

DRUMS ACROSS ONEIDA

Oneida Elderly Service
2907 South Overland Rd.
Oneida, WI 54155
Ph: 920-869-2448
Fax: 920-869-1824



Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Ph: 920-869-1551
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Tsha>teko#ha> W<hn\$ale>

Mid-Winter moon

January, 2009



Creator, whisper what You want me to do.

"Peace... comes within the souls of men when they realize their relationship, their oneness, with the universe and all its powers, and when they realize that at the center of the Universe dwells Wakan-Tanka, and that this center is really everywhere, it is within each of us."

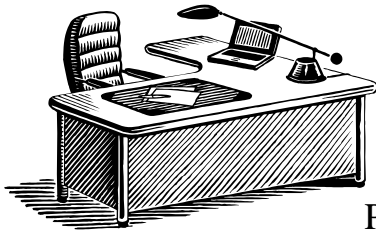
--Black Elk (Hehaka Sapa) OGLALA SIOUX

If we are to know peace we must look within ourselves. In order to do this, we must learn to be still. We must quiet the mind. We must learn to meditate. Meditation helps us locate and find the center that is within ourselves. The center is where the Great One resides. When we start to look for peace, we need to realize where it is within ourselves. When we experience conflict we need to pause for a moment and ask the Power within ourselves, "How do you want me to handle this? What would you suggest I do in this situation?" By asking the High Power for help we find peace.

Creator, help me to find peace.

HOYAN

ELDERS AND EVERYONE – DRUMS CONTACT



From the desk of: Linda Douglas

I am 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

HAPPY NEW YEAR

Elder's Meditation

"Sometimes dreams are wiser then waking." Black Elk (Hehaka Sapa), OGLALA

The Great Spirit has many ways of communicating with the human being. He talks to us through the five senses-sight, hearing, taste, smell and touch.

For example, we can observe nature and see a lesson or get an answer.

These five senses function primarily in the physical world. But we also have the ability to receive communication from the Unseen World.

To do this we have a sixth sense. It comes in the form of dreams, imagination, intuition, inspiration or a hunch. Along with the dream or intuitive thought there is a feeling, a knowing. We just know it is true without the need for proof.

We need to pay attention to our dreams and intuition. Do not cast them off as being silly or useless. Be respectful to our dreams and feelings.

Creator, if you speak to me through dreams, let me know it in terms I can understand.

(2009) **Director's Corner**

Sagoli Oneida Elders

As we come to the close of another year, I would like to wish you all a healthy successful year and peace and joy through the Holidays and into the New Year. "HOYAN"

Elderly Services staff and Title V workers deserve kudos for their efforts that made the 2010 year a success. Title V workers are Elders who are involved in a training program through the National Indian Council on Aging (NICOA). We are fortunate to have many Title V Workers assigned to Elder Services and the community. We look forward to having an even better year for 2011.

Our Tribal Aging Directors Association is flowing in the right direction and working with the State and Greater Wisconsin Area Agency on Aging to keep current with the updates of the Aging network. We meet bi-monthly.

Our Tribal Aging Technical Assistance Center is located in Lac du Flambeau. They provide culturally appropriate and Tribal specific technical assistance to the Tribal Aging programs funded by the Older Americans Act. The center would serve as a liaison to both the Statewide Area Agency on Aging and the State Office on Aging.

The Aging Network has the essential elements to expand on programs for elders in the Older Americans Act. The three main goals are 1.) Aging & Disability Resource Centers 2.) Community Living Incentives 3.) Evidence-Based Disease and Disability Prevention.

We received a grant to provide Living Well and Falls Prevention Programs. We have five staff trained as Lay leaders and two staff as Master Trainers to teach Living Well sessions. We will be collaborating with Oneida Health Center to

train for more lay leaders. 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. More emphasis is on home and community-based services and prevention.

I would like to thank the ONCOA Board for their continued support and leadership in advocating for our elders and the program. They deserve kudos also for participating in trainings, meetings and keeping themselves current with the changes of the Aging Network.

One final update: The National Society For American Indian Elderly grants us one VISTA worker. VISTAs (Volunteers in Service to America) are students who received a Bachelors Degree and work for elder programs. They have three main responsibilities. 1. Research and write grants 2. Develop a Volunteer Program for Aging programs. 3. Work on Native American Cookbooks and get Native American Recipes. With the help of the VISTAs, we were granted additional grants this fiscal year. At this time we are in the process of recruiting another VISTA for the upcoming year.

It is this time of year also that we remember all those Elders that have passed. We like to thank those Tribal Departments that were strong in advocating for our elders and working with us.

If you should have any questions regarding the updates, please do not hesitate to give me a call at 920-869-2448.

Have a Happy Warm and Safe Holiday Season from all the staff at Elderly Services. On<ki>wah

Florence Petri, Program Director

Monday	Tuesday	Wednesday	Thursday	Friday
January 2009 ACTIVITIES				*Activities due to change without notice.
*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.	<u>*Is this your Birthday month?</u> * You must <u>sign up</u> in the Birthday Book at Senior Center, Main Office, Must be <u>present</u> at the Birthday lunch to receive your gift card.		1 OFF Observance of New Years Day	2 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
5 Puzzles Elderly Services 9:30 Pace Exercise Elderly Services 11:00 Salvation Army Store Green Bay 1:30	6 Crafts Elderly Services 9:30 – 11:30	7 Yahtzee Game Elderly Services 9:30 Pace Exercise Elderly Services 11:00 Bingo Hwy H 1:30	8 Price is Right Green Bay 9:30 Latter Ball Hwy H 1:30	9 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
12 Scrabble Game Elderly Services 9:30 Pace Exercise Elderly Services 11:00 Bingo Site II 1:00	13 Crafts Pinch pots With Oneida Museum (please sign up by December 6 th) Elderly Services 9:30 – 11:30	14 Oneida Language Elderly Services 9:30 Pace Exercise Elderly Services 11:00 Bingo Hwy H 1:30	15 Visit and Lunch at Oneida High School 9:30 (Tape Interviews, Iroquois Song, Dance) Please sign up by December 8th Latter Ball Hwy H 1:30	16 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
19 Cards Elderly Services 9:30 Pace Exercise Elderly Services 11:00 Movie Elderly Services 1:00	20 Crafts Elderly Services 9:30 – 11:30	21 Rummikub Game Elderly Services 9:30 Pace Exercise Elderly Services 11:00 Bingo Hwy H 1:30	22 Cooking Elderly Services 9:30 Latter Ball Hwy H 1:30	23 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
26 Rubber Stamping Elderly Services 9:30 Pace Exercise Elderly Services 11:00 Bingo Site II 1:00	27 Bingo Methodist Church 9:30 – 11:30	28 Oneida Language Elderly Services 9:30 Pace Exercise Elderly Services 11:00 Bingo Hwy H 1:30	29 Big Lots Green Bay 9:30 Birthday Lunch 12:00 Latter Ball Hwy H 1:30	30 Banks Shopping Lunch Out (on your own) 10:00 – 3:00

* If you have any questions or concerns Please call Michelle at 869 -2448.

MENU**JANUARY****2009****ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WI., 54155 PHONE : 1-920-869-1551**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED NEW YEAR'S DAY	2 Fish Potatoes Cole Slaw W/W Bread Applesauce
5 Hot Dogs Macaroni & Cheese Pears Juice W/W Bread Ice Cream	6 Corn Soup Fresh Bread Juice Berries	7 Chicken Breast Rice Pilaf California Blend Veggies W/W Bread Cookies	8 Liver & onions Red Potatoes Beets W/W Bread Bread Pudding	9 Ham Sweet Potatoes Mixed Vegetables W/W Bread Pears
12 Chop Suey Rice W/W Bread Mandarin Oranges	13 Hamburger Soup Fresh Bread Juice Jell-o Whip	14 Meat Loaf Potatoes Carrots W/W Bread Yogurt	15 Bar-B-Q Ribs Scalloped Potatoes Broccoli W/W Bread Ice Cream Bars	16 Pork Steak Red Potatoes Mixed Vegetables W/W Bread Pears
19 Spaghetti Garlic Bread Salad Sherbet	20 Beef Vegetable Soup Fresh Bread Juice Peaches	21 Chicken Gordan Brussels Sprouts Potatoes W/W Bread Pudding	22 Salisbury Steak Potatoes Mixed Vegetables W/W Bread Yogurt	23 Beef Stew Biscuits Rice Mandarin Oranges
26 Goulash W/W Bread Juice Jell-o with Fruit	27 California Blend Cheese Soup Fresh Bread Juice Yogurt	28 Lasagna Salad Garlic Bread Berries	29 BIRTHDAY DAY Beef Roast Potatoes, Mixed Vegetables W/W Bread Juice Strawberry Shortcake	30 Chili Cucumbers W/W Bread Juice Pineapple
All meals are served with coffee, milk or tea.	Menu is subject to change.	BIRTH STONE: Carnation FLOWER: Garnet	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	



Summary of Life

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can not baptize cats...
- 2) When your mom is mad at your dad, do not let her brush your hair...
- 3) If your sister hits you, do not hit her back. They always catch the second person...
- 4) Never ask your 3-year old brother to hold a tomato...
- 5) You can not trust dogs to watch your food.
- 6) Do not sneeze when someone is cutting your hair.
- 7) Never hold a dust-buster and a cat at the same time.
- 8) You can not hide a piece of broccoli in a glass of milk.
- 9) Do not wear polka-dot underwear under white shorts.
- 10) The best place to be when you are sad is Grandpa's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles do not hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It is like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

GREAT TRUTHS ABOUT GROWING OLD:

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.

- 3) When you fall down, you wonder what else you can do while you are down there.
- 4) You are getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It is frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it is a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

THE FOUR STAGES OF LIFE:

- 1 -- You believe in Santa Claus.
- 2 -- You do not believe in Santa Claus.
- 3 -- You are Santa Claus.
- 4 -- You look like Santa Claus.

SUCCESS:

At age 4 success is...not peeing in your pants
At age 12 success is...having friends
At age 17 success is...having a driver's license
At age 35 success is... having money
At age 50 success is...having money
At age 70 success is... having a driver's license
At age 75 success is...having friends
At age 80 successes is...not peeing in your pants

Pass this on to someone who could use a laugh....
Always remember to forget the troubles that pass your way....
BUT NEVER forget the blessings that come each day....

Have a wonderful day with many smiles.

Take the time to live!!!
Life is short.
Dance naked.
And eat dessert first!



Survey October, 2008 How are we doing?

Results

Mailed 1,611

Responded 7

	Exc	Avg	Poor	No Comment
Congregate Meals	2			
Transportation	3			
Faith in Action Services	3			
Native Family Care-Giver	1			
In-home Chore	5			
Lifeline	5			
Activities & Crafts				
Home Chore	3			
Information & Referral	3			
Foster Grandparent & Senior Companion				
Senior Employment Training Program				
Home Delivered Meals	1			
Benefits Assistance	3			
Outreach	2			
Respite Care	1			
24 Hour Emergency Service	1			
Special Events	4			
Alzheimer's Support Group				
Elder Abuse Prevention				
Loan Closet	2			
Emergency Home Repairs	4			

Other Services:

Have services been completed within 3 days or a reasonable time frame?

Yes 5—No 0

Have employees been kind and courteous?

Yes 7—No 0

Are you satisfied with the services you receive from us?

Yes 6—No 0

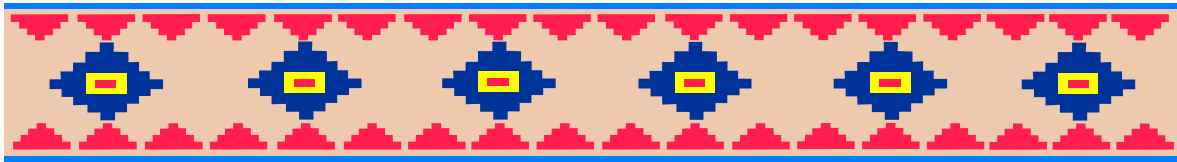
Comments:

- ❖ I would like to thank the Dispatchers and Drivers. I sure appreciate the transporting of the transit to the Oneida Health Center for my appointments on time...
- ❖ Would appreciate face to face outreach...I have had a few and it really makes a meaningful contact
- ❖ God Bless all these people for their wonderful services The Elderly Services...All those it take to run it!!!
- ❖ At this time I only attend special events since I work full time...
- ❖

- ❖ The range of services provided is deeply appreciated. The service is excellent and contributes so much...To the quality of life we experience as elders. Yaw<ko
- ❖ “O” means do not utilize them, sometimes services are good and sometimes like “just” so it gets done! So they shut up...

Thank you to all that participated in our survey.

Elderly Services



Pow Wow Series (January, 2009) Article 7

Grass Dance

Representative of tall prairie grass swaying in the wind...

Prepare the ground by praying and blessing the circle usually before others dancers enter the arena...

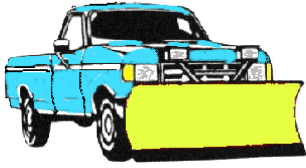
Bells are worn to call spirits to hear prayers...

Usually first to dance and offer prayers...

Regalia

- Cuffs, harness, head band are beaded...Usually belt is beaded
- Head Roach made of porcupine quills with Eagle Feathers
- Antenna with Eagle Plumes
- Dance sticks or sweet grass
- Feathers is in constant motion and in time with drum
- Head and shoulders movements with symmetrical foot work done equally on left and right
- Northern style said from Omaha People
- Two styles—Old Style—Contemporary

SNOW PLOWING



by Oneida Elderly Services

In 1994 (ONCOA) Oneida Nation Commission on Aging, a nine (9) member elected advisory board to Elderly Services, took action to establish a priority of serving older & disabled adults. Older elders are identified as seventy (70) and over. This age group is identified nationwide as the most economically, socially and physically needy. Services are provided based on priority, staffing and funding availability.

Criteria for snowplowing: Oneida enrolled elders who own their own home.

Priority for snowplowing:

1. Elders on Lifeline
2. 70 years and older
3. 55 to 69 years who are disabled/handicapped and living alone
4. all other elders on the plow list

We update the snowplow list, on a regular basis, for health and other concerns. It is the elders' responsibility to keep Elderly Services up to date about health concerns.

Service area for snowplowing: Brown & Outagamie Counties within the Oneida Reservation Boundaries.

We have three (3) trucks, each with two (2) staff. Schedules are done by grids within the Reservation boundaries and each truck has a snow plow list and route based on their area. Each driver knows the boundaries of the reservation. If we have a truck breakdown - our back up is Department of Public Works (DPW). Currently we have 114 elders on the snowplow list.

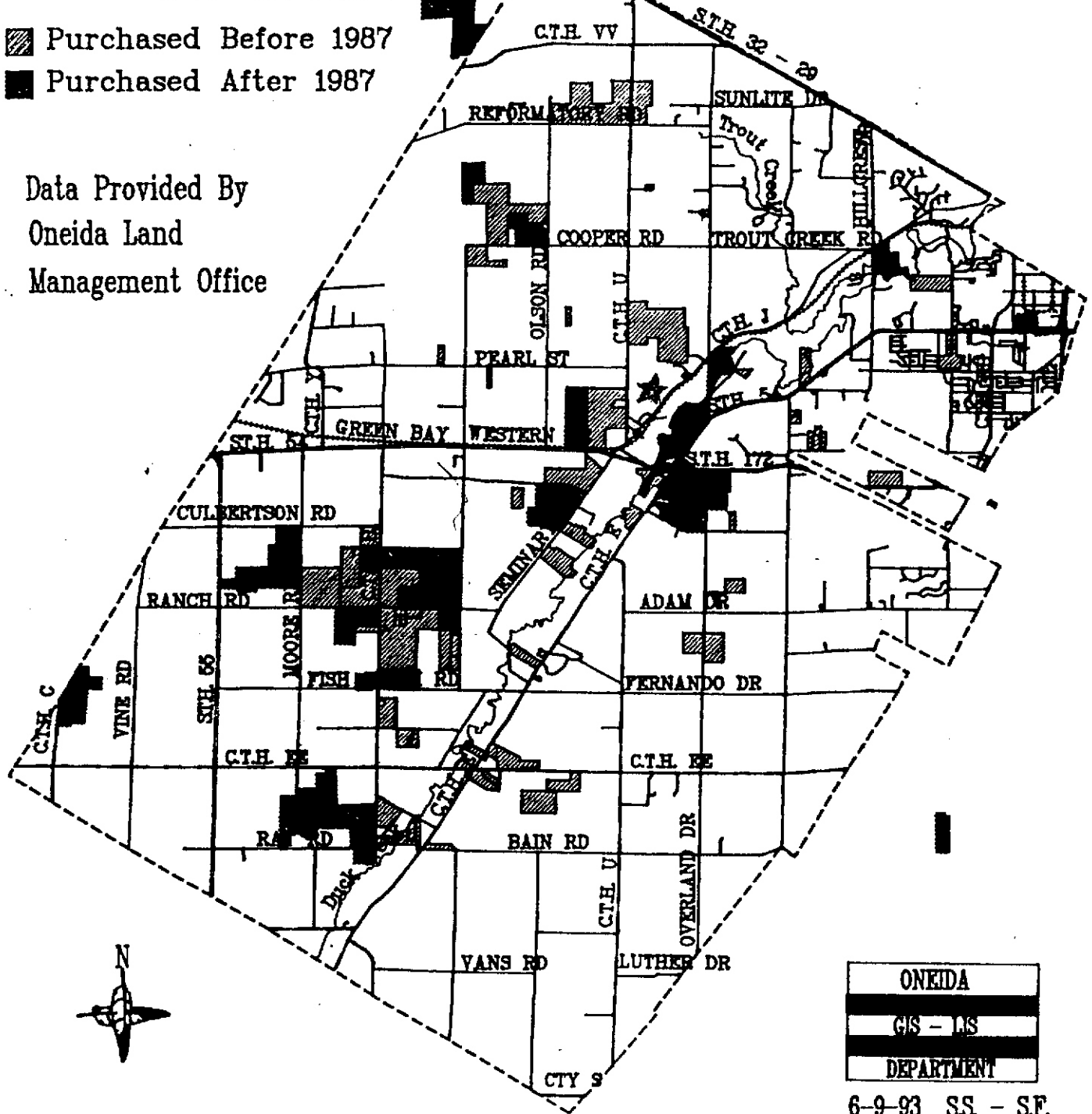
Snow plowing starts with the first measurable snow fall of three (3) inches or more. Teams may begin at 4 am for times of large snowfall. There may be times when the snow plowing teams will clear a path for emergency vehicles and will return later to finish. Snow shoveling is completed while the plowing is being done.

For service requests and to update your health status information, please contact our Service Coordinator, Cheryl Ault at (920)869-2448. Family participation is greatly appreciated in our efforts to assist our elders in maintaining an independent, healthy, productive and quality lifestyle. Thank you for your patience, respect and confidence in striving to continuously improve delivery of all services to elders.

ONEIDA NATION TRIBAL PROPERTY

- ☒ Purchased Before 1987
☐ Purchased After 1987

Data Provided By
Oneida Land
Management Office



6-9-93 SS - SF.



LIVING *Well* with CHRONIC CONDITIONS

Living Well with Chronic Conditions is designed to improve the self-management skills of people living with a chronic health issue. This program, which meets 2½ hours, once a week for six weeks, teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition. People with different chronic health conditions attend the workshop together to learn:

- How to develop a suitable exercise program
- Symptom management
- Nutrition management
- Breathing exercises and stress management
- Medication management
- How to communicate with family, friends and health care professionals
- How to deal with emotions such as anger and depression
- Problem solving skills and goal setting

Facilitators: Glory & Tina
Oneida Elderly Services Conference Room
Thursday's at 1:30 p.m.
February 5, 12, 19, 26 & March 5 & 12
Sign up @ meal site



Oneida ELDERLY SERVICES GIFT SHOP



**2907 Overland Road
Just West of the Health Center**

**Elders showcase their talents
with beautiful floral
centerpieces, Crib quilts,
dolls, handmade and beaded
Jewelry. Native American
greeting cards & Oneida
Singers Tapes and CD's**

**FRESH POPCORN, WATER AND DIET
SODA**

Stop in/Browse

**Open Monday-Friday
8:00A.M. to 12 P.M.
12:30 P. M. to 4:30 P. M.**





COMPUTER GIVEAWAY SURVEY RESULTS

1. How did you learn about the giveaway? (flyer, intranet, email, friend, other)
Kalihwisaks-18, DRUMS-5, Flyer posted-19, word of mouth-15, other-24
2. If you saw the flyer – was it clear and informative enough?
Yes-50, No-1
3. Was the pick up site easy access for you?
Yes-79, No-1
4. Where and how did you sign up? (phone, email, if in person at what site, etc)
Phone 61, in person-19
5. Were you treated with courtesy when you signed up?
Yes-79, No-1
6. Were you treated with courtesy when you picked up the computer?
Yes-79, No-0
7. Do you have any comments or suggestions for next computer giveaway?
 - Bring old computers to recycling centers - Send to 3rd world countries
 - Pick up and carry to vehicle This was great
 - Stick to time Start on time (not early)
 - Excellent service Wonderful
 - Better plan for waiting line Have enough complete set ups
 - I didn't know where delivery area was Maybe card numbers as you come in
 - Claudia should not be lifting, need more men to lift
 - I heard the pick up time in the Drums was at 9 A.M. It read 10 A.M. What's up?
 - It will be hard to get a monitor to go with these pieces
 - Question, why did we need to sign up and call if it was first come first served and others were lined up that did not sign up?
 - Yes-if you sign up early, you should get a complete computer
 - Give complete
 - What language and what do I need to operate
 - I either didn't read the notice right or it wasn't clear. I thought I was going to be informed that I got a computer

Thank you for being so patient during this giveaway. We gave away 80 complete set computers and 40 computers that were not complete sets (missing parts). We requested a sign-up so we could better record elder information and because we were not sure of how much response we would get. There were 185 signed up and of those 78 did not show. We called those no shows, and some people who did not sign up by the deadline, in order to give all the computers away.

I do want to apologize for any confusion related to this giveaway. Some elders stated they were waiting for a call-back for the pick up date. Some stated they were not told that they may not get a full computer. We will work on improvements in this communication for future giveaways.



Do you know the legend of the Cherokee Indian youth's rite of passage?

His father takes him into the forest, blindfolds him and leaves him alone.

He is required to sit on a stump the whole night and not remove the blindfold until the rays of the morning sun shine through it.

He cannot cry out for help to anyone.

Once he survives the night, he is a MAN.

He cannot tell the other boys of this experience because each lad must come into manhood on his own.

The boy is naturally terrified. He can hear all kinds of noises. Wild beasts must surely be all around him. Maybe even some human might do him harm. The wind blew the grass and earth, and shook his stump, but he sat stoically, never removing the blindfold.

It would be the only way he could become a man!

Finally, after a horrific night, the sun appeared and he removed his blindfold.

It was then that he discovered his father sitting on the stump next to him.

He had been at watch the entire night, protecting his son from harm.

We, too, are never alone.

Even when we do not know it, our Heavenly Father is watching over us, sitting on the stump beside us.

When trouble comes, all we have to do is reach out to Him.

Moral of the Story:

Just because you can not see God, does not mean He is not there.

'For we walk by faith, not by sight.'

Up close and personal with: Hillary Lewis-Reimers

When you were a child, what did you think you would like to be?

I always knew that I wanted to travel. However, as far as profession, I wasn't sure. I did spend some time thinking I'd be a vet, but that is too emotional of a career. I also debated becoming an elementary teacher. I did neither.

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

Family. In particular my parents. For good or bad they shape you.

What do you consider to be your greatest accomplishment?

That's tough. No one thing stands out to me. Maybe I don't have one...yet.

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

Several things. I used to wish I was great at a sport, like soccer or volleyball. Anything would be nice though. Something notable like playing an instrument would be interesting too.

What is the best advice anyone ever gave you?

That few people live a charmed life. I cannot stay feeling sorry for myself. Lots of people have suffered. I'm loved and that is more than some have. Moving on is the only real choice one has.

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

I would tell them that they need to get excited. It is supposed to be 'their' time. There is so much left to do. Whether it's traveling, or picking up a new hobby such as crafts, bowling or joining a club you've been putting off

What is your ideal vacation?

I'm family oriented. So any time spent with family is ideal. I love the beach and warm climates. A nice beach surrounded by my family, hanging out and getting a tan is something that sounds great.

Favorite meal:

I love mac and cheese with baked beans, or the enchilada recipe from my mom. And chocolate is *always* desired.

Favorite music:

90's rock

Favorite book:

I love to read but I don't have a favorite. I usually like whatever I find.

Favorite movie/movies

It's A Wonderful Life. I adore Jimmy Stewart. It's one of those heart warming stories. I've loved it from childhood.

Favorite hobby:

It depends on my mood. I enjoy being with my family and spending time out in the sun. I enjoy cooking and baking a lot, especially when it's cold.

**Alzheimer's Association
Beverly Bartlett
January 21, 2009
12:00 pm**

**Elderly Meal Site
134 Riverdale Dr.
Oneida, WI 54155**

Beverly has visited the Meal Site before discussing prevention of Alzheimer's. She will be discussing diagnosis and ways to cope this time around. Both patient and caretakers may benefit. Any questions please call Angela Ortiz, Benefit Specialist at (920) 869-2448 or (800) 867-1551.

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 Corinne Robelia-Zhuckkahosee](#)

*** 1 Non-smoking apartment 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.

LIFE with LUCY



Abrupt

Becky

Blustery

Building

California

Celebrities

Chases

Comedy

Complicate

Control

Curtis

Disappeared

Embarrassing

Employee

Flop

Foil

Free-Spirit

Grandmother

Guarantee

Hardware

Help

Husband

Ideas

Kevin

Leonard

Longtime

Lucy Baker

Margo

Merchandise

Pasadena

Pilot

Promise

Return

Salary

Shelves

Sight Gags

Slapstick

Student

Testing

Together

How is it one careless match can
start a forest fire, but it takes
a whole box to start a campfire?



Mar