

# 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

Aw<sup>^</sup>hihte> W<h\$tae>

Strawberry Moon

June, 2009



## ONEIDA NATION

### Mission Statement

To strengthen and protect our people, reclaim our land and enhance the environment by exercising our sovereignty.

### Core Values

The Good Mind as expressed by On<yote>a-k@  
Kahletsyal&sla (Gahlay-ja-loo-sla)

The heart felt encouragement of the best of each of us  
Kanolukhw@la (Gano-loo-kwa-sla))

Compassion, caring, identity, and joy of being  
Ka>nikuhli-y% (Ga-nee-goo-hlee yo)

The openness of the good spirit and mind  
K>tshatst^sla (Ga-stat-stuh-sla)

The strength of belief and vision as a People  
Kalihwi-y% (Galeeh-wee-yo)

The use of the good words about ourselves, our Nation, and our future  
Twahwahts\$ay< (Dwah wah jeeleye)

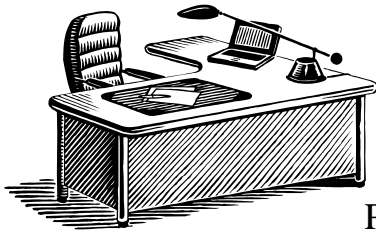
All of us are Family

Yukwatsistay≤ (You-gwa-jees-stai)

Our fire, our spirit within each of us



## **ELDERS AND EVERYONE – DRUMS CONTACT**

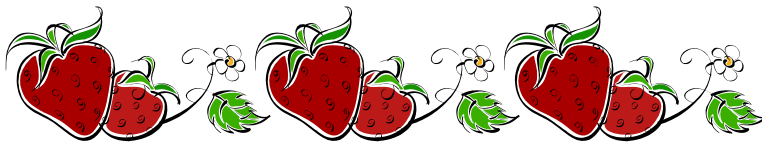


From the desk of: Linda F. Douglas

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@oneidation.org](mailto:ldouglas@oneidation.org)



### **Elder's Meditation**

The old people came literally to love the soil and they sat or reclined on the ground with a feeling of being close to a mothering power...The soil was soothing, strengthening, cleansing and healing..."

--Luther Standing Bear, OGLALA SIOUX

Have you ever noticed the relationship between children and the soil? Watch how happily they are touching the dirt. The children play in it and eat it. If you are stressed, go to a spot on the Earth, sit down, put your fingers in the dirt, and dig in it. Wash your hands in the soil. When you touch it, notice what it does to your hands. Our bodies love to touch the Earth. Sometimes we get too busy and forget these simple things. Maybe you'll even want to plant a garden or flowers. These things are mentally healthy.


Great Spirit, today, let me touch the Earth so the Earth can touch me.

# MENU

JUNE

2009

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dogs Macaroni & Cheese Juice W/W Bread Pears	2 California Blend Cheese Soup Fresh Bread  Sherbet	3 Chicken Red Potatoes Mixed Vegetables W/W Bread Applesauce	4 Pork Steak Red Potatoes Brussels Sprouts W/W Bread Mandarin Oranges	5 Beef Patties Oven Brown Potatoes Carrots W/W Bread Jell-o W/Fruit
2 Tuna Salad Croissants, Tomatoes, Lettuce Cottage Cheese Orange Slices	9 Chili Fresh Bread Cucumber Salad  Yogurt	10 Tater Tot Casserole W/W Bread Juice  Pineapple Tidbits	11 Liver & Onions Potatoes Beets W/ W Bread Ice Cream	12 Chicken Cordon Mixed Vegetables Potatoes W/W Break Cookies
15 Ham Sweet Potatoes Peas W/W Bread  Fresh Fruit	16 Chicken Soup Fresh Bread Juice  Pudding	17 Meat Loaf Potatoes Carrots W/W Bread  Mixed Berries	18 Chicken Ala King Broccoli Biscuits  Applesauce	19 S.O.S. Toast Eggs Juice  Strawberries
22 Chicken Stripes Seasoned Potatoes Green Beans W/W Bread Sherbet	23 Potato Soup Fresh Bread Juice  Peaches	24 Manicotti Salad Garlic Bread  Ice Cream	25 <b>BIRTHDAY DAY</b> Chicken Potatoes Carrots  Cake	26 Fish Potato Wedges Cole Slaw W/W Bread  Pears
29 Goulash W/W Bread Juice  Yogurt	30 Boiled Dinner Fresh Bread Juice  Melons			
All meals are served with coffee, milk or tea.	Menu is subject to change.	<b>BIRTH STONE:</b> <b>PEARL</b> <b>FLOWER:</b> <b>ROSE</b>	<b>HOURS:</b> <b>8:00A.M.-4:30P.M.</b> <b>Lunch Is Served</b> <b>Monday-Friday</b> <b>12:00P.M.-1: 00P.M.</b>	<i>HAPPY</i> <i>FATHER'S</i> <i>DAY</i>

## DIRECTOR'S CORNER, Florence Petri

Take a look at some of the services we provide at Oneida Elderly Services.

**Congregate Meals:** We provide a noon meal Monday – Friday, elders 55 years old and older, at the meal site.

**Home Delivered Meal:** To an eligible participant in their place of residence.

**Information/Referral:** Concrete information to a client about available public and voluntary services and resources (including name address, and telephone number of service or resource and linkage with appropriate community resource(s) to ensure necessary service will be delivered to the client.

**Benefit Specialist:** Provides assistance with your financial needs, applications, Medicare Social Security, etc.

**Outreach:** Conducting activities to identify elders eligible for services, providing information to eligible elders about available service, and encouraging an elder to use existing services. This is a one-on-one contact, not a group service such as public education.

**Transportation:** Daily pickup to the activities, meal site, and shopping on Friday's.

**Homemaker Services:** Providing assistance for housecleaning, laundry, shopping, and meal preparation.

**Personal Care/Home Health Aid Service:** Providing personal assistance with eating, dressing, and bathing, toileting, transferring in and out of bed/chair or walking.

**Chore Service:** Providing assistance to persons having difficulty with heavy cleaning, yard work, walk maintenance, minor home repair, wood chopping, hauling water and other heavy duty activities which the older person(s) is unable to handle on his/her own and which do not require the services of a trained homemaker or other specialist.

**Visiting:** Visiting services include going to see and elder in order to comfort or help in reading or writing a letter.

Watch for more updates.

If you are need of any of these services, do not hesitate to contact Oneida Elderly Services at 920-869-2448 ask for Cheryl Ault

Monday	Tuesday	Wednesday	Thursday	Friday
<b><i>June 2009      ACTIVITIES</i></b>				<b>*Activities due to change without notice.</b>
<b>1</b> <b>Morning Walk 9:00</b> (Elderly Services outdoor trail) <b>Indoor Horse Shoes</b> <b>Elderly Services 9:30</b> <b>Bingo</b> <b>Site II 1:00</b>	<b>2</b>  <b>Crafts</b> <b>Elderly Services</b> <b>9:30 – 11:30</b>	<b>3</b> <b>Morning Walk 9:00</b> <b>Card Games</b> <b>Elderly Services 9:30</b>  <b>Bingo</b> <b>Senior Center 1:00</b>	<b>4</b> <b>Rummikub Game</b> <b>Elderly Services 9:30</b>  <b>Movie</b> <b>Elderly Services 1:00</b>	<b>5</b>  <b>Banks</b> <b>Shopping</b> <b>Lunch Out</b> <b>(on your own)</b> <b>10:00 – 3:00</b>
<b>8</b> <b>Morning Walk 9:00</b> <b>Yahtzee Game</b> <b>Elderly Services 9:30</b>  <b>Family Dollar &amp; DQ</b> <b>Seymour 1:30</b>	<b>9</b>  <b>Crafts</b> <b>Elderly Services</b> <b>9:30 – 11:30</b>	<b>10</b> <b>Morning Walk 9:00</b> <b>Oneida Language</b> <b>Elderly Services 9:30</b>  <b>Bingo</b> <b>Senior Center 1:00</b>	<b>11</b> <b>Concert in the Park</b> Jackson Park Green Bay <b>70's music</b> <b>Bag Lunch (on own)</b> <b>10:00 – 2:30</b>	<b>12</b>  <b>Banks</b> <b>Shopping</b> <b>Lunch Out</b> <b>(on your own)</b> <b>10:00 – 3:00</b>
<b>15</b> <b>Morning Walk 9:00</b> <b>Price Is Right</b> <b>Elderly Services 9:30</b> <b>Cooking</b> <b>Elderly Services 1:00</b>	<b>16</b>  <b>Crafts</b> <b>Elderly Services</b> <b>9:30 – 11:30</b>	<b>17</b> <b>Morning Walk 9:00</b> <b>Scrabble Game</b> <b>Elderly Services 9:30</b> <b>Bingo</b> <b>Senior Center 1:00</b>	<b>25</b> <b>Kaytee Avian (Birds)</b> <b>Education Center</b> Chilton, Wisc. <b>Lunch Out (on own)</b> <b>9:30 – 3:00</b>	<b>19</b>  <b>Banks</b> <b>Shopping</b> <b>Lunch Out</b> <b>(on your own)</b> <b>10:00 – 3:00</b>
<b>22</b> <b>Morning Walk 9:00</b> <b>Target Toss</b> <b>Elderly Services 9:30</b> <b>Thornberry Creek Tour</b> <b>1:30 – 2:30</b>	<b>23</b>  <b>Crafts</b> <b>Elderly Services</b> <b>9:30 – 11:30</b>	<b>24</b> <b>Morning Walk 9:00</b> <b>Oneida Language</b> <b>Elderly Services 9:30</b> <b>Bingo</b> <b>Senior Center 1:00</b>	<b>25</b>  <b>Visit AJNH</b> Oneida 9:30 <b>Birthday Lunch 12:00</b> <b>Bowling</b> Ashw. Lanes 1:30	<b>26</b> <b>Banks</b> <b>Shopping</b> <b>9:30</b> <b>Lunch (on own) at</b> <b>Elderly Services</b> <b>Rummage Sale</b>
<b>29</b> <b>Morning Walk 9:00</b> <b>UNO Game</b> <b>Elderly Services 9:30</b> <b>Strawberry Picking</b> <b>Sunny Hill Farms 1:30</b>	<b>30</b>  <b>Bingo</b> <b>Methodist Church</b> <b>9:30 – 11:30</b>		<b>*Please sign up for trips at Senior Center Main Office.</b>  <b>*All trips leave from Senior Center.</b>	<b><u>*Is this your Birthday month?</u></b> <b>* You must <u>sign up</u> in the Birthday Book at Senior Center, Main Office, Must be <u>present</u> at the Birthday lunch to receive your gift card.</b>

**\* If you have any questions or concerns Please call Michelle at 869 - 2448.**

## MC CLOUD

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

Accent	Department	Metropolitan	Sheepskin
Assignment	Deputy	Mutual	Solve
Big City	Drag	New Mexico	Strong Arm
Book	Escaped	Police	Superior
Capture	Frustrated	Precinct	Taos
Catchphrase	Jacket	Prisoner	Temporary
Chagrin	Joe Broadhurst	Reverted	There You Go
Chase	Manhattan	Romantic	
Chris	Marshal	Sam Mc Cloud	
Cowboy Hat	Methods	Sgt. Grover	

[illegible]

How does a man show that he is planning for the future?  
He buys two cases of beer.

What is the difference between men and government bonds?  
The bonds matures.



Brain cells come and brain cells go, but fat cells live forever.

# ***ELDERLY SERVICE GIFT SHOP***

We invite you to visit us!

Hours: 8:00 A. M.-12:00 P. M.  
Monday through Friday

**We Have Fresh Popcorn Daily**

**Diet Soda and Water**

FLORAL ARRANGEMENTS  
GREETING CARDS  
NATIVE AMERICAN DOLLS  
Handmade & Beaded Jewelry  
PILLOWS, Crib Quilts  
ONEIDA SINGERS TAPES  
MANY OTHER ASSORTED ITEMS

We are located in the Elderly Services Complex  
2907 South Overland Road,  
Across from the Oneida Health Center

Elders: Come display your arts and crafts at no cost or  
commission





Oneida Area Faith in Action is having a raffle for a  
Pendleton Blanket

The drawing for the lucky winner will be held  
June 18, 2009

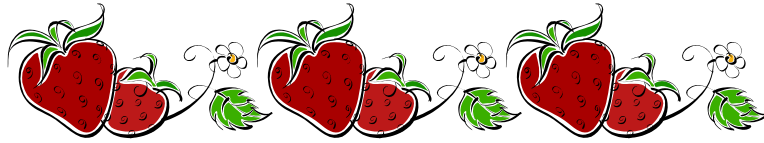
Please contact: Florence Petri, Tina Pospychala,  
Claudia Skenandore or Joyce Johnson (920-869-2448)  
at

Oneida Elderly Services.

For your raffle tickets.

Faith in Action Board members will also be selling raffle  
tickets. The tickets are (1) for \$1.00 or (6) for \$5.00.





## **Attention all participants at the Senior Center Mealsite**

Policies and procedures to the Older American Act-funded Nutrition Program.

We are looking to manage costs and quality improvement in our meal site program.

**The meal site will maintain a reservation system for all those that eat at the meal site. All elders that plan on eating at the meal site will be asked to call in the day before and reserve their meal for the next day.**

Your assurance is needed in helping us to meet our state requirements and assist us in minimizing leftovers and insure adequate meals served.

**State requirement: 8.4.27.7 Meal Reservation and Participant Registration. Systems Programs should maintain an accurate and well-organized system so staff will know how many meals to order or plan for. Many programs find a registration system to be helpful for estimating meal orders for dining centers. This system should include follow-up of absent participants. The program may not “charge” an individual for a meal that is reserved and not eaten.**

### **Mealsite Program Objectives:**

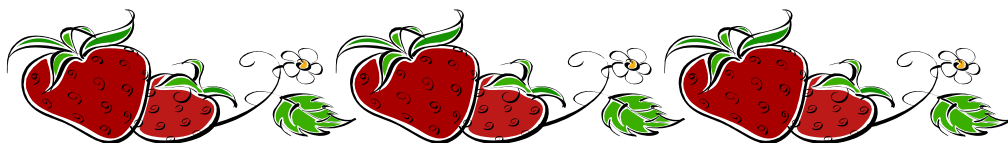
- Meet state funded requirements
- Monitor all waste carefully
- Train staff on policies and procedures, including food safety and sanitation practices.
- Check and recheck portion control. Use the proper size of scoops, ladles and pans.
- Each program shall implement procedures to minimize waste of food, including leftovers and uneaten meals.

Please call 920-869-1551 to reserve your meal when you plan on eating at the meal site.

We would like to thank you for your patience during this transition.

When you are having a busy day and want lunch, we will leave the welcome mat out just for you. Come in and have a friendly meal.

For questions, please call Brenda Jorgenson at 920-869-1551.





### **Father's Day Quote**

A father is someone that holds your hand at the fair....

Makes sure you do what your mother says....

Holds back your hair when you are sick....

Brushes your hair when it is tangled because mother is too  
busy....

Lets you eat ice cream for breakfast....

But only when mother is away....

He walks you down the aisle....

Tells you everything is gonna be ok....

**Unknown**

# GLNAEA

Great Lakes Native American Elders Association,

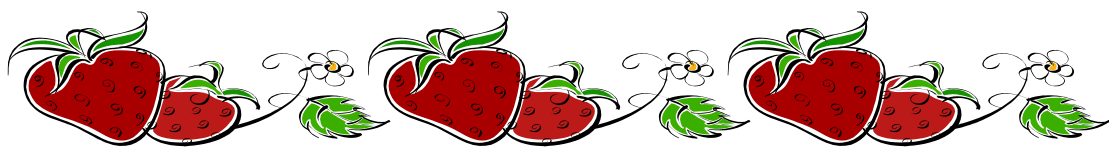
Sponsored by Stockbridge Munsee



August 6 and 7, 2009

Northstar Casino, between Bowler & Gresham

All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Monday, July 13, 2009. We must have 20 people signed up to reserve a coach bus, or else we'll use tribal vans. Payment must be received by July 13 and the last day to cancel is Monday, July 20 for reimbursement of payment. We will be staying at Konkapot Lodge and the cost is \$36.00 per person. We will leave the Senior Center (Meal Site) at 1:30pm on Thursday, August 6. Any questions please call Oneida Senior Center at (920)869-1551.



## ***The National Society for American Indian Elderly***

Is seeking local volunteers for the Summer Associate Program to work with the elderly

10 weeks starting June 1 and end finishing August 16

Recruiting:

- One Team Leader
- College student or recent graduate
- Must be 18-24 years old

Five Students:

- 18-24 years old

Must be college student, recent graduate or in High School

Summer Associates can do direct service activities, they can build trails, work on a clean up project, garden projects, an elder chore service or something else that is a needed in our elder community

The living allowance for Summer Associates is \$200.00 per week

You can apply on the AmeriCorps VISTA site at  
<https://my.americorps.gov/mp/listing/publicRequestSearch.do>

The program type is AmeriCorps VISTA, choose Wisconsin the state you plan to serve in and you should check the box for summer. Please note that you want to serve with the Oneida Tribe Elderly Services, in Oneida Wisconsin.

Questions please call 920-869-2448 and ask for Claudia Skenandore



***UP CLOSE AND PERSONAL WITH:***

**Linda C. Powless**

***When you were a child, what did you think you would like to be?*** An Airline Stewardess

***Who or what has had the biggest influence in your Life?***  
Spirituality

***What do you consider to be your greatest accomplishment?*** I do not have great things about my work. One thing, I did get an opportunity to tour China.

***Is there something you have always wished you were great at doing?***  
Down hill snow skiing.

***What is the best advice anyone ever gave you?*** Ever since I was six years old, my mother told me to study so that I could get into a professional career. At that time I did not know what that meant; to finish school was always my intention, because I was taught early to study in school to get a career.

***What advice would you give to someone who is about to retire?*** We have the opportunity for life long learning, there are good places to exercise and places for positive fellowship. Volunteerism in our community is a great way to share our knowledge and experience.

***What is your ideal vacation?*** Depending on how a vacation is defined, if it is for rest than I would like a place with hot springs. If it is for fun, thrills and excitement I would go on an indigenous art market circuit for about a month.

***Favorite Meal:*** Wild rice, tender loin deer meat (cooked over coals), cranberries', sweet potatoes with butter and walnut dressing.

***Favorite Music:*** It depends on my moods, around dominant society I like rhythm and blues, the Stones, and older forms of Asian music from Peking opera. In Indian Country of course I love Smokey Town, Hand drum singers from the northern Minnesota area and last but not least men or women on the water drum songs.

***Favorite Book:*** "Ceremony", by Leslie Marmon Silko, 1977.

***Favorite Movie/Movies:*** The life of Artist Frida Kahlo, Mexican artist. Also about her husband. Documentaries about artists and indigenous struggles for the land.

***Favorite Hobby/Hobbies:*** Design and construct items with wool and leather. Design necklaces of stone, glass and metal. Encouraged by older styles of embellishment. For one art show I had to give my table of items a name so I call it "Midwinter Journey Collections" I also like to dance jingle and sing.



**Twahyahnek\$ha> aw^hihte>**  
(We are drinking the strawberry fruit juice)

This ceremony has to do honoring the wild strawberry as well as all the other fruits that they are still fulfilling their responsibilities by providing us with their medicinal properties and nourishment. We also honor the Creator (**Shukwaya>\$u**) by extending our greetings, our thankfulness and our love that he provided for us the wild strawberry. Of all the fruits, the wild strawberry (**Ka>niyohut#s aw^hihte>**) is the first to ripen. In our creation story, it tells us that the wild strawberry is one of the plants that the Sky Woman brought here when she fell from the Sky World. Because of this we look to this particular plant in a sacred way. It is our understanding that in the Sky World there is no negativity of any kind, it is a place of utopia and that is where this plant originated from.

Usually the children are the first ones to notice that the berry has ripened and they will tell their parents who in turn will notify the Faithkeepers. Within the Longhouse (**Kan&ses**), the Faithkeepers have the responsibility of insuring that the ceremonies **Shukwaya>\$u** gave to us as Longhouse people (**Lotinuhsesha-k@**) are carried out at their appropriate times throughout the year. They will set up a meeting to pick the day as to when the Strawberry Ceremony will take place.

On the day of the ceremony, the people are encouraged to bring the wild strawberry to the Longhouse where it will be made into a drink that is to be used as a medicine. The Wolf Clan (**Lotikw@o**) has the responsibility of speaking on behalf of all the people in doing the Opening Thanksgiving address (**Kanehelat&sla**). All of creation is acknowledged and when he is done he will pass the matter over the Turtle (**Lotiny^hta>**) and Bear clan (**Lotiskle-w@e**) side of the house for them to explain what's all going to go happen. The Longhouse has two doors, one faces the east and this is were the Turtle and Bear Clan people come in and sit on that side of the

Longhouse. The other door faces the west. Through this door the Wolf Clan people and those that don't have a clan come in and sit on that side of the Longhouse.

Two Great Feather dances (**Ohstowa>k%**) are done. The first is to honor the wild strawberry that it is still carrying out its responsibility of bearing fruit and providing us with its medicinal properties. Two singers are chosen, one to be the head singer and other his helper. There will be a bench in the middle of the Longhouse where they will sit facing each another. For this sacred dance we use turtle rattles made from the snapping turtle to keep the beat by hitting them on the bench as they sing.

There is also a male that is chosen to lead the men as they dance. They try to pick someone who is dressed in full regalia. It is left up to the women as to which one of them will lead them in this dance. Usually it is a woman titleholder or a woman in full regalia. As is **Lotinuhsesha-k@** custom for this sacred dance, we dance counter-clockwise with the women dancing in single file on the inside in a circle and the men in single file next to them on the outside. The natural flow of energy of the whole universe rotates in a counter-clockwise direction. Our Mother Earth (**Yukhinulh@ Ohw^tsya>**) rotates counter-clockwise on her axis. Our Grandmother the Moon (**Yukhihs%ha> Kwa>ahsute-k#kha> Wehn\$stahle>**) goes counter-clockwise around Our Mother Earth. The planets go in that same direction around our Elder Brother the Sun (**Shukwahts\$ha Kw<tek#kha> Wehn\$stahle>**). So we honor and acknowledge that natural force of energy and dance with it in the direction that it flows.

When the first Great Feather dance is done, then the story is told of how this ceremony came to be. This takes us back to the time of Handsome Lake (**Skanyatali-y%**), the Seneca prophet who was visited by three of the four messengers for a period of sixteen years up until his death in 1815. The story goes into what all had transpired on their very first visit with him and that he was instructed to tell his people that this ceremony is to take place.



When they are done telling the story a boy is chosen to pass the strawberry drink out to all the boys and men. A girl is chosen to pass the strawberry drink out to all the girls and women. They say that these two young people are to be innocent and pure in their thoughts. When the strawberry drink is being passed out, prior to drinking it anybody can stand up and give their personal thanks in our language to the Creator for providing us with the wild strawberry.

Once everybody is finished giving their personal thanksgiving, the second **Ohstowa>k%** is done to honor and thank the Creator for making this possible. Everybody is encouraged to go around and make at least three circuits in honor of the Creator. The amount of enthusiasm and energy that we put into these sacred dances shows the Creator how much we appreciate what he has done for us. It is also the good energy that we can muster up from deep down inside of us with the hooping and hollering that goes on and though the positive thoughts that we send to the Creator.

Once the second **Ohstowa>k%** is done and there are people present that need to have their Oneida names put through, the Naming Ceremony is done. When that is done, then it is the Turtle and Bear clan side of the house to close up the ceremony. When all is said and done, then we have the feast. From within each of the three clans someone is asked to make corn soup for their clan. Everybody is encouraged to bring a dish to pass and their “baskets” (plates, spoons, forks, salt, pepper, cups, bowls, napkins, etc.) for their individual family. **Tho ki> ni-k&**

Submitted by: Randy Cornelius,  
Language, Culture and Archivist



Hello Elders,

I was hired by Elderly Services as a driver back in October 2008. I just wanted to take a moment to thank you the elders for allowing me to work with you. I enjoy each and everyday transporting the elders to the different activities through out the day.

I have learned something new everyday, and I hope to learn even more each and everyday. It is such a pleasure to work with people that have so much heart. So many different experiences to share, it is such a joy to come to work everyday. Something I have not been able to experience in quite sometime.

I look forward to working with the elders in the coming days and years. Again thank you for allowing me to work, with the elders. I really enjoy my job and coming into work each day.

Cecil Rennells,  
Elderly Services Driver  
Yaw<ko



Whatever your passion, pursue it as though your days were numbered. Because they are!

Goals that you keep to yourself are just castles on the beach. If you are determined to achieve something, tell people about it and ask them to help you stick with it.

All the stuff you have laying around that you will never want, need, wear or look at again? It just makes it harder to find what you do want, need or intend to wear. File it, donate it or throw it out!

# Oneida Elderly Services ANNUAL



**Supports: Roberta Kinzhuma Scholarship**

**Date: Friday, June 26, 2009**

**Time: 10am to 3 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, 50/50 Raffle**

(Mealsite will serve breakfast only)

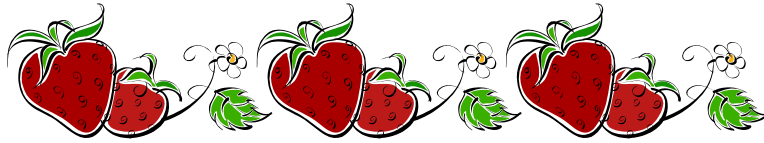
**Entertainment Contributed by  
Da Rock'n Daddies (King boys)**

**Volunteers are wanted! Please contact Hillary at  
Elderly Services 869\*2448**

**For more information call Claudia Skenandore at  
869-2448**

# **RUMMAGE SALE TIDBITS:**

- Elderly Service Mealsite will serve breakfast instead of lunch this day so that all can participate in the sale.
- Rummage sale time is a great time for spring cleaning. Have you done yours?
- If you would like to donate, please call us at 869-2448 for pick up. We would greatly appreciate if you could store your items until the week of June 26. Otherwise we will find storage for the items.
- Roberta Kinzhuma scholarship winners last year were Randi R. Walking Eagle and Lola J. Smith. Encourage them in their education goals if you see them.



## Oneida Contract Health

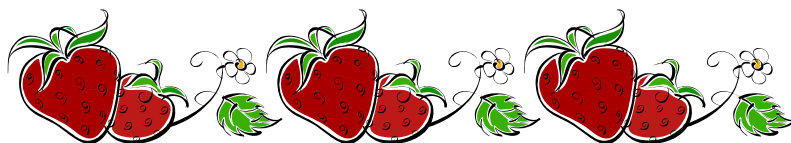
By: Margaret Valencia, Medical  
Benefits Coordinator from the Oneida  
Community Health Center

**Wednesday: June 10, 2009**

**Time: 12:00 pm**

**Elderly Meal Site  
134 Riverdale Dr.  
Oneida, WI 54155**

**Discussion on: qualifications for coverage,  
reporting timelines, requirements for  
referrals. Bring all your questions regarding  
coverage and assistance. Any questions  
please call Angela Ortiz, Benefit Specialist at  
(920) 869-2448 or (800) 867-1551.**





## Emergency Preparedness Kit

Just a friendly reminder to check and update your kit. Please check the expiration dates on any food and medications. Replace if needed. Here is a list of things you should have available:

1. Three day supply of non perishable food (granola bars etc...) canned goods and manual can opener....
2. Three day supply of water (one gallon per person per day)....
3. Battery-operated or crank-powered radio....
4. Flashlight with extra batteries and bulbs....
5. First aid kit and manual....
6. Sanitation and hygiene items (toilet paper, feminine products)....
7. Matches in a waterproof container and plastic garbage bags....
8. Whistle (to attract attention to the emergency personnel)....
9. One change of clothing and a pair of shoes....
10. Blanket....
11. Roll of Duck tape....
12. Pet supplies....
13. Extra set of keys....
14. Pack of playing cards to bide your time until rescued....
15. 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 do not have an emergency kit or have any questions call Elderly Services at 920-869-2448. Ask for Joyce Ann Hoes....YAW<KO



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