

# DRUMS ACROSS ONEIDA

ELDERLY SERVICES  
2907 S. OVERLAND RD.

P.O. BOX 365

SENIOR CENTER  
1341 UNIVERSITY DR.

ONEIDA, NY 13455

ELDERLY SERVICES 1-920-869-2448

SENIOR CENTER 1-920-869-1651

TOLL FREE 1-800-867-1156

YOHSLA-SE-WEH-HNI-TAHL

NEW YEAR MOON

January 2008



**ELDERLY SERVICES COMPLEX:**

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  
Respite Care Worker  
Administrative Assistant  
Elder Helper  
Elder Helper  
Alzheimers/Respite Activities Specialist  
Vista Worker  
Title V  
Title V

2907 S. Overland Rd. (P.O. Box 365)  
Oneida WI 54155 1-920-869-2448  
Florence Petri  
Tina Pospychala  
Anglea Ortiz  
Joyce Johnson  
Cheryl Ault  
Claudia Skenandore  
Lorna Christjohn  
Connie Van Gheem  
Dale Webster  
Michele Cottrell  
Cindy Brabbs  
Sandy Charles  
Amy Sumner  
Joanne Close  
Lorleen John  
James Smith  
Glory LeFlex  
Marty Braeger  
Marie Scott  
Barbara Skenandore  
Rita Summers  
Sara Loken  
Mildred Figueroa  
Leland Danforth

**ONEIDA SENIOR CENTER:**

Head Cook Supervisor  
Assistant Cook  
Relief Cook  
Relief Cook  
Home-Delivered Meals Driver  
Maintenance Supervisor  
Home Repairs 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  
Title V

134 Riverdale Drive (P.O. Box 365)  
Oneida WI 54155 1-920-869-1551  
Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Pat Beilke  
Alfrieda Grignon  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Don Bogda  
Jared Skenadore  
Harold Dostalek  
Richard Dodge  
Cornelius Hill  
Grover Smith  
Jeannine LaRock  
Marena Pamanet  
Herb Powless

## Hoyan

I'd like to wish you all a very Happy New Year and may you have nothing but joy and peace in the year ahead. I hope you have enjoyed the Christmas party. Thank the Business Committee and ONCOA for their generosity. Again, thanks for being a part of our yearly event. We have already set a date for the 2006 Christmas party. For those who like to plan ahead, the date is December 15<sup>th</sup>, 2006. So mark your calendars.

We have had a lot of things happen this past year. This is the year for the Older Americans Act Re-authorization. We should be so proud to have one of our own as a delegate attending the White House Conference on Aging. Wendall McLester was chosen from our area to represent our elders. This is a real important year for our elders as this only happens every ten years. Highlights of implementation strategies for the top 50 resolutions were presented. The final report will be coming out soon.

Some of the key strategies of interest to elders and AAA (Area Agencies on Aging) are:

1. Substantially increase funding for the Older Americans Act
2. Improving State and Local Based Integrated Delivery Systems to Meet 21<sup>st</sup> Century need of Seniors
3. Double funding for the National Family Caregiver Support Program
4. Support Title VI by elevating the American Indian office and hold a Native American White House Conference on Aging.

This will be a year to remember

Looking on to 2006, the 2005 White House conference on Aging is mandated by the Older Americans Act to focus on the interest and needs of current seniors as well as the 78 million baby boomers who will begin to turn 60 in 2006. Will we be ready???

Similar to the growing pains they experienced in their earlier years, Boomers are now anxiously asking "Whats Next?" Boomers aren't going to retire, at least not in the way their parents and preceding generations retired. Boomers simply don't identify with the aging process. Boomer's image of aging is Sun City and shuffleboard. Killing time before it kills them.

Staff attend training on Alzheimers, Dementia, Respite Care, Nurses Aid, Family Caregiving, Food Service, Information and Referral for Alternate Resources, transportation, our volunteer Faith in Action and other Supportive Services. We are all involved regularly with Bay Area Agency on Aging, the Alzheimers Association, Title VI, the Bureau of Aging & Disability Resources and VISTA (Volunteers in Service to America), Wisconsin Association of Nutrition Directors.

Don't forget to stop by and visit our new and improved store. Run and operated by our elders. Our library is loaded with books, videos, and puzzles. We have four computers for your use. Don't forget to check out our website, which is now located off a link from [www.Oneidanation.org](http://www.Oneidanation.org)

I'd like to acknowledge all the employees who have served our elders in one capacity or another. On the opposite side of the front cover of the DRUMS is a list of their names and titles. They all play a part in seeing that your needs are met. We have some new faces, so please acknowledge and thank them when you see them. Don't forget our Elder Helpers and Title V workers. Don't forget our VISTA Sara Loken, who came on in July. She has been very busy writing grants for us and also serving our elders.

I'd also like to thank the ONCOA Board members for their support and guidance throughout the year. They are always a great help to us. Lois Strong, Charlene Cornelius, Alfreda Green, Arlie Doxtator, Dorothy Skenandore, Josephine Oudenhoven, Valdor John, and Clifford Doxtator, Pearl McLester and Hugh Danforth.

In closing, I want to thank you all for allowing us the opportunity to serve you.

Best of wishes from all the staff for a warm and happy new year.

Florence Petri, Program Director

### **The Positive Side of Life**

Ever notice that the people who are late are often much jollier than the people who have to wait for them??

If Wal-Mart is lowering prices every day, how come nothing is free yet??

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors... but they all exist very nicely in the same box.

# HAPPY NEW YEAR 2006

## CELEBRATE OUR JANUARY BIRTHDAY'S

Ina G. Bain	1-06
Marcella Bannach	1-10
Slvia Bannach	1-11
Marie Bastin	1-31
Noel Cleven	1-28
Howard Cornelius	1-01
Sadie Cornelius	1-01
Wayne Cornelius	1-14
Reynold Crowe	1-02
Pat Damon	1-12
Charles Daniels	1-28
Mary Dodge	1-24
Delphine Doxtator	1-18
Ray Elm	1-05
Jan Frion	1-02
Phyllis Garlow	1-23
Cornelius Hill	1-03
Laverne Hill	1-07
Leona House	1-21
Roy Huff	1-10
Lester Jacobs	1-27
Ernest John	1-10

Doyle Jordan	1-03
Clara Kerwin	1-28
Lillian King	1-30
Arletta Kurowski	1-09
Anton Laencheck	1-17
Rose Laitinin	1-12
Mary Metoxen	1-07
Darlenae Neconish	1-16
Josephine Nolan	1-06
Alberta Oshogay	1-10
<del>James Overman</del> <i>King</i> <i>didit miss</i>	<del>1-06</del>
Ramon Paul	1-31
Mildred Peshlakal	1-03
Matthew Powless	1-17
Joan Schuster	1-26
Oscar Schuyler	1-24
Dixon Skenandore	1-10
Lydia Skenandore	1-16
Leona Smith	1-18
Dorris Vannise	1-10
Loretta Webster	1-03
Marlene Weisrock	1-31

Elders , if you have a birthday in February , please join us at the Senior Center, 134 Riverdale Dr. (Hwy J) on December 29<sup>th</sup>,2005. Have lunch with us and sigb the birthday book.

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

## FOOT CLINIC

STARTING NOVEMBER 17<sup>TH</sup>, 2005 THE FOOT CLINIC WILL BE OPENED FOR SCHEDULED APPOINTMENTS ON THE 2<sup>ND</sup> AND 4<sup>TH</sup> MONDAY FROM 8 AM-11 :30 PM AND THE 1<sup>ST</sup> AND 3<sup>RD</sup> THURSDAY OF THE MONTH FROM 1 PM-4PM. OTHERWISE ALL RRANGEMENTS FOR MAKING APPOINTMENTS IS THE SAME.

TERRI HARMALA BSN RN  
ONEIDA COMMUNITY HEALTH  
THARMALA @ONMEIDANATION.ORG  
PHONE: 920-869-4289  
FAX: 920-869-6329

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## HAVE YOU NOTICED?

Our beautiful Christmas tree in the lobby by Elderly Services: thanks to Lorleen John for the good job. Thanks to Michele Cottrell for her hand in decorating at Elderly Services also. Thanks to Kayo for her decorating in the gift shop. Thanks to Josie Oudenhoven for the reading material. Thanks to the Oneida Casino for the decorations donated. Thanks to Noel Cleven and Paul Parmly for the baskets of fruit.

Thanks to those of you who purchased tickets for the Autographed Packer Football Raffle: the winner was Gordon Doxtator, a big Packer fan.

Thanks to Marion Doxtater for donating a DVD Player/Movies to the Elderly Activity Program.

Thanks to Oneida Housing Authority (Breezy) and Oneida Recreation (Kim & Wendy) for their generosity of prizes and treats to our Elders at the Bingo Activities.

The Oneida Elderly Services

## Diabetes Increases Depression Risk

Current researchers suggests that people with diabetes are almost twice as likely to develop a depression disorder as people who do not have a chronic illness.

The course of depression in diabetes may be more severe and of longer duration than in those with diabetes. People with diabetes who develop major depression are also more likely to experience relapses of depression than people without diabetes.

Factors that increase the risk of developing depression include financial stress, the presence of several long-term complications of diabetes, having less than a high school education, being single, or being a female. The type of diabetes you have doesn't matter. Depression occurs at similar rates in people with type 1 and people with type 2.

Living with diabetes has been described as having a full-time job that you didn't apply for, don't want, and can't quit. The constant vigilance about what you eat, the fear of developing complications, and the effort required for daily tasks such as monitoring your medications correctly can cause significant stress. Throw complications into the mix, and it's easy to feel overwhelmed. This job can be enough to make you want to quit. Chronically high blood glucose levels may worsen the symptoms of depression, recent studies have shown.

## **UP CLOSE AND PERSONAL**

With Tina Pospychala,  
Assistant Director

Tina Pospychala has a Bachelor of Science in Business. She has been employed with Oneida Elderly Services since March 2004 and with the Tribe since July 1994.

Tina's parents are Robin (Wilbur) & William Emmerton and the late Raymond Pospychala. Her grand parents are the late Ethel (Hill) & Jediah Wilbur. Tina is the oldest and has two sisters & two brothers. Tina has a son , age 28 who is married to a wonderful lady and a grandson who is one year old. Tina has a daughter, age 17, who is graduating from Southwest High in 2006 and will attend UW Oshkosh in the fall.

Tina enjoys working with the seniors because they are like my Grandma & Grandpas. They have wonderful stories of their younger days and they fill her days joy .

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

**Who or what has had the biggest influence in your life ?**  
My Grand mother and mother

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

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

**What is the best advice anyone ever gave you?**  
To be honest, kind and caring

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

**What is your ideal vacation?**  
An Ocean cruise

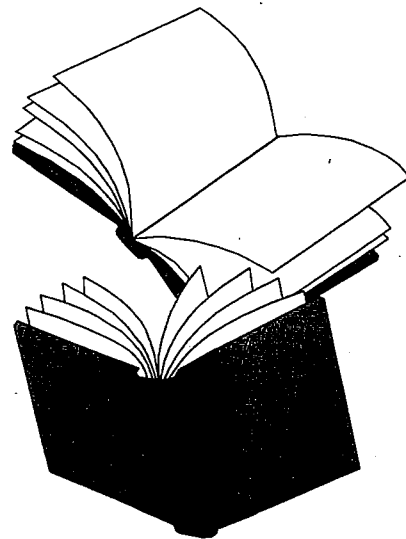
**Favorite meal:** Steak with sauteed mushrooms

**Favorite Music:** Old Motown

**Favorite Books:** John Grisham & JK Rowling

**Favorite Movies:** Romantic Comedies

**Favorite Hobbies:** Crafts, swimming & bowling



MENU		134 Riverdale Dr		JANUARY		1-920-869-1551		2006	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2. CLOSED		3. Beef Barley Soup Fresh Bread Juice Jello w/ Pears		4. Goulash W/W Bread Fresh Veggies Juice & Berries		5. Fish & Potatoes Coleslaw Bread Peaches		6. Omelet Toast & Juice Hash Browns Orange Juice	
9. Chili Tomato & Cukes W/W Bread Juice Ice Cream		10. Tomato Soup Grill Cheese Sand. Juice Mixed Fruit		11. Chicken Breast Wild Rice L.Grain Carrots W/W Bread Pineapple Tidbits		12. Pork Steak Potatoes Calif. Blend Veggies W/W Bread Strawberry Whip		13 French Toast Sausaage Juice Mixed Berries	
16. Hot Dogs Mac & Tomatoes Green Beans W/W Bread Sherbert		17. Beef Stew Biscuits Juice Melons		18. Spaghetti Salad Garlic Bread Juice Berries		19. BBQ Pork Scalloped Potatoes Peas W/W Bread Applesauce		20. Bacon & Eggs Cornmeal Toast Juice Peaches	
23. Chop Suey & Rice W/W Bread Juice Mandarin Oranges		24. Potato Soup Fresh Bread Juice Berries		25. Brats & Kraut Potatoes W/W Bread Applesauce		26. Beef Roast Potatoes & Carrots W/W Bread Spice Cake		27. S.O.S & Eggs Toast Juice Grapefruit Sections	
30. Ham Sweet Potatoes Peas W/W Bread Peaches		31. Chicken Noodle Soup Fresh Bread Juice Pudding w/Bananas		Flower: Carnation  Birthstone: Garnet		All meals are served with coffee, tea, or milk. Menu is subject to change.		Office Hrs:8am-4:30pm Lunch served 12-1pm Breakfast served on Fri. From 9am-10am	

## Buttermilk Doughnuts

### “ Ho-Yan “

2 Eggs  
1 ¼ Sugar  
2 Tbsp. Melted Shortening  
1 C. Buttermilk  
½ Tsp. Salt  
½ Tsp. Nutmeg  
1 Tsp. Soda  
About 4 C. Flour

Beat eggs, add sugar, shortening, and milk. Mix rest of dry ingredients. Combine the two mixtures. If dough is chilled before being rolled, reduce flour by ½ C. Knead slightly, roll ¼ inch thick, Cut and fry. If desired, dust with powdered sugar.

To fry: Heat 3-4 inches of fat to 360°F. Cook a few doughnuts at a time, turning often until evenly browned on both sides. Drain on crumpled paper towels.

In memory of Evelyn Hill.

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## United States Fire Administration

### Let's Retire Fire

Americans over the age of 65 are one of the groups at greatest risk of dying in a fire. On average, 959 Americans age 65 and over die in fires. People over the age of 80 die in fires at a rate three times higher than the rest of the population.

Why are older people at risk?

- + They may be less able to take the quick action necessary in a fire emergency.
- + They may be on medication that affects their ability to make quick decisions.
- + Many older people live alone and when accidents happen other may not be around to help.

## What fire hazards affect older people?

- + Cooking accidents are the leading cause of fire related injuries for older Americans .
- + The unsafe use of smoking materials is the leading cause of fire deaths among older Americans.
- + Heating equipment is responsible for a big share of fires in seniors ' homes. Extra caution should be used with alternate heaters such as wood stoves or electric space heaters.
- + Faulty wiring is another major cause of fires affecting the elderly. Older homes can have serious wiring problems, ranging from old appliances with bad wiring to overloaded sockets.

## Safety tips for older americans.

### + KITCHEN FIRES:

Most kitchen fires occur because food is left unattended on the stove or in the oven. If you must leave the kitchen while cooking, take a spoon or potholder with you to remind you to return to the kitchen. Never cook with loose , dangling sleeves that can ignite easily. Heat cooking oils gradually and use extra caution when deep-frying. If a fire breaks out in a pan, put a lid on the pan. Never throw water on a grease fire. Never use a range or stove to heat your home.

### + SPACE HEATERS:

Buy only Underwriter's Laboratory (UL) approved heaters. Use only the manufacturer's recommended fuel for each heater. Do not use electric space heaters in the bathroom or around other wet areas. Do not dry or store objects on top of your heater. Keep combustibles away from heat sources.

## **ATTENTION**

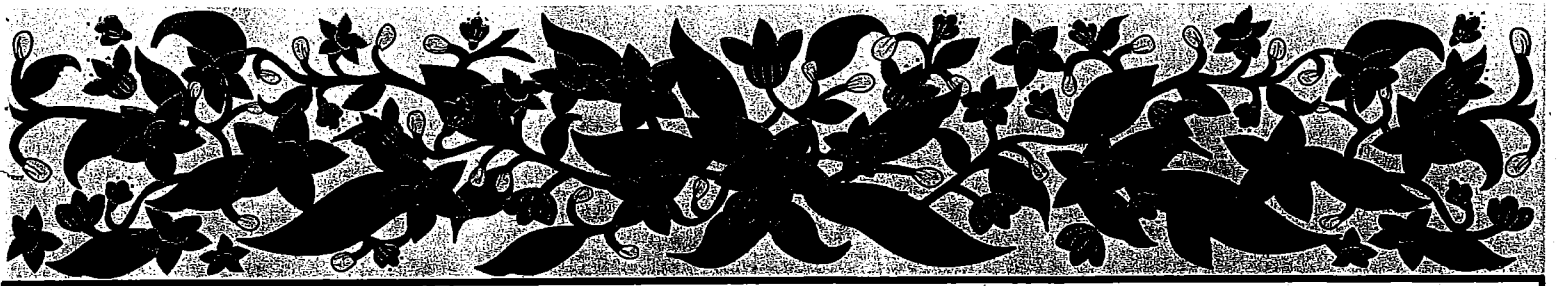
**Tribal seniors who have their names on the waiting list for one of the Longhouse Apartments---  
— at the Lee McLester II Building- Elderly Complex,  
You need to keep us informed and updated on your most current address and a phone number where you can be reached.**

**We have been having a difficult time reaching people on our list when there is an opening.**

**Please let us know as soon as possible when your address or phone number changes.**

**We can be reached at 920-869-2448. and our extentions are Florence Petri- 4951---- Millie -4975**

**THANK YOU**



# Come to Hawaiian Day

Where: Senior Center

When: January 11th, 2006 at 12:00 PM  
for Lunch

## Menu

Hawaiian Honey Mustard Chicken

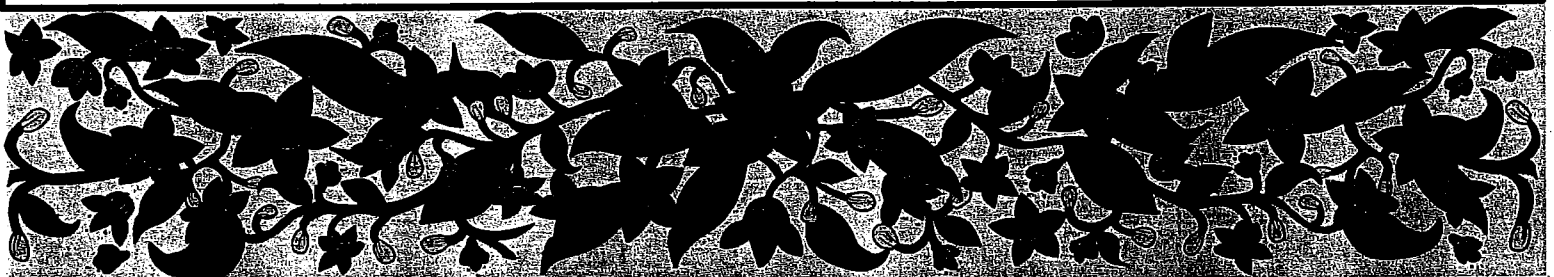
Pasta Rags

Glazed Carrots

Fresh Warm Bread

Pineapple Cream Fluff

Come and celebrate with Hawaiian Fun!



## Preparing for your Doctors Visit

Most people don't think to prepare for visits to the doctor. If you're one of them, you're missing out on an important way to help ensure you get the best possible health care.

"I don't think any of us prepare for our medical visits, and I think that's a big mistake." Dr. Margarita Alegria, director of the Harvard-affiliated Center for Multicultural Health Research at Cambridge Health Alliance. Alegria investigates disparities in mental health care services among people from different populations.

Research like Alegria's may lead to solutions to health disparities, but in the meantime researchers do know that no matter what ethnic background you have, one key to getting good health care is good communication between you and your health professionals. That's something you can do something about right now.

The first step in good communication is finding a doctor you feel comfortable with. Talking about your health means sharing information about how you feel, both physically and emotionally. Having a good relationship with your main or primary doctor is one of the best ways to ensure your good health. This doctor knows you and your particular health history. He or she can help you make medical decisions that suit your values and can guide you toward other medical specialists and health care providers you may need.

A basic plan for your visit can also help. Before going to the doctor, make a list of the things you want to discuss. Think about how you are going to describe your symptoms. Put your questions in order so you're sure to ask about the most important ones first.

If you're not comfortable or unable to do these things yourself, consider taking a family member or friend and let them know in advance what you want from your visit. Make sure you play your part to get the best health care possible.

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## Good Protection: Get a Flu Shot

Each winter millions of people suffer from the fever, aches and pains caused by the flu, a highly contagious infection. A relatively mild disease in healthy young and middle aged people, flu can be life threatening to older adults. In an average year, flu leads to more than 200,000 hospitalizations and about 36,000 deaths nationwide.

One of the best ways to prevent flu is to get a flu shot each fall. Getting the shot every year is important because the flu virus is slightly different each year. The best time to get the flu shot is in the autumn, before flu season starts.

Even though the shot is effective and covered by Medicare, most older Hispanics don't get a yearly flu shot. According to the Centers for Disease Control and Prevention only about 48% get the vaccine compared to 69% of non-Hispanic whites. Many worry about safety, but in most people, the flu shot doesn't cause any side effects. A few have some soreness or redness on the arm where the shot is given.

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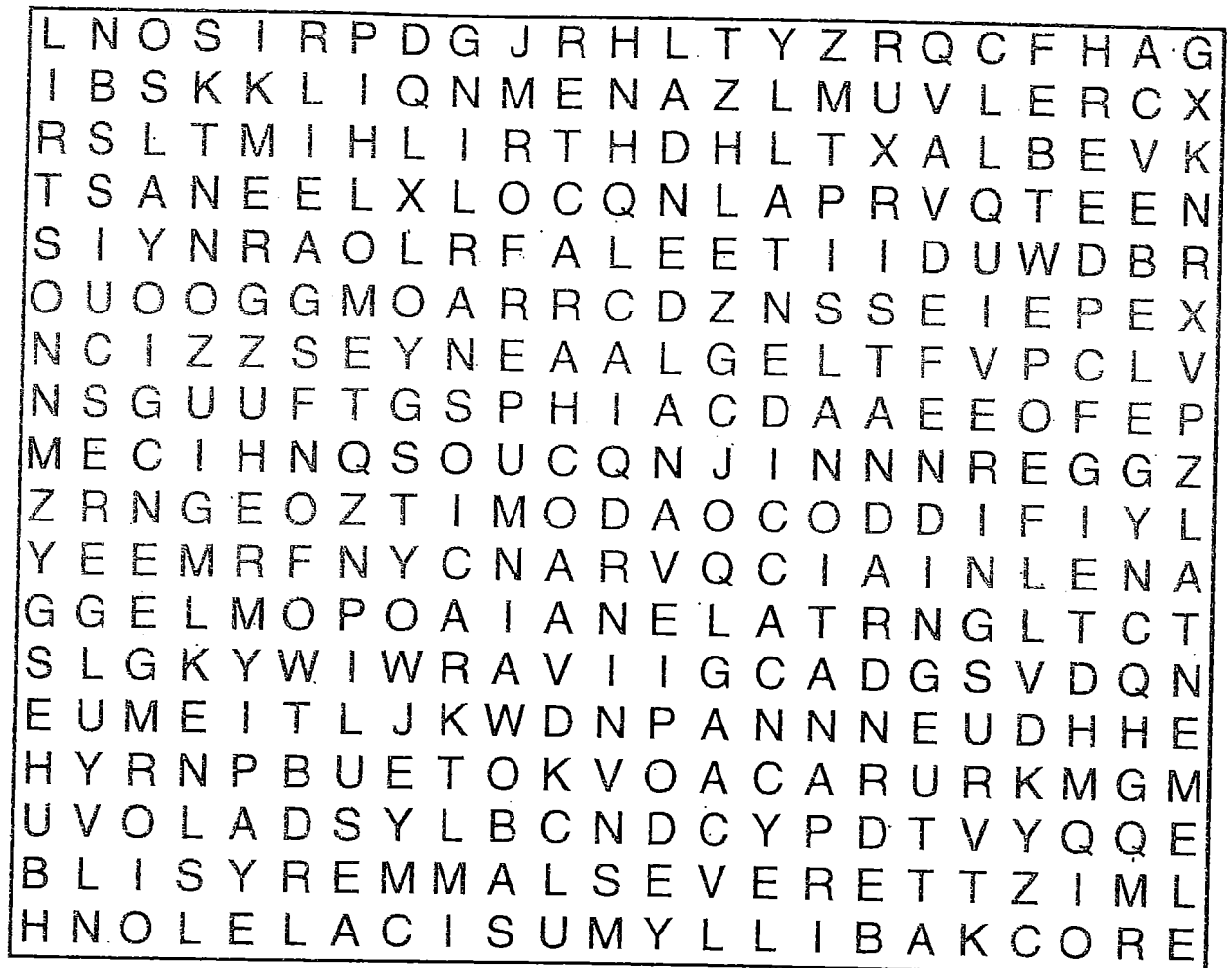
## It's Better To Bend Than To Break

An oak and a reed were arguing about their strength when a strong wind came up, the reed avoided being uprooted by bending and leaning with the gusts of the wind. But the oak stood firm and was torn up by the roots.

# January 2006 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>OFFICE CLOSED</b> Observing New Year's Day	3 <b>CRAFTS</b> EPWORTH HALL 9:30 - 11:30	4 <b>COOKING</b> Elderly Services 9:30 <b>BINGO</b> HWY H 1:30	5 <b>P.A.C.E. Exercise</b> Elderly Services 10:00 <b>THRIFT STORE</b> 1:00	6 <b>BANKS SHOPPING LUNCH OUT</b> 10 - 3
9 <b>P.A.C.E. Exercise</b> Elderly Services 10:00 <b>BINGO</b> SITE II 1:00	10 <b>CRAFTS</b> EPWORTH HALL 9:30 - 11:30	11 <b>ONEIDA LANGUAGE</b> Elderly Services 10:00 <b>BINGO</b> HWY H 1:30	12 <b>P.A.C.E. Exercise</b> Elderly Services 10:00 <b>BOWLING</b> Ashwaubenon Lanes 1:30	13 <b>BANKS SHOPPING LUNCH OUT</b> 10 - 3
16 <b>P.A.C.E. Exercise</b> Elderly Services 10:00 <b>BINGO</b> SITE II 1:00	17 <b>CRAFTS</b> EPWORTH HALL 9:30 - 11:30	18 <b>PRICE IS RIGHT</b> Elderly Services 9:30 <b>BINGO</b> HWY H 1:30	19 <b>P.A.C.E. Exercise</b> Elderly Services 10:00 <b>CARDS</b> HWY H 1:30	20 <b>BANKS SHOPPING LUNCH OUT</b> 10 - 3
23 <b>P.A.C.E. Exercise</b> Elderly Services 10:00 <b>BINGO</b> SITE II 1:00	24 <b>BINGO</b> EPWORTH HALL 9:30 - 11:30	25 <b>ONEIDA LANGUAGE</b> Elderly Services 10:00 <b>BINGO</b> HWY H 1:30	26 <b>P.A.C.E. Exercise</b> Elderly Services 10:00 <b>BIRTHDAY LUNCH</b> 12:00 <b>BOWLING</b> Ashwaubenon Lanes 1:30	27 <b>BANKS SHOPPING LUNCH OUT</b> 10 - 3
30 <b>P.A.C.E. Exercise</b> Elderly Services 10:00 <b>BINGO</b> SITE II 1:00	31 <b>CRAFTS</b> EPWORTH HALL 9:30 - 11:30		*Activities due to change without notice.	* Please sign up for trips at Senior Center. * All trips leave from Senior Center.

# Jailhouse Rock (1957)



M0014

ACCIDENTALLY  
CELL  
CHARACTER  
CONVICT  
DANGEROUS  
DEFENDING  
EGOMANIAC  
ELEMENT  
ELEMENTAL  
ELVIS

EVERETT  
FLARING  
GENIUS  
HEROISM  
HONOR  
IDOL  
JUDY  
KILL  
LEG  
LIP

MGM  
MUSICAL  
NATIONAL  
NOSTRIL  
PEGGY  
PERFORM  
PIANIST  
PRESLEY  
PRISON  
QUIVERING

RECORD  
ROCKABILLY  
SLAMMER  
SNARLING  
STANDARD  
STEAMY  
SURLY  
TEEN  
TYLER  
VAN ALDEN

## Do Not Judge

There was a man who had four sons. He wanted his sons to learn not to judge too quickly, so he sent them each on a quest in turn, to go and look at a pear tree that was a great distance away.

The first son went in the winter, the second son went in the spring, the third son in the summer, and the youngest in the fall.

When they had all gone and came back, he called them together to describe what they had seen. The first son said that the tree was ugly, bent and twisted. The second son said "No, it was covered with green buds and full of promise. The third son disagreed, he said it was laden with blossoms so sweet and look so beautiful, it was the most graceful thing he had ever seen. The last son disagreed with all of them, he said it was ripe and drooping with fruit, full of life and fulfillment. Then the man explained to his sons that they were all right, because they had each seen but only one season in the tree's life. He told them that you can not judge a tree, or a person by only one season, and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up.

If you give up when it's winter, you will miss the promise of spring, the beauty of your summer, fulfillment of your fall.

Moral of the story:

- \* Don't let the pain of one season destroy the joy of the rest.
- \* Don't judge life by one difficult season.
- \* Preserver through the difficult patches and better times are to come sooner or later.

God is not the author of confusion but of peace. 1Corinthians 14:44

## Important Questions

The International Council On Active Aging are promoting the physically active lifestyles. Here are the answers to a few frequently asked WHYS as it relates to exercise.

**Why Stretch?** The more you stretch the easier it will be for your neck, shoulder, elbow, wrist, hip, knee, and ankle joints to move. To stay active you need your joints to move freely, without pain or stiffness. Stretching also helps with coordination and lowers stress.

**Why Get Stronger?** Strong arms and legs will help you lift bags of groceries, do your household chores, walk around and drive. If you are strong you can stay active.

**Why Improve Balance?** Improving your balance and coordination can help keep you from falling when you are walking or standing, so you can be active without worrying that you'll get hurt.

**Why Build Endurance?** You need energy to keep doing the things that are important to you. Doing more physical activity can build stamina, which helps you keep going when you are walking, running errands, driving or playing with your grandchildren or neighbors kids.

Physical activity has the potential to change the way we age.

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"Why does Sea World have a seafood restaurant? I'm half way through my fish burger and I realize, Oh, My God....I could be eating a slow learner."

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"Don't ever say, I don't have enough time. You have exactly the same number of hours per day as Shakespeare, Marie Curie, Thomas Jefferson, Martha Graham, or Bill Gates."

## Lorna's Corner Elder Humor

When the elderly first got going to wherethey started helping elders re-build their old homes, we had two elders that qualified for the program and were in dire need of a new replacement home. So everyone pitched in and helped them pack things because they had to live in the housing unit until their home was completed. That was quite a job! As you know elders hate to get rid of anything that they might be able to use later on. These elders were in their late 70's, but they did very well with the transition and had kept their sense of humor. (This kept the staff in good humor too.) When we moved the beds into their new temporary home, we asked the elderly gentleman where he wanted the big bed to go? He pointed to the bigger bedroom. Then we asked him which room was his as it was a two bedroom apartment. When they brought his clothes in he said, "Same as hers (his wife) because she is still a virgin." His wife replied, "That's right, he is still trying to get me."

After forty years of marriage!!!



## Barefoot On The Beach

If you are planning a winter or family vacation and have visions of dancing in your head on the beach, you might want to reconsider and wear shoes. Why? Walking down a beach barefoot can lead to hookworm. A pediatric dermatologist says that it is common to see families return from vacation and have a member suffer from hookworms. Hookworms come from feces that dogs and other animals leave on the sand. Unfortunately, some of the fecal matter remains in the sand, and when a person walks barefoot, a hookworm can hook into the sole of the foot. Symptoms are itchy eruptions that can turn into pus filled blisters. If you think you have hookworm, you should seek treatment from a dermatologist.

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### BRIEF NEWS

**Exercise To Prevent Alzheimer's** People who exercise regularly throughout life may be less likely to develop Alzheimer's disease, a neurological disorder that destroys brain cells and is prevalent in people over 65. Evaluating the exercise habits of both healthy adults and those afflicted with Alzheimer's, from ages 20 to 59, researchers found the more people exercised, the lower their risk of developing the disease.

Another report on second-hand smoke and heart disease. A study of 11,000 people has suggested that those exposed repeatedly to secondhand cigarette smoke developed up to a third the damage to their coronary arteries as if they had actively smoked. The effect of "passive" smoking is especially hazardous for those with other risk factors for cardiovascular disease, including diabetes and high blood pressure.

# **ELDERLY SERVICE GIFT SHOP**

THIS IS AN INVITATION FOR YOU TO COME AND VISIT OUR ELDERLY SERVICE GIFT SHOP. OUR HOURS ARE FROM 8:00 AM- 12:00 AM., MONDAY THROUGH FRIDAY. WE ALSO FRATURE FRESH POPCORN DAILY.

The following is a list of items for sale:

Seasonal Items  
Crosses, all types (plastic canvas)  
Dresser Scarfs  
Door Hangers  
Wreaths  
Floral Arrangements  
Greeting Cards, Native American etc.  
Hats and Booties  
Kleenex Box Sets (plastic canvas)  
Native American Dolls  
Necklaces  
Key Chains  
Picture Frames  
Pillows  
Quilts (full & crib size)  
Book Covers  
Memories of Oneida Elders Tapes  
Oneida Singers Tapes

Many Other Assorted Items

Our gift shop is located in the Elderly Service Complex, on Overland Road, right next to the Airport Road Daycare Center.

## **Are you a Baby Boomer??**

**Baby boomers - born between 1946 and 1964  
- make up 28% of the U.S.  
population, and the oldest boomers begin  
turning 60 on Jan. 1.**

**As a generation, boomers are better educated  
and are expected to live longer  
than any other generation, demographers say.**

**"We will find ourselves with more free time  
than we've had in our lives," says Ken  
Dychtwald, a San Francisco market researcher  
and author known for his work on boomers.**

**"But what will we do with our free time?  
What do we do with all that we know, all  
that we've learned, all that we feel?"**

## Small Steps To Diabetes Prevention

Recent studies have proven that people at high risk for type 2 diabetes can often prevent or delay the onset of diabetes with 30 minutes of physical activity 5 days a week and by losing 5 to 7 % of their body weight. In other words, you don't have to knock yourself out to prevent diabetes. The key is : small steps lead to big rewards . Here are some tips that might help.

### Easy Steps To Increase Activity.

- \* Put away the TV remote control and get up to change the channel.
  - \* Try walking around the house while talking on the phone.
  - \* Park the car farther away from the stores, movie theater or your office.
  - \* Get off the bus one stop early, if you are in a safe place to walk.
  - \* Visit museums, the zoo or an aquarium.
- They are great ways to be active with your family.

EAT RIGHT: Try some of these tips to get started.

- \* You don't have to cut out the foods that you love to eat. Just cut down on the amount you eat and eat them less often.
- \* Try to keep meat, fish, poultry down to three ounces—that's about the size of a deck of cards.
- \* Try to eat three sensible meals at regular times throughout the day.
- \* Eat more fresh fruit, veggies, nuts and whole grains.
- \* Limit fried foods. Baking and broiling are healthier ways to eat meat, chicken and fish.
- \* When eating out share large portions.

Source: NIH

## CONFRONTING DIABETES IN HIGH-RISK POPULATIONS

Some populations have higher rates of diabetes. African Americans, Hispanic Americans, American Indians, Asia Americans and Pacific Islanders develop type 2 diabetes more often than white Americans. But obesity and physical inactivity may be greater risk factors than a person's genes.

Diabetes is a disease in which the body has problems producing or using insulin, a hormone needed to convert sugars, starches, and other foods into energy. For a person living a Western lifestyle—with low physical activity levels and high-fat, high sugar, low fiber diet—a family history of type 2 diabetes is one of the strongest risk factors for getting the disease. But people living in non-Westernized areas appear to get less type 2 diabetes regardless of their genetic risk.

"Being overweight and sedentary is an unhealthy combination," says Dr. James Gavin. A crucial fact revealed by diabetes is that, whatever your ethnic background, if you are at high risk for developing diabetes, you can still lower your chance of getting it by losing a modest amount of weight, lowering the fat and calories in your diet, and increasing your physical activity to 30 minutes a day, 5 days a week.

Source: NIH

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## PURPOSE OF LIFE

The purpose of life is to be useful, to be responsible, to be honorable, to be compassionate.

It is, after all, to matter, to count to stand for something, to have made a difference that you lived at all.

L. C. Rosten

## IN OUR VIEW



**Oneida Elderly Services Presents:**

**Thom Ryan**  
**CMS Centers for Medicare and Medicaid Services**

**When: January 12<sup>th</sup>**  
**Where: Oneida Senior Center Meal Site**  
**Time: 12:00 noon**

***Bring your questions on Medicare Part D***

**DATE:**      /      /     

Name			Phone Number (     )		
Address			Social Security Number     /     /		
City	State	Zip Code	County	DOB	/     /

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