

# 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

Yeyathókwas Wahní·tále? Harvest Moon (9<sup>th</sup> Moon) September, 2008



1621



# MENU

## SEPTEMBER

### 2008

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED  LABOR DAY	2 California Blend Cheese Soup Fresh Bread Juice Pears	3 Turkey & Gravy Potatoes Brussels Sprouts W/W Bread Jell-O W/Fruit	4 Chicken, Turkey & Ham Wraps Fresh Vegetables Potato Chips Raspberry Mousse Pie	5 Pork Steak Macaroni & Tomatoes Green Beans W/W Bread Watermelon
8 Spaghetti Garlic Bread Salad Peaches	9 Chicken Soup Fresh Bread Juice Pudding W/Bananas	10 Chicken Breast Long Grain & Wild Rice Green Beans W/W Bread Sherbet	11 Hamburgers Macaroni Salad Baked Beans Rolls Cookies	12 Fish Seasoned Wedges Cole Slaw Rye Bread Pineapple Tidbits
15 Beef Stew Biscuits Juice Jell-o W/Pears	16 Boiled Dinner Fresh Bread Juice Applesauce	17 Chicken Pasta W/W Bread Juice Pears	18 Vegetable Lasagna Salad Garlic Bread Mixed Berries	19 Ham Scalloped Potatoes Peas W/W Bread Pudding
22 Chicken Ala King Biscuits Rice Yogurt	23 Tomato Soup Egg Salad & Ground Bologna Sandwiches Juice Sherbet	24 Hot Beef Sandwiches California Blend Veggies Juice Mandarin Oranges	25 BIRTHDAY DAY Chicken Potatoes-Carrots W/W Bread Strawberry Short Cake	26 Salisbury Steak Potatoes Mixed Vegetables W/W Bread Applesauce
29 Bratwurst Sauerkraut Red Potatoes W/W Bread Peaches	30 Corn Soup Fresh Bread Juice Mixed Berries			
All meals are served with coffee, milk or tea.		Menu is subject to change.		
		BIRTH STONE: SAPPHIRE  FLOWER: ASTER		HOURS: 8 A.M.-4:30 P.M. Lunch Is Served Monday-Friday 12P.M.-1:00P.M.



Monday

Tuesday

Wednesday

Thursday

Friday

# September 2008 ACTIVITIES

\*Activities due to change without notice.

1 OFF LABOR DAY	2 Crafts Elderly Services 9:30 – 11:30	3 Visit the New Zoo Suamico Free Admission 10:00 Bring bag lunch	4 Rummi-kub Game Elderly Services 9:30 Farmer's Market Oneida 1:30	5 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
8 Big Lots Green Bay 9:30 Bingo Site II 1:00	9 Crafts Elderly Services 9:30 – 11:30	10 Milwaukee Brewer Game 8:30 – 6:30 (must be pre-registered)	11 Fall Festival Conservation Office 10:00 – 1:00 Shuffle Board Hwy H 1:30	12 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
15 Cooking Elderly Services 9:30 Miniature Golf Duck Creek Golf Green Bay 1:30	16 Visit Great Harvest Breads & Farmer's Market De Pere 9:30 – 11:30	17 Oneida Language Elderly Services 9:30 Bingo Hwy H 1:30	18 Making Corn Husk Dolls Elderly Services 9:30 (sign up by 9-4) Bowling Ashw. Lanes 1:30	19 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
22 Yahtzee Game Elderly Services 9:30 Bingo Site II 1:00	23 Crafts Elderly Services 9:30 – 11:30	24 Price Is Right Elderly Services 9:30 Bingo Hwy H 1:30	25 Apple Picking Oneida Orchard 10:00 Birthday Lunch 12:00 Shuffle Board Hwy H 1:30	26 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
29 Scrabble Game Elderly Services 9:30 Movie Elderly Services 1:00	30 Bingo Methodist Church 9:30 - 11:30		*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.



# Mac Gyver


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

Action	Defenses	Jack	Rugged
Agent	Enemy	Knowledge	Runaways
Bad Guys	Environment	MacGyver	Short-Circuit
Bomb	Fellow	Makeshift	Special Forces
Brute	Foul	Memorable	Tackle
Candy Bars	Handsome	Motorcyclie	Think Tank
Clever	Hero	Nikki	Tidbits
Conventional	Ignite	Ordinary	Undetermined
Dedicated	Ingenuity	Paper Clips	Weapons
Defeating	Issues	Peter	Wonders



Three Old guys are out walking. First one says, "Windy, is it?" Second one says "No its Thursday!" Third one says, So am I. Let's go get a beer."





**UP CLOSE AND PERSONAL** with, Corine Robelia Zhuckkahosee, Apartment Manager

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

At approximately 8 years old I thought it was a dietician, then a little older and environmentalist. I did end up with an Environmental Associate from Northeast Wisconsin Technical College. Then I ended up with my BA in Business and Communication from Concordia University.

**Who or what was the biggest influence in your life?**

I was very lucky to have a lot of family to guide me. My grandparents, parents, aunts and uncle were always there for advice.

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

My daughter. She is a good wife and mother. When she tries to accomplish something in her life she really works hard at it, until she gets what she wants and needs to accomplish her goals. Most all times, she is respectful of other people and tries to help when she can.

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

One thing I have always wanted to be able to do is speak in front of a large crowd with eloquence.

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

Be respectful!

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

Relax, enjoy it! Don't sweat the small stuff.

**What is your ideal vacation?**

Someplace warm, with water.

**Favorite Meal:**

Steak and Seafood

**Favorite Music:**

R&B

**Favorite Book:**


I'm more of a magazine reader than a book reader.

**Favorite Movies:**

I like the newer movies. I'm not a real old movie fan. Movies from the 70's until now. Do not care for gory movies.

**Favorite Hobbies:**

Native Beadwork. I have been beading for 41 years.





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## Caregiver Support Group

Date: Wed. Sept. 10, 2008

Time: 1:30 P.M. – 3:30 P.M.

Place: Oneida Elderly Services Complex  
Conference Room

2907 S Overland Rd, Oneida, WI  
54155

Topic's: Shingles, Heart Related  
Diseases and Falls Prevention

Refreshments Provided

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



# **Environmental Health & Safety Division Recycling Program**

## **Fall Clothing Exchange**



**Runs Monday, August 25 to Thursday, Sept. 4, 2008**

**Monday (8-25) through Friday (8-29)**

**OPEN: 7:30 a.m.—7:30 p.m.**

**Saturday & Sunday (8-30 & 31)**

**OPEN: 9:00 a.m.—1:00 p.m.**

**Monday through Thursday (9-1 to 9-4)**

**OPEN: 7:30 a.m. — 6:00 p.m.**

**PLEASE ONLY : Clean, Gently used Items.**

**NO FURNITURE**

**SMALL HOUSEHOLD ITEMS SUCH AS:**

**Kitchen Appliances, Dishes, Kettles, Books,**

**Shoes, Blankets, Knickknacks etc.**

**All Are Welcome!**

## **EVERYTHING FREE**

**TOWER FOODS BUILDING**

**N7360 Water Circle Place, Oneida**

**(Next Door to the Oneida Food Distribution)**

**Contact person:**

**920-496-5345**



**\*NEW SITE\***



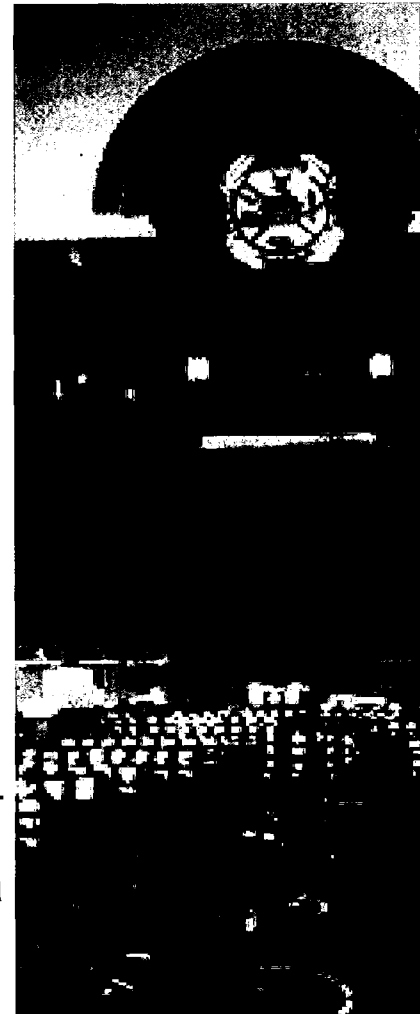
# GLNAEA

## Great Lakes Native American Elders Association

**Sponsor: Lac Vieux Desert Tribe  
October 2-3, 2008  
Dancing Eagles Hotel**

All elders who need a ride to  
GLNAEA, please sign up at the  
Oneida Senior Center (Meal Site) by  
Monday, September 15. We must  
have 20 people signed-up to reserve a  
coach bus, or else we'll use tribal  
vans. Payment for your hotel must  
be received by September 15 and the  
last day to cancel is Monday, September 22 for  
reimbursement of payment.

We will be staying at the Dancing Eagles Hotel and the  
cost is \$36.00 per person (two people for each room).  
We will leave the Senior Center (Meal Site, 134 Riverdale  
Drive, Oneida, WI) at 12:30pm on October 2. Any  
questions please call Oneida Elderly Services at (920)869-  
2448 or Oneida Senior Center at (920)869-1551.







Have you read a good book lately? Well I have one for you:  
"Ray and Paddy." It is a true story about our own Ray Sampe, Title V  
Worker at Elderly Services.

More information about the book is available at  
[www.rayshetlandpony.com](http://www.rayshetlandpony.com) or from the publisher  
[www.authorhouse.com](http://www.authorhouse.com)

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## The Oneida Pow Wow Article 3

### Jingle Dress Dancer Healing Dance

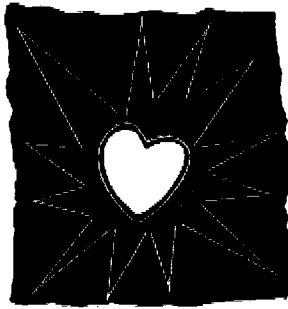
Originally a sacred dance done by Ojibway

- Dancer holds hand on hip symbolizing pain
- It has been said the dress originally could have cone shape sea shells, copper cones or snuff tins
- Dress can have up to seven tiers
- Evolved into competition style of dance
- Many versions of dress and its special significance
- Judges look for two main steps:
  - Straight shuffle step and side step, raise their fan on the honor beat
- Intricate control of foot work, straight posture

The style of dance varies greatly with each dancer.  
This is the result as of my research suggests.

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**FAITH  
IN ACTION**

MANY THANKS GO OUT TO ALL WHO  
HELPED WITH THE FAITH IN ACTION  
PICNIC HELD ON AUGUST 2ND AT  
ELDERLY SERVICES.

It was a very enjoyable day. We had good weather, GREAT entertainment by Bobby Rivers, and a lot of help that went into making the picnic such a success.

The Faith in Action Program would like to thank:

- All the Board and Coalition members who donated their time and items for the silent auction.
- All the great bakers who donated pies for the pie auction.
- Angela Ortiz, Pastor Juan Alicea, Dylan Schuyler, Mattanah LaFlex, & Eric Boucher for taking "the plunge" in the Dunk Tank.
- All the staff at Elderly Services who helped with organizing & helping with all the behind the scenes arrangements.
- Cliff Doxtator, Kevin John, & Arlie Doxtator for working the grill.
- All the youth from Oneida Apostolic Church who helped with set-up and running the games.
- Special thanks to Bob Neimela and The Coca-Cola Company for their generous donation.
- An extra thanks to Bobby Rivers who donated the sales of his CD's to the Faith in Action Program,
- Last but not least to ALL who attended the picnic and generously supported our program through the silent auction, dunk tank, & pie auction.

We are so thankful for the support of the community. We are already looking forward to next year!



# Sign up for the Wisconsin

## NO CALL list

Wisconsin's No Call List became effective January 1, 2003. Signing up identifies you as someone who does not wish to receive telemarketing calls. It's free and available for residential telephone customers in Wisconsin. Your number will remain on the List for two years. Adding your phone number to the List will help reduce **(but not eliminate)** telemarketing calls. Effective June 6, 2008, Wisconsin residents can add their mobile telephone numbers to the List.

### How does a consumer sign up?

Consumers can sign up 24 hours a day, 7 days a week, 365 days a year:

- By visiting the Wisconsin No Call List website, <https://nocall.wisconsin.gov/web/registration.asp>
- By calling 1-866-9NO-CALL (1-866-966-2255) toll-free in Wisconsin.

The date you sign up determines the date when telemarketing calls should **decrease**:

If you sign up before:	You will be on the List on:
December 1st	January 1st
March 1st	April 1st
June 1st	July 1st
September 1st	October 1st


If you have any further questions feel free to give Angela Ortiz, Benefit Specialist (920) 869-2448.

\*All info provided taken from <https://nocall.wisconsin.gov/web/home.asp> website.\*



## GOULASH

Complaints of, Jim Taylor

1lb Hamburger Meat   
2 lb potatoes-diced  
1 ½ cups fresh peas  
1 ½ cups fresh corn  
2 Onions-chopped  
4 Garlic cloves minced  
Salt and black pepper to taste  
1 can (16oz) tomatoes, cup up if needed  
1 can (8oz) tomato sauce  
4 slices bread cut into quarters

In a large heavy pan, brown hamburger meat, onion and garlic in the pan.  
Add potatoes, peas, corn, tomatoes and tomatoes sauce, place bread on top. Bake 50-60 minutes in a 350 degree oven.  
(We do hope this recipe comes close to your Mother's)

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## NOTICE TO ELDERS

### CELL- PHONES

**GET YOUR FREE CELL-PHONE WHILE THEY LAST... CELL-PHONES ARE AVAILABLE AT ELDERLY SERVICES FOR COMMUNITY ELDERS!!!**

70 + First  
55 + Second

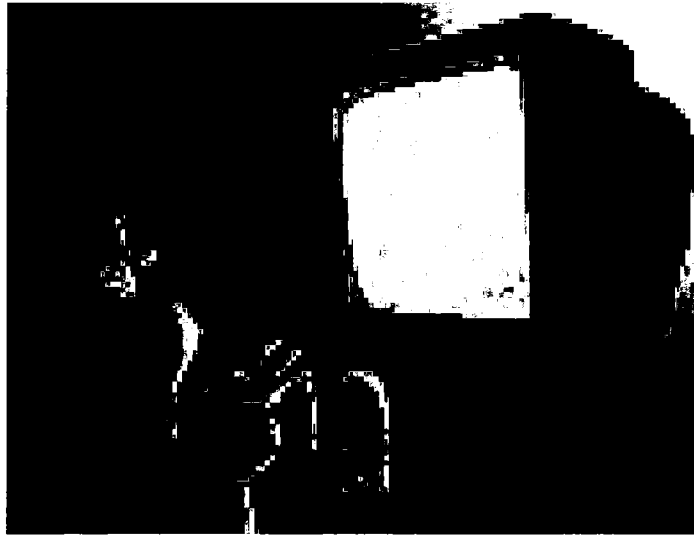
***THEY CAN BE USED TO CALL 911 ONLY!***

**TAKE THEM WITH YOU ON A WALK OR GOING FOR A RIDE...**

***(HAVE AN EMERGENCY-CALL 911 FROM THE CELL-PHONE)***

**Please contact Lorna Christjohn, Transportation Supervisor @ (920)869-2448 to receive or donate cell-phones...**





**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.



**ONCOA BOARD MEMBERS  
WELCOME AND FAREWELL  
AUGUST, 2008**

Dorothy Skenandore is an enthusiastic member who serviced ONCOA diligently. She has always offered an expert opinion and represented ONCOA courteously. Dorothy Skenandore has been recently been hospitalized and has not able to attend her last ONCOA meeting. Dorothy is at the Luis Manor Nursing Home for a short time until she is feeling better from surgery. Farewell to Dorothy Skenandore who served two terms on the Oneida Nation Commission on Aging. ONCOA wishes her well and to get well soon.

Carol Elm was elected to the ONCOA by an overwhelming margin of votes and ONCOA welcomes her enthusiastically to the commission. Carol Elm has been active in the Oneida Tribe and has just recently retired from the Oneida Cannery where she spent many years developing tribal recipes that our grandparents cooked. *ONCOA members will be expecting Oneida Cookies at the next meeting.*

The other two newly elected ONCOA members are Hugh Danforth and Pearl McLester. They are existing members of ONCOA and will be serving another three years on the commission. Pearl McLester offers her genuine experience and knowledge of the past history of Oneida Native Elders. Hugh Danforth is genuinely curious and offers his opinions and recommendations for new ideas for elders.

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**GAMES FOR WHEN YOU GET OLDER**

Sag you are it  
Hide and go pee  
20 questions shouted in your good ear  
Red Rover, Red Rover, the nurse says Bend Over  
Musical recliners  
Simon says something incoherent  
Pin the Toupee on the bald guy





# **PACKERS VS VIKINGS**

**FOOTBALL RAFFLE—2 TICKETS**

**\$1.00/RAFFLE TICKET OR 6 FOR \$5.00**

**SEPTEMBER 8, 2008**

**DRAWING DATE: SEPTEMBER 2, 2008**

**CONTACT: CORINNE ZHUCKKAHOSEE AT 869-2448 EXT. 6854**

**OR ANGELA ORTIZ AT 869-2448 EXT. 6832**

**PROCEEDS GO TO: FOSTER GRANDPARENTS PROGRAM AND FAITH IN ACTION PROGRAM**

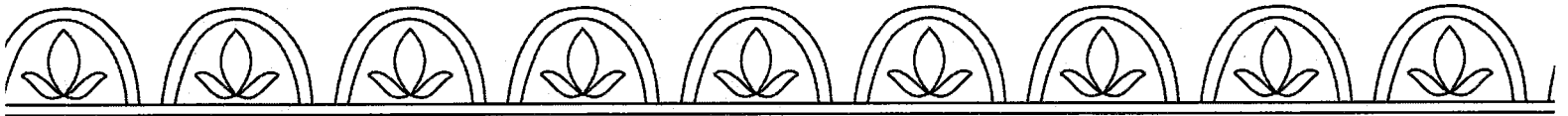
**Winners will be posted at Elderly Services and Elderly Mealsite**



## **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 most important thing you can do during the course of the day is to pray."

There are many things we do during the day that are important. There are many places we have to go and there are many things to accomplish. The old ones say, the most important thing we can do is remember to take the time to pray. We should pray every morning and every evening. In this way we can be sure that the Great Spirit is running our lives. With the Great Spirit we are everything but without Him we are nothing. All warriors know their greatest weapon is prayer. To spend time talking to the Creator is a great honor.

Great Spirit, thank you for listening to my prayers.



# alzheimer's association

the compassion to care, the leadership to conquer

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## FOR IMMEDIATE RELEASE:

Contact: Beverly Bartlett  
Green Bay Outreach Office  
Ph: 920.469.2110  
[beverly.bartlett@alz.org](mailto:beverly.bartlett@alz.org)

## Alzheimer's Association's Memory Walk® 2008 on September 20th

**{Green Bay, WI} The Alzheimer's Association's Annual Memory Walk® will take place on Saturday, September 20, 2008 at the Brown County Reforestation Camp, 4418 Reforestation Road in Suamico. Registration will start at 8:00 am at the Visitors Center, and the walk will begin at 9:00 am. All registered walkers will receive a ticket to the N.E.W. Zoo ( sponsored by the Oneida Casino). Families will have the option of walking the Camp trails or walking through the Zoo. Nearly 600 people from Brown and the surrounding Counties are expected to participate in this year's event to raise awareness and funds which will provide education and Chapter services to families, caregivers and community service providers.**

Held annually in hundreds of communities across the country, this inspiring event calls on volunteers of all ages to become *Champions* in the fight against Alzheimer's. *Champions* include those living with the disease, families, caregivers, and corporate and community leaders.

Support our vision of a world without Alzheimer's by starting a team, making a donation, or registering to walk TODAY! **For more information, please call or email Beverly Bartlett at the Alzheimer's Association at 920.469.2110; [beverly.bartlett@alz.org](mailto:beverly.bartlett@alz.org) To register on line, visit us on the web at [www.alz.org/gwwi](http://www.alz.org/gwwi) and click on the Memory Walk link.**

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### *About the Alzheimer's Association:*

*The Alzheimer's Association is the leading voluntary health organization in Alzheimer's research, care and support. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. For more information visit our chapter website at [www.alz.org/gwwi](http://www.alz.org/gwwi).*

###





4 Nations Picnic—a good time was had by all

Oneida Housing Authority Picnic—new friends were made

Recently here at Elderly Services, we received a telephone call from an Elder; Lorleen John is doing a good job. He is pleased with her service.  
Thank you, Lorleen

## MEDICATION DELIVERY PROGRAM



Effective August 21, 2008, those that utilize the medication delivery service from Community Health Nursing Department, will now need to notify their designed CHR each time a medication(s) is ready for delivery.

This change comes as a direct result of the pharmacy remodel, currently underway. However, it is felt this change will improve customer service all around. Please feel free to contact community Health Nursing Department for questions or concerns at 920-869-4840