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

Yey^thos W<hn\$tale>

Planting Moon

May, 2010



Mother's Rose

Flowers blooming round the door Make me think of Mother more Flowers grand and flowers small Mother knew and loved them all.

Cloistered new the garden gate
Bloomed a rose, a beauty late
Queen of flowers, perfumed rare
Mother always found if there

Many times I've heard her say
"Perhaps the rose will bloom today."
Choice of all her lovely flowers
Standing tall through rain and showers

Every year its joy it brought
Gladly given to all who sought
Mother's rose so choice and fair
I hope to always find it there

DRUMS CONTACT

From the Desk of: Linda F. Douglas Contact me with any comments and acknowledgements, etc. Telephone: 920-869-24488 or 1-800-867-1551

E-mail ldouglas@oneianation.org

Congratulation to Hugh Danforth winner of this statue from Elder Services Proceeds to help fund the Roberta Kinzhuma Scholarship Fund



We like to thank Rose Kerstetter for her generous donation to this scholarship. The Roberta J Kinzhuma Memorial Scholarship Fund is set up for women going back to school to further their education and for their continued efforts in academic achievement.

"No matter how busy you are you must take time to make....
Other people feel important."

~ May Kay Ash



Older Americans Month May 2010 A Proclamation

WHEREAS, the **Oneida Tribe of Indians of Wisconsin**, is a community in which 1,014 citizens age 55 and over make their home; and

WHEREAS, older adults in the Oneida Tribe of Indians of Wisconsin, and throughout the nation are an increasing population with evolving needs; and

WHEREAS, older Americans are valuable members of our society who enhance our communities and personal lives; and

WHEREAS, the increasing number of baby boomers reaching traditional retirement age highlights the need for increased support of older adults; and

WHEREAS, our older citizens of today and tomorrow promise to be among the most active and involved older adult populations in our nation's history; and

WHEREAS, it is the responsibility of this and all U.S. communities to work collaboratively to address older adults' unique health and long-term care challenges; and

WHEREAS, it is crucial that communities modernize systems of care to help empower older Americans and give them more control over their own lives; and

WHEREAS, communities can improve older citizens' overall quality of life by helping them:

Make behavioral changes in their lifestyles that can reduce the 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.

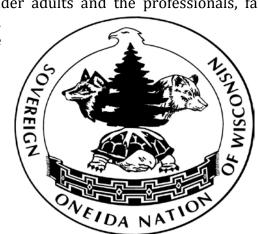
NOW THEREFORE, **We the Oneida Tribe of Indians of Wisconsin** does hereby proclaim May 2010 to be **Older Americans Month. The Oneida Tribe of Indians of Wisconsin, Elder Services** urges everyone to take time this May to honor our older adults and the professionals, family

members, and citizens who care for them. Our efforts can improve the lives of our older citizens and help pave the way for future generations.

Dated	l t	his	1^{st}	day	of	May,	201	1()
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Oneida Tribe of Indians of Wisconsin, Elder Services

By _____



Monsoon Wedding

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Alice	Computer	Marry	Rahul
Ancient	Cousin	Mixture	Ria Verna
Arranged	Festive	Modern	Selected
Attraction	Groom	Nature	Spontaneous
Australia	Guests	New Delhi	Suspense
Ayesha	Hindi	Overcharge	Tej Puri
Beauty	India	Pimmi	Tradition
Boundaries	Joyous	Planner	Typical
Bride	Lalit	Plunge	Universal

My young grandson called the other day to wish me Happy Birthday. He asked how I was and I told him 62. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

GLNAEA

Great Lakes Native American Elders Association,
Sponsored by Forest County Potawatomi,



June 3rd & 4th, 2010

Potawatomi Carter Casino/Hotel
618 State Hwy 32, Wabeno (Carter), WI

All elders who need a ride to GLNAEA, <u>please sign up at the Oneida Senior Center (Meal Site) by Monday, May 10, 2010</u>. We have made arrangements for <u>10 people</u> and will be using our tribal van. Payment must be received at sign-up. Participants must be independent, (able to help themselves) and be in good health (to prevent spread of health problems). We will be staying at the Potawatomi Carter Casino/Hotel and the cost is \$29.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, June 3rd. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.

Thank you.

Next 2010 Meetings:

August 5 & 6 – Ho-Chunk Nation
October 7 & 8 – Stockbridge Munsee
December 2 & 3 – Menominee Nation



****** ATTENTION ELDER'S *******

This notice is to remind you know that when you sign up at the Senior Center for any activities please pay close attention to the page you are signing on. If you do not sign up for the correct activity you won't be eligible for the prize. For example: to receive the "Birthday Gift Card" you must be signed up on the correct page or you will not be eligible to receive this gift card (no exceptions). To avoid any confusion you can also have any staff member help you make sure it's all correct. If you have any questions please feel free to contact me anytime. Have a nice day and enjoy the spring!!!

Sincerely;

Joyce Ann Hoes

Transportation/Activities Supervisor Oneida Elder Services 920-869-2448 ext. 6844

OR

Michelle Cottrell

Activity Specialist Oneida Elder Services 920-869-2448 ext. 6830

Foster Grandparent / Senior Companion Program

By: Jody Hardes, GLITC FGP / SCP Program Director Wednesday, May 19, 2010 12:00 P.M.







Elder Meal Site 134 Riverdale Dr. Oneida, WI 54155

Find out about the Foster Grandparent / Senior Companion Program income guidelines, volunteer opportunities, and responsibilities. Also, see what a great program and opportunity this program could be. Any questions please call Angela Ortiz, Benefit Specialist at (920) 869-2448 or (800) 867-1551.



Oneida Elder Services

Shek%i,

It has been 15 months since I first came to Oneida and started working with Elder Services. It was a new area to move to, new people to meet, and a new task ahead of me. Since that day in February of 2009, I have come to make many friends, obtain new sources of funding for the elders, and all together come to feel very welcomed among people who had reached out to me. As my service period is over and I embark on a new chapter of my life, I wanted to say thank you to all of you for taking the time to explain your culture to me, show me the utmost hospitality and help me through tough times. All of you at Elder Services, and those of you in the community I have had the opportunity to meet with will stay with me forever. I will cherish all the great memories and will continue to serve those in the future with the same integrity in which I served Oneida Elder Services.

Yaw<ko, again to all of you

Danny Borgstrom VISTA Worker 2009-2010 Oneida Elder Services **ELDER SERVICES SENIOR CENTER, PHONE : 1-920-869-1551**

Monday	Tuesday	Wednesday	Thursday	Friday		
Happy Day Day						
3 Chop Suey	4 Chicken Salad	5 Potato Soup	6 Lasagna	7 Roast Chicken		
Rice	Croissants	Fresh Bread	Salad	Potatoes, Stuffing		
W/W Bread	Tomatoes, Cucumbers,	Juice	Garlic Bread	Mixed Vegetables,		
	Lettuce			Cranberries		
	Cottage Cheese			Rolls		
Berries	Pears	Fresh Fruit	Ice Cream	Pudding W/Cookies		
10 Bean Soup	11 Goulash	12 Beef Roast	13 Liver & Onions	14 Pizza Calzone		
Biscuits	W/W Bread	Potatoes	Potatoes	Salad		
Juice	Juice	Vegetables	Beets	Garlic Bread		
		W/W Bread	W/W Bread			
Oranges, Apples &						
Pineapple Tidbits	Applesauce	Jell-o W/Fruit	Berries	Ice Cream		
17 Chicken Ala King	18 Hot Dogs	19 Bar-be-Cue Ribs	20 Fish	21 BREAKFAST!!!		
Rice	Macaroni & Tomatoes	Potato Salad	Potatoes	Scrambled Eggs		
Biscuits	Green Beans	Beans	Creamed Peas	Sausage		
	W/W Bread	W/W Bread	W/W Bread	Toast		
				Juice		
Peaches	Yogurt	Mandarin Oranges	Pears	Fresh Fruit		
24 Taco Soup	25 California Blend	26 Sub-Sandwiches	27 BIRTHDAY DAY	28		
Fresh Bread	Cheese Soup	Assorted Vegetables	Pork Roast	CLOSED		
Juice	Fresh Bread	Cheese	Potatoes	ONEIDA DAY		
	Juice	Chips	Carrots			
		Juice	W/W Bread			
Fresh Fruit	Applesauce	Peaches & Cream	Cake			
31 CLOSED	Menu is subject to change.	BIRTH STONE:	HOURS:			
		EMERALD	8:00A.M4:30P.M.			
In Observation 0f	All meals are served with	FLOWER:	Lunch Is Served			
	coffee, milk or tea.	LILY of the VALLEY	Monday-Friday			
MEMORIAL DAY			12:00P.M1: 00P.M.			



Caregiver Support Group

Date: Friday, May 21, 2010

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

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

***** SUMMER IS COMING!!! *****

Time to polish up those driving skills!

Elder Services has lined up the "AARP Drivers Safety Program"

Date: May 19, 2010

Time: 8:00 A.M. - 12:30 P.M. (4 ½ hours is the total class length)

Place: Elder Services - 2907 South Overland Road

Sign-up: Senior Center / Meal Site

Elder Services will pay for the first 10 Elders who sign-up!

Some of the highlights will be:

- Information on aggressive drivers
- Anti-lock brakes
- Car phones
- Defensive driving techniques
- New traffic laws
- Get an Insurance Discount (consult your insurance agent)
- How to adjust your driving to <u>age-related changes</u> in vision,
- Hearing and reaction time

If you have any questions contact: Joyce Ann Hoes, Transportation Supervisor at 920-869-2448 ext. 6844



Alzheimer's Support Group 2010



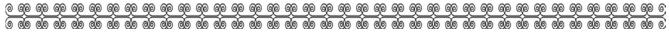
Monday	Tuesday	Wednesday	Thursday	Friday		
3	4	5	6	7		
Movie ~ Snack		Oneida Language		No Chaun		
9:30 A.M. to 11:00 A.M.	No Group	9:30 A.M. to 11:00 A.M.	No Group	No Group		
PACE Exercise 11:00		PACE Exercise 11:00				
10	11	12	13	14		
Puzzles ~ Cards	No Group	Price is Right	No Group	No Group		
9:30 A.M. to 11:00 A.M.	1	9:30 A.M. to 11:00 A.M.	1	1		
PACE Exercise 11:00		PACE Exercise 11:00				
17	18	19	20	21		
Rubber Stamping	No Group	Oneida Language	No Group	No Group		
9:30 A.M. to 11:00 A.M.		9:30 A.M. to 11:00 A.M.	r	l · · · · · · · · · · · ·		
PACE Exercise 11:00		PACE Exercise 11:00				
24	25	26	27	28		
Native American	No Group	Wii Bowling	No Group	No Group		
Painting / Coloring		9:30 A.M. to 11:00 A.M.				
9:30 A.M. to 11:00 A.M.		PACE Exercise 11:00				
PACE Exercise 11:00						
31				0		
Memorial Day	Activities subject to		REROY	1 30 d 2m		
Closed	change with out notice		- and the bar			
			Mother & Day			

For More information contact Linda F. Douglas at 920-869-2448

*All activities assist clients to maintain physical and mental health

Identify ColorsCountingNumber SequencesSocializingBrain ExerciseIdentify Shapes

Dexterity Eye Hand Coordination
Memory Native American Culture



**** CONGRATULATIONS****

"Appreciation Shown to Michelle Cottrell"

ONCOA showed a deep appreciation to Oneida Elder Services Activity Specialist "Michelle Cottrell" on March 31, 2010. They presented her with the following letter:

Throughout the years ONCOA Commissioners have attended a number of the activities that you plan for the Elders. You have a special way of relating to each of the participants and I am sure the elders appreciate this.

Most recently I have had the opportunity to join the PACE (People with Arthritis Can Exercise) exercise class and find it helpful to keep me physically active. I try to encourage others to attend as it is not too strenuous for all levels of fitness. I have heard about the Bingo sessions that are well attended. Keeping socially active is important to all and if you can win a few prizes while doing so that adds to the fun. The WII bowling looks like fun and I'll have to give it a try. The Friday shopping, banking and lunch outing provide a combination of business and pleasure. You provide a variety of other activities that are also beneficial such as Oneida language, cooking, community field trips, and card games. Keep up the good work.

To show our appreciation for providing interesting and varied programming along with your sincere dedication to the elders, ONCOA would like to co-sponsor your program by presenting you fifteen (15) gift cards for \$10.00 each. Please use them in your daily activities with the elders.

Delora Cornelius, ONCOA Chairwoman Keep up the Good Work!!







FOSTER GRANDPARENT and SENIOR COMPANION



When: Sunday, May 2, 2010

Where: Oneida IMAC Bingo Hall

Time: 9:00 A. M. – 6:00 P. M.

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

Oneida Elder Services 2907 South Overland Road Oneida, WI 54155

Friday, April 30, 2010 between the hours of 8:00 A. M. - 4:30 P. M. or the IMAC Bingo Hall day of event.

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

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

Thank you,

Foster Grandparent & Senior Companion

Frogram

(Any questions contact Angela Ortiz at 869-2448)



Alzheimer's Support Group

Presents: 10 Warning Signs of Alzheimer's Disease

Speaker: Beverly Bartlett, Alzheimer's Association
Of the Greater Wisconsin Chapter

When: Monday, May 17, 2010 Time: 11:45 A.M. to 12:15 P. M. Where: Senior Center ~ Meal Site 134 Riverdale Drive Oneida, WI 54155

Contact Linda F. Douglas at 920-869-2448

Sports Memoirs With: EUGENE "GENO" DANFORTH

As a youngster what were your thoughts on sports?

Being as young as I was wishing I was playing in the major leagues? Just like a professional.

While in High School? Seymour High School, I was wishing the sports would never end.

Are there any people who had a major impact on your sports career?

Some of my coaches: Sonny King, Bill Danforth, and Ed King.

The letter I received from the Los Angeles Dodgers for a try out.

Words of encouragement you would give to a young person?

My brother Bill Danforth, said "Always be a professional on the field and off the field no matter what you do".

Rewarding experience while coaching?

Won Oneida Little League

Championship and Dairy Land

Championship

What do you consider to be your highest honor? In 1972, I was most valuable player for the Oneida Baseball Team

The best advice anyone ever gave you? My brother Bill Danforth, said "Always be a professional on the field and off the field no matter what you do",

To whom would you credit with your sports endeavors?

To The Coaches I have had throughout the years, because they gave me the opportunity to give myself a chance to exceed in life.

Memories of others Tribes I played against are: Yakima, Cheyenne Arapaho, Navajo, Cree, Aztec, Shoshoni, Sioux, Ho-Chunk and Menominee Best remembered moments:

Baseball ~ One time Champion for the State of Wisconsin ~ Winning State Champions 4 years in a row ~ 1971 Undefeated

Softball ~ 2nd State Tournament in Oconto ~ Richard Summers hit 4 home runs in one game ~

Football 1973 to 1976 ~ Played football for 4 years ~ 2 time West De Pere Leagues champions ~ Played against professional and college football players in West De Pere ~ I hurt my ankle did not get any help: my team dragged me off the field ~ Some of the players I played with Richard Summers, Yogi Metoxen, Tony Skenandore, Steve Danfoth and Marshall Turf.

Basketball ~ In the Green Bay Leagues we went undefeated for 1 year my Coach Ron John. That was one of my best memories and taking the scoring championship in Chicago 1969

Played the Seneca's for the Championship at University of Michigan State and won.

Preferred reading? Sports Illustrated

Favorite sports program? ESPN Classics

I am currently coaching the Oneida Babe

Ruth Baseball Team.

Games will be on Tuesday and Thursday

And STILL playing for the White Eagle
Softball Team!



Living Well with Chronic Conditions is designed to improve the self-management skills of people living with a chronic health issue. This program, which meets 2½ hours, once a week for six weeks, teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition. People with different chronic health conditions attend the workshop together to learn:

- How to develop a suitable exercise program
- Symptom management
- Nutrition management
- Breathing exercises and stress management
- Medication management
- How to communicate with family, friends and health care professionals
- How to deal with emotions such as anger and depression
- Problem solving skills and goal setting

Facilitators: Louetta Fowler & Tina Pospychala Oneida Elderly Services Pod A Thursday's at 9:30 a.m. – 12:00 p.m. April 22nd, 29th, & May 6th, 13th, 20th, & 27th To Register call: Louetta at 869-4852 or Tina at 869-2448



Oneida Elder Services

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