

# DRUMS ACROSS ONEIDA

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

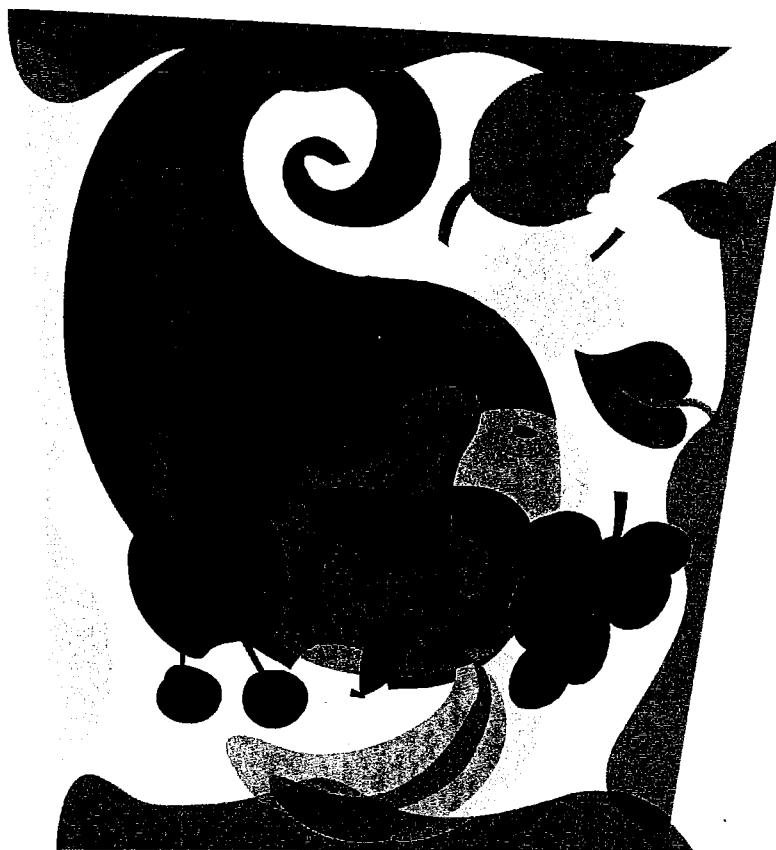


Senior Center-Meal Site  
134 Riverdale Dr.  
Oneida, WI 54155  
Ph: 920-869-1551  
Fax: 920-869-1526

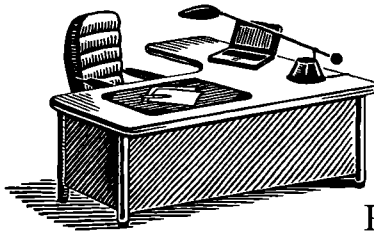
Tsi? Nihuto·láts Wahní·táe?

Hunting Moon

November, 2008



## ELDERS AND EVERYONE – DRUMS CONTACT



From the desk of: Linda Douglas

I am with Elderly Services and will be the main contact for the DRUMS Across Oneida newsletter.

Please contact me with any comments, suggestions, concerns, complaints, etc. Thank you for your attention. My phone number: 920-869-2448 email [ldouglas@oneidanation.org](mailto:ldouglas@oneidanation.org)

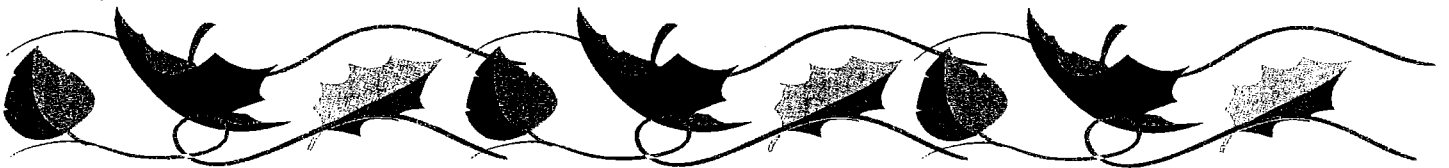


### Elder's Meditation

"The old people must start talking and the young people must start listening." --Thomas Banyacya, Hopi

We are at a critical time in transferring cultural knowledge, spiritual ways. During the last few years the young people have not been interested in learning the old ways. The only place this knowledge is found is among the Elders. We must encourage the young to visit with the Elders. The adults need to think also about learning the culture. The Elders are getting old and soon will go to the other side. Each of us must pause and think about our individual responsibility to learn the culture and teach this to our young.

Great Spirit, help us to learn and remember the old ways.



To Elderly Services, Thank you for my garage.  
From Fritz Hill

Monday

Tuesday

Wednesday

Thursday

Friday

# NOVEMBER 2008 ACTIVITIES

\*Activities due to  
change without  
notice.

\*Please sign up for  
trips at Senior Center  
Main Office.

\*All trips leave from  
Senior Center.

\*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 to  
receive your gift card.

3 Cards

Elderly Services 9:30  
PACE Exercise  
Elderly Services 11:00  
Bingo  
Site II 1:00

4

Crafts  
Elderly Services  
9:30 - 11:30

5 Oneida Language

Elderly Services 9:30  
PACE Exercise  
Elderly Services 11:00  
Bingo  
Hwy H 1:30

6

St. Vincent De Paul  
Green Bay 9:30  
Floor Shuffle Board  
Hwy H 1:30

7

Banks  
Shopping  
Lunch Out  
(on your own)  
10:00 – 3:00

10 Puzzles

Elderly Services 9:30  
PACE Exercise  
Elderly Services 11:00  
Jewelry Making  
Elderly Services 1:30

11

OFF  
Observance of  
Veteran's Day

12 Ice It Game

Elderly Services 9:30  
PACE Exercise  
Elderly Services 11:00  
Bingo  
Hwy H 1:30

13

Cooking  
Elderly Services 9:30  
Bowling  
Ashw. Lanes 1:30

14

Banks  
Shopping  
Lunch Out  
(on your own)  
10:00 – 3:00

17 Scrabble

Elderly Services 9:30  
PACE Exercise  
Elderly Services 11:00  
Bingo  
Site II 1:00

18

Crafts  
Elderly Services  
9:30 - 11:30

19 Oneida Language

Elderly Services 9:30  
PACE Exercise  
Elderly Services 11:00  
Bingo  
Hwy H 1:30

20

Price is Right  
Elderly Services 9:30  
Birthday Lunch 12:00  
Floor Shuffle Board  
Hwy H 1:30

21

Banks  
Shopping  
Lunch Out  
(on your own)  
10:00 – 3:00

24 Yahtzee

Elderly Services 9:30  
PACE Exercise  
Elderly Services 11:00  
Movie  
Elderly Services 1:00

25

Bingo  
Methodist Church  
9:30 – 11:30

26

Banks, Shopping  
9:30  
Lunch at meal Site  
Bingo  
Hwy H 1:30

27

OFF  
Observance of  
Thanksgiving Day

28

OFF  
INDIAN DAY

# MENU

# NOVEMBER

2008

ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WL, 54155 PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Stew Biscuits Juice Jell-o w/Fruit	4 Corn Soup Fresh Bread Juice Berries	5 Italian Chicken Red Potatoes Carrots W/W Bread Spumoni	6 Pork Roast Potatoes Brussels Sprouts W/W Bread Pears	7 Wraps-Ham-Turkey- Chicken Fresh Vegetables Potato Chips Raspberry Mousse
10 Veal Cutlet Macaroni & Tomatoes Green Beans W/W Bread Peaches	11 VETERAN'S DAY  CLOSED	12 Chicken Gordon Mixed Vegetables Scalloped Potatoes W/W Bread Pears	13 Beef Roast Potatoes California Blend Veggies W/W Bread Pudding	14 Ham Sweet Potatoes Peas W/W Bread Mandarin Oranges
17 Chili Cucumbers W/W Bread Yogurt	18 Chicken Noodle Soup Fresh Bread Juice Peaches	19 Beef Patties Oven Brown Potatoes Green Beans W/W Bread Ice Cream	20 BIRTHDAY DAY Turkey-Potatoes & Gravy Cranberries Rolls Squash Pie	21 Fish Potatoes Coleslaw W/W Bread Applesauce
24 Spaghetti Salad Garlic Bread Mixed Berries	25 California Blend Cheese Soup Fresh Bread Mandarin Oranges	26 Chef Salad Tomatoes, Cucumbers, Eggs & Cottage Cheese Rolls Jell-o	27 THANKSGIVING DAY  CLOSED	28 INDIAN DAY  CLOSED
All meals are served with coffee, milk or tea.	Menu is subject to change.	BIRTH STONE: TOPAZ  FLOWER: CHRYSANTHEMUM	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	

# MAMA



Afternoons  
Albumn  
Aunt Jenny  
Brother  
Carpenter  
Children  
Classic  
Comedy  
Dagmar  
Endearing

Family  
Gentle  
Gunnar  
Hansen  
Household  
Humorous  
Ingeborg  
Invention  
Katrin  
Lessons

Mama  
Maxwell House  
Nels  
Norwegian  
Outcry  
Papa  
Prime-time  
Prototype  
Resolution  
San Francisco

Sister  
Strict  
Sunday  
Support  
Trina  
True-to-life  
Uncle Chris  
Victorian  
Viewers  
Warmhearted



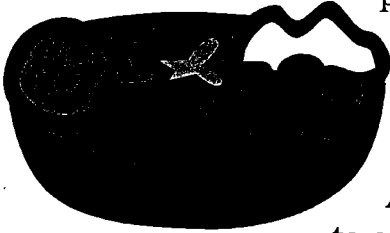
Women at Elderly Services know how to multi-task...we can,  
LAUGH, COUGH, SNEEZE, and PEE all at the same time!!!

## **Attention all participants at the Senior Center Mealsite**



Policies and procedures to the Older American Act-funded Nutrition Program.

We are looking to manage costs and quality improvement in our meal site program.



**Effective October 1<sup>st</sup>, 2008, the meal site will maintain a reservation system for all those that eat at the meal site. All elders that plan on eating at the meal site will be asked to call in the day before and reserve their meal for the next day.**

Your assurance is needed in helping us to meet our state requirements and assist us in minimizing leftovers and insure adequate meals served.

### **State requirement: 8.4.27.7 Meal Reservation and Participant Registration Systems**

**Programs should maintain an accurate and well-organized system so staff will know how many meals to order or plan for. Many programs find a registration system to be helpful for estimating meal orders for dining centers. This system should include follow-up of absent participants. The program may not “change” an individual for a meal that is reserved and not eaten.**

#### **Mealsite Program Objectives:**

- Meet state funded requirements
- Monitor all waste carefully
- Train staff on policies and procedures, including food safety and sanitation practices.
- Check and recheck portion control. Use the proper size of scoops, ladles and pans.
- Each program shall implement procedures to minimize waste of food, including leftovers and uneaten meals.

Please call 920-869-1551 to reserve your meal for the day you are plan on eating at the meal site.

We ask for your patience as we and you adjust to this new change.

For questions, please call Brenda Jorgenson at 920-869-1551.



***Up Close and Personal with:***

Henry "Hank" Jourdan, Home Chore Worker

***When you were a child, what did you think you would like to be when you grew up?***

I never really had a clear direction. But I knew it would be working with my hands. For a while I worked in a Body and Fender Shop. Later in life I owned and operated an Automobile Repair Shop in Hammond, Indiana

***Who or what has had the biggest influence in your life?***

My brother Ron and my Dad

***What do you consider to be your greatest accomplishment?***

Graduated from DeVry Technical Institute in Chicago, Illinois. I also worked for Eastman Kodak for eight years. This is where I learned about the micro film industry. After I left Kodak I started my own company Micro Maintenance Inc. In the Chicago land area. Where I went into direct competition with Kodak. I started the company in 1978 and stayed in business until 2001 when computer technology took over the industry

***Is There something you have always wished you were great at doing?***

Play the guitar

***What is the best advice anyone gave you?***

My Dad said, find something you enjoy doing. Then find something that pays well and if you are lucky they both will be the same thing. I was very lucky for a long time

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

Smile and stay active

***What is your ideal vacation?*** A Tropical Island relaxing on the beach

***Favorite Meal:*** Pork Chops

***Favorite Music:*** Hard to say my taste stretches from Hank Williams to Mozart

***Favorite Book:*** Anything by Dean Koontz

***Favorite Movies:*** Hamburger Hill, Godfather, Schindler's List

***Favorite Hobbies:*** Playing guitar, golf, Pow Wow Dancing, Bicycle Riding

# **Oneida Elderly Christmas Party**

*Elders age 55 and older only*

**Where:** Radisson Hotel and Convention Center  
Three Clans Room

**When:** Friday, December 12, 2008

**Time:** 10:00 A. M. – 2:30 P. M.

**Cost:** Elders age 70 and older free  
All others \$10.00

**Lunch**  
**Live Entertainment**  
**Door Prizes**  
**Jigging Contest**  
**50/50 Raffle**

Must register/sign-up:

Please call Oneida Elderly Services at (920)869-2448 or the  
Senior Center at (920)869-1551

between the hours of 8:00 A. M. – 4:30 P. M.

**Registration and payment due by Friday, December 5, 2008**  
**there will be no exceptions and no children please.**



# GLNAEA



## Great Lakes Native American Elders Association

Sponsored by Sokaogon Chippewa Tribe

December 4 & 5, 2008

3084 State Highway 55, Crandon, WI 54520

All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Monday, November 17, 2007. We must have 20 people signed-up to reserve a coach bus, or else we will use tribal vans. Payment for your hotel must be received by November 17 and the last day to cancel is November 20 for reimbursement of payment. We will be staying at the Mole Lake Lodge/Casino and the cost is \$32.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, December 4<sup>th</sup>. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.

## **ATTENTION ELDER'S !!**

We need to review/revisit the **EMERGENCY DUFFEL BAGS** we handed out last fall.

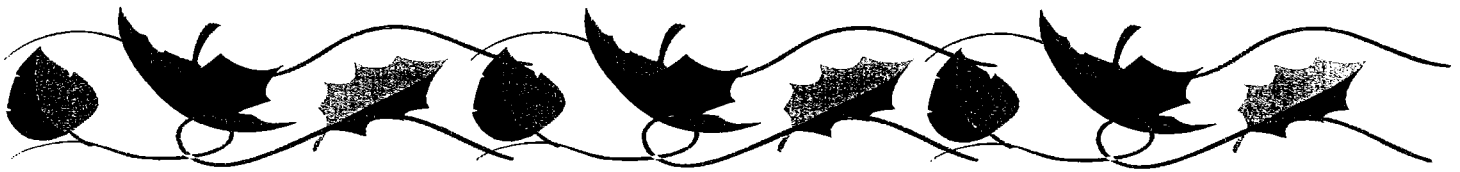
There were specific instructions in the bags on what items to put in them.

Six (6) months have past and it is 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 Tina R Pospychala, Assistant Director at 920-869-2448  
with any questions...



## **Diabetic Luncheon**

Time: 10:00 A.M. - 12:00 P.M.

Place: Parish Hall

Date: November 20, 2008

Come and learn about a diabetes related topic, do a gentle  
Fitness activity, and enjoy a great lunch!

Limited to the first 40 who sign up!

Call the W.I.C. office at 920-869-4829 by November 19, 2008



## **ALZHEIMER'S DISCOVERY GROUP**

Have some fun! Talk with old friends or make new friends!

On Monday and Wednesday 9:30 A. M. to 11:30A.M.

If you need a ride call Elderly Services at 920-869-2448 ask for  
Transportation.

## ATTENTION ELDERS

Oneida Elderly services encourages all who participate in Elderly Activities and bus transportation to create a positive atmosphere for all participants including themselves, other elders and employees. Courteous behavior to other elders and employees is expected. Transportation will be provided by Elderly Services to those activities scheduled on the monthly activity calendar. **Activities are subject to change or cancellation.** Transportation to after hour activities (**After 4:30 P.M.**) or weekend activities will be provided by Elderly Services provided there is a **minimum of five (5) passengers.** The deadline for sign-up for these activities is **4:30** the day before the event (**exception-wakes and funerals**).

### The following restrictions apply to travel to out of town activities:

1. Passengers must be physically able to board bus or van on their own and must be able to keep up with others.
2. Those individuals with high risk of heart attack, wheel chair bound, have had open heart surgery, have pacemakers, oxygen dependent, or on medication that causes dizziness, disorientation or nausea, are ineligible to travel.

Seat belts (if equipped) are **mandatory** at all times while on the bus.

Physical or verbal abuse of other elders or employees will not be tolerated.

If you have an illness that may be contagious, be considerate of those riding the bus and please stay home until you are better so others will not become infected.

A donation will be appreciated when riding the bus.

Please practice proper hygiene at all times.

It is each individual's choice as to which activities they wish to attend.

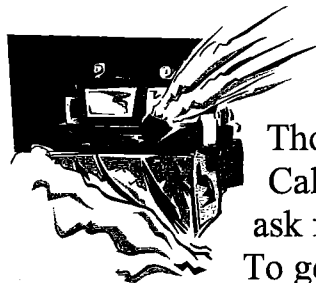
If you wish to participate in special activities offered by Oneida Elderly Services:

- Please sign up, in person, at the Oneida Senior Center, 134 Riverdale Drive, Oneida, WI
- **No call-ins or signing for someone else**
- **Cancel your transportation request, please call 920-869-2448**



Leaf Raking!!!!

Call Elderly Services at 920-869-2448 ask for Cheryl Ault



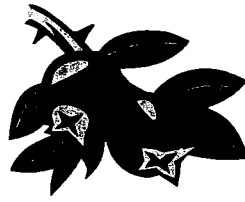
### SNOW PLOWING

Those on Lifeline-70 years old and older.

Call Elderly Services at 920-869-2448,  
ask for Cheryl Ault.

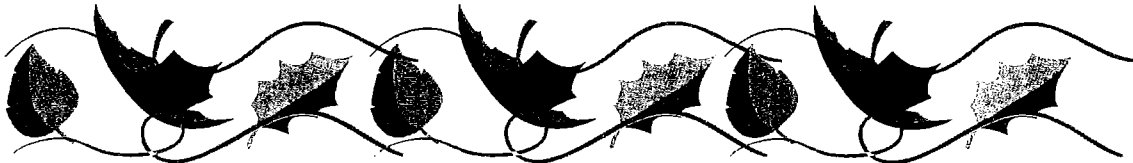
To get on the list for Snow Removal.

Cranberry Nut Bread  
Pat Thompson, Elder



2 Tablespoons shortening softened  
¼ Cup sugar  
1 Egg  
2 Cups sifted flour  
3 Teaspoons baking powder  
1 Teaspoon salt  
½ Cup orange juice  
1 Teaspoon grated orange peel  
½ Cup chopped cranberries  
½ Cup chopped almonds

Preheat oven to 350 degree...  
Beat the shortening, sugar and egg together...  
Sift flour, baking powder and salt together...  
Add orange juice and rind to mixture...  
Mix thoroughly...adds nuts and cranberries...  
Pour in a greased loaf pan...  
When done loaf will split down middle...  
Bake in a 350 degree oven for 1 hour...



Five Men Made Five Mistakes

One man struck a match to see if the propane tank on his grill was empty.  
It wasn't.  
One man put his hand in the cage of a dog to see if it was friendly.  
It wasn't.  
One man picked up speed to see if he could beat the train to the crossing.  
He didn't.  
One man touched an electric wire to see if it was dead.  
It wasn't.  
One man stopped all of his advertising to see if he could save money.  
He didn't.



# **Oneida ELDERLY SERVICES GIFT SHOP**

**2907 Overland Road  
Just West of the Health Center**

**Elders showcase their talents  
with beautiful floral  
centerpieces, Crib quilts,  
dolls, handmade and beaded  
Jewelry. Native American  
greeting cards & Oneida  
Singers Tapes and CD's**

***Fresh Popcorn, water and Diet Soda***

**Stop in/Browse**

**Open Monday-Friday**

**8:00A.M. to 12 P.M.**

**12:30 P. M. to 4:30 P. M.**

Matter of Balance

Managing Concerns about Falls

Training Session: 2 Hours for 8 Weeks

Consumer Comment: "I found the balance program to be very helpful especially in improving my mental attitude toward the matter of falling."

This training will teach you how to do exercises that will help to maintain flexibility to prevent falls. In and out of home safety precaution measures will also be emphasized.

Date: Tue. Nov.18, 2008

Time: 2:00 - 4:00 P.M.

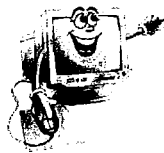
Place: Oneida Elderly Services

2907 So. Overland Rd. Oneida, WI 54155

Lay Leaders: Joyce Johnson and Debi Melchert

Contact Debi to sign up for the class  
at 869-2448 Ext. 6834

# COMPUTER GIVEAWAY TO ELDERS



**Sign up:** Please call 869-1551 or 869-2448 to sign up for a free computer.

- Deadline to sign up is Friday, Nov 14, 2008.
- If you received a computer in the past we would ask that you do NOT sign-up. The giveaway target group is for household currently without a computer.
- Please have the following information ready when you call: Name, Date of birth, Tribal ID number, Address, Phone number and Alternate phone number.
- Computer detail information: Age is about 4 to 7 years old, Hard Drive is wiped clean and installed is Windows XP and Open Office Software; Majority of memory is 512 MB; Hard drive is 4-12 gig; Majority has no modem; All will have network cards that work
- FIRST items given away will be complete sets to include monitor, tower, keyboard and mouse. There will be additional computers without monitors or other accessories available once the computer sets are gone.

## **Pick up:**

- Thurs, Nov 20 or Friday, Nov 21 between 10am and 2pm - from Social Services (OLC) delivery area, 2640 West Point Road
- Absolutely NO deliveries or shipping
- Must bring (or present elders) tribal ID
- You will be asked to sign a log sheet stating you received the computer

**NOTE:** This is a donation to you. Oneida Elderly Services (OES) and/or the Oneida Tribe Management Information Systems (MIS) are

- Not liable for any damages or the condition of the PC
- Not responsible for technical support including software or maintenance.
- Once the PC leaves the premises, it is considered disposed of from the Oneida Tribe and its programs.

Referral information for assistance in computers will be given at pick up. For more information please contact Claudia Skenandore at 869-2448. Thank you in advance for your patience and cooperation. **You are appreciated!**

## Article 5 Oneida Pow Wow

### Shawl Dance/Fancy Dancer/Butterfly Dance

- Not traditional women's style
- Originated up North early 1950's
- Filtering South mid 1970's
- Extremely colorful
- Shawl span lady's arm finger tip to finger tip
- Fringe or ribbon hand tied every 1/4inch at hem of shawl
- Fringe hangs 14 – 18 inches
- Shawl decorated with sequins, appliqué work
- Some areas call the dance "The Butterfly Dance"
- Controlled movements while spinning, performs leg swings and high kicks
- Extremely fast paced dance and the fancy foot work is fascinating to watch dancer literally appears to be dancing on air



## ***ONEIDA TRANSIT***

Oneida Public Transit would like to remind all of our Senior Citizens that "Election Day" is coming up fast. With local and national elections it is very important that we get as many Oneida's to the polling places.

If you live in Brown county that you will be voting at the Hobart Town Hall on the corner of GE and Florist Drive. If your place of residence is in Outagamie County than you will be voting at the Oneida Town Hall by the fire stations on County Highway H.

Once again our Transit will be working with the Oneida Tribe in providing free rides to the polls and than back home when you are done. This is a free service so we can get as many Oneida's to the polls as we can. Just call Oneida Transit and tell them you would like a ride to go to the voting hall. We will set two buses aside to transport to and from the voting places.

These buses are being used only for the voting so do not get on and tell the driver that instead of going home you want to go to Wal-Mart. Once you are back at your place then you will have to call and make arrangements for getting picked up and taken there. This will be at your expense.

Remember that rides to the polls and back are free. Our Oneida Tribe is picking up your fee.

Any questions please call 920-833-1415 or 920-833-9827..

Cliff Webster,  
Oneida Public Transit Director



# **"Oneida Elderly Services"**

## **ONEIDA TRIBE OF INDIANS OF WISCONSIN**

### **HOW ARE WE DOING???**

Please take the time to let us know "How we are doing?" So we can serve you better. Place a number from one (1) to five (5) in front of each service you received in the past six (6) months with one (1) being poor and five (5) being excellent. Thank you for your time and consideration.

- |  |  |
|--|--|
| <input type="checkbox"/> Congregate Meals                      | <input type="checkbox"/> Home Delivered Meals      |
| <input type="checkbox"/> Transportation                        | <input type="checkbox"/> Benefits Assistance       |
| <input type="checkbox"/> Faith in Action Services              | <input type="checkbox"/> Outreach                  |
| <input type="checkbox"/> Native Family Care-giver              | <input type="checkbox"/> Respite Care              |
| <input type="checkbox"/> In-home Chore                         | <input type="checkbox"/> 24 Hour Emergency Service |
| <input type="checkbox"/> Lifeline                              | <input type="checkbox"/> Special Events            |
| <input type="checkbox"/> Activities & Crafts                   | <input type="checkbox"/> Alzheimer's Support Group |
| <input type="checkbox"/> Home Chore                            | <input type="checkbox"/> Elder Abuse Prevention    |
| <input type="checkbox"/> Information & Referral                | <input type="checkbox"/> Loan Closet               |
| <input type="checkbox"/> Foster Grandparent & Senior Companion | <input type="checkbox"/> Emergency Home Repairs    |
| <input type="checkbox"/> Senior Employment Training Program    | <input type="checkbox"/> Other Services            |

Have services been completed within three (3) days or a reasonable time frame?

☐ Yes ☐ No

Have employees been kind and courteous? ☐ Yes ☐ No

Are you satisfied with the services you received from us? ☐ Yes ☐ No

**Comments:**

---

Signature optional: \_\_\_\_\_

Date: \_\_\_\_\_

Submit all surveys before November 30, 2008:

**Tina R Pospychala, Assistant Director**  
**2907 S Overland Rd**  
**Oneida WI 54155**

# **P.A.C.E.**

## **PEOPLE WITH ARTHRITIS CAN EXERCISE**

Brought to you by ONEIDA FAMILY FITNESS

---

- \*RESTORE AND PRESERVE FLEXIBILITY
  - \*RESTORE AND PRESERVE STRENGTH
  - \*PROTECT JOINT FROM FURTHER CHANGE
  - \*IMPROVE YOUR COORDINATION
  - \*INCREASE YOUR ENDURANCE
  - \*INCREASE YOUR ENERGY
  - \*DECREASE DEPRESSION
  - \*HELP YOU SLEEP BETTER
  - \*KEEP BONE AND CARTILAGE TISSUE STRONG AND HEALTHY
  - \*LEAD TO IMPROVED SENSE OF SELF-ESTEEM AND ACCOMPLISHMENT
- 

**WHEN:** 8 WEEK SESSION BEGINNING 11/3/08

**DAYS:** MONDAY AND WEDNESDAY AT ONEIDA ELDERLY SERVICES -  
Activity Room

**TIME:** 11:00 A.M.-11:30 A.M.

**FREE FOR ELDERS OVER 55 AND LIMITED TO  
THE FIRST 20 PEOPLE.**

Any questions or concerns call Michelle at 869-2448