

# 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

Yey kwas W<hn\$ale> |

Harvest Moon

September, 2009

Make a Difference  
In your Community!

Become a  
**FOSTER GRANDPARENT**



Are you a Senior, 60 years or older who enjoys spending time and sharing your knowledge of tradition and culture with children? If income eligible, you can make a difference in your community by volunteering up to 8 hours a day while receiving extra income.

For more information please contact  
Angela Ortiz (920) 869-2448 or  
Great Lakes Inter-Tribal Council, Inc  
(800) 472-7207 ext 121

## ELDERS AND EVERYONE – DRUMS CONTACT

From the desk of: Linda F. Douglas

I am with Elderly Services and will be the main contact for the DRUMS Across Oneida Newsletter. Please contact me with any acknowledgements, comments, suggestions, concerns, etc. Thank you for your attention.

My phone number: 920-869-2448 or 1-800-867-1551

Email [ldouglas@oneianation.org](mailto:ldouglas@oneianation.org)

## ELDER'S MEDITATION

***"Grandfather, Great Spirit, once more behold me on earth and lean to hear my feeble voice. You lived first, and You are older than all need, older than all prayer...You are the life of all things."***

--Black Elk, OGLALA SIOUX

Sometimes I do not feel like praying. Sometimes when I have done something wrong, I am ashamed to come to You. Even though You have always been there for me, I sometimes choose to stay away. It is hard for me to understand what all knowing is. Sometimes it is hard for me to see how much You really care. But I know if I take a few minutes and think about what I know to be true about You, the things change and I am able to realize Your power and Your love. Today, I will start by thinking of You. I will think about all the times You have helped and guided me in the past. You are life...You are love...You are power...You are desire...You are truth...You are principle...You are intelligence...You are courage. With You I am everything; without You I am nothing.

*God, Thank You for allowing me to start my day with You.*

### *To The Ho-Chunk Nation*

*I had a wonderful and exciting time at the 4 Nations Picnic, meeting new friends is always at the top of my list.*

*I would like to thank the ladies in the office at the Ho-Chunk Nation Public Relations Office (800-294-9343) that helped me.*

*Yaw<ko*

# MENU

SEPTEMBER

2009

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

| Monday                                                                                | Tuesday                                                                              | Wednesday                                                                                  | Thursday                                                                                                                  | Friday                                                                                |
|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|       | 1 California Blend Cheese Soup<br>Fresh Bread<br>Juice<br>Mandarin Oranges           | 2 Spaghetti Salad<br>Garlic Bread<br><br>Ice Cream                                         | 3 Bratwurst<br>Red Potatoes<br>Sauerkraut<br><br>Sherbet                                                                  | 4 Country Gravy<br>Biscuits<br>Carrots<br>Juice<br>Mixed Berries                      |
| 7 <b>CLOSED</b><br><br><b>LABOR DAY</b>                                               | 8 Chicken Noodle Soup<br>Fresh Bread<br>Juice<br><br>Jell-o W/Fruit                  | 9 B.B.Q. Ribs<br>Scalloped Potatoes<br>Peas<br>W/W Bread<br><br>Pudding                    | 10 Hamburger Patties<br>Macaroni & Cheese<br>Green Beans<br>Buns<br><br>Berries                                           | 11 Fish<br>Potato Wedges<br>Cole Slaw<br>Rye Bread<br><br>Yogurt                      |
| 14 Chop Suey<br>Rice<br>W/W Bread<br><br>Peaches                                      | 15 Ring Bologna<br>Macaroni & Tomatoes<br>Green Beans<br>W/W Bread<br><br>Applesauce | 16 Chicken Breast<br>Rice Pilaf<br>California Blend Vegetables<br>W/W Bread<br><br>Cookies | 17 Liver & Onions<br>Potatoes<br>Beets<br>W/W Bread<br><br>Apple & Orange Slices                                          | 18 Ham<br>Sweet Potatoes<br>Peas<br>Cranberries<br>W/W Bread<br>Pears                 |
| 21 Beef Pasties<br>Gravy<br>California Blend Vegetables<br>W/W Bread<br>Sherbet       | 22 Split Pea Soup<br>Fresh Bread<br>Juice<br><br>Ice Cream                           | 23 Chef Salad<br>Cucumbers, Tomatoes,<br>Cottage Cheese<br>Rolls<br><br>Mandarin Oranges   | 24 <b>BIRTHDAY DAY</b><br><b>Beef Roast</b><br><b>Potatoes</b><br><b>Carrots</b><br><b>W/W Bread</b><br><b>Cake</b>       | 25 Turkey & Ham Wraps<br>Fresh Vegetables<br>Chips<br><br>Fresh Fruit                 |
| 28 Tuna Salad<br>Croissants<br>Tomatoes,<br>Cucumbers<br>Cottage Cheese<br><br>Yogurt | 29 Beef Stew<br>Biscuits<br>Juice<br><br>Strawberry Whip Pie                         | 30 Chicken Salad<br>Croissants<br>Fresh Vegetables<br>Juice<br><br>Peaches                 |                                                                                                                           |  |
| All meals are served with coffee, milk or tea.                                        | Menu is subject to change.                                                           | BIRTH STONE:<br><b>SAPPHIRE</b><br>FLOWER:<br><b>ASTER</b>                                 | <b>HOURS:</b><br><b>8:00A.M.-4:30P.M.</b><br><b>Lunch Is Served</b><br><b>Monday-Friday</b><br><b>12:00P.M.-1: 00P.M.</b> |                                                                                       |

# GODSEND

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | I | P | Q | M | E | R | I | E | B | N | H | W | C | R | E | C | O | I | L |
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| N | E | D | Y | H | L | A | S | E | P | T | Y | Z | G | V | O | N | R | Y | B |
| L | A | T | C | Q | U | D | G | S | E | L | K | V | G | I | P | A | E | B | O |
| W | J | A | A | S | C | E | I | R | E | O | A | E | V | S | P | C | L | X | R |
| B | E | G | R | T | N | L | F | F | M | J | J | N | U | I | O | N | L | E | A |
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|            |            |             |             |
|------------|------------|-------------|-------------|
| Accident   | Emotions   | Jessie      | Real-Estate |
| Adam       | Experience | Laboratory  | Recoil      |
| Approached | Genetic    | Lacking     | Resist      |
| Audience   | Grief      | Millions    | Retrieve    |
| Birthday   | Identical  | Ominous     | Teacher     |
| Celebrate  | Illegal    | Opportunity | Thriller    |
| Clone      | Implant    | Parents     | Vermont     |
| Close-up   | Implicate  | Paul Duncan | Visions     |
| Difficult  | Inner-City | Persuade    | Waterfront  |
| Dr. Wells  | Intersect  | Questions   |             |

1948<>Loaf of Bread \$.14 Gallon of Gas \$.16 Gallon of Milk \$.87

Average Income \$2, 936.00

New Car \$1,230.00 New Home \$7,700.00

President: Harry Truman Vice President: None



1949<> Loaf of Bread \$.14 Gallon of Gas \$.17 Gallon of Milk \$.84

Average Income \$2,959.00

New Car \$1,420.00 New Home \$7,450.00

President: Harry Truman Vice President: Alben Barkley

| Monday                                                                                                                | Tuesday                                                                                                             | Wednesday                                                                                                                                 | Thursday                                                                                                                                                                | Friday                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>September 2009</b>                                                                                                 |                                                                                                                     |                                                                                                                                           |                                                                                                                                                                         | <b>ACTIVITIES</b>                                                                                                                                                                 |
| <i>*Activities due to change without notice.</i>                                                                      | <b>1</b><br><br><b>Crafts</b><br><b>Elderly Services</b><br><b>9:30 - 11:30</b>                                     | <b>2</b><br><br><b>Senior Day at the</b><br><b>New Zoo &amp;</b><br><b>Cook Out</b><br><b>10:00 – 2:30</b><br><b>Sign up by 9/1- 4:30</b> | <b>3</b><br><br><b>St Vincent De Paul</b><br><b>Store</b><br><b>Green Bay 9:30</b><br><b>Oneida Farmer's</b><br><b>Market 1:30</b>                                      | <b>4</b><br><br><b>Banks</b><br><b>Shopping</b><br><b>Lunch Out</b><br><b>(on your own)</b><br><b>10:00 – 3:00</b>                                                                |
| <b>7</b><br><br><b>OFF</b><br><b>OBSERVANCE</b><br><b>OF LABOR DAY</b>                                                | <b>8</b><br><br><b>Crafts</b><br><b>Elderly Services</b><br><b>9:30 - 11:30</b>                                     | <b>9</b><br><br><b>Price is Right</b><br><b>Elderly Services 9:30</b><br><br><b>Bingo</b><br><b>Hwy H 1:30</b>                            | <b>10</b><br><br><b>Frank &amp; Nancy's</b><br><b>Marine Corps</b><br><b>Museum</b><br><b>Oneida 10:00</b><br><b>Wii Can Do It League</b><br><b>Hwy H 1:30</b>          | <b>11</b><br><br><b>Banks</b><br><b>Shopping</b><br><b>Lunch Out</b><br><b>(on your own)</b><br><b>10:00 – 3:00</b>                                                               |
| <b>14</b><br><br><b>Rummikub</b><br><b>Elderly Services 9:30</b><br><br><b>Bingo</b><br><b>Site II 1:00</b>           | <b>15</b><br><br><b>DePere Farmer's</b><br><b>Market &amp;</b><br><b>Harvest Bread Store</b><br><b>9:30 - 11:30</b> | <b>16</b><br><br><b>Scrabble</b><br><b>Elderly Services 9:30</b><br><br><b>Bingo</b><br><b>Hwy H 1:30</b>                                 | <b>17</b><br><br><b>Christian Thrift</b><br><b>Store</b><br><b>DePere 9:30</b><br><br><b>Bowling</b><br><b>Ashw. Lanes 1:30</b>                                         | <b>18</b><br><br><b>Banks</b><br><b>Shopping</b><br><b>Lunch Out</b><br><b>(on your own)</b><br><b>10:00 – 3:00</b>                                                               |
| <b>21</b><br><br><b>Wii Games</b><br><b>Elderly Services 9:30</b><br><br><b>Movie</b><br><b>Elderly Services 1:00</b> | <b>22</b><br><br><b>Crafts</b><br><b>Elderly Services</b><br><b>9:30 - 11:30</b>                                    | <b>23</b><br><br><b>Apple Picking</b><br><b>Oneida Apple Orchard</b><br><b>9:30</b><br><b>Bingo</b><br><b>Hwy H 1:30</b>                  | <b>24</b><br><br><b>Pass the Pigs</b><br><b>Game</b><br><b>Elderly Services 9:30</b><br><b>Birthday Lunch 12:00</b><br><b>Wii Can Do It League</b><br><b>Hwy H 1:30</b> | <b>25</b><br><br><b>Banks</b><br><b>Shopping</b><br><b>Lunch Out</b><br><b>(on your own)</b><br><b>10:00 – 3:00</b>                                                               |
| <b>28</b><br><br><b>Yahtzee Game</b><br><b>Elderly Services 9:30</b><br><br><b>Bingo</b><br><b>Site II 1:00</b>       | <b>29</b><br><br><b>Bingo</b><br><b>Methodist Church</b><br><b>9:30 - 11:30</b>                                     | <b>30</b><br><br><b>Card /Wii Games</b><br><b>Elderly Services 9:30</b><br><br><b>Bingo</b><br><b>Hwy H 1:30</b>                          | <i>*Please sign up for trips at Senior Center Main Office.</i><br><br><i>*All trips leave from Senior Center.</i>                                                       | <b><u>*Is this your Birthday Month?</u></b><br><i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i><br><i>*Must be present to receive your gift card.</i> |

**\*\*If you have any questions or concerns Please call Michelle at 869 - 2448.\*\***



\*\*\*\*\* WINTER IS COMING!!! \*\*\*\*\*

It's time to polish up those driving skills!

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

DATES: November 10th & 12th, 2009

TIME: 8:00 am - 12:00 noon (4 hours is the total class length)

PLACE: Elderly Services 2907 S. Overland Rd.

Please sign-up at the Senior Center 20 seats available \*\* first come first serve.

Some of the highlights will be:

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

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

If you have any questions please feel free to contact:

Joyce Ann Hoes

Transportation Supervisor

869-2448 ext. 6844

**NON-PROFIT  
ORG.  
U.S. POSTAGE**

**PAID**

**Green Bay, WI  
Permit No. 219**

**Volunteer Center  
984 Ninth StreetGreen Bay, WI 54304-3441**

**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 2, 2009**

**8:15 a.m. to 1:00 p.m.  
RADISSON HOTEL CONFERENCE  
CENTER  
Grand Council Ballroom**

**Mind, Body & Spirit  
Of Aging Conference  
Radisson Hotel  
Conference Center  
October 2, 2009  
Sponsored by:  
2040 Airport Drive, Green Bay, WI**

**Agenda Agenda  
SPEAKER BIOGRAPHIES  
8:15-9:00  
Registration/Health Screenings  
Complimentary coffee/tea provided**

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

**9:15-10:00 KEYNOTE PRESENTATION: Fit For Life, Jane Birr**  
**5 Strategies to Stay Energized, Fit and Full of Life through the Generations. Low on energy? Stuck in a rut? Tired of tight pants? Come and get a shot of motivation! Drink in some success strategies from people in their 50's, 60's, 70's and 80's who are living fit and free and overcoming obstacles. Gain confidence that starting today, you can step forward to greater health in body, mind and spirit all for the glory of God!**

**10:00-10:15**

**Break**

**10:15-11:00**

**Breakout Sessions A, B, C**

**A: Love and the Heart, Dr. Peter Fergus**

**Have you ever wondered why some people recover faster from an illness? Maybe there's more at play than medication. Emotion, love and intimacy do matter. Join Dr. Peter Fergus for a free presentation about the healing power of love.**

**B: Exploring the Power of Our Mind for Fun, Trish Poole**

**Your mind can take you down different rabbit trails - what if you chose "rabbit trails" that lead to better health and more joy?! What we think has a different impact on our body chemistry and our joy in life. During this presentation experience the power of your mind to bring more health and joy into your daily life. Participants will experience a few demonstrations that will bring new awareness and pleasantly surprise them. Interactive.**

**C: Spirituality and Religion: Convergence and/or Conflict, Fr Paul DeMuth**

**We often hear people say: "I'm spiritual, but not religious." In this presentation Fr Paul will examine the premises behind this oft heard comment. We will look at the relationship between spirituality and religious tradition and examine how these two realities intersect, conflict, and how they can, and should, work together.**

**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 1:00,**

**Entertainment by Cheryl Murphy, Harpist**

**Jane Birr, is a life coach and the author of the book, Just Get it Over With: A 12 week Jumpstart to Great Health in Body, Mind and Spirit.**



**Her passion is to help you motivate and inspire yourself to great health through motivational seminars, on-line courses, and individual and group coaching. Let's unleash your dreams and passions and get you in the best shape of your life so you can live fit, free, energized and with loose pants versus overwhelmed, crabby, drained and with tight pants! Your great health in body, mind and spirit starts today!**

**Peter Fergus, MD, Prevea Preventive Cardiologist & Vascular Care.**

**During his three decades as a cardiologist in Northeast Wisconsin, Dr. Fergus has seen many changes - new medicines, new equipment and new procedures. One thing that hasn't changed, however, is his dedication to personalized care. By helping his patients understand the relationship between their emotional health and physical health, Dr. Fergus treats the whole person, not just the heart as an isolated organ.**

**Patricia "Trish" Poole, CH, RMT, EFT-CC, is a Marquette graduate providing integrative therapies for health and positive change in the Green Bay area for over 10 years. She has shared her expertise with many groups over the years including the YWCA, The National Wellness Conference, Stevens Point; Women's Spirituality Conference - Mankato, MN; Mid-American Hypnotherapists Conference; and many more.**

**Fr Paul DeMuth,, was born in Manitowoc, and ordained for the Diocese of Green Bay in 1968. Since then he has spent most of his priesthood ministering in parishes on the east side of Green Bay and De Pere. Since 2005 he has served the diocese in personnel matters, principally working with priests, parish directors and parish leadership. He is also a long term member of the Bay Area Community Council (BACC).**

•

**Mind, Body & Spirit of Aging Registration Form  
Friday • October 2, 2009 • 8:15 am to 1:00 pm**

**Registration deadline is Thursday, September 17**

**Name Phone**

**Address**

**(Street)**

**(City) (State)**

**(Zip Code)**

**Email**

**Dietary or other special needs:**

**Please check ONE session per time slot:**

**Fee: \$14.00 per person, includes**

**Session A 10:15:.. Session B .. Session C ..•  
luncheon and conference materials.**

**Session A 11:15: .. Session B .. Session C •  
Mail registration form by Sept 17  
and fee payable to:**

**NO REFUNDS OR CANCELLATIONS.  
NO WALK-INS**

**Volunteer CenterIf you have questions contact Jim Radey at (920) 429-9445**

**984 9th Street  
Green Bay, WI 54304 Reservations limited to first 200 people.**



"To celebrate growing older, I once wrote lessons life taught me...It is the most-requested column I have ever written."

My odometer rolled over to 90 in August, so here is the column once more:

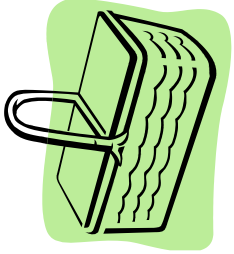
- ▲ Life is not fair, but it is still good.
- ▲ When in doubt, just take the next small step.
- ▲ Life is too short to waste time hating anyone.
- ▲ Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
- ▲ Pay off your credit cards every month.
- ▲ You do not have to win every argument. Agree to disagree.
- ▲ Cry with someone. It is more healing than crying alone.
- ▲ It is OK to get angry with God. He can take it.
- ▲ Save for retirement starting with your first paycheck.
- ▲ When it comes to chocolate, resistance is futile.
- ▲ Make peace with your past, so it will not screw up the present.
- ▲ It is OK to let your children see you cry.
- ▲ Do not compare your life to others. You have no idea what their journey is all about.
- ▲ If a relationship has to be a secret, you should not be in it.
- ▲ Everything can change in the blink of an eye. But, God never blinks.
- ▲ Take a deep breath. It calms the mind.
- ▲ Get rid of anything that is not useful, beautiful or joyful.
- ▲ Whatever does not kill you, really does make you stronger.
- ▲ It is never too late to have a happy childhood... But the second one is up to you and no one else.
- ▲ When it comes to going after what you love in life, do not take no for an answer.

- ⤴ Burn the candles, use the nice sheets, wear the fancy lingerie. Do not save it for a special occasion. Today is special.
- ⤴ Over prepare, then go with the flow.
- ⤴ Be eccentric now. Do not wait for old age to wear purple.
- ⤴ The most important sex organ is the brain.
- ⤴ No one is in charge of your happiness but you.
- ⤴ Frame every so-called disaster with these words 'In five years, will this matter?'
- ⤴ Always choose life.
- ⤴ Forgive every one everything.
- ⤴ What other people think of you is none of your business.
- ⤴ Time heals almost everything. Give time, time.
- ⤴ However good or bad a situation is, it will change.
- ⤴ Do not take yourself so seriously. No one else does.
- ⤴ Believe in miracles.
- ⤴ God loves you because of who God is, not because of anything you did or did not do.
- ⤴ Do not audit life. Show up and make the most of it, now.
- ⤴ Growing old beats the alternative -- dying young.
- ⤴ Your children get only one childhood.
- ⤴ All that truly matters in the end is that you loved.
- ⤴ Get outside every day. Miracles are waiting everywhere.
- ⤴ If we all threw our problems in a pile and saw everyone else's, we would grab ours back.
- ⤴ Envy is a waste of time. You already have all you need.
- ⤴ The best is yet to come.
- ⤴ No matter how you feel, get up, dress up and show up.
- ⤴ Yield.
- ⤴ Life is not tied with a bow, but it is still a gift.

Written By Regina Brett,  
90 years old  
of The Plain Dealer  
Cleveland, Ohio

# 4 Nations Picnic

## Pittsville Wisconsin



Banner welcoming the 4 tribes to the picnic



The Summer Associates helped distribute lunches to the elders



Hiwasipi Drum Group Ho-Chunk Nation



Employees from Oneida Elderly Services help deliver meals to the elders



The elders enjoy playing bingo



Asst. Dir. Tina Pospychala received a pillow for her service to elders



The oldest elders from each tribe received blankets commemorating their age??

# n4a Conference - Highlighting Innovations in Aging 2009

National Association of Area Agencies on Aging  
Minneapolis, Minnesota

This year's conference focused on two things: innovations in aging, and the year 2020. Both are significant because technology needs to stay progressive in the field of aging in order to be effective, and the year 2020 marks the year when the elderly population will become the majority in the U.S. putting added pressures on healthcare and services to the elderly

A group from Oneida Elderly Services attended this conference along with members from ONCOA. Each attended workshops focusing on their roles within Elderly Services and were each able to bring back vital information to the tribe regarding new ideas, techniques, plans for the new senior center, and much more.



Left to Right: Carol Elm,  
Claudia Skenandore, Lois  
Strong, Pearl Mclester,  
Hillary Lewis-Reimers,  
Dellora Cornelius



Left To Right: Pearl  
Mclester, Dellora Cornelius,  
Florence Petri



Left To Right: Danny  
Borgstrom, James Hall,  
Robert Lagest





## The Oneida Area Faith in Action Program

We would like to thank all those who helped with the FIA Family Picnic and all those who came and participated in the many activities of the day.

We would like to thank:

Bobby Rivers Band for their great music

Ray & Joyce Johnson

Tina Pospychala

Robert LaGest

Matt Bateman

Cody Grignon

Marilyn Mack and Staff

Hilda Wisneski

Judy Cornelius

Florence Petri

Arlie & Erma Doxtator

Brenda Jorgenson

Waylon Metoxen

Nadine Kline

Juan & Glynis Alicea

Dellora Cornelius

Glory LaFlex

Those who items donated silent auction, especially those wonderful pies makers.

Special thank you to all the vendors who helped make our picnic a success.

Last but not least we want to thank all the volunteers.

Coalition members of the Oneida Area Faith in Action Program for impacting our community with the spirit of love and service.

Together we can all make a difference!



# CRAVING CRANBERRIES

## HARVESTING SEASON

September to November

## BUYING TIPS

- Look for plump, firm berries with a deep red color
- Different varieties of cranberries may look somewhat different, but all should be red

## STORAGE

Cranberries can be frozen for up to nine months. Just seal in plastic and pop them in your freezer—rinse thoroughly before you use them, either before or after freezing.

## PREPARATION

When ready to use, do not thaw frozen cranberries. Rinse and follow recipe directions using frozen berries.

To prepare cranberries for cooking, sort out and discard bruised berries, then rinse in cold water.

Cranberries can be added to muffins, quick breads, stuffing and other baked goods or made into sauce.

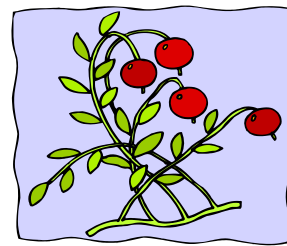
## KEY NUTRIENTS

- Great source of “antioxidants” which help prevent disease
- Fiber to prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin and blood.

## Cranberry Muffins

2 cups all-purpose flour  
1 1/4 cups sugar  
1 1/2 teaspoon baking powder  
1 teaspoon salt  
1/2 teaspoon baking soda  
1/4 cup vegetable oil  
1 egg beaten  
3/4 cup orange juice  
1 1/2 to 2 cups cranberry  
1 teaspoon vanilla

Sift flour, sugar, baking powder, salt and baking soda into a large bowl. Mix in oil. Add egg and orange juice; stir until evenly moist. Fold in cranberries. Spoon matter into prepared muffin cups, 2/3 full. Bake at 350 degrees for 25 to 30 minutes until golden brown. Serves 15



## Cranberry Relish

By Joyce Johnson, Elder Abuse  
Prevention Supervisor, Elderly Services

1 lb cranberries-raw  
3 oranges-unpeeled (no seeds)  
Sugar to taste  
Coarsely grind cranberries and oranges in meat grinder or food processor.  
Sweeten to taste with sugar.  
Serves 8.



# **Training Positions available!!**

## **Criteria**

- **Must be 55 or older**
- **Must not exceed low-income guidelines**
- **Must reside in the state you work in**
- **Must not have worked in past 7 days**

**These positions are paid for and sponsored by National Indian Council on Aging. For more information on NICOA feel free to look at their website. [www.nicoa.org](http://www.nicoa.org)**

## **Part-Time training positions for those over 55!!**

We are looking for an elder to work part-time. You would work 20 hours a week. A few locations examples on the reservation are: Elderly Services (receptionist or another position), Community Education Center-CEC (as a monitor/aide, Food Distribution (warehouse aide).

If you are interested call Claudia Skenandore at Elderly Services 920-869.2448 or Vincet Romero/NICOA, Project Manager 505-292-2001



## Caregiver Support Group

Presenter: Michelle Mielke

Oneida Family Fitness Director

Topic: "Oneida Family Fitness Elder Program  
Opportunities"

Presenter: Deborah J. Melchert, NAFCG

Topics: Fall Prevention

Tips for the Caregiver for Self-Care-giving  
Ways to stay active and healthy.

Date: Friday, September 18, 2009

Time: 1:30 P. M. – 3:30 P.M.

Place: Oneida Elderly Services Complex

Conference Room

2907 South Overland Road

Oneida, WI 54155

Refreshments Provided

Contact: Deborah J. Melchert, NAFCG

Oneida Elderly Services

Telephone: 920-869-2448 Ext. 6834



UP CLOSE AND PERSONAL WITH:

*Tracy King*

When you were a child, what did you think you would like to be?

*A Nurse*

Who or what has had the biggest influence in your Life?

*My grandmother's Rose Guyette and Inez Grignon*

What do you consider to be your greatest accomplishment?

*Continuing my education*

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

*Painting and gardening*

What is the best advice anyone ever gave you?

*Live life to its fullest*

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

*Relax and have fun*

What is your ideal vacation?

*Two full weeks in Bora Bora*

Favorite Meal: *Arroz con pollo (rice with chicken)*

Favorite Music: *I enjoy all types of music*

Favorite Book: *Briefcase Warriors by E. Donald Two-Rivers*

Favorite Movie/Movies: *The Notebook*

Favorite Hobby/Hobbies: *"Fishing"*



# GLNAEA

**Great Lakes Native American Elders Association**  
**Sponsored by**  
***Lac du Flambeau Band of Lake Superior Chippewa***



**October 1 & 2, 2009**  
**Lake of the Torches Hotel, 510 Old Abe Road**  
**Lac du Flambeau**

All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Monday, September 14, 2009. 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 14 and the last day to cancel is Monday, September 21 for reimbursement of payment. We will be staying at Lake of the Torches Resort Casino (attached to the Casino) and the cost is \$42.00 per person. We will leave the Senior Center (Meal Site, 134 Riverdale Drive, Oneida) at 12:45 P. M. on Thursday, October 1. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551.

*Please pay close attention to deadlines to assist in better planning. Thank you.*

**Next 2009 Meeting:**  
**December 3 & 4 – Menominee**

**ONEIDA ELDERLY SERVICES  
ENROLLMENT FORM**

**DATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_

NOTE: The State & Federal Governments have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name \_\_\_\_\_ Phone Number (      ) \_\_\_\_\_

Address \_\_\_\_\_ Social Security Number Last four digits      / \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_ DOB      /      / \_\_\_\_\_

**OUR PROGRAM POLICY FOR SERVICES** is as follows: **1)** Elder aged **70 years** and older. **2)** Elders aged **55-69 years** of age that are disabled/handicapped, living alone. **3)** Elders aged **55-69 years** of age, **with health/safety issues**. The elders that are listed are our **priority**.

**Please check the appropriate responses:**

**Martial Status:** \_\_\_\_ Married      \_\_\_\_ Single      \_\_\_\_ Widowed \_\_\_\_ Divorced

**Maiden Name:** \_\_\_\_\_

**Veteran:**      \_\_\_\_ Yes      \_\_\_\_ No

**Living Arrangement:**      \_\_\_\_ Lives Alone      \_\_\_\_ Lives with Spouse      \_\_\_\_ *Lives with Others\**

**Do you:**      \_\_\_\_ Rent      \_\_\_\_ Own      \_\_\_\_ *How Many Others\**

**Race:**      \_\_\_\_ Native American \_\_\_\_ Caucasian      \_\_\_\_ Latino      \_\_\_\_ Asian      \_\_\_\_ African  
American

**Tribal Affiliation:** \_\_\_\_\_ **Enrollment Number:** \_\_\_\_\_

**General Health Status:**      \_\_\_\_ Excellent \_\_\_\_ Good      \_\_\_\_ Fair      \_\_\_\_ Poor\*

**\*If Poor Please List Health Condition:** \_\_\_\_\_

**Do You Currently Have Any of the Following:** \_\_\_\_ Guardian      \_\_\_\_ Power of AttyBFinances \_\_\_\_ Health \_\_\_\_  
\_\_\_\_ Medicare      \_\_\_\_ Medicaid      \_\_\_\_ Representative Payee  
\_\_\_\_ None of The Above

**In Case of an Emergency B Please Contact**

Name: \_\_\_\_\_

Phone Number: (      ) \_\_\_\_\_

Relationship: \_\_\_\_\_

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form, are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elderly Services.

\_\_\_\_\_  
Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

Please Return to  
Oneida Elderly Services Complex  
Service Coordinator, P.O. Box 365  
Oneida, WI. 54155