

# DRUMS ACROSS ONEIDA

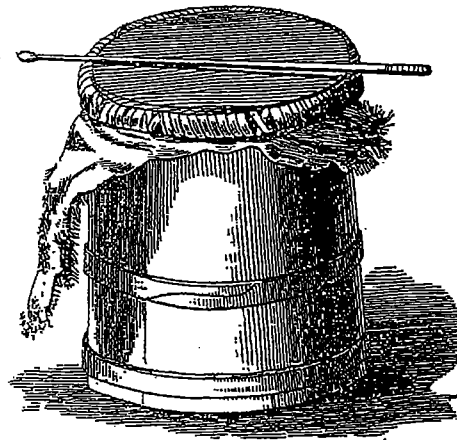
Elderly Services  
2907 S. Overland Rd.

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

---

**Hoyan!!**

**January 2007**

---



There is a privacy about it which no other season gives you---in spring, summer and fall, people sort of have an open season on each other Only in the winter, in the country, can you have longer, quiet stretches when you can savor belonging to yourself..



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

**Program Director  
Assistant Program Director  
Benefits Specialist  
Elder Abuse Coordinator  
Elderly Services Coordinator  
Office Manager  
Transportation Coordinator  
Transportation Driver  
Transportation Aide  
Activity Coordinator  
Outreach Worker  
Outreach Worker  
Outreach Worker  
In- Home Chore Worker  
In-Home Chore Worker  
Respite Care Worker ET  
Respite Care Worker  
Administrative Assistant  
Elder Helper  
Elder Helper  
Alzheimer/Respite Activities Specialist  
Title V  
Title V  
Title V  
Title V**

**Florence Petri  
Tina Pospychala  
Angela Ortiz  
Joyce Johnson  
Cheryl Ault  
Claudia Skenandore  
Lorna Christjohn  
Connie Van Gheem  
Dale Webster  
Michele Cottrell  
Cindy Brabbs  
Sandy Summers  
Amy Summer  
Joanne Close  
Lorleen John  
Theresa Sanchez  
Glory LaFlex  
Marty Brager  
Marie Scott  
Barbara Skenandore  
Rita Summers  
Vacant  
Jean Denny  
Wayne McReynolds  
Carmen Pasquale**

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

**Head Cook Supervisor  
Assistant Cook  
Relief Cook  
Relief Cook  
Home-Delivered Meals Driver  
Maintance Supervisor  
Home Respite Coordinator  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Home-Chore Worker  
Elder Helper  
Elder Helper  
Elder Helper  
Title V  
Title V**

**Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Pat Beilke  
Alfrieda Grignon  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Don Bogda  
Tod Hill  
Harold Dostalck  
Richard Dodge  
Cornelius Hill  
Marena Pamanet  
Jeannine La Rock  
Vacant**





Welcome to Oneida Tribe Elderly Services  
**DRUMS ACROSS ONEIDA**

2907 S Overland Rd  
Oneida, Wisconsin 54155  
920-869-2448  
Hours: 8:00am-4:30pm Monday- Friday

We welcome all adults 55 and over to participate in our many activities and utilize our services.

**ONEIDA NATION COMMISSION ON AGING MEMBERS**

Arlie Doxtator-Chair  
Clifford Doxtator-Vice Chair  
Charlene Cornelius-Secretary  
Hugh Danforth-Member  
Vera Wilson-Member  
Pearl McLester-Member  
Warren Skenandore-Member  
Dorothy Skenandore-Member  
Dellora Cornelius-Member

**ELDERLY SERVICES NUTRITION ADVISORY COUNCIL**

Arlie Doxtator-Chair  
Dellora Cornelius-Vice Chair  
Jill Caelwaerts-Dietitian  
Michelle Cottrell-Activities  
Pearl McLester-Member  
Dorothy Skenandore-Member  
Arlyle Doxtator-Member  
Harold Henn-Member  
Brenda Jorgenson-Head Cook  
Florence Petri-Director  
Marilyn Mack-Anna John Nursing Home  
Erna Doxtator-Member  
Marena Pamanet-Secretary



**Directors Corner**  
**Sagoli Oneida Elders**

I hope you all enjoyed the Christmas party. We have scheduled December 14, 2007 at the Radisson for our next party. We are always looking for new ideas or recommendations, so if you have any ideas for our yearly Christmas party, call me and let me know. 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"

This year has passed so quickly, with exciting things happening every day. Staff have been attending trainings, in areas of Family Caregiving, Alzheimer's, Dementia, and Information and Referral for services we cannot provide. Updates to program improvements are obtained from the Bureau of Aging & Disability Resources and Bay Area Agency on Aging. We have formed the Tribal Aging Directors Association. We meet on a regular basis with the state, so as to keep current with the changing issues involving how we serve our elders. Currently the focus is around Aging and Disability Resource Centers and Long Term Care Initiatives. Oneida Nation Commission on Aging Board have been real supportive and attending meetings and trainings along with staff, so as to keep abreast.

The passing of the 16<sup>th</sup> Reauthorization of the Older Americans Act has authorized programs to help older Americans stay in their own homes and receive many of the services they need to remain independent.

Prevention is being taken seriously. These interventions involve simple tools and techniques seniors can use to better manage their chronic conditions, reduce their risk of falling, and improve their nutrition and their physical and mental health. More emphasis is on home and community-based services. Prevention, as we move to a more balanced system that respects the preferences and deeply held values of our elderly.

All of these changes are happening at the same time we are experiencing the baby boomer growth (those born between 1946 and 1964) in our aging population.

On the National level, the Administration on Aging works through the national aging network of 56 State Units on Aging, 655 Area Agencies on Aging, 236 Tribal and Native organizations representing 300 American Indian and Alaska Native Tribal organizations, and two organizations serving Native Hawaiians, plus thousands of service providers, adult care centers, caregivers and volunteers.

In closing, I would like to thank the ONCOA Board for their support and leadership in advocating for our elders and the program, the Faith In Action Board for their persistence in maintaining Oneida Area Faith in Action, and the Nutrition Advisory Board for their dedication and participation in our Congregate Meals and Home Delivered meals. I also like to thank you all for allowing us to serve you and giving us the opportunity to meet your needs.

We'd like to send get well wishes to our Elder Helper Marie Scott. We miss you.

*Merry Christmas from all the staff for a warm and Happy New Year.*



# HAPPY NEW YEAR

## NEW YEAR TRADITIONS

**NEW YEAR'S EVE:** All around the world people celebrate the coming of a new year and time with traditions from their country. Although the celebrations are not always held on the same day, they often include traditions of religious celebrations, costume parties, parades and with customs said to bring good luck and fortune in the new year.

**ECUADOR** - In South America "Ano Viejo" is celebrated by creating a fake person or dummy. The scarecrow-looking person will be completely dressed and stuffed with old newspapers and firecrackers. The dummy is usually placed outside the home. He represents something that happened during the last year. At midnight each family lights the dummy on fire. As the dummy goes up in smoke, the firecrackers also go off to add to the festivities. The old year is forgotten and the new year begins.

**GREECE** - In Greece, St. Basil fills the children's shoes with presents at midnight.

**DENMARK** - It is a good sign to find your door littered with a pile of broken dishes at New Years. Old dishes are saved all year to throw them at the homes where their friends live on New Year's Eve. Many broken dishes were a symbol that you have many friends!

**JAPAN** - People in Japan spend weeks planning for their New Year celebrations. They buy special food and make decorations for their front doors out of pine branches, bamboo, and ropes that are believed to bring health and long life. Fan ropes are also hung over the doors and roofs with seaweed or ferns to bring them happiness and good luck. Children receive "otoshidamas" which are small gifts with money inside. They also send New Year cards to their friends and hold forgetting-year parties to say goodbye to the old year. The Japanese also forgive friends and family for any misunderstandings and disagreements they may have had that year so they can make a clean start of the new year. On December 31st, bells are rung 108 times to chase away 108 troubles. The people all laugh after the gongs because laughter will drive away the bad spirits. With all the bad spirits gone and troubles and enemies forgiven, they enjoy a day of celebration.

**NEW YEAR'S RESOLUTIONS:** One new year tradition is the making of New Year's resolutions. That tradition dates back to the early Babylonians. The early Babylonian's most popular resolution was



to return borrowed farm equipment. Popular modern resolutions include promises to lose weight or quit smoking.

**NEW YEAR'S PARADES:** In the United States, one of the most famous parades is the Tournament of Roses where the floats are all decorated with flowers. The parade dates back to 1886 when members of the Valley Hunt Club decorated their carriages with flowers. It celebrated the ripening of the orange crop in California.

New years is celebrated in many countries with a parade. After spending many months creating colorful costumes, the Junkanoo parade is held in the Bahamas where thousands of people celebrate in the New Year's Festival. Prizes are given to the best, the strangest, or the most beautiful costumes.

In Nepal there is a four day parade during the New Year celebration and in Greece people carry figures of apples, ships and stars.

In Syria and Lebanon children parade door to door as well.

Thailand's parade is led by an honored woman and people march to the beat of drums and gongs. Dragons, elephants, buffalos and giants are popular parade costumes there.

In Oberammergau, West Germany, the parade is very long and the parade leader carries a tall pole with a star on the top. He sings songs about the past year and dance to a band.

**FOOTBALL:** Although the Rose Bowl football game was first played as a part of the Tournament of Roses in 1902, it was replaced by Roman chariot races the following year. In 1916, the football game returned as the sports centerpiece of the festival. Today you can find a majority of American men watching the football game on TV on New Year's Day. There are even "Rose Bowl" parties.

**THE NEW YEAR BABY:** The tradition of using a baby to signify the new year has roots in ancient Greece. Early Egyptians also used a baby as a symbol of rebirth. Early Christians tried to stop the tradition of using a baby to symbolize the new year, but its popularity as a symbol of rebirth outlasted the church's attempts to change the tradition. Using an image of a baby with a New Years banner was brought to early America by the Germans.





# HAPPY NEW YEAR 2007

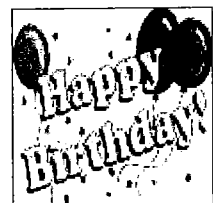
## Celebrate Our January Birthdays

Dennis Aldrich	25th	Jan Frion	2nd	Linda Moenche	3rd
Ina G. Bain	6th	Phyllis Garlow	23rd	Darlene Neconish	16th
Marcella Bannach	10th	Evelyn Goffard	2nd	Doris Neilsen	1st
Slyvia Bannach	11th	Cornelius Hill	13th	Alice Ninham	7th
Marie Basten	31st	Jacqueline Hill	31st	Josephine Nolan	6th
Noel Clevon	26th	Laverne Hill	7th	James King Overman	6th
Harry Coofer, Jr.	28th	James Hopkins	13th	Alberta Oshogay	10th
Amelia Cornelius	28th	Ken House	1st	Ramon Paul	31st
Emroy Cornelius	19th	Leona House	21st	Dorothy Pike	10th
Geraldine Cornelius	30th	Roy Huff	10th	Mildred Peshlakal	3rd
Howard Cornelius	1st	Lester Jacobs	27th	Matthew Powless	17th
Sadie Cornelius	1st	Ernest John	10th	Bernard Schumader	24th
Walter Cornelius	2nd	Thomas John	2nd	Joan Schuyler	26th
Wayne Cornelius	14th	Frankie Johnson	7th	Oscar Schuyler	24th
Reynold Crowe	2nd	Doyle Jordan	3rd	Dixon Skenandore	10th
Pat Damon	12th	Joseph Jordan	29th	Lydia Skenandore	16th
Dennison Danforth	20th	Thelma Lelluye	2nd	Walter Skenandore	28th
Erma Danforth	22nd	Clara Kerwin	2nd	Leona Smith	19th
Charles Daniels	28th	Lillian King	30th	William Smith	30th
Mary Dodge	24th	Roy Kuehi	14th	Judith Spencer	23rd
Darlene Doro	3rd	Arletta Kurowski	9th	Illa Theese	4th
Carol Doxtator	21st	Anton Laencheck	17th	Kathleen Thomas	26th
Delphine Doxtator	18th	Rose Latinin	12th	Loretta Webster	3rd
Erma Doxtator	16th	Mary LeMieux	22nd	Marlene Weisrock	31st
Gertrude Duffey	27th	Renita McCloskey	30th	Clarice Wiedorn	24th
Ray Elm	5th	Edna McReynolds	14th	Debra Ushakow	21st
Eugene Frion	21st	Mary Metoxen	7th	Dorris Vainisi	10th

Elders, if you have a birthday in January, please join us at the Senior center, 134 riverdalen Dr. (Hwy J) on January 25th, 2007. Have lunch with us and sign the birthday book.

Birthdays for our elders are usually celebrated on The last Thursday of the month.

May all your dreams come true on your birthday.  
 Let the lightening shine on the path that will lead to your heart's dream  
 Let the thunder ring true in your heart when your dreams come true.  
 May you always be blessed with the treasures within your soul.







## **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.

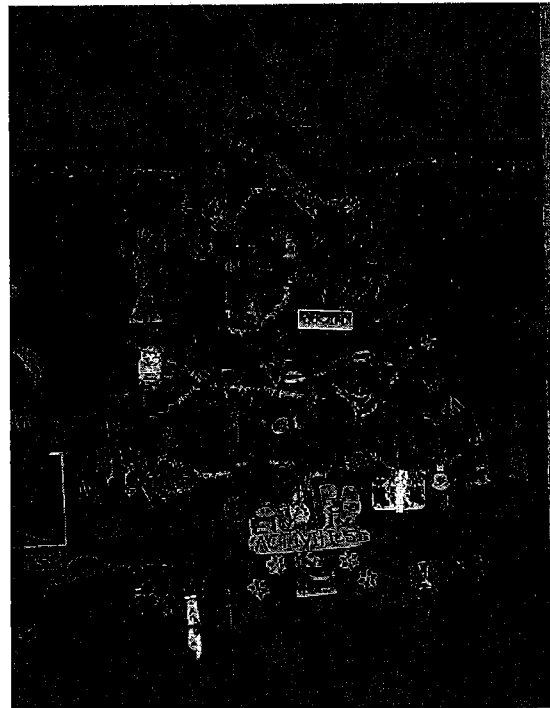
A&A Integrated Protection Systems will be contacting all are current Lifeline Subscribers to make an appointment to replace your old St Vincent Lifeline unit with the new A&A Integrated Systems Lifeline unit. We are currently making the change and hope to be completed by the end of December and/or shortly there after that. Once again we apologize for any inconvenience we may have caused. Please contact Tina R Pospychala, Assistant Director at 869-2448 if you have question or concerns.



Oneida Elderly Activities:

Thank you so much for  
being a part of our 2006  
Breakfast with Santa. We  
could not have made our  
"Winter Wonderland" without  
you! Have a Merry Christmas

Oneida Recreation



On December 8<sup>th</sup> Oneida Elderly Activities Group participated in the Winter Wonderland Contest/Breakfast with Santa at the Oneida Civic Center. All the decorations were home-made in our Craft Classes. The Elders worked very hard and were very creative. We had a lot of fun and we are glad we participated.

Here are the names of our talented Elders who helped make the decorations: Winnie Howard, Bob Schlegel, Gordon Skenandore, Betty Padilla, Marion Doxtater, Jane Salzman, Mirriam Doxtator, Karen Coffey, Leona Collar, Mary Dodge, Sadie Cornelis, Pat Thompson, Rita Summers, Louann Green, Lida Metoxen and Cheryl Ault. I just want to say,

# THANK YOU AND GREAT JOB!

Michelle Cottrell, Activity Coordinator





## Good Words From an Elder

Author Unknown

An old Cherokee is telling his grandson about a fight that is going on inside of himself. He said it is between two wolves.

One is evil, envy, sorrow, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good, joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth compassion and faith.

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied. "The one I feed"

---

## GRANDMA CHANGED

In the dim and distant past  
When life's tempo wasn't too fast  
Grandma used to rock and knit  
Crochet, tat and baby sit

When the kids were in a jam  
They could always call on "gram".  
But today she's in the gym  
Excercising to keep slim.

She's checking the web or surfing the net  
Sending some e-mial or placing a bet.  
Nothing seems to stop or blocker,  
Now the grandma's off her rocker.

## Medicare Scam

The Oklahoma Insurance Department's Senior Health Insurance Counseling Program(SHIP) received a call on 11/28/06 from a lady in Durant, Oklahoma. She related that someone called her informing her that Medicare was preparing to send out new I.D. cards and that there was a one-time fee of \$380.00. She then explained that she authorized a direct payment over the phone from her checking account, but realizing what she had done, contacted her bank and had the payment stopped. The bank (unknown)is investigating. SHIP confirmed with her that Medicare would not charge any fee for the I.D. card and that it was a scam. Before SHIP could ge the lady's name, she hung up. Please be aware of this scam. The Oklahoma Insurance Department's Com-munication Division is working on a press release regarding this incident.

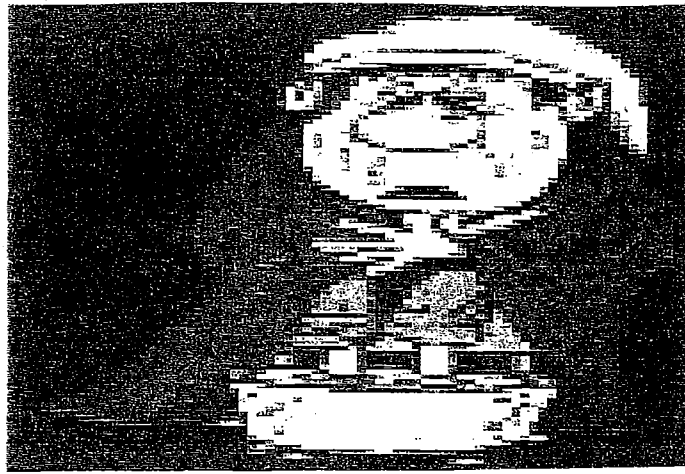
Cindy Brown, SHIP Director

---

All of us here at Elderly Services, would like to thank Dale Peters for the donation of the beautiful Christmas tree that now adorns our entrance way.

Also, thanks go out to Alberta Metoxen for the donations of Native American paperbacks for our Library. .





## **REGARDING THE COLD AND FLU SEASON**

The cold and flu season will soon be upon us. There are several simple steps that you can take to stop the spread of germs and help protect you and those around you from getting sick with the flu, colds, or other illnesses:

### **IMMUNIZATION (FLU SHOT)**

**By far, the single best way to prevent the flu, especially people at high risk for serious complications from the flu, is to get a influenza (flu) vaccination each fall.**

**People at high risk include:**

1. Adults aged 65 and over.
2. Children 6 to 23 months old.
3. Adults and children with chronic medical conditions.
4. Women who are pregnant during the flu season. (October - March)
5. Children age 6 months to 18 years on chronic aspirin therapy.
6. Healthcare workers involved in direct patient care.
7. Out-of-home care givers and household contacts of children younger than 6 months.

### **WASHING HANDS**

To help protect against illnesses like the flu, everyone should wash their hands:

1. After coughing or sneezing or whenever fingers touch the inside of the mouth or nose.
2. Before preparing food.
3. Before and after eating.



4. After hands touch another person who has a cough or cold.
5. Whenever hands are not clean.

Hands should be washed with soap and warm water for at least 15 seconds, with rubbing action, then rinsed, and dried with a paper towel. A clean paper towel should be used to turn off water faucets. The use of an alcohol gel is a convenient and effective alternative to washing with soap and water. Use of an alcohol gel is encouraged for people who are in bed due to respiratory illnesses.

### **COUGHING AND SNEEZING**

Practice good health habits when coughing or sneezing by:

1. Covering the nose and mouth with a tissue when coughing or sneezing.
2. Discarding tissue in waste container immediately after use.
3. Washing hands immediately after disposing of used tissue.

No one should share drinking cups, water bottles, eating utensils, or any other items placed in another person's mouth.

### **STAY HOME WHEN YOU ARE SICK**

When you are sick, stay home from work and school, and avoid running errands. Not only will rest help you recover more quickly, but staying home will help prevent others from getting your illness.

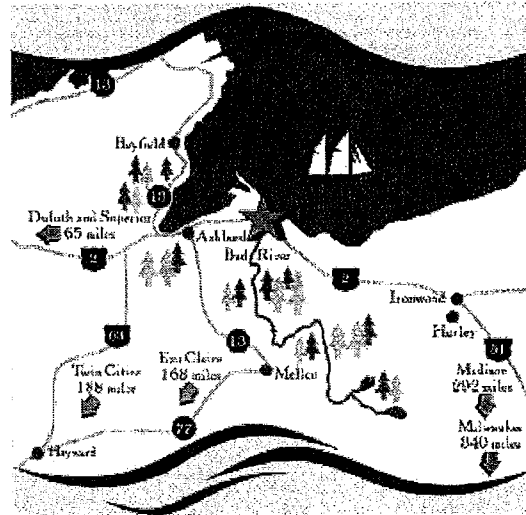
**The supplies provided are a "starter kit" for your site.** They have been provided by funding from The Oneida Preparedness Grant.

1. GBG AloeGel-Instant Hand Sanitizer- an alcohol-based hand cleaner to leave in high traffic areas where soap and water are not available.
2. Tissue-A barrier for covering the nose and mouth for coughs and sneezes.

**Remember:** 1) Germs never take a holiday. 2) Practice these tips, as above, all year long and help reduce the spread of illness. 3) We have gotten you started the next step is up to you.



# GLNAEA



## Great Lakes Native American Elders Association

**Sponsored by Bad River  
February 1<sup>st</sup> & 2<sup>nd</sup>, 2007  
Hwy 2, Odanah, WI**

All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Monday, January 15, 2007. We must have 20 people signed-up to reserve a coach bus, or else we'll use tribal vans. Payment for your hotel must be received by January 15 and the last day to cancel is January 22 for reimbursement of payment. We will be staying at Bad River Lodge and the cost is \$25.00 per person. We will leave the Senior Center (Meal Site) at 12:45 pm on Thursday, February 1<sup>st</sup>. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.



## Oneida Elderly Services Presents

### Traditional Ceremonies

January 22, 2007

**Date:** January 22, 2007

**Time:** 11:45 - 12:30pm

**Where:** Oneida Senior Center  
134 Riverdale Dr  
Oneida WI 54155

Bring your questions about 12 Traditional Ceremonies held throughout the year... Randy will be available to answer your question about the Ceremonies like Mid-Winter, Strawberry, and many more...



# Elder Bingo

---

**Hosted by  
Oneida Housing Authority**

**WHEN:** Monday, January 8, 2007  
Monday, January 22, 2007  
Monday, February 5, 2007  
Monday, February 19, 2007  
Monday, March 5, 2007  
Monday, March 19, 2007  
Monday, April 2, 2007  
Monday, April 16, 2007  
Monday, April 30, 2007

**TIME:** 1 p.m.

**WHERE:** Site II Building  
W1144 Park Drive

B	I	N	G	O
7	17	41	57	75
13	29	39	48	63
5	28	Free Space	59	72
9	19	33	51	67
12	23	40	49	71

B	I	N	G	O
7	17	41	57	75
13	29	39	48	63
5	28	Free Space	59	72
9	19	33	51	67
12	23	40	49	71

B	I	N	G	O
7	17	41	57	75
13	29	39	48	63
5	28	Free Space	59	72
9	19	33	51	67
12	23	40	49	71

For more information, please call (920) 869-2227



Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

# JANUARY 2007 ACTIVITIES

1	2	3	4	5
OFF	CRAFTS Epworth Hall 9:30 - 11:30	P.A.C.E. EXERCISE Elderly Services 9:30 BINGO Hwy H 1:30	COOKING Elderly Services 9:30 FAMILY DOLLAR DAIRY QUEEN Seymour 1:00	BANKS SHOPPING LUNCH OUT 10:00 - 3:00
8	9	10	11	12
P.A.C.E. EXERCISE Elderly Services 9:30 BINGO Site II 1:00	CRAFTS Epworth Hall 9:30 - 11:30	ONEIDA LANGUAGE 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BINGO Hwy H 1:30	SIMON'S CHEESE FACTORY LUNCH OUT 9:30	BANKS SHOPPING LUNCH OUT 10:00 - 3:00
15	16	17	18	19
P.A.C.E. EXERCISE Elderly Services 9:30 RUBBER STAMPING Elderly Services 1:00	CRAFTS Epworth Hall 9:30 - 11:30	P.A.C.E. EXERCISE Elderly Services 9:30 BINGO Hwy H 1:30	PRICE IS RIGHT Elderly Services 9:30 BOWLING Ashwaubenon Lanes 1:30	BANKS SHOPPING LUNCH OUT 10:00 - 3:00
22	23	24	25	26
CARDS 9:30 PUPPET SHOW 10:30 (Presented by Arts program) Senior Center BINGO Site II 1:00	CRAFTS Epworth Hall 9:30 - 11:30	P.A.C.E. EXERCISE Elderly Services 9:30 BINGO Hwy H 1:30	PACKER HALL OF FAME TOUR (\$5.00) 10:00- 11:30 MOVIE Elderly Services 1:00	BANKS SHOPPING LUNCH OUT 10:00 - 3:00
29	30	31	* If not attending the trips, bus will pick up for lunch only.	
P.A.C.E. EXERCISE Elderly Services 9:30 BOARD GAMES Elderly Services 1:00	BINGO Epworth Hall 9:30 - 11:30	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 Senior Center.	



# MENU

## JANUARY

2007

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

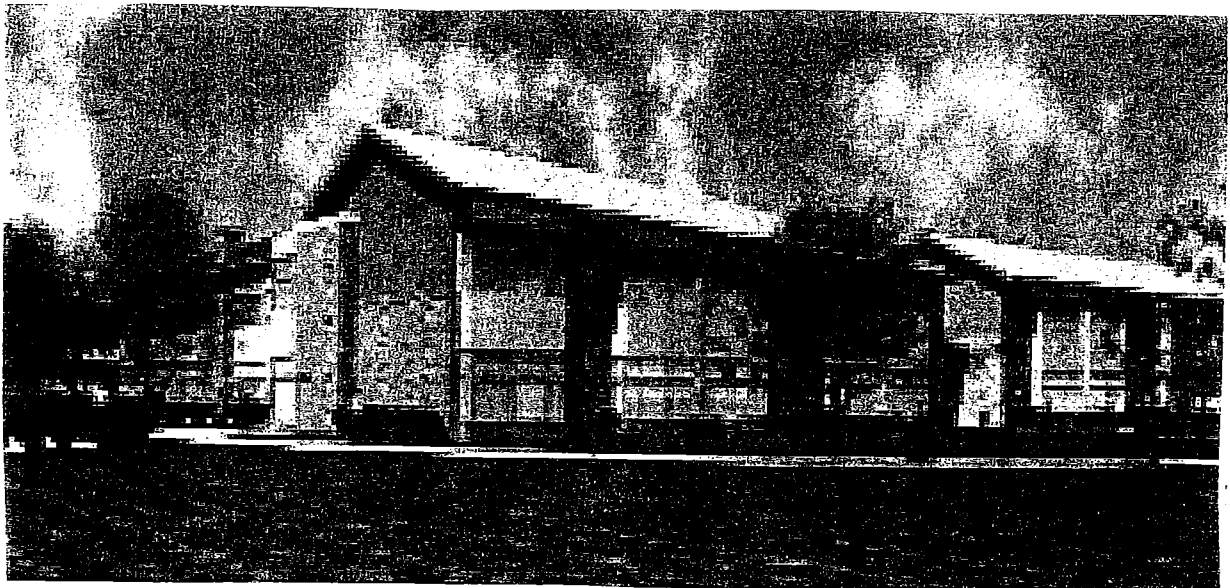
Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>NEW YEAR'S DAY</b> <b>CLOSED</b>	2 Chili Cucumbers W/W Bread Juice Pineapple Tidbits	3 Pork Steak Red Potatoes Mixed Vegetables W/W Bread Pears	4 White Fish Red Potatoes Cole Slaw W/W Bread Raspberry Mousse	5 Eggs & Bacon Oatmeal Toast Juice Applesauce
8 Hot Dogs Macaroni & Cheese Peas Juice W/W Bread Ice Cream	9 Corn Soup Fresh Bread Juice Berries	10 Chicken Breast Rice Pilaf California Blend W/W Bread Cookies	11 Liver & Onions Red Potatoes Beets W/W Bread Bread Pudding	12 S.O.S. Eggs Toast Juice Peaches
15 Chop Suey Rice W/W Bread Mandarin Oranges	16 White Chili Fresh Bread Juice Jell-o Whip	17 Meat Loaf Potatoes, Carrots W/W Bread Yogurt	18 Bar-b-q Ribs Scalloped Potatoes Broccoli W/W Bread Ice Cream Bars	19 French Toast Sausage Mixed Berries Juice
22 Spaghetti Garlic Bread Salad Sherbert	23 Beef Vegetable Soup Fresh Bread Juice Peaches	24 Chicken Gordan Brussel Sprouts Potatoes W/W Bread Pudding	25 Birthday Day Beef Roast, Corn, Potatoes, W/W Bread Juice Strawberry Short Cake	26 Eggs, Ham, Cheese Muffins Fresh Fruit Juice
29 Goulash W/W Bread Juice Jell-o With Fruit	30 California Blend Cheese Soup Fresh Bread Juice Yogurt	31 Lasagna Salad Garlic Bread Berries		
All meals are served with coffee, milk or tea.	Menu is subject to change.	<b>FLOWER:</b> Carnation <b>BIRTH STONE:</b> Garnet	<b>Hours:</b> 8 a.m.-4:30 p.m. Lunched Served Mon.-Thurs. 12p.m.-1p.m.	<b>Breakfast on Fri.</b> Serving from 9 a.m.- 10 a.m.



Come Tour the Model Resident Unit at Anna John Nursing Home.

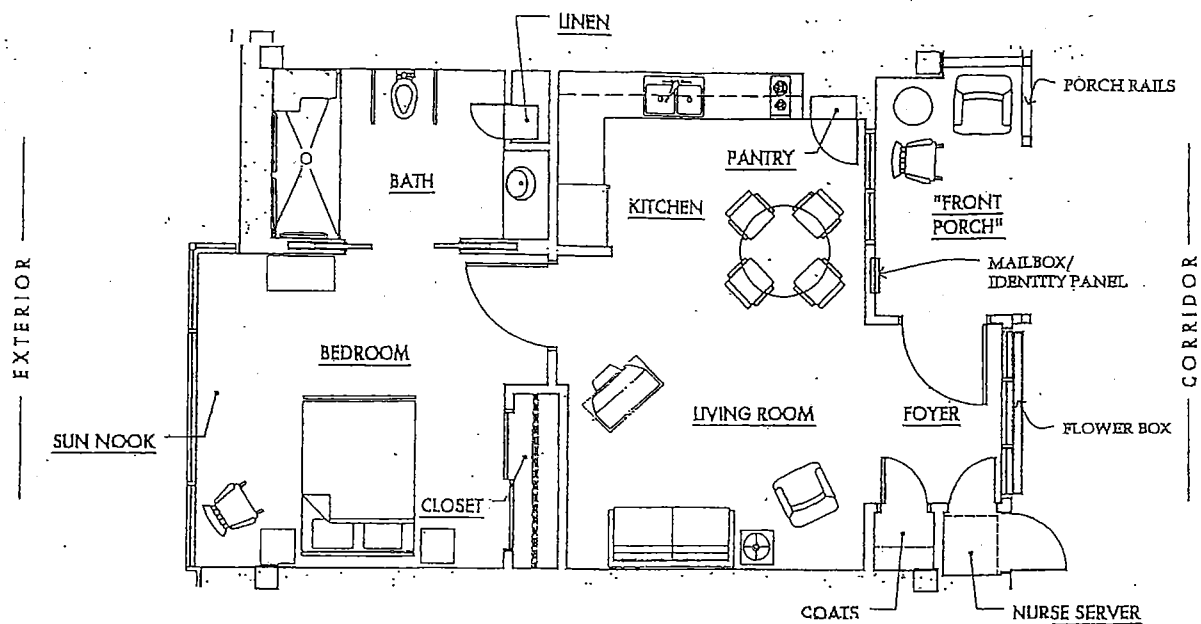
The team developing the Assisted Living/New Anna John Nursing Home would like to obtain community input on the design of the Resident Unit/Apartment planned for the new facility. We are pleased to invite the Oneida community to tour the Resident/Apartment Model located in the parking lot of Anna John Nursing Home. This Model is designed to demonstrate the size and features that have been included in the planning to date. Inside the Model is additional information and survey forms, we hope that those who tour will complete and share your ideas with us. We also would like to thank DPW for their assistance in constructing the Model. A generator will run, prior to the hours the Unit is open. Unit is open Monday & Friday from 3:30PM to 5:30PM, starting December 10<sup>th</sup>. Closed Holidays.

If you have questions, please call Anna John Nursing Home - Monday-Friday and ask to speak with Craig Ninham at 869-2797. Saturday mornings with appointment.

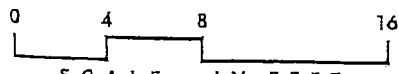
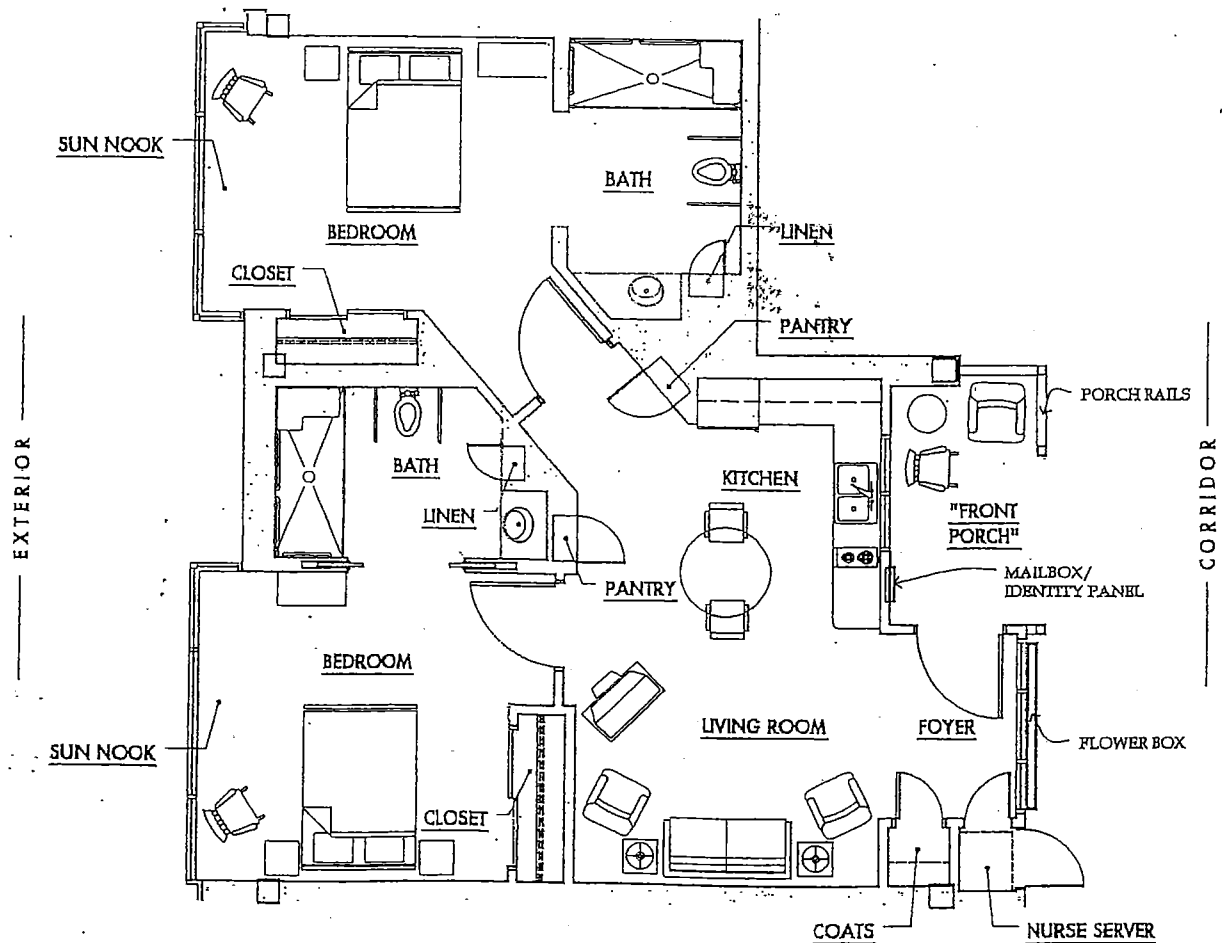




# One Bedroom Apartment



# Two Bedroom Apartment





## Holiday Spiced Sweet Potatoes(Yams) Side Dish

3 pounds (about) 6 medium sized) red-  
skinned sweet potatoes(yams)  
1/2 cup (packed) golden brown sugar  
1/4 (1/2) stick butter, rom temperature  
1 tbsp lemon juice  
2 teaspoons grated orange peel  
3/4 teaspoon ground cinnamon  
3/4 teaspoon ground allspice  
3/4 traspoon ground nutmeg

1. Position rack in center of oven,  
Preheat to 400 degree F. Pierce  
Sweet potatoes in several places  
with fork. Place on rimmed baking  
sheet. Bake until tender when pierced  
with fork, about 55 minutes.  
Cool slightly.
2. Cut the sweet potatoes in half. Scoop  
out pulp into large bowl, discard peel,  
Add brown sugar, butter, lemon juice,  
grated orange peel, ground cinnamon,  
allspice, and nutmeg. to sweet potato ..  
pulp. Using an electric mixer, beat  
until mixture is smooth. Season with  
salt and pepper.

Can be made a day early.

## Recipe For A Happy New Year

Take twelve whole months  
Clean them thoroughly of all  
bitterness, hate and jealousy.  
Make them as fresh and clean as  
possible—Now cut up each month  
in twenty-eight, thirty, or thirty-  
one different parts, but don't  
make up the whole batch at once.  
Prepare it one day at a time out of  
these ingredients—Mix well into  
each day, one part of faith, one  
part of patience, one part of  
courage, and one part of work.  
Add to each day, one part of hope  
faithfulness, generosity and  
kindness Blend with one part  
prayer, one part meditation and  
one good deed. Season the whole  
with a dash of good spirits, a  
sprinkle of fun, a pinch of play  
and a cupful of good  
humor—Pour all of this into a  
vessel of love. Cook thoroughly  
over radiant joy, garnish with a  
smile and serve with quietness,  
unselfishness and cheerfulness.

You're bound to have a  
HAPPY NEW YEAR

This bright new year is given me  
To live each day with zest ...  
To daily grow and try to be  
My highest and my best!

I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!

- William Arthur Ward





## Stages Of Symptom Progression in Alzheimer's Disease

It is important to recognize signs and symptoms of early-stage Alzheimer's disease and not to dismiss them as normal signs of aging. It is difficult to place a person with Alzheimer's disease into a specific stage. However, symptoms seem to progress in a recognizable pattern and these stages provide a framework for understanding the disease. It is important to remember they are not uniform in every person and the stages overlap. Use the list below as a guide and check off any warning signs that you have noticed in your self or a loved one. If you have noticed any these warning signs, talk to your doctor.

### Warning Signs of Alzheimer's Disease:

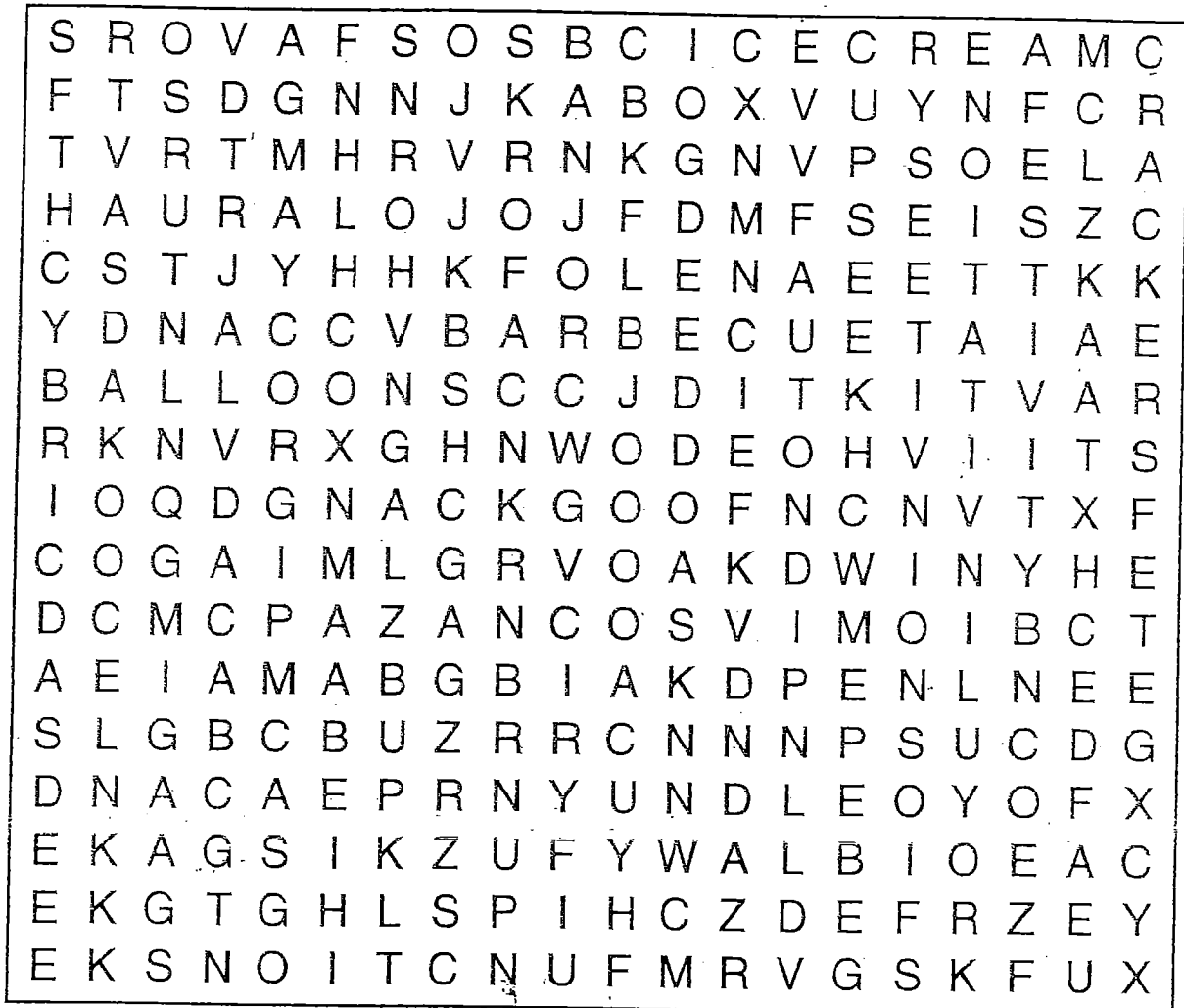
- ☐ **Forgetting things more often**  
Names, telephone numbers or recent events
- ☐ **Becoming confused about time and place**  
Getting lost trying to find one's home
- ☐ **Having problems with routine tasks**  
Buttoning a shirt or other daily activities
- ☐ **Experiencing erratic changes in mood or behavior**  
Becoming angry or depressed
- ☐ **Having difficulty communicating**  
Forgetting common words or using the wrong words
- ☐ **Experiencing changes in personality**  
Feeling afraid or suspicious
- ☐ **Lack of sound judgment**  
Wearing inappropriate clothes for the season

*Source: Alzheimer's Foundation of America*

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



# Party Time



F1132

ASK  
BANJO  
BALLOONS  
BARBECUE  
BOUNCE  
CAKE  
CANDLES  
CANDY  
CARD  
CHAMPAGNE

CHIPS  
CLAMBAKE  
CLOWN  
CONFETTI  
COOK  
COOKIES  
CRACKERS  
CUPS  
DANCING  
DIP

FAVORS  
FESTIVITY  
FETE  
FOOD  
FORKS  
FRIENDS  
FUN  
FUNCTION  
GALA  
GAMES

GRABBAG  
GUESTS  
HATS  
HOEDOWN  
HORNS  
ICE CREAM  
ICING  
INVITE  
INVITATION  
INVITEES



# 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:**

**Marital Status:** \_\_\_\_\_ Married \_\_\_\_\_ Single \_\_\_\_\_ Widowed \_\_\_\_\_ Divorced

**Maiden Name:** \_\_\_\_\_

**Veteran:** \_\_\_\_\_ Yes \_\_\_\_\_ No

**Living Arrangement:** \_\_\_\_\_ Lives Alone \_\_\_\_\_ Lives with Spouse \_\_\_\_\_ Lives with Others\*

**Do You:** \_\_\_\_\_ Rent \_\_\_\_\_ Own \_\_\_\_\_ How Many Others\*

**Race:** \_\_\_\_\_ Native American \_\_\_\_\_ Caucasian \_\_\_\_\_ Latino \_\_\_\_\_ Asian \_\_\_\_\_ African American

**Tribal Affiliation:** \_\_\_\_\_ **Enrollment Number:** \_\_\_\_\_

**General Health Status:** \_\_\_\_\_ Excellent \_\_\_\_\_ Good \_\_\_\_\_ Fair \_\_\_\_\_ Poor\*

**\*If Poor Please List Health Condition:** \_\_\_\_\_

**Do You Currently Have Any of the Following:** \_\_\_\_\_ Guardian \_\_\_\_\_ Power of 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



