

# DRUMS ACROSS ONEIDA

April 2025



**DIJANO (Did you know)** You can see the full Moon in April on Saturday, April 12. This full Moon (often called the **pink moon**) reaches peak illumination at 9:22 p.m. Central Time. April's Micro full Moon is about 252,225 miles from Earth. The color is actually not pink and instead corresponds to the early springtime blooms of a wildflower (creeping phlox) native to eastern North America.

## Lotinuhsyu·ní (People of the Longhouse) New Moons in APRIL 2025

Kahsakayu·té·se? Wahní·tahle? [3-29] Thunder moon

Yeyáthos Wahní·tahle? [4-27] Planting Moon

### Recent discussions from ONCOA meetings

- DRUMS updates, recycling comment, Up Close and Personal and coloring page
- State Area Advisory Council (SAAC) report. Meetings are held every other month through Zoom.
- Wisconsin Aging Advisory Network (WAAN) – looking for participants
- Strategic Planning contract and next steps
- Elder Abuse Code/Law meeting
- Long Term Care – Nursing Home questions
- ONCOA By-Laws annual review discussed
- Interview process for ONCOA members. This is allowed according to various documentation, and ONCOA will be participating in future screening and interviewing for Aging and Disability Services staff. The final hiring decision is not made by ONCOA however our input is appreciated. Thank you again Tina Jorgenson, Human Services Director, for including us in this process.
- GLNAEA (Great Lakes Native American Elders Association) event coming up. This is held every three months on various reservations in Wisconsin.
- Welcome Jody Tess, new Aging and Disability Director
- Thank you to Pearl Webster for the donation of beautiful Afghans from the Shelter.

### CONTACT INFORMATION

ONCOA phone: 920-770-8313 (Sandi Skenandore, Secretary will answer or please leave a message)

ONCOA Main email: [oncoa@oneidanation.org](mailto:oncoa@oneidanation.org)

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

**Drums Main Email: [drumsacrossoneida@oneidanation.org](mailto:drumsacrossoneida@oneidanation.org) – Please submit articles to this email**

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

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

Aging and Disability **Facebook page:** Oneida Aging & Disability Services

Congratulations Jodi Tess on accepting your new position!



# Jodi Tess

## Director of Oneida Aging and Disability Services

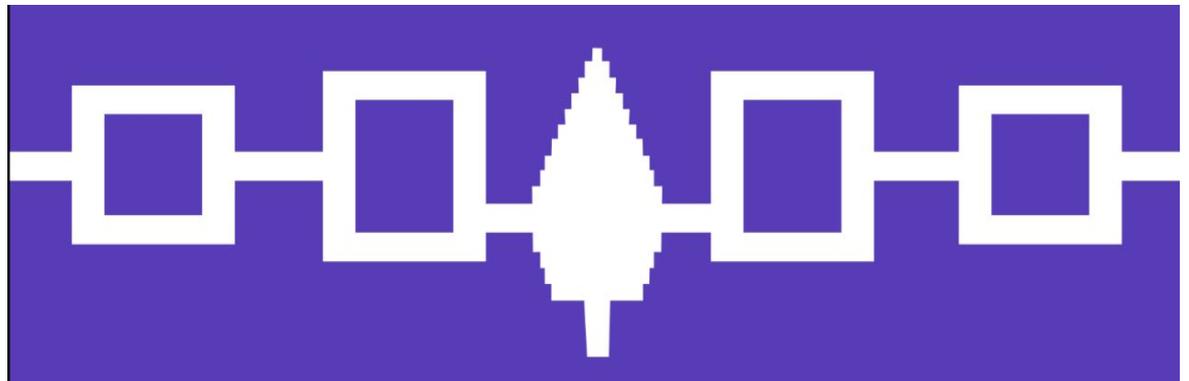


Jodi Tess, a proud Oneida Tribal Member, Grandmother, Mother, and Daughter and is honored to have the opportunity to serve the community of the Oneida Nation as the Director at Oneida Aging and Disability Services. Having an educational background in gerontology and healthcare she has worked with elders and individuals with disabilities for over 20 years in many different capacities making a lifelong career of advocating for those in need.

Born and raised on the lakeshore in Kewaunee, Jodi started working for the Tribe a year ago jumping right into the role as Elder Abuse Prevention Assistant and then Caregiver and Prevention Supervisor. In her first year here, she has continuously worked on networking and collaborating on learning about the needs of the community and ways to provide those services.

As Aging and Disability Services Director she is dedicated to upholding the vision and mission statement of the department and continue to advocate for those she is serving. With her leadership style she plans on working closely with her team to understand and meet the needs of the community. Jodi firmly believes that servicing our elders is not only honoring our past, but also safeguarding our future.

Iroquois Flag four squares and one tree represent the original five nations of the Haudenosaunee (Oneida's say **Lotinuhshyu·ni**). From left to right they are Seneca, Cayuga, Onondaga (the tree), Oneida, and Mohawk.



# Happy Day! Enjoy Some Corny Jokes.

Life is too short smile while you have teeth. New teeth are expensive.

I took a long hard look at myself this morning, I won't be doing that again.

Welcome to middle age, you now take pictures of instructions so you can enlarge them.

**NEW SENIORS GPS** not only tells you how to get there it also says why you wanted to go there.



## Monthly Income limits – 2025

### QMB

Individual	\$1,304.17
Married Couple	\$1,762.50

### SLMB

Individual	\$1,565.00
Married Couple	\$2,115.00

### SLMB+

Individual	\$1,760.63
Married Couple	\$2,379.38

## Asset limits – 2025

Individual	\$ 9,660.00
Married Couple	\$14,470.00

The asset limits apply to all three MSPs.

**ALERT** – Native Americans may receive certain types of income or have assets that do not count. Check with your Tribal Elder Benefit Specialist or SHIP counselor for more information.

**For application assistance, more information, or if you applied for MSP coverage and you were denied, please contact:**

**Tribal Elder Benefit Specialist at your Tribal Aging Unit/Aging Department**

**Native American Elder Outreach Project (NAEOP) at Judicare Legal Aid 715-842-1681**

**Tribal Health Benefit Specialist or certified SHIP counselor at your Tribal Health Center**

Joseph Williams  
(920) 869-6849



This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 90SAPG0091, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

**SAVE ON MEDICARE**  
with the  
**Medicare Savings Program**

Talk to a Tribal Benefit Specialist or SHIP Counselor



Discuss your financial situation and health care needs



Submit a Medicaid application



**ENJOY YOUR SAVINGS!**

**More Medicare information on the next page**

## SAVE MONEY ON MEDICARE!

Medicare Part B covers outpatient medical services including doctor visits, durable medical equipment and supplies, and other services.

Medicare Part B has an annual deductible, monthly premium and covers 80% of the approved services.

### How can you save on Medicare Part B out-of-pocket costs?

Low-income Medicare beneficiaries can receive help from the Wisconsin Medicaid program through the Medicare Savings Program.

## MEDICARE vs. MEDICAID

**Medicare** is a federal program for elders aged sixty-five and older, people receiving disability benefits or End Stage Renal Disease services.

**Medicaid** is a shared federal and state program. Wisconsin pays for part of the costs and administers the program.

## MEDICARE SAVINGS PROGRAM

This is a Medicaid benefit for Medicare recipients. It is also known as MSP.

All Medicaid programs are based on the applicant's income and assets. There are types of income and assets that Native Americans receive that are *not* counted in determining eligibility for MSP.

### There are three types of MSP.

**Qualified Medicare Beneficiary (QMB)** – This MSP covers the monthly Part B premium, annual deductible and 20% co-insurance. It also pays the Medicare Part A premium. (Most people receive premium-free Part A.)

**Specified Low-Income Beneficiary (SLMB)** – This MSP covers the monthly Part B premium.

**Specified Low-Income Beneficiary Plus (SLMB+)** – In Wisconsin, the Qualified Individual or QI benefit is called Specified Low-Income Beneficiary Plus or SLMB+. It covers the monthly Part B premium.

## IMPORTANT THINGS TO KNOW

➤ You must have Medicare Parts A and B to enroll in MSP.

➤ You pay a Medicare Part B premium even if you enrolled in a Medicare Advantage (Part C) plan in addition to the plan monthly premium and/or co-payments.

➤ You can enroll in Part B via MSP even if you did not enroll when you were first eligible. Enrollment in MSP will eliminate any Part B late enrollment penalty.

➤ QMB eligibility cannot be backdated. Submit the application and any documents requested as quickly as possible. SLMB and SLMB+ can be backdated up to three calendar months (if eligible in those months).

➤ You cannot have both full-benefit Medicaid and SLMB+. Talk to your Tribal Elder Benefit Specialist about these two benefits and your situation.



Oneida Public Transit provides safe, reliable and affordable transportation that supports lifelong opportunities to strengthen education, well-being, and ts?niyukwalihot^ (Our Ways) throughout the Oneida Community.



Find more information at this link:  
<https://oneida-nsn.gov/resources/Oneida-public-transit/>  
Please feel free to call 920.496.5770 for more details on services, fares, passes and more.



**Church of the Holy Apostles**

# Fish Fry




**Lenten Fish Fry' Fridays • Parish Hall • 3pm – 6pm**  
**\$15 PER PLATE** March 7, 14, 21, and 28  
 April 4 and 11  
 Includes fish, potato, coleslaw, bread, beverage, and dessert.

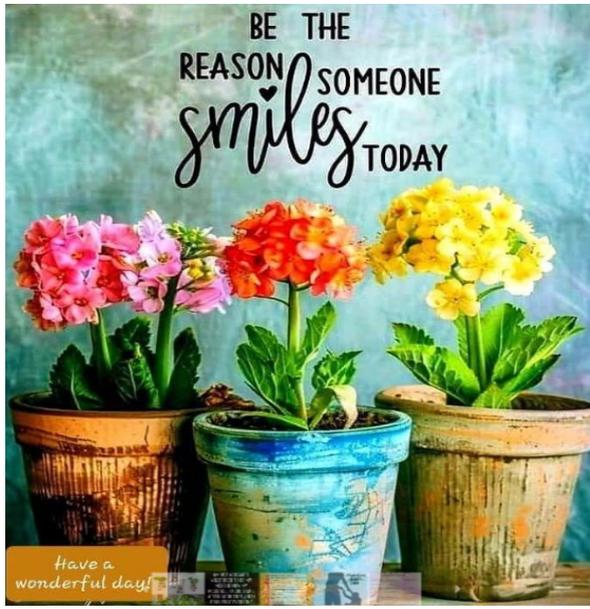
**50/50 RAFFLE**  
 Begins Feb. 15.  
 Winner will be drawn March 22.

**Ash Wednesday Service**  
 March 5 • 6pm  
**Stations of the Cross**  
 Wednesdays in Lent • 6pm  
 with Rev. James Biegler

2937 Freedom Rd. • Oneida, WI 54155  
 HolyApostlesOneida.com • HolyApostles15@Gmail.com • 920.869.2565

*Food for the Soul*

Sponsored by Oneida Apostolic Church and Outreach Ministry. Event Located at Parish Hall 2936 Freedom, Rd. Last Thursday of every month from 5 P.M. to 6:30 P.M. **Please join for a free meal, great fellowship and lots of fun. Any questions contact Glynis Alicia (620) 713-0758.**



## Dairy Delights!

Join FoodWise for a fun-filled hour of conversation about dairy and injury prevention. We will be making a great dairy recipe!

Tuesday, April 8, 2025

Oneida Food Distribution Center Kitchen

Time: 9:30AM

RSVP:

Reserve your spot by contacting Tonya Laurent at [tlaurant@oneidanation.org](mailto:tlaurant@oneidanation.org) or texting (920)256-0262 with your name, phone number, and the number of attendees



## TWA:KUNI

### We cook

All ages welcome

Wednesday April 16

Time: 4:45PM

At the Oneida Turtle school

RSVP: Reserve your spot by contacting

Tonya Laurent at

[tlaurant@oneidanation.org](mailto:tlaurant@oneidanation.org)

Or text (920)256-0262

Your name, phone number, and number of attendees

To rent the Parish Hall, email  
[Parish\\_Hall\\_1@OneidaNation.org](mailto:Parish_Hall_1@OneidaNation.org)  
or call 920-869-1059.



Kalihwisaks

Looking for a Venue for Your Event?

The Parish Hall might be just what you need!

## Keep Watering Yourself With:

- Good thoughts
- Good people
- Patience
- Empathy
- Healing
- Hope
- Open mind
- Kind words
- Self-belief
- Acceptance
- Love



**Oneida Community Education Center (CEC)** has over 30 public use computers. If you are in need of assistance with online interviews, meetings, and/or appointments, we are available to assist you. Call us to set up a private computer station. CEC began in June 1993 as the Oneida Career Development and Technical Center through a federal Workplace Literacy Grant. By 1998, the name changed to the Community Education Center with a new goal to provide the community with educational and enrichment opportunities.

# ELDER COMPUTER CLASS SERIES



*Every first Thursday of the month, beginning March 6, 2025*

A representative from Humana will be instructing the first three classes!

- March 6, 2025, 9am “Tech 101”
- April 3, 2025, 9am “Protect yourself against scams”
- May 1, 2025, 9am “Using technology to stay connected”

For more information or to sign up:  
920-496-5248 or stop in at the CEC!

 Community Education Center  
2632 Packerland Drive  
920-496-5260

## LIFE BEFORE THE COMPUTER

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- \* Memory was something that you lost with age
- \* An application was for employment
- \* A program was a TV show
- \* A cursor used profanity
- \* A keyboard was a piano
- \* A web was a spider's home
- \* A virus was the flu
- \* A CD was a bank account
- \* A hard drive was a long trip on the road
- \* A mouse pad was where a mouse lived
- \* And if you had a 3 1/2 inch floppy  
....you just hoped nobody found out



*The best people are the good old wrinkled people with a sparkle in their eye, a wink when you walk by or a toothless smile saying you are doing just fine.*

# LANGUAGE AND CULTURE

Here is another way to type the Oneida characters created by Dr. Abbot in Microsoft Word. Check out this site for instructions for MAC and Apple: <https://oneida-nsn.gov/our-ways/oneida-font/> Here are the basic instructions.

- From the home tab, change font to Oneida using the arrows on the side of the box. Also change font size to 14 for best results.



- Use the below keys for each character

To get the below	Type this key
á	@
é	#
í	\$
ó	%
Á	^
ú	&
·	=
Λ	<
?	>

Find an Oneida speaker and keep learning. Call Oneida Cultural Heritage main phone number at 920.496.5395 for more information. They are open Mon-Fri, 8 A.M. to 4:30 P.M. For after hours, or if no answer, please leave a message for a call back. Location is: 1250 Packerland Dr., Cottage 3, Green Bay, WI. Below is a little more information for reading Oneida.

## Progress not perfection!

### Grammar and Punctuation

#### Intonation Marks:

- ❖ Drag´
  - > • (raised dot after a vowel)
- ❖ Glottal
  - > ? (looks similar to the question mark symbol in english-however it does not have the same meaning in oneida)
- ❖ Accent
  - > Example: á, é, í, ó, ú
- ❖ Whispered Endings
  - > Yekushi•yó

### Remember...

T's are like "d's"  
 K's are like "g's"  
 S's are like "z's"  
 H's are breaths

Consonants: h, k, l, n, s, t, w, y  
 Vowels: a, e, i, o, u, Λ



# APRIL Memory Café

**APRIL 9, 2025 1:30PM-3:00PM**

Main Conference Room at the Oneida Health Center

Memory Café is open to anyone the with early memory loss and other dementia symptoms. Feel free to bring your spouse, friend, family member, or significant other to this fun, comfortable environment. It's a great way to socialize and connect in an understanding stigma-free setting.

**Memory Café happens every 2nd Wednesday of the month.**

May 14, June 11, July 9, Aug. 13,  
Sept. 10, Oct. 8, Nov. 12, Dec. 10

**This month's activity will be planting!**



Memory Café



ONEIDA COMMUNITY  
HEALTH CENTER



525 Airport Drive  
Oneida, WI 54155  
920-869-4995

**State Aging Advisory Council Application – looking for applicants**  
**Bureau of Aging and Disability Resources/Office on Aging**

Mission: “To advocate, promote, and share common concerns and opportunities to improve the quality of life, health, and well-being of older adults throughout Wisconsin.”

1. Please provide the following information:

<b>Category</b>	<b>Applicant Information</b>
Name	
Address	
City	
State	Wisconsin
Zip	
County and/or Tribe	
Telephone	
Email	

2. State briefly why you are interested in serving on the State Aging Advisory Council:

3. List any current or previous community activities/volunteer experience:

<b>Agency/Role/Dates</b>	<b>Currently Involved</b>	<b>Not Currently Involved</b>

4. List any local government bodies, governing boards, task forces, advisory councils, or other public committees on which you serve or have served:

5. Provide any additional information you would like the Executive Committee to know about your interests and activities:

6. State Aging Advisory Council meetings occur bimonthly via Zoom during daytime hours. Are you able to come prepared and actively participate in these meetings?

7. Do you have access to broadband, an electronic device, email, and the ability to participate in virtual meetings?

8. Do you need any disability-related accommodation to fully participate in meetings? If yes, please explain:

9. The following questions are optional. Your voluntary answers will help us be sure we are reaching out to all parts of Wisconsin's population as we seek to build the State Aging Advisory Council.

Category	Applicant Information
Gender	
Age	
Veteran Status	
Education Completed	
Current Employment	
Current or Former Occupation	

No one shall be excluded from participation in any service or activity because of race, color, religion, national origin, sex, or disability in compliance with the Age Discrimination Act of 1975 and Americans with Disabilities Act of 1990.

**Please read and sign below:**

I hereby attest that all information provided in this application for membership to the State Aging Advisory Council is true and accurate. I understand that membership in the Advisory Council is a commitment and agree that, if appointed, I will participate and engage in the meetings as scheduled.

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**Signature**

**Date**

Applications may be submitted at any time. Send via email to [sara.odonnell@dhs.wisconsin.gov](mailto:sara.odonnell@dhs.wisconsin.gov) or U.S. Post Office to the State Office on Aging.

State Office on Aging  
 1 W Wilson St, Rm 551  
 Madison, WI 53703

By-Laws of the **State Aging Advisory Council (SAAC)** available upon request.  
 (Department of Health Services, Division of Public Health, Bureau of Aging and Disability Resources, Office on Aging)

**Section 1. Composition**

Membership shall be at least 51% older adults as defined by OAA (Older Americans Act) eligibility (not to exceed 15 people). Members may also include:

- a. Caregivers and guardians;
- b. Supportive service providers and advocacy organization members;
- c. Local elected officials; and;
- d. Members of the general public involved in aging activities as volunteers.

# Plants that can be grown in water.



Thank you for the Employee Health Nursing newsletter post. **March was National Nutrition Month.**

## National Nutrition Month

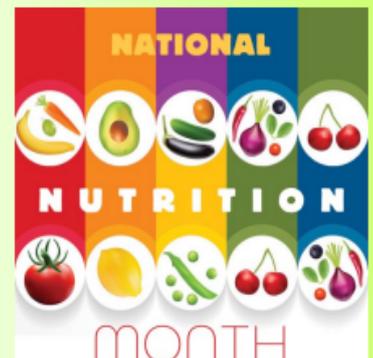


Good health begins with good food, and that's why doctors are always so interested in a person's diet when they're crafting their individual health plan. Poor nutrition can lead to all kinds of health problems, so it's important for everyone to think about the nutrition that exists in the foods they eat.

### Fun Facts About Foods

To make eating healthily more interesting, consider learning some fun food facts that will keep things interesting and aid anyone in eating in a more nutritional manner:

- Banana plants are members of the herb family.
- Strawberries contain more vitamin C than oranges.
- Coffee beans are the seeds of the fruit of the coffee plant.
- One can of soda contains around 10 teaspoons of sugar.
- A hardboiled egg will spin but a soft-boiled one won't.
- A medium-sized potato is a similar size to a computer mouse.
- Only wash grapes just before you eat them as they keep better unwashed



# Let's go Hiking with Oneida Adventures

Celebrate the anticipation of spring with friends, co workers and Oneida Adventures! We will meet at several locations. We All hikes begin at 12:05 end at 12:55. All participants MUST pre register prior to the hike. Each event is dependent on weather.

To register, email [Adventure\\_Dept@oneidanation.org](mailto:Adventure_Dept@oneidanation.org)

\*\* Each participant will need to fill out a new assumption of risk form for 2025 if they have not already done so\*\*



- Tuesday, March 4 Norbert Hill Center
- Tuesday, March 11 Behind Elder Services
- Wednesday, March 19 Sherwood Forest
- Wednesday, March 26 Silver Creek Trail
- Tuesday, April 1 He-Nis-Ra
- Wednesday, April 9 Ropes Course Woods
- Wednesday, April 16 Quarry Park
- Wednesday, April 23 Oneida Lake



Oneida Environmental Adventure Programs are for Oneida Tribal Employees and members. This is powerful learning that has spread across the community. Learning by doing is not only a concept, but also a powerful way to solidify learning and create experiences that transfer into real life situations. We help our participants experience unknown opportunities and gain personal and team strength. We believe new awareness 's can occur by stepping out of our comfort zone. For more information please call (920) 490-3846 Mon-Fri, 8 A.M. to 4:30 P.M. Here is a link to the website: <https://oneida-nasn.gov/welcome-to-adventure/#Resources> and a Facebook page is also available for more detail and past pictures on each event.

## Rejuvenating Tribal Communities Conference (RTC)

Rejuvenating your tribal communities and honoring MMIP. Get ready to rejuvenate your life and community!

<https://registration.socio.events/e/rtcconference2025>. Once registered you will get an email to go to the App to see all the speakers and pick your breakout sessions.

Conference is hosted by the following tribes: Forest County Potawatomi Community, Oneida Nation, Menominee Indian Tribe of WI, Sokaogon Chippewa Community, Bad River Band of Lake Superior Chippewa & Lac Du Flambeau Tribe.

This is a 3-day conference located at the Oneida Hotel. Tuesday, May 13th, half day starting at 1pm. Wednesday, May 14th, is a full day of events planned, continental breakfast, lite lunch and dinner included. Thursday, May 15th is a half day with a farmhouse breakfast included.

You can now register for the FREE RTC conference in May at Oneida Hotel. Register at this website:

## APRIL 2025 ELDER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>(Meal Site &amp; Activity Room)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Crafts: 1:30pm</li> </ul>	<u>2 (Meal Site)</u> <ul style="list-style-type: none"> <li>Outdoor Walk 11:00am</li> </ul>	<u>3 (Meal Site &amp; Activity Room)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Susan M. Oneida Adventures: 1:30pm</li> </ul>	<u>4 (Shopping Day)</u> (9:45am Start Shuttle Pickup 10 Max)
<u>7 (Meal site)</u> <ul style="list-style-type: none"> <li>Activity/Game 10:00am</li> <li>Badminton: 1:30pm</li> </ul>	<u>8 (Meal Site)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Chair Yoga: 1:30pm ONCOA MEETING 1:00pm</li> </ul>	<u>9 (Meal Site)</u> <ul style="list-style-type: none"> <li>Exercise: 10:45am</li> <li>Bingo 1:30pm</li> </ul>	<u>10 (Meal Site &amp; Pod A Common Room)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Cooking Club: 2:00pm</li> </ul>	<u>11 (Woodman's)</u> (9:45am Start Shuttle Pickup 10 Max)
<u>14 (Ashwaubenon &amp; Meal Site)</u> <ul style="list-style-type: none"> <li>Bowling Alley— 9:30am</li> <li>Crafts: 1:30pm</li> </ul>	<u>15 (Meal Site)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Chair Yoga: 1:30pm</li> </ul>	<u>16 (Meal Site)</u> <ul style="list-style-type: none"> <li>Exercise: 10:45am</li> <li>Bingo 1:30pm</li> </ul>	<u>17 (Meal Site &amp; Activity Room)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Susan M. from Oneida Adventures: 1:30pm</li> </ul>	<u>18 (Walmart De Pere)</u> 1/2-day Good Friday
<u>21 (Outing Day)</u> Good Will & Thrift Store shopping & Lunch Day 10:30am	<u>22 (Meal Site)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Chair Yoga: 1:30pm ONCOA MEETING 1:00pm</li> </ul>	<u>23 (Meal Site)</u> <ul style="list-style-type: none"> <li>Exercise: 10:45am</li> <li>Bingo 1:30pm</li> </ul>	<u>24 (Meal Site &amp; Pod A Common Room)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Cooking Club: 2:00pm</li> </ul>	<u>25 (Meijer's)</u> (9:45am Start Shuttle Pickup 10 Max)
<u>28 (Meal Site)</u> Medicare workshops with Garrick Roby: 11:00am	<u>29 (Meal Site)</u> <ul style="list-style-type: none"> <li>Bingocize w/Denice &amp; Schuyler: 10:00 am</li> <li>Chair Yoga: 1:30pm</li> </ul>	<u>30 (Open Day)</u> Outing Day— 10:30am		

**\*\*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 Lu-watiya'takenhas Crystal Danforth If you have any questions: 920-869-2448 Ext: 6831 or [Cdanfo13@oneidanation.org](mailto:Cdanfo13@oneidanation.org)\*\***

# April Menu 2025

Meals are served Noon-12:30 P.M.

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 to sign up for meals

Monday- Friday 8:00 AM- 4:00 PM to reserve your meal

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Chicken Veg Soup</b> (10 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Fresh Fruit (15 gm) Oyster Crackers (8 gm)	<b>2 Oven Roasted Turkey</b> Mashed Potatoes (15 gm) Squash (15 gm) WG Dinner Roll (10 gm) Diced Peaches (15 gm)	<b>3 Stroganoff Beef Tips</b> Noodles (20 gm) Herb seasoned Broccoli Pickled Beets Diced Pears (15 gm) WG Dinner Roll (10 gm)	<b>4 Scrambled eggs,</b> Sausage links Hashbrown patty (15 gm) WG Cereal (21 gm) Fresh Fruit (15 gm) Tomato juice (5 gm)
<b>7 Homemade Chicken Pot Pie</b> chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm) Raw vegetables	<b>8 Homemade Meatloaf</b> from Oneida Beef & Bison Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)	<b>9 Sloppy Joes</b> made with Oneida Beef WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)	<b>10 Italian Sausage</b> w/sauerkraut Boiled Potatoes (15 gm) Herb-spiced broccoli, cauliflower, and carrots Mandarin Oranges (15 gm), WG Dinner Roll (10 gm)	<b>11 Fish Patty</b> on WG Bun (22 gm) Wild Rice Pilaf (15 gm) Seasoned Peas (5 gm) Coleslaw Fresh Fruit (15 gm)
<b>14 Sweet BBQ Ray's</b> Shredded Chicken (3 gm) Whole Wheat Bun (22 gm) Coleslaw Seasoned Mixed Veg (10 gm) Applesauce (15 gm)	<b>15 Beef Ring Bologna</b> WG Dinner roll (10 gm) Roasted Sweet Pot (15 gm) Hot Diced Beets (6 gm) Pineapple Tidbits (15 gm)	<b>16 Chicken Parmesan</b> Tomato Sauce over Noodles (15 gm) Seasoned Cauliflower WG Dinner Roll (10 gm) Mandarin Oranges (15 gm) LS V8 Juice (5 gm)	<b>17 Homemade Chili</b> made with Oneida Beef (10 gm) LS Ham & Cheddar on a WG bun (22 gm) Raw Vegetables Fresh Fruit (15 gm) Crackers (8 gm)	<b>18 CLOSED</b> GOOD FRIDAY
<b>21 Low sodium Ham</b> Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm) Easter Cookie	<b>22 Corn Soup</b> (5gm) Ham & Swiss WG bun (22 gm) Coleslaw (3 gm) Diced Peaches (15 gm) Crackers (8 gm)	<b>23 Sliced Oven</b> Roasted Beef Mashed Potatoes w/gravy (15 gm) Stewed Tomatoes WG Dinner Roll (10 gm) Applesauce (15 gm) SF Pudding (10 gm)	<b>24</b> Creamy Swedish Meatballs, Noodles (20 gm) Herb seasoned Broccoli, Raw vegetables WG Dinner Roll (10 gm), SF Fruit Gelatin (10 gm)	<b>25 Chicken Booyah</b> (7 gm) WG biscuit (27 gm) Chef Salad Fresh Fruit (15 gm)
<b>28 Oneida Beef &amp; Bison Taco</b> WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Applesauce (15 gm)	<b>29 Homemade Meat</b> Sauce from Oneida Beef, Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Fresh Fruit (15 gm)	<b>30 Split Pea Soup</b> Turkey & Provolone on a WG bun (22 gm) Pickled Beets Mandarin Oranges (15 gm) SF Pudding (10 gm)		

## Take a NOURISH Step

Information provided by [www.gwaar.org/nourishstep](http://www.gwaar.org/nourishstep)

### Nutrient Rich Foods As we age, our nutrition needs change.

#### Older adults are at higher risk for several nutrient deficiencies.

This is due to changes in nutrient requirements, as well as changes in how some nutrients are absorbed and used by the body. Being aware of key nutrients for your age group (and where to find them) can help you make more informed decisions that protect your body & mind.

#### ENERGY

Generally, our bodies require **fewer calories** yet more of certain nutrients like calcium, vitamin D, potassium, and vitamin B12. This means we must meet our nutrient needs with more **nutrient-dense foods**.

#### NUTRIENT DENSITY So, what exactly is nutrient density?

Nutrient-dense foods and beverages naturally contain vitamins, minerals, and other health promoting components and have little added sugars, saturated fat, and sodium.

**Examples:** Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with no or little added sugars, saturated fat, and sodium

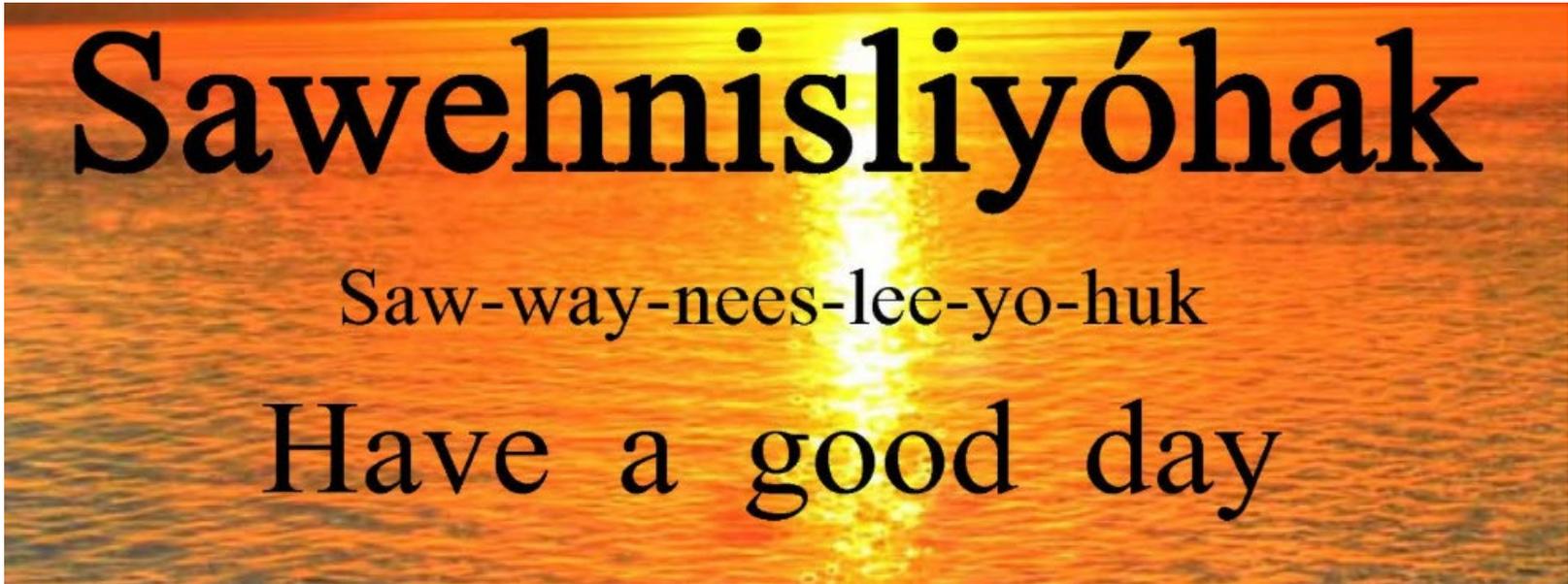
#### Ways to meet your nutrients

Eating a variety of colorful, whole foods can ensure that nutrient needs are being met.

Choosing fruits & vegetables of different colors is a simple way to include a variety of key nutrients in your diet. Include plenty of WHOLE foods. Frozen or fresh, foods closest to their form at harvest.

Want to Learn More about Vitamins & Minerals. What are they? What do they do? – look here

<https://www.nia.nih.gov/health/vitamins-and-supplements/vitamins-andminerals-older-adults>



# Sawehnisliyóhak

Saw-way-nees-lee-yo-huk

Have a good day

## UP CLOSE AND PERSONAL Aging & Disability Staff

Tracy Smith, Office Manager- can you just e



1. Responsibilities within your position? **Much of my work is behind the scenes of the front-line staff. I manage the administrative assistant area, provide communication, leadership, organization, help manage budgets and make sure all invoices are paid, and contracts are fulfilled.**
2. How long have you been working with elders? **15+ years**
3. What aspects of your job do you find most fulfilling or rewarding? **The things I find rewarding are personal growth and interactions with assisting the elderly with their needs.**
4. How does your role contribute to the overall success of the organization? **I would say the organizational skills, adaptability, problem solving and ability to multitask.**
5. What motivated you to pursue this career path and what keeps you passionate about it? **I started out as a student intern here for the NARCH program and as I did research and interacted with elders, I wanted to assist elders in maintaining a healthy lifestyle and be**

**independent.**

6. What Skills or experiences have you gained from your current Position that you find most valuable? **Communication, organization, time management, decision making, and working as a team.**
7. Hobbies enjoyed? **I enjoy spending time with my family and beading in my free time.**

Please join us from 4-7pm  
Thursday, April 3, 2025

# Healing Creatively

Sharing Your Healing Language

**Guest speaker at 5:30p**  
**Emma Eagle Heart White**  
Author of Warrior Princesses  
Strike Back: How Lakota Twins  
Fight Oppression and Heal  
Through Connectedness  
**Free book for first 50 guests**

**Creative Healing Stations**  
**Healing basket raffles**  
**Lite dinner**

Sexual Assault Awareness Event  
sponsored by Wise Women  
Gathering Place. In the events room,  
1641 Commanche Ave., Suite 1,  
Green Bay, WI



**Phone:** (920) 490-0627, **Email:**  
[Info@wisewomengp.org](mailto:Info@wisewomengp.org)

# Happy Birthday

Donna Lau, Nancy Torres and Jane Salzman - Below is the list from April 2000.

We apologize for any errors in the list below. Please contact us to have your name added to future lists.

Manual Anderson	4/23	Karen Kennedy	4/13
Wilson Antone	4/12	Douglas Kindness	4/05
Bernice Beechtree	4/27	Rosaline LaMere	4/25
Jean C. Behnke	4/07	Gary Metoxen	4/13
Arthur Charles	4/11	John Metoxen	4/08
Leona Charles	4/26	Cletus Ninham Sr.	4/16
Amos Christjohn	4/08	Marguerite Otto	4/23
Lorna Christjohn	4/28	Jane Salzman	4/28
Diane Cornelius	4/03	Delores Skenandore	4/04
Elizabeth Cornelius	4/21	Gwenevere Skenandore	4/24
Leonard Cornelius	4/10	Patrick E. Skenandore	4/23
John Dennison	4/04	Zelda Skenandore	4/05
Clara Denny	4/25	Carol Smith	4/10
Eldon Denny	4/02	James H. Sorenson	4/02
Jean Denny	4/10	Roger Summers	4/13
Mary J. Dobratz	4/29	Wesley Summers	4/08
Reuben Erickson	4/06	Dorothy Tabor	4/08
Alfrieda Grignon	4/01	William VanBoxtel	4/04
Richard Haywood	4/27	Grace V. Vandehei	4/19
Nancy Hill	4/01	Kirby VandenBloomer	4/08
Hannah Jordan	4/23	Donald M. Webster	4/10
Hazel Jordan	4/07	Orville Webster	4/17
Thelma Marie Kaiser	4/04	Margaret Zuelsdorf	4/28
Scharlene Kasee	4/19	Josephine Kindness	4/18

Heartfelt condolences and loving memories to all those who have lost a loved one.



Four medicines: Tobacco, Sage, Sweetgrass, Cedar

**When someone you love becomes a memory, that memory becomes a treasure.**

Check out the Kalihwisaks for obituary detail at  
<https://oneida.nsn.gov/resources/kalihwisaks>.

# DID YOU KNOW?

## Community Health Services Programming



### WHAT IS LONG TERM CARE CASE MANAGEMENT?

**Mission:** Support Native American families with respectful quality care, working with pride, communication and trust for a healthier community.

**Service Description:** The Long Term Care Case Management Team provides services such as Dementia Care, Family Care Program, and Home Care Worker Services.

#### **Dementia Care**

Provide training to increase the dementia capability of tribal departments and organizations. Educate community members about dementia to reduce stigma. Provide education and support to people with dementia and family caregivers to remain active and able to live in their own homes.

Contact Deb Miller at 920-869-4854.

#### **Home Care Worker Program**

Home Care Workers provide companionship and light housekeeping services and can provide stand by assistance with bathing or showering.

Clients must be 70+ years of age or 55-69 with disability documentation on file. Clients must be an enrolled Oneida Tribal Member or member of another Federally recognized Tribe and reside within Oneida Nation reservation boundaries.

Contact Shendola Flores at 920-869-4995.





For more information, please call 920.490.3927 or email [hleisgan@oneidanation.org](mailto:hleisgan@oneidanation.org). Also look at the Facebook page JustMoveItOneida to keep updated and for great pictures of past events.



Just Move It Oneida  
**Spring**  
\* INTO ACTION \*

WEDNESDAY | APRIL 16 | 4-6PM  
2025

ONEIDA NATION ELEMENTARY SCHOOL  
📍 N7125 SEMINARY RD, ONEIDA, WI 54155

Join us for a delightful evening of walking, games, music, and free corn soup!  
Monthly incentive is a JMIO baseball cap.  
Exercise bingo from 5-5:30pm!

Aging is not lost youth, but a new stage of opportunity and strength.” - Betty Friedan

**“It does not matter how slowly you go as long as you do not stop.”** - Confucius

“Beautiful young people are accidents of nature, but beautiful old people are works of art.” - Eleanor Roosevelt

**“Age is whatever you think it is. You are as old as you think you are.”** - Muhammad Ali

“You are never too old to set another goal or to dream a new dream.” - C.S. Lewis

**“Age is a matter of feeling, not of years.”** - George William Curtis





# APRIL Memory Café

**APRIL 9, 2025 1:30PM-3:00PM**

**Main Conference Room at the Oneida Health Center**

Memory Café is open to anyone the with early memory loss and other dementia symptoms. Feel free to bring your spouse, friend, family member, or significant other to this fun, comfortable environment. It's a great way to socialize and connect in an understanding stigma-free setting.

**Memory Café happens every 2nd Wednesday of the month.**

May 14, June 11, July 9, Aug. 13,  
Sept. 10, Oct. 8, Nov. 12, Dec. 10

**This month's activity will be planting!**



ONEIDA COMMUNITY  
HEALTH CENTER



525 Airport Drive  
Oneida, WI 54155  
920-869-4995



# ONEIDA HEALTH PROMOTION Diabetes Prevention Program



## BE STRONG, BE FIT, AND BE HEALTHY WITH US.

➔ Commit to reaching your health & wellness goals and reducing your risk for type 2 diabetes.

### JOIN DPP TODAY!

A year long program that includes one-on-one Wellness Coaching & Group Classes with a focus on behavior change, healthy eating & increasing physical activity.

➔ Classes begin in January, April, July & October each year.

#### Months 1-6

- 10 weekly classes & 6 biweekly classes

#### Months 7-12

- 6 monthly classes

### WHO CAN JOIN?

- Patients of the Oneida Community Health Center age 18 and older.
- Employees of the Oneida Nation who participate in the Health Plan.

### HOW?

- Physician Referral from your OCHC Provider
- Complete Online Referral Form <https://oneida-nsn.gov/resources/health/community-health-services/health-promotions/#Wellness-Coaching>

Get in touch with us:  
920-490-3780

[healthpromotion@oneidanation.org](mailto:healthpromotion@oneidanation.org)

12/28/2023



# Measles

ONEIDA  
03/06/2025

## Spread of Virus

- Coughing or Sneezing of infected person
- Can spread to others **4 days before** through **4 days after** the rash appears



About **1 out of 4** people who get measles will be **hospitalized**

Call the  
**Oneida Community Health Center**  
920-869-2711  
Schedule your Immunization Appointment **TODAY!**

## Symptoms

- High Fever
- Cough
- Runny Nose
- Red, Watery Eyes
- Rash breaks out

The greatest wealth is health. Please take care of yourself and be kind to all. Prevention is better than looking for a cure. Every day of health is a blessing. Thank you to Oneida Community Health Center for this flyer and information.



## Prevention:

The **BEST** way to avoid getting sick from Measles is to **be Vaccinated**

**1 dose** of MMR = about **93% effective** at preventing measles

**2 doses** of MMR = about **97% effective** at preventing measles

To schedule a paid interview for below Contact Cultural Heritage at 920-496-5390.

## Oneida Living History

The Oneida Living History is a current project that focuses on interviewing Oneida people that lived and grew up on the Oneida Nation Reservation of WI. The project began in March of 2022. The project goal is to Capture the stories and history of the Oneida Nation Reservation of WI. Below are a few who have been recently interviewed. We are currently in the editing phase of the recording before uploading to YouTube where all videos will be shared.



Delora Cornelius



Noel Summers Clevin



Virginia 'Ginny' Fluette



Shirley Powless



Mark Powless



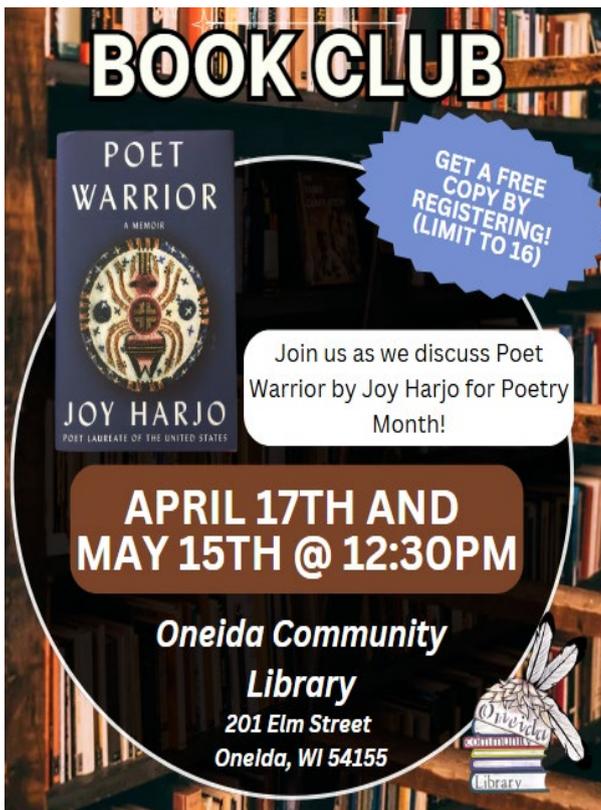
Norbert K. Skenandore

## Come Visit Us at the Library

We are excited to invite you to visit the Oneida Community Library. Our library offers a variety of free programs designed to engage, educate, and entertain. Whether you're interested in storytelling sessions, cultural workshops, or wellness classes, there's something for everyone.

Library cards are completely free. With your library card, you gain access to a world of resources, including the Libby app. This app allows you to read magazines and eBooks from the comfort of your own home, using your personal device. It's a wonderful way to stay connected to the latest books and periodicals without having to leave your home.

We encourage you to come and explore all that the Oneida Community Library has to offer. We look forward to seeing you soon!



**BOOK CLUB**

GET A FREE COPY BY REGISTERING! (LIMIT TO 16)

Join us as we discuss *Poet Warrior* by Joy Harjo for Poetry Month!

**APRIL 17TH AND MAY 15TH @ 12:30PM**

**Oneida Community Library**  
201 Elm Street  
Oneida, WI 54155

POET WARRIOR  
A MEMOIR  
JOY HARJO  
POET LAUREATE OF THE UNITED STATES



**Oneida Community Library**

# Culture Sessions

**April 22, 4:30PM**  
With Layukwilakéhte,  
Turtle Clan Manager

Join us for the Creation Story and Craft Activity

**April 24, 5-6PM**  
With Kaluhya, Wolf Clan Manager

Learn about Oneida Culture and Storytelling.

For more details, visit:  
[oneida-nsn.gov/resources/library](http://oneida-nsn.gov/resources/library)

**ONEIDA** Library

Oneida Community Library | 201 Elm St, Oneida Nation Reservation, Oneida, WI 54155

## Oneida Community Library Adult Programming - April 2025

### Tuesdays:

Mindful Aging 11AM

Witness the Fitness 12:30PM

**April 2<sup>nd</sup>:** Movie Classics Revisited 2PM

**April 7<sup>th</sup> & 21<sup>st</sup>:** Story-Making Club 4:30PM

**April 9<sup>th</sup>:** Beading Circle 2PM

**April 9<sup>th</sup> & 23<sup>rd</sup>:** Create & Connect 5:30PM

**April 16<sup>th</sup>:** Group Painting 11AM

**HOURS:** Monday-Thursday: 9am-6pm  
Friday: 10am-4pm

**Oneida Nation Yard Waste and Recycling**, Oneida Conservation Department at N8047 County Road U, will accept community yard waste from Oneida Tribal Member's homes.

**ONLY YARD WASTES** such as leaves, grass clippings, brush and tree wood are accepted.

**DAY TIME DROP OFF ONLY.** Contact Main Office to register: 920-869-6500 or email

[conservation\\_department@oneidationation.org](mailto:conservation_department@oneidationation.org)

**HOURS: Mon-Thu 7:00 A.M. - 4:30 P.M.**

**Closed from Noon – 1:00 P.M.**

**Friday 7:00 A.M. - 11:00 P.M.**

**All other dumping is strictly prohibited. PLEASE DO NOT LEAVE plastic bags or empty containers. NO construction/contract materials or items are accepted**

**Review Site Map (Entrance Kiosk) for proper location and placement of allowable items**



National Indian Council on Aging (NICOA) is a 501 (c)(3) nonprofit organization.

Facebook page is NICOAAging.

Email is info@nicoa.org

Many departments inside and outside of the Oneida Nation have hired

elders through this program. If you would like more information,

please **contact NICOA at 505-292-2001 or check out website at NICOA.ORG.**

Wishing you respect and kindness in all endeavors.



**WE ARE RECRUITING**

**REJOIN THE WORKFORCE**

**SCSEP Job Seekers Wanted!**

The Senior Community Service Employment Program (SCSEP) is recruiting! SCSEP offers job training opportunities to low-income adults aged 55 and older, helping you gain valuable skills and work experience. Placement is made in community service positions at non-profit organizations or public agencies, where you can enhance your skills and increase the chances of finding permanent employment. If you're passionate about making a difference in your community and looking to re-enter the workforce, SCSEP could be the perfect opportunity for you!

[WWW.NICOA.ORG](http://WWW.NICOA.ORG) OR  
CALL US AT 505-292-2001

The Senior Community Service Employment Program is funded by a U.S. Dept. of Labor grant



# NOTICE!

## Wisconsin Statewide Tornado Drill conducted on Thursday, April 10, 2025 @ 1:45 pm and 6:45 pm.



There are three locations that can be used of Warming/Safety Centers. They are not any always open. The locations and hours are incident dependent.

Parish Hall  
Civic Center / County H Recreation  
VFW – Service Road

These buildings can be used but are only opened when there is a widespread power outage that is expected to last for a while. There is not one set of “triggers” that open the buildings, it is all incident dependent. People can always call the Nation’s Hot Line to find out what locations are open. The number is **920-869-4481**. Let me know if you need anything else.

**Kaylynn Gresham**, Emergency Management Director, 2783 Freedom Road, Oneida WI 54155  
[kgresham@oneidanation.org](mailto:kgresham@oneidanation.org), 920-869-6650/920-366-0411

### Myth vs Truth

**Myth:** Areas around a lake, river, and hills are safe from tornadoes.

**Truth:** No place is safe from tornadoes. A tornado can form on the water and move to onshore.

**Myth:** The low pressure with a tornado causes buildings to explode as the tornado passes overhead.

**Truth:** Violent winds and debris slamming into buildings cause most structural damage.

**Myth:** Windows should be opened before a tornado approaches to equalize pressure and minimize damage.

**Truth:** Leave windows alone. The most important action is to immediately go to a safe shelter.

**Myth:** People caught in the open should seek shelter under highway overpasses.

**Truth:** Take shelter in a sturdy, reinforced building if possible. The winds of a tornado may increase in the tight space of an overpass, increasing the chance for injury.

### Facts

On average, more than 1,100 tornadoes are reported in the U.S. each year.

While, the majority of twisters result in minor damage, when a major tornado strikes the results can be devastating.

#### Some Additional Facts:

- The most violent tornadoes can last more than an hour.
- The Fujita Tornado scale estimates tornado strength based on damage surveys. An F5 tornado can reach speeds of up to 318 mph.
- Tornadoes can drive blades of grass into trees and toss 20-ton railroad cars with ease.
- The path of damage resulting from one tornado can exceed 50 miles.

#### CONTACT INFO:

Emergency Management  
(920)869-6650  
National Weather Service  
(920)494-2363

### Survival Guide

#### Twisting and Terrifying

A tornado is defined as a powerful rotating column of air descending from a thunderstorm. The peak months for tornado activity are April, May, June, due in part to the presence of warm air in many regions of the country, which fuels tornado-producing severe thunderstorms.

The US experiences more tornadoes than anywhere else in the world.



## Benefits of Coloring for Seniors

### Fill Your Life with Color

Discover the surprising benefits of coloring for older adults.

From improving cognitive function to enhancing mental health and promoting social engagement. Add color and vibrancy to the lives of seniors and their caregivers.



# All About the United States - Word Search

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E B A L D E A G L E N I L L O E Y L M I  
T T S U H N E R O E E D R O F N A T S L  
R C T T R A M L A W H T D A D N I W I E  
W P A L A L I O C L L A B E S A B V T I  
S P T B F R I E D C H I C K E N S T O L  
D I U T I T S M A R K T W A I N U A I L  
L C E R D A H P W T H E R T T H P R R A  
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AMERICAN PIE  
APPLEPIE  
BALDEAGLE  
BASEBALL  
HAWAII  
PICKUPTRUCK

DIVERSITY  
DOLLAR  
FRIEDCHICKEN  
HARVARD  
PATRIOTISM  
SUPERBOWL

HOOVERDAM  
MARKTWAIN  
MCDONALDS  
MOUNTRUSHMORE  
STATUE OF LIBERTY

SINATRA  
STANFORD  
STARSPANGLED BANNER  
NIER  
BULK

SUPERSIZE  
TWINKIES  
WALMART  
BASKETBALL  
HOLLYWOOD