

DRUMS ACROSS ONEIDA

Oneida Elderly Service
2907 South Overland Rd.
Oneida, WI 54155
Ph: 920-869-2448
Fax: 920-869-1824
1-800-867-1551



Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Ph: 920-869-1551
Fax: 920-869-1526

O'yhótsli? Wahní'tale?

Green Bean Moon (7th Moon) JULY, 2008

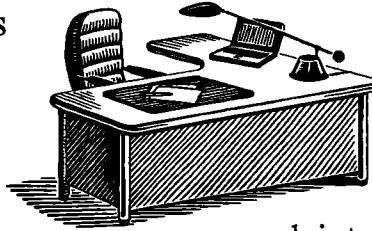


ONEIDA'S POW WOW JULY 4, 5, 6, 2008

ELDERS AND EVERYONE – DRUMS CONTACT

From the desk of: Linda Douglas

I am with Elderly Services and contact for the DRUMS Across newsletter. Please contact me comments, suggestions, concerns, for your attention. My phone number: 920-869-2448 email ldouglas@oneidanation.org



will be the main Oneida with any complaints, etc. Thank you

Elder's Meditation

"To be able to greet the sun with the sounds from all of Nature is a great blessing, and it helps us to remember Who is the real provider of all of our benefits." Thomas Yellowtail, CROW

The Elders say we should pray to the East every morning. Just try it! Get up early in the morning, watch the sun and listen to the morning sounds, the birds, the winds; smell the air, feel the breeze and the warmth of the sun. Your mind will expand and you will experience oneness with the Great Spirit. You will realize who is really in charge. You will realize interconnectedness. You will realize how much the Creator loves you! Just try it.

Great Spirit, today, let me feel the earth, the Father Sun and your Presence.

THANK YOU

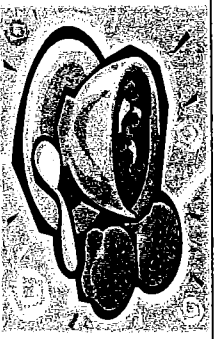
Linda Doxator, for the donation to our library,
our Elders will enjoy reading.

MENU

JULY

2008

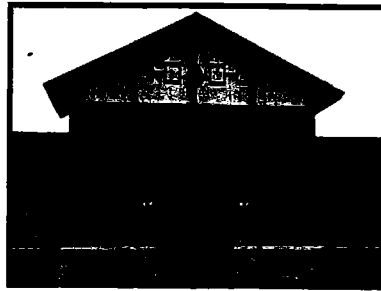
ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WI., 54155 PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
7 Chicken Salad Croissants Cukes, Tomatoes Cottage Cheese-Lettuce Ice Cream	8 California Blend Cheese Soup Fresh Bread Mandarin Oranges	9 Turkey & Gravy Potatoes-Brussels Sprouts W/W Bread Custard	10 Vegetarian Lasagna Salad Garlic Bread Mix Berries	11 Fish Potatoes Potatoes Cole Slaw Corn Bread Apple Sauce
14 Polish Sausage Mac & Tomatoes Green Beans W/W Bread Pudding w/bananas	15 Chicken Noodle Soup Fresh Bread Juice Peaches	16 Hot Beef Sandwich California Blend Vegetables Juice Slices of Oranges, Apples & Pineapples	17 Meat Loaf Scalloped Potatoes Peas W/W Bread Pears	18 Tuna Salad Cottage Cheese- Tomatoes-Lettuce Croissants Pudding
21 Chop Suey Rice W/W Bread Mandarin Oranges	22 Corn Soup Fresh Bread Juice Berry Whip Pie	23 Chicken Strips Mac & Cheese Green Beans W/W Bread Jell-O Whip Berries	24 Liver & Onions Potatoes Beets W/W Bread Sherbet	25 Beef Patties Oven Brown Potatoes Carrots W/W Bread Ice Cream
28 Goulash W/W Bread Juice Pears	29 Beef Stew Biscuits Juice Peaches	30 Chef Salad Cukes-Tomatoes-Eggs-Cottage Cheese Rolls Juice	31 Birthday Lunch Pork Roast & Gravy Potatoes Cranberries W/W Bread Jell-O Cake	
		BIRTH STONE: RUBY FLOWER: LARKSPUR		HOURS: 8 A.M.-4:30 P.M. Lunch Is Served Monday-Friday 12P.M.-1:00P.M.

All meals are served with
coffee, milk or tea

Menu is subject to change

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

*** 2 openings available ***

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

Have a Great Day!



Have you experienced The Oneida Pow Wow?
Coming together to sing, dance, and feel the beat of the drum.

The grand entry, gathering if you will to celebrate—watching the fancy dancers, shawl dancers and watching our little ones dancing with serious looks, all dancing to the beat of the drums. What a wonderful experience.

As I have been told there is nothing like an outdoor Pow Wow. Is it nothing better to be outside. Even as the sun sets, watching the stars start appearing one by one till the sky is full.

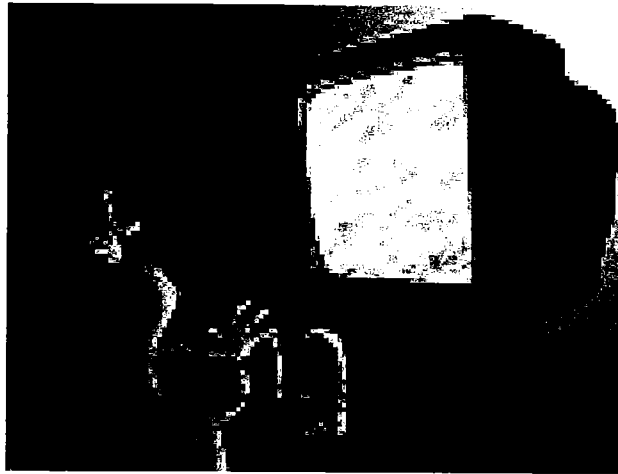
We as a people enjoying our culture and rich heritage!

In the months to come we will be doing a series on this topic.

JULY 2008 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Please sign up for trips at Senior Center Main Office.</p> <p>*All trips leave from Senior Center.</p>				
	1	2	3	4
	Crafts Elderly Services 9:30 – 11:30	Board Games Elderly Services 9:30 Bingo Senior Center 1:00	Banks Shopping Lunch Out 10:00 – 3:00	OFF No Activities
7	8	9	10	11
Indoor Horse Shoes Elderly Services 9:30 Good Will Store Green Bay 1:30	Crafts Elderly Services 9:30 – 11:30	Rubber Stamping Elderly Services 9:30 Bingo Senior Center 1:00	Yahzee Game Elderly Services 9:30 Tour 1000 Island Environmental Center	Banks Shopping Lunch Out 10:00 – 3:00
14	15	16	17	18
Genealogy Heritage House 9:30 Bowling Ashw. Lanes 1:30	Crafts Elderly Services 9:30 – 11:30	Oneida Language Elderly Services 9:30 Bingo Senior Center 1:00	Concert in The Park Jackson Park, GBay (Polka Cajun music) Bring Bag Lunch 10:00- 2:00	Banks Shopping Lunch Out 10:00 – 3:00
21	22	23	24	25
Cooking Elderly Services 9:30 UNO Game Elderly Services 1:00	Crafts Elderly Services 9:30 – 11:30	Price is Right Elderly Services 9:30 Bingo w/ Rec. Summer Program Senior Center 1:00	Scrabble Game Elderly Services 9:30 Need Elders to read to Summer Prog. Children Oneida Library 1:30	Banks Shopping Lunch Out 10:00 – 3:00
28	29	30	31	
Cherry Picking Sturgeon Bay 9:30 Sun Set Beach for Lunch (bring your own bag Lunch)	Bingo Methodist Church 9:30 – 11:30	Oneida Language Elderly Services 9:30 Bingo Senior Center 1:00	Visit Anna John Nursing Home Oneida 9:30 Birthday Lunch 12:00 Movie Elderly Services 1:00	<p>*Is this your Birthday month?</p> <p>* You must sign up in the Birthday Book at Senior Center, Main Office, Must be present at the Birthday lunch.</p>

***Activities due to change without notice.**



FYI

For our elder consumers:

Starting February 2009 television broadcasting will be changed from analog to digital. This is supposed to provide better viewing and help emergency responders protect the community. In order for this change to not affect your television viewing a TV converter box must be purchased and connected to your television. Most converter boxes will be priced from \$50 to \$70. Any televisions connected to cable, satellite, or services of the sort do not need a converter box to receive broadcasting.

Since new equipment must be purchased to accomodate the broadcasting change the government is offering a program to help lower the cost for consumers. You can apply for a \$40 coupon via telephone, online, mail in, or by fax. There is a limit of two coupons per household. The remaining balance of the converter will be the consumer's out of pocket cost.

To get more information or complete an application you can visit the website <https://www.dtv2009.gov/> or contact Angela Ortiz, Elder Benefit Specialist at (920) 869-2448.

MANNIX

O	G	S	F	O	R	M	E	R	D	N	E	I	R	F	S	H	Z	Z	J
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Appalling

Brawl

Company

Computers

Contacts

Dedicated

Detection Aids

Detective

Drama

Employed

First Floor

Fists

Force

Former

Friend

Girl Friday

Implements

Independent

Interact

Intuition

Joe Mannix

Lieutenant

Line of Duty

Long Run

Los Angeles

Malcolm

Occasional

Original

Peggy

Police Officer

Private Eye

Scientific

Secretary

Tobias

Violent

Wild



AOA Tile VI Exemplary Programs 2008

I would like to thank those responsible for those receiving the Title VI Exemplary Program award in Minnesota. Oneida Elderly Services received the Exemplary Program Award for 2008 and I could not have done this alone. I express my gratitude for staff, O.N.C.O.A., B.C. and Elders who support my work in many ways. I would like to also thank those in attendance for their moral support during my presentation: Melinda Danforth, Julia Denny, Hugh Danforth, Mary Jane Pittman, Pearl Mc Lester, Dorothy Skenandore, Lois Strong, Linda Bowman, Delora Cornelius, Cheryl Ault, Alfreida Grignon, Arlyle Doxtator and Clifford Doxtator, NICOA Chair (National Indian Council on Aging).

Florence Petri, Elderly Service Director

Topic: SLEEP APNEA

Presenter: Amy Emmer-Conant,
Nurse Practitioner,
MSN, APNP

Date: Wed. July 16, 2008

Time: 12:00 P.M. (15 min. Presentation)

Place: Oneida Senior Center
134 Riverdale Dr.
Oneida, WI. 54155

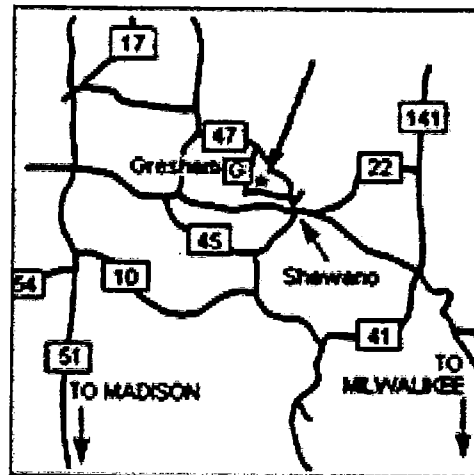
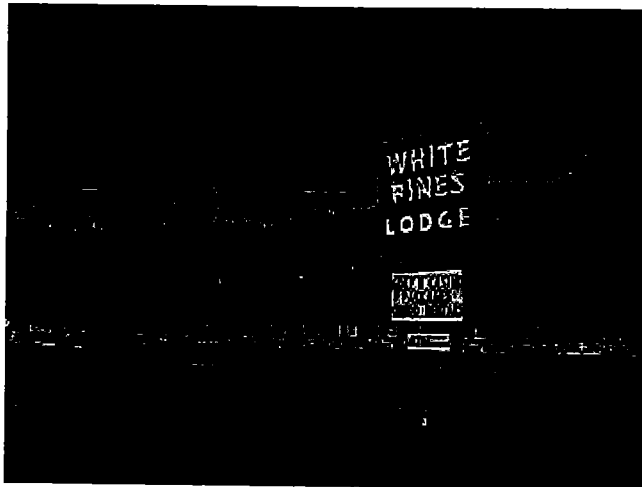
Contact: Deborah J. Melchert, NAFCC
Oneida Elderly Services
Ph. 920-869-2448 Ext. 6834

GLNAEA

**Great Lakes Native American Elders Association,
Sponsored by Stockbridge Munsee**

August 7th & 8th, 2008

Northstar Casino between Bowler & Gresham

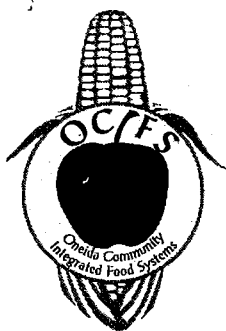


All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Monday, July 7, 2008. We must have 20 people signed up to reserve a coach bus, or else we'll use tribal vans. Payment must be received by Monday, July 7 and the last day to cancel is Monday, July 14 for reimbursement of payment. We will be staying at White Pines Lodge and the cost is \$33.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, August 7, 2008. Any questions please call Oneida Senior Center at (920)869-1551.

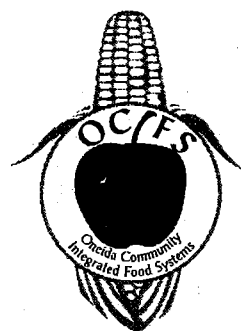
Next 2008 Meetings:

October 2 & 3 - Lac Vieux Desert

December 4 & 5 - Mole Lake Ojibwa



The Oneida Community Integrated Food Systems (OCIFS)



would like to invite any community member and

their families to have a small plot in the Oneida Pantry garden -

located just outside the Nori Damrow Food Distribution building.

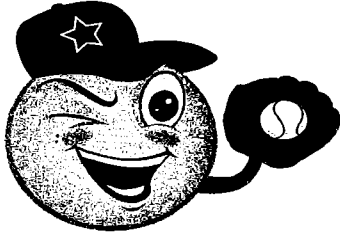
The Oneida Falling Leaves 4-H has worked up the entire garden and the Pantry (Gary Smith) has agreed to water the garden.

You will have to plant, weed and harvest yourself.

To reserve your space please contact Gary Smith at 869-1041 or

Gsmith@oneidanation.org

Happy Gardening from the OCIFS Members



MILWAUKEE BREWERS VS CINCINNATI

WHAT: BASEBALL GAME
WHERE: MILLER PARK, MILWAUKEE WI.
WHEN: September 10th, 2008
WHO: Elders 55 and older
GAME TIME: 1:00 - 4:00

COST: \$15.00 - INCLUDES TRANSPORTATION AND GAME TICKET
(Due at the time of sign up)

*BRING SPENDING MONEY FOR FOOD AT THE GAME,
IT WILL BE A LONG DAY.

*****CO-SPONSORED BY ONCOA*****

BAG LUNCH /WATER WILL BE PROVIDED BY ELDERLY SERVICES.

* Bus will leave the Senior Center at 9:30 am and return home around 6:30p.m.

*Only 30 tickets available, first come – first serve.

*Dead line to sign up is July 15th at 4:30.

CANCELLATIONS - ARE NOT REFUNDABLE AFTER SEPTEMBER 1st, 2008.

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.



Dennison Danforth, Jr. Conrad King Cave Man (Clinton) Stevens
Tim King Greg Moore Pork (Craig) Stevens

The Elders danced to the distinguished sounds of Cherry Bounce.
We had a jigging contest the winners:

1st Place Joyce Skenandore

2nd Place Josephine Daebler

3rd Place Pearl Mc Lester



We had no dancing on the tables. With that in mind Judy Cornelius, Out Reach Worker grabbed Grandpa Ray and went sailing to the dance floor.

REMINDER:

Please send flyers with a minimum of one months notice.

We will not post flyers if they are sent to us without the one months notice. Elderly Service would like to give our elders the advance notice for planning and coordination of needs. If flyers are posted late the confusion it takes to coordinate can be very stressful.

Our mission is to provide our services through love, caring and respect for the individual. Thank you for respecting this request and our elders needs.

What goes around comes around! When we succeed and make our elders feel marvelous, we feel marvelous. People, who feel good will work good, play good and pass on good to each other. It only makes sense.

Wanted Elder Volunteers

Elder Volunteers needed for the Foster Grandparent and Senior Companion Program. Individuals must be 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 hours a week. Senior Companions work with home bound elders and can work up to 20 hours a week. Both the Foster Grandparents and Senior Companions can get paid mileage at the rate of \$0.35 per mile 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.



A decorative border with a repeating floral and leaf pattern surrounds the text.

Caregiver Support Group

Date: Wednesday. July 23, 2008

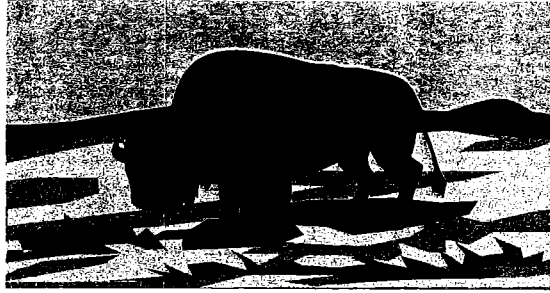
Time: 1:30 – 3:30 P.M.

Place: Oneida Elderly Services Complex
Conference Room
2907 So. Overland Rd Oneida, WI.
54155

Music Therapy, Massage

And Grief Support
Refreshments Provided

Contact: Deborah J. Melchert, NAFCG
Oneida Elderly Services
Ph. 920-869-2448 Ext. 6834



Porcupine Bison

- 1 pound ground bison (buffalo) meat
- 1/2 cup uncooked instant rice (try Minute Brown Rice)
- 2 eggs slightly beaten
- 1 envelope dry onion or vegetable soup mix
- 1/4 cup finely chopped green pepper or Jalapeno if you like it hot
- 1 can (14-1/2 oz) stewed tomatoes
- 1 1/2 cup chicken broth
- 2 tsp chili powder
- 1 tbsp flour

Mix together the meat, rice, eggs, dry soup and peppers. Shape into 8 large balls. In a large skillet, combine tomatoes, chicken broth and chili powder, heat to boiling over medium heat. Carefully add meatballs into hot tomato mixture; cover and simmer medium heat or (bake 400 degrees) for 45-55 minutes. Lift out meatballs and thicken sauce mix 3 tbsp flour with cold water. Simmer approximately 30 minutes or until it thickens.

Serve with corn bread or muffins. Topped with chopped onions

Serves 5-6

Ground Bison tips and Recipes

Tips:

- Ground bison cooks faster than hamburger since it is leaner, there is also very little shrinkage
- When making burgers, cook the bison at a lower temperature than beef and check it for doneness sooner. Cook only to medium rare for best juiciness. Do not flatten burgers with a spatula while cooking!!
- Handle ground bison as little as possible, to preserve the juices
- Cook chilies and stews for a long time at a low temperature
- Use ground bison in place of hamburger in your favorite dishes!!!

ONEIDA ELDERLY SERVICES

DATABASE FORM

DATE: ___/___/___

NOTE: The state federal government have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name _____ Phone Number () _____

Address _____ Social Security Number Last four digits ____/____

City _____ State _____ Zip Code _____ County _____ DOB ____/____/____

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elder aged 70 years and older. 2) Elders aged 55-69 years of age, that are disabled/handicapped, living alone. 3) Elders aged 55-69 years of age, with health/safety issues. The elders that are listed are our priority.

Please check the appropriate responses:

Martial Status: ____ Married ____ Single ____ Widowed ____ Divorced

Maiden Name: _____

Veteran: ____ Yes ____ No

Living Arrangement: ____ Lives Alone ____ Lives with Spouse ____ Lives with Others*

Do You: ____ Rent ____ Own ____ How Many Others*

Race: ____ Native American ____ Caucasian ____ Latino ____ Asian ____ African
American

Tribal Affiliation: _____ Enrollment Number: _____

General Health Status: ____ Excellent ____ Good ____ Fair ____ Poor*

*If Poor Please List Health Condition: _____

Do You Currently Have Any of the Following: ____ Guardian ____ Power of Atty-Finances ____ Health
____ Medicare ____ Medicaid ____ Representative Payee
____ None of The Above

In Case of an Emergency - Please Contact

Name: _____

Phone Number: () _____

Relationship: _____

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form, are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elderly Services.

Signature _____

____/____/____
Date

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

RETURN SERVICE REQUESTED

Oneida Tribe of Indians of Wisconsin
ENROLLMENTS
P.O. Box 365
Oneida, WI 54155-0365



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