



DRUMS ACROSS ONEIDA



tšaʔtekohsélhaʔ
(February)



Please accept this APOLOGY for the Jan 2025 newsletter concerns. Two things happened and we will do our best to ensure they do not happen again.

1. The newsletter came out about Jan 6 and our plan is to have it in every home by or before the 1st of the month. We will work harder on making this happen.
2. Pages 9, 10, 11 & 12 had the beginning of one article on the end of these pages and the end of the article on the next page. We will be more careful about this in future newsletters. It makes it a little confusing to read the way it was. We appreciate you.

GOOD NEWS:

1. We have the two calendars (activities and meal site) in the middle pages so you can tear them out and post them in your home. That did happen in the January newsletter. Yes!!
2. We received one email asking to have their birthday put in our newsletter for April. AGAIN, we will only put the name in the month of the birthday. We will not put the date or year. ONE CHANGE – we would like to add your location as well. So, include Oneida, Milwaukee, Hawaii or whatever please.



REMINDER:
If you would like to have your birthday added to our DRUMS newsletter, please contact us.

As always, please let us know if you enjoy the newsletter and if you have concerns or suggestions. Yaw^ko

FOR YOUR INFORMATION!

Elijah Metoxen, Aging and Disability Services Director has taken another position within the Oneida Nation. His last day as Manager was Thursday, January 2. Tina Jorgensen, Human Services Division Director has asked ONCOA Chair, Winnifred Thomas and ONCOA Vice Chair, Claudia Skenadore to be a part of the interview process which will happen at the end of January or beginning of February. ONCOA truly appreciates the respectful request for this involvement. If you see Eli around, please thank him for his service to Aging and Disability and wish him the best in his new position with Social Services.

ONCOA Main phone: 920-770-8313 (Secretary Sandra Skenadore will answer this phone)

ONCOA Main email: oncoa@oneidanation.org

ONCOA Main website: <https://oneida-nsn.gov/government/boards-committees-and-commissions/elected/#Oneida-Nation-Commission-on-Aging>

Aging and Disability Services Main phone: (and emergency phone number): 920-869-2448

Aging and Disability Main website: <https://oneida-nsn.gov/resources/agingdisabilityservices>

Aging and Disability Facebook page: Oneida Aging & Disability Service

Recap from ONCOA meetings

- Motion approved to sending a letter to the Director of Health requesting deceased statistics, longevity and specifics for leading causes of health so we can post information in the DRUMS newsletter.
- Standard Operating Procedure (SOP) is being drafted for Donations and Gifts that we purchase and distribute.
- GLNAEA approved for all ONCOA members to attend for the rest of 2025. Approved to send the full list for all members to the Oneida Business Committee. The decision of who will go and when can be answered at a later date. We need to get full approval for speed in processing.
- Some ONCOA members are requesting to be approved to be a driver. We agreed to go through training.
- Purchased holiday gifts and delivered to Nursing Home 29 residents.

Oneida Nation Comprehensive Housing Division - CHD Will be offering Home Loans on a first come, first serve basis!

Funding will be available for home purchases within the reservation boundaries:

- Homeownership by Independent Purchase (HIP) - Land becomes Nation owned through this process
- For Sale by Homeowner (FSBO) - on Nation owned land

Beginning **January 31, 2025**, CHD will be accepting applications for pre-approvals. **Accepted offers will initiate the loan process.**

Please contact a Loan Officer or go to CHD's website for more information.

2% Interest Rate

1.5% Veterans

1.5% Elders



Funds are Limited!



2913 Commissioner Street,
Phone: (920) 869-2227
Fax: (920) 869-8038

Respiratory Illnesses such as Flu, Covid-19, and Respiratory Syncytial Virus (RSV)

These illnesses are on the rise and can cause fever, cough, sore throat, tiredness, and/ or hospitalization in severe cases. The viruses primarily spread to others when a person who is sick speaks, sings, coughs, or sneezes in the air. There are many strategies to keep yourself and the community healthy during these next couple of months.

Follow these simple recommendations to reduce the spread of these illnesses.

- Stay home if you are sick
- Wash your hands and practice good hygiene
- Cover cough and sneezes
- Stay up to date with vaccination

Contact your healthcare professional if you have been sick and have persistent symptoms for longer than several days. **You may also call the health center at 920-869-2711 to schedule a vaccination appointment today.** For additional information about common respiratory illnesses, you may visit the Wisconsin DHS and Centers for Disease Control and Prevention website. Thanks goes to Debra and Sid for this article.

Debra Santiago, BSN, RN- Public Health Manager, Oneida Community Health Division

Winter Hiking with Oneida Adventures

Explore winter with friends, coworkers and Oneida Adventures! We will meet at different locations and take in the fresh winter air. We will meet at the designated location at 12:05 and return to the starting point at 12:55.

All participants MUST pre-register prior to the hike. Each event depends on the weather.

To register, email Adventure_Dept@oneidanation.org

**** Each participant will need to fill out a new assumption of risk form for 2025 ****

February 4 (Tuesday) Oneida Lake

February 13 (Thursday) Behind Elder Services

February 18 (Tuesday) Silver Creek

February 25 (Tuesday) He-Nis-Ra

FYI: The Adventures staff are so helpful with elders and respectful of our needs. Usually, two or more attend so one can stay with the faster group if needed and one with the slow group. Many times, the whole group will stay at the pace that is needed for all. Very interesting information shared by all as well.



SeniorCare: Covered Drugs Program

Senior Care is a program for Wisconsin residents who are 65 or older and need help paying for medicine. The program helps seniors pay for prescription drugs and vaccines. For more information, call SeniorCare Customer Service at 800-657-2038 or visit the Senior Care home page at below link.

<https://www.dhs.wisconsin.gov/seniorcare/factsheets/p10084.htm>

SeniorCare covers **most** prescription drugs and over-the-counter insulin. Most drugs are only covered for a 34-day supply, although some maintenance drugs may be covered for a 100-day supply.



Check with Joseph Williams, Elder Benefit Specialist, Aging and Disability Services for information on applying and paying for this benefit (920-869-6849).

**EVERY DAY IS
ANOTHER CHANCE
TO GET STRONGER
TO EAT BETTER
TO LIVE HEALTHIER
AND TO BE THE BEST
VERSION OF YOU**

FEBRUARY ELDER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 No Activities	4 (Meal site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Corn Hole: 1:30pm	5 (Meal Site) 1) Exercise: 10:45am 2) Bingo 1:30pm	6 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Susan M. from Oneida Adventures: 1:30pm	7 (Woodman's) (9:45am Start Shuttle Pickup 10 Max)
10 (Outing Day) Good Will & Thrift Store shopping & Lunch Day 10:30am	11 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Chair Yoga: 1:30pm ONCOA MEETING 1:00pm	12 (Activity Room) 1) Coloring 10:00am	13 (Meal Site & 3 Sisters) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Bingo W/ Isabel P. 1:30pm	14 (Walmart De Pere) (9:45am Start Shuttle Pickup 10 Max)
17 (Ashwaubenon) 1) Bowling Alley— 9:30am 2) Crafts: 1:30pm	18 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Chair Yoga: 1:30pm	19 (Meal Site) 1) Exercise: 10:45am 2) Bingo 1:30pm	20 (Meal Site & Activity Room) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Crafts: 2:00pm	21 (Festival De Pere) (9:45am Start Shuttle Pickup 10 Max)
24 (Meal site) 1) Activity/Game 10:00am 2) Badminton: 1:30pm	25 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Chair Yoga: 1:30pm ONCOA MEETING 1:00pm	26 (Meal Site) 1) Exercise: 10:45am 2) Bingo 1:30pm	27 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Susan M. from Oneida Adventures: 1:30pm	28 Valentines Dance 1:00pm – 3:00pm
				

****Activities are subject to change if necessary **ACTIVITIES FOR ELDERS 55 & OLDER *INFORMATION ABOUT EACH ACTIVITY IS LOCATED IN THE ACTIVITY BINDER FOUND AT THE MEALSITE OF AJNH** ALL ONCOA MEETINGS WILL BE HELD IN THE ELDER CONFERENCE ROOM @ Aging & Disability STARTING AT 1:00PM. OPEN TO ALL ELDERS** **Contact Luwatiya'takenhas Crystal Danforth If you have any questions: 920-869-2448 Ext: 6831 or Cdanfo13@oneidanation.org****

February Menu 2025

Meals are served 12:00-12:30 PM

Menus are subject to change due to availability

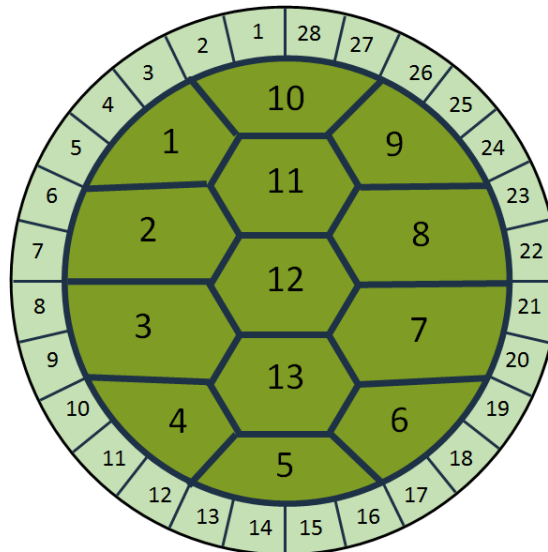
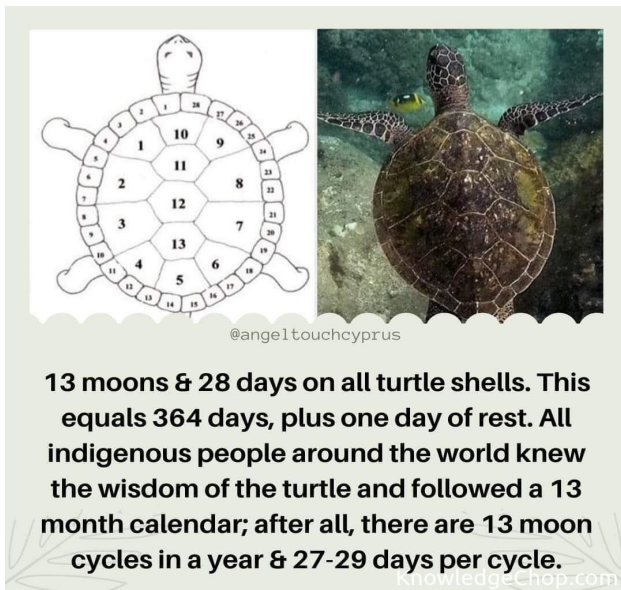
Choice of low-fat milk (11 gm) or Lactose-free milk (13 gm) for each meal

Call Oneida Aging & Disability (920) 869- 2448 Monday- Friday 8:00 AM- 4:00 PM to reserve your meal

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sweet BBQ Ray's Shredded Chicken (3 gm) Whole Wheat Bun (22 gm) Coleslaw Seasoned Mixed Veg (10 gm) Mandarin oranges (15 gm)	4 Beef Ring Bologna Roasted Sweet Pot (15 gm) Hot Diced Beets (6 gm) Peaches (15 gm) WG Dinner Roll (10 gm)	5 Chicken Parmesan Tomato Sauce over Noodles (15 gm) Seasoned Cauliflower WG Dinner Roll (10 gm) Fresh Fruit (15 gm)	6 Homemade Chili made with Oneida Beef (10 gm) LS Ham & Cheddar on a WG bun (22 gm) Raw vegetables Applesauce (15 gm) Crackers (8 gram)	7 Chicken Fajitas Green, yellow, and red peppers Garden Salad Spanish Rice (20 gm) Tortilla shell (12 gm) Fresh Fruit (15 gm)
10 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Diced Peaches (15 gm)	11 Corn Soup (5gm) Ham & Swiss WG bun (22 gm) Coleslaw (3 gm) Fresh Fruit (15 gm) Crackers (8 gm)	12 Sliced Oven Roasted Beef Mashed Potatoes w/gravy (15 gm) Stewed Tomatoes WG Dinner Roll (10 gm) Applesauce (15 gm) SF Pudding (10 gm)	13 Creamy Swedish Meatballs Noodles (20 gm) Herb seasoned Broccoli Raw vegetables WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)	14 HAPPY VALENTINES DAY! Chicken Booyah (7 gm) WG biscuit (27 gm) Chef Salad Fresh Fruit (15 gm) Valentine Cookie (10 gm)
17 Oneida Beef & Bison Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Diced Peaches (15 gm)	18 Homemade Meat Sauce from Oneida Beef Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Fresh Fruit (15 gm)	19 Homemade Minestrone Soup (5 gm) Cheese Sandwich (22 gm) Coleslaw (3 gm) Applesauce (15 gm) SF Pudding (15 gm)	20 Beef Stew (<i>beef tips with potatoes, vegetables, and gravy</i>) (8 gm) Mashed Potatoes (15 gm) Herb Seasoned Carrots WG Dinner Roll (10 gm) Fruit Cup (15 gm)	21 Breakfast for Lunch Egg Omelet, Sausage links Hashbrown patty (15 gm) WG Cereal (21 gm) Fresh Fruit (15 gm) Tomato juice (5 gm)
24 Beef Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)	25 Chicken Dumpling Soup (10 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Fresh Fruit (15 gm) Oyster Crackers (8 gm)	26 Oven Roasted Turkey Mashed Potatoes (15 gm) Squash (15 gm) WG Dinner Roll (10 gm) Mandarin Oranges (15 gm)	27 Stroganoff Beef Tips WG noodles (20 gm) Herb seasoned Broccoli Pickled Beets Diced Pears (15 gm) WG Dinner Roll (10 gm)	28 Lemon Pepper Haddock Wild Rice Pilaf (15 gm) Seasoned Cauliflower WG Dinner roll (10 gm) Cole slaw (3 gm) Fresh Fruit (15 gram)



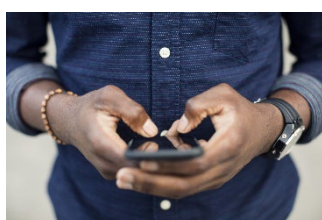
The 13 Moons of the Iroquois Calendar



- The first moon is called the “Moon of the Long Nights,” and it occurs in December. This moon is a time of rest and reflection, as the days are short, and the nights are long. It is a time to gather with family and friends, and to prepare for the coming year.
- The second moon is called the “Moon of the Snowshoe Hare,” and it occurs in January. This moon is a time of endurance and perseverance, as the harsh winter conditions make it difficult to survive. It is a time to focus on inner strength and resilience, and to seek guidance from the spirit world.
- The third moon is called the “Moon of the Maple Sugar,” and it occurs in February. This moon is a time of renewal and rebirth, as the sap begins to flow in the maple trees. It is a time to celebrate the sweetness of life, and to honor the gifts of the earth.
- The fourth moon is called the “Moon of the Frogs,” and it occurs in March. This moon is a time of awakening and transformation, as the frogs begin to emerge from hibernation. It is a time to embrace change and growth, and to let go of old patterns and beliefs.
- The fifth moon is called the “Moon of the Strawberry,” and it occurs in April. This moon is a time of fertility and abundance, as the strawberries begin to bloom. It is a time to celebrate the beauty and diversity of life, and to cultivate gratitude and generosity.
- The sixth moon is called the “Moon of the Green Corn,” and it occurs in May. This moon is a time of planting and growth, as the corn begins to sprout. It is a time to connect with the earth and the cycles of nature, and to honor the wisdom of the ancestors.
- The seventh moon is called the “Moon of the Ripe Corn,” and it occurs in June. This moon is a time of harvest and abundance, as the corn begins to ripen. It is a time to give thanks for the blessings of the earth, and to share those blessings with others.
- The eighth moon is called the “Moon of the Sturgeon,” and it occurs in July. This moon is a time of strength and perseverance, as the sturgeon fish begin their annual migration. It is a time to tap into inner power and resilience, and to overcome obstacles and challenges.

- The ninth moon is called the “Moon of the Green Bean,” and it occurs in August. This moon is a time of nourishment and sustenance, as the green beans begin to ripen. It is a time to focus on physical health and well-being, and to honor the interconnectedness of all living beings.
- The tenth moon is called the “Moon of the Harvest,” and it occurs in September. This moon is a time of gratitude and celebration, as the harvest season reaches its peak. It is a time to give thanks for the abundance of the earth, and to honor the cycles of life and death.
- The eleventh moon is called the “Moon of the Falling Leaves,” and it occurs in October. This moon is a time of transition and letting go, as the leaves begin to fall from the trees. It is a time to release old patterns and attachments, and to prepare for the coming winter.
- The twelfth moon is called the “Moon of the Deer,” and it occurs in November. This moon is a time of grace and agility, as the deer move through the forest with ease. It is a time to cultivate flexibility and adaptability, and to embrace the unknown with courage and curiosity.
- The thirteenth moon is called the “Moon of the Long Night,” and it occurs in December. This moon is a time of completion and reflection, as the year comes to a close. It is a time to honor the lessons and experiences of the past year, and to set intentions for the coming year.

The 13 Moons of the Iroquois Calendar (hope you enjoyed)



SENIORS TEXTING CODES (please pass the word and enjoy!)

ATD:	At the Doctors	IMHO:	Is my hearing aids on?
BFF:	Best friend fell	LMDO:	Laughing my dentures out
BTW:	Bring the wheelchair	OMMR:	On my message recliner
BYOT:	Bring your own teeth	OMSG:	Oh My! Sorry, Gas.
FWIW:	Forgot where I was	ROFLACGU:	Rolling on floor laughing and I can't get up
GGPBL:	Gotta go pacemaker battery low	TTYL:	Talk to you louder
GHA:	Got heartburn again		

GRANDPARENTS LOVE WORD SEARCH

grandchild

flowers

coffee

travel

peace

love

respect





family

memories

hugs

kisses

dance

d	a	n	c	e		l	o	v	e	d
g	r	a	n	d	c	h	i	l	d	o
t	e	h	h	u	g	u	r	a	f	y
r	s	p	u	e	c	g	e	m	a	o
a	p	e	m	g	n	s	s	e	m	u
v	e	c	m		s	h	p	m	i	l
e	c	y	o	o	y	e	e	o	l	i
l	t	o	u	f	r	y	c	r	y	k
l	o	v	i	n	e	i	t	i	y	e
p	e	a	c	e	o	e	e	e	o	t
		f	l	o	w	e	r	s	u	h
k	i	s	s	e	s	d	a	n	c	i

Would you like to submit a word search, crossword puzzle or anything like this?

Please forward it to the ONCOA email address listed on the first page. If you want to just submit a list of words and a title, we can create the word search for you. Thank you for your help. Hope you liked this puzzle. More words than shown can be found in the puzzle. Listed above are the basic words. Have fun, have a happy Valentine's Day and be safe.

HEALTH BENEFITS OF SUNLIGHT



IMPROVES MOOD AND EASES MILD DEPRESSION



PREVENTS VITAMIN D DEFICIENCY



BOOSTS IMMUNITY



IMPROVES SLEEP QUALITY



IMPROVES BRAIN FUNCTION



LOWERS BLOOD PRESSURE



MAINTAINS STRONG BONES



PROMOTES EYE HEALTH



MAY DECREASE RISK FOR TYPE 2 DIABETES



RELIEVES BODY ACHES