

DRUMS

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



ACROSS

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

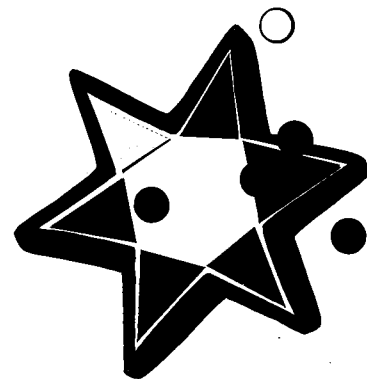
YutekhwayAhe? Wahní·tále?

Food Storing Moon

October, 2008



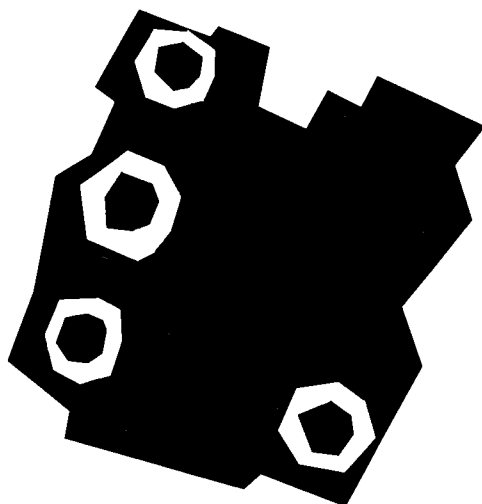
ALZHEIMER'S DISCOVERY GROUP



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 Lorna Christjohn.



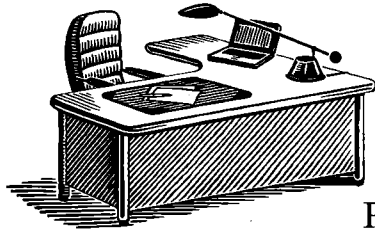
From: Brooke Doxtator
To: Douglas, Linda; Skenandore, Claudia
CC: Warren Reiter
Date: 9/19/2008 1:13 PM
Subject: DRUMS

Linda,
The count for the DRUMS **1611**. Any questions, please let me know.

Brooke Doxtator
Records Technician
Enrollment Department

(920) 869-6205
(800) 571-9902 ext 6205
bdoxtat1@oneidanaion.org

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

Elder's Meditation

"Praying to seek a vision, to seek truth is always right. Truth build upon itself-as the true mark of a warrior who conducts himself/herself accordingly-so the its beauty may shine in the faces of our children."

Barney Bush, SWAWNEE

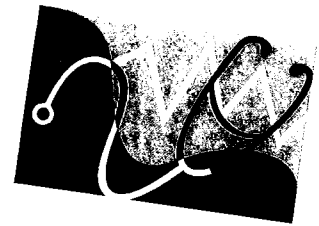
We move toward and become like that which we think about. What we think about creates our vision. If our thoughts are wise and good, then our vision becomes strong and truthful. If our thoughts are junk, then our vision becomes contaminated, so it is important to be aware of what we are thinking about. As I live my vision, my children watch and they will like their lives the same way. We need to live the walk of the Warrior. We need to walk in beauty and respect.

Oh Great Spirit, give me a vision for today. Let me see truth. Let me walk in beauty. Let my heart guide me in truth. The law says the truth shall set you free. Let me be free today.

To Jim Taylor and family we want to apologize for the misspelling of Compliment. Did you fix the Goulash yet? Was it good or delicious? Let us know.

OCTOBER 2008 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Please sign up for trips at Senior Center Main Office.</p> <p>*All trips leave from Senior Center.</p>				
	<p>*Is this your Birthday month?</p> <p>* 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.</p>			<p>*Activities due to change without notice.</p>
<p>6</p> <p>UNO Game</p> <p>Elderly Services 9:30</p> <p>Bingo</p> <p>Site II 1:00</p>	<p>7</p> <p>Crafts</p> <p>Elderly Services 9:30 – 11:30</p>	<p>1</p> <p>Corn Husking</p> <p>Tsyunhehkwá 9:30</p> <p>Bingo</p> <p>Hwy H 1:30</p>	<p>2</p> <p>Puzzles</p> <p>Elderly Services 9:30</p> <p>Bowling</p> <p>Ashw. Lanes 1:30</p>	<p>3</p> <p>Banks</p> <p>Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>13</p> <p>Cooking</p> <p>Elderly Services 9:30</p> <p>Visit Simon's Cheese</p>	<p>14</p> <p>Crafts</p> <p>Elderly Services 9:30 – 11:30</p>	<p>8</p> <p>Oneida Language</p> <p>Elderly Services 9:30</p> <p>Bingo</p>	<p>9</p> <p>Farmer's Market</p> <p>Black Creek 9:30</p> <p>Shuffle Board</p> <p>Hwy H 1:30</p>	<p>10</p> <p>Banks</p> <p>Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>20</p> <p>Yatze</p> <p>Elderly Services 9:30</p> <p>Bingo</p>	<p>21</p> <p>Crafts</p> <p>Elderly Services 9:30 – 11:30</p>	<p>15</p> <p>Rubber Stamping</p> <p>Elderly Services 9:30</p> <p>Bingo</p> <p>Hwy H 1:30</p>	<p>16</p> <p>Price is Right</p> <p>Elderly Services 9:30</p> <p>Bowling</p>	<p>17</p> <p>Banks</p> <p>Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>27</p> <p>Scrabble</p> <p>Elderly Services 9:30</p> <p>Movie</p> <p>Elderly Services 1:00</p>	<p>28</p> <p>Bingo</p> <p>Methodist Church 9:30 – 11:30</p>	<p>22</p> <p>Oneida Language</p> <p>Elderly Services 9:30</p> <p>Bingo</p>	<p>23</p> <p>Good Will Store</p> <p>Green Bay 9:30</p> <p>Shuffle Board</p> <p>Hwy H 1:30</p>	<p>24</p> <p>Banks</p> <p>Shopping Lunch Out (on your own) 10:00 – 3:00</p>
		<p>29</p> <p>Halloween</p> <p>Bingo</p> <p>3 Sisters Building 9:30 - 11:30</p> <p>Bingo</p> <p>Hwy H 1:30</p>	<p>30</p> <p>Rummi-Kub Game</p> <p>Elderly Services 9:30</p> <p>Birthday Lunch 12:00</p> <p>Bowling</p>	<p>31</p> <p>Banks</p> <p>Shopping 9:00</p> <p>Lunch at Senior Center</p> <p>Halloween Party Senior Center 12:30</p>



Caregiver Support Group

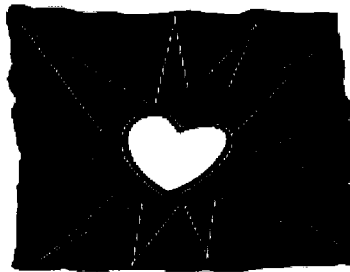
Date: Wednesday, October 22, 2008

Time: 1:30 P.M. – 3:30 P.M.

Place: Oneida Elderly Services Complex Conference, Room, 2907 South
Overland Road, Oneida, WI 54155

Topic's: Shingles, Heart Related Diseases and Fall Prevention
Refreshments Provided

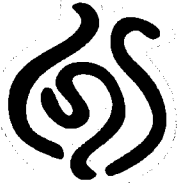
Contact: Deborah J. Melchert, NAFCC
Oneida Elderly Services, Phone 920-869-2448 Ext. 6834



**F A I T H
I N A C T I O N**

We inadvertently missed a great big thank you to Tom Rasmussen, our volunteer fire fighter, for always being available to fill our Dunk Tank. The Faith In Action Picnic Held on August 2nd at Elderly Services was a great success and we are very grateful for Tom's assistance in making our Dunk Tank happen for that event.

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 1st, 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.

BEFORE SUNSET

C	A	P	A	T	I	E	N	C	E	C	T	T	A	F	Y	L	J	Z	K
C	T	L	U	C	I	F	F	I	D	L	O	I	A	C	L	K	C	Y	K
S	U	O	E	N	A	T	N	O	P	S	B	M	M	L	H	I	S	T	K
T	O	G	E	T	H	E	R	R	P	I	S	I	M	E	K	I	G	I	X
Q	F	E	D	L	A	C	I	N	H	C	E	T	S	I	L	I	E	H	R
J	E	L	E	F	A	U	N	F	O	L	D	E	K	S	T	I	N	V	T
B	S	A	L	Z	A	N	I	V	A	Z	V	D	V	W	O	M	N	G	E
X	I	N	I	I	B	O	C	R	J	C	P	M	A	I	C	P	E	E	J
E	M	O	C	V	S	I	M	N	A	J	I	S	L	S	R	R	I	N	J
R	O	S	A	E	T	T	F	D	W	A	T	R	C	A	J	T	O	R	T
O	R	R	T	F	R	A	S	I	R	A	P	R	E	N	E	I	N	I	M
T	P	E	E	S	A	N	N	E	I	V	I	U	S	M	T	V	Y	O	Z
S	D	P	T	L	C	I	L	F	F	P	G	R	L	A	A	Q	E	R	C
K	T	L	C	I	T	C	A	F	T	O	A	A	R	L	G	M	G	R	E
O	C	E	E	A	I	S	O	E	L	E	R	B	T	C	E	J	O	R	P
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B	L	O	N	E	N	F	I	E	T	L	T	O	P	I	C	S	Z	O	C
O	I	N	O	D	S	D	N	A	E	N	O	O	N	R	E	T	F	A	C
D	N	S	C	V	B	I	N	C	F	R	E	F	L	E	C	T	Z	Y	F
L	E	J	U	Y	N	O	I	H	S	Z	E	S	S	E	J	C	C	J	Z

Abstractions	Delicate	Novel	Scripted
Achieve	Details	Paris	Spontaneous
Afternoon	Dialogue	Patience	Talking
America	Difficult	Personal	Technical
Bookstore	Fascination	Possible	Time Line
Celebration	Flight	Project	Together
Celine	Jesse	Promise	Topics
Commitment	Lifetime	Reflect	Unfold
Connect	Natural	Reveal	Vienna
Contrive	Nine Years	Risky	



Going braless pulls the wrinkles out of your face!
 You do not care where your spouse goes, just as long you do not go!
 Getting a little action means, you do not need fiber today!
 Getting lucky means you found your car in the parking lot!
 An all-nighter means not getting up to bathroom!

MENU

OCTOBER

2008

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

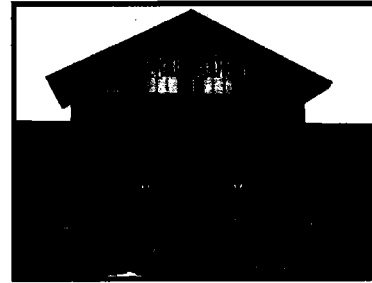
Monday	Tuesday	Wednesday	Thursday	Friday
6 Chili Cucumbers W/W Bread Sherbet	7 Boiled Dinner Fresh Bread Juice Pineapple Tidbits	1 Chicken Ala King Biscuits Rice Juice Yogurt	2 Lasagna Salad Garlic Bread Berries	3 Beef Tips & Noodles Brussels Sprouts W/W Bread Pudding
13 Chicken Salad Croissants Cucumbers, Tomatoes, Lettuce Juice Ice Cream	14 Split Pea Soup Fresh Bread Juice Peaches	8 B.B.Q. Pork Red Potatoes Beans Buns Juice Applesauce	9 Beef Roast Potatoes California Blend Veggies W/W Bread Mandarin	10 Scrambled Eggs Sausages Pancakes Juice Mixed Berries
20 Chop Suey Rice W/W Bread Pears	21 Potato Soup Fresh Bread Juice Pudding	15 Bratwurst Potatoes Sauerkraut W/W Bread Yogurt	16 Meatloaf Potatoes Carrots W/W Bread Cookies	17 Fish Seasoned Potatoes Cole Slaw Rye Bread Jell-o
27 Ring Bologna Potatoes Sauerkraut W/W Bread Mandarin Oranges	28 Hamburger Soup Fresh Bread Juice Yogurt	22 Chef Salad Ham, Turkey, Eggs, Lettuce & Tomatoes Cottage Cheese Ice Cream	23 Liver & Onions Potatoes Beets W/W Bread Whip & Chill	24 Ham Sweet Potatoes Peas, Cranberries W/W Bread Bread Pudding
All meals are served with coffee, milk or tea.		Menu is subject to change.		
		BIRTHSTONE: OPAL FLOWER: CALENDULA		HOURS: 8 A.M.-4:30 P.M. Lunch Is Served Monday-Friday 12P.M.-1:00P.M.
		BIRTHDAY DAY Chicken Potatoes Squash W/W Bread Lemon Cake		31 HALLOWEEN Sloppy Joe's Buns, Beans, Chips Orange, Apple, Pineapple Rings

ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Oneida Tribal Elders
2907 S Overland Rd., Oneida, Wisconsin 54155

1-920-869-2448, 1-800-867-1551

Ask for Corinne Robelia-Zhuckkahosee



We would greatly appreciate it if you would call us:

- **to update your contact information**
- if you would like to be added to the list
- if you would like to be taken off the list
- to confirm your name and status on the list

When an apartment becomes available we will contact elders in the order they are on our list. If we are unable to reach an elder because contact information is not valid - this elders name will be listed as inactive until contact information is updated.

Independent Living for Elders

- Lease Options: 12 months
- Type of Housing: One bedroom Apartment, Independent living
- Utilities Included: Pest Control, Trash, Hot Water, Heat, Gas, Sewer, Water

Apartment Features

- ◆ Appliances: Stove, refrigerator and central air
- ◆ Services: parking, community Room
- ◆ Must pay own electricity, cable and telephone
- ◆ Individual storage space
- ◆ Coin operated washers and dryers on premises
- ◆ Secured building with security cameras (for visual assessment only)
- ◆ No Pets Allowed
- ◆ Professional Onsite Management
- ◆ 24 Hour Maintenance
- ◆ Elderly Bus/Public Transit

The Elderly Services Program of the Oneida Tribe of Indians of Wisconsin mission is to assist our Elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

!!!CONGRADULATIONS!!!

Oneida Elderly Services

would like to congratulate Arlie Doxtator on his winning ticket.

Arlie purchased the winning raffle tickets that were for the Packer vs. Viking game on

September 8, 2008

Hope you had a great time at the game!!!! WE WON !!!!

Thank you for your support.

The Faith In Action and Foster Grandparent Program wish to thank all who participated in the raffle, for their donations.

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 4th. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.



Time will change on
Sunday, November 2, 2008

FYI

For our elder consumers:

Starting February 2009 television broadcasting will be changed from analog to digital. This is supposed to provide better viewing and help emergency responders protect the community. In order for this change to not affect your television viewing a TV converter box must be purchased and connected to your television. Most converter boxes will be priced from \$50 to \$70. Any televisions connected to cable, satellite, or services of the sort do not need a converter box to receive broadcasting.

Since new equipment must be purchased to accommodate the broadcasting change the government is offering a program to help lower the cost for consumers. You can apply for a \$40 coupon via telephone, online, mail in, or by fax. There is a limit of two coupons per household. The remaining balance of the converter will be the consumer's out of pocket cost.

To get more information or complete an application you can visit the website <https://www.dtv2009.gov/> or contact Angela Ortiz, Elder Benefit Specialist at (920) 869-2448.



Join us for a "Spook-tacular"
Time at the Elderly Services

HALLOWEEN PARTY!

Where: Senior Center
134 Riverdale Drive, Oneida, WI
When: Friday, October 31, 2008
Time: 12:30 P.M. - 2:30 P.M.

***Dress up for our Elderly costume contest!

***Live music by: Classic Memories

**Table buddy Pumpkin Painting

BE PREPARED FOR PRIZES AND LOTS OF FUN!



Elderly Service Request Guidelines

Upon receiving a request for service, an Initial Contact form will be generated by the Elderly Services coordinator and routed to the proper area for services. Our priority for service is

- 70 years of age and older, and
- 55 to 69 years of age who are disabled or handicapped, and living alone or have serious health and safety issues.

Our priority for serving the 55 to 69 age group is if an emergency that impacts immediate economic or health, and/or safety issues. If emergency service is needed (usually handled by another area or vendor outside of the Oneida Nation) please call the Elderly Services Coordinator at (920) 869-2448. Every effort will be made to meet the needs of the Elders in this age group.

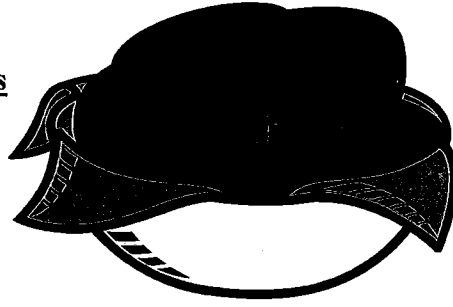
Unless Elderly Services makes a referral, on behalf of the requesting individual(s), this department will **NOT** be responsible for any of the charges incurred. Elderly Service can provide up to \$200.00 per request and this is based on the priority of 70 years of age and older or in an emergency for 55 to 69.

Our telephone number is 920-869-2448, and our office hours are from 8:00 a.m., to 4:30 p.m., Monday through Friday.

We provide a 24 hour answering service that effectively relays messages to the appropriate staff member after our regular office hours and on the weekends as well.

TILLIE'S DOUGHNUTS

Judy Cornelius, Out Reach Worker, Elderly Services



3 Eggs
1 ½ Cups Sugar
1 Tsp. Nutmeg
1Tsp Baking Soda
1 Tsp Soft Butter
Pinch of Salt
1 Cup Buttermilk

Mix above ingredients, once well creamed add four cups of flour. Chill the dough for at least several hours in the fridge. Roll dough to about ¼ inch for nice fat doughnuts and fry in deep oil.

This recipe was shared with me by my husbands' grandmother, Tillie (Metoxen) Baird.

The key component to a successful batch is to allow several hours to chill which makes the dough easy to work with. If not chilled long enough you will find yourself adding more flour and will produce some heavy ringers!

Don't get discouraged - -practice makes perfect, I was lucky I learned from the pro who gently walked me through the process.



Article 4 (October-2008)

Fancy Dancer / Feather Dancer

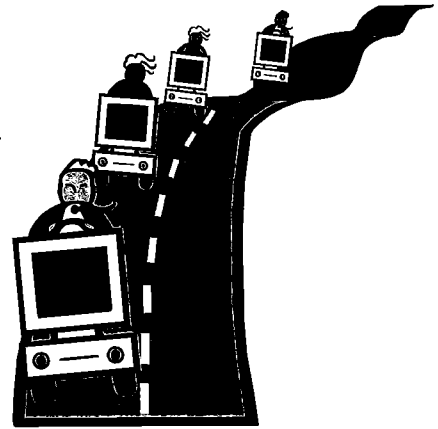
- Flashy
- Colorful-represents Rainbow Spirit
- Highly energetic
- Vivid Regalia
- Dramatic movement
- Fast and challenging
- Aerials and jumps
- Visual effects-face painting
- Twin bustle decorated with free flowing fringe usually quite colorful
- Roach with two feathers which are to be kept in constant movement throughout dance

We are looking for any information on the difference between Fancy Dancer and Feather Dancer and the difference between Northern and Southern?

Give us a call at 920-869-2448 ask for Linda Douglas.

ELDERS!

**CHECK THIS OUT AT ELDERLY SERVICES!!
THE COMPUTORS AT ELDERLY SERVICES
HAVE A PROGRAM THAT YOU CAN HAVE
ACCESS TO: CHECK YOUR DRIVING ABILITIES
TAKE THE TEST AND SEE IF YOU DO WELL
IF YOU DON'T YOU'LL KNOW WHAT YOU
CAN DO TO KEEP DRIVING SAFELY
THE TEST TAKES 30 TO 45 MINUTES
PLEASE CALL LORNA Chirstjohn AT 869-2448
FOR MORE INFORMATION
ACCESS ONLY 2 ELDERS AT A TIME UNTIL WE
CAN ACCOMMODATE MORE**



Elder Services would once again ask for donations of cell-phones
Whether they have connections for charging will not matter
So please if you have any old cell-phones that you are not using
Please donate them to Elderly Services
In-care of Lorna Chirstjohn Thank you



WISDOM OF ONEIDA ANCESTORS

SEPTEMBER 9, 2008

Oneida – A History of Combining Culture with Knowledge to Achieve Wisdom.
It is good for the soul to walk the same ground and feel the presence and spirit of our ancestors. (Excerpts from Wisdom of Oneida Ancestors)

HEART

- Bring life to your home
 - 1) Plants should be all around the interior
 - 2) Pets should be around to enjoy
 - 3) People should be teaching others-especially the upcoming generations
 - 4) Children should be a common sight
 - 5) People should feel a connection to spirituality and community-a strong social network is so beneficial
- Home Style
 - 1) Create a positive eating experience-something everyone looks forward to
 - 2) Eating should be a source of joy
 - 3) The table where everyone gathers should be a center of conversation
 - 4) Activities of family style cooking make holidays special
 - 5) Smells of the kitchen build anticipation and conversation about the great meal about to be served
 - 6) The meal setting should be inviting-so “families” naturally gather for breakfast, lunch, and dinner
- Healthy Eating
 - 1) Create a setting to inspire use to celebrate meals
 - 2) Lots of salad and vegetables should be enjoyed each day
 - 3) Soda and caffeine should be a minimal part of our day
 - 4) Indian spices provide great flavor and health benefits
 - 5) Harvest vegetables from large on-site gardens within easy walking distance

HEALTH

- Daily Outdoor Enjoyment
 - 1) Daily 20 minute walks in the outdoor sun are necessary
 - 2) Sit outdoors everyday
 - 3) Create inviting landscapes filled with plants, birds, and wildlife
 - 4) Be part of nature and one with nature to gain a spiritual experience
- Lots of Sunlight
 - 1) Bright sunlight should be experienced throughout the day-windows, windows, and more windows
 - 2) Getting outside into the light of day is a must-every day-outside, outside, outside
 - 3) Easy access to the outdoors-sunlight and fresh air are ideal
- Good Air Quality
 - 1) Air quality should be unsurpassed
 - 2) Tobacco ceremonies are part of our culture-however, smoking disrespects our health, the health of others, and fire safety
 - 3) Fresh air-outdoors, indoors, and frequently opened doors and windows to clear indoor air

WISDOM OF ONEIDA ANCESTORS
SEPTEMBER 9, 2008

- Exercise
 - 1) Preserve our ability to walk as we age-through walking, walking, and more walking
 - 2) A walking harness may be needed by some to build confidence, increase strength, and improve range of motion to learn to walk again
 - 3) Bending and movement should be a natural part of every day-to limit need for wheelchairs
 - 4) Exercise occurs through life's natural movements-promote movement with easy distances and reachable heights
- Physical Health
 - 1) Relaxation and meditation time should be part of every day
 - 2) Walk, walk, walk-make your home easy to get around to keep you walking-short distances encourage walking
 - 3) Over time healthy living should put weight on those who need it and off those that don't
 - 4) Our living spaces should be easy to keep clean
 - 5) Yoga should become part of everyone's life
 - 6) Chi-gong is particularly wonderful for elder ladies and men
 - 7) Our bodies are the only weights and exercise machines we need-we need to keep moving under our own power
- Preserve Your Health
 - 1) Relaxation is so important-use a sauna, steam room, and whirlpool often-they help remove toxins from the body
 - 2) Stay focused on proper dental care to ensure healthy gums-to reduces risk of pancreatic cancer, heart disease, and stroke
- Stress Free
 - 1) Everything should be done in a way to minimize stress
 - 2) Take time each day for deep and thoughtful breathing-great relaxation benefits
 - 3) Everyone should set aside a 15 minute quiet session each day for meditation, prayer, and deep contemplative relaxing thoughts
 - 4) Stress, conflict, and isolation are signs that things are not right
- Great Sleep-Evening Transition
 - 1) Light should begin to transition from bright daytime, to dimmer evening, to dark bedtime
 - 2) The sounds of the day should transition to the quiet sounds of night
 - 3) Our eating and drinking should transition well before bedtime
 - 4) We should have a routine that slows us and prepares us for bedtime
 - 5) Keep our body clock in rhythm with the natural world-better sleep, eating, and behavior are the result
- Great Sleep-Night Time Darkness
 - 1) Day should be day with lots of bright natural light and night should be night to promote better sleep-it keeps our internal clock set
 - 2) Dark, dark sleeping areas-lights off-sometimes "night lights" are helpful to guide our way

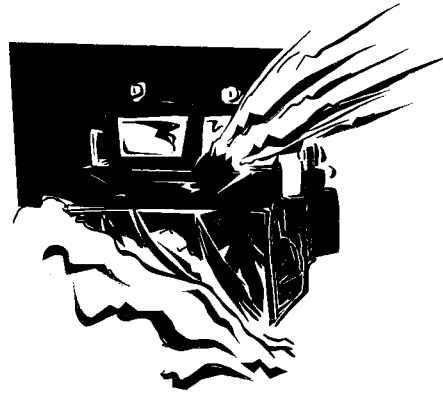
from the Oneida Nation Commission on Aging

What happen in the month of October?

- In 1982 the CD player debut
- World Blindness Awareness
- Disney World opened October 1, 1972
- National Apple Jack Month
- Family History Month
- Buffalo Round up Month
- James Bond Movie, Dr. No, Sean Connery, 1962

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.



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NORMAL VS MEMORY LOSS CONNECTED TO ALZHEIMER'S

Presenter: Beverly Bartlett,
Outreach Specialist,
Alzheimer's Association of
Greater Wisconsin

Date: Wednesday, October 15, 2008

Time: 12:00 P.M.

Location: Oneida Senior Center

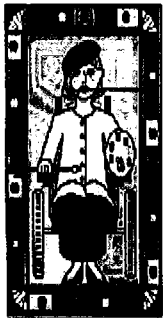
134 Riverdale Drive

Oneida, WI. 54155



Mind, Body & Spirit Of Aging Annual Conference

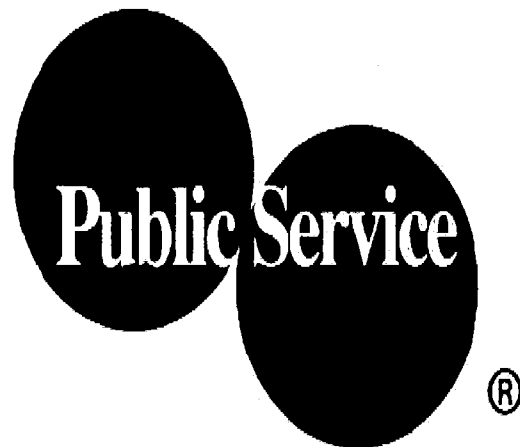
Spirituality is the life principle that pervades a person's entire being. It indicates receptiveness to a greater power defined by the individual.



Friday, October 24, 2008
8:15 a.m. to 1:00 p.m.

RADISSON HOTEL CONFERENCE CENTER
Iroquois Room
2040 Airport Drive
Green Bay, WI

Mind, Body & Spirit
Of Aging Conference
Radisson Hotel
Conference Center
October 24, 2008
Sponsored by:



Agenda

8:15-9:00 Registration/Health Screenings

9:00-9:15 Welcome/Oneida Honor Guard

9:15-10:00 **KEYNOTE PRESENTATION: *Katie Dykes***

Maintain the Brain

Recent research provides exciting discoveries about aging and memory. This session to include overview of how memory works, how memory processes change with aging, and practical recommendations for improving memory.

10:00-10:15 Break

10:15-11:00 Breakout Sessions A, B, C

A: Laughter: The Best Medicine for Health and Wellness at Any Age, and it's FREE!, *Kathy Verstegen, RN, CLL*

Learn why laughter is important to our physical, mental and emotional life; avoid "hardening of our attitude" thru laughter exercises; and learn an approach to daily living that may change your life.

B: The Journey of a Lifetime, *Gail Trimberger*

Learn about the current state of dying in American contrasted with the way people wish to die and discuss importance of advanced care planning.

C: Meditation for Better Health, *Bonnie Groessl, MSN, APNP*

Meditation is practiced in many ways and easier than you think. Learn techniques and practice guided meditations. Can be a valuable tool for relieving stress and pain, promoting restful sleep and sense of well-being.

11:00-11:15 Break

11:15-12:00 Breakout Sessions A, B, C, Repeated

12:00-12:15 Break

12:15—1:00 Lunch with door prize drawing held at 12:45,
Entertainment by Cheryl Murphy, Harpist

SPEAKER BIOGRAPHIES

Katie Dykes, RN, MSN, MSNEd, served in the helping profession for 20+ years and is an experienced trainer/facilitator offering practical information to enhance your pastoral ministry. She currently is an Advanced Practice Nurse Prescriber/Geriatric Nurse Practitioner at Prevea, Parish Nurse at St Willebrord Parish, and adjunct clinical faculty for UW-Madison and Concordia University. Katie's nursing experience includes Intensive Care, Home Health/Hospice Care, maximum security prison nursing, crisis mental health care, and sexual assault victim/family assistance.

Kathy Verstegen, RN, CLL, (Certified Laughter Leader) has been a certified laugh leader for 5 years. She believes we are 100% responsible for our health and wellness at all ages of life, and laughter is a positive step towards our personal health and wellness. More info on the laughter movement can be found at www.worldlaughtertour.com.

Gail Trimberger, a member of the faculty at UW-Green Bay, holds a Master of Science from UW-Madison, and is a licensed Clinical Social Worker. Gail is a certified trainer for Education in Palliative and End-of-Life Care (EPEC). She has 26+ years of experience in medical social work, including 14 years providing direct care to hospice and palliative patients, and educating the community on end-of-life care.

Bonnie Groessl MSN, APNP, owner and nurse practitioner at The Bridge to Health, is board certified by the American Nurses Credentialing Center as an FNP with additional training in integrative medicine, with emphasis on helping clients attain optimal health. Bonnie focuses on lifestyle issues, nutrition, stress management and mind-body techniques; with special interest in teaching clients useful tools when dealing with life-threatening and chronic illness, migraines, and chronic pain (physical and emotional). She also serves as adjunct faculty for UW-Green Bay, and does public speaking doing workshops/presentations for professionals and the public.

ONEIDA ELDERLY SERVICES

GIFT SHOP

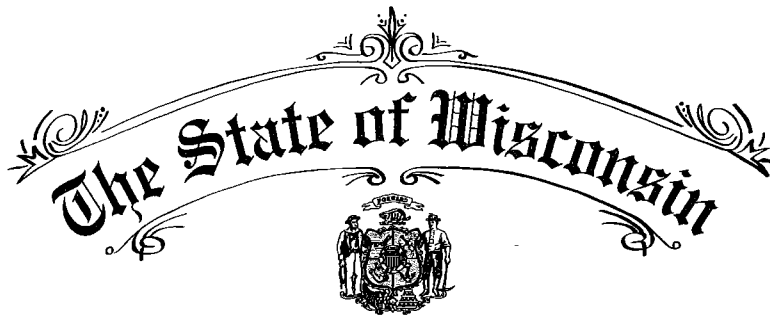
**2907 South Overland Road
Just West of the Health Center**

*Elders showcase their talents
With beautiful floral centerpieces,
quilts, pillows, dolls,
Handmade beaded jewelry
Native American greeting cards
Oneida Singers Tapes*

**Open Monday-Friday
8:00 A.M. to 12:00 P.M.
12:30 P.M. to 4:30 A.M.**

**Come visit with us. We have
fresh popcorn every day.
Also Diet Soda and water**

*Elders: Come display your art and
crafts at no cost or commission.*



OFFICE OF THE GOVERNOR

A PROCLAMATION

WHEREAS, the death rate due to unintentional falls in Wisconsin is twice the national average; and

WHEREAS, one third of people over the age of 65 fall every year resulting in doctor visits, hospital admissions, emergency room visits, loss of functional independence and even death; and

WHEREAS, fall related hospitalization and emergency department visits result in over \$350 million in charges in Wisconsin every year, 90% of which is paid by Medicare; and

WHEREAS, multiple contributing factors increase the risk of falls including lack of strength in lower extremities, use of four or more medications, reduced vision, chronic health problems, and unsafe home conditions; and

WHEREAS, injuries from falls are a preventable community public health problem and a variety of preventive practices have been proven effective; and

WHEREAS, Wisconsin is a leader in falls prevention research; and

WHEREAS, Wisconsin's Aging and Public Health Networks are leaders in providing evidence-based community fall prevention programs to older citizens across the state; and

WHEREAS, community-based programs in combination with public health and health care preventive practices reduce the likelihood of falls and support older persons in maintaining health and staying safe in their communities; and

WHEREAS, a reduction in the incidences of disability and death due to falls is a priority of our *Healthiest Wisconsin 2010* Agenda;

NOW, THEREFORE, I, Jim Doyle, Governor of the State of Wisconsin do hereby proclaim the month of September 2008, as

FALL PREVENTION AWARENESS MONTH

and, further proclaim **September 21, 2008, as**

FALL PREVENTION AWARENESS DAY

in Wisconsin and call upon all citizens to observe the month by becoming familiar with the risk factors associated with falls, and to learn about and practice ways to reduce the risk of falling, add years to life, and maintain quality of life and independence.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this eighteenth day of August in the year two thousand eight.

A handwritten signature of Jim Doyle in black ink, written over a horizontal line.

JIM DOYLE

By the Governor

A handwritten signature of Douglas A. Follette in black ink, written over a horizontal line.
DOUGLAS A. FOLLETTE
Secretary of State