

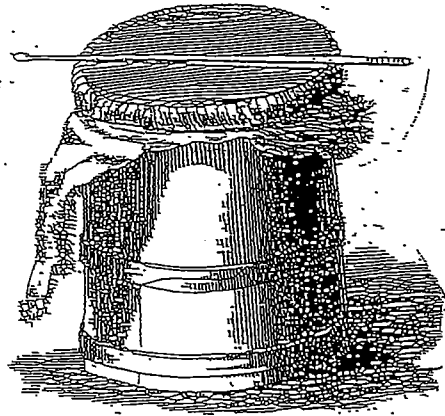
DRUMS ACROSS ONEIDA

ELDERLY SERVICES
2907 S. OVERLAND RD.

SENIOR CENTER
134 RIVERDALE DR.

P.O. BOX 365

ONEIDA, WI. 54155



ELDERLY SERVICES 1-920-869-2448

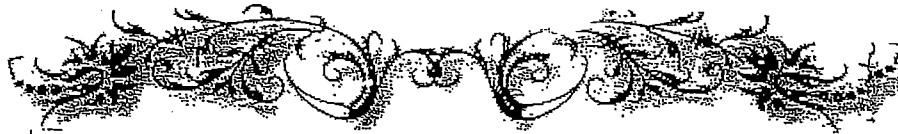
SENIOR CENTER 1-920-869-1551

TOLL FREE 1-800-867-1551

TEW/ĤNISLYA?KS WEHNI-TALE?

BREAKING DAY MOON MARCH

2007



My sweater's tight and itchy,
My snow pants are too small.
Last week I lost a mitten.
I can't find my scarf at all!

My woolen socks have lost their toes.
My boots have lost their tread.
And I have lost the love I had
For words like "skis" and "sled"

But—my fishing rod still fits,
And —my baseball bat still hits.
I have a kite that wants to fly,
So—winter, call it quits!



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

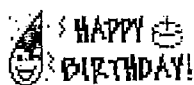
Program Director
Assistant Program Director
Benefits Specialist
Elder Abuse Coordinator
Elderly Services Coordinator
Office Manager
Transportation Coordinator
Transportation Driver
Transportation Aide
Activity Coordinator
Outreach Worker
Outreach Worker
Outreach Worker
In- Home Chore Worker
In-Home Chore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

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

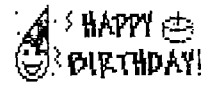
ONEIDA SENIOR CENTER 134 Riverdale Dr. (P.O. Box 365) Oneida, Wi. 54155 1-920-869-1551

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

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



Celebrate Our March Birthday's



Ira A. Antone	28	Valder W. John	15
Lorraine Antone	16	Helen P. Johnson	07
Cheryl L. Ault	17	James Kerstetter	23
Warren Baird	11	Alan R. King	03
Brucelyn Benson	17	Charlene F. King	11
Harold Blazei	14	Paineas E. King	29
Sharon L. Bond	13	Robert King	24
Donald Braeger	06	Reanne McPhersan	10
Martha Braeger	29	Glenn E. Mercier	22
Erwin(Fox)Christjohn	26	Glen M. Messenger	16
Audrey C. Compton	17	Carol Metoxen	23
Rose Cooper18		Gerald Metoxen	09
F Cornelius	15	Charlotte Miller	07
Karen Cornelius	25	Patricia Hill	10
Merlin Cornelius	05	Rebecca Nicholas	07
Tom Daebler	27	Marion L. Ninham	13
Evelyn Danforth	09	Viola Ortiz	24
Gerald Denny	02	Allen Pamanet	20
Franklin Doxtater	18	Andrew Parker	25
Gordon Doxtater	27	Patricia Postwald	04
Mariam Doxtator	13	Mark M. Powless	29
Yvonne D. Doxtator	21	Robert E. Powless	06
Clayton Elm	09	Carol Prendiville	02
Maxine Elm	29	Charlotte Quastoe	31
Robin Emmerton	07	Lorraine Redhail	13
Arlyn Erickson	22	Robert A. Reetz	10
Kenneth Franco	16	Jean Rohloff	31
Marge Funmaker	11	Jane S. Salzman	28
Catherine Gatza	02	Della Schaefer	12
Roger Genskow	19	Luci Schumacher	23
Inez Grignon	05	Bernadine Schuyler	21
Geraldine Hallan	30	William Schuyler	08
LaVerne Hansen	10	Georgiana Scott	19
Alan Hill	03	Ann Sievert	23
Charline Hill	11	Cecil Skenandore	09
Fredmon(Fritz)Hill	11	Dean Skenandore	31
Kenneth Hill	15	Delores Skenandore	05
Leland D. Hill	06	Dorothy Skenandore	05
Rose H. Hopkins	22	Frank Skenandore	18
Shiru Hottenstine	11	Ruth Skenandore	28
Shirley House	22	William Stenzel	19
Janet Huff	19	Lois Strong	15
Eleanor(Betsy)John	13	Hartman Summers	03

Linda Swamp	22
Diane Theisen	29
Linda Torres	22
Vernon Van Lanen	07
Delores Vandehie	27
Robert J. Webster	02
Robert Webster	28
Beverly J. Wiesnee	23
Owen Wilson	26
Donald Wishart	25

We deeply apologize for any errors in this birthday listing. Our intent is to acknowledge our elders and encourage sharing happiness and gratitude on their birthday.

If you see an error in this listing, please complete our "Oneida Elderly Service Database Form" and send it to Cheryl Ault at Oneida Elderly Services, P.O. Box 54155. Please remember to sign the form and please ensure it is legible. Thank you.

In the birthday listing for February, I am deeply sorry for omitting a few birthday's. I hope that you all enjoyed your Special day. Belated birthday wishes to:

- * Don Aldrich 02-21
- * Carmen Pasquale 02-01

Be sure to fill out the Elderly Service Database Form and submit to Cheryl Ault at 2907 S. Overland, Oneida, WI 54155

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 (Main Office) 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. You are not able to receive a card any other month.**

***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

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>MARCH 2007 ACTIVITIES</h1>				
<p>*Please sign up for all trips at the Main Office - Senior Center. *All trips leave from Senior Center.</p>	<p>*If not attending the trips, bus will pick up for lunch only.</p>			<p>* PLEASE SIGN UP IN BIRTHDAY BOOK, SENIOR CENTER -MAIN OFFICE THE MONTH OF YOUR BIRTHDAY AND MUST BE PRESENT.</p>
<p>5 CARDS Elderly Services 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BINGO SITE II 1:00</p>	<p>6 CRAFTS EPWORTH HALL 9:30 - 11:30</p>	<p>7 CARDS Elderly Services 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BINGO HWY H 1:30</p>	<p>1 BANKS SHOPPING 9:00 BOWLING Ashw. Lanes 1:30</p>	<p>2 BEJA SHRINE CIRCUS 10:00-1:00 LUNCH OUT</p>
<p>12 CARDS Elderly Services 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BOARD GAMES Elderly Services 1:00</p>	<p>13 CRAFTS EPWORTH HALL 9:30 - 11:30</p>	<p>14 ONEIDA LANGUAGE Elderly Services 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BINGO HWY H 1:30</p>	<p>8 ST. PATRICK'S DAY PARTY Elderly Services 10:00 MOVIE Elderly Services 1:00</p>	<p>9 BANKS SHOPPING LUNCH OUT 10:00 - 3:00</p>
<p>19 CARDS Elderly Services 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BINGO SITE II 1:00</p>	<p>20 CRAFTS EPWORTH HALL 9:30 - 11:30</p>	<p>21 CARDS Elderly Services 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BINGO HWY H 1:30</p>	<p>15 GENEALOGY Heritage House 10:00- 11:30 BOWLING Ashw. Lanes 1:30</p>	<p>16 BANKS SHOPPING LUNCH OUT 10:00 - 3:00</p>
<p>26 CARDS Elderly Services 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 RUBBER STAMPING Elderly Services 1:00</p>	<p>27 BINGO EPWORTH HALL 9:30 - 11:30</p>	<p>22 BIG LOTS STORE Green bay 10:00 COOKING Elderly Services 1:00</p>	<p>29 PRICE IS RIGHT Elderly Services 9:30 BIRTHDAY LUNCH 12:00 BOWLING Ashw. Lanes 1:30</p>	<p>23 BANKS SHOPPING LUNCH OUT 10:00 - 3:00</p>
<p>28 ONEIDA LANGUAGE Elderly Services 9:30 P.A.C.E. EXERCISE Elderly Services 11:00 BINGO HWY H 1:30</p>				

MENU

MARCH

2007

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Dogs Macaroni & Cheese Peas W/W Bread Pears	2 Bacon & Eggs Oatmeal Toast & Juice Mandarin Oranges
5 Chicken Ala King Rice Biscuits Ice Cream	6 Boiled Dinner Potatoes, Carrots, Cabbage & Rutabagas Fresh Bread Juice Applesauce	7 Chicken Gordan Royale, Mixed Vegetables, Potatoes W/W Bread Pineapple Tidbits	8 Meat Loaf Seasoned Potatoes Carrots W/W Bread Jell-o W/Fruit	9 French Toast Sausage Juice Berries
12 Ham Scalloped Potatoes Peas W/W Bread Peaches	13 Chili Cucumber Salad W/W Bread Berries	14 Liver & Onions Potatoes Beets W/W Bread Sherbert	15 Chicken Pasta W/W Bread Cookies	16 Scrambled Eggs W/Ham, Peppers, & Onions Toast Juice Orange Slices
19 Polish Sausage Macaroni & Tomatoes Green Beans W/ W Bread Pudding	20 Split Pea Soup Fresh Bread Juice Raspberry Whip Pie	21 Chicken Honey Mustard Salad Rolls Fresh Fruit	22 Fish Red Potatoes Cole Slaw Rye Bread Applesauce	23 S.O.S. Eggs Toast Juice Bananas
26 Chop Suey Rice W/ W Bread Jell-o W/Fruit	27 Chicken Noodle Soup Fresh Bread Juice Yogurt	28 Spaghetti Salad Garlic Bread Pears	29 BIRTHDAY DAY Beef Roast Potatoes Mixed Vegetables W/W Bread Short Cake	30 Pancakes Sausage Juice Berries
All meals are served with coffee, milk or tea.	Menu is subject to change.	FLOWER: AQUAMARINE BIRTH STONE: JONQUIL	HOURS: 8:00 A.M.-4:30 P.M. LUNCH SERVED MON. - THURS. 12:00P.M.-1:00P.M.	BREAKFAST ON FRI. SERVING FROM: 9:00A.M.- 10:00A.M.

“ SPRING SING”

2007

WHAT: * Spring Sing – (We will be attending the Spring Sing to watch several Choir Groups perform, have fun and fellowship.)
 * Lunch will be provided
 * Ice cream social

WHERE: Two Rivers, Senior Center

WHEN: Thursday, May 10th, 2007

TIME: Singing will start at 10:00 A.M.

COST: \$8.50 PER PERSON (On our own)
 Due by March 30th, 2007

**** Please sign up at the Senior Center main office if you are interested in attending. Deadline to sign up is March 30th, 2007.**

**** Bus will be leaving the Senior Center at 8:45 and returning at 4:30.**

GLNAEA



Great Lakes Native American Elders Association 2007 Calendar Sponsors

~~February 1 & 2 - Bad River Lodge & Casino - DONE~~

April 5 & 6 - ONEIDA RADISSON HOTEL

June 7 & 8 - HoChunk Hotel & Casino, Baraboo

August 2 & 3 - LacDuFlambeau

October 4 & 5 - Mole Lake Motel, Casino and Bingo

December 6 & 7 - LCO Casino, Lodge and Convention Center

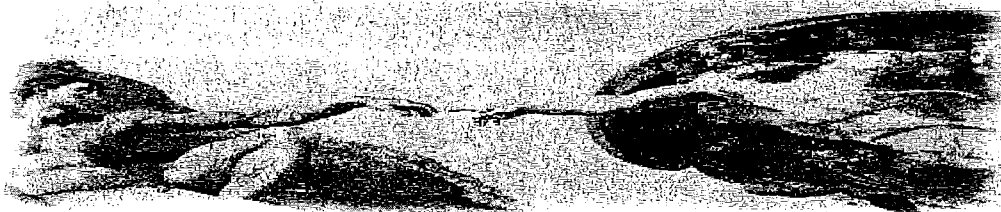
Dr. Andrew Weil's Self Healing

Steps to Reduce Your Risk of Alzheimer's

Maintaining Your Brain

Alzheimer's disease may begin 30 years before symptoms first appear, so the earlier you adopt these preventive practices, the better. Even people in their 70's may be able to help prevent or delay an onset of Alzheimer's Disease.

1. **Stay mentally active.** Intellectual stimulation causes new brain cells to grow, reading books and newspapers, playing cards or board games, doing crossword puzzles, playing a musical instrument, and dancing may all reduce the risk of Alzheimer's
2. **Get regular exercise.** Research suggest regular physical activity can lower the likelihood of developing Alzheimer's by 30 to 50 percent. Exercise increases blood flow to the brain. Aim for at least 30 minutes of aerobic activity, like walking, cycling or swimming on most days of the week.
- 3 **Eat a diet rich in antioxidants.** According to the Journal of the American Medical Association eating a diet rich in vitamin E and vitamin C may help protect against Alzheimer's Leafy green vegetables contain both vitamin C and some vitamin E. Other sources of E include nuts, seeds, wheat germ, and vegetables oils, while other sources of vitamin C include citrus fruits, tomatoes, strawberries, peppers, and broccoli.
4. **Eat fish.** Eating fish and other sources if omega-3 fatty acids can reduce the risk of Alzheimer's Older people who ate fish at least once a week were 60 percent less likely to develop the disease over about four years than those who rarely or never ate fish. Omega-3s are important components of brain cells, and they may also reduce inflammation in the brain. Plus they help protect your arteries, which may improve flow to the brain. Foods rich in omega-3s include salmon, sardines, walnuts, and flaxseed.
5. **Limit saturated and trans fats.** Older people who consumed the most saturated fat (found in meat and whole fat dairy products) or trans fat (in many margarines and other processed foods) were more than twice as likely to develop Alzheimer's These unhealthy fats promote the buildup of LDL ("bad") cholesterol, which can narrow arteries and reduce blood flow to the brain, and trans fats also promote inflammation.
6. **Control cardiovascular risk factor.** Risk factors for cardiovascular disease, include high blood pressure, high cholesterol, diabetes and Alzheimer's. Any condition that damages your heart or blood vessels can affect your brain's blood supply. Taking statin drugs to lower cholesterol and diuretic drugs to reduce blood pressure may also help reduce Alzheimer's
7. **Take your vitamins.** A recent study suggest that older people who took daily supplements containing at least 400 IU of vitamin E and 500 mg of vitamin C were 64 percent less likely to develop Alzheimer's.
8. **Consider a natural anti-inflammatory.** The anti-inflammatory spice turmeric has shown to prevent amyloid-plaque formation in animals and lacks the side effects of nonsteroidal anti-inflammatory drugs. One reliable brand is New Chapter's Turmericforce, sold in health stores. It is suggested that 400mg per day and it's fine for adults to start taking turmeric at any age.
9. **Avoid smoking and excess alcohol.** Smokers are more than twice as likely to develop Alzheimer's as nonsmokers. Smoking interferes with blood flow and oxygen to the brain, and it's a major risk factor for heart disease and stroke. Meanwhile alcohol consumption not more then two drinks a day may help protect against Alzheimer's. Heavy drinking of alcohol increases the risk of Alzheimer's.
10. **Be safe.** A head trauma is linked to a higher risk of Alzheimer's, perhaps due to low grade inflammation persisting after the injury has healed. Always wear seat belts, a helmet when motorcycle or bike riding, skating, or skiing, and foot wear with good traction in icy conditions.



~~~The Interview~~~

I dreamed I had an interview with God.

"Come in," God said. "So, you would like to interview me?"

"If you have the time," I said.

God smiled and said, "My time is eternity, and is enough to do everything. What questions do you have in mind to ask me? 'What surprises you most about mankind, I asked?'"

God answered, "That they get bored of being children, are in a rush to grow up, and then long to be children again. That they lose their health to make money and then lose their money to restore their health. That by thinking anxiously about the future, they forget the present, such that they live neither for the present nor the future. That they live as if they will never die, and they die as if they had never lived."

God's hands took mine and we were silent for awhile and then I asked—"As a parent, what are some of life's lessons you want your children to learn?" God replied with a smile; "To learn that they cannot make anyone love them. What they can do is to let themselves be loved. To learn that what is most valuable is not what they have in their lives, but who they have in their lives. To learn that it is not good to compare themselves to others. All will be judged individually on their own merits, not as a group on a comparison basis. To learn that a rich person is not the one who has the most, but is the one who needs the least. To learn that it only takes a few seconds to open profound wounds in persons we love, and it takes many years to heal them. To learn to forgive by practicing forgiveness. To learn that there are persons that love them dearly, but simply do not know how to express or show their feelings. To learn that money can buy everything but happiness. To learn that two people can look at the same thing and see it totally differently. To learn that a true friend is someone who knows everything about them and likes them anyway. To learn that it is not always enough that they be forgiven by others, but that they have to forgive themselves." I sat there for awhile enjoying the moment. I thanked Him for his time and for all that He has done for me and my family..

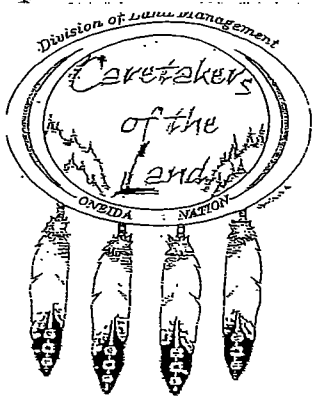
"Anytime, I'm here 24 hours a day.
All you have to do is ask for me, and I'll answer."



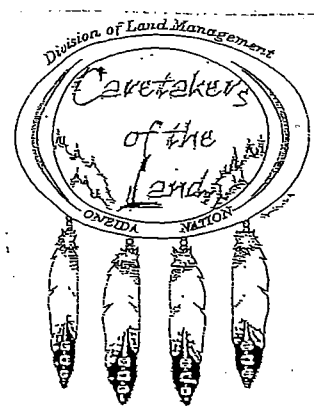
Lifeline Subscribers

The Oneida Tribe and Elderly Services have changed Lifeline vendors from St Vincent Hospital to A&A Integrated Protection Systems. Oneida Elderly Services apologizes for any inconvenience we may cause during the exchange from St Vincent Lifeline to A&A Integrated Protection Systems. A&A Integrated Protection Systems afford the same great service at less cost, allowing us to provide lifeline services to more elders. The decision to change vendors was based on the quality of service and the three bid processes.

Lifeline Subscribers if you still have the old St Vincent Lifeline unit please call A&A Integrated Protection Systems Customer Services at 434-9082 to make an appointment to replace your old St Vincent Lifeline unit with the new A&A Integrated Systems Lifeline unit. We want to make sure that everybody gets switch over to A&A Integrated Systems Lifeline unit. Once again we apologize for any inconvenience we may have caused. Please contact A&A Integrated Protection Systems Customer Services at 434-9082 if you have questions, concerns or experiencing any problems with your new lifeline unit.



Taking Time To Listen



Division of Land Management Housing Resource & Referral Services

The position of Comprehensive Housing Coordinator has been active since the Fall of 2004. The intent of this position is to create a "one stop shop" for those enrolled Oneida Tribal Members seeking resource and referral information regarding their housing needs.

The Oneida Nation Resource Manual is utilized when seeking internal and external resource options for housing needs. The manual provides a snapshot of each resource to include, services provided, eligibility requirements, and program guidelines.

Information & referral meetings are often held in person. Each case is handled in a personable and comfortable environment. Eligibility for internal and external resources is complex, therefore many variables must be considered. The following is a sample list of internal and external resources used by the Comprehensive Housing Coordinator.

External Programs

- * NEW Community House
- * Freedom House
- * United Amerindian Center
- * Integrated Community Services (ICS)
- * Salvation Army
- * Golden House
- * House of Hope
- * USDA Rural Development
- * Wisconsin Housing & Economic Development Authority (WHEDA)
- * Forward Services
- * Family Services- Transitional living
- * Family Services-Crisis Center
- * Options for Independent Living
- * Options for Independent Living
- * Independent Landlords and Property Management Groups

External services are continually being researched. Many have specific criteria for or for specific scenarios. Applicability is based on case-by-case review.

Internal Programs

- * Division of Land Management- Property Management Rentals
- * Direct Real Estate & Mortgage Program (DREAM)
- * Tribal Loan Credit (TLC)
- * Tribal Home Repair Improvement Loan (THRIL)
- * Oneida Housing Authority
- * Elderly Services
- * Social Services
- * Center for Self Sufficiency
- * Indian Child Welfare
- * Food Distribution Center

ADDRESS;

Division of Land Management
470 Airport Drive
P.O. Box 365
Oneida, WI. 54155
Monday-Friday 8:00am to 4:30pm

CONTACT;

Scott Denny
Comprehensive Housing Coordinator
(920) 869-1690 ext. 1811
(800) 684-1698 ext. 1811

~ My Golden Years ~

Sometimes at the closing of the day when I'm
sitting alone
I feel almost unnecessary and realize that most
of my life is gone.
Then a spark of need from someone knocks on
my open door,
Then I feel needed, my heart is aglow and I
don't feel isolated anymore.

I have traveled many paths and weathered
many storms,
Over the years I have adapted to many of life's
scorns
To help another from what I have been taught
of life.
It may save them valuable time where it used
up mine.



One of the greatest gifts in life is personal
sharing
To ones of needs that respect your time for
caring.
For this your knowledge will be passed on to
another one day.
Your lives will become attached, your wisdom
won't go astray

Please don't look at me as an elder useless old
man,
For I have lived long and tried to help so many
understand,
Life is what you make it and what you want it
to be, if you're not meek.
Your future depends on you alone and what
dreams your heart may seek.

**Oneida Elderly Services Presents: Cheryl Fernstrum
Social Security Administration Public Affairs Specialist**

Where: Senior Center Meal Site
134 Riverdale Dr

When: March 14, 2007

Time: 11:45am - 12:30pm

Bring your question regarding Social Security Benefits.

**Oneida Elderly Services Presents: Bill Gollnick
Chief of Staff**

Balance Score Card

Where: Senior Center Meal Site
134 Riverdale Dr

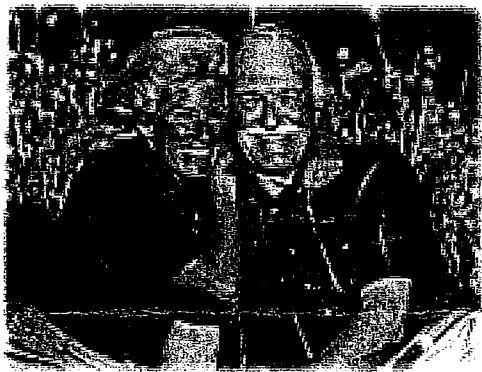
When: March 22, 2007

Time: 11:45am - 12:30pm



Preventing Alzheimers

Fact or Fiction



Presented by Dr. Abhilash Desai
Sponsored by Good Shepherd
Services, Ltd.

Thursday, March 8th, 2007
12:30 p.m. — 1:30 p.m. at
at Good Shepherd Services, Ltd.
Community Center
607 E. Bronson Road
Seymour, WI 54165

Plan to attend this FREE presentation by
Dr. Abhilash Desai.

Please RSVP to Mary Beth Fumelle
at 920-833-6856, ext. 117 by Tuesday,
March 6th, 2007



Skilled Nursing
Assisted Living
Community Support Agency
Rehabilitation
Child Care
Adult Day Center

REMINDER!

To all who have scheduled appointments at Elderly
Services for tax preparation.



Oneida Elderly Services will be serving as a free tax site for our elder's once again this year. We will have a certified AARP representative from Bay Area Agency on Aging, Annette Loeberger. The tax preparation will be held at Oneida Elderly Services 2907 S. Overland Rd. Oneida, WI 54155. The dates and times are:

Wednesday March 21, 2007
9am - 12 pm 12:30pm - 3pm

Thursday March 22, 2007
9am - 12 pm 12:30pm - 3pm

For those of you who need assistance and were unable to set an appointment I do have Free AARP tax site information for area locations that are also hosting as tax preparation sites. Call Angela at Elderly Services and she will get that information to you or for any other questions you may have. Elderly Services 869 - 2448.

The Bathtub Test---

It doesn't hurt to take a hard look at yourself time to time. And this should help to get you started. During a visit to the mental hospital, a visitor asked the director what the criteria was, which defined whether or not a patient should be institutionalized.

"Well" said the director, "we fill up the bathtub, then we offer a teaspoon, a teacup, and a bucket to the patient and ask the patient to empty the bathtub".

"Oh, I understand", said the visitor. "A normal person would use the bucket because it's bigger than the spoon or teacup".

"No" said the director, "A normal person would pull the plug. Do you want a bed near the window?"

Shake A Leg

If you have a fear of falling, a good defense is to improve your balance. Regular exercise helps improve balance and a recent study, found that strong leg muscles are also a key to good balance.

To increase your balance with leg exercises, try the *kitchen counter dance*. Stand near the kitchen counter and use it for support if you need it or when closing your eyes.

**Without holding onto a counter, rise on your toes 10 times. Repeat, with your eyes closed.

**Stand on 1 leg. Count as high as you can before placing your foot back on the floor. Switch legs. Repeat to see how high you can count.

**Walk a straight line.

**Spend a little time each day standing on one foot, then the other.

CAREGIVER'S LAMENT

I weep at the end of the day
I ache in body and soul
Have I done enough?
Can I do enough?

Guilt drags my spirit
I shouldn't have said that
Mom cried when I lost my temper
Sometimes I am so impatient.

Caring for Mom
Feels like a privilege
And a burden
How do I reconcile
Those opposing feelings?

I am grieving
A loss that is not yet final
Yet I grieve
As if in advance..

Regrets abound
We didn't say, "I love you"
enough
We didn't laugh together
enough
While you still knew who I was.

But, if you could call my name
You would sing to me and say,
Rest your body and soul, my child
You do enough
You are enough
You are God's gift to me.

This Month In History

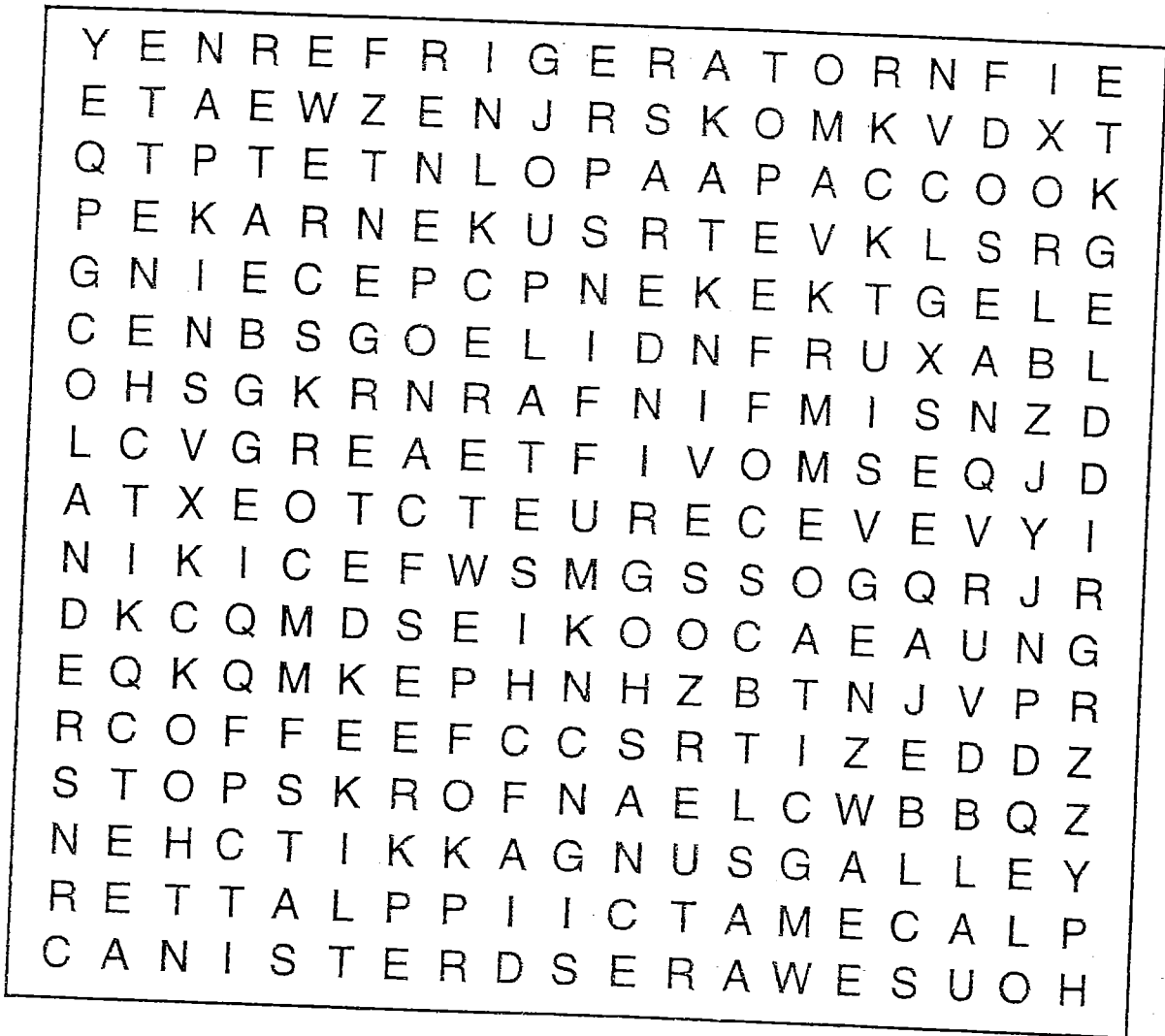
* The biggest earthquake ever recorded, strikes Anchorage, Alaska. It measured 8.3 on the Richter Scale (1964)

Jeopardy debuts on television. (1964)

Coco Cola is invented.. (1886)

* Elvis Presley joins the U.S. Army (1958)

In the Kitchen



F1135

CAN OPENER
CANISTER
CHEF
CLEAN
COFFEE
COFFEE POT
COLANDER
COOK
COOKIES
CORKSCREW

CULINARY
CUPS
DETERGENT
DINETTE
EGGBEATER
FORKS
GALLEY
GARBAGE
GLASSES
GRATER

GRIDDLE
GRINDER
HOUSEWARES
KITCHEN
KITCHENETTE
KNIVES
MIX
MIXER
MUFFINS
MUGS

NAPKINS
OVEN
PANS
PEWTER
PLACEMAT
PLATES
PLATTER
POTS
REFRIGERATOR

Saint
Patrick's
Day



Saint
Patrick's
Day



Irish Brown Soda Bread

Originally submitted by Andrea Doyle and modified by Kaboose.com

This recipe belongs to the following categories:

Healthy Make Ahead Quick and Easy Snack Snacks and Appetizers

St. Patrick's Day

This turn-of-the-century traditional Irish bread uses baking soda instead of yeast for a foolproof recipe perfect for St. Paddy's Day. Rolled oats and sweet buttermilk enhance the flavors of this rustic bread.

Ingredients

- ☐ 4 cups whole wheat flour
- ☐ 1 cup bread flour
- ☐ 1/3 cup rolled oats
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon salt
- ☐ 2 1/2 cups buttermilk

Cooking Instructions

1. Preheat oven to 425 degrees F (220 degrees C). Lightly grease two baking sheets.
2. In a large bowl, stir together whole wheat flour, white flour, rolled oats, baking soda and salt. mix in the buttermilk until a soft dough is formed. Knead very lightly. Divide dough into 4 pieces into rounded flat loaves. Mark each loaf with an 'X' and place on prepared baking sheets.
3. Bake in preheated oven until golden brown, about 30 to 45 minutes.

The Mayonnaise Jar and 2 Cups of Coffee

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things--your family, your children, your health, your friends and your favorite passions--and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else--the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first--the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked.

It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

ONEIDA ELDERLY SERVICES

DATABASE FORM

DATE: ___/___/___

NOTE: The state federal government have 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 _____ / _____ / _____

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

