

DRUMS ACROSS ONEIDA

Oneida Elder Services
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
Fax: 920-869-1526

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Green Bean Moon

July 2010

Oneida Nation Pow Wow

July 2 ~ 4, 2010





DRUMS CONTACT

From the Desk of: Linda F. Douglas

Contact me with any comments and acknowledgements, etc.

Telephone: 920-869-2448 or 1-800-867-1551

E-mail ldouglas@oneianation.org

I OWE MY MOTHER

My Mother taught me to Appreciate a Job Well Done—"If you are going to kill each other, do it outside. I just finished cleaning."

My Mother taught me about Time Travel—"If you don't straighten up, I'm going to knock you into the middle of next week!"

My Mother taught me LOGIC—"Because I said so, that's why."

My Mother taught Religion—"You better pray that will come out of the carpet."

My Mother taught me Irony—"Keep crying and I'll give you something to cry about."

My Mother taught me Osmosis—"Shut your mouth and eat your supper."

My Mother taught me Foresight—"Make sure you wear clean underwear, in case you're in an accident."

My Mother taught me More Logic—"If you fall out of the swing and break your neck, you're not going to the store with me."

My Mother taught me the Circle of Life—"I brought you into this world, and I can take you out."

My Mother taught me about Weather—"This room of yours looks as if a tornado went through it."

"You are not wealthy until you have something money can not buy."

---Garth Brooks

	Tuesday	Wednesday	Thursday	Friday
JULY 2010 ACTIVITIES				<i>*Activities due to change without notice.</i>
<i><u>*Is this your Birthday Month?</u></i> <i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i> <i>*Must be present to receive your gift card.</i>	<i>*Please sign up for trips at Senior Center Main Office.</i> <i>*All trips leave from Senior Center.</i>		1 Dollar Store Seymour 9:30 Oneida Farmers Market 1:30	2 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
5 OFF Observance of 4th of July	6 Crafts Elder Services 9:30 – 11:30	7 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	8 Ladder Ball Elder Services 9:30 Wii Bowling Elder Services 1:00	9 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
12 Yahtzee Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	13 Crafts Elder Services 9:30 – 11:30	14 Toss the Pigs Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	15 Concert in the Park Jefferson Park Green Bay Bring bag lunch 10:30	16 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
19 Scrabble Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Movie Elder Services 1:00	20 Farmer's Market Bread Store Depere 9:30	21 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	22 Cherry Picking Sturgeon Bay 9:30 Bring own containers and Bag Lunch	23 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
26 Rummikub Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	27 Crafts Elder Services 9:30 – 11:30	28 Target Toss Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	29 Christian Thrift Store DePere 9:30 Birthday Lunch 12:00 Wii Bowling Elder Services 1:00	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

JULY

2010

ELDER SERVICES SENIOR CENTER, PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Garlic & Herb Pasta W/Roasted Vegetables & Chicken W/W Bread Pudding	2 Fish Red Potatoes Cole Slaw Rye Bread Melons
5 CLOSED IN OBSERVATION OF INDEPENDENCE DAY	6 Country Fry Steak Gravy Mashed Red Potatoes Mixed Vegetables W/W Bread Peaches	7 Lasagna Garlic Bread Juice Fresh Fruit	8 Boiled Dinner Fresh Bread Juice Apple Sauce	9 Beef Pasty Mixed Vegetables Juice Bread Pudding
12 Chop Suey Rice W/W Bread Orange, Apple, & Pineapple Rings	13 Cheese Ravioli Salad Bread Sticks Juice Jell-o	14 Chicken Brie Rice Pilaf Carrots Cranberries Cookies	15 Hot Beef Sandwiches California Blend Vegetables Juice Buns Orange Slices	16 Spaghetti W/Meatballs Salad Garlic Bread Juice Berries
19 Sweet Potatoes Ham Peas Cranberries W/W Bread Pears	20 Beef Vegetable Soup Fresh Bread Juice Mandarin Oranges	21 Stuffed Pork Chops Mixed Vegetables Juice W/W Bread Strawberry Whip	22 Chicken Potatoes Mixed Vegetables W/W Bread Baked Apples	23 Fish Oven Potatoes Cole Slaw Rye Bread Jell-o
26 Hamburgers Seasoned Potatoes Buns Beans Sherbet	27 Chicken Wraps Fresh Vegetables Juice Fresh Fruit	28 Tater Tot Casserole Green Beans Juice W/W Bread Ice Cream	29 BIRTHDAY DAY Turkey Gravy Potatoes, Brussels Sprouts, Cranberries & W/W Bread Pie	30 Country Gravy Biscuits Eggs Juice Bananas
	Menu is subject to change.	BIRTH STONE: RUBY FLOWER: LARKSPUR	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	All meals are served with coffee, milk or tea.

J	C	S	O	P	H	O	M	O	R	E	V	J	C	G	E	A	U	L	P
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H	F	I	L	M	M	A	K	E	R	R	R	A	E	T	E	Y	D	N	N
J	E	N	N	I	F	E	R	V	U	Q	E	C	S	E	W	D	N	U	A
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S	T	D	T	B	K	M	A	P	O	K	H	H	D	I	S	S	N	R	E
J	H	C	T	I	M	A	U	A	I	W	M	C	E	W	O	F	O	T	B
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R	E	T	A	L	U	P	I	N	A	M	L	D	O	U	Y	E	C	A	P

Dawson's
Creek

Abby	Dawson	Jealous	Professor
Active	Emerge	Jennifer	Restaurant
Andie	Fall-Out	Joey	Season
Anguish	Filmmaker	Love	Senior
Audrey	Freshman	Manipulate	Sister
Bessie	Gayle	Marriage	Soap Opera
Breakdown	Grams	Massachusetts	Sophomore
Buddy	Heartthrob	Mitch	Student
Capeside	High School	Pacey	Teens
Dating	Jack	Passionate	Tomboy

A 6-year old was asked where his grandma lived. "Oh," he said, "She lives at the airport, and when we want her, we just go get her. Then, we're done having her visit, we take her back to the airport."



GLNAEA

Great Lakes Native American Elders Association



HO-CHUNK NATION
PEOPLE OF THE BIG VOICE

Sponsored by Ho-Chunk Nation

August 5th & 6th, 2010

Ho-Chunk Hotel & Conference Center

Baraboo, WI

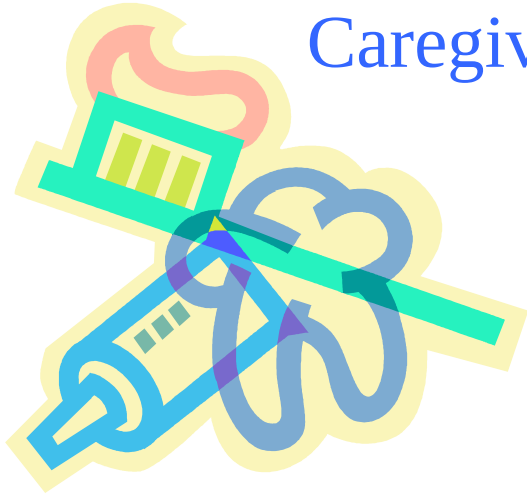
All elders who need a ride to GLNAEA, please sign up and make payment at the Oneida Senior Center (Meal Site) by Wednesday, July 14 & 15, 2010.

We have made arrangements for 10 people and will be using our tribal van.

Payment must be received at sign-up. Participants must be independent, (able to help themselves) and be in good health (to prevent spread of health problems). We will be staying at the Ho-Chunk Hotel and the cost is \$35.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, August 5th. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551. Thank you.

Next 2010 Meetings:

October 7 & 8, Stockbridge Munsee
December 2 & 3, Menominee Nation



Caregiver Support Group

Time: 1:30 P.M. - 3:30 P. M.

Date: Friday, July 16, 2010

Place: Oneida Elder Services Complex

Guest speaker: Barb Ayres, Dental Hygienist from Oneida

Community Health Center

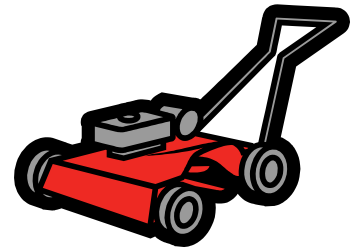
Presentation: Dental Diseases and Prevention

2907 South Overland Road

Oneida, WI 54155



Contact: Debi Melchert, NAFCG
Oneida Elder Services
Telephone: 920-869-2448 ~ Ext. 6834



Notice to Grass Cutting Customers

Due to numerous grass cutting request and the growing demand, we need to downsize lawns. Effective July 1, 2010 Lawn sizes will be reduced to 780 feet around the customer home. This will allow us to provide more services. We are looking for family members and volunteers to help maintain lawns for our elder community. For more information please contact Maintenance Supervisor Robert La-Gest at

TIMBER RATTLERS **BASEBALL GAME**

WHEN: Monday– August 16th, 2010

WHERE: TIMBER RATTLERS STADIUM,
APPLETON

WHAT: GAME – STARTS AT 12:00
FOOD – PICNIC STYLE at 11:00
Hamburgers, Brats and Hot Dogs
Potato Salad, Beans, Chips, Cookie and Soda.

COST: \$15.00 – Due at sign up
No refunds after July 16th.

***Sign up in person at Senior Center Main Office and
money due at the time of sign up. Dead line for sign up is
July 16th by 4:30.

Only 16 seats available. First come, First serve.

Only Elders 55 years and older and in good health are eligible to travel on this trip. (Those who are oxygen dependant, on medication that causes dizziness, disorientation, or those with high risk of heart attacks are ineligible to travel.)

****SORRY, NO MILWAUKEE BREWER GAME THIS YEAR****



**4 NATIONS PICNIC
HOSTED BY THE MENOMINEE TRIBE**

When: Friday, August 20th

Where: The Pavilion at the Veterans Park in Keshena



Come & Enjoy a Leisurely Motor Coach Ride & a Fun Filled Day!!

Load Time: 8:30 AM At the Senior Center

Departure Time: 9:00 AM

Sign-up at the Senior Center by Monday July 9th

Any Questions please contact Joyce Ann Hoes at:

Elder Services 920-869-2448 ext. 6844

Space limited to the first 80 Elders

***** NO CHILDREN PLEASE *****





ATTENTION PEOPLE WITH DIABETES

The Oneida Community Health Center is switching over to new insulin pens. The new insulin pen is called the **Kwik Pen**. The benefits of the new pen include:

- No more lining up the arrow
- Disposable
- Contains 300 units of Humalog
- You can inject from 1 to 60 units of insulin in one injection
- You can dial your dose one unit at a time
- If you dial too many units, you can dial backwards to correct the dose without wasting any insulin.

The Kwik Pen will be available starting July 12, 2010 at the Oneida Pharmacy. You will receive your new insulin pens during your appointments or when you pick up your refill at the Oneida Pharmacy. Eventually we will be phasing out the Original Humalog Pen. Continue to use your Original pens until the insulin is used up.

If you have any questions, feel free to contact

Margaret VanDen Heuvel at (920) 869-4941.



DAN BORGSTROM, VISTA WORKER

ONCOA ACKNOWLEDGEMENT

On May 13, 2010, Dan Borgstrom, Vista Worker, was given a Surprise Going Away Party from Elder Services and Oneida Nation Commission On Aging.

Good Luck and much happiness are wished to you in your future endeavors.

On April 13, 2010, Oneida Nation Commission on Aging Regular Meeting,

Dan Borgstrom presented “Wisdom of Elders, Traditional Oneida Cookbook”.

ONCOA was impressed with his research and inclusion of the Oneida Language and Culture in his presentation.

ONCOA enthusiastically praised Dan Borgstrom, Vista Worker, for his excellence in presenting this project. ONCOA Commissioners approved the content and what it represents. In fact, they considered the “Wisdom of Elders, Traditional Oneida Cookbook” in high regard.

The “Wisdom of Elders, Traditional Oneida Cookbook” preserves tribal elder’s recipes that are not in use today. It helps Oneida Elder’s remember childhood memories and provides a way to teach these recipes to our children.

DELLORA CORNELIUS, ONCOA CHAIRWOMAN

PHONE: (920) 869-2448

Alzheimer's Support Group 2010

July



Monday	Tuesday	Wednesday	Thursday	Friday
			1 No Group	2 No Group
~ 5 ~ HOLIDAY CLOSED	6 No Group	~ 7 ~ Oneida Language 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	8 No Group	9 No Group
~ 12 ~ Trivia 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	13 No Group	~ 14 ~ Rummikub 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	15 No Group	16 No Group
~ 19 ~ Birds of Wisconsin 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	20 No Group	~ 21 ~ Oneida Language 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	22 No Group	23 No Group
~ 26 ~ Native American 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	27 No Group	~ 28 ~ Feather Fan 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	29 No Group	30 No Group
		Activities subject to change with out notice		

For More information contact Linda F. Douglas at 920-869-2448

*All activities assist clients to maintain physical and mental health

Identify Colors

Number Sequences

Brain Exercise

Dexterity

Memory

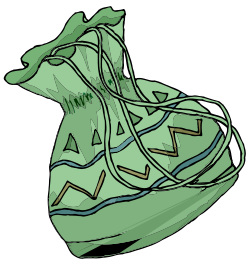
Counting

Socializing

Identify Shapes

Eye Hand Coordination

Native American Culture



ALZHEIMER'S SUPPORT GROUP

Presents

Misplacing things and losing the ability to retrace steps

When: Tuesday July 20, 2010

Time: 11:45 A.M. to 12:15 P.M.

Where: Senior Center ~ Meal Site

134 Riverdale Drive

Oneida, WI 54155



Contact information: Linda F. Douglas 920-869-2448



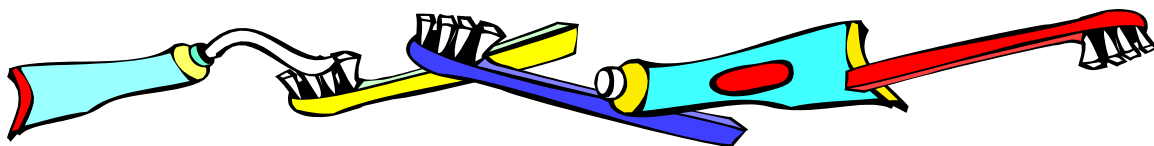
YawΛ·ko

Oneida Elder Services

We the family of Terry M. Szymanski, want to take this opportunity to thank the community for all the help she received.

Tammy Sylphs and Marcela Gore

Oneida Elder Services would like the family of Terry M. Szymanski for their donation.



Dental at Elder Services

A new dental program has started at Elder Services! Registered Dental Hygienist from Oneida Dental, Barb Ayres, will be doing dental cleanings at Elder Services. She will be using portable dental equipment at the center. A doctor will not be present for exams, so anyone wishing to have their teeth cleaned at that location must have been seen by the dentist within the past year.

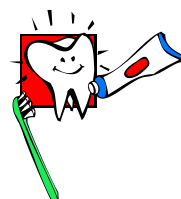


Services being offered are:

- Dental cleanings
- X-rays, if needed
- Dental screenings
- Fluoride applications
- Oral hygiene instruction

To be seen at Elder services you must fit the following criteria:

- Age 55 or over
- Eligible to be seen at OCHC Dental
- Current dental exam within one year



Schedule an appointment call:
Oneida Dental at 869-2711
Ask to be seen at Elder Services





****REMINDER TO UPDATE YOUR EMERGENCY PREPAREDNESS BACK-PACK****

“IT’S TORNADO SEASON!!!!”

Just a friendly reminder to check and update you’re “Emergency Preparedness Back-Pack.”. Please check the expiration dates on any food and medications. Replace if needed. Here is a list of things you should have available in the event there is an emergency or disaster:

1. Three day supply of non perishable food
2. Food that doesn’t have to be cooked (granola bars etc.)
3. Three day supply of water (one gallon per person per day)
4. Battery-operated or crank-powered radio
5. Flashlight with extra batteries and bulbs
6. First aid kit and manual
7. Sanitation and hygiene items (toilet paper, feminine products)
8. Matches in a waterproof container
9. Whistle (to attract attention to the emergency personnel)
10. One change of clothing and a pair of shoes
11. Blanket
12. Manual can opener
13. Baby wipes
14. Roll of Duck tape
15. Pet supplies if you have a pet
16. Extra set of keys
17. Plastic garbage bags
18. Pack of playing cards to bide your time until rescued

In the event you use an oxygen tank, have an extra one available. These are all timely tips to consider for your own safety in the event there is a disaster, fire, flood, etc... These may be very helpful to you. If you have any questions call Elder Services at 920-869-2448 ext. 6844 Ask for Joyce Ann Hoes YAW<KO