

# DRUMS ACROSS ONEIDA

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



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

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Awkhihte? Wahní'tale?

Strawberry Moon

June 2008

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What Makes a Dad?

God took the Strength of a Mountain... the Majesty of a Tree...the Warmth of a Summer Sun...  
the Calm of a quiet Sea...the Generous Soul of Nature...the Comforting Arm of Night...the  
Wisdom of Ages...the Power of an Eagle's Flight...the Faith of a Mustard Seed... the Patience  
of Eternity...the Depth of a Family Need...

Then God combines these qualities...where there was nothing to add... he knew his  
Masterpiece was Complete, God, called him DAD.

**Happy Father's  
Day**





# MENU

## JUNE 2008

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken ala King Biscuits Rice Mandarin Oranges	3 Tomato Soup Grilled Cheese Sandwich Juice Jell-o/Fruit	4 Sloppy Joe's Chips Raw Vegetables Buns Fresh Fruit	5 Fish Red Potatoes Cole Slaw Bread Applesauce	6 BREAKFAST Bacon/Eggs, Toast Corn Meal Juice Orange Slices
9 Ham Sweet Potatoes Peas-Cranberries W/W Bread Peaches	10 Potato Soup Fresh Bread Juice Ice Cream	11 Spaghetti Salad Garlic Bread Berries	12 BBQ Pork Sandwich Mac Salad Baked Beans Watermelon	13 California Blend Cheese Soup Bread Juice Jell-o
16 Chop Suey Rice W/W Bread Juice Pears	17 Chicken Noodle Soup Fresh Bread Juice Pudding/Banana	18 Pork Steak Scalloped Potatoes Peas W/W Bread Applesauce	19 Meat Loaf Potatoes Brussels Sprouts W/W Bread Cookies	20 Chef Salad Ham-turkey-eggs Lettuce-tomatoes Cottage cheese Whip Chill berry pie
23 Chicken Salad Croissants Cukes/Tomatoes Lettuce Juice Ice Cream Bar	24 Boiled Dinner Fresh Dinner Juice Melons	25 Brats Sauerkraut Red potatoes W/W Bread Jell-o/Fruit	26 BIRTHDAY DAY Roast Beef-Gravy Potatoes Mix vegetables W/W Bread Spice Cake	27 BREAKFAST Scrambled eggs w/ham, peppers onions, hash browns Toast Juice, Fruit
30 Beef Stew Biscuits Juice Ice Cream Bar	Menu is subject to change		All meals are served with coffee, milk or tea	
		8 a.m.-4:30 p.m. Lunched Served Mon.-Thurs. 12:00p.m.-1:00p.m.		





## **UP CLOSE AND PERSONAL**

With Rickie House Sr..

Rickie David House Sr. was born in Milwaukee, Wisconsin on May 11, 1951. His parents were Walter and Shirley(Ninham) House. Then in 1963, Rickie and his family moved to Florida. He attended Palatka High School

Rickie has seven brothers and sisters. There is Tina, Gail, Susan, Donald, Dennis, Kenny and Tony. His three sisters and brother Kenny have all moved back to Oneida. Three brothers still reside in Florida. .

In his spare time, he enjoys shooting pool, playing cards and watching T.V., especially police movies. He also has an interest in art, which he hopes to bring forward once again.

**When you were a child, what did you think you'd like to be when you grew up?**  
An artist

**Who or what has been the biggest influence in your life?**  
My Father, Walter House..

**What do you consider to be your greatest accomplishments**

My two sons, Rickie David Jr. and Michael Shane.

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

Always wanted to be able to work in an office, wearing a suit and tie.

**What is the best advice anyone ever gave you?**  
Stay out of trouble.

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

Stay healthy and listen to your doctor.

**What is your ideal vacation?**  
Going to Hawaii.

**Favorite Meal?**  
Meat loaf, and mashed potatoes and Broccoli.

**Favorite Music?**  
Country

**Favorite Books?**  
Readers Digest & People

**Favorite Movies?**  
Ten Commandants & Ben Hur

**Favorite Hobby?**  
Shooting Pool





# JUNE 2008 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
*Activities due to change without notice.				
2 Timber Rattler Baseball Game Appleton 10:00 – 4:00 (must have pre-registered)	3 Crafts Elderly Services 9:30 – 11:30	4 Oneida Language Elderly Services 9:30 Bingo Senior Center 1:00	5 Banks Shopping Lunch Out (on your own) 10:00 – 3:00	6 BC Luncheon Radisson (must have pre-registered)
9 Ice It - Game Elderly Services 9:30 Dollar General/DQ Seymour 1:30	10 Crafts Elderly Services 9:30 – 10:30 Zoo Mobile Oneida Library 10:30-11:30	11 Yatze Elderly Services 9:30 Bingo Senior Center 1:00	12 Cooking Elderly Services 9:30 Scrabble Elderly Services 9:30	13 Banks- 9:30 Rummage Sales 10:00 – 11:00 Shopping 11-12:30 Lunch Out 12:30 (on your own)
16 UNO Elderly services 9:30 Bowling Ashw. Lanes 1:30	17 Crafts Elderly Services 9:30 – 11:30	18 Oneida Language Elderly Services 9:30 Bingo Senior Center 1:00	19 Concert In the Park (Jackson Square) Bag Lunch – on own 10:00 – 2:00	20 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
23 Botanical Gardens Green Bay 9:00 - 11:00 Target Toss Elderly Services 1:00	24 Bingo Methodist Church 9:30 – 11:30	25 Price is Right Elderly Services 9:30 Lunch 12:00 and Bingo w/ Rec. Summer Program Senior Center 1:00	26 Puzzles Elderly Services 9:30 Birthday Lunch 12:00 Need Elders to read summer program children Oneida Library 1:30	27 Banks Shopping 10:00 – 12:00 Eld. Serv. Annual Rummage and Lunch (on your own) 12:00 - 2:00
30 Strawberry picking Sunny Hill Farms 9:30 Movie Elderly Services 1:00			*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.	*Is this your Birthday month? * You must sign up in the Birthday Book at Senior Center, Main Office, Must be present at the Birthday lunch.





## The Life and Legend of Wyatt Earp

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

Abbie	Emma	Notorious	Serial Drama
Arizona	Ferocious	Old Man	Sheriff
Badge	Gambler	Opponent	Shotgun
Barrels	Goodfellow	Outlaw	Sidekick
Bat Masterson	Gunman	Physician	Tomestone
Colorful	Jim Dog	Pokey	Unique
curly Bill	Marsh	Politics	Virgil
Deputy	Mayor	Real-Life	Western
Doc Holliday	Morgan Earp	Relationships	Writers
Dodge City	Nellie	Schemer	Wyatt

What does old mean?

When someone admires your alligator shoes and you are barefoot!

When you see a pretty girl walk by and your pace maker makes the garage door door go up!



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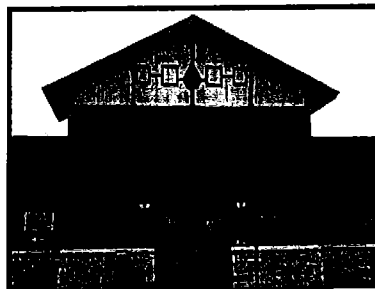
## AOA Tile VI Exemplary Programs 2008

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 and Alfreida Grignon.

Florence Petri, Elderly Service Director

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**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 Linda Bowman

**\* 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.

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FOR IMMEDIATE RELEASE

**TANNING AND EXCESSIVE SUN EXPOSURE  
CAN CAUSE SEVERE DAMAGE TO EYES**

***Prevent Blindness Wisconsin Warns Public on Dangers of UV Rays to Vision***

**Green Bay, WI (April 21, 2008)** – As the weather begins to warm, some Wisconsin residents may want to head to their local tanning salon to get a good “base tan” before they don their bathing suits and shorts. But without the proper protection, tanning beds can cause serious burns, not just to the skin but to the eyes. According to the American Academy of Dermatology, more than 1 million Americans use tanning salons every day.

Unfortunately, some people believe that tanning beds are safer than tans from the sun, but research has shown that ultraviolet (UV) radiation levels of a tanning bed are 100 times that of the natural sun. Tanning beds emit both UVA and UVB rays that can cause photokeratitis, or a burn of the cornea (the clear surface of the eye). Symptoms can range from painful tearing and redness of the eye to extreme cases of temporary loss of vision. As with most sunburns to the skin, symptoms may not appear until 6-12 hours after exposure.

Tanning facilities are required by the FDA (Food and Drug Administration) to provide clean, UV-blocking goggles to all consumers. Wearing regular sunglasses or placing cotton balls over the eyes is not sufficient protection. The New Jersey Society of Optometric Physicians warns that using a tanning bed without protective eye goggles is the “equivalent to staring at the sun.”

Most UV damage is cumulative, meaning that the damage will not appear until years later. Tans from tanning beds or the sun are the result of skin damage.

“We tend to think that tanned skin as glamorous or attractive, but the process is actually quite dangerous,” said Tami Radwill, State Program Director.

Extended UV exposure has been linked to eye damage including:

**Cataract-** a major cause of visual impairment and blindness worldwide. Cataracts are a cloudiness of the lens inside the eye that develops over a period of many years. Laboratory studies have implicated UV radiation as a cause of cataract. Furthermore, studies have shown that certain types of cataract are associated with a history of higher ocular exposure to UV and especially UV-B radiation.

**Age-related macular degeneration (AMD)-** a leading cause of vision loss in the United States for people age 55 and older. Exposure to UV and intense violet/blue visible radiation is damaging to retinal tissue and scientists have speculated that chronic UV or intense violet/blue light exposure may contribute to degenerative processes in the retina.



**Pterygium-** a growth of tissue on the white of the eye that may extend onto the clear cornea where it can block vision. It can be removed surgically, but often recurs, and can cause cosmetic concerns and vision loss if untreated.

**Photokeratitis-** essentially, a reversible sunburn of the cornea resulting from excessive UV-B exposure. It can be extremely painful for 1-2 days and can result in temporary loss of vision. There is some indication that long-term exposure to UV-B can result in corneal and conjunctival degenerative changes.

Of course, UV blocking eye protection should be worn during other activities besides tanning. Harmful UV rays are present from the sun reflecting on sand, water, asphalt and snow. Whether playing on the beach or pulling weeds in the backyard, everyone should wear sunglasses that block 99 to 100 percent of UVA and UVB rays in conjunction with a brimmed hat. Wraparound sunglasses are the most effective and can protect the delicate skin around the eyes as well.

Children are also susceptible to UV damage and should be encouraged to wear sunglasses for all daytime outdoor adventures, specifically between the hours of 10 a.m. and 3 p.m., when UV rays are the most intense. Eye protection should even be worn during overcast days. It is very important to keep several things in mind in particular when buying sunglasses for children. Kid's glasses should be made of unbreakable polycarbonate. (unless glass is required by the eye doctor). The frames should be bendable and the lenses should not pop out. Check to make sure the glasses fit well, because children will not wear glasses that don't fit well. It is best to have the child try the glasses on and make sure they shield enough of the eye above, below and on the sides.

People who have had cataract surgery or other retinal disorders, and people who take certain medicines, such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers, are also at special risk for eye damage. The best defense for everyone is to wear sunglasses that screen 99 to 100 percent of UV rays and brimmed hats. Brimmed hats alone will block about 50 percent of UV radiation. Ideally, all types of eyewear should absorb at least the full spectrum of UV rays including UVA and UVB. The degree of UV protection is not necessarily related to the price of the sunglasses. Consumers should buy sunglasses that are labeled: absorbs 99-100 percent of UVA and UVB rays.

Prevent Blindness Wisconsin has dedicated May as UV Awareness month in an effort to educate the public on the best way to protect their eyes from UV damage. In fact, the non-profit group has a dedicated Web resource, the "UV Learning Center," which provides free information on UV, tips on purchasing the best eye protection and even a quiz to test UV knowledge. Consumers are invited to log on to [www.preventblindness.org/uv](http://www.preventblindness.org/uv). The group also offers a free brochure, "Protecting Your Eyes From the Sun."

For more information on the dangers of UV exposure and how to choose the best options for adults and children, please visit [www.preventblindness.org/wi](http://www.preventblindness.org/wi) or call Carrie Jordan at 414-765-0505.





### **About Prevent Blindness Wisconsin**

For 50 years, Prevent Blindness Wisconsin has pursued its mission to prevent blindness and preserve sight. The agency provides free vision screenings to preschool children, school age children, and adults. It also provides public and professional education in vision health, safety, and vision loss prevention.

Prevent Blindness Wisconsin is the only non profit organization in the state providing these services. Since 1958 Prevent Blindness Wisconsin has screened more than 5 million children and over 230,000 adults. Prevent Blindness Wisconsin receives no government money, and relies entirely on the public and business community for support of its sight saving services. For more information or to make a sight saving contribution, call (414) 765-0505.

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**GLNAEA**  
**Great Lakes Native American Elders Association,**  
**Sponsored by Forest County Potawatomi,**  
**June 5<sup>th</sup> & 6<sup>th</sup>, 2008**  
**Northern Lights Casino in Wabeno (Carter), WI**  
**\*\*\*\*\*REVISED\*\*\*\*\***

All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Monday, May 19 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 May 19 and the last day to cancel is May 26 for reimbursement of payment. We will be staying at the Indian Springs Lodge (attached to the Casino) and the cost is \$35.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, June 5<sup>th</sup>. Any questions please call Oneida Senior Center at (920)869-1551.

FYI: Honor the Elder Luncheon sponsored by Oneida Business Committee is June 6<sup>th</sup>. Please note that if we do not have 20 people signed up for GLNAEA – we will be taking tribal vans. For more information about the Honor the Elder (HTE) Luncheon, please contact Jim Martin 869-4469), Lisa Summers 869-4478, Kitty Melchert 869-4026 or Kathy Metoxen 869-4364.



## 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 the bottom of the stalks and place in 2 inches of standing water, or wrap a moist towel around it. 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 ½ pounds of 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
- ½ teaspoon sugar
- ¼ 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

#### *Asparagus with yogurt Dill Sauce*

- 3 cloves garlic, minced
- 2 tablespoons lemon juice
- 1 teaspoon prepared mustard
- ½ 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







*MEET*

*THE*

*BEGAY'S*

By Lyn Cornelius  
Freedom Pursuit Reporter

James (Navajo) and June Begay (Oneida) have lived on Ray Road for 16 years. Previously they lived in California for more than 40 years. Their children include: James Jr. (Oneida), Dennis (Deceased), Candace (Utah), Susan (Arizona), Carla (California), and Joseph (Alabama). They share their home with two cats named Daisy, 9 and Sissy, 7.

June grew up in Oneida. Jim was born in New Mexico, but grew up in Arizona. While growing up, June wanted to be a nurse. Jim always knew he would join the service and be a Marine like his older brother. He tried to enlist when he was 16 but had to wait a year until he was 17. June's first job was as a secretary to the Head Nurse and Chief of Staff at Fort Defiance in Arizona. Jim's first job was as a Marine. He started his service career in 1944 at the end of World War II as an infantryman; he also served as a tank driver in the Korean War and as a tracked vehicle mechanic in the Vietnam War. Jim was honorably discharged in 1966. Both June and Jim retired in California. June retired as a post office clerk, and Jim retired as a Mechanic/Welder. June's father worked as a molder; Jim's father ran a horse and sheep ranch. Both of their mothers were housewives, a term used in that era.

Jim's favorite hometown memory is swimming in a creek with a waterfall in Arizona. It was the local hangout during his youth. June remembers ice skating on Duck Creek in Oneida with her cousins; they used to keep a fire going to stay warm. Jim was an avid boxer in high school and the service.

June's favorite toy growing up was a great big doll she had gotten from "Santa Claus" when she was very young. Jim's favorite toys were tops and windmills he carved himself. June's most memorable birthday was when she turned 21 and could vote. Jim's was turning 18 while stationed in Okinawa and China at the end of World War II.

What was a typical Saturday like as a young adult for June and Jim? June remembers Wednesday ladies night out. She went out with a bunch of her friends for drinks and dancing and remembers the group always having a table full of free drinks sent by admirers. Jim was in the service and his Saturday night out was called weekend liberty. There was a place called the Indian Center off base that he enjoyed going to where he could meet and visit with fellow Native American service personnel and civilians. It was there that he met Ira Hays. Ira Hays gained fame when he, along with four fellow Marines and one Sailor raised the US flag over Iwo Jima (reference Flags of our Fathers). The Center provided food, beverages, and entertainment. Occasionally there would be a USO show or live western music.



The couple's most memorable vacation was their first trip to Alaska for their son Joseph's wedding. The farthest June has ever traveled from home besides Alaska was her move to California to be with Jim when he was getting out of the service. They eventually married there. Jim, while in the service, has been to Australia, North China, Korea, Vietnam and the Philippines. Their favorite place on earth is at home relaxing.

Their first car was a 1939 Chevy Business Coup. Their dream/favorite vehicle is their 2002 Dodge Stratus; they are very happy with it.

Their favorite time of the day is the evening before bedtime when they can just relax and watch television. A day on the calendar they always look forward to just passed. They celebrated their 55th wedding anniversary on April 6. They said they both enjoy going to Church services, visiting with friends and laughing with each other.

June's hobby/special talent is sewing. She sews anything and everything. This includes stuffed animals, dolls and clothes. Jim loves to "putter." He fixes cars and small engines, and he is a very experienced handyman. His special talent is rifle shooting, a talent he picked up while in the service.

June's least favorite chore is cleaning out the refrigerator. Jim couldn't think of any chore he dislikes. He just knows what needs to be done and gets it done, he said. Both June and Jim's favorite television program is Wheel of Fortune. June enjoys watching "chick flicks" and love stories; she is currently watching the series Commander in Chief on DVD. Jim is a huge John Wayne fan. The last movie he watched was The Marine.

June said she likes all kinds of foods. Spicy foods are among their favorites. Depending on their moods, they do enjoy going out to eat Mexican, Italian, Chinese, etc. Jim also mentioned he enjoys mutton. Jim always loved June's biscuits and assumed she was making them from scratch, but he just recently found out that she was actually making them from the prepared rolled kind anyone can purchase at a grocery store. They both cook, and Jim is known for his fry bread, corn soup and chili. June's specialty is spare ribs with sauerkraut and bread dumplings. Their favorite beverage is Postum, a non-caffeine coffee. If given the choice of having dinner with anyone, Jim and June both choose either John F. Kennedy or Franklin D. Roosevelt.

Their favorite time of the year is late spring when everything is blooming. Jim mentioned the beauty of all of the new colors and growth right in the vicinity of their own home.

Some of June's fears are snakes, heavy winds and lightning. Jim's fears are black widow spiders and scorpions, something he developed while serving overseas and also during a short stay in Utah.

Given the choice of a super power, June would choose super speed to complete her housework. Jim would like to be able to fly so he could enjoy the view from high above, he said.

June's current pet peeve is the price of gas. Jim hates waiting in lines. He also finds it annoying when he needs to make an appointment and then finds out he has to wait a month in order to get in.

Most impressive changes over the years include computers and getting her first automatic washing machine, said June. Jim mentioned the development of hearing aids.





# Oneida Elderly Services ANNUAL



Supports: Roberta Kinzhuma Scholarship Award

**Date: June 27, 2008**

**Time: 10am to 2 pm**

**Location: Former Towers Foods**

(N7360 Water Circle Place, Oneida, off Hwy 54, behind Little Bear Development Ctr and Oneida Post Office)

Rummage, Car Wash, Lunch,  
(Mealsite will serve breakfast this day),

50/50 Raffle,

Entertainment Contributed by  
Vince DelaRosa

**Donations** and for more information call  
Claudia Skenandore at 869-2448



## **RUMMAGE SALE TIDBITS:**

- Our Mealsite will be serving breakfast instead of lunch this day. Stop in the sale to purchase lunch, visit and have fun.
- Oneida Elderly Services Rummage Sale is usually in August and this year it is in June. June is the month with the least amount of regular activity around Oneida and has hopefully not too hot or cold of weather.
- Oneida Elderly Services usually holds this event at the Mealsite Garage and this year we are venturing to the old Tower Foods Building. This building is larger and we can have the event inside.
- Rummage sale time is a great time for spring cleaning. Have you done yours?



# Elder Abuse Prevention

**Thursday  
June 12, 2008  
12:00 noon**

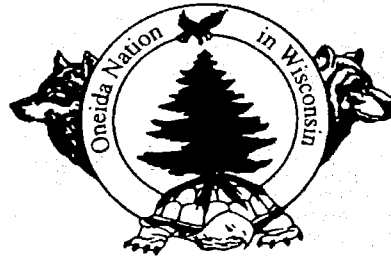
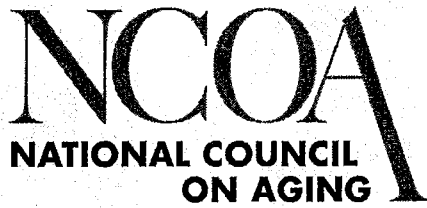
**Senior Center / Meal Site  
134 Riverdale Dr.  
Oneida, WI 54155**

**WHO:** Joyce Johnson  
Elder Abuse Prevention Coordinator

**WHAT:** - What is Elder Abuse  
- What to do when you see an elder  
being abused  
- Updates/Changes in restrictions in  
"self neglect"  
- Who to contact

**Any question please contact Angela Ortiz,  
Elderly Benefit Specialist at (920) 869-2448**





DATE: May 6, 2008

FOR IMMEDIATE RELEASE:

**Connect the Dots – “Diabetes and Your Heart: How Medicare Helps”**

Oneida Elderly Services and The National Council on Aging will present a consumer awareness program entitled: “Connect the Dots – Diabetes and Your Heart: How Medicare Helps” on June 18, 2008 at:

- Senior Center (mealsite) at 12:15 p. m. and
- Elderly Services Lee McLester Complex at 3:00 p. m.

The aim is to help seniors, caregivers and the professionals who care for our seniors, understand the risk factors for diabetes and hypertension (high blood pressure) as well as the links between them. The program will include a presentation by the diabetes educator, Asha Jain, MA, RD, CDE, our local Medicare/SHIP representative, Angela Ortiz. Information included in this presentation is Medicare benefits that make it possible for eligible seniors to screen for, prevent/delay, treat and/or manage each and/or both conditions.

“There are startling estimates about the number of seniors with diabetes or pre-diabetes who are not aware of their condition.” “We know that hypertension is a 'silent epidemic' and we know these conditions are commonly found together. This all points to the need to educate seniors and inform them about the relevant Medicare benefits that help them live healthier lives.” These statements, made by Florence Petri, Oneida Elderly Services Program Director are serious subjects.

Oneida Elderly Services is proud to be coordinating these presentations with NCOA. There is much need to discuss diagnosis, management and treatment options and Medicare’s prevention/screening benefits that many people with Medicare are unaware of and not using.

If you would like more information about this program, please call Florence Petri, Oneida Elderly Services Director at 920-869-2448 or email [fpetri@oneidanation.org](mailto:fpetri@oneidanation.org).





# Did you know there's a chance you might have diabetes or hypertension?

Here's how to find out for sure.

At this event you'll learn the

risk factors and symptoms of

these two deadly diseases.

How to connect the dots

between your lifestyle and

your opportunities for better

health. And how Medicare

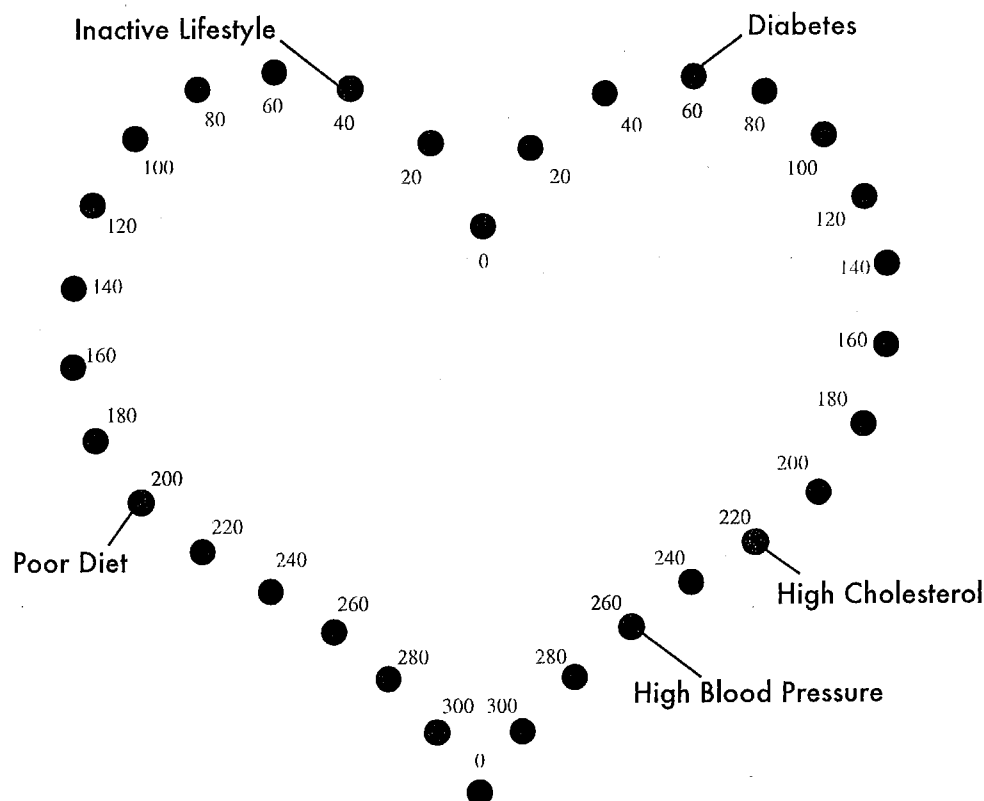
can help with the costs of

both diagnosis and treatment.

Why take a chance? Attend

this event. Or call for more

information today.



The next NCOA *Diabetes and Your Heart* educational event will take place at:

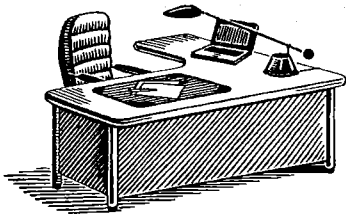
**Event information here.**  
**June 18, 2008 12:15 p m Meal Site**  
**3:00 p m Elderly Services Lee Mc Lester Complex**

*Connect the Dots: Diabetes and Your Heart—How Medicare Helps*

is presented by the National Council on Aging and made possible by an  
educational grant from Novartis Pharmaceuticals.

**NCOA**  
NATIONAL COUNCIL  
ON AGING  
*Improving the lives of older Americans*  
**NOVARTIS**





## ELDERS AND EVERYONE – DRUMS CONTACT

From the desk of: Linda F. Douglas

I am with Elderly Services and will be the main contact for the DRUMS Across Oneida newsletter. Please contact me with any comments, suggestions, concerns, complaints, etc. Thank you for your attention. My phone number: 920-869-2448 email [ldouglas@oneidanation.org](mailto:ldouglas@oneidanation.org)

### ***Elder's Meditation***

"Always, with medicine there is a time and a place for everything. It only comes around once. You have to get it at the right time."

Cecilia Mitchell, MOHAWK

The old ones say two things must be present for a miracle to take place. One, the right time. Two, the right place. This is why we need to honor our ceremonies. Ceremonies are done in an order. This order is applied to open a "door" to the right time and place of medicine. This door opens to the Spiritual World. The Spiritual World is available to us at the right time and the right place.

Thank you, to the person that left The Florida Newspaper with all the jokes. World's Shortest Fairy Tale---Once upon time, a guy asked a girl "Will you marry me?" The girl said, "NO!" And the guy lived happily ever after and went fishing and hunting and played golf a lot and drank beer and left the toilet seat up and farted whenever he wanted. THE END

Thank you,  
Linda F. Douglas





## POW-WOWS IN HEAVEN

Two ninety year old Comanche men, Cornbread and Jack, have been friends all their lives. Cornbread is dying, so Jack goes to visit.

"Cornbread," says Jack, 'you know how we both love to sing and dance all our lives. Cornbread, you have to do me one favor when you go. Somehow you have got to tell me if there are Pow-wows in Heaven.'

Cornbread looks at Jack from his death bed and says, "Jack you have been my friend for many years. This favor I will do for you." And with that Cornbread passes on.

It is midnight a couple of nights later. Jack is sound asleep when a distant voice calls out to him, hey Jack.....Jack.....

"Who is it?" says Jack, sitting up suddenly "Who is it?" Jack it's me 'Cornbread.'

Come on, you are not Cornbread. Jack says "Cornbread died."

I am telling you, it is me Cornbread insists the voice.

Jack replies, "Cornbread? Is that you? Where are you?"

"I am in heaven. I have got to tell you, I have good news and some bad news."

"Tell me the good news first" says Jack.

The good news is that there are Pow-wows in heaven! You should see the grand entries. They are really keen.

That is wonderful! "What is the bad news?"

"They got you down as Head Singer on Saturday!" laughs Cornbread.



One evening a Cherokee elder told his grandson about the battle that goes on inside people's heads. He said, "My son, the battle is between the two wolves that lives inside us all. One is Unhappiness. It is fear, worry, anger, jealousy, sorrow, self-pity, resentment and inferiority. The other is Happiness. It is joy, love, hope, serenity, kindness, generosity, truth and compassion."

The grandson thought for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."



**ONEIDA ELDERLY SERVICES**  
**DATABASE FORM**  
**DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_**

NOTE: The state federal government has 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

