

# DRUMS

Oneida Elder Services  
Lee McLester II Building  
P.O. Box 365, 2907 S Overland  
Rd.

Oneida, WI 54155  
Phone: 920-869-2448  
1-800-867-1551

Drums contact: Helen Doxtator  
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# ACROSS

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

Yeyathókwas Wahní·tále?

Harvest moon (9<sup>th</sup> Moon)

September 2013

## Table of Contents



Sept Menu  
Sept Activities Calendar  
Yawako  
Candy Puzzle  
Gift Shop  
Caregiver Flyer  
Nutrition Info  
Apple Picking  
Unacceptable Behavior  
GLNAEA Oneida Sept. 2013  
Hyper Oxygen returns to Oneida  
The Iroquois Clan System  
Alter Native Ways of Belonging  
Fall Prevention check list  
Proclamation 2013  
Fall Prevention Awareness



**MENU****SEPTEMBER****2013****ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WI., 54155    PHONE : 1-920-869-1551**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 <b>LABOR DAY</b>  <b>CLOSED</b>	3 Taco Soup Chips Fresh Vegetables  Peaches	4 Salad W/Chicken Strips Eggs Cottage Cheese, Tomatoes Dinner Rolls Juice Melons	5 Pork Steak Rice Pilaf Green Beans  Melons	6 Tuna Salad Lettuce, Cucumbers, Tomatoes  Blueberries
9 Beef Stew Biscuits Juice  Apple Sauce	10 Bratwurst Red Potatoes Mixed Vegetables Buns  Mandarin Oranges	11 Ham Sweet Potatoes Peas  Watermelon	12 Meat Loaf Wild Rice Mixed Vegetables  Pears	13 Fish Oven Potatoes] Cole Slaw  Jell-O
16 Chop Suey Rice Chop Suey Vegetables  Pears	17 Pea Soup Fresh Bread String Cheese  Sherbet	18 Macaroni & Cheese Chicken Breast Mixed Vegetables  Cookies	19 Tater Tot Casserole Green Beans Cheese  Apple, Pineapple & Orange Rings	20 Beef Philly Sandwiches Pepper & Onions Cheese Baby Red Potatoes  Fresh Fruit
23 Salisbury Steak Mashed Potatoes Carrots  Peaches	24 Lasagna Salad Garlic Bread Juice  Fresh Fruit	25 Ham & Turkey Wrap Tomato, Lettuce & Cheese Chips  Jell-O	26 <b>BIRTHDAY DAY</b> <b>Chicken &amp; Gravy</b> <b>Stuffing</b> <b>Mixed Vegetables</b> <b>Cranberries Juice</b> <b>Cake</b>	27 Fish Tater Tots Cole Slaw Juice  Yogurt
30 Tomato Soup Grilled Cheese Sandwiches Fresh Vegetables  Mixed Berries				
All meals are served with coffee, milk , tea or water	Menu is subject to change.	<b>BIRTH STONE:</b> <b>SAPPHIRE</b> <b>FLOWER:</b> <b>ASTER</b>	<b>HOURS:</b> <b>8:00A.M.-4:30P.M.</b> <b>Lunch Is Served</b> <b>Monday-Friday</b> <b>12:00P.M.-1: 00P.M.</b>	

# SEPTEMBER 2013 ACTIVITIES

Monday	Tuesday		Thursday	Friday
<b>2</b>  <b>OFF</b> <b>No Activities</b> <b>Observance of</b> <b>Labor Day</b>	<b>3</b>  <b>Crafts</b> <b>9:30 – 11:30</b> <b>Elder Services</b>	<b>4</b>  <b>Senior Day at</b> <b>New Zoo</b> <b>10:00</b> <b>Bag Lunch Provided</b> <b>No Transportation for</b> <b>lunch this day.</b>	<b>5</b>  <b>Big Lots</b> <b>Green Bay 9:30</b>  <b>Farmer's Market</b> <b>Oneida 1:00</b>	<b>6</b>  <b>Banks, Shopping</b> <b>&amp; Lunch Out</b> <b>(On your own)</b> <b>10:00 – 3:00</b> <b>No Transportation for lunch</b> <b>this day.</b>
<b>9</b> <b>Wheel of Fortune</b> <b>Elder Services 9:30</b> <b>Exercise</b> <b>Elder Services 11:00</b> <b>Bingo</b> <b>Site II 1:00</b>	<b>10</b>  <b>Crafts</b> <b>9:30 – 11:30</b> <b>Elder Services</b>	<b>11</b> <b>Oneida Language</b> <b>Elder Services 9:30</b> <b>Exercise</b> <b>Elder Services 11:00</b> <b>Bingo</b> <b>Senior Center 1:00</b>	<b>12</b>  <b>Apple Picking</b> <b>Oneida 10:00</b> <b>Packer Hall of Fame</b> <b>Green Bay 1:15</b> <b>(\$8.00 admission fee)</b>	<b>13</b>  <b>Banks, Shopping</b> <b>&amp; Lunch Out</b> <b>(On your own)</b> <b>10:00 – 3:00</b> <b>No Transportation for lunch</b> <b>this day.</b>
<b>16</b> <b>Apples to Apples</b> <b>Elder Services 9:30</b> <b>Exercise</b> <b>Elder Service 11:00</b> <b>Bingo</b> <b>Senior Center 1:00</b>	<b>17</b>  <b>Farmer's Market</b> <b>&amp; Dollar General</b> <b>Store</b> <b>DePere 9:30</b>	<b>18</b> <b>Indoor Horse Shoes</b> <b>Elder Services 9:30</b> <b>Exercise</b> <b>Elder Services 11:00</b> <b>Bingo</b> <b>Cliff Webster Build 1:30</b>	<b>19</b> <b>Movie</b> <b>Budget Theater</b> <b>12:00</b> <b>(on your own)</b> <b>Bring your bag lunch</b> <b>No Transportation for</b> <b>lunch this day.</b>	<b>20</b>  <b>Banks, Shopping</b> <b>&amp; Lunch Out</b> <b>(On your own)</b> <b>10:00 – 3:00</b> <b>No Transportation for lunch</b> <b>this day.</b>
<b>23</b> <b>Fact or False</b> <b>Elder Services 9:30</b> <b>Exercise</b> <b>Elder Services 11:00</b> <b>Bingo</b> <b>Site II 1:00</b>	<b>24</b>  <b>Crafts</b> <b>9:30 – 11:30</b> <b>Elder Services</b>	<b>25</b> <b>Oneida Language</b> <b>Elder Services 9:30</b> <b>Exercise</b> <b>Elder Services 11:00</b> <b>Bingo</b> <b>Cliff Webster Build 1:30</b>	<b>26</b>  <b>Price is Right Game</b> <b>Elder Services 9:30</b> <b>Birthday Lunch 12:00</b> <b>Oneida Family</b> <b>Fitness</b> <b>1:15</b>	<b>27</b>  <b>Banks, Shopping</b> <b>&amp; Lunch Out</b> <b>(On your own)</b> <b>10:00 – 3:00</b> <b>No Transportation for lunch</b> <b>this day.</b>
<b>30</b> <b>Scrabble Game</b> <b>Elder Services 9:30</b> <b>Exercise</b> <b>Elder Services 11:00</b> <b>Bingo</b> <b>Senior Center 1:00</b>			<p><i>*Is this your            Birthday Month?  <u>You must sign up in the            Birthday Book at the            Senior Center. Must be            present at B-day Lunch            to receive your gift card</u></i></p>	<p><i>* Please sign up for            trips at the Senior            Center.            * All Trips leave            from Senior Center.            * Activities subject            to change.</i></p>

**\*\*If you have any questions Please call Michelle at 869 – 2448\*\***

# Yaw•ko

In the Oneida language, **Yaw•ko** means *Thank You!* During these hard economic times, the generosity of our community members means so much, which is why Oneida Elder Services would like to send a very special thank you to the following individual(s):

George Greendeer

Arlie Doxtater

Josephine Oudenhoven

Received a call from an elder regarding, she is moving off reservation boundaries and will not be receiving services. She wanted to say thank you to everyone that has helped her, especially Beatrice Skenandore in her words, "She is a blessing and great worker, and I will miss having her help".

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## Elder Expo

Our first Elder Expo hosted by Oneida Nation Commission On Aging and Elder Services is over and our vendor and attendee surveys show that the expo was a great success with requests to repeat next year. All the comments from the surveys were carefully read and evaluated to improve the Elder Expo for next year.

179 elders enjoyed 20 tribal vendors that offered valuable resources and information to them. The elders were also given this opportunity to socialize with each other.

One of the highlights of the event was a wall called "Guess who I am." pictures of elders in their younger years were on display and each picture was identified on a list. The elders really enjoyed and you could hear the chuckles.

Winners of the random draw door prizes (\$10.00 Oneida Gift cards): Loretta Metoxen, Pat Neilsen, Diane Heim, Roberta Anderson, Judith Spang, Noel Cleven and Greg Matson who donated his \$10.00 card back to ONCOA.

Attendee survey random draw winners (\$10.00 Oneida Gift Card): Barbara Mendolla and Loretta Skenandore.

50/50 raffle netted \$290.00 with ½ going to random draw winner Ben Vieux and ½ to Roberta Kinzhuma Scholarship fund. Our silent auction earned \$1081.00 for the Roberta Kinzhuma Scholarship Fund. . This Scholarship fund gives scholarships to single mothers pursuing a higher education.

Yaw•ko to everyone that made this Elder Expo a success:

Oneida Nation Commission On Aging

Elder Service Director and Staff



# Candy Favorites



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

Almond Joy  
 Animal Fruit Snacks  
 Baby Ruth  
 Bit O Honey  
 Bottle Caps  
 Butterfinger  
 Dum Dum Lollipops  
 Fun Dip  
 Heath Bar

Hershey Bar  
 Jelly Beans  
 Kit Kat Bar  
 Klondike Bar  
 Life Savors  
 Milk Duds  
 Milky Way  
 Mr Goodbar  
 One Hundred Grand

Pop Rocks  
 Skittles  
 Snickers  
 Sour Patch  
 Sprees  
 Sugar Daddies  
 Sweet Tarts  
 Twizzlers  
 Watchamacallit



## Oneida Elder Services *Gift Shop*

Located inside the Elder Services Complex at  
2907 South Overland Rd. Oneida, WI

**Open Monday – Friday 8:00 to 12:00PM & 12:30PM to  
4:30PM** Check out our shop!

**Meet our friendly elder employees.**

Buy gifts and crafts all handmade by Oneida elders. Beadwork, jewelry,  
birdhouses, ribbon-shirts, Coasters, t-shirts, hoodies, and baskets

**Fresh popcorn, soda, and water**

No consignment fees for Oneida elders, age 55 and Older to display and sell your  
arts and crafts. For more information you may contact:

**Barb Skenandore at 920-869-2448**



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Oneida Elder Services is hosting:

### Fall AARP Driver's Safety Class



**DATE: October 15<sup>th</sup>, 2013**

**TIME: 9:00 am - 1:30 pm (total class length 4 ½ hours)**

**PLACE: Elderly Services 2907 S. Overland Rd.**

Please sign-up at Oneida Senior Center

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

\*\*\*No testing\*\*\*

**\*\*MUST HAVE A MINIMUM OF 7 ELDERS TO HOLD THE CLASS!!\*\***

Some of the highlights will be:

- \*Information on aggressive drivers \*Anti-lock brakes \*Cell phone & Text usage while driving
  - \*Defensive driving techniques \*New traffic laws and information regarding Round Abouts
  - \*How to adjust your driving to age-related changes in vision, hearing, and reaction time
- Some Auto Insurance Companies may give a discount for taking this class

If you have any questions please feel free to contact:

Joyce Ann Hoes / Transportation Supervisor

**869-2448**

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## ONCOA Meetings

Second and Fourth **Tues** of every month 1:00 pm – 3:00 pm

Elder Services Conference Room

2907 S. Overland Rd. Oneida WI 54155

## ***Oneida Elder Services Native American Family Caregiver Information***

Oneida Elder Services would like to introduce the “Native American Family Caregiver Voucher/Stipend Program”. It is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 4 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.



Please contact Barbara Silva/Native American Family Caregiver at (920) 869-2448 for details.

**\*\*Services are dependent on available funds\*\***



Please join us for our Alzheimer's & Native American  
Family  
Caregiver Support Group at:

Elder Services Complex – Pod A  
2907 S Overland Rd, Oneida WI 54155  
4<sup>th</sup> Wednesday of the Month  
1:30 PM – 3:30 PM

For more information, contact: Barbara Silva/Native  
American Family Caregiver at (920)869-2448.

# **Nutrition Information**

**Contact: Loretta Mencheski – 920-869-1551**

**Effective Immediately:** to receive a bingo pass you must sign-up before the 10<sup>th</sup> of each month.

Questions: Loretta Mencheski-Meal Site Supervisor.



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**Volunteers Wanted:** The meal site is looking for volunteers, age 55 or older; services needed are assistance in the kitchen and delivering Meals to homebound elders. If you would like to volunteer, call Loretta (920) 869-1551, or you can stop by the meal site at 134 Riverdale Dr. Oneida, 54155.

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## **Attention All Participants of the Senior Center Meal Site:**

### *Policies & Procedures Specific to the Older Americans Act – Funded Nutrition Program*

Effective October 1, 2008 the meal site will maintain a reservation system for participants who eat at the meal site. Participants who eat at the meal site are asked to call in the day before to reserve or to cancel their meal for the next day, week, or month before 4:00 p.m. Contact Loretta Mencheski – 920-869-1551

**\*No participant will be denied a meal\***

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## **Upcoming Nutrition Advisory Council Meetings**

- When: 3<sup>rd</sup> Friday of the Month
  - Time: 1:00 P.M.
  - Where: Oneida Senior Center Meal Site
- 

## **Attention All Participants of the Senior Center Meal Site:**

Effective June 17, 2013 the meal cost for ages under 55 will increase to \$8.00. We are asking all participants who plan on eating at the meal site to call in the day before to reserve their meal for the following day, week, or month. We also ask if you have reserved your meal and you cannot make it please call and cancel your reservation.

To Reserve or Cancel your meals please call (920) -869-1551

# PICK YOUR OWN APPLES!



## At ONEIDA APPLE ORCHARD

ONE DAY ONLY!

THURSDAY, SEPTEMBER 12th

**10:00 - 5:00**

\*\*\* 55 years of age and older only \*\*\* Bring proof of age.

\*Cost of Apples: 30 cents a pound. (Excludes already picked apples)

\*Bring your own Bags/Containers.

**\*Please stop in Retail Shed first for directions as to where to pick Apples.**

Activities Bus is going at 10:00 – 11:15.

Please sign up by September 11th at 4:00 at Senior Center if you need a ride on the bus. Any Questions please call Michelle Cottrell at 869 – 2448.

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### Oneida Elder Services

Provides **free** transportation to all Elder Services Activities

See the **Activity Calendar** in **Drums Across Oneida** and plan your day, including lunch (Mon – Thurs) at the Meal Site

Bingo at 1:00 pm every Wed. during the summer months

Door to Door Service!!

For more information please contact:

Michelle Cottrell, Activity Specialist

or

Joyce Ann Hoes, Transportation Supervisor

**(920)869-2448**

**RIDE the BUS!!**

# **Unacceptable Behavior by a customer Standard Operating Procedure**

**Approved 1-2011 – Gentle reminder**

**Contact Elder Services Supervisor – 920-869-2448**

1. **PURPOSE:** Elder Services is committed to providing a high standard of service for all customers fairly and impartially. As part of our service we do not normally limit the contact customers have with us. However we do not expect our staff to tolerate behavior by the customer which is clearly unacceptable (e.g. abusive, offensive or threatening) and will take action to protect our staff from that type of behavior.

## **2. DEFINITIONS:**

- 2.1 Unacceptable behavior: abusive, offensive or threatening
- 2.2 Verbal abuse: Verbal abuse includes bullying, slander, harassing, interrogating, accusing, blaming, insulting, lying, severely scolding, taunting, putting down, threatening, name-calling, swearing, yelling and raging over the phone and hanging up on staff.
- 2.3 Unacceptable behavior has many forms including physical aggression: hitting, kicking, biting, shoving, restraining, throwing objects, or threats also sexual abuse; emotional abuse; controlling or domineering; intimidation; stalking.

## **3. WORK STANDARDS**

- 3.1 No individual may engage in inappropriate conduct on, at or in the facilities of Elder Services. Elder Services established this behavior policy to promote the safety and comfort of the clients and to protect Elder Services facilities and employees to assure a safe, welcoming environment.
- 3.2 Elder Services reserves the right to deny services and entry onto the Nation's property to anyone who is physically and/or verbally abusive, disruptive of tribal services and government operations
- 3.3 Elder Services reserves the right to deny entry onto Tribal properties or access to services to anyone who may be under the influence of alcohol, controlled substances and/or illegal drugs

#### **4. PROCEDURE:**

- 4.1 When we consider a customer's behavior is unacceptable we will tell them why the behavior is unacceptable and will ask them to correct the behavior. If the unacceptable behavior continues, action will be taken.
  - 4.1.1 First Instance: Verbal warning, staff reports to supervisor; supervisor gives verbal warning and documents the incident.
  - 4.1.2 Second Instance; A written letter will be initiated by the supervisor of the decision to sign an agreement or restrict access to Elder Services and/ or contact with staff.(See Attached Form)
  - 4.1.3 The decision to (restrict access or contact) to Elder Services will be taken at the Director level. Any restrictions imposed will be appropriate and fair. The options we are most likely to consider are:
    - 4.1.4 Requesting contact in a particular form (for example letters only)
    - 4.1.5 Requiring contact to take place with a named police officer
    - 4.1.6 Asking the customer to enter into an agreement about their conduct
- 4.2 The customer will receive a written letter which will state why their behavior is unacceptable and what action Elder Services is taking and the duration of that action.
- 4.3 When a customer continues to behave in a way which is unacceptable, Elder Services may decide to terminate contact with that customer.
- 4.4 When the behavior is so extreme that it threatens the immediate safety and welfare of the program's staff, Elder Services will consider other options, for example reporting the matter to the Police or taking legal action. In such cases, Elder Services may not give the customer prior warning of that action.



# GLNAEA

## Great Lakes Native American Elders Association

Sponsored by Oneida  
September 5 & 6, 2013

**Radisson Hotel & Conference Center Green Bay**  
2040 Airport Drive, Green Bay Wisconsin 54313



### Agenda:

Thursday, September 5, 2013

- Elder Abuse Task Force Meeting 6pm

Friday, September 6, 2013

- Continental Breakfast 8:00 am
- Reports (Standing Reports and Treasurer's Report)
- Chair Woman's Report/Birthday Announcements
- Guest Speaker
- Raffles, Door prizes, Vendors and Networking

Any questions please call Oneida Senior Center at (920)869-1551. Thank you. Please remember to bring your GLNAEA membership card.

Next GLNAEA

**Dec. 5 & 6, 2014** Mole Lake,

**Mar. 2014** Lac Du Flambeau,

**June 2014** Carter (Potawatomi), may be subject to change.

## Hyperbaric Oxygen returns to Oneida

The Mobil Hyperbaric Unit provided by American Hyperbarics will return to Oneida August 27, 2013. Located at the rear of the Oneida Health Center, treatments will be conducted daily from 7AM-6PM. The Hyperbaric Chamber will be in the area through the middle of October. This versatile therapeutic treatment allows oxygen to be delivered to tissues in critical need. Oxygen is the essence of life; its availability helps tissues to heal, helps the body's immune system to fight infection and in certain situations provides the body's cell the ability to produce energy allowing them to function efficiently. Hyperbaric oxygen therapy centers are not new; in fact their emergence began in the early 19<sup>th</sup> century being seen first in Europe. More and more you are seeing its acceptance in hospitals throughout the U.S. Recent research with Veterans returning from Iraq and Afghanistan have shown its effectiveness in addressing lasting effects of mild traumatic brain injury or symptoms of Post-traumatic stress disorder.

In a recent study published out of Israel, Hyperbaric oxygen was instrumental in providing impressive improvements in neurological injuries even after decades. Patients with conditions such as stroke, cerebral palsy, traumatic brain injury have long reported the benefits of hyperbaric oxygen in providing significant positive changes in their qualities of life.

Among the conditions treated are the adverse effects of radiation following its use in treating cancer, selected problematic wounds. The Mobile Hyperbaric gives the opportunity to evaluate the effectiveness of this treatment for themselves. For more information call 920-719-3074 or contact Carrie Lindsey at 920-869-4946.



## **The Iroquois Clan System and Blood Quantum**

By: The Oneida Trust and Enrollment Committee

Do you know what your clan is? Turtle, Bear or Wolf? We say today that we have three clans but really we don't have three...we have nine. Due to boarding schools, acculturation, and assimilation many of us have forgotten that there are three different Wolf Clans, three different Turtle Clans and three different Bear Clans. The Wolf Clans are the Grey Wolf, Red Wolf, and Timber Wolf. The Turtle Clans are the Snapping Turtle, Mud Turtle and Painted (or Sun) Turtle. The Bear Clans are the Brown Bear, Black Bear, and Yearling Bear. Our traditional Oneida governing system includes nine Clan Mothers, nine Chiefs, and so on due to the fact that we have nine separate clan families.

Clan identity is perhaps one of our most basic and ancient ways of belonging and identifying ourselves. A long time ago, to be Oneida meant you were part of an Oneida clan. You were born or adopted into a clan. Adoption was a common practice then, and still happens today. Over the years, we have turned to other ways to identify ourselves. When the United States Congress passed the Indian Reorganization Act (IRA), Native Americans were "encouraged" to abandon traditional governments and adopt a more Euro-American style of government.

Oneidas in Wisconsin voted to adopt an IRA government. From that time going forward, we began tracking the Oneida blood quantum. Blood quantum is a way of identifying someone's lineage and measuring the portion of it that is Oneida. Under the IRA, we began "enrolling" ourselves as "members" of a tribe. Knowledge of the clan system and traditional understandings of identity were often set aside or forgotten.

It is ironic that the federal government intentionally encouraged Oneida and other Native nations to identify themselves through blood quantum considering nowhere in the United States Constitution does it encourage or even consider tracking blood quantum for American citizens. The concept was borrowed from the past. European royal families struggled for centuries over the custom of intermarriage and designed systems to document bloodlines to prevent infighting and corruption.

Oneida, as a community and over time, adopted policies and ways of thinking that emphasize blood quantum. Today, enrollment is necessary to receive most of the tribe's benefits, and enrollment is contingent upon having at least 1/4 Oneida blood quantum. This is a concept that would be foreign to our ancestors. Our ancestors identified fellow

Oneidas by clan identity, by family connection, by a common language and by shared values, beliefs, and more.

The Oneida Nation cannot be sustained tracking lineage by blood quantum; it is a system destined to fail. In a few decades, the population of the Oneida Nation will be only a fraction of what it is now. This crisis cannot be avoided unless we redefine ourselves according to our own terms; not those of the federal government. Whether we look to our past for a more traditional definition of identity, or look forward to something different, we cannot stay as we are. How do you identify yourself?

### **AlterNative Ways of 'Belonging' Around the World**

By: The Oneida Trust and Enrollment Committee

Article 4 of 8

The Oneida are not alone in their struggles to define 'who belongs.' These struggles can be seen in indigenous cultures around the world: Aborigines in Australia, Maori in New Zealand, and Natives in Hawai'i. With how fast the modern world is changing, defining the boundaries of a cultural group can be like drawing a line in the sand. However, there are some inspiring examples of indigenous communities that are defining belonging in new ways: through language, land, and legal battles.

### **Language - The Maori of New Zealand**

The Maori ("MAOW-ree") have lived in New Zealand for over 7,000 years. New Zealand is an island country east of Australia. Think Whale Rider. For the Maori, language defines a people, and to keep a language alive, it must be used in every day life. Today they have one of the best language recovery programs in the world. New Zealand's 1987 language policy has increased usage of the Maori language in education, government, and business. Maori children, beginning in preschool, must demonstrate language proficiency. As a result, enrollment and honors graduation rates in Maori bilingual schools have significantly increased over the last decade. There are also two television stations that broadcast in 100% Maori. Today, more Maori can speak their native language. Most importantly, the language policy has fostered a positive attitude toward the language and culture among both Maori and non-Maori people. Bilingualism (speaking both Maori and English) is becoming a valued part of New Zealand society.

### **Cultural Connection to Land - Australian Aborigines**

As of 1998, anyone in Australia can legally label themselves "Aboriginal", as long as that person is "accepted by their community." Land, rather than blood quantum, gives Aborigines a sense of belonging. Aboriginal peoples are called the "traditional owners" of the land. Connections to land are ranked by the person's "cultural association" with land. Registration as a traditional owner is strict; limited to those who are directly descended from the original Aboriginal inhabitants of the area and have rights to their

land that come from their traditional laws and customs.

Traditional owners receive land rights and traditional “membership.” This system excludes “historical peoples;” those who were removed from their original lands by Europeans. Historical peoples occupy a space between worlds. However, the entitlement system has improved. Although traditional owners still rank first, historical peoples’ claims to land now rank higher than claims to land for economic reasons. Though imperfect, this ranking system shows there are multiple origins, rights to land, and therefore, multiple ways of belonging as an Aboriginal.

## **Legal Battles - Native Hawaiians**

The state of Hawai‘i currently defines “Native Hawaiian” by the “50 percent rule” which is “...a descendant with at least one-half blood quantum of individuals inhabiting the Hawaiian Islands prior to 1778” (European arrival). This definition stems from when the U.S Congress leased small plots of land to “eligible” Native Hawaiians. Many believe that the 50 percent blood quantum rule was made in the hope that someday no one would be “Hawaiian enough” to hold onto the plots. To date, less than 6,000 Native Hawaiians hold leases to these lands, and over 30,000 people have died while on the waiting list. But there is hope: in 2009, Native Hawaiians won a class-action lawsuit against the State of Hawai‘i for failing to award land lots. As a result 2,700 Native Hawaiians will receive land allotments owed to them.

The “50 percent rule” is a divisive issue for Native Hawaiians. One response is the Kana‘ iolowalu petition; a year-long campaign to bring Hawaiians and non-Hawaiians together to create a base roll of Native Hawaiians to participate in the formation of a sovereign government. Supporters see it as the next step in self-determination. Critics say the initiative is a scam because it attempts to “give” Hawaiian sovereignty. But you can’t give what was never taken away. In any case, the initiative is a game-changer because it stresses citizenship over blood quantum. Roll signers formally declare: 1) their intent to participate in the process of self-governance; 2) a significant cultural, social or civic connection to the Native Hawaiian community, 3) lineal descendancy to people who lived in Hawai‘i prior to 1778 (the year Europeans arrived). 14,800 have registered and that number is rising.

Examining these different cultures is a good lesson for Oneida. There are many definitions of “belonging” and Oneida must decide which approach works best.

For more information about Sustain Oneida please visit:

<https://www.facebook.com/OneidaTrust>

<https://www.oneida-nsn.gov/TrustEnrollmentCommittee.aspx>

or call: Dottie Krull – 920-869-4372 – Education & Training Admin

For comments or questions please email: [sustainoneida@oneidanation.org](mailto:sustainoneida@oneidanation.org)

# Fall Prevention: A Home Fall Prevention Checklist

Centers for Disease Control & Prevention: [www.cdc.gov/injury](http://www.cdc.gov/injury)

**Making changes in your home to prevent falls:** Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2002 more than 12,800 people over age 65 died and 1.6 million were treated in emergency departments because of falls.

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home. The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem.

**Floors:** Look at the floor in each room.

- When you walk through a room, do you have to walk around furniture? Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor? Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor? Pick up things that are on the floor. Always keep objects off the floor.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)? Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

**Stairs & steps:** Look at the stairs you use both inside and outside your home.

- Are there papers, shoes, books, or other objects on the stairs? Pick up things on the stairs. Always keep objects off stairs.
- Are some steps broken or uneven? Fix loose or uneven steps.
- Are you missing a light over the stairway? Have an electrician put in an over-head light at the top and bottom of the stairs.
- Do you have only one light switch for your stairs (only at the top or bottom of the stairs)? Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
- Has the stairway light bulb burned out? Have a friend or family member change the light bulb.
- Is the carpet on the steps loose or torn? Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Are the handrails loose or broken? Is there a handrail only one side of the stairs? Fix loose handrails or put in new ones. Make sure handrails are on both sides to the stairs and are as long as the stairs.

**Kitchen:** Look at your kitchen and eating area.

- Are the things you use often on high shelves? Move items in your cabinets; keep things you use often on lower shelves.
- Is your step stool unsteady? If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

**Bathrooms:** Look at all your bathrooms.

- Is the tub or shower floor slippery? Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Do you need some support when you get in and out of the tub or up from the toilet? Have a carpenter put grab bars inside the tub and next to the toilet.

**Bedrooms:** Look at all your bedrooms.

- Is the light near the bed hard to reach? Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark? Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

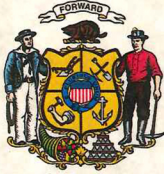
**Other things you can do to prevent falls:**

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you see the stairs better. For example, use lighter color paint on dark wood.
- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.

Oneida Elder Services (920-869-2448)



# STATE of WISCONSIN



## OFFICE of the GOVERNOR

# Proclamation

*WHEREAS*; many factors increase the risk of falls for older adults, including lack of strength, use of multiple medications, reduced vision, chronic health problems, and unsafe home conditions; and

*WHEREAS*; one-third of people age 65 and older suffer from falls every year, resulting in doctor visits, hospital admissions, emergency room visits, loss of functional independence, and even death; and

*WHEREAS*; fall-related hospitalizations and emergency department visits for those age 65 and older result in more than \$550 million in health care costs in Wisconsin annually, with more than 95 percent of the costs being paid by Medicare; and

*WHEREAS*; Wisconsin is a national leader in fall-prevention research, and the state's Aging and Public Health networks are leaders in providing evidence-based, fall-prevention programs to older citizens; and

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

*WHEREAS*; a reduction in the incidents of disability and death due to falls for older adults is a priority of the State Health Plan – *Healthiest Wisconsin 2020*;

NOW, THEREFORE, I, Scott Walker, Governor of the State of Wisconsin,  
do hereby proclaim the month of September 2013, as

### FALL PREVENTION AWARENESS MONTH

and further proclaim Sunday, September 22, 2013, as

### FALL PREVENTION AWARENESS DAY

throughout the State of Wisconsin, and I commend this observance to all of our citizens.



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 14<sup>th</sup> day of August 2013.

A stylized signature of Scott Walker in black ink.

SCOTT WALKER  
GOVERNOR

By the Governor:

A stylized signature of Douglas La Follette in blue ink.

DOUGLAS LA FOLLETTE  
Secretary of State



Oneida Tribe of Indians of Wisconsin  
ENROLLMENT DEPARTMENT  
P.O. Box 365  
Oneida, WI 54155-0365

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## Falls Prevention Awareness: Fear of Falling



**Where:** Oneida Elder Service Conference Room

**Date:** September 23, 2013

**Time:** 1:30 p.m.

Please join us for a short video on the Fear of Falling: A Matter of Balance

For more information contact: Tina R Pospychala @ 869-2448