. Next month article will be on in-home chore & respite care services. We hope this gives community members a better understanding of the services we provide.

In 1994 (ONCOA)
Oneida Nation
Commission on Aging
a nine (9) member
elected advisory board
to Elderly
Services/Senior Center
took action to establish
a priority of serving
older & disabled
adults. Services are
provided based on age
priority, staffing and
funding availability.
Some services are solely for Oneida enrolled
elders only.

- Priority:
- 1. 70 years and older.
- 2. 55 to 69 years who are disabled/handicapped and living alone.
- 3. 55 to 69 with serious health or safety issues.

Our service area is Brown & Outagamie Counties within the Oneida Reservation Boundaries. For all service request please contact our Service Coordinator, Cheryl Ault @ (920)869-2448.

Home delivered meals are available for those elders who are home bound, have a serious health problem, and have physician/doctor's order to have the meal delivered. Lunch is delivered Monday Friday for 12:00pm and frozen meals are available for weekends and holidays. Home delivered meals are for those elder age 60 & older.

Community elders are you tried of cooking everyday? Come

See Page 4B Meals



GLNAEA Great Lakes Native American Elders Association

Sponsored by St Croix February 7th & 8th, 2008 Turtle Lake, WI

All elders who need a ride to GLNAEA please sign up at the Oneida Senior Center (Meal Site) by Tuesday, January 15. We must have 20 people signed-up to reserve a coach bus, or else we will use tribal vans. Payment for your hotel must be received by January 15 and the last day to cancel is Monday, January 21 for reimbursement of payment. We will be staying at the St Croix Casino & Hotel and the cost is \$22.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, February 7. All dates will be adhered to. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.

NEXT DATES:

April 3&4 - Oneida sponsors at Radisson
June 5&6 - Forest County Potowatomi sponsors
August 7&8 - Stockbridge-Munsee sponsors
October 2&3 - Lac Vieux Desert sponsors
December 4&5 - Mole Lake Ojibwe sponsors



Lifeline Subscribers

Oneida Elderly Services would like to thank you for your understanding and patience during the transition of the lifeline units from St Vincent Lifeline to A&A Integrated Protection Systems. We have successfully completed all exchanges of the lifeline units.

If by chance we missed you or you're having trouble with the new A&A Integrated Protection Systems please contact Deborah Melchert @ 869-2448 during regular business hours. Remember to Contact Deborah Melchert if you change your phone number, have phone disconnected, or move.

Questions or trouble with you're Lifeline Unit after hours please contact A&A Integrated Protection Systems Customer Services @ 434-9082. Once again thank you for your understanding and patience during our transition.

Oneida Tribe Elderly Christmas Party

We want to provide the best possible service to you. We would appreciate any comments or suggestions if you will take a few minutes to share your opinions about our performance. We value your input as we strive to provide excellent service to meet your needs. Please check the box that best describes your rating of each of the following. If there is something you really don't like, please offer a suggestion. Please return survey by mail to Elderly Services, P.O. Box 365, Oneida, WI 54155 or drop it off at your earlier convenience. Thank you.

	Excellent	Good	Needs Improvement	Don't know
Location:				
Suggestions:				
Time of Day				
Suggestions:				
Facility: Clean, attractive,				
pleasant ,safe				
Suggestions:				
Meal				
Suggestions:				
Band				
Suggestion:				
Staff Assistance:				
Suggestions:	r			
What do you feel is the most in	nportant thing	g to improv	e to be the best we	can be?
What other suggestions do you	have to help	improve ou	r Elderly Christm	as Party?
Thank you! If you would like and the best time to call.	to speak with	the Directo	r, please list your j	phone num
Optional: Name:				
Phone Number and Rest time t	. 11			

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUA	RY 2008	B ACT	IVITIES	*Activities due to change without notice.
*Please sign up for trips at Senior Center, Main Office. *All trips leave from Senior Center.				Banks Shopping Lunch Out 10:00 - 3:00
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Cards 9:30 Pace Exercise 11:00 Elderly Services Goodwill	Crafts Elderly Services 9:30 - 11:30	13 Scrabble 9:30 Pace Exercise 11:00 Elderly Services Bingo	14 Valentine Party Senior Center 11:00-1:00 Bowling	Banks Shopping Lunch Out 10:00 - 3:00
Puzzles 9:30 Pace Exercise 11:00 Elderly Services Bingo Site II 1:00	Crafts Elderly Services 9:30 - 11:30	Pace Exercise 11:00 Elderly Services Bingo Hwy H 1:30	21 Cooking Elderly Services 9:30 Elder "Spring Training	Banks Shopping Lunch Out 10:00 - 3:00
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with coffee, milk or tea.

MENU		FEBRUARY		2008
ONEIDA	A SENIOR CENTER, 134 B	RIVERDALE DRIVE, ONEI	DA, WI., 54155 PHONE : 1-	920-869-1551
Monday	Tuesday	Wednesday	Thursday	Friday
				1 lasagna Salad Garlic Bread Blueberries
4 Chicken Patties	5 Potato Soup	6 B-B-Q Ribs	7 Cube Steak	8 Tater Tot Casserole
Long Grain & Wild	Fresh Bread	Scalloped Potatoes	Red Potatoes	Green Beans
Rice	Juice	Broccoli	Mixed Vegetables	W/W Bread
Carrots W/W Bread	Bread Pudding	W/W Bread	W/W Bread	Applesauce
Pineapple Tidbits		Mandarin Oranges	Jell-o	
11 Goulash	12 Chicken Soup	13 Pork Chops	14 Meat Loaf	15 Salmon Loaf
W/W Bread	Fresh Bread	Stuffing	Cheesy Potatoes	Potatoes
Juice	Juice	Carrots	Brussels Sprouts	Creamed Peas
Pears	Mixed Berries	W/W Bread	W/W Bread	W/W Bread
		Oranges	Berry Whip Pie	Sherbet
18 Tuna Salad	19 Boiled Dinner	20 Chop Suey	21 Turkey & Gravy	22 Fish
Cottage Cheese	Fresh Bread	Rice	Potatoes	Seasoned Wedges
Tomatoes	Juice	W/W Bread	California Blend	Cole Slaw
W/W Buns	Strawberries	Yogurt	W/W Bread	Rye Bread
Peaches		1	Cookies	Pineapple Tidbits
25 Hot Beef Sandwich	26 Pea Soup	27 Chicken Alfredo	28 Birthday Day	29 Sloppy Joe's
California Blend	Fresh Bread	Noodles	Beef Roast	Macaroni Salad
Vegetable	Juice	Peas	Mashed Potatoes	Beans
Juice	Whip & Chill	W/W Bread	Mixed Vegetables	Buns
Orange, Apple, &	_	Pudding	W/W Bread	Ice Cream
Pineapple Rings			Lemon Cake	
All meals are served	Menu is subject to change.	BIRTH STONE:	HOURS:	

AMETHYST

FLOWER: VIOLET 8 A.M.-4:30 P.M.

Lunch Is Served

Monday-Friday 12:00P.M.-1:00P.M. February Word Find

R	С	0	L	D	Р	U	С	Α	N	D	Υ	l.	F	G	M	E	N	T _	Υ
В	Α	N_	K	0	Т	Н	Α	Р	Р	Υ	E	Е	N	J	E	Α	0	w	Х
T	R	E_	Α	Т	W	L	L	Α	U	G	Н	ı	R	L	E_	Т	Т	E	R
F	D	Α	Υ	0	R	М	L	0	V	E	S	М	R	U	Х	Υ	E	L	ı
Р	L	F	R	w	L	F	ı	S	Н	0	V	E	L	w	G	s_	М	Е	N
R	В	E	N	J	0	Υ	G	М	N	М	E	Н	Т	K	W	0	N	0	G
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s	D	Α	D	K	N	E	С	Н	L	R	w	R		Т	E	М	R	I	Х
G	0	Т	R	L	С	K	Н	R	Х	E	s	1	М	Т	G	Н	W	Х	Α
R	В	Р	С		Z	Т	D	K	s	Α	R	В	Х	D	G	0	Т	R	D

BANK	COLD	BIRTH	CANDY	CALL
EAT	NOTE	CARD	DAY	ENJOY
JOY	SNOW	LOVE	HAPPY	LETTER
WRITE	TREAT	SHOVEL	LAUGH	RING

Created by Raymond Sampe, Activities Assistant

UP CLOSE AND PERSONAL

With Linda Douglas Elder Helper

When you were a child, what did you think you'd like to be when you grew up?

I wanted to be a school teacher or a nurse

Who or what has had the biggest influence in your life?

I enjoyed reading inspirational books as an adolescent.

What do you consider to be your greatest accomplishment?

Contributing to my four children's success and welfare with out falling prey to society, living in Chicago.

Is there something you've always wished you were great at doing?

I always wanted to play the piano

What is the best advice anyone ever gave you?

This saying I will always remember: Be Kind and Good Natured

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

Spend time with your grandchildren it keeps you young. Always have a back up plan TRAVEL.

What is your ideal vacation?

I would take my grandchildren to Colorado and visit all my favorite places. Take them on the Cog Rail up Pikes Peak.

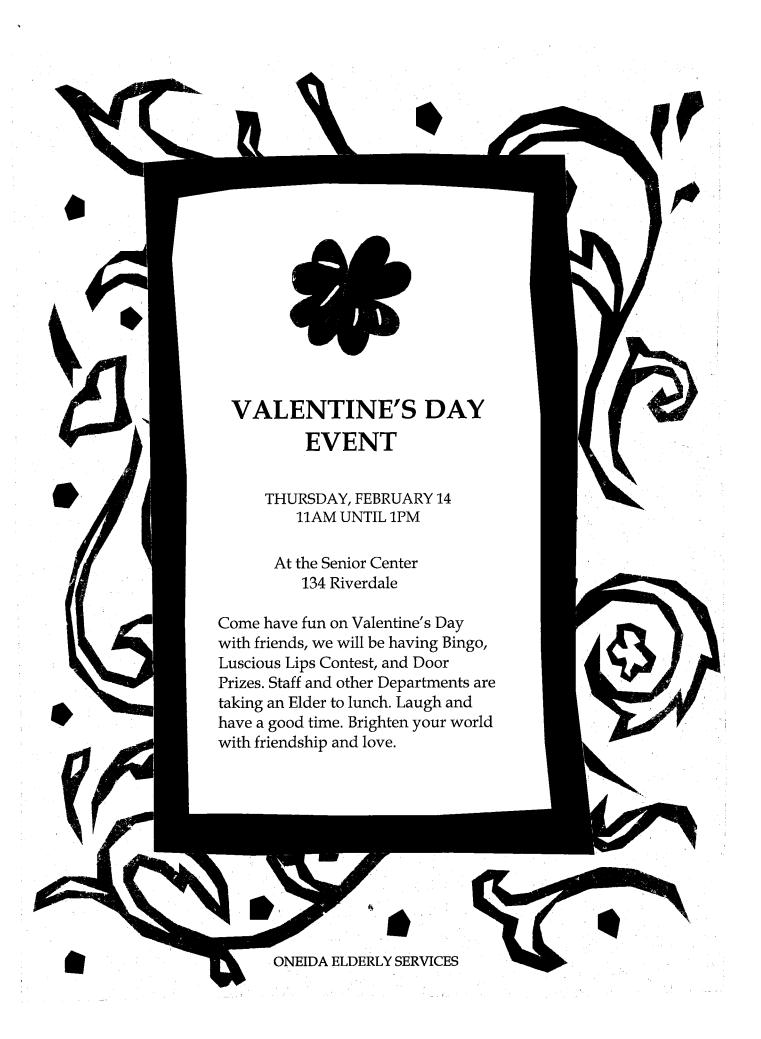
Favorite Meal: Black beans, rice and Mexican corn bread.

Favorite Music: Blues, BB King and Muddy Waters

Favorite Books: Og Mandino's Great Trilogy

Favorite Movies: Beaches and Dances with Wolves

Favorite Hobbies: Crocheting and hiking



We here at Oneida Elderly Services, would like to express a hearty Thank You to

Lester Medley, Barbara Medley and Gordy Mc Laster for your donation.

<u>ÉLDERS AND EVERYONE – NEW DRUMS CONTACT</u>

From the desk of: Linda Douglas

I am a new employee with Elderly Services and will be the main contact for the DRUMS Across Oneida newsletter. Please contact me with any comments, suggestions, concerns, complaints, etc. Thank you for your attention. My phone number 920-869-2448 email ldouglas@oneidanation.org

Elder's Meditation of the Day

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In 1994 (ONCOA) Oneida Nation Commission on Aging a nine (9) member elected advisory board to Elderly Services/Senior Center took action to establish a priority of serving older & disabled adults. Services are provided based on age priority, staffing and funding availability. Some services are solely for Oneida enrolled elders only.

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Community elders are you tried of cooking everyday? Come join us at the congregate meals site at 134 Riverdale Dr where a balanced lunch is served everyday. Tuesday is always soup day and if you don't care for soup join us at the Methodist Church located at N6048 County Rd E for lunch (Tuesday's only). The menu can be found in the Drums section of the Kalihwisaks that way you can pick your favorite meal and enjoy the company of your friends with out the mess. Lunch is served Monday - Friday at 12:00pm. The recommended donation is as follows:

60 years & older Donation

55 - 59 \$1.50

54 & younger \$5.00

Your donation helps support our Congregate Meal Site and Home Delivered Meals. Please watch for more services we provide in future articles...

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Identifying Our Needs: A Survey of Elders Created by the National Society for American Indian Elderly

In Identifying our Needs, a Survey of Elders Needs Assessment was completed and submitted to the National Resource Center on Native American Aging for analysis. I want to thank you all for taking the time to answer to the survey. You may have received calls from staff in completing this survey. The following is a result of that survey. Of the 667 surveys, 223 were completed..

The elders of Oneida Nation of Wisconsin are highly valued as members of their families and their communities. We must recognize them, hold them in high esteem and look to their experience and wisdom for guidance. We must seek optimal wellness for them and seek to help them retain the highest quality of life possible through independence in living.

Leading Chronic Diseases:

The top chronic diseases found among our elders were 60.5% High Blood Pressure, 58.7% Diabetes, 53.8% Arthritis, 43.5% Cataracts and 15.7% Depression. Each of these lead to limitations on peoples ability to take care of them selves and each are diseases for which treatments that make a difference are available. Nutritional care is particularly important for high blood pressure, diabetes and Arthritis.

Our Tribe would benefit from Evidence Based Disease and Prevention and Falls Prevention (Stepping On) Programs.

Disparities between our tribe and the nation provide us information on specific diseases where our people appear to be at greater risk than others in the nation. This information assists in identifying diseases where others have had greater success with health promotion efforts and where we should be able to make significant improvements in health status of our elders. The following table presents these diseases:

One	National Data	
Arthritis	53.8%	48.2%
Congestive heart failure	14.3%	8.2%
Stroke	11.7%	6.6%
Cataracts	43.5%	40.2%
Diabetes	58.7%	16.8%
Colon Cancer	2.7%	1.9%
Breast Cancer	3.1%	2.7%
High Blood Pressure	60.5%	56.7%
Osteoporosis	12.6%	4.6%

Extent of Use and Projected Use If One Could Not Meet Own Needs

	Now Use	Would Use
Dietary and nutritional services	12.1%	64.6%
Meals on Wheels	20.6%	65.9%
Transportation	19.7%	65.9%
Occupational/vocational therapy	2.2%	60.5%
Speech/audiology therapy	.4%	61.4%
Respite care (temporary)	6.3%	67.3%
Personal care (e.g. bathing)	5.4%	64.6%
Skilled nursing services	6.7%	63.7%
Physician services	29.6%	57.0%
Social Services	5.8%	62.8%
Physical Therapy	5.8%	69.1%
Home Health Services	10.8%	65.0
Adult day care	.4%	53.8%
Assisted living (apt. where personal	1.3%	65.9%
Care services are available)		
Nursing Home	.4%	65.0%
Other services	1.8%	15.2%

Specifically related to nutrition are the findings about weight, diet and exercise. Using the peoples weight and height, a Body Mass Index was calculated to determine how many people are overweight (BMI 25 to 29) or obese (BMI 30 and over). Weight issues have become a focus of concern because of the relationship between weight and diabetes, arthritis, hypertension and functional limitations requiring care. Our results for the Body Mass Index are below.

Proportions in each Weight Category for Oneida Nation of Wisconsin

Neither overweight nor obese	16.5%
Overweight	34.0%
Obese	49.5%

Dietary concerns are reflected in an item that asked about eating habits and conditions that are important to consider when designing nutrition programs for our elders. A large proportion of the elders report too few fruits and vegetables in their diet and many have an insufficient number of meals per day to adequately nourish them.

Director's Corner

Sagoli Oneida Elders

What happened to 2007? I remember it was taking forever for Christmas get here. Now its here, before you know it. As we come to the close of another year, I would like to express my wishes to all of you to have a wonderful holiday season and a Happy New Year. "HOYAN"

The staff of Elderly Services deserves kudos for their efforts which made the 2007 year a success. We look forward to working at having an even better year for 2008. Be sure you thank them when you see them.

Our Tribal Aging Directors Association is progressing with plans to develop an Aging and Disability Resource Center. (ADRC). This past year I have been elected as the Chair for that Association. With plans flowing in the right direction, we hope to have a Tribal ADRC. More information will come out in the near future. It seems like things don't happen fast enough sometimes, then again, things don't happen overnight. We give it our best shot.

The focus for serving the Aging population is "Choices for Independence". For over 40 years, the Aging Network has assisted seniors and their families to access an integrated array of health and social supports, stay active and healthy, care for their loved ones at home and in the community and maintain their rights and be protected against abuse and neglect. The Aging Network has the essential elements to expand on those services with the 2006 Reauthorization of the Older Americans Act. The three main goals are 1.) Aging & Disability Resource Centers 2.) Community Living Incentives and 3.) Evidence-Based Disease and Disability Prevention. Serving older adults since 1965, the Aging Network is comprised of 56 State Units on Aging, 655 Area Aging Agencies on Aging, 241 Tribal Aging, 29,000 community based provider agencies, including over 6,000 Senior Centers.

For the new year we plan on offering Preventive Maintenance classes in Chronic Disease Self Management, Stepping On (Falls Prevention) and Powerful Tools for Caregivers.. As I mentioned last year, more emphasis is on home and community-based services and prevention. I have been asked to participate in the Wisconsin Evidence Based Prevention Advisory Committee at the State My hope is to bring back this information to share with other Tribal Aging Units and make an improved impact on how we serve our elders.

To those of you that attend the yearly CWAG Convention, it will be held at the Radisson Hotel in Oneida from July 10-11, 2008.

I would like to thank the ONCOA Board for their excellent support and leadership in advocating for our elders and the program. They deserve kudos also for participating in trainings, meetings and strong advocacy for our elders and program. I am always hearing that our future elders are going to be smarter well educated and more demanding. We need to be ready. Its this time of the year, also, that we remember all those that have passed. We remember those that were strong in advocacy for our elders and worked with us. Marie Scott, our Elder Helper & Vera Wilson, ONCOA Board member.

Happy Warm and Safe Holiday Season from all the staff at Elderly Services.

Seymour Area Parkinson Support Group

Good Shepherd Services, 607 East Bronson Road, Seymour, WI Meet in the Community Center

February 5th, 1:30 p m

Our speaker will be Carrie Venderaa, with Westhill Home Medical who will be doing a presentation of Adaptive Equipment

Everyone is welcome to attend!

Please RSVP to Mary Beth at 920-833-6856, ext 117

Please Join Us!

Individuals with Parkinson disease, caregivers, and everyone interested in learning more is welcome to attend the free meeting.

For more information about Parkinson disease, please contact the Wisconsin Parkinson's Association at 1-800-972-5455

Oneida Elder Longhouse Apartments, Independent Living for Seniors at the Lee McLester II Building-Elder Complex



2907 S Overland Rd, Oneida, Wisconsin 54155 1-920-869-2448, 1-800-867-1551 Ask for Robert Lagest

* 4 openings available *

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!

Living Wills Power of Attorney for Health & Finances

Thursday
February 21, 2007
12:00 noon

Senior Center / Meal Site 134 Riverdale Dr. Oneida, WI 54155

WHO: Wisconsin Judicare, Inc.

WHAT: Living Wills, Power of Attorney for Health, and Power of Attorney for Finances

- Differences between the forms
- How they will benefit you
- Where to locate forms

Any question please contact Angela Ortiz, Elderly Benefit Specialist at (920) 869-2448

JAN OK

TAXES

Tax Preparation by Appointment Only

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 preparing taxes. The tax preparation will be held at Oneida Elderly Services 2907 S. Overland Rd. Oneida, WI 54155. The dates and times are:

• Tuesday February 12, 2007 9:00 am - 12:00 pm & 12:30 pm - 3:00 pm

&

• Tuesday February 19, 2007 9:00 am - 12:00 pm & 12:30 pm - 3:00 pm

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



Please join us!

2008 National Indian Council on Aging Biennial conference September 5-9, 2008

Location

Greater Tacoma Convention &
Trade Center
1500 Broadway Plaza
Tacoma, Washington 98402
www.tacomaconventioncenter.co
Early bird registration:
June 30, 2008

Host Hotel

Sheraton Tacoma Hotel
(soon to be Hotel Murano)
1320 Broadway Plaza
Tacoma, Washington 98402
www.sheratoncoma.com
(.37 miles about 2 minute walking distance from convention center)

For Conference details visit <u>www.nicoa.org</u> or contact Sharon Hodge at 505-292-2001 or <u>shodge@nicoa.org</u>

Elders please sign up at the Senior Center Meal Site. <u>Deadline for signing up and for payment of \$793.00 is Monday, May 16, 2008 (no acceptation to deadline)</u>. Attendance is limited to 6 Elders. Arrangements for hotel, event registration and air fair are included in the cost and will be coordinated by Oneida Elderly Services. Meal costs are on your own. Any questions please feel free to call at 920-869-2448 or 920-869-1551. <u>No refunds for cancelations.</u> There is only space for 2400 participants at the