DRUMS

ACROSS

ONEIDA

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

Fax: 920-869-1824



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

Fax: 920-869-1526

Yeyhthos Whnitale?

Planting Moon

May 2008

Honor the sacred
Honor the earth, our mother
Honor the Elders
Honor all with whom we share the earth,
Four legged, two legged, winged ones,
Swimmers, crawlers, plant and rock people.
Walk in balance and beauty.
Native American Elder
Happy Mothers Day!



Older Americans Month 2008 Working Together for Strong, Healthy, and Supportive Communities

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history.

An expanding older adult population also spotlights our responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults' unique health and long-term care challenges. The thousands of professionals, caregivers, and volunteers that make up the National Aging Services Network have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act. Led by the U.S. Administration on Aging, the Network is now engaged in modernizing systems of care to provide consumers with more control over their lives.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.
- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing homes and remain at home as long as possible

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area, promote community, state and national efforts to serve older adults, and find ways to enrich the lives of the older adults who touch your life. By working together we can improve the health and well being of our Nation's older adults and pave the way for future generations.

CELEBRATE OLDER AMERICAN'S MONTH MAY 2008

Working Together For Strong, Healthy And Supportive Communities

MAY 9TH - ONCOA Bingo With The Elders Mealsite 1pm-3pm

MAY 15TH - Spring Sing (Oneida Singers) Two Rivers

MAY 19TH - SPRING DANCE Cherry Bounce 12:00 pm - 3:00 pm

MAY 29 Th -SEOTS Elders LUNCH/BINGO Mealsite 12:00 Lunch Bingo 1pm-3pm

- * Please sign up for these events at the Senior Center Main Office.
- * No Children Please.

ELDERS AND EVERYONE - DRUMS CONTACT

From the desk of: Linda Douglas

I am with Elderly Services and contact for the DRUMS Across newsletter. Please contact me comments, suggestions, concerns,

will be the main
Oneida
with any
complaints, etc. Thank you

for your attention. My phone number: 920-869-2448 email

ldouglas@oneidanation.org

Elder's Meditation

But each of us must find out for himself/herself what their gift is, so that they can use it in their life.

Jimmy Jackson, OJIBWAY

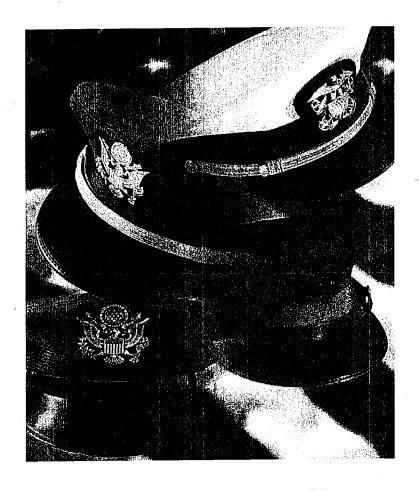
The old people say, everyone has a song to sing. This song is the reason we are on this earth. When we are doing what we came on this earth to do, we know true happiness. How will we know our song? Pray. Ask the Great Mystery, "What is it you want me to do during my stay on earth?" Ask. He will tell you. He will even help you develop yourself to accomplish His mission.

Great Spirit, help me find my song and let sing it.

Thank you, for all your calls welcoming the DRUMS back. We are happy that you are happy.

Please accept our apologies for the Word Find last month. As for this month it has been checked by three staff members.

Thank you, Linda F. Douglas



We Should Honor Our Fallen Heroes

"We should each take a moment and look into our souls to see what we are doing with the bloodstained legacy they have left behind. Did those valiant Marines at Iwo Jima make their sacrifice so that sacramental union could be refined as same sex marriage? Did our Revolutionary War heroes go into battle for the right of mothers to kill their unborn children? Did men die in the trenches at Argonne so that man-boy love could be protected?"

"Today, America is busy finding new ways to pleasure itself, new ways to avoid responsibility, new ways to destroy family and isolate and marginalize those who call for morality and personal responsibility," concluded Father Welch. "On this most solemn holiday, we most stop and consider the great sacrifices that others have made so that we may have the freedom and prosperity we enjoy. Let us consider what those valiant warriors were fighting for...and let us honor each and every one of them...with a prayer, and a pledge to restore to this nation the honor, morality, values and love of God for which they gave their lives."

MENU		MAY		2008
ONED	DA SENIOR CENTER, 134	ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WI., 54155	, WI., 54155 PHONE: 1-920-869-1551	-869-1551
Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with coffee, milk or tea.	Menu is subject to change.		I Vegetable Lasagna Garlic Bread Salad Ice Cream	2 Fish Seasoned Potatoes Cole Slaw Bread Peaches
5 Chili Cucumber Salad W/W Bread Ice Cream Bars	6 Potato Soup Rolls Juice Jell-O w/mixed berries	7 Meat Loaf Potatoes Carrots W/W Bread Strawberry whip pie	8 Chop Suey Rice W/W Bread Orange slices	9 Pork Steak Red Potatoes Carrots W/W Bread Sherbet
	i	14 Liver & Onions Potatoes Beets W/W Bread Pears		16 Breakfast Only Chipped Beef Eggs Toast Juice & Fresh Fruit
19 BratsRed PotatoesSauerkrautW/W BreadApplesauce		21 Beef Tips w/gravy Potatoes Brussels Sprouts W/W Bread Pears	22 Chicken Garlic Pasta W/W Bread Melons	23 CLOSED
26 CLOSED	27 Beef Stew Biscuits Juice Peaches	28 Mostaccioli Salad Garlić Bread Berries	29 Birthday Lunch Chicken Potatoes Mix Vegetables W/W Bread Short Cake	30 Chef Salad Ham-Turkey-Eggs Cheese-Tomato-Cucumbers Cottage Cheese Sherbet
			BIRTH STONE: Emerald FLOWER: Lily of the Valley	HOURS: 8 A.M4:30 P.M. Lunch Is Served Monday-Friday 12:00P.M1:00P.M

Friday	*Activities due to change without notice.	2 Banks Shopping Lunch Out (on your own) 10:00 – 3:00	9 Banks Shopping 9:30 – 11:30 Lunch Senior Center Bingo Senior Center 1:00	16 Breakfast Only 9:00 No Activities Staff In-service	OFF Oneida Day	30 Banks Shopping Lunch Out (on your own) 0 10:00 – 3:00
Thursday	(0	Amish Country Bonduel Lunch Out (on your own)	8 Price is Right Elderly Services 9:30 Board Games Elderly Services 1:00	Spring Sing Two Rivers 9:00 – 4:30	Banks Shopping Lunch Out (on your own) 10:00 – 3:00	29 Cards Elderly Services 9:30 Birthday Lunch/Visit w/ Milw.Seots/Bingo Lunch 12:00 Bingo 1:00 Senior Center
Wednesday	ACTIVITIES	,	7 Oneida Language Elderly Services 9:30 Bingo Senior Center 1:00	Banks Shopping Lunch Out (on your own) 10:00 – 3:00	21 Oneida Language Elderly Services 9:30 Bingo Senior Center 1:00	Puzzles Elderly Services 9:30 Bingo Senior Center 1:00
Tuesday		*Is this your Birthday month? * You must sign up in the Birthday Book at Senior Center, Main Office, Must be present at the Birthday lunch.	6 Crafts Elderly Services 9:30 – 11:30	Crafts Elderly Services 9:30 – 11:30	Bingo Methodist Church 9:30 – 11:30	Crafts Elderly Services 9:30 – 11:30
Monday	MAY 2008	*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.	5 UNO Game Elderly Services 9:30 Bingo Site II 1:00	Cooking Elderly Services 9:30 Rummi – Kub Elderly Services 1:00	19 Plant Garden Elderly Services 9:30 Elder Spring Dance & Lite Lunch 12:00 – 3:00 Radisson	26 OFF Memorial Day

Recipe from Elder

Potato Pancakes by Raymond Stampe, Title V Worker

6 average size potatoes Peel and place in cold water Grate coarsely (Watch out for those fingers!) 2 eggs

1 cup of milk

1 cup flour

1 Tablespoon salt

1 Teaspoon black pepper

Topping
Maple syrup or Apple Sauce

Mix all ingredients together (except the maple syrup or apple sauce.) If you want a thinner pancake, add more milk to your batter. Heat large skillet with oil or butter. Add batter to the size of pancake you want.

Cook until golden brown then flip.

Stack um up and add your topping Mable syrup or Apple Sauce.



Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: "Slim I am 83 years old now and I am just full of aches and pains. I know

you are about my age. "How do you feel?" Slim says, 'I feel like a newborn baby.'

Really, like a newborn baby? 'Yep no hair, no teeth and I think I just wet my pants.'



WORD FIND

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CASINO FUN CELEBRATIONS

DAY CARE

DROP IN CARE

EDUCATION

EMPLOYMENT

FAMILY EVENTS FIREWORKS

FITNESS CLASSES

FRIENDSHIPS

FOOD

FLU SHOTS

FUN

HEALTH CARE

HELP

HOMES INCENTIVES

NURSING HOME

PARIK

PERKS

POW WOWS

RESIDENTIAL CARE

RIDES

SCHOOLING

SKILLS

TRAINING

WALKING TRAILS

WORK

JOBS



When Ben got home from work, his wife Gerry, demanded he take her to some place expensive. So he took her to the gas station!

NOTICE ...NOTICE...NOTICE...

The Mackinac Island trip has been cancelled due to lack of participation. The elders that signed up will be reimbursed their deposit.

Sorry this had to happen we hope to have better participation for future trips...

For more information and to offer suggestions on future trips please contact Lorna Christjohn, Transportation Supervisor at 869-2448...

What kind of trips would you like???

We will try to accommodate or at least come close to what your looking for in a trip or vacation...

!!!ATTENTION ELDERS !!!

We need to do a review on the EMERGENCY DUFFEL BAGS we handed out last fall.

There were specific instructions in the bags on what items to put in them.

Six (6) months have pasted and it time to check the items in your bags to see if you need to replenish and/or replace expired items.

Please take the time and check your EMERGENCY DUFFEL BAGS and replenish and/or replace items such as medication.

Do not leave medication in the bags longer than six (6) months.

Please contact Lorna Christjohn, Transportation Supervisor at 869-2448 with any questions...



GLNAEA

Great Lakes Native American Elders Association, Sponsored by Forest County Potowatomi, June 5th & 6th, 2008,

Northern Lights Casino in Crandon, WI

All elders who need a ride to GLNAEA, please <u>sign up</u> at the Oneida Senior Center (Meal Site) <u>by Monday, May 19 2008</u>. We must have 20 people signed-up to reserve a coach bus, or else we'll use tribal vans. Payment must be received by May 19 and the last day to cancel is May 26 for reimbursement of payment. We will be staying at the Best Western Hotel in Crandon and the cost is \$35.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, June 5th. Any questions please call Oneida Senior Center at (920)869-1551.

Oneida Elderly Services RUMMAGE SALE

LOCATION: The former Tower Foods at N7360 Water Circle Place, next to Oneida Food Distribution and behind Little Bear Development Center

DATE: June 27, 2008

- Rummage all 25cents or \$2.00 a grocery bag unless marked
- 50/50 Raffle 6 for \$5.00 or 1 for \$1.00
- Food \$4.00/place or \$1.00 an individual item (hamburgers, brats, hotdogs, soda, water, chips and desert)
- Car Wash
- Volunteers welcome call Carmen Pasquale at 869-2448 to sign up
- Donations can be dropped at the Senior Center (Meal Site) or call us for pickup arrangements

FOR MORE INFORMATION: contact Rummage Committee Representative at 869-2448.



Please join us!

2008 National Indian Council on Aging Biennial conference September 5-9, 2008

Location

Greater Tacoma Convention &
Trade Center
1500 Broadway Plaza
Tacoma, Washington 98402
www.tacomaconventioncenter.co
Early bird registration:
June 30, 2008

Host Hotel

Sheraton Tacoma Hotel
(soon to be Hotel Murano)
1320 Broadway Plaza
Tacoma, Washington 98402
www.sheratoncoma.com
(.37 miles about 2 minute walking distance from convention center)

For Conference details visit <u>www.nicoa.org</u> or contact Sharon Hodge at 505-292-2001 or <u>shodge@nicoa.org</u>

Elders please sign up at the Senior Center Meal Site.

Deadline for signing up and for payment of \$793.00 is

Monday, May 16, 2008 (no acceptation to deadline).

Arrangements for hotel, event registration and air fair are included in the cost and will be coordinated by Oneida Elderly Services. Meal costs are on your own. Any questions please feel free to call at 920-869-2448 or 920-869-1551. No refunds for cancelations. There is only space for 2400 participants at the conference & there will be NO onsite registration!

The 2008 Economic Stimulus Package: How Do I Get My Refund?

(Additional Tax Refund)

The federal government recently passed legislation that allows tax credits for certain individuals. These credits are an effort to stave off a recession caused by a struggling economy.

Who is eligible?

Almost everyone who filed or will file a 2007 tax refund will be eligible for this credit. People who may not receive a credit are those:

- (1) who owe a debt to the federal government;
- (2) did not have qualifying income;
- (3) did have qualifying income but not enough qualifying income;
- (4) or who did not file a return.

People who typically do not have to file a return may have income from Social Security, Railroad Retirement pensions, or Veterans benefits or may have income below the federal threshold for filing. Individuals who are in these groups must file a 2007 tax refund in order to get the credit. Individuals must have at least \$3000 in qualifying income.

What is at stake?

Eligible individuals can receive a credit of at least \$300 and eligible couples can receive at least \$600.

What is qualifying income?

Qualifying income includes earned income, all Per Capita payments, Social Security benefits, certain Railroad Retirement benefits, and Veterans benefits. Supplemental Security Income benefits <u>do not count</u> as qualifying income.

What do I have to do to receive my economic stimulus?

Anyone who files a 2007 tax return and who had at least \$3000 in qualifying income will receive any credits due automatically. The federal government will directly deposit the credits for qualifying taxpayers who elected direct deposit for their 2007 tax refund. For those who did not use direct deposit, the credit will be mailed using a paper check.

Eligible individuals who did not file a 2007 return must do so in order to receive any credit or refund due to them. Eligible individuals can file Form 1040A or Form 1040. For individuals who qualify but need to file an amended return to declare additional qualifying income, a form 1040 X can be used to amend the return.

Tax filers with income from Social Security, certain Railroad Retirement, and certain Veteran's benefits should report that income on line 14a of the Form 1040A or line 20a of the Form 1040. Wages and other income should be filled in on the designated lines of the form. People who are filing just to receive their stimulus payment should write "Stimulus Payment" across the top of the form.

Where can I get these forms, instructions, and assistance?

Most libraries have a supply of tax forms. Forms can also be downloaded from the IRS website at www.IRS.gov. Instructions will either be with the forms at locations like libraries or they are available online.

Beginning in March, the IRS is going to begin an outreach campaign to remind people of their eligibility for this credit as well as instructions on how to get it. Additionally, the IRS will be coordinating efforts with the Veterans Services and Social Security to ensure that those people who are not required to file taxes know that they must file for 2007 if they want to get this credit.

Additionally, free tax assistance is available through the Volunteer Income Tax Assistance (VITA) or the Tax Counseling for the Elderly (TCE) program. VITA provides help to lower income tax payers. Call 1-800-906-9887 to find a VITA location near you. TCE is free tax assistance for people 60 and older and is staffed in part with AARP tax volunteers.

If you have any further questions please contact Angela Ortiz, Elder Benefit Specialist for further referral information at Elderly Services P.O. Box 365 / 2907 S. Overland Rd. Oneida, WI 54144 (920) 869-2448.

Warm weather approaching, do you feel the urge to get a little more exercise? Get tips and info from Fitness Center staff.

Thursday May 15, 2008 12:00 noon

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

WHO: Fitness Experts from the Oneida Fitness Center

WHAT: Discussing Proper Exercise Technique

Giving useful Examples
Answering Questions

Any questions pertaining to the presentation? Please contact Angela Ortiz, Elderly Benefit Specialist at (920) 869-2448.



"Oneida Elderly Services" ONEIDA TRIBE OF INDIANS OF WISCONSIN

P.O. BOX 365, 2907 S Overland Road ONEIDA, WI 54155

PHONE: (920) 869-2448 FAX: (920) 869-1824

Oneidas bringing several hundred bags of corn to Washington's stafving army at Valley Forge, after the colonists had consistently refused to aid them.



UGWA DEMOLUM YATEHE Because of the help of this Oneida Chief in cementing a friendship between the six nations and the colony of Pennsylvania, a new nation, the United States was made possible.

Oneida Tribe Elderly Christmas Party 2007

Survey Results

The Oneida Elderly Services 2007 Christmas Party was held and the Radisson Hotel & Conference Center in Green Bay on December 14, 2007. Opinion Survey's were printed in the KalihWisaks, sent to the Milwaukee SEOTS office, and distributed at the Oneida Elderly Services Senior Center meal site. Of the 418 elder attendees 48 responded to the survey.

Results were:

Location:

Excellent=36 Good=9

Needs Improvement=1

Don't Know=0

Time of Day:

Excellent=26 Good=10 Needs Improvement=6

Don't Know=0

Facility:

Excellent=38 Good=6

Needs Improvement=1

Don't Know=0

Meal:

Excellent=21 Good=13 Needs Improvement=8

Don't Know=0

Band:

Excellent=18 Good=12 Needs Improvement=13 Don't Know=0

Staff

Assistance:

Excellent=30

Good=4

Needs Improvement=14 Don't Know=0

Other comments were:

Bring back Cherry Bounce Band and announcements need to be louder and not repetitive Need more games More door prizes No more mugs No more trinkets **Increase Match Plays to \$10** Do not charge for party Change party too free for those over 65

Give out gas cards, certificates to Party last to long for elders who like their naps after lunch
Have party from 11:00 am until 2:00 pm
Have party from 12:00 pm until 4:00 pm
Have Bingo from 10:00 am until noon
Have a dance contest at the end
Have band judge dance contest winners, as the same ones always win
Serve chicken for the meal

Cooked vegetables, they are to hard
Spice up the meal
Use servers that like older people
More ice cream
Identify the decaf coffee pitchers
Be allowed to take out if cannot finish
Cut program short if people are bored
Useful gifts, cannery items or lotions, Wal-Mart gift cards, food baskets or gas cards
Should have slow dance contests as the elders cannot all jig

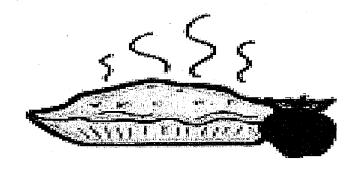
In order to increase satisfaction we'll take into consideration your comments and suggestions in future planning. Thank you for participating in our survey and joining us in our Christmas Festivities of 2007.

Respectfully,

Oneida Elderly Services Staff

Serve beef for the meal

FOSTER GRANDPARENT & SENIOR COMPANION BAKE SALE



When: Sunday, May 4th

Where: Oneida IMAC Bingo Hall

Time: 9:00am - 8:00pm

Donations of baked goods are welcomed and can be delivered to:

Oneida Elderly Services 2907 S. Overland Rd.

Friday, May 2, 2008 between the hours of 8:00am - 4:30pm

Foster grandparents are a group of elders who volunteer their wisdom and time to the youth at our schools, libraries, and daycares.

Senior companions are a group of elders who volunteer their company and time to the homebound elders.

Thank you,

Foster Grandparent & Senior Companion
Program

(Any questions contact Angela Ortiz at 869-2448)

ONEIDA ELDERLY SERVICES DATABASE FORM

DATE:	/ /	,
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Name		· · · · · · · · · · · · · · · · · · ·	Phone Number ()		
Address			Social Security N	umber Last fo	ur digits /	/
City	State	Zip Code	County		DOB	//
OUR PROGRAM disabled/handicapp	POLICY FOR SEA	RVICES is as follow Elders aged 55-69 ye	ws: 1) Elder aged 70 years of age, with health	ars and older. 2) /safety issues. The	Elders aged 55-69 he elders that are	9 years of age that listed are our prior
	e appropriate re					
	Married			owedDiv	vorced	
Veteran:		_No				
Living Arrange	ement:	_Lives Alone	Lives with S	spouse _	Lives with	Others*
Do You:	Rent	_Own			w Many Others	
Race:	Native Amer	icanCaucas	ianLatir	noAsi	anAfi	rican American
			GoodFair			
Do you current	ly have any of th	ne Following:	Guardian Medicare Non		Represe	
In Case of an E	mergency – Plea	ase Contact	Name: Phone Number:(Relationship:)		
of services. All of th	ne information on the	e enrollment form is	ge. Any false statements confidential and will no nt form becomes the pro	on any part of the the released to a sperty of the One	e enrollment form	n are grounds for de s I have signed an

Please Return to Oneida Elderly Services Complex Service Coordinator, P.O. Box 365 Oneida, WI. 54155 Date

Signature