

DRUMS ACROSS ONEIDA

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



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

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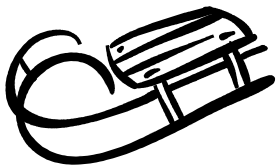
Maple Sugar Moon

March 2010

My sweater is tight and itchy...
My snow pants are too small...



Last week I lost my mitten...
I can not 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...
Four words like “snow” 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!



Spring Begins ~ March 20th

DRUMS CONTACT
Linda F. Douglas

DRUMS Across Oneida Newsletter ~ contact with any acknowledgements,
suggestions, etc. Thank you.
Telephone: 920-869-2448 or 800-867-1551
Email ldouglas@oneidanation.org



March 14, 2010

**“Don’t be afraid to cry. It will free you mind of sorrowful thoughts.”
Don Talayesva, HOPI**

Human beings function from choice.

We can choose to stuff things, or we can choose to let go of things.

**If we choose to stuff things, then we will feel a heaviness, sorrow,
self pity or fear.**

Some times we feel the need to cry.

Sometimes we are taught it is not okay to cry.

The creator designed the human being to cry.

Crying is a release.

**This allows us to let go of thoughts that are not helping us,
so we can open to new thoughts that will help.**

Crying is natural for men and women.

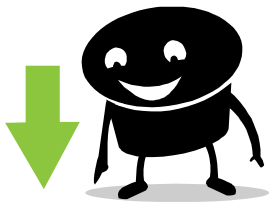
**Grandfather, if I need to cry, let me realize it is a natural process, and
help me to let go.**

Thank You Oneida Department of Public Works
For being so thoughtful!

While at our Elder Meal Site you took the time to blow the snow off of some
elder's cars.

Very Nice!

Yaw<ko
Oneida Elder Services



Caregiver Support Group

Time: 1:30 P. M. - 3:30 P. M.

Presenter Debi Melchert, Native American Family Caregiver-
Coordinator

Topic: Demonstration for Self Hand Massage with Music And
Education on Shingles, Stroke and Nutrition Tips.

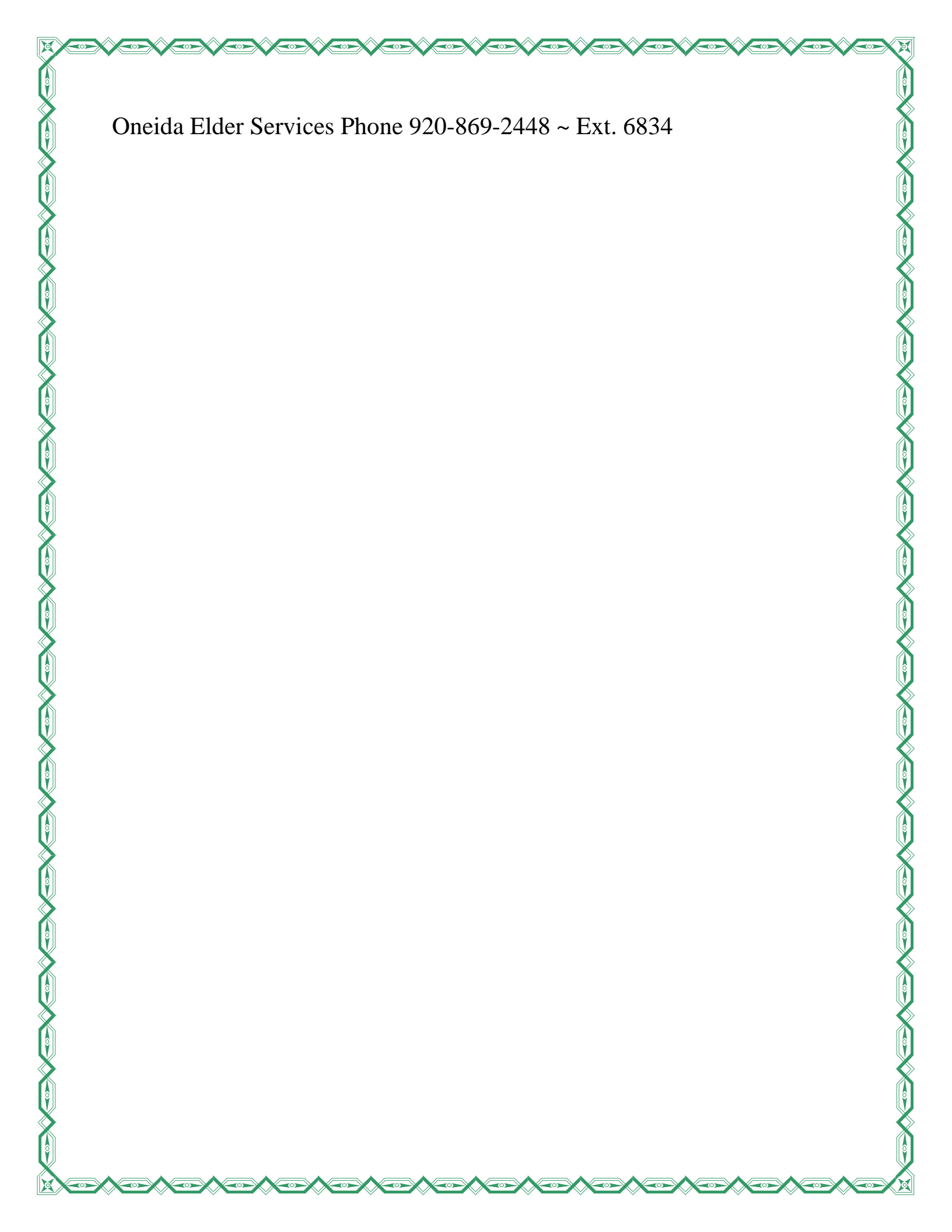
Date: Friday March 19, 2010

Place: Oneida Elder Services Complex

2907 South Overland Road

Oneida, WI 54155

Contact: Debi Melchert, NAFCG





Oneida Elder Services Phone 920-869-2448 ~ Ext. 6834

MENU

MARCH

2010

ELDER SERVICES SENIOR CENTER, PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Ala King Biscuits Rice Pears	2 Manicotti Salad Garlic Bread Jell-o W/Bananas	3 Barbecued Pork Scalloped Potatoes Peas W/W Bread Whip & Chill	4 Cubed Steak Mashed Potatoes Mixed Vegetables W/W Bread Sherbet	5 Pancakes Sausage Juice Berries
8 Chop Suey Rice W/W Bread Sherbet	9 Tuna Salad Croissants Juice Fresh Fruit	10 Chicken Cordon Red Potatoes Mixed Vegetables W/W Bread Blueberries	11 Meat Loaf Macaroni & Tomatoes Green Beans W/W Bread Pears	12 Bacon Poached Eggs Toast Juice Applesauce
15 Chili Cucumbers W/W Bread Ice Cream	16 Corn Beef & Cabbage Potatoes W/W Bread Juice Green Jell-o	17 Chicken Fingers Seasoned Potatoes Green Beans W/W Bread Pears	18 Lasagna Salad Garlic Bread Pudding	19 Turkey & Gravy Potatoes Brussels Sprouts W/W Bread Pineapple Tidbits
22 Chicken Alfredo Broccoli W/W Bread Peaches	23 Wild Rice Soup Fresh Bread Juice Mixed Berries	24 Chef Salad Ham, Turkey, Eggs, Cheese, Tomatoes, Cucumbers, Cottage Cheese W/W Bread Sherbet	25 BIRTHDAY DAY Chicken Potatoes Mixed Vegetables W/W Bread Cake	26 Fish Red Potatoes Cole Slaw Rye Bread Jell-o
29 Polish Sausage Red Potatoes Peas W/W Bread Cookies	30 Corn Soup Fresh Bread Juice Mandarin Oranges	31 Beef Roast Potatoes Mixed Vegetables W/W Bread Strawberries		
All meals are served with coffee, milk or tea.	Menu is subject to change.	BIRTH STONE: AQUAMARINE FLOWER: JONQUIL	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	



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|---------|-----------|-----------|--------------|--------------|
| Ball | Desert | Golfcart | Puttinggreen | Tiger Woods |
| Birdie | Eagle | Heathland | Sand | Waterhazards |
| Bogey | Expensive | Holeinone | Scotland | |
| Bunker | Fairway | Par | Snow | |
| Caddies | Flag | Parkland | Stroke | |
| Club | Flop | Pitch | Swing | |
| Course | Flyball | Punch | Tee | |

As a senior was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!"

"Hell," said Herman, "It's not just one car..It's hundreds of them."



	Tuesday	Wednesday	Thursday	Friday
MARCH 2010 ACTIVITIES				<i>*Activities due to change without notice.</i>
1 Card Games Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Site II 1:00	2 Crafts Elderly Services 9:30 – 11:30	3 Scrabble Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	4 Dollar General Seymour 9:30 Wii Can Do It League Hwy H 1:00	5 Banks Shopping Lunch Bingo Senior Center 1:00
8 Wii Bowling Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Senior Center 1:00	9 Crafts Elderly Services 9:30 – 11:30	10 Ice Breaker Game Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	11 Cooking Elderly Services 9:30 Bowling Ashw. Lanes 1:30	12 Banks Shopping Lunch Out 10:00 – 3:00 (on your own)
15 Rummikub Game Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Site II 1:00	16 Crafts Elderly Services 9:30 – 11:30	17 Yahtzee Game Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	18 Christian Thrift Store DePere 10:00 Wii Can Do It League Hwy H 1:00	19 Banks Shopping Lunch Bingo Senior Center 1:00
22 UNO Game Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Senior Center 1:00	23 Crafts Elderly Services 9:30 – 11:30	24 Price is Right Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	25 Rubber Stamping Elderly Services 9:30 Birthday Lunch 12:00 Bowling Ashw. Lanes 1:30	26 Banks Shopping Lunch Out 10:00 – 3:00 (on your own)
29 Target Toss Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Site II 1:00	30 Bingo Senior Center 9:30 – 11:30	31 Wii Bowling Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	<i><u>*Is this your Birthday Month?</u></i> <i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i> <i>*Must be present to receive your gift card.</i>	<i>*Please sign up for trips at Senior Center Main Office.</i> <i>*All trips leave from Senior Center.</i>

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

UP CLOSE AND PERSONAL WITH:

BRENDA JORGENSON

When you were a child, what did you think you would like to be?

I wanted to be just like my Mom

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

Roberta Kinzhuma

What do you consider to be your greatest accomplishment?

My kids. The day I paid off my house!

Is there something you have always wished you were great at doing?

Having my point of view understood



What is the best advice anyone ever gave you?

Do not worry about it, do not stress about what other people say

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

Enjoy...do what you always wanted to do

What is your ideal vacation?

Water Parks ~ Camping

Favorite Meal: Chicken Mole

Favorite Music: Country

Favorite Movie/Movies: Wizard of Oz from the year 1939



GLNAEA

Great Lakes Native American Elders Association

Sponsored by Bad River Band of Lake Superior Chippewa

April 1st and 2nd, 2010

US Hwy. 2, Odanah

DUE TO THE 2ND BEING GOOD FRIDAY HOLIDAY, ONEIDA ELDER SERVICES WILL NOT BE PROVIDING A RIDE OR SCHEDULING HOTELS FOR THIS DATE.

If anyone would like to attend here is the hotel contact information: Bad River Lodge Casino phone 1-800-795-7121 and fax 1-715-682-6182. Bad River Tribe has set aside a block of rooms for GLNAEA.

Any questions please call Oneida Elder Services at (920)869-2448 or Oneida Elder Services meal site at (920)869-1551. Thank you.

Next 2010 Meetings:

June 3 & 4 – Forest County Potawatomi

August 5 & 6 – Ho-Chunk Nation

October 7 & 8 – Stockbridge Munsee

December 2 & 3 – Menominee Nation

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Yawako

Joyce A. Johnson

We here at Oneida Elder Services want to thank you for your donation to the Roberta Kinzhuma Scholarship Fund in remembrance:

Evan P. Smith and Grover Smith

Oneida Elder Services

Power of Attorney for Health Care
Financial & Declaration to Physicians (aka: Living Will)

By: David Armstrong
Tribal Benefit Specialist Supervising Attorney
Wisconsin Judicare



Thursday, March 25, 2010

12:00 P.M.

Elder Meal Site
134 Riverdale Drive
Oneida, WI 54155

Come and learn the importance of these health care and financial documents, for both you and your family. Also become familiar with a Declaration to Physicians also known as a Living Will.

Any questions please call:
Angela Ortiz, Benefit Specialist
(920)-869-2448 or (800)-867-1551

Do You Like Adventure!



Come check out the library at Oneida Elder Services
Wide variety of books from Native American, Crafts, Biography's,
Romance and much more!

We also have computers to assist in your research projects.

Adventure You Say!

Come in and see!

Hours: Monday – Friday 8:00 A. M. to 4:30 P. M.

Questions call: Linda F. Douglas at 920-869-2448



ONEIDA NATION OF WISCONSIN STANDARD OPERATING PROCEDURE	<u>TITLE:</u> Conference Room & Apartment Pod RESERVATIONS	Date: 10-6-03 Revised: 4-7-09 Effective date of last signature
DIVISION: Governmental Services	APPROVED BY: Social Services <i>Manager</i>	DATE:
DEPARTMENT: Elderly Services	APPROVED BY: <i>Director</i>	DATE:
AUTHOR: Claudia Skenandore, Office Manager	APPROVED BY:	DATE:
PAGE NO: 1 of 1	APPROVED BY:	DATE:

PURPOSE: To ensure that the Oneida Elderly Services Conference Room and Apartment Pods are scheduled prior to usage, to avoid any conflicts between employees and/or tribal departments/committees.

WORK STANDARDS:

1. Elderly Services Complex Conference Room is only to be used for Elder related topics.
2. The ONCOA regular Board meeting is scheduled for the second Tuesday of each month which will already been reserved for the year.
3. Reservation books are kept at Reception at all times.
4. Please clean up after your meeting. If you find the room is not clean when you enter the meeting please report to Office Manager.
5. If you use the last supply of anything in the conference room please report this to the Office Manager.
6. If you are using the coffee, please remember to turn the pots off and clean up the area.

PROCEDURE:

MAKE A RESERVATION:

1. Contact the Receptionist at 869-2448 to ask if Conference Room or Pod is available.
2. Receptionist will mark, in pencil, your time reserved with an arrowed line from beginning to end time, meeting purpose and name of person scheduling the meeting.

CANCEL A RESERVATION:

1. Contact the Receptionist at 869-2448 and cancel.
2. Receptionist will erase your entry.

NOTE: Reception is responsible to make appointments. If the receptionist has not been contacted and proper procedure is not followed, your request will not be honored. Please do not write in the book on your own.



Training Positions Available!!

Part-Time training positions for those over 55!!

- ◆ Criteria
- ◆ Must be 55 or older
- ◆ Must not exceed low-income guidelines
- ◆ Must reside in the state you work in
- ◆ Must not have worked in past 7 days

We are looking for an elder to work part-time 20 hours a week.

Interested call:

Aleta Fish, Wisconsin Employment Specialist
N559 Library Road #2
Keshena, WI 54135
Business: 715-799-5309 ~ Fax 715-799-5314
E-mail: afish@nicoa.org

Oneida Elder Services
Roberta Young
Business: 920-869-2448 ~ Toll Free 800-867-1551

These positions are paid for and sponsored by National Indian Council on Aging. For more information on NICOA feel free to look at their website. www.nicoa.org



I was walking down the street when I was accosted by a particularly dirty and shabby-looking homeless woman who asked me for a couple of dollars for supper.

I took out my wallet, got out ten dollars and asked, 'If I give you this money, will you buy wine with it instead of supper?'

'No, I had to stop drinking years ago', the homeless woman told me.

'Will you use it to go shopping instead of buying food?' I asked.

'No, I don't waste time shopping,' the homeless woman said. 'I need to spend all my time trying to stay alive.'

'Will you spend this on a beauty salon instead of food?' I asked.
'Are you NUTS!' replied the homeless woman. I haven't had my hair done in 20 years!'

'Well, I said, 'I'm not going to give you the money. Instead, I'm going to take you out for supper with my husband and me tonight.'

The homeless Woman was shocked. 'Won't your husband be furious with you for doing that? I know I'm dirty, and I probably smell pretty disgusting.'

I said, 'That's okay. It's important for him to see what a woman looks like after she has given up shopping, hair appointments, and wine.'



Written by Andy Rooney, a man who has the gift of saying so much with so few words....

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