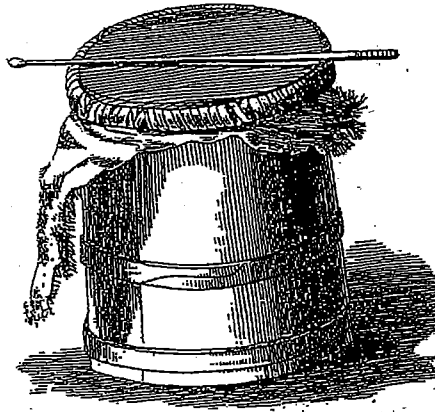


DRUMS ACROSS ONEIDA

Elderly Services
2907 S. Overland Rd.

P.O. Box 65



Senior Center
134 Riverdale Dr.

Oneida, Wi. 54155

Elderly Services 1-920-8692448

Senior Center 1-920-869-1551

AW\HITE WHE-HNI-TAHL

STRAWBERRY MOON

JUNE 2006

Father's Day



I see your strength as you stand straight
And proud,

Your wisdom and courage stand out in
A crowd.

You are my hero Father in each and every
Way,

I hope your wishes come true on this special
Father's Day.

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Buffalo Woman

Elderly Service Complex 2907 S. Overland Rd. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-2448

**Program Director
Assistant Program Director
Benefits Specialist
Elder Abuse Coordinator
Elderly Services Coordinator
Office Manager
Transportation Coordinator
Transportation Driver
Transportation Aide
Activity Coordinator
Outreach Worker
Outreach Worker
Outreach Worker
In- Home Chore Worker
In-Home Chore Worker
Respite Care Worker ET
Respite Care Worker
Administrative Assistant
Elder Helper
Elder Helper
Alzheimer/Respite Activities Specialist
Alzheimer Aide
Title V
Title V
Title V
Title V**

**Florence Petri
Tina Pospychala
Angela Ortiz
Joyce Johnson
Cheryl Ault
Claudia Skenandore
Lorna Christjohn
Connie Van Gheem
Dale Webster
Michele Cottrell
Cindy Brabbs
Sandy Charles
Amy Sumner
Joanne Close
Lorleen John
Julia Behling
Glory LaFlex
Marty Brager
Marie Scott
Barbara Skenandore
Rita Summers
Marena Pamanet
Mildred Figueroa
Jean Denny
Wayne McReynolds
Carmen Pasquale**

ONEIDA SENIOR CENTER 134 Riverdale Dr. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-1551

**Head Cook Supervisor
Assistant Cook
Relief Cook
Relief Cook
Home-Delivered Meals Driver
Maintance Supervisor
Home Respite Coordinator
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Elder Helper
Elder Helper
Elder Helper
Title V
Title V**

**Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Pat Beilke
Alfrieda Grignon
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Don Bogda
Vacant
Harold Dostalck
Richard Dodge
Cornelius Hill
Marena Pamanet
Jeannine La Rock
Vacant**

Celebrate Our June Birthdays

Shirley Barber	6-10	Maria Hinton	6-05
Joan Barmette	6-25	Carole Lopaz	6-09
Jue Begay	6-25	Janet Malcom	6-29
Gerald Benson	6-28	Betty McLester	6-01
Joanne Biddle	6-22	Lois Metoxen	6-03
Pat Blochoiiwak	6-10	Loretta Metoxen	6-08
Milly Butler	6-24	Roy Metoxen	6-08
Caruso Olga	6-17	Dorthy Moyle	6-26
Peter Charles	6-02	Florence Petri	6-21
Angeline Cayenberg	6-24	Edmund Powless	6-14
Leona Collar	6-09	Ella Sauer	6-05
Carol Cornelius	6-07	Althea Schuyler	6-20
Alvina Close	6-09	June Schuyler	6-20
Clifton Cornelius	6-12	Larry Schuyler	6-10
Frances Cornelius	6-11	Lillie Schuyler	6-25
Nona Cottrell	6-11	Helen Skenadore	6-17
Susan Crotty	6-05	Betty Skenadore	6-03
Judith Danforth	8-27	Dona Skenadore	6-02
Betty Daus	6-01	Eugene Skenadore	6-08
Edith Davids	6-19	Wanda Skenadore	6-10
Delia Denny	6-29	Delores Stevens	6-14
Donald Denny	6-11	Majorie Stevens	6-07
Florine Dessert	6-27	Arlene Summers	6-06
Everett Doxtator (Bobby)	6-01	Richard Summers	6-24
M.C. Doxtator	6-15	Betty Tonnon	6-10
Olga Doxtator	6-12	Charlotte Tucker	6-26
Robert Doxtator	6-14	Pat Thompson	6-10
Mildred Elm	6-06	Kenneth Webster	6-20
Richard Elm	6-13	Stanley Webster	6-01
Regena Funk	6-06	Orlin Wilbur	6-10
Alfreda Green	6-29	Lambert Williams	6-29
Irene Hill	6-13	Vera Wilson	6-04

Elders, if you have a birthday in June please join us for lunch at the Senior Center, 134 Riverdale Drive , on May 25th, 2006 and sign the birthday book.

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

Your name MUST be on the birthday BOOK to receive a gift for that month.

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**

ELDERLY SERVICES HAS NEW PHONES

**Our phone number remains the same,
however, call received from us (your caller ID)
will read: Oneida Tribe.**

We appreciate your patience as we go
through this change.

CHECK OUT THE ELDERLY SERVICES LIBRARY

Jean Denny is a new Title V worker who is organizing and cleaning our Library. Check it out. She will be glad help you find books, puzzles, movies and other items that might interest you.

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>JUNE, 2006</div> <div>ACTIVITIES</div> </div>				
<p>**Please sign up for all trips at Senior Center-Main office.</p> <p>**All trips leave from Senior Center.</p>	<p>*Activities due to change without notice.</p>		<p>1 EXERCISE Elderly Services 10:00</p> <p>SHUFFLE BOARD Elderly Services 1:00</p>	<p>2 BANKS SHOPPING LUNCH OUT 10-3</p>
<p>5 EAR CANDLING Elderly Services 9:30-11:30 and 1:45-3:00 (appointments only)</p>	<p>6 CRAFTS EPWORTH HALL 9:30-11:30</p>	<p>7 ONEIDA LANGUAGE Elderly Services 10:00 BINGO Parish Hall 1:00</p>	<p>8 BANKS SHOPPING LUNCH OUT 10-3</p>	<p>9 RUMMAGE SALES Green Bay 10:00-12:00</p>
<p>12 "GETTING TO KNOW YOU"!! Elderly Services 10:00 COOKING Elderly Services 1:00</p>	<p>13 CRAFTS EPWORTH HALL 9:30-11:30</p>	<p>14 FLAG DAY! Elderly Services 10:00 COMPUTER SESSIONS Elderly Services 1:00</p>	<p>15 PRICE IS RIGHT Elderly Services 10:00 GOODWILL STORE 1:00 (stopping for Ice Cream on own)</p>	<p>16 BANKS SHOPPING LUNCH OUT 10-3</p>
<p>19 CARDS Elderly Services 10:00 COMPUTER SESSIONS Elderly Services 1:00</p>	<p>20 CRAFTS EPWORTH HALL 9:30-11:30</p>	<p>21 ONEIDA LANGUAGE Elderly Services 10:00 MOVIE Elderly Services 1:00</p>	<p>22 INTER- GENERATIONAL BINGO 3 Sisters Library 9:30-11:30 SNACK & SING-A-LONG Elderly Services 1:00</p>	<p>23 BANKS SHOPPING LUNCH OUT 10-3</p>
<p>26 EXERCISE Elderly Services 10:00 STRAWBERRY PICKING 1:00 Sunny Hill Farms</p>	<p>27 BINGO EPWORTH HALL 9:30-11:30</p>	<p>28 BOARD GAMES Elderly Services 10:00 BINGO Parish Hall 1:00</p>	<p>29 VISIT ANNA-JOHN NURSING HOME 10:00 BIRTHDAY LUNCH 12:00 FALL CRAFT Elderly Services 1:00</p>	<p>30 BANKS SHOPPING LUNCH OUT 10-3</p>

MENU

JUNE

2006

Oneida Senior Center, 134 Riverdale Drive Phone number: 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY FATHER'S DAY				
JUNE 18				
5 Bratwurst Sauerkraut Potatoes W/W Bread Cookies	6 Beef Stew Biscuits Juice Yogurt	7 Spaghetti Salad Garlic Bread Ice Cream	8 Chicken Gordon Royale, Mixed Vegetables, Red Potatoes, W/W Bread & Jell-o	9 Sausage/Eggs Toastums Juice Pears
12 Chili Cucumber Salad W/W Bread Sherbert	13 Beef Barley Soup Fresh Bread Juice Applesauce	14 Vegetable Lasagna Salad Italian Bread Berries	15 Beef Roast Potatoes Brussel Sprouts W/W Bread Ice cream	16 S.O.S. Eggs Toast Juice Grapefruit
19 Ham, Sweet Potatoes Peas W/W Bread Peaches	20 Corn Soup Fresh Bread Juice Jell-o	21 Pork Roast, Potatoes, Broccoli W/W Bread Pears	22 Fish Red Potatoes Cole Slaw W/W Bread Cookies	23 Pancake Eggs Toast Juice Berries
26 Hot Dogs Macaroni & Cheese Green Beans, Buns Juice & Peaches	27 Chicken Noodle Soup Fresh Bread Juice Mandarin Oranges	28 Bar-B-Que Ribs Scalloped Potatoes Peas & W/W Bread Whip & Chill	29 Birthday Day Chicken Potatoes Carrots W/W Bread Cake	30 Eggs, Ham, Cheese Fresh Fruit Muffins Fruit
All meals are served with coffee, milk or tea.		Menu is subject to change.		
		FLOWER: ROSE BIRTH STONE: PEARL		Hours: 8 a.m.-4:30 p.m. Lunched Served Mon.-Thurs. 12:00-1:00 p.m. Breakfast on Fri. Serving from 9 a.m.-10 a.m.

ALL READY FOR ASPARAGUS?

GARDENING SEASON

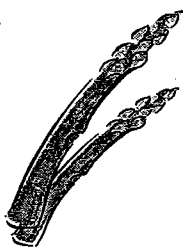
Late April through June

CHOOSING TIPS

Select stalks that are firm and straight with compact tips. The spears should be round and snap easily when bent. Asparagus should be a vibrant green color.

Do not choose asparagus if:

- ⬆ It is badly scarred
- ⬆ It is droopy and wilted
- ⬆ The tips are spreading



STORAGE

Asparagus is best eaten on the day it is harvested. To store it, trim ¼ inch off the bottom of the stalks and place in 2 inches of standing water, or wrap a moist towel around it. Asparagus can be stored in the refrigerator for 2 to 3 days.

PREPARATION

Rinse with cold water. Cut off the bottom of the stalk, as it is usually woody and tough. Pare away any rough edges with a potato peeler. Asparagus can be steamed, boiled or roasted with olive oil.

KEY NUTRIENTS

- ⬆ Vitamin A for vision, healthy skin, and resistance to infection.
- ⬆ Vitamin C for healthy gums, skin and blood.
- ⬆ Fiber to prevent constipation.
- ⬆ Potassium to maintain normal blood pressure.
- ⬆ Folate to prevent birth defects and reduce the risk of heart disease.

RECIPES

Asparagus with lemon mustard vinaigrette

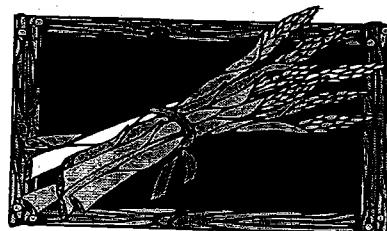
- 1 1/2 pounds fresh asparagus, washed and trimmed
- 1 small red onion, thinly sliced
- 2 teaspoons lemon & pepper seasoning
- 1 tablespoon country-style Dijon mustard
- 1 teaspoon red-wine vinegar
- 1/2 teaspoon sugar
- 1/4 cup olive or vegetable oil

Steam or boil the asparagus for 7 to 10 minutes, or until tender. Rinse with cold water. Place the asparagus on a large platter and top with the red onion. Combine the remaining ingredients, drizzle over the asparagus and serve. Serves 6; 120 Cal; 9 g fat.

Asparagus with Yogurt Dill Sauce

- 3 cloves garlic, minced
- 2 tablespoons lemon juice
- 1 teaspoon prepared mustard
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons minced parsley
- 1 teaspoon minced dill
- 1 cup plain low fat yogurt
- 2 pounds fresh asparagus, steamed

Mix everything except the asparagus together in a bowl and allow it to stand for at least an hour before serving. Serve over steamed asparagus. Serves 8; 50 Cal; <1 g fat.



SENIOR HEALTH

Presenter: Bridget S. Kurt - Evercare

Date: Wednesday, June 7, 2006

Time: 12:00 P.M. - 12:30 P.M.

Location: Oneida Elderly Meal Site
Hwy J, Oneida

PERSONAL COMMITMENT TO HOST THE (GLNAEA)
GREAT LAKES NATIVE AMERICAN ELDERS
ASSOCIATION BI-MONTHLY MEETING

THE FOLLOWING IS A LISTING OF DATES OF
(GLNAEA) MEETINGS.
EACH TRIBE IS LISTED WITH CORRESPONDING
DATE.

APRIL 6 & 7, 2006----- ST. CROIX

JUNE 1 & 2, 2006----- LAC DU
FLAMBEAU

AUGUST 3 & 4, 2006-----STOCKBRIDGE

OCTOBER 5 & 6, 2006-----FOREST CO.
POTAWATOMI

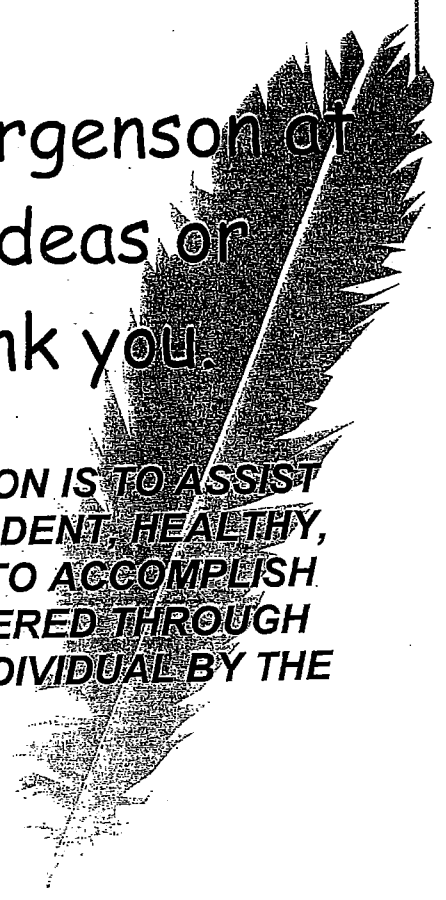
DECEMBER 7 & 8, 2006-----SOKAOGON
CHIPPEWA
COMM.

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

MEALS MATTER!

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

**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.**



“TAKE ME OUT TO THE BALL GAME”!

****TIMBER RATTLERS BASEBALL GAME****

WHEN: Monday JULY 10TH

WHERE: WISCONSIN TIMBER RATTLER STADIUM

WHAT: * GAME starts at 11:35
* FOOD at 12:00 - Picnic style:
Hamburgers, Brats, Hotdogs
Potato salad
Beans
Chips
Soda

COST: \$10.00 per person

**** Sign up and money due at the Senior Center main office
by June 7th.**

******* Only 20 tickets available for the game. *******

***Only Elders 55 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.)**

FARMER'S MARKET APPLICATIONS ARE NOW
AVAILABLE AT THE SENIOR CENTER MAIN
OFFICE

PLEASE PICK ONE UP THERE AND FILL IT OUT .

APPLICATIONS ARE DUE BACK BY JUNE 5TH AT
4:30 TO THE SENIOR CENTER.

NO APPLICATIONS WILL BE ACCEPTED AFTER
THAT DATE.

DISTRIBUTION OF COUPONS WILL BE JUNE 21ST
FROM 11:30-12:30 AT THE SENIOR CENTER.

**YOU WILL NEED PROOF OF INCOME AT THIS
TIME.**

IF YOU HAVE ANY QUESTIONS PLEASE CALL
MICHELLE AT 869-2448.

The Old Lady & The Frog

A lonely old lady decided she needed a pet to keep her company. So off to the pet shop she went. After much searching, the only thing to catch her interest was an ugly frog. When she picked him up, he winked at her.

He whispered, "I'm lonely too, buy me and you won't be sorry!" The old lady thought-what the heck, she hadn't found anything else. She bought the frog and put him in the car.

Driving down the road the frog whispered to her "Kiss me and you won't be sorry." So the old lady figured what the heck, and kissed the frog.

Poof, the frog turned into an absolutely gorgeous sexy young handsome prince. The prince then kissed the old lady back.....can you guess what the old lady turned into??? She turned into the first motel she could find !! She was old, not dead !!

CORN

1. What is another name for Indian corn?
2. The long tassel hanging from the tip of an ear is called what?
3. How is young fresh corn usually served?
4. A festive and social gathering of friends and neighbors for husking corn is what?
5. The part of a corn cob pipe that is made from a corn cob is what?

1. Maize 2. Silk 3. On the cob. 4. Husking Bee
5. Bowl

WASH HANDS FREQUENTLY

This is the best way to stop germs from spreading. Think about all the things that you touched today, from your telephone, to door handles, to the office candy jar. Every time you touch food or put your hands in your mouth or near your nose, germs are hitchhiking their way into your body.

- * Use warm water to wash your hands; it's better at killing germs.
 - * Use any kind of soap. Antibacterial soaps are not necessary.
 - * Wash your hands for twenty seconds.
 - * Wash around your nails.
 - * Wash your hands always before eating or touching food, after blowing your nose or coughing, touching animals, participating in sports or visiting a sick friend.
 - * Use a hand sanitizer when soap and water is not available.
-

What's Up With Them?

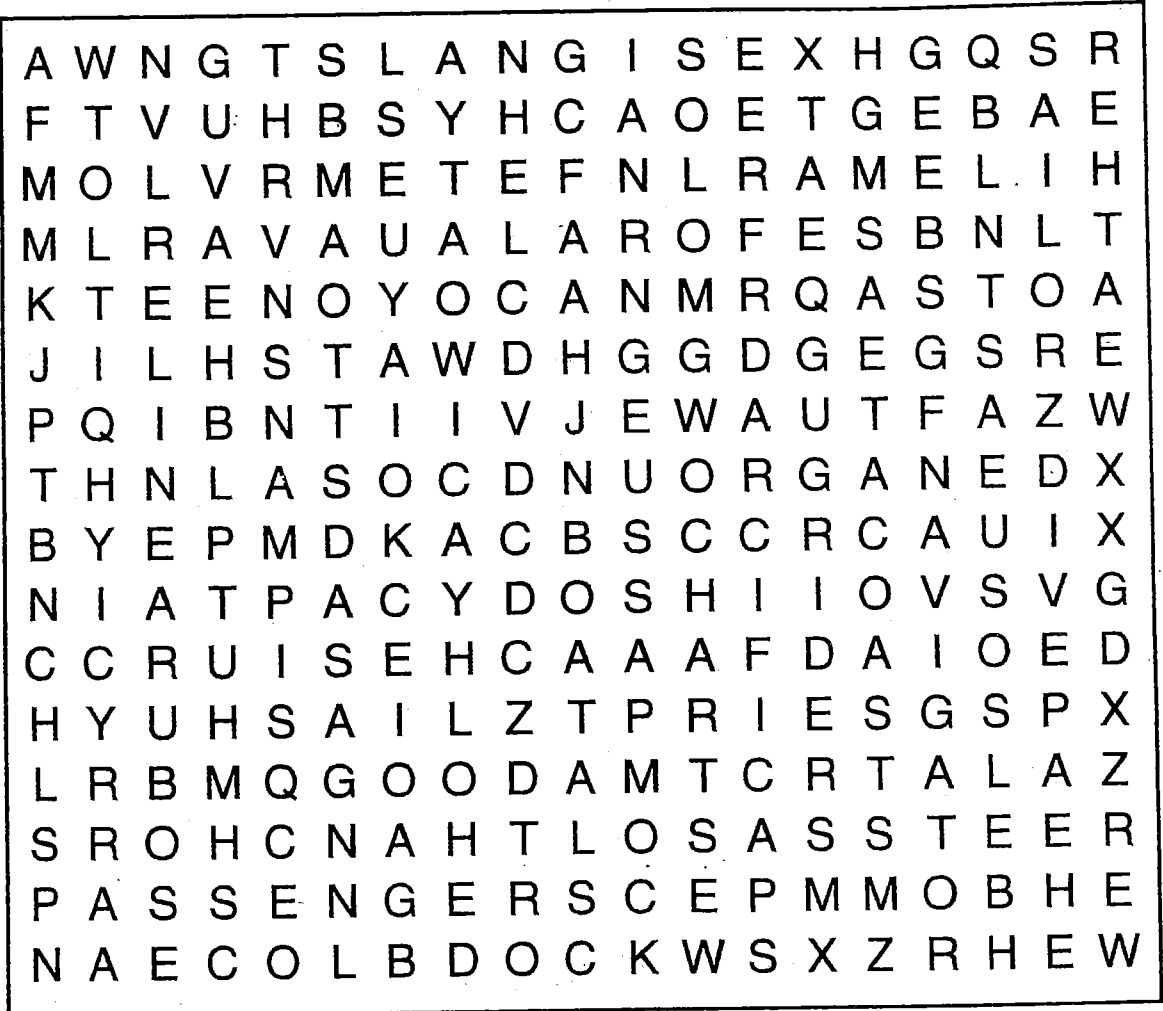
Can you imagine working at this place? It has a little over 500 employees with the following statistics.

- 29 have been accused of spousal abuse.
 - 7 have been arrested for fraud.
 - 19 have been accused of writing bad checks.
 - 117 have bankrupted at least two businesses.
 - 3 have been arrested for assault.
 - 71 cannot get a credit card due to bad credit.
 - 14 have been arrested on drug related charges.
 - 8 have been arrested for shoplifting.
 - 21 are current defendants in lawsuits.
- In 1998 alone, 84 were stopped for drunk driving.

Yes, you guessed it ! It's the 535 members of the United States Congress, the same group that cranks out hundreds of new laws designed to keep the rest of us in line.

puzzle 1

Boating



F1101

AFT
AGROUND
ANCHOR
ATLANTIC
BAD
BEACH
BOAT
CANOE
CAPTAIN
CHART

COAST
COMPASS
CRUISE
DIVE
DOCK
EAST
EMERGENCY
FLAG
FLOAT
FORE

GOOD
HELM
LINE
NAVIGATOR
NORTH
OCEAN
PACIFIC
PASSENGERS
RADIO
RIDERS

RUN
SAIL
SAILOR
SEAS
SIGNALS
SOS
SOUTH
STEER
WEATHER
WEST

Controlling Heartburn

In some cases heartburn could be a symptom of a more serious condition called gastroesophageal reflux disease (GERD). It is important to remember, though, that occasional, or episodic, heartburn doesn't necessarily mean you have GERD.

Episodic heartburn is common. These bouts are usually mild and infrequent, and are easily managed with lifestyle changes and over the counter or prescription H2 blockers. The H2 blockers partially block production of acid in the stomach.

Frequent heartburn occurs two or more times a week and, in conjunction with lifestyle changes, can be treated with H2 blockers or proton pump inhibitors (PPIs). PPIs are available over the counter and by prescription. PPIs suppress the acid where it is made in the stomach by blocking the chemical mechanism that produces the acid.

The pain you experience during a severe bout of heartburn can feel similar to the pain from heart disease, either a heart attack or angina. It often takes an examination by a doctor to determine the cause of the pain. Some possible differences between heartburn symptoms and symptoms of heart disease are:

Heartburn

- * A sharp, burning pain that usually comes soon after meals.
- * Pain that usually doesn't, but can, radiate to the neck, shoulders or arms.
- * Pain that is quickly relieved by taking liquid antacids.

Heart Attack Or Angina

- * A tight or full feeling, dull or crushing pressure, or pain in the center of the chest.
- * Often occurs with activity or exertion.
- * Pain may spread to the shoulders, neck, arms or jaw.
- * Often accompanied by a cold sweats, shortness of breath, nausea or vomiting.

Heartburn Myths And Facts

Myth: Heartburn is something I have to live with.

Fact: Some over the counter medications can actually prevent heartburn in addition to providing relief from its symptoms.

Myth: Heartburn is something I can't control.

Fact: You don't have to suffer in silence. Lifestyle and diet changes and over the counter or prescription medications provide relief for most heartburn sufferers.

Myth: Heartburn is a minor complaint.

Fact: Heartburn is common but not trivial. Persistent heartburn could be a symptom of GERD, which, left untreated, can cause complications that need medical attention.

Myth: Antacids are not real medicine.

Fact: Just because antacids are sold without a prescription doesn't mean that they're not real medicine. In fact, you should be sure to read and follow the directions on the package before using them or any drugs. Frequent use of antacids, however, can cause diarrhea or constipation.

Myth: If I take a drug to suppress acid, I won't be able to digest my food.

Fact: Acid works together with other substances in the stomach called enzymes to digest food. Acid suppression drugs allow enough acid to be produced to digest food normally.

Fatherhood is pretending the present
you love the most is soap-on-a-rope.
Bill Cosby

My father used to play with my brother
and me in the yard. Mother would come
out and say, "You're tearing up the grass."
We're not raising grass," Dad would
reply, "We're raising boys."
H. Kilebrew



JULY REFERENDUM 2006

REASONS FOR TWO COMMITTEES

- The Trust & Enrollment Departments work cooperatively, but independently of each other, and will always be linked.
- The Trust-Enrollment Committee respectfully requests your support to create 2 committees out of 1 by approving the "development" of a Separation Plan.
- The Committee would best serve it's roles, responsibilities and commitment if G.T.C. authorizes two distinct bodies to conduct business on behalf of G.T.C.
- Due to growth, Trust & Enrollment duties have become increasingly complex and time consuming.
- Each department has unique purposes and mission.
- Both Committees will remain autonomous and be under the direct supervision of G.T.C.
- Your support in creating 2 out of 1 is the crucial beginning step.

G.T.C. elects people they trust to manage the Trust and Enrollment areas. We would not make a recommendation to G.T.C. unless it was necessary and in the best interest of the Oneida Nation.

Prepared by the Oneida Trust Committee, Trust and Enrollment Departments,
Trust Department - 920-490-3935 Enrollment Department - 920-869-2083



Family Care Givers Support Group

When: Friday, June 23rd, 2006

Where: Oneida Elderly Services
2907 S Overland Rd
Oneida WI 54155

Time: 10:00-12:00pm

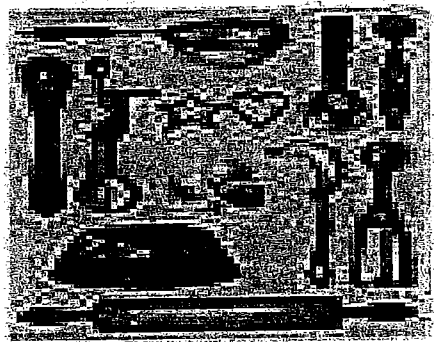
Care-Giver Support Group to address the needs and concerns of care-givers and their loved ones with solutions...

Come and enjoy some refreshments, support of other Care-Givers and bring your loved one with you and we'll provide Respite Care and/or activities for your loved ones...

LOOKING FOR AN ELDER TO WORK AS A
FOOD PREPARATION PERSON
ON AN ON-CALL BASIS.

My name is Vicky Matson and V&G Skillet,
LLC is the name of our catering business.

Please call 920-713-1906 to inquire.



Weather Warning

A warning will be issued when severe weather hits the area. Television radar will show you where the storm is and where it's headed.

Severe Thunderstorm Warning

Severe thunderstorms can produce heavy rain, hail, lightening and damaging winds.

When dangerous conditions arise you should take actions to protect yourself.

Tornado Warning-

A tornado warning is issued when a tornado has been spotted in your area, take cover immediately. Put together a safe plan of action.

Flash Flood Warning

This warning is issued when flash floods are occurring or are about to occur. If you live in a area where rivers or creeks rise rapidly, take immediate action to stay safe.

Lightening Safety

Lightening is the thunderstorm's worst killer, but if a few simple precautions are taken the chances of being hit become minimal.

- * Stay inside unless absolutely necessary. Stay away from doors, windows, fireplaces, stoves, metal pieces, and electrical appliances. Don't use the phone; lightening may strike outside lines.
- * Leave the laundry on the clothesline. A few wet clothes are not worth the risk.
- * Don't use metal objects like fishing rods or golf clubs. Golfers wearing cleated shoes are particularly at risk.
- * Don't work on fences, telephone or power lines, pipe lines, or steel structures. Stop tractor work and get off.
- * Get out of the water and stay off small boats.
- * If you are traveling, stay in the car. Automobiles offer excellent lightening protection.
- * Where there is no shelter, avoid the highest object in the area. If only trees are nearby, your best protection is to crouch in the open, keeping twice as far away from

the trees as the trees are high.

Weather Watch A watch means that severe weather is possible in our area. Listen to the radio or watch television for updates.

Sever Thunderstorm Watch- Severe thunderstorms with heavy rains and damaging winds are possible. You should stay tuned for further details on the development of the storm.

Tornado Watch- Conditions are suitable for the formation of tornados. Keep up with the latest developments and be prepared to take cover if a tornado is spotted.

Flash Flood Watch- Conditions are suitable for the development of rising waters. Be prepared to relocate if necessary.

Tornado Safety

When a tornado is approaching immediate action can save your life. Stay away from windows, doors, and outside walls. Protect your face and head.

- * In homes and small buildings, go to the basement or an interior part of the lowest level, closets, bathrooms, hallways. Get under something sturdy. Evacuate immediately from mobile homes and go to a substantial building.
- * If there is no shelter nearby, leave the mobile home park and head for low protected ground.
- * People and schools, factories, and designated shelter areas, interior hallways, on the lowest level are usually the best.

Attention - Attention

You are invited to come and see our newly rearranged library. We have a wide variety of books, puzzles and video's. Take home a video or a puzzle for the weekend. Come and meet our new librarian Jean Denny.

ELDERLY SERVICES COMPLEX

GRIEF

Most people associate grief with the death of a family member or loved one. This is true, but grief can happen anytime there is a major life change. For example, other than death, grief can strike would be a major illness that limits us and our abilities, loss of independence (loss of driver's license, the ability to walk, move to a assisted living.)

Some facts about grief:

- * is caused by a major life change.
- * is a normal reaction to a death or loss in person's life.
- * can be hard, stressful, and firing, but it is not an illness.
- * helps us to let go of the past and adjust to a new life without the person who died.

How does grief affect people?

All people grief differently. Some people will feel shocked and numb in th beginning. Strange and painful thoughts and feeling may follow.

- * thoughts of confusion, disbelief, and wondering if this is just a dream.
- * feelings of sadness, anger, nervousness, short tempered and lack of confidence.
- * All these feelings are natural.

People who are grieving may:

- * Cry a lot.
- * Blame others.
- * have stomachs and headaches.
- * Have problems sleeping, resting, eating or doing small tasks.
- * Have no energy.
- * Feel they have the same problems as the person who has died.

Source: S. Meyers

Emotional Responses To Loss

A grieving person is likely to experience the following:

Denial, characterized by feelings of disbelief and detachment. The world around you seems unreal, like a dream.

Sorrow, the most common emotion experience by griever expressed by common crying.

Anger, may be expressed as feelings of frustration, helplessness, hostility, or intense irritability.

Guilt, or feeling personally responsibility for the loss. Expressions such as "If only I had" reflects a need to blame someone for the loss.

Depression, a reaction of deep sadness and despair. Persons at this stage may have trouble sleeping, eating, and concentrating and may experience great fatigue.

Regret, there is a sharp disappointment about something that one wishes could be different but cannot be changed.

Physical distress symptoms such as loss of appetite, difficulty swallowing, chest pain, sleeplessness, extreme tiredness, and lack of energy may occur.

Powerlessness, a sense of lacking control. It can be overwhelming unless one accepts that there are limits to what could have been done to change the course of events.

Hope, or ability to go on with life. At this stage, the loss or change is accepted, though not forgotten.

Grief is a natural response to a major trauma and a healing process. Failure to express grief adds tension to feeling of hurt and prolongs the grieving process. Unexpressed grief can become emotional baggage that delays or prevents recovery from a loss.

Source: Mental Health Association

What Does A Servant Father Do?

1. A servant father is more concerned with how he “sees “ than with how he “looks.” His primary role is not to be the boss and just look good but to be a servant leader who enables and enhances his family to be their best. A servant leader sees things through the eyes of the followers.
2. A servant father does not say, “Get Going,” but instead he says, “Let’s Go.” He leads the way by walking not behind his children with the whip, not in front with the banner, but beside them with support .
3. A servant father listens as much as he speaks. He realizes he has two ears and only one mouth. He doesn’t give orders, he creates plans.
4. A servant father is not a “Mr Fix It.” Instead of solving all his kids problems for them, he works with them to help them learn how to solve their own problems, this way they learn to be good decision makers.
5. A servant father realizes that his children are a gift from God. He recognizes them as a treasure and not a obligation, a privilege and not just a duty.
6. A servant father recognizes that weakness is the prerequisite of power. Our very power as servant fathers comes not from our own abilities but from God.
7. A servant father has a sense of humor. He can laugh at himself because he has a humble spirit. He laughs because he has a sane estimate of who he is. He knows he doesn’t have to be Super Dad. He can be himself instead of brittle and rigid. He takes fathering very seriously but he doesn’t take himself too seriously.

8. A servant father can also be led. He is not interested in having his own way, but in finding the best way. He’s a man with an open mind and strives to meet them with every ounce of energy that God has given him. He is not afraid of failure or change.

9. A servant father is a man who prays. There was a grandfather who, over a stretch of eleven years prayed for one hour each day for the salvation of his children and grandchildren. Since then, not only have all his children and grandchildren become Christians, but many are also in full-time Christian ministry.

I wear a little green sticker on my watch to remind me to pray for my family. Dozens of time a day I pray for their wholeness in Christ, but also their health, their safety, their dreams, their education, and their joys in living.

Source: Tim Hansel



The Eagle

Sharp-eyed and high -flown,
the eagle watches what goes on from
above.

When he spots an error in the making
he swoops down to seize the mistake
and raises it high for all to see.

We should all become eagles on behalf
of our families and jobs.

SMOKING

IT'S NEVER TOO LATE TO STOP

At any age there are many reasons to stop smoking. Some of the benefits for older people include:

- * Reduce risk of lung and cancer disease.
- * Healthier heart and lungs.
- * Improved blood and circulation.
- * Better health for nonsmoking family members, particularly children.

Smoking doesn't just cut a few years off the end of each smoker's life- it prematurely kills hundreds of thousands of people and seriously disables millions of others.

WHAT SMOKING DOES

Cigarette smoke affects a smoker's lungs and air passages, causing irritation, inflammation, and excess mucus. These smoking effects can result in a chronic cough and in more severe cases, the lung disease known as chronic bronchitis. Long-term lung damage can lead to emphysema, which prevents normal breathing.

Smoking, high blood pressure, and high blood cholesterol (a substance in the blood) are major factors that contribute to coronary heart disease. A person with HBP or high cholesterol who also smokes has a much greater risk of a heart attack than a person who has only one of these risk factors.

When a person stops smoking, the benefits to the heart and circulatory system begin right away. The risk of heart attacks, stroke, and other circulatory diseases drops. Circulation of blood to the hands and feet improves. Although quitting smoking won't reverse chronic lung damage, it may slow the disease and help retain existing lung function.

Smoking causes several types of cancer, including those of the lungs, mouth, larynx, and esophagus.

It also plays a role in cancers of the pancreas, kidneys, and bladder. A smoker's risk of cancer depends in part on the number of cigarettes smoked, the years of smoking, and how deep the smoke is inhaled. After a smoker quits, the risk of cancer depends in part on the number of years of smoking, and how deeply the smoke is inhaled. After a smoker quits, the risk of smoking-related cancer begins to decline and within a decade the risk is reduced to that of the non-smoker.

Smokers have a higher risk than non-smokers of getting influenza, pneumonia, and respiratory conditions such as colds. Influenza and pneumonia can be life-threatening in older people.

One woman in four over age 60 develops osteoporosis, a bone-thinning disorder that leads to fractures. There is some evidence that cigarette smoking may increase the risk of developing this disabling condition.

Involuntary smoking

There is a growing concern among nonsmokers about the effects of second hand tobacco smoke on their health. This should be an especially important concern if the husband or wife of a smoker has asthma, another lung condition, or heart disease. In addition, there is increasing evidence that smoke in the home is a particular health hazard for babies and young children. Involuntary smoking (exposure to another's smoke) by nonsmokers has been linked to a higher incidence of bronchitis, pneumonia, asthma, and middle ear infections in children. This is a good reason for a parent or grandparent to consider quitting or to avoid smoking while in the presence of young children and infants. Several studies even suggest that involuntary smoking increases the non-smoker's risk to cancer.

Continued

ATTENTION ELDERS

If you want to participate in activities offered by the Oneida Elderly Services, you must sign up in PERSON at the Oneida Senior Center, 134 Riverdale Dr. Oneida. (This also includes signing up for bingo passes.) We will **no longer** accept phone calls and **you may** not sign up for someone else. There has been too many call in's and the same name is on the sign up list more than once.

The dead line for sign up for activities will be 4:30 PM one day before the schedule event. **(THE ONLY EXCEPTION BEING WAKES AND FUNERALS.**

Transportation will be provided by the Elderly Services Department to attend after hours or weekend activities providing there is a minimum of **5 elders signed up to go.**

The following restrictions apply for out of town activities:

- A. Elders must be physically able to keep up with others and must be able to physically able to board the bus or van on their own.
- B. Elders with high risks of heart attacks (open heart surgery or pace makers) may not attend.
- C. Elders with lung disease (dependent on oxygen) or Emphysema.
- D. Elders on medication that causes disorientation, dizziness or nauseousness.

RURAL DEVELOPMENT

The Elderly Meal Site
134 Riverdale Dr.
Oneida, Wi. 54155

First Thursday of Every Month

504 Home Repair Loans and Loan Grant Combinations. 502 Home Purchases to buy or build. Programs are available for low and very low income households.

Stop for details or call the mealsite office at 1-920-869-2448

Shawano Rural Development Office at 1-715-234-2148.

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 11 am-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

June 9th, 2006
Oneida Senior Center
Meal Site
134 Riverdale Dr.
1-920-869-1551

"The most important thing a father can do for his children is to love their mother."

Thank-You
Oneida Elderly Services Department

Guidelines For Skin Care/diabetic Foot Care.

SHOES

Buy only shoes that fit your feet. Have new shoes fit by a professional. Walk around in shoes. Inspect both feet in and out of the shoes to be sure of fit.

Buy shoes late in the day. Feet swell and shoes that fit in the morning may be too tight later.

Choose shoes with soft leather or athletic-type material that can mold to the shape of your foot.

Never buy sandals or shoes with open toes.

Never wear new shoes more than two hours at a time.

Always inspect the inside of your shoes before wearing.

HOSIERY

Never wear shoes without socks or stockings

Wear socks of 100% synthetic material for wicking away moisture.

Wear only clean socks without holes or darned. You may wear socks inside out to avoid heavy seam pressure.

PHYSICIAN COMMUNICATION

Do see a doctor regularly and remove your shoes and socks at every visit.

Remind your doctor to check your feet if necessary.

See a doctor promptly if you develop an area or poor color, a blister, callus or sore.

See a wound specialist if the sore does not heal promptly.

NEVER walk on hot pavement or hot sand.

PROTECT feet against sunburn with sunscreen.

CHECK the temperature of bath water with forearm or elbow before bathing.

NEVER cut a corn or callus on yourself. Go to a physician or podiatrist.

TRIM NAILS carefully, straight across or seek professional help.

NEVER use hot water bottles or heating pads. Be careful of car heaters on long trips.

ALWAYS keep toes clean and free of debris between them.

WHAT ARE SOME SKIN CARE PROBLEMS THAT NEED ATTENTION?

If not properly treated the following list of problems may lead to broken skin, ulcerations, infections, or chronic wounds. If you have a chronic condition that makes wound healing difficult and any of the following happens to you consult your doctor.

- * Development of a wound especially on the lower leg or foot.
- * Dry, cracked peeling skin.
- * Blisters
- * Bumps with pus.
- * Dermatitis (dry or weeping)
- * Allergic reactions.
- * Multiple or extensive skin tears.
- * Fissures of the skin of the feet, especially the heels.



Dad, thanks for teaching me, and showing me what it means, "Never Give Up."



ELDERLY SERVICE GIFT SHOP

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

The following is a list of items for sale:

- Seasonal Items
- Crosses, all types (plastic canvas)
- Dresser Scarfs
- Floral Arrangements
- Greeting Cards, Native American etc.
- Hats and Booties
- Kleenex Box Sets (plastic canvas)
- Native American Dolls
- Necklaces
- Key Chains
- Picture Frames
- Pillows
- Quilts (crib size)
- Lap Throws
- Memories of Oneida Elders Tapes
- Oneida Singers Tapes
- Many Other Assorted Items

Our gift shop is located in the Elderly Service Complex, on Overland Road, right next to the Airport Road Daycare Center.
Elders, display your arts and crafts in our store FREE.

Celebrating 30 Years of Advocacy and Service to
American Indian and Alaska Native Elders

Theme "Moving Forward:
Honoring Commitments of the Past and
Advocating for the Future"

Please join us
September 16-19, 2006

Location

Tulsa Convention Center
100 Civic Center
Tulsa, OK 74103-3822
(918) 596-7177
(800) 678-7177
www.tulsaconvention.com

Host Hotel

Crowne Plaza Tulsa
100 E 2nd Street
Tulsa, OK 74103
(918) 582-9000
(800) 2CROWNE
www.crowneplaza.com/tulsaok

For more Information

NICOA

10501 Montgomery Blvd NE, Suite 210, Albuquerque, NM 87111
Phone: (505) 292-2001 / Fax (505) 292-1922

www.nicoa.org

THIS INFORMATION HAS CHANGED: Please sign up at the Senior Center Meal Site. **Deadline for signing up is June 30.** Final decision (attendance is limited to 10 people) will be made by a drawing. **Payment of \$350 will be needed by June 30.** Arrangements for hotel, event registration and air flight will be coordinated by Oneida Elderly Services. Any questions, please feel free to call at Oneida Elderly Services 920-869-2448 or Oneida Senior Center 920-869-1551. **Cancellations must be made by July 31st, in order to receive reimbursement of the \$350.**

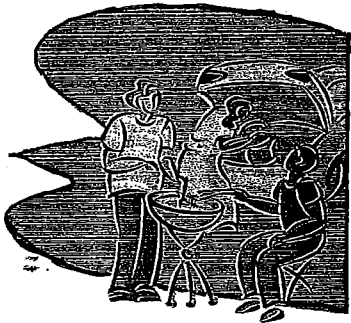


REASONS FOR TWO SEPARATE COMMITTEES

The Trust- Enrollment Committee is seeking approval to develop a Separation Plan. The Plan requires General Tribal Council ratification. Since 1974, the functions of the Trust-Enrollment Committee have grown in complexity and scope. The Committee addresses issues on trust fund investment responsibilities with the Trust Department, and administers all Tribal enrollment responsibilities with the Enrollment Department. Each Department has its own focus, separate from each other. To better meet the growing needs of the Oneida Nation, the Trust Department, the Enrollment Department, and the Oneida Trust/Enrollment Committee recommend creating two (2) separate committees. The two Committees would remain under the direct authority of the General Tribal Council.

This item will be a Referendum question on the July 2006 election ballot.





Faith In Action Family Picnic

Saturday June 24, 2006
Norbert Hill Grounds
11 a.m. – 3 p.m.

This community event is sponsored by
Faith in Action. Meat will be provided,
please bring a dish to pass. Games,
Raffles, & Pie Sale-proceeds to benefit
Oneida Area *Faith in Action*.

Family Fun & Games for all.

Children must be accompanied by an adult.

R.S.V.P. @ 869-2448 by June 20th.
Ask for Glory.

Appear Bottle Of Wine

For all of us who are married, were married, wish you were married, or wish you weren't married, this is something to smile about the next time you open a bottle of wine.

Sally was driving from one of her business trips in Northern Arizona when she saw an elderly Navajo woman walking on the side of the road. As the trip was a long and quiet one, she stopped the car and asked the Navajo woman if she would like a ride. With a silent nod of thanks, the woman got into the car.

Resuming the journey, Sally tried in vain to make a bit of small talk with the Navajo woman. The old woman just sat silently, looking intently at everything she saw, studying every little detail, until she noticed a brown bag on the seat next to Sally. "What's in bag?" asked the old woman. Sally looked down at the brown bag and said, "It's a bottle of wine, I got it for my husband." The Navajo woman was silent for another moment or two; then speaking with the quiet wisdom of an elder she said, "Good trade."



SINCERE CONDOLENCES

TO THE FAMILYS OF:

Leola Dorsyette
Warreme House
Lewis Webster
Donald Summers
Georgia Peterson
Isabelle Denny
Frances Cornelius
Margarette Boon Frey

CALCIUM

Now there's another reason for women to make sure they get enough calcium each day- doing so may help reduce the risk of stroke.

For 14 years researcher's tracked the incidence of stroke among 86,000 women. They found that women who had higher dietary or supplemental calcium intake had a lower stroke risk. However, daily intake over 600mg did not appear to reduce stroke risk further.

It's not clear why calcium intake appears to influence stroke risk, but based on other studies, researchers suggest that calcium may play a role in reducing cholesterol and possibly inhibiting clot formation. In addition, studies have shown a relationship between increased calcium in take and lower blood pressure. (Elevated blood pressure is associated with increased stroke risk.)

Mayo Clinic doctors say findings which are specific to women and can't yet be generalized to men - provide another good reason for women to consume adequate Calcium to help delay, prevent or stabilize bone density loss.

Current recommendations to promote strong bones are 1,000 mg of calcium a daily for premenopausal women and postmenopausal women taking estrogen, and 1,500 mg for postmenopausal women not taking estrogen, enough to apparently also lower stroke risk.



FROM HOLLYWOOD SQUARES

Q. Which of your five senses tends to diminish as you get older?

A. Charley Weaver: My sense of decency.

Q. True or False: A pea can last as long as 5,000 years.

A. George Gobel: Boy, it sure seems that way sometimes.

DATE: / /

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

A:\ENROLLME.WPD(11/26/02)

