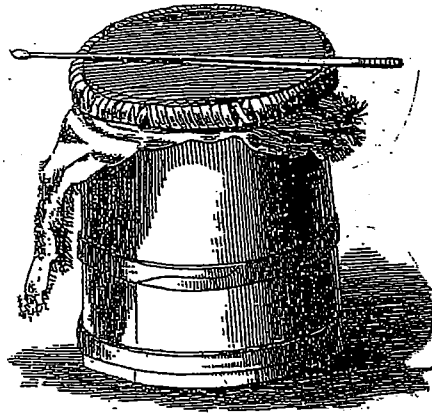


# DRUMS ACROSS ONEIDA

ELDERLY SERVICES  
2907 S. OVERLAND RD.



SENIOR CENTER  
134 RIVERDA;E DR.

P.O. BOX 365

ONEIDA, WI. 54155

ELDERLY SERVICES 1-920-869-2448

SENIOR CENTER 1-920-869-1551

TOLL FREE 1-800-867-1551

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TEW^HNISLYA?KS WEHNI-TALE?

BREAKING DAY MOON

MARCH

2006

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## DEAR MARCH

Dear March, come in! How glad I am!  
I looked for you before, Put down your hat-  
You must have walked- How out of breath you are!  
Dear March how are you? And the rest?  
Oh, March, come right upstairs with me ,  
I have so much to tell.

I got your letter, and the bird"s , The maples never knew  
That you were coming till I called, I declare,  
how red their faces grew! But March, forgive me-  
And all those hills, You left for me to hue;  
There was no purple suitable, You took it all with you.

E. Dickenson

**ELDERLY SERVICES COMPLEX:**

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  
Respite Care Worker  
Administrative Assistant  
Elder Helper  
Elder Helper  
Alzheimers/Respite Activities Specialist  
Alzheimers Activity Aide  
Title V  
Title V  
Title V

**ONEIDA SENIOR CENTER**

Head Cook Supervisor  
Assistant Cook  
Relief Cook  
Relief Cook  
Home-Delivered Meals Driver  
Maintenance Supervisor  
Home Repairs Coordinator  
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

2907 S. Overland Rd. (P.O. Box 365)  
Oneida WI 54155 1-920-869-2448  
Florence Petri  
Tina Pospychala  
Angela Ortiz  
Joyce Johnson  
Cheryl Ault  
Claludia Skenandore  
Lorna Christjohn  
Connie Van Gheem  
Dale Webster  
Michele Cottrell  
Cindy Brabbs  
Amy Sumner  
Sandy Charles  
Joanne Close  
Lorleen John  
Glory LaFlex  
Jim Smith  
Marty Braeger  
Marie Scott  
Barbara Skenandore  
Rita Summers  
Marena Pamamet  
Mildred Figueroa  
Nadine Escamea  
Vacant

134 Riverdale Dr. (P.O. Box365)  
Oneida ,Wi. 54155 1-920-869-1551  
Brenda Jorgenson  
Loretta Mencheski  
Betty Jorgenson  
Pat Beilke  
Alfrieda Grignon  
Robert LaGest  
Richard Summers  
Lee Domencich  
Lloyd Davis  
Lisa Huff  
Don Bogda  
Jared Skenadore  
Harold Dostalek  
Richard Dodge  
Cornelius Hill  
Vacant  
Jeannine LaRock  
Herb Powless

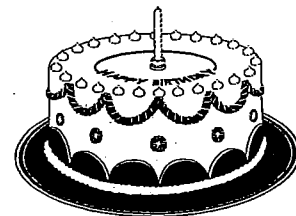
## CELEBRATE OUR MARCH BIRTHDAY'S

Lorraine Antone	3-16
Warren Baird	3-11
Donald Braeger	3-06
Martha Braeger	3-29
Erwin J. Christjohn	3-26
Rose Cooper	3-16
Frank Cornelius	3-15
Karen Cornelius	3-25
Evelyn Danfoth	3-01
Gerald Denny	3-02
Frank Doxtator	3-16
Miriam Doxtator	3-13
Clayton Elm	3-29
Madine Elm	3-29
Robin Emmerton	3-07
Arlyn Erickson	3-22
Kenneth Franco	3-23
Marge Funmaker	3-11
Catherine Gatza	3-02
Inez Grignon	3-05
LaVern Hansen	3-10
Fritz Hill	3-11
Kenneth Hill	3-15
Leland Hill	3-06
Allan Hill	3-03
Charllene Hill	3-11
Phineas King	3-29
Robert King	3-24

Rose Hopkins	3-22
Betsy John	3-13
Valdor John	3-15
Helen P. Johnson	3-07
Robert King	3-24
Becky McPherson	3-10
Gerald Metoxen	3-09
Pat Misikin	3-10
Becky Nicholas	3-07
Viola Ortiz	3-24
Andrew Parker	3-25
Mark Powless	3-29
Delbert W. Powless	3-08
Charolette Quistoe	3-31
Lorraine Redhail	3-13
Emmerson Reed	3-02
Jaane Salzman	3-28
William Schuyler	3-08
Delores Skenandore	3-21
Cecil Skenandore	3-09
Frank Skenandore	3-18
Ruth Skenandore	3-28
Lena Swamp	3-28
Linda Swamp	3-22
Diane Thiesen	3-28
Robert Webster	3-02
Owen Wilson	3-26

Elders, if you have a birthday in April  
please join us for lunch at the Senior  
Center, 134 Riverdale Drive on March  
30, 2006 and sign the birthday book.

Birthday's for our elders are celebrated  
on the last Thursday of each month. Your  
name **MUST** be on the **BIRTHDAY**  
**BOOK** to receive a gift for that month.



Happy Belated Birthday to  
**Milly Elm.**  
February 14<sup>th</sup>

# **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.**

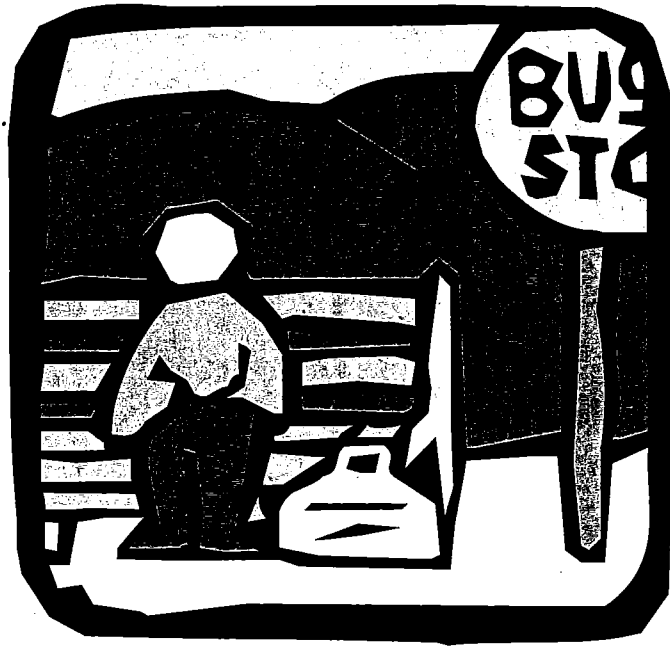
**\*Even if your name is on the Birthday list in the Drums Across Oneida, you still need to be signed up in the Birthday Book at the Senior Center.**

**\*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**

# GLNAEA



## **Great Lakes Native American Elders Association**

**Saint Croix  
April 6 & 7<sup>th</sup> , 2006**

All elders who need a ride to GLNAEA must sign up at the Oneida Senior Center (Meal Site) by March 17<sup>th</sup>. We must have 20 people signed-up to reserve a coach bus, or else we'll use tribal vans. Payment for your hotel must be received by March 17<sup>th</sup> and the last day to cancel is March 22<sup>nd</sup> for reimbursement of payment. We will be staying at Saint Croix Turtle Lake Casino in Saint Croix WI, and the cost is \$25.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551

# 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](http://www.tulsaconvention.com)

### Host Hotel

Crowne Plaza Tulsa  
100 E 2<sup>nd</sup> Street  
Tulsa, OK 74103  
(918) 582-9000  
(800) 2CROWNE  
[www.crowneplaza.com/tulsaok](http://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](http://www.nicoa.org)

Please sign up at the Senior Center Meal Site. **Deadline for signing up is May 31.** Final decision (attendance is limited to 10 people) will be made by a drawing. **Payment of \$500 and will be needed by June 15.** 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 \$500.**

# **FREE TAX PREPARATION**

**WHEN: Thursday, March 2, 2006**

**8:30 AM -12 NOON & 1PM-3:30PM  
AND**

**Thursday, MARCH 16, 2006**

**8:30 AM-12 NOON & 1PM-3:30PM**

**WHERE: ELDERLY SERVICES -POD -A**

**SORRY, NO APPOINTMENTS WILL BE**

**SCHEDULED BETWEEN 12 NOON AND 1 PM**

**PLEASE CALL 869-2448 AND ASK THE  
RECEPTIONIST TO SCHEDULE AN  
APPOINTMENT FOR YOU . DON'T  
FORGET TO LEAVE YOUR NAME AND  
PHONE NUMBER.**

**TAXES WILL BE PREPARED BY  
ANNETTE LOBERGER, BAY AREA AGENCY  
ON AGING**

## **Public Warned about Identity Theft E-mail Scam**

**Jo Anne Barnhart, Commissioner of Social Security, and Patrick O'Carroll, Jr., Inspector General of Social Security, issued a warning today about a new email scam that has surfaced recently.**

**The Agency has received several reports of an email message being circulated addressed to "Dear Social Security Number And Card owner" and purporting to be from the Social Security Administration. The message informs the reader "that someone illegally is using your Social Security number and assuming your identity" and directs the reader to a website designed to look like Social Security's Internet website.**

**"I am outraged that someone would target an unsuspecting public in this manner," said Commissioner Barnhart. "I have asked the Inspector General to use all the resources at his command to find and prosecute whoever is perpetrating this fraud."**

**Once directed to the phony website, the individual is asked to confirm their identity with "Social Security and bank information." Specific information about the individual's credit card number, expiration date and PIN number is then requested. "Whether on our online website or by phone, Social Security will never ask you for your credit card information or your PIN number," Commissioner Barnhart said.**

**Inspector General O'Carroll recommends people always take precautions when giving out personal information. "You should never provide your Social Security number or other personal information over the Internet or by telephone unless you are extremely confident of the source to whom you are providing the information," O'Carroll said.**

**To report receipt of this email message or other suspicious activity to Social Security's Office of Inspector General, please call the OIG Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101). A Public Fraud Reporting form is also available online at OIG's website [www.socialsecurity.gov/oig](http://www.socialsecurity.gov/oig).**

**Wendell Holt  
Program Coordinator  
"STAR" (Saving Tribal Assets & Resources)  
Great Lakes Inter-Tribal Council, Inc.  
[wlholt@glitc.org](mailto:wlholt@glitc.org)  
(715)588-3324 ext 219**



**MENU**

134 Riverdale Dr

**MARCH**

1-920-869-1551

**2006**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Office Hrs. 8am-4:30pm Lunch served 12am-1pm Breakfast served on Fridays 9am-10am	All meals are served with coffee, tea or milk. Menu is subject to change.	1. Chef Salad turkey, ham, eggs, tomatoes, cukes, cheese Cottage cheese Peaches	2. Hot Dogs Mac & cheese Green Beans Juice Buns- Sherbert	3. Bacon & Eggs Toast Juice Oatmeal Berries
6. Chop Suey Rice W/W Bread Mandarin Oranges	7. Beef Barley Soup Fresh Rolls Juice Pears	8. Chicken Breast Calif. Blend Veggies Rice Pilaf W/W Bread Pineapple Whip	9. Meatloaf Potatoes Carrots W/W Bread Mix Fruit	10. Sausage French Toast Juice Strawberries
13. Cube Steak Mac & Tomatoes W/W Bread Juice Sherbert	14. Beef Stew Biscuits Juice Custard	15. Liver & Onions Potatoes Beets W/W Bread Ice Cream	16. Ham Scalloped Potatoes Peas W/W Bread Jell-o with Bananas	17. Scramble eggs Ham, cheese, peppers, onions. Toast Juice Orange Slices
20. Brats Sauerkraut Potatoes W/W Bread Cookies	21. Corn Soup Fresh Bread Juice Baked Apples	22. Pork Steak Potatoes Peas & Carrots W/W Bread Pears	23. Fish Potatoes Coleslaw Rye Bread Orange Slices	24. Bacon & Eggs Cornmeal Toast Juice Peaches
27. Goulash W/W Bread Juice Applesauce	28. Chicken Noodle Fresh Bread Juice Blackberries	29. Spaghetti Salad Garlic Bread Yogurt	30. BIRTHDAYS Chicken Potatoes Carrots W/W Bread Juice Jell-o Cake	31. S.O.S. Eggs - Toast Juice Fresh Fruit Mix

Monday	Tuesday	Wednesday	Thursday	Friday
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# MARCH 2006 ACTIVITIES

*ACTIVITIES DUE TO CHANGE WITHOUT NOTICE.	*Please sign up for trips at Senior Center. *All trips leave from Senior Center.	1 COOKING (Making Stone Soup, Bring item to add to soup) Elderly Services 10:00 BINGO HWY H 1:30	2 PRICE IS RIGHT & P.A.C.E. Exercise HWY H 10:00 -11:30 CARDS HWY H 1:30	3 BANKS SHOPPING LUNCH OUT 10-3
6 P.A.C.E. Exercise Elderly Services 10:00 BINGO SITE II 1:00	7 CRAFTS EPWORTH HALL 9:30-11:30	8 ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30	9 PRICE IS RIGHT & P.A.C.E. Exercise HWY H 10:00 -11:30 BOWLING Ashwaubenon Lanes 1:30	10 BANKS SHOPPING LUNCH OUT 10-3
13 P.A.C.E. Exercise Elderly Services 10:00 BINGO SITE II 1:00	14 CRAFTS EPWORTH HALL 9:30-11:30	15 ST. PATRICK'S DAY PARTY (wear green) Elderly Services 10:00 BINGO HWY H 1:30	16 PRICE IS RIGHT & P.A.C.E. Exercise HWY H 10:00 -11:30 CARDS HWY H 1:30	17 BANKS SHOPPING LUNCH OUT 10-3
20 P.A.C.E. Exercise Elderly Services 10:00 BINGO SITE II 1:00	21 BINGO EPWORTH HALL 9:30-11:30	22 SHUFFLE BOARD Elderly Services 10:00 BINGO HWY H 1:30	23 PRICE IS RIGHT & P.A.C.E. Exercise HWY H 10:00 -11:30 BIRTHDAY LUNCH 12:00 BOWLING 1:30 Ashwaubenon Lanes	24 BANKS SHOPPING LUNCH OUT 10-3
27 P.A.C.E. Exercise Elderly Services 10:00 BINGO SITE II 1:00	28 CRAFTS EPWORTH HALL 9:30-11:30	29 ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30	30 PRICE IS RIGHT & P.A.C.E. Exercise HWY H 10:00 -11:30 CARDS HWY H 1:30	31 BANKS SHOPPING LUNCH OUT 10-3

## A Stroke Is A Brain Attack

### Reduce Your Risk

- \* Check your blood pressure and control it if it's high.
- \* Don't smoke.
- \* Treat diabetes.
- \* Limit alcohol intake.
- \* Eat a healthy diet.
- \* Be physically active and maintain a healthy weight.
- \* Get regular medical checkups.

### Recognize the warning signs.

- \* Sudden weakness or numbness of the face, arm or leg on one side of the body.
- \* Sudden dimness or loss of vision, particularly on one eye.
- \* Loss of speech, or trouble talking or understanding speech.
- \* Sudden, severe ~~we~~ headache with no apparent cause.
- \* Unexplained dizziness, unsteadiness or falls, especially with any other symptoms. Even if these signs last only a few, treat them very seriously .

---

## VOICES OF OUR ANCESTORS

The ♡ is the mind, in Native American thought,  
it is where the intellect lies,

The ♡ is the balancing point of heaven and earth,  
a retort where the sacred wisdom fire  
burns.

Sense the seven stars above your ♡ and head,  
their rainbow light cascading down around  
you.  
Feel the light from the stars;  
breathe it into your ♡, and through your ♡.

Source: S.Ywahoo

## What older people need to know about stroke

### **Risk of stroke increase with age.**

- \* The risk of stroke more than doubles in each decade over age 55.
- \* 72% of the people who have a stroke are 65 or older.

### **High blood pressure-a major stroke risk factor-increases with age.**

- \* Nearly 60% of people age 65-74 have high blood pressure.
- \* 77% of women and 64% of men age 75 and older have ~~h~~ high blood pressure.

### **Healthy lifestyle changes can reduce your risk.**

- \* Control blood pressure
- \* Maintain a healthy weight.
- \* Get regular check-ups.
- \* Eat healthy foods
- \* **Don't smoke.**
- \* Limit alcohol.
- \* Be physically active.
- \* Treat diabetes.

### **Stroke-like heart attack -is a medical emergency, Call 911 !**

- \* Learn the warning signs.
- \* Get help immediately if any warning signs occur.

---

## THOUGHTS OF THE YOUNG

"In our family ," a little girl told her teacher, "Everybody marries relatives. My father married my mother, my uncle married my aunt and, just the other day, I found that my grandmother even married my grandfather."

## TRUST AND FEAR IN THE BRAIN

A brain chemical recently found to boost trust reduces activity in the brain's fear hub, the amygdala, according to a new brain imaging study at NIH's National Institute of Mental Health (NIMH). The finding not only provides new insight into emotion and the brain, but also suggests new approaches for treating diseases that involve social fear.

Inspired by Swiss scientists who reported last summer that a hormone called oxytocin increased trust in humans, NIMH researcher Dr. Lindenberg and his colleagues set out to explore how this works at the level of brain circuitry. British researchers had earlier linked increased amygdala activity to decreased trust, so Meyer-Lindenberg thought that oxytocin might work by affecting the amygdala.

The researchers asked 15 healthy men to sniff oxytocin or a placebo prior to undergoing a scan that reveals brain activity. While in the scanner, the men performed tasks known to activate the amygdala - matching angry or fearful faces and threatening scenes. The threatening pictures strongly activate the amygdala during the placebo scan, but oxytocin lessened the effect. The difference was especially pronounced in response to threatening faces, suggesting a pivotal role for oxytocin in regulating social fear. Oxytocin also dampened the amygdala's communication with areas in the upper brain-stem that telegraph the fear response to other parts of the body.

The effect of oxytocin suggests possible new approaches for treating diseases thought to involve amygdala dysfunction and social fear, such as social phobia, autism, and possibly schizophrenia.

---

If you aren't part of the process,  
you are part of the problem.

## TWO FRIENDS



Two little old ladies were attending a rather long church service. One leaned over and whispered, "My butt is going to sleep." "I know," replied her companion, "I heard it snore three times."

---

## TIPS FOR A AGING MIND

- \* Don't make rash decisions. Give yourself time to think.
- \* Write things down. Memory can be fallible for people of any age.
- \* Structure your day and your surroundings to help you remember things.
- \* Imagine a future action in as much detail as you can.
- \* Keep your brain active with activities that require mental effort such as reading.
- \* Stay physically active.

## Heart Healthy Tips

### 10 WAYS TO TAKE CHARGE OF YOUR HEART HEALTH

- \* Schedule a yearly check-up
- \* Get physical
- \* Drink more water
- \* Eat healthy
- \* Control cholesterol
- \* Cut down on salt
- \* Quit smoking
- \* Maintain a healthy weight
- \* Stay positive
- \* Give yourself credit

#### 1. Schedule a yearly check-up.

Each year on your birthday, schedule a check-up to have your blood pressure, cholesterol and glucose levels checked.

#### 2. Get physical.

Step, march, or jog in place for at least 15 minutes a day while watching your favorite TV shows. Increase your activity by five minutes each week; until you are getting a minimum of 30 minutes most days of the week. and follow your professionals recommendations.

#### 3. Drink more water.

Take bottle water with you wherever you go. It'll keep you hydrated and the bottle's weight will strengthen your arms.

#### 4. Eat healthy.

Keep packages of unhealthy foods hidden. Put raw veggies and fruit in front in the refrig. Healthy snacks in the front of the pantry, so you see them first. If you keep grabbing healthy foods for a minimum of 21 times, it will soon become a habit.

#### 5. Control cholesterol .

Eating foods high in saturated fat can led to high cholesterol. Eat foods low in saturated fat, such as chicken or turkey (roasted or baked with skin removed) fruits and veggies, low-fat or fat-free dairy products and whole grains.

#### 6. Cut down on salt.

To lower high blood pressure, watch your salt intake. Salt may be disguised in food labels as sodium agitate, sodium sulfur, sodium castigate, desmodium phosphate, sodium benzoate, monosodium glutamate(MSG) and sodium citrate.

#### 7. Quit smoking.

Try the four step: Day 1, cut the number of cigarettes you smoke by half, On Day 3, cut the number of cigarettes you smoke in half again, and on Day 5, cut your smoking in half again. On your Quit Day, quit!

#### 8. Maintain a healthy weight.

To achieve steady, painless weight loss t ake it easy. Each day eat 200-300 calories less than you would normally consume, and exercise at least 30 minutes all days of the week.

#### 9. STAY POSTIVE.

If you get off your exercise schedule, have a cigarette or eat a fattening meal, immediately get back toward re-establishing a healthy lifestyle

#### 10. Give yourself credit.

To maintain momentum with excerising, losing weight, or quitting smoking, keep track of your achievements and reward yourself by doing something you enjoy.

---

Grow old along with me!  
The best is yet to be,  
The last of life, for which the first  
was made.

Our times are in His hand  
Who saith, "A whole I planned,  
Youth shows but half,  
trust God, see all, not be afraid"

Source: R. Browning

## INDIAN BREAD PUDDING

½ cup raisins  
1 cup hot water  
½ loaf of sliced bread, toasted  
2 eggs, beaten  
¾ cup brown sugar  
1 t. vanilla extract  
1 t. cinnamon  
½ c. cheddar cheese, shredded  
½ cup milk

Soak raisins in hot water.

Toast the bread and allow to cool.

Add beaten eggs, brown sugar, vanilla extract and cinnamon to raisins.

Layer bread, cheese, and raisin mixture in a baking dish or casserole. Add milk.

Bake in a preheated 350° oven for 30 minutes or until all the liquid has been absorbed and pudding is firm.

Yield: 5-8 servings.

---

## THINK ON THESE

Even if the world is your oyster, you've still got to pry open the shell yourself.

\*\*\*\*\*

Don't be too hard on your kids. Remember, they're the people you've learning to become the parent of by practicing on.

\*\*\*\*\*

Many people take no care of their money until they come nearly to the end of it, and others do just the same with their time.

\*\*\*\*\*

If you think you are getting too much government, just be thankful you're not getting as much as you're paying for.

\*\*\*\*\*

## OLD WOMEN'S CHOICES

We keep our thermostats at fifty-nine so we can give our children gifts we really can't afford.

We buy bruised, overripe fruit from the distressed produce and donate to our churches.

We buy our own clothes at thrift shops but select grandchildren's presents from the nicest shop in town.

We eat the same boring dinner every day because we won't cook for ourselves, but produce a feast for guests.

We never say we need help when we do but do without, not wanting to burden those burdens we carried.

Some of us break out of these patterns realize we have rights and choices to care for ourselves too.

But it is hard to forget early teachings, Even after all these years, we put ourselves last.

Source: R.H. Jacobs

---

## MARRIAGE JOKE

A couple just married, received among their wedding presents, two tickets to a very fine show, with the notation "Guess who?" on their tickets. Upon returning, all of their wedding presents were gone, and a note was also left saying "Now you know!"

## THE AGING MIND

### Learning to adjust to natural changes

As our brain ages, we're less likely to think as quickly as we used to or remember things as well. But the knowledge we gain from life experiences can sometimes compete for other changes in our brains as we age. Older professionals, for example, are often better at their jobs than younger ones. Research is now revealing how the brain changes and adapts as we age. These insights are shedding light on real life challenges, like how to remember things and how to avoid scams.

Dr. C. Park, director of the Royal Center for Healthy Minds at the University of Illinois, explains that knowledge and experience are protected as you age. "When you're performing a complex task," she says, "your memory may be less efficient, but your knowledge about how to do it may be better." In most real-world experiences, older people already have previous knowledge that they can use to interpret new situations and decide how to respond.

Researchers can design tests that expose problems in the aging mind by creating tasks in which older adults can't use their world knowledge. These tests reflect some real life situations. For example, when an older adult gets an upsetting new medical diagnosis or a crafty scam, artists pressures them for a quick answer, they may have trouble processing information quickly and making a sound decision.

Park says that one key to dealing with situations like these is not to make rash decisions. Ask for further information and more time to consider. Discuss a new medical diagnosis or unfamiliar sales offers with friends or relatives to get more perspective.

Perhaps the most common change people face as they age is trouble remembering things. Park says it's important to acknowledge that your memory

is fallible. "For medicines, driving directions or other things with specific details, don't rely on your memory," she says. "That's good advice for everybody, but especially for older adults." If you need to remember something important, write it down on a pad you carry around with you or use an electronic device like a personal digital assistant (PDA) that lets you store notes and reminders.

You can also structure your routines to help you remember things. Try to take medicine with a snack or a particular meal, for example, and always keep your keys and your wallet in the same place. "Because older adults tend to lead very structured lives, this technique works well for them," Park says.

Use your imagination. If you imagine completing a future action, you're much more likely to perform it. For example, imagine taking your medicine in as much detail as you can, paying attention to where, when, and how. Practicing for future events can also help prepare your mind for the real thing.

Some evidence suggests that activities requiring mental effort such as playing board games, reading, and playing a musical instrument can help stave off mental decline. Other studies suggest that physical activity might help.

Researches supported by NIH's National Institute on Aging continue to explore new ways to keep the brain healthy as we age. In the meantime, try to keep in good shape both mentally and physically, and use the tips in this article to keep your aging mind keep working as well as it can.

Source: News In Health

## THE TRUTH ABOUT AGING, WEIGHT GAIN, AND YOUR HEALTH

Here are the major reasons many seniors gradually gain weight.

- \* Being less active.
- \* Not maintaining muscle through strength training.
- \* Eating more calories, even as metabolism slows down.
- \* Gradual loss of body cells which leads to burning fewer calories while at rest.

While there are some elements we cannot control such as medical conditions, most of the weight gain that comes with aging can be avoided.

### What you can do

**Exercise regularly.** Squeeze in at least 30 minutes of activity every day and include structured workouts such as walking, running, swimming, at least 3 days a week. Physical activity may also help maintain cognitive functions and decrease dementia risk.

**Lift weights.** To get started, get educated about what a complete program is like. With your doctors approval, you'll want to lift weights 2-3 times a week, but you only need 20 or so minutes.

**Eat healthy.** Try eating 5-6 small meals every 3-4 hours to boost metabolism and keep you satisfied. Don't starve yourself, but recognize that your body will need less calories as you get older

**Eat fish.** Eating fish at least once a week is good for the human brain. Researchers at Rush University Medical Center in Chicago measured how well 3,718 people performed when doing simple tests, such as recalling details of a story.

The participants, all Chicago residents aged 65 and older, took the tests three times over a six-year period. They also filled out a questionnaire about what they ate, choosing from 139 food options. People who ate one fish meal per week had a 10% slower annual decline in thinking, and those who ate two fish meals a week showed a 13 percent slower decline. The research added to the growing evidence that a fish-rich diet helps keep the mind sharp.

## A HEALTHY DOSE OF LAUGHTER

I read that a child laughs 400 times a day on the average, while an adult laughs only 15 times each day. Which is puzzling since laughter feels so good and is so good for us!

You may know the benefits of laughter on the mind and spirit, but are you aware of how much a good laugh can help you physically? Norman Cousins used to say, that laughter is so beneficial for your body that it is like "inner jogging."

Mayo Clinic reports that laughter aids breathing by disrupting your normal respiration pattern and increasing your breathing rate. It can even help clear mucus from your lungs.

Laughter is also good for the heart. It increases circulation and improves the delivery of oxygen and nutrients to tissues throughout your body.

A good laugh helps your immune system fight off colds, flu and sinus problems by increasing the concentration of immunoglobulin A in your saliva. And it may help control pain by raising the levels of certain brain chemicals (endorphins.)

Furthermore, it is a natural stress reliever. Have you ever laughed so hard that you doubled over, fell off your chair, spit out your food or wet your pants? You can not maintain muscle tension when you are laughing!

The good news is that you are allowed more than 15 laughs a day! Go ahead and double the dose and make it 30 times today. (You may begin to notice immediate improvement in your relationships!) Then double it again! You are bound to feel better, you will cope with problems more effectively and people will enjoy being around you.

**LAUGHTER : IT'S JUST GOOD MEDICINE!!**



## **Lorna's Corner Elder Humor**

With the cold weather upon us , this reminds me of a Ho-Chunk friend of mine who told me that a white mans car broke down by their home. So my friend went with him to see what he could do to help him out. He found out the radiator did not have any water in it. He told the white man, "You see that bridge down there, there's a place under that bridge where you can get water for your radiator." The white man said, "But isn't the water frozen?" My friend said, "The water that's running under the bridge never freezes. So you know the rest of the story!!!

These two Indians were arguing in the middle of winter when it was so cold out, that every time they said something the words froze in mid-air. They had to come back in the spring to wait for their words to thaw out to see what they were arguing about.

Do you remember sticking your tongue on something made of iron in the middle of winter? I've seen it done. (but I've never done that) People want to remember those ( "good times") back then a dare was a dare or be called a chicken for a looooooonnnnnnggggg time!!!



### **KIDS STUFF**

**What do you think your Mom and Dad have in common?**

"Both don't want no more kids," says Lori age 8

**What do most people do on a date?**

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." says Martin age 10.



## **SPIRIT OF LIFE**

\* What we take for granted, someone else thinks is beautiful.

\* What we want to get rid of , is someone else's treasure.

Sometimes we stand so close to something dear that we cannot see that it is dear!

Our lack of awareness robs us of what we assume is ours forever.

We have many eyes , but most are closed or glazed over.

\* The eyes of the mind and spirit perceive far more than our physical eyes will ever see.

The eves of our hearing detect sound but also feelings and attitude-and music of the spheres. There is a word in the Cherokee language- "agowhtvhdi," which means sight. When we touch something we not only feel but we also see the gentleness or the harness, the depths and the heights.

\* No...we are never blind except when we close ourselves off and deny the ...."Very Spirit of Life."

Give Heed, my child, life up your eyes , behold the One who has brought you life.

Source: Joyce S. Hifler

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### **OUR FLAG**

The kindergarten teacher was showing her class an encyclopedia page picturing several national flags. She pointed to the American flag and asked, " What flag is this?" A little girl called out, "That's the flag of our country." Very good , "the teacher said, "And what is the name of our country?" "Tis of thee," the girl said confidently.

## Understanding Important Terms

### Extra Help

To help people with Medicare who have limited income and resources pay for Medicare prescription drug coverage.

### Medicare D

Medicare Prescription Drug coverage. Must be 65 years or older or a Dual Eligible.

### Credible Coverage

Coverage on prescriptions that are at least equal to or better than Medicare D

### Dual Eligible

A Person who has both Medicare and Wisconsin Medicaid.

### Senior Care

Wisconsin Prescription drug coverage. Only for Permanent residents of Wisconsin and age 65 or older.

### Badger Care

Is another program within Medicaid. The forward card is used for benefits. Wisconsin's program to provide health care coverage for uninsured families.

### Forward Card

A Blue card you receive when you are covered under the Wisconsin Medical Assistance program.

### HMO

This policy covers visits to see only professionals within the HMO network. All visits, prescriptions and other care must be cleared by the HMO in order to be covered. If seen by a professional that is not HMO you will be billed for services.

### Title 19/Native American Exemption

This allows Native Americans to see any medical provider of their choice.

## Medicare Community Meeting

**WHERE:** Oneida Health Center

**WHEN:** March 1<sup>st</sup>, 2006

**TIME:** 9:00am-3:30pm

Presentations at 9:00am & 1:30pm

Did you apply for Extra Help for Medicare D?

Did you received your plan information and RX cards?

Did you receive your award letter for Medicare D?

Does the Pharmacy have your information on prescription coverage?

If you answered NO to any of these questions; come to the next Oneida Community Meeting.

Bring any information received from Medicare. Bring any plan information or any prescription cards.

For more information call the Medical Benefits Coordinator at 869-2711



## QUOTABLE QUOTES

"If you've seen Yesterday and you love Today, you won't be afraid of Tomorrow."

"You know you are growing up when you have your first laugh—at yourself."

"Lend me the stone strength of the past and I will lend you the wings of the future."

*Oneida Area Faith in Action  
Presents*

# **Bingo & Breakfast at the Radisson**

**IF YOU'RE INTERESTED IN VOLUNTEERING, JOIN US!!**

*Friday March 3, 2006, Huron & Ontario Rooms  
9:00 a.m. through LUNCH  
FREE Breakfast Buffet and Bingo  
LOTS of PRIZES*

**SIGN UP PRIZES WILL BE AWARDED TO ALL WHO  
REGISTER TO VOLUNTEER WITH  
ONEIDA FAITH IN ACTION**

**ONEIDA AREA FAITH IN ACTION IS A VOLUNTEER-BASED PROGRAM  
THAT SERVES THE ELDERLY & INFIRM WITHIN RESERVATION  
BOUNDARIES.**

**WE PRIMARILY SERVE THROUGH:**

- ★TRANSPORTATION**
- ★COMPANIONSHIP**

**AS A FAITH IN ACTION VOLUNTEER YOU CHOOSE WHEN YOU SERVE,  
WHERE YOU SERVE, WHO YOU SERVE AND WHAT SERVICES YOU  
PROVIDE.**

**★2-4 HOURS A MONTH IS SUGGESTED  
★WEEK DAY & DAYTIME HOURS ARE NEEDED**

By Andy Rooney

## FRIENDSHIP

I've learned....That the best classroom in the world is at the feet of an elderly person.

I've learned....That when you're in love, it shows.

I've learned....That just one person saying to me, "You've made my day!" makes my day.

I've learned....That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned....That being kind is more important than being right.

I've learned....That you should never say no to a gift from a child.

I've learned....That I can always pray for someone when I don't have the strength to help him in some other way.

I've learned....That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned....That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned....That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned....That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned....That we should be glad God doesn't give us everything we ask for.

I've learned....That money doesn't buy class.

I've learned....That it's those small daily happenings that make life so spectacular.

I've learned....That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned....That the Lord didn't do it all in one day. What makes me think I can?

I've learned....That to ignore the facts does not change the facts.

I've learned....That when you plan to get even with someone, you are only letting that person continue to hurt you.

I've learned....That love, not time, heals all wounds.

I've learned....That the easiest way for me to grow as a person is to surround

myself with people smarter than I am.

I've learned....That everyone you meet deserves to be greeted with a smile.

I've learned....That there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.

I've learned....That no one is perfect until you fall in love with them.

I've learned....That life is tough, but I'm tougher.

I've learned....That opportunities are never lost; someone will take the ones you miss.

I've learned....That when you harbor bitterness, happiness will dock elsewhere.

I've learned....That I wish I could have told my Mom that I love her one more time before she passed away.

I've learned....That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned....That a smile is an inexpensive way to improve your looks.

I've learned....That I can't choose how I feel, but I can choose what I do about it.

I've learned....That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

I've learned....That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned ...That it is best to give advice in only two circumstances; when it is requested and when it is a life threatening situation.

I've learned....That the less time I have to work with, the more things I get done.

Friends are very rare jewels, indeed. They make you smile and encourage you to succeed.

They lend an ear, they share words of praise and they always want to open their hearts to us.

**Holy Apostles Church  
Lenten Fish Frys**

Friday, March 3<sup>rd</sup>

Friday, March 10<sup>th</sup>

Friday, March 17<sup>th</sup>

Friday, March 24<sup>th</sup>

Friday, March 31<sup>s</sup>

Friday, April 7<sup>th</sup>

Carry outs available.

Serving at the Parish Hall from 3pm-6pm.  
2936 Freedom Road  
Oneida, Wi. 54155

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**THINK ON THESE**

What a different world this would be if  
people would only magnify their blessings  
the way they do their troubles.

\*\*\*\*\*

You can gauge the worth of a young man  
by the attitude he has toward an old man.

\*\*\*\*\*

Real joy comes not from ease or riches or  
from the praise of men, but from doing  
something worthwhile.

\*\*\*\*\*

Most of the folks I know who have good  
luck seem to have good judgement, too.

\*\*\*\*\*

Most marriages are made in heaven, they  
come in His and Her kits and have to be  
put together.

Intelligence is a lot like money. If you  
don't reveal how little you have, people  
will treat you as though you have a lot.

\*\*\*\*\*

It is strange that in our praying we seldom  
ask for a change of character, but always a  
change in circumstances.

\*\*\*\*\*

Enough is what most of us would be glad  
to have if we didn't see others with more.



**Valentine's Party**

Elderly Services Valentine's Day Party was a  
success. On February 14<sup>th</sup> at the Senior Center the  
Valentine's Committee threw a party for the  
Elders that won't be forgotten. The party started  
at 11 am with a luscious lips contest. The judges  
picked three winners who were voted to have the  
most kissable, full set of lips. With lipstick  
donated by Avon, the women puckered up to a  
piece of paper with their name on the back so the  
judges couldn't see who belonged to which set of  
Luscious Lips. Next was Take-An-Elder To  
Lunch Date drawing. Oneida employees  
volunteered to be given away to a lucky ticket  
holder and take the winner out to lunch. After the  
activities lunch was served and many donated  
door prizes were given away. The Valentine's  
Committee would like to extend Thanks to all the  
Volunteer Dates. You made the event successful  
and memorable for the Elders. Thanks to Oneida  
Head Start for the beautiful Valentines and to the  
Elders who responded to the Valentine's. To  
everyone who donated prizes for the party,  
Oneida Head Start, Don's Foods, Alfreida  
Grignon, Trina Sanchez, Joyce Johnson, Festival  
Foods, Tsyunhehkwa, Michelle Cottrell. Oneida  
Bingo & Casino, Oneida Museum, Helen Huff,  
the Methodist Elders, Shane John, Cindy Brabbs,  
Robert Lagest, Dale Webster, Pat Beilke, Oneida  
Housing Authority and Pearl McLester.

Thanks for your support.  
Oneida Elderly Services

# **Oneida Elderly Services Presents:**

**Betsy Galbraith  
Oneida Environmental Specialist - Restoration  
Lake Project**

**When: March 16<sup>th</sup>  
Where: Oneida Senior Center Meal Site  
Time: 12:00 noon**

***Bring your questions???***

***Remember that the lakes, rivers, and land is your land...***



# The Oneida Trust & Enrollment Committee Requests Your Support

March 2006

- 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.
- 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.
- 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.

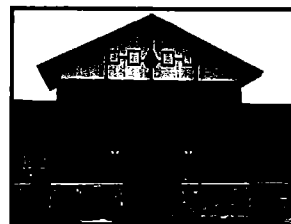
Prepared by the Oneida Trust Committee, Trust and Enrollment Departments,  
Trust Department - 920-490-3935                      Enrollment Department - 920-869-2083





## **Gift Shop at Elderly Complex**

Elderly Services Complex, 2907 Overland Rd.



**Check out our shop !  
Meet our friendly Elder Helper, Barbara Skenandore  
or one of our other Elder VOLUNTEERS**

**Gifts and Crafts all hand made by our Elders, fresh  
popcorn, soda, water and greeting cards for sale**

### **Regular Operating Hours: M-F : 8-noon**

Please phone 869-2448 if you would like to stop in other hours. We are available more hours with volunteers and prior scheduling.

#### **CALL FOR ELDERS:**

- If you have a hour or two to spare, call us to sign up to volunteer.
- Elderly, age 55 and older, inquire to display your arts and crafts in our store.

**Contact: Michelle Cottrell or Barb Skenandore at Elderly Services for more information 869-2448.**

**Our 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.**





# 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  
Door Hangers  
Wreaths  
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 (full & crib size)  
Book Covers  
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.

## 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 have 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.

Thank-You  
Oneida Elderly Services Department

## 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.

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### 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.

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### Blood Pressure And Blood Sugar Screening

March 10<sup>th</sup>, 2006  
Oneida Senior Center  
Meal Site  
134 Riverdale Dr.  
1-920-869-1551



HAPPY ST. PATRICK DAY

# Family Care Givers Support Group

**When:** Friday, March 24, 2006

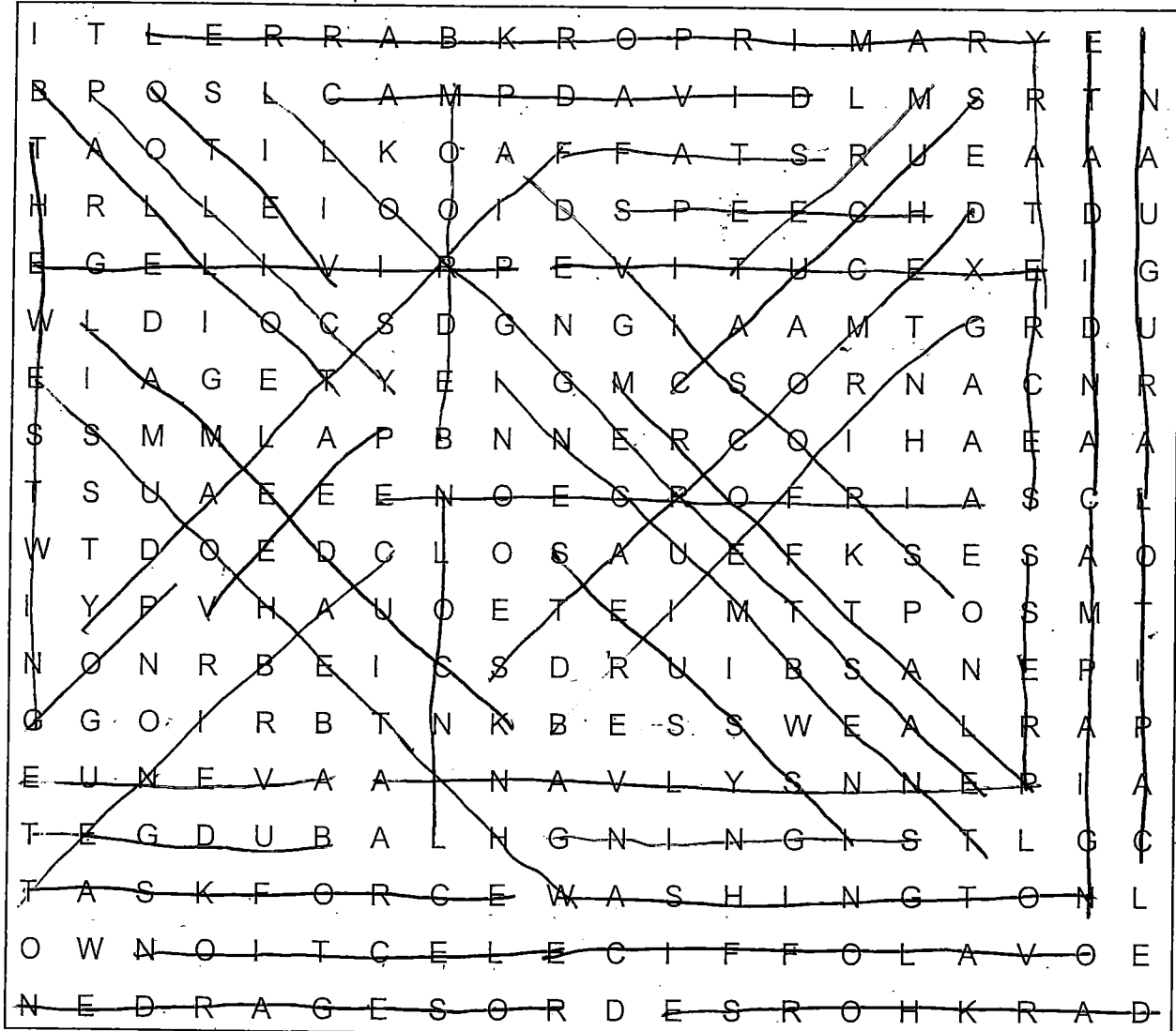
**Where:** Oneida Elderly Services  
2907 S Overland Rd  
Oneida WI 541555

**Time:** 10:00 am - 12:00 pm

**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...**



What does it take to be leader of the free world? Oh, not much. We've listed a few of the pleasures and responsibilities of the office below. If you can find all 41 words and phrases in the grid — reading across, down, diagonally, forward, and backward — the leftover letters will reveal Harry Truman's insightful observation about what it's like to be President.



ADVISORS  
AIR FORCE ONE  
BALLOT  
BRIEFING  
BUDGET  
CABINET  
CAMP DAVID  
CAMPAIGN  
CANDIDATE  
CAPITOL  
CAUCUS  
DARK HORSE

DEMOCRATS  
EASTER EGG ROLL  
ELECTION  
EXECUTIVE  
PRIVILEGE  
FIRST LADY  
GOP  
INAUGURAL  
INCUMBENT  
ISSUES  
LAME DUCK  
LINCOLN

BEDROOM  
OVAL OFFICE  
PENNSYLVANIA  
AVENUE  
PLATFORM  
POLICY  
PORK BARREL  
PRESS  
SECRETARY  
PRIMARY  
ROSE GARDEN

SIGNING  
SPEECH  
STAFF  
TASK FORCE  
TERM  
THE WEST WING  
VEEP  
VETO  
WASHINGTON  
WHITE HOUSE

## LOW-CALORIE, LOWER-FAT ALTERNATIVE FOODS

### DAIRY PRODUCTS

#### HIGHER -FAT FOODS

Evaporated whole milk  
Whole milk  
Ice Cream  
Whipping Cream  
Sour Cream  
Cream Cheese  
Cheese(cheddar, swiss, jack)  
American Cheese  
Regular (4%) cottage cheese  
Whole milk mozzarella cheese  
Whole milk ricotta cheese  
Coffee cream or non-dairy creamer

#### LOWER -FAT FOODS

Evaporated fat-free (skim) or reduced fat (2%)milk  
Low-fat (1%) reduced -fat (2%) or skim milk.  
Sorbet, sherbert, low fat or fat-free frozen yogurt.  
Imitation whipped cream, or made with skim milk.  
Plain low-fat yogurt  
Neufchatel or light or fat-free cream cheese.  
Reduced-calorie or low-calorie processed cheese.  
Fat-free American cheese, or other low-fat cheese.  
Low-fat (1%) or reduced -fat cottage cheese.  
Part-skim milk, low-moisture mozzarella cheese.  
Part-skim milk ricotta cheese.  
Low-fat, reduced-fat milk or non-dairy powder .

### MEAT, FISH AND POULTRY

Cold cuts or lunch meats  
Hot Dogs (regular)  
Bacon or sausage  
Regular ground beef  
Chicken, turkey, duck, goose with skin  
Oil-packed tuna  
Beef (chuck, rib, brisket)  
Pork (spare ribs, loin)  
Frozen breaded fish or fried fish

Whole eggs  
Chorizo sausage  
Frozen dinners containing more than 13 grams of fat per serving

Low-fat cold cuts (95-97 % fat free lunch meats.  
Low-fat hot dogs.  
Canadian bacon or lean ham.  
Ground round or ground turkey.  
Chicken or turkey without skin (white meat)  
Water-packed tuna. (Rinse to reduce sodium.)  
Beef (round, loin)  
Pork tenderloin or trimmed smoked ham.  
Fish, shellfish, not breaded fresh, frozen, water pack.  
Egg whites or egg substitutes.  
Turkey sausage drained, vegetarian sausage.  
Frozen dinners containing less than 13 grams of fat per serving and lower in sodium.

### CEREALS, GRAINS, AND PASTAS

Ramen noodles  
Pasta with white sauce  
Granola

Rice or noodles, spaghetti, macaroni.  
Pasta with red sauce. (Marinara)  
Bran flakes, crispy rice. Cooked grits or oatmeal  
Reduced fat granola.

### SNACKS AND SWEETS

Nuts  
Ice Creams, cones or bars  
Custards, puddings made with whole milk

Popcorn air-popped, micro light, fruits, veggies.  
Frozen yogurt, frozen fruit or chocolate pudding.  
Puddings made with skim milk.

Continued

## **HIGH -FAT FOODS**

## **LOWER--FAT FOODS**

### **BAKED GOODS**

**Croissants, brioches, etc.  
Donuts, sweet rolls, muffins  
Party crackers  
Cakes (pound, chocolate, yellow)  
Cookies**

**Hard fresh rolls, or soft brown 's serve rolls.  
English muffin bagel, fat free muffins or pastries.  
Low-fat cookies, graham crackers, ginger snaps.  
Cake ( angle food, white, gingerbread.)  
Reduced or fat free coolies, graham crackers,  
Ginger snaps, fig bars.**

### **FATS, OILS, AND SALAD DRESSINGS**

**Regular margarine or butter**

**Regular mayonnaise  
Regular salad dressings**

**Butter or margarine on toast or bread  
Oils, shortening , or lard**

**Light spread margarine, diet margarine, or  
whipped butter, tub or squeeze bottle.  
Light or diet mayo or mustard.  
Reduced calorie or fat-free salad dressings, lemon  
juice, or plain herb flavored , or wine vinegar.  
Jelly, jam,or honey on bread or toast.  
Non-stick cooking spray for stir-fry or sauteing. As  
a substitute for oil or butter, use applesauce or  
prune puree in baked goods.**

### **MISCELLANEOUS**

**Canned cream soups  
Canned beans and franks  
Gravy, homemade with fat and or milk**

**Fudge sauce  
Avocado on sandwiches  
Guacamole dip or refried beans with lard**

**Canned broth-based soups.  
Canned baked beans in a tomato sauce.  
Gravy mixes made with water or homemade with  
the fat skimmed off and fat free milk.  
Chocolate syrup.  
Cucumber slices or lettuce leaves.  
Salsa**

**Source: Department of Health and Human Services, National Institute of Health**

DATE:      /      /     

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

