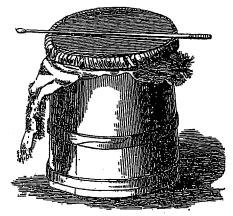
DRUMS

ACROSS ONEIDA

Elderly Services 2907 S. Overland Rd.

P.O. Box 365



Senior Center 134 Riverdale Dr.

Oneida, Wi. 54155

Elderly Services 1-920-8692448

Senior Center 1-920-869-1551

Toll Free:1-800-867-1551

OHYOTSLI WEHNI-TALE?

STRING BEAN MOON

JULY 2007



U. S. A. Independence Day Happy Birthday America

Independence Day, or the Fourth of July, celebrates the adoption of the Declaration of Independence by the Continental Congress on July 4th, 1776. A nation of democracy was born when the United States of America proclaimed the severance of its allegiance to Great Britain. It is the greatest secular holiday in "the land of the free and the home of the brave," observed in all American states, territories and dependencies.

Elderly Service Complex 2907 S. Overland Rd. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-2448 Program Director Florence Petri 2 Assistant Program Director Tina Pospychala 3 Benefits Specialist **Angela Ortiz** 4 Elder Abuse Coordinator Joyce Johnson Elderly Services Coordinator **Cheryl Ault** Office Manager Claudia Skenandore 7Transportation Coordinator Lorna Christjohn &Transportation Driver Connie Van Gheem-⁹Transportation Aide Dale Webster I Activity Coordinator Michele Cottrell Theresa Sanchez Delo Melchert 1 Outreach Worker ¹² Outreach Worker **Sandy Summers** 13 Outreach Worker Vacant 14 In- Home Chore Worker Joanne Close 15 In-Home Chore Worker Lorleen John 16 Respite Care Worker Jim Smith 7. Respite Care Worker/Faith In Action Glory LaFlex /9. Administrative Assistant Marty Braeger Marie Scott Linda Douglas 19. Elder Helper فو Elder Helper Barbara Skenandore 2) Alzheimer/Respite Activities Specialist **Rita Summers** Title V Jean Denny Title V Wayne McReynolds Title V Carmen Pasquale ONEIDA SENIOR CENTER 134 Riverdale Dr. (P.O. Box 365)

Oneida, Wi. 54155 1-920-869-1551

12.2 Head Cook Supervisor 33 Assistant Cook 24 Relief Cook 25 Relief Cook 🐊 & Home-Delivered Meals Driver 27 Maintance Supervisor 2 y Home Respite Coordinator ³⁹ Home-Chore Worker 3 c Home-Chore Worker 3 / Home-Chore Worker **32 Home-Chore Worker** 3 3 Home-Chore Worker 3 4 Home-Chore Worker z'z Elder Helper 36, Elder Helper 37, Elder Helper

38. Apartment Manager

Title V

Loretta Mencheski **Betty Jorgenson** Pat Beilke Alfrieda Grignon Robert LaGest Richard Summers Don Bogda **Tod Hill** Harold Dostalek Henry Jourdan
Lee Domencich
Lisa Huff
Richard Dodge
Gornelius Hill Clifton Cornelius
Marena Pamana Marena Pamanet

Brenda Jorgenson

Jeannine La Rock

UP CLOSE AND PERSONAL With Melanie Mousseau Student Intern

My name is Melanie Mousseau. I was born on 2/15/82 in Green Bay Wisconsin to Marlin and Sharon Mousseau. I grew up on the Oneida Reservation until I was 12 years old then moved to Pine Ridge Indian Reservation where I graduated High School in 2000.

In October of 2006, I became a mother to the most amazing, resilient, and handsome little man, Aurelius Terehunga Mousseau, by far the greatest accomplishment in life. I currently go to the University of Wisconsin Oshkosh-College

Of Nursing. I was awarded the Helen Shore Nursing Award this past semester and look forward to going back in the fall for the last half of my junior year. My family is amazing and very supportive of my life goal of becoming a nurse. I couldn't do all of this without them.

I'm honored to be working in Elderly Services for my summer internship. Everyone here has helped make my transition in this department pleasant. I like the diversity of my work. It helps me to understand how the entireties of each department collaborate to help meet the need of our elders. I've had the pleasure of doing activities with Michelle and a few of the elders. It was a fun experience that I would not have the advantage of experiencing anywhere else. I appreciate everyone's kindness and look forward to meeting the people that I haven't met yet.

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

Who or has had the biggest influence in

your life? My Parents

What do you consider to be your greatest accomplishment?

My son and Nursing School.

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

Better in Math

What is the best advice anyone ever gave vou?

Keep your eyes on the prize-(take it a day at a time)

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

Stay active - stay healthy

What is your ideal vacation?

Being with family somewhere nice & not having to worry about homework or studying.

Favorite Meal: Steak taco w/ salon tron onions

Favorite Music: Daddy Yankee

Favorite Books: My school books

Favorite movies: Scarey movies

Favorite Hobbies: scrap booking & taking

my son on walks

JULY			Friday	6 Eggs, Ham, Cheese	Muffins-Fresh Fruit	LUNCH: Com Soup	Fresh Bread	Fresh Fruit	13 Pancakes	Bacon	Juice	Berries		20 Grits-Poached Foos	Sansage	Toast	Luice	Grapefruit	27 S.O.S.	Toast	Eggs	Juice	Peaches				
Ur		Phone number: 1-920-869-1551	Thursday	5 Bar-B-Q Ribs	Scalloped Potatoes	Peas	W/W Bread	DIAC DOLLICS	12 Pork Steak	Rice Pilaf	California Blend	W/W Bread	Sherbert	19 Meat Loaf	Seasoned Potatoes	Carrots	W/W Bread	Pears	26 BIRTHDAY	Pork Roast	Potatoes, Mixed	Mixed Vegetables	W/W Bread	Cake			
	2007	134 Riverdale Drive	Wednesday	4 CLOSED		4" of JULY			11 Sloppy Joe's	Macaroni Salad	Beans	Buns	Strawberry Whip	18 Vegetable	Lasagna	Salad	Garlic Bread	Fresh Berries	25 Brats	Sauerkraut	Red Potatoes	W/W Bread	Pears				
MENU		Oneida Senior Center,	Tuesday	3 Tomato Soup	Grilled Cheese Sandwiches	Juice	Jell-o-w-fruit	2	10 Beet Barley Soup	Fresh Bread	Juice	Custard		17 Chicken Soup	Fresh Bread	Juice	Pudding		24 Split Pea Soup	Fresh Bread	Juice	Mandarin Oranges			31 Potato Soup Fresh Bread		Bread Pudding
			Monday	2 Chop Suey	M/W Bread	Organ Discourt	Orange-rineappie- Apple Rings	O Chioline Coled	Concrete Salad	Croissants, Cukes,	Tomatoes, Cottage	Cheese	Ice Cream	16 Goulash	W/W Bread	Juice	Cookies	-	23 Spaghetti	Garlic Bread	Salad	Pineapple Tidbits			30 Chicken Ala King Rice	Biscuits	Yogurt

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Monday	Tuesday	Wednesday	Thursday	Friday
JULY 2007	2007,	ACTIVITES	ITIES	*Activities are subject to change without notice.
COOKING Elderly Services 9:30 SHUFFLE BOARD Elderly Services 1:00	3 CRAFTS EPWORTH HALL 9:30 - 11:30	4 OFF	5 VISIT at Anna John Nursing Home 10:00 CULTURAL FESTIVAL Oneida Museum 1:00	6 BANKS SHOPPING LUNCH WITH ELDERS FROM the KICKAPOO TRIBE, OKL. Senior Center 12:00
9 AIRPORT DAYCARE COMES TO VISIT Elderly Services 9:30 INTER-GENERATIONAL BINGO Site II 1:00	10 CRAFTS EPWORTH HALL 9:30 - 11:30	11 ONEIDA LANGUAGE Elderly Services 9:30 BINGO Senior Center 1:00	12 CONCERT IN THE PARK (Military Band) BAG LUNCH (on own) 10:00 - 2:30	13 BANKS SHOPPING LUNCH OUT 10:00 - 3:00
16 RUBBER STAMPING Elderly Services 9:30 BOWLING Ashwaubenon lanes 1:30	CRAFTS EPWORTH HALL 9:30 - 11:30	18 EXERCISE Elderly Services 9:30 BINGO Senior Center 1:00	19 GOODWILL DOLLAR TREE LUNCH AT MALL FOOD COURT (on own) Appleton 9:30 - 2:30	20 BANKS SHOPPING LUNCH OUT 10:00 - 3:00
PRICE IS RIGHT Elderly Services 9:30 MOVIE Elderly Services 1:00	24 CHERRY PICKING BAG LUNCH AT SUN SET PARK Sturgeon Bay 9:30 - 3:00	25 ONEIDA LANGUAGE Elderly Services 9:30 BINGO Senior Center 1:00	26 INDOOR HORSE SHOES Elderly Services 9:30 BIRTHDAY LUNCH 12:00 SCRABBLE TOURNAMENT Elderly Services 1:00	BANKS SHOPPING LUNCH OUT 10:00 - 3:00
30 TALLY OOP TOSSING GAME Elderly Services 9:30 PLAY CROQUET Elderly Services 1:00	31 BINGO EPWORTH HALL 9:30 - 11:30		*Please sign up for all trips at the Senior Center Main Office. *All trips leave from Senior Center.	*Please sign up in the Birthday Book, Senior Center Main Office the month of your Birthday and you must be present to receive your gift card

BIRTHDAY MONTH

Just a little reminder:

*We celebrate Birthdays on the last Thursday of the month at the Senior Center.

*There is a Birthday Book you need to sign up in at the Senior Center the month of your Birthday. You need to sign the sheet before 4:30, the Wednesday before the Birthday lunch in order to receive your Birthday Gift Card in the amount of \$5.00.

*This does not carry over from year to year. You need to sign-up each year, the month of your Birthday.

*Even if your name is on the Birthday list in the Drums Across Oneida, you still need to be signed up in the Birthday Book at the Senior Center.

*Finally, you need to be present at the Birthday lunch to receive your Birthday Gift Card.

If you have any questions please call me at 869-2448.

Thank you,
Michelle Cottrell
Activity Coordinator

CELEBRATE OUR JULY BIRTHDAYS

	5.0 0	D M-	7.04
Julie Barton	7-20	Ross Moss	7-04
Donald Bean	7-01	Vernon Ninham	7-11
Rose Benson	7-13	Betty Parker	7-02
Geraldine Brass	7-31	Lorraine Penn	7-07
Bill Cooper	7-18	Leatrice Powless	7-12
Clearance Cornelius	7-26	Shirley Powless	7-25
Dellora Cornelius	7-20	Walter Reed	7-05
Earl Cornelius	7-15	Kenneth Schuyler	7-16
Eugene Cornelius	7-19	Oscar Schuyler	7-12
Marie Dolton	7-02	Barbara Skenandore	7-01
Marilyn Danforth	7-07	Betty Skenandore	7-20
Curtiss Denny	7-06	Cecil Skenandore	7-15
Erma Denny	7-30	Lava Skenandore	7-22
Martin Denny	7-19	Lorraine Skenandore	7-24
Arlie Doxtator	7-24	Virginia Skenandore	7-20
Arlyle Doxtator	7-15	Nathan Smith	7-29
Cleven Doxtator	7-08	Reka Smith	7-26
Ruth Doxtator	7-31	Luke Stevens	7-02
Victor Doxtator	7-19	Rosella Stevens	7-15
Arlene Elm	7-19	James Summers	7-22
Dorthy Ehlinger	7-05	Harry A. Swamp	7-08
Beverly Flying	7-01	Shirley Thomas	7-11
Gordon Fabian	7-29	Rose VanBoxtel	7-15
Sandra Gerhardt	7-17	Millie VanBruggen	7-07
Alan Hill	7-06	Donald VandeHei	7-28
John Hill	7-05	Ben View	7-07
Winnie Howard	7-20	Audrey Webster	7-18
Inez Jakubowski	7-17	Bernard Webster	7-07
Iris Jakubowski	7-17	Kurts Webster	7-21
Darwin John	7-04	Loretta Webster	7-25
Linda John	7-12	Martin Webster	. 7-09
Helema Jordan	7-27	Woodrow Webster	7-13
Yvonne Jourdon	7-04	Dorthy Yealy	7-04
Carole Liggens	7-30		
Breatrice LeMieux	7-16		
Ruth Melchert	7-27	All the	
		Man & Francisco	

If you see an error in this listing, please complete our "Oneida Elderly Service Database Form" and send it to Cheryl Ault at Oneida Elderly Services P.O. Box 365, Oneida, Wi. 54155. Please remember to sign the form and make sure it is legible. Thanks for your help.

Russell Metoxen

7-06



Informational Community Meeting

Residential Care Facility and Expanded Elderly Services CIP #98-005

All Oneida Tribal members are encouraged to attend.

Come meet the Project team and other community members involved; hear about the goals that have guided the development; and see the facility design. You will gain an understanding of the benefits that this project will bring to the Oneida community.

Date: Friday, July 6, 2007

Time: 11:30—2:00

Radisson Hotel & Conference Center

Turtle/Bear Room



Project Manager

Dan W. Skenandore: 920.869.4550

Lunch will be provided 11:30 Presentation to begin promptly at 12:15

MEET AND GREET

JULY 6TH

TIME: 12:00 P.M.

WELCOME ELDERS FROM THE KICKAPOO TRIBE IN OKLAHOMA

WHERE: SENIOR CENTER (MEAL SITE) FOR LUNCH AND TO HAVE A GREAT TIME OF FELLOWSHIP WITH OUR ELDER.

THIS WILL BE THEIR FIRST TIME VISITING OUR TRIBE. THEY HEARD ABOUT OUR POW-WOW AND WANTED TO PARTICIPATE IN IT. THEY ARE VERY EXCITED AND LOOK FORWARD TO BEING HERE. COME OUT TO GIVE THEM A WARM WELCOME.

Elderly Service Annual Rummage Sale

When: Friday

August 24, 2007

Time: 11:00am - 2:00pm

Where: 134 Riverdale Dr

Oneida WI 54155

There will be food and great items at a reasonable cost
We'll be excepting donation for annual rummage sale just call the Senior Center @ 869-1551



Wanted Elder Volunteers

Elder Volunteers needed for the Foster Grandparent and Senior Companion Program. Individuals must be least sixty (60) years of age, meet income guidelines and complete a preliminary physical exam.

Foster Grandparents and Senior Companions who meet the income guidelines are eligible to receive a stipend that is non-taxable and will not affect Social Security Benefits, Supplemental Security Income, Food Stamps or other benefits an individual may be eligible for.

Foster Grandparents work with children in our Schools, Libraries and Day-cares and can work up to 40 hour a week. Senior Companions work with home bound elders and can work up to 20 hour a week. Both the Foster Grandparents and Senior Companions can get paid mileage at the rate of \$0.25 for travel to and from their work site.

If interested in becoming a Foster Grandparent or Senior Companion please contact Elderly Services Benefit Specialist, Angela Ortiz @ 869-2448 for an application.

Eldercare locator

Oneida Elderly Services Title VI Program & Eldercare Locator Working together to Serve Native American Elders

Eldercare Locator is...

- A national public service of the US Administration on Aging (AoA) and the first step to finding resources for older adults in any US community.
- A connector for elders and their care-givers to health and community based resources that enable elders to remain independent in their homes for as long as possible.
- A website <u>www.eldercare.gov</u> And telephone service 1(800) 677-1116 with trained Information Specialists available Monday Friday 9am to 8pm (EST)
- A database of information provided by Area Agencies on Aging, State Units on Aging and Tribal Aging Title VI Programs.
- A valuable resource that annually receives over 135,000 calls and 243,000 website visits.
- A free service administered by the National Association of Area Agencies on Aging (n4a) in cooperation with the National Association of State Units on Aging.

How the Eldercare Locator Works...

- We provide information on resources and the Eldercare Locator is one more national resource.
- Any person from any tribe looking for services for Native Elders can call the Eldercare Locator or access the website and receive:
 - Referral to information and resources in their local community including information for listed Tribal Aging Title VI Programs.
 - Referral to information about other services trbal elder might be eligible to receive.
 - Referal to information about services in other areas of the country if an elder is planning to move.
 - Referral to information for a family care-giver who is seeking care for an elder in another location.

MILWAUKEE BREWERS VS NEW YORK METS

WHAT:

BASEBALL GAME

WHERE:

MILLER PARK, MILWAUKEE WI.

WHEN:

AUGUST 2ND

GAME TIME:

1:00 - 4:00

COST:

\$15.00 - INCLUDES TRANSPORTATION AND GAME TICKET

(Due at the time of sign up)

LUNCH WILL BE ON YOUR OWN AT MILLER PARK OR YOU MAY BRING A BAG LUNCH.

- * Bus will leave the Senior Center at 9:30 am and return home around 6:30p.m.
- ** First 22 people to Sign up at the Senior Center Main Office will be able to attend.**

 <u>Dead line to sign up is July 17th at 4:30.</u>

*CANCELLATIONS ON OR ONE BUSINESS DAY (8:00 - 4:30) BEFORE GAME DATE ARE NOT REFUNDABLE.

Only Elders 55 and over in good physical health are eligible to travel on this trip. Elders must be able to walk without help, aboard the bus, and use the restroom on their own. Those who are oxygen dependent, on medication that causes dizziness, disorientation or those with high risk of heart attack or heart problems are ineligible for travel.

What is Meant by Chronic Condition?

Chronic conditions may cause you to lose physical conditioning and suffer problems over many years. Some examples of chronic conditions are arthritis, heart problems, asthma, stroke, pain, cancer, osteoporosis, diabetes, obesity, high blood pressure and emphysema. In contrast, acute conditions are short lived, and with prompt, effective treatment you can usually return to normal health quickly.

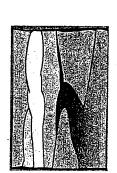
A chronic condition is one that many people must learn to live with for many years. The Living Well with Chronic Conditions Self Management workshop helps you learn how to manage your symptoms so you can get the most out of life.



For more information and to register, call Elderly Service at 869-2448

What is a Self Wanagement Workshop? What you do about something is largely determined by how you think about it. Some of the best self managers are people who think of their illness as a path. This path, like any path, goes up and down. The Living Well with Chronic Conditions workshop will help you learn the skills to travel this path, such as:

- Dealing with the illness
- Continuing your normal life
- Handling your emotions



The workshop meets for 2½ hours, once per week for six weeks. It is facilitated by two trained leaders in a workshop style, but most of the learning comes from sharing and helping others with similar challenges.

What does the Workshop Cover?

You will learn how to:

- Manage your symptoms
- Communicate with your doctor
- Lessen your frustration
 - Fight fatigue
- Make daily tasks easier
 - Live a healthier life
- Much more!



Who Can Attend?

The Living Well with Chronic Conditions workshop is for individuals who have one or more chronic condition. A friend, caregiver, or relative is welcome to attend the course along with the person who has a chronic condition. They too will benefit from the problem-solving skills related to managing a chronic condition.



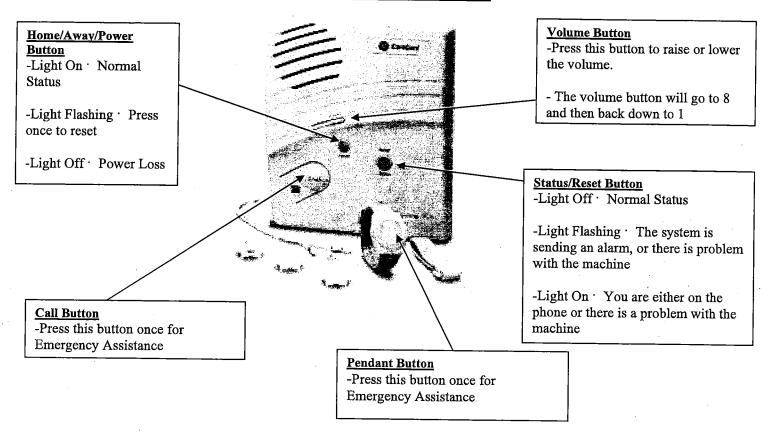
Lifeline Subscribers

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

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

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

GE CareGard Quick Reference



GE CareGard Detailed Instructions

Home/Away/Power Button

- If the button light is on then the system is in a normal status.
- If the button is flashing press it once to reset the machine.
- If the button light is not on then the machine has detected a loss of power.

Status/Reset Button

- If the button light is off the system is in a normal status. If the button is flashing and you pressed your pendant or call button for emergency assistance then the system is transmitting your alarm. If the button is flashing and you didn't send for emergency assistance, there may be a problem with the machine and you should call for service.
- The button light will be on if you are on the phone. If the button light is on and you are not on the phone, please call for service.

Call Button

- Press this button once for emergency assistance. Pressing this button more than once will delay the transmission of the emergency signal.

Pendant Button

- Press this button once for emergency assistance. Pressing this button more than once will delay the transmission of the emergency signal.

Volume Button

- Press this button to raise or lower the volume. The settings on this button are from 1 (the lowest setting) to 8 (the highest setting).

Carrot, Egg, or Coffee

A young women went to her mother and told her about her life and how things were so hard for her. She didn't know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her mother took her to the kitchen and filled three pots with water. In the first she placed carrots, in the second she placed eggs and the last she placed coffee beans. She let them sit and boil without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl, she pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter she asked, "Tell me what do you see?" "Carrots, eggs, and coffee," she replied. She brought her closer and asked her to feel the carrots. She did and noted that they were soft. Then she asked her to take an egg and break it and after peeling off the shell, she observed the hard boiled egg. Finally, she asked her to sip the coffee, the daughter smiled as she tasted its rich aroma. The daughter asked, "What's the point mother?" Her mother explained that each of these objects had faced the same adversity-boiling water-but each reacted differently. The carrot went in strong, hard and unrelenting: however, after being subjected to the boiling water, it softened and became weak. The egg became fragile: its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, after they were in the boiling water they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?" Think of this: am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The coffee bean actually changes the hot water, the very circumstances that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are their greatest do you elevate to another level?

Don't tell Creator how big your storm is, tell the storm how big your Creator us!!

MAY THE CREATOR BLESS YOU ABUNDANTLY!

* PRIDE

I am glad to see that the pride in our country and its accomplishments is not a thing of the past. I still get a hard -to-define feeling when the flags goes up and I know you do too. Let us hope that none of us loses that feeling.

* John H Glenn

* * * *

Twinkies And Root Beer

A little boy wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with Twinkies and a six-pack of Root Beer and he started on his journey.



When he had gone about three blocks, he met an elderly man. The man was sitting in the park just feeding some pigeons.



The boy sat down next to him and opened his suitcase. He was about to take a drink from his root beer when he noticed that the man looked hungry, so he offered him a Twinkie. The man gratefully accepted it and smiled at the boy. His smile was so pleasant that the boy wanted to see it again, so he offered him a root beer. Again the man smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word.



As it grew dark, the boy realized how tired he was and he got up to leave, but before he had

gone more than a few steps, he turned around, ran back to the man, and gave him a hug. The man gave him his biggest smile ever.

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him "What did you do today that made you so happy? He replied,"I had lunch with God "But before his mother could respond, he added, "You know what? God's got the most beautiful smile I've ever seen!"

Meanwhile, the elderly man, also radiant wirh joy, returned to his home. His son was stunned by the look of peace on his face and he asked, "Dad, what did you do today that made you so happy?" "He replied, "I ate Twinkies in the park with God." However, before his son responded, he added," You know he is much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. People come into our lives for a reason, a season, or a lifetime. Embrace all equally.

HAVE LUNCH WITH GOD!



The God who gave us life, gave us liberty at the same time.

Thomas Jefferson

Fresh Strawberry Sour Cream Shortcake

2 c. flour
3 t. baking powder
pinch of salt
¼ c. plus ⅓ c. sugar
1(3-ounce) cream cheese
2 Tbl. Butter
1 egg beaten
½ c. milk
1 quart fresh strawberries
1 c. sour cream

Preheat the oven to 450 degrees F. Sift together the flour, baking powder, salt and ¼ c of the sugar. Add the cream cheese and butter, cutting them in with a pastry blender or 2 knives until the mixture resembles coarse cornmeal. Pour the beaten egg into a measuring cup. Add enough milk to make ¾ c. and gradually stir into the flour mixture. Knead the dough about 20 seconds. Pat half the dough into a greased round 8 inch layer-cake pan. Brush the surface with melted butter. Pat the remaining half of the dough over the top. Bake until done, about 20 minutes. Remove to a cooling rack. When the cake is cool, split the layers apart and place 1 on a large serving plate.

Wash, hull and slice the strawberries. Add 1/3 c. of the sugar and let stand 10 min. Spoon the strawberry mixture between and over the tip of the shortcake layers. Top with sour cream sweetened to taste.

Yield: 6 servings

They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety.

B. Franklin

The Power Of A Hug

Healing is sometimes about simply having someone hold you in their arms and feeling their love-caring-and compassion-knowing there is someone there who shares your journey and will be there for you.

To many souls, reality is a lonely, painful experience with nowhere to turn. A hug is a way to share both good bad times with others. A hug can create a connection that one cannot express in words. A hug isn't affected by age, race or any thing that separates human experience. A hug can say, "I love you. You are special to me." Even a small hug generally makes everyone feel good. A hug can make one feel safe and secure. It can lift our spirits and make us smile. A hug is meant for everyone, even animals hug each other. We often express the hug in the written word "XOXO" using universal symbology. The energy of a hug goes on forever through many levels of expression. Hugs can have a creational message. Nothing says it quite like a hug!! It is a universal symbol.

Hug someone today.

G.L.N.A.E.A. SCHEDULE

AUG. 2 & 3 LacDu Flambeau

Oct. 4 & 5 Mole Lake Motel Casino, & Bingo

Dec. 6 & 7 LCO Casino, Lodge, and Convention Center.

Did you hear about the blonde who took her scarf back to the store because it was to tight!!



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.

The following is a list of items for sale: Towels, Mugs, Air Fresheners Crosses, all types (plastic canvas) Magnets, Raised Beaded Purses Floral Arrangements Greeting Cards, Leanin Tree Hot Pads Native American Dolls Jewelry, Necklaces, Earrings, Pins, etc. **Key Chains Pillows** Quilts (crib size) Lap Throws, Pillow Cases, Scarfs Memories of Oneida Elders Tapes Oneida Singers Tapes, Cornelius Family Many Other Assorted Items

We Feature Fresh Popcorn Daily

Our gift shop is located in the Elderly Service Complex, at 2907 S. Overland Road, right next to the Airport Road Daycare Center.

Across from Oneida Health Center.

Elders, display your arts and crafts in our store FREE.

Attention Elders

Oneida Elderly Services encourages all who participate in elderly activities and bus transportation to create a positive atmosphere for all participants including themselves, other elders, and employees. Courteous behavior to other elders and employees is expected .Transportation will be provided by Elderly Services to those activities schiduled on the monthly adctivity calendar. Activities are subject to change or cancellation. Transportation to after hour activities (After 4:30 P. M.) or weekend activities will be provided by Elderly Services providing there is a minimum of five(5) passengers. The deadline for signing up for these activities is 4:40 pm the day before the event (except wakes and funerals.)

The following restrictions apply to traveling to out of town activities:

- * Passengers must be physically able to board the bus or van on their own and must be able to keep up with others.
- * Those individuals with high risk of a heart attack, wheel chair bound, have had open heart surgery, have a pacemaker, oxygen dependent, or medication that caused dizziness, disorientation or nausea are ineligible to travel.

Seat belts (if equipped) are **mandatory** at all times while on the bus

Physical or verbal abuse of other elders or employees will not be tolerated.

If you have an illness that may be contagious, be considerate of those riding the bus and please stay home until you are better so others will not become infected.

Please practice proper hygiene at all times. It is each individuals choice as to which activities they wish to attend.

A donation will be appreciated when riding the bus.

If you wish to participate in special activities offered by Oneida Elderly Services, you must sign up in person (no call -ins or signing for someone else, this includes signing up for bingo passes) at the Oneida Senior Center, 134 Riverdale Drive, Oneida. For transportation to our monthly activities that you wish to attend, please call 869-2448.

ONEIDA BENEFIT SPECIALIST Angela Ortiz

Benefit Specialist from the Elderly Service Center will be available at the Oneida Senior Center (meal site) every second and fourth Thursday of the month from 11am-1pm. She has valuable information on benefits and helpful programs for you, including information on health insurance, This is on the first come first serve basis. You can also sign up for Senior Care with Angela. For more information call 1-920-869-2448.

BLOOD PRESSURE AND BLOOD SUGAR SCREENING

July 13th, 2007 Oneida Senior Center (meal site) 134 Riverdale Drive 1-920-869-1551

International Pun

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about a hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "Because, "he said, "I can't stand chess-nuts boasting in a open foyer."

CONDOLENCES

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To the LeeAnn M. Skenandore family.

To the La Verne Hill family.

To the Irvin Cook family.

To the Hartman Summers family.

To the Amelia Powell family.

To the Jean King family.

LIFE IS A GIFT

There was a blind girl who hated herself just because she was blind. She hated everyone, except her loving boyfriend: he was always there for her. She said that if she could only see the world, she would marry her boyfriend.

One day someone donated a pair of eyes to her and then she could see everything, including her boyfriend. Her boyfriend asked her, "Now that you can see the world will you marry me?" The girl was shocked when she saw that her boyfriend was blind, too, and refused to marry him. Her boyfriend walked away in tears and later wrote her a letter saying, "Just take good care of my eyes, dear."

This is how the human brain changes when our statues changes. Only few remember what life was before and who's always been there even in the most painful situations.

LIFE IS A GIFT. * Today before you think of saying an unkind word, think of someone who can't speak,

- * Before you complain about the taste of your food, think of someone who has nothing to eat.
- * Before you complain about your husband or wife, think of someone who's crying out to God for a companion.
- * Before you complain about life, think about someone who went to early to heaven.
- * Before you complain about your children, think of someone who desires children, but they're barren..
- * Before you argue about your dirty house because someone didn't clean or sweep, think of the people who live in the streets.
- * Before whining about the distance you drive, think of someone who walks the same distance with their feet; and when you get tired and complain about your job, think of the unemployed, the disable, and those who wished they had your job.
- * Before you think of pointing your finger or condemning another, remember that not one of us is without sin, and we all answer to one Maker.
- * When depressing thoughts seem to get you down, put a smile on your face and thank God you're alive and still around.
- * Life is a gift, live it, enjoy it, celebrate it, and fulfill it!

John Adams

When the Declaration of Independence was declared, John Adams wrote this historic letter to his wife: "I am apt to believe that day will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations."



Coalition of Wisconsin Aging Groups Advocacy Membership Elder Law

TRICKED? TREATED BADLY? CALL THE MEDICARE "D" WATCH!

- × Trouble getting prescriptions filled?
- X Charged more for your medication than you expected?
- X A salesperson told you one thing and you got another?
- × Pressured into signing up for plan without knowing all the facts?
- X Afraid you gave your social security number, medicare number or bank account information to a "Part D" scam artist?

Report Problems: 1-866-456-8211 medfraud@cwag.org

Medicare "D" Watch 2850 Dairy Drive Madison, WI 53718

Happy Fer's Day

Sunda June 17

Have a g t and safe

4th July



The Living Room

SUCEHGLASSESEHETJQJYM PVSCLPOWEP ILLOWADJAWV CTQCYWR LAHNMQ VOGCTAAPLKDTUCRAF CHPORLRSKOOBPLAN TFMHPYGPLJNMAGAZ LSRETSAOCSCAVGUO NJRZGTCTRTNPMDHPF CUAPOUAEVNH YRRSDOSSLPLOCRQSKW HOQEOHSAT LRQNONE AURCTKT IUPPSDOCRT BVEROOSR PCWCAGHAVETONBWQ TSBL SPCKEQ DORNIQHLONM LKARNASKYQYYIGAME TNALPTNEMANROKQVVCRLT

F108

ASHTRAY
BOOKS
CARD
CARPET
CHAIR
COASTER
COUCH
CRAFTS
CRYSTAL
CUSHION

END TABLES
FIREPLACE
FLOWERS
GAMES
GLASSES
LAMP
LIGHT
MAGAZINES
MAT
MIRROR

NEWSPAPER
ORNAMENT
OTTOMAN
PAINTINGS
PHOTOS
PICTURES
PILLOW
PLANT
PLANT RACK
RUG

SOFA STEREO TABLE TELEVISION THROW RUG TROPHY VASE VCR WET BAR

Life Settlements

If you think you no longer need your life insurance policy, or having a difficult time keeping up with the premium payments, a life settlement is a nice option to consider. Here are a few things you should know about life settlements. A life settlement is the sale of an existing life insurance policy (term, whole life, universal and others) to a third party company for cash. Life settlements are typically best for people over age 65 with some health problems and who own a policy with a face value of 200,000 or more. If an owner of a life insurance policy decided they no longer need it, they would either let the policy lapse or turn it in for a meager cash surrender value. But now, with the life settlement options, you can sell your policy for three or four times more than the cash surrender value would be, but less than its net death benefit. Once you sell it, the life settlement company then becomes the new owner of the policy, pays the future premiums and collects the death benefit when you die.

Cashing Out:

The amount of money you will get in your life settlement will depend on several factors including your age, medical condition or life expectancy, the type of insurance policy, the premium costs, the rating of the insurance company and the value of the policy.

Consumer Tips:

Comparison shop. How much you can get for your policy will vary, so get quotes from several brokers or life settlement providers to be sure you are getting the best deal. Find out what fees or costs you'll be required to pay.

Tax Implications: Life settlements are usually taxfree up to the amount you have paid in life insurance premiums during the life of the policy. However, the balance over that amount is taxable Consult your tax adviser. Fraud Protection: Life settlements are not regulated in every state so be careful who you are dealing with. Make sure the life settlement company or broker you choose is either licensed in your state or is a member of LI S A.

Other Options:

Cash value: Ask your insurance agent if you have any cash value in your policy, if so, you may be able to use some of the cash value to meet your immediate needs and keep our policy for your beneficiaries. You may be able to use the cash value as a security for a loan.

Accelerated Benefits. Find out if your life insurance policy pays some of the policy has an accelerated death benefit which pays some of the policy's death benefits before you die.

Reduce Premiums. If paying the premium has become a burden, there are various ways to reduce it. Ask your agent!

Let not him who is houseless pull down the house of another, but let him work diligently and build one for himself, thus by example assuring that his own shall be safe from violence when built.

Abraham Lincoln

Remove not the ancient landmarks which thy fathers have set.

Proverbs 22:28





Preventing Osteoporosis

Osteoporosis is a disease in which bones become more fragile and more likely to fracture (break). Osteoporosis is extremely common in aging, affecting 55% of people over 50. Startlingly, in the over-50 population, half of all women and one in four men will have an osteoporosis-related fracture in their lifetime. Osteoporosis is called a 'silent disease' because many people do not have any symptoms—and thus are unaware they have the disease—until they experience a painful bone fracture. The most common places for fractures are in the hip, spine or wrist.

The primary goal in osteoporosis treatment is fracture prevention. You can do this by:

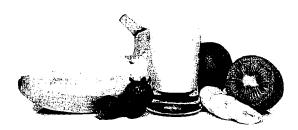
- Knowing your risk factors
- Preventing osteoporosis development

Know Your Risks

Following are the factors that will put you more at risk for developing osteoporosis:

- Female gender
- Increased age (over 50)
- Caucasian, Asian, Hispanic race
- Lifelong low intake of calcium
- Hyperthyroidism (high concentration of thyroid hormone)
- Estrogen deficiency
- Hypogonadism (low concentration of sex hormones)
- Previous bone fractures as an adult
- Family history of osteoporosis
- Cigarette smoking
- Excessive alcohol or caffeine intake
- Low levels of physical activity
- · Low weight or thin frame

- Long-term intake of certain medications, including:
 - Corticosteroids (eg, prednisone)
 - Anticonvulsants (eg, carbamazepine, primidone, phentoin, phenobarbital)
 - Progestins (eg, medroxyprogesterone)
 - Heparin
 - Diuretics (eg, furosemide)
 - Methotrexate
 - Lithium
 - · Aluminum containing antacids



Take Steps to Prevent Osteoporosis

Once you know your personal risk factors, following are some positive steps you can take to prevent osteoporosis from developing.

1. Get Tested

Bone mineral density (BMD) screening measures the density—and therefore the strength—of your bones and is recommended for all women over 65 and all men over 70. Screening in younger men or women is recommended in the presence of risk factors. Medicare pays for bone mineral density screening every two years for qualified individuals with certain risk factors. Your local pharmacy may even participate in osteoporosis screening.

2. Take Plenty of Calcium

The recommended calcium dose in adults age 50 or older is 1200 to 1500mg/day from either dietary and/or supplemental sources. Dietary sources of calcium are preferred, and include dairy products; some green vegetables such as broccoli and beans; canned fish with soft edible bones such as sardines; and calcium-set tofu. Calcium-fortified foods and supplements may be helpful if you are unable to get enough calcium in your diet alone.

Your doctor can confirm the right dose of calcium for you and your pharmacist can help you select the most appropriate form of calcium and advise you how best to take it.

3. Get Adequate Vitamin D

Vitamin D aids in calcium absorption and increases muscle strength. Exposure to just 10 to 15 minutes of sunlight 2 to 3 times per week satisfies the required amount of vitamin D. Dietary sources of vitamin D include vitamin D-fortified dairy products, saltwater fish or liver.

4. Exercise Regularly

Involvement in weight-bearing exercise and resistance training will increase your bone and muscle strength and decrease your fracture risk.



5. Talk to Your Doctor About Preventative Medicines
If you have risk factors or symptoms of osteoporosis, speak with
your doctor about the most appropriate medicine for you. Various

disease.

Taking osteoporosis medicines and calcium supplements correctly is essential for optimal efficacy. Speak with your pharmacist about how and when to take these products.

prescription medicines are available for treating and preventing the

6. Assess Your Fracture Risk

Some factors put you at an increased risk of fracture. For instance, if your vision or memory is impaired, or if you have experienced another fracture recently, or if you are in poor health, you may be more vulnerable to fracture. Evaluate the safety of your home and take measures to minimize anything that might cause you to trip or fall, such as loose carpets or electrical cords.

Remember, osteoporosis is a preventable disease. And an ounce of prevention is worth a pound of cure! Your community pharmacist can recommend a calcium supplement, screen for risk factors, and advise how to take your medications. Speak with your pharmacist today.

PDP0771 (06/2007)

Media Alert

FOR MORE INFORMATION, CONTACT:

Lisa Valenta, Income Development Coordinator, Northeast Region

American Cancer Society Office: 920.338.1541 lisa.valenta@cancer.org

2007 Oneida Relay for Life

PHOTO OPPORTUNITIES

WHAT: The American Cancer Society's 2007 Oneida Relay for Life is a pledge-based event that allows participants to walk through a designated course along the Norbert Hill Center Track, of Oneida, while raising funds to help in the fight against cancer.

During the event survivors will be honored and celebrated to show that cancer is a battle that can be won.

WHEN:

July 27 & 28, 2007, starting at 6:00 p.m and ending at 10:00 a.m.

WHERE:

Norbert Hill Center, N7210 Seminary Road, Oneida, WI 54155

HIGHLIGHTS:

- An estimated 26,390 of Wisconsin residents will be diagnosed with cancer in 2007.
- Oneida Relay for Life funds cancer research, educational programs, services for cancer patients and their families and furthers the mission or the American Cancer Society to eliminate cancer as a major health problem.
- More than 150 Oneida residents will volunteer or participate in the American Cancer Society 2007 Oneida Relay for Life.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll free 1.800.ACS.2345 or visit www.cancer.org.

ONEIDA ELDER APARTMENT **WAITING LIST**Independent Living for Seniors 2907 S Overland Rd, Oneida, Wisconsin 54155

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



We would greatly appreciate it if you would call us:

- to update your contact information
- if you would like to be added to the list
- if you would like to be taken off the list
- to confirm your name and status on the list

When an apartment becomes available we will contact elders in the order they are on our list. If we are unable to reach an elder because contact information is not valid - this elders name will be listed as inactive until contact information is updated.

Independent Living for Seniors

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

Apartment Features

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

The Elderly Services Program of the Oneida Tribe of Indians of Wisconsin mission is to assist our Elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

HAVE A GREAT DAY!



STATE OF WISCONSIN BOARD ON AGING AND LONG TERM CARE

1402 Pankratz Street, Suite 111
Madison, WI 53704-4001
(608) 246-7013
Ombudsman Program (800) 815-0015
Medigap Helpline (800) 242-1060
Fax (608) 246-7001
http://longtermcare.state.wi.us

BOARD OF DIRECTORS
Eva Arnold
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Terry Lynch
Tanya L. Meyer
Dale B. Taylor

http://longtermcare.state.wi.us

EXECUTIVE DIRECTOR
George F. Potaracke

FOR IMMEDIATE RELEASE

11 June 2007 Contact: Medigap Helpline 1 (800) 242.1060

Senior Care Questions and Answers

Will Senior Care continue? Yes

What is WisconsinCare that I have been hearing about? WisconsinCare was a proposed state prescription drug program to take over if SeniorCare was not extended by the Center for Medicare and Medicaid Services (CMS) beyond 2007. Senator Herb Kohl proposed funding for SeniorCare and the language passed. Since SeniorCare is going to continue for 2 ½ years until the end of 2009, there will be no WisconsinCare at this time.

I am on Senior Care now. What do I need to do?

Re-enroll in SeniorCare when your enrollment anniversary comes up just as you always have been doing. That is, pay your \$30 annual fee and use the SeniorCare plan as you always have.

Do I need a Medicare Part D plan with my SeniorCare? NO. You are not required to have Medicare Part D if you have SeniorCare. SeniorCare is creditable coverage. Creditable coverage means you have a prescription drug plan that is equal to or better than Medicare Part D, therefore you do not have to pay a part D premium. Your \$30 annual enrollment fee for SeniorCare is your plan cost as well as any copayments. For most people it is best to have SeniorCare or Part D – not both. Claim problems are minimized by having one or the other.

What are SeniorCare enrollment requirements? Anyone can enroll in SeniorCare at anytime during the year and get the creditable coverage. When you have creditable coverage, this means you avoid any penalty for not having enrolled in Medicare Part D. To get SeniorCare you must be:

- 1. Wisconsin Resident
- 2. Age 65 or older

Your income level – not assets – determines if you can benefit from SeniorCare. There are 4 levels with varying deductibles and co-payments. The income levels range from \$16,336 to \$24,505 as individuals and \$21,904 to 32,857 as a couple. If your income is between these dollar amounts contact Senior Care at 1-800-657-2038 for information to enroll.

Are there other resources for information? Yes. There is a Part D helpline through the Coalition of Wisconsin Aging Groups. They can assist you in the selection of a Medicare part D plan as well as any benefits of SeniorCare.

Their toll free number is 1-866-456-8211.

If your health insurance coverage includes a drug benefit, the Medigap Helpline can assist you in the analysis of your health insurance options.

Their toll free number is 1-800-242-1060.

By: Mark Eisenmann

JOB OPPORTUNITY

Are you 55 or older and looking for work?

NICOA Senior Community Service Employment Program may be just what you are looking for. Eligible candidate must meet income guidelines and be available to work 20 hours per week. Training is provided.

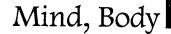
MEALS MATTER! What would you like to see on the menu at Oneida Senior Center Meal Site?

Please contact Brenda Jorgenson at 869-1551 if you have ideas or menus to share. Thank you.

VOLUNTEERS NEEDED - SENIOR CENTER

Please contact Brenda Jorgenson at 869-1551 if you would like
to volunteer to help cook, serve, clean, or any other customer
service help AT OUR MEALSITE

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



and Spirit

of Aging

Conference

2007

Monday, October 29th

8:30 am ~ 3:00 pm

Radisson Hotel & Conference 2040 Airport Dr Green Bay WI

This annual conference explores issues related to the mind, body and spirit of aging. There will be a variety of conference presenters who will share insights in sustaining well being as they move through life.

Watch for registration information to follow.



ONEIDA ELDERLY SERVICES DATABASE FORM DATE: ___/__/_

Name			Phone Number	()		
Address			Gaaial Gaara	3.T 1		
71dd1000	-		Social Security	Number		
City	State	Zip Code	County	<u>-</u>	DOE	/ /
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Living Arrange	ment:	Lives Alone	Lives with	Spouse	Lives with	Others*
	Rent	Own			Many Other.	
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*If Poor Please]	List Health Co	ndition:			· · · · · · · · · · · · · · · · ·	
Do You Current	ly Have Any of	the Following:	Guardian	Power of Att	y–Finances	Health
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ignature				Det	· ———	

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

Elder Garages and Driveways

Elderly Services will be accepting applications for Grages & Driveways. Preference will be based on Health and Safety need and will be dependent on availability of funds.

Priority will be given in the following order:

Elders over the age of 70 Physically challenged elders Elders aged 55-69

<u>Criteria for garage</u>: This is not part of any prior garage project no will repairs be done on past projects (existing garages)

Must be an enrolled Oneida Tribal member
Must own the home that will be accessed by the garage
Must not have a garage
Existing garage doesn't meet zoning ordinance requirements
Must live within the Oneida Reservation

<u>Criteria for driveway</u>: This is not part of any prior driveway project nor will repairs be done on past projects (existing driveways)

Must be an enrolled Oneida Tribal member Must own the home that will be accessed by the driveway Existing driveway must be gravel or dirt Must live within the Oneida Reservation

Depending on the cost of each garage and driveway, we estimate to do four garages and six driveways this year.

Applications will be accepted by calling the Service Coordinator for completion of an Initial Contact Form. Once a decision is made, you will be notified.

For more information, please contact Tina or Florence at 869-2448.