



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

Twayathos Włhni·tale' (Planting Moon, 5th new moon) Apr 27 through May 26

Ka'niyohu·té·s Włhni·tale' (Strawberry Moon, 6th new moon) May 26 through June 26

Recent discussions from ONCOA meetings

- Office space update – follow up with CFO regarding PO.
- Strategic Plan – PO finally received and next step is to schedule meeting with vendor.
- Long Term Care update – questions sent and follow up being made by OBC Liaison for status of meeting date and time.
- ONCOA By-laws – setting aside special meeting times to review and update.
- Accept Aging and Disability report from Jodi Tess, new Director.
- Elder Protection Law next meetings discussion.

When was the last time you were at an ONCOA meeting?
ONCOA would like to see you and hear from you. Meetings are held in the Oneida Aging and Disability Conference room on the second and fourth Tuesday of every month at 1:00 P.M.

ONCOA Mission: Oneida Nation Commission on Aging advocates for all services that place priority on the well-being of our Elders.

ONCOA agenda request on the next page.

CONTACT INFORMATION

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

ONCOA Main email: 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 – Please submit article/flyer here.

Oneida Aging and Disability Services (OA&DS) 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

NEW OA&DS Main email: OneidaAging_info@oneidnation.org (requests/concerns can be emailed here)

Oneida Nation Commission on Aging Agenda Request

Regular Oneida Nation Commission on Aging meetings are held the second and third Tuesday of each month. The deadline for submitting agenda items for consideration at a Regular Oneida Nation Commission on Aging meeting is 4:30 p.m. on the Wednesday preceding the meeting date.

1. Meeting Date:

2. General Information:

Session: ☒ Open ☐ Executive – See Open Records and Open Meetings law §107.4, then choose one:
Choose One

Agenda Header: Choose One

Requested Action (please describe):

3. Supporting Materials

☐ Resolution ☐ Report ☒ Other – list below

1. 3.
2. 4.

4. Submission:

Authorized Sponsor:
Name, Title / Dept.

Primary Requestor/Submitter: Amber Martinez, Recording Clerk
Name, Title / Dept. or Tribal Member

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If you would like to get on the **ONCOA agenda**, here is a sample of our two-page agenda request. Sorry for the small print You can get a copy of this form either by:

- Email request to Boards@oneidanation.org or DRUMSacrostoneida@oneidanation.org
- Make phone call to 920-869-2214 (Boards Recording Clerk Office) and ask for one to be emailed or US mailed to you.
- Stop at Norbert Hill Center and ask for the Boards Recording Clerk Office.

ONCOA would love to hear from you. You do not need to get on the agenda to attend. However, if you would like to discuss a specific topic, we ask that you use this form. One of the Boards Recording Clerks will contact you to set up a date. We meet the second and fourth Tuesday of every month at 1:00 P.M. in the Aging and Disability Conference room.

5. Cover Memo:

Describe the purpose, background/history and action requested:

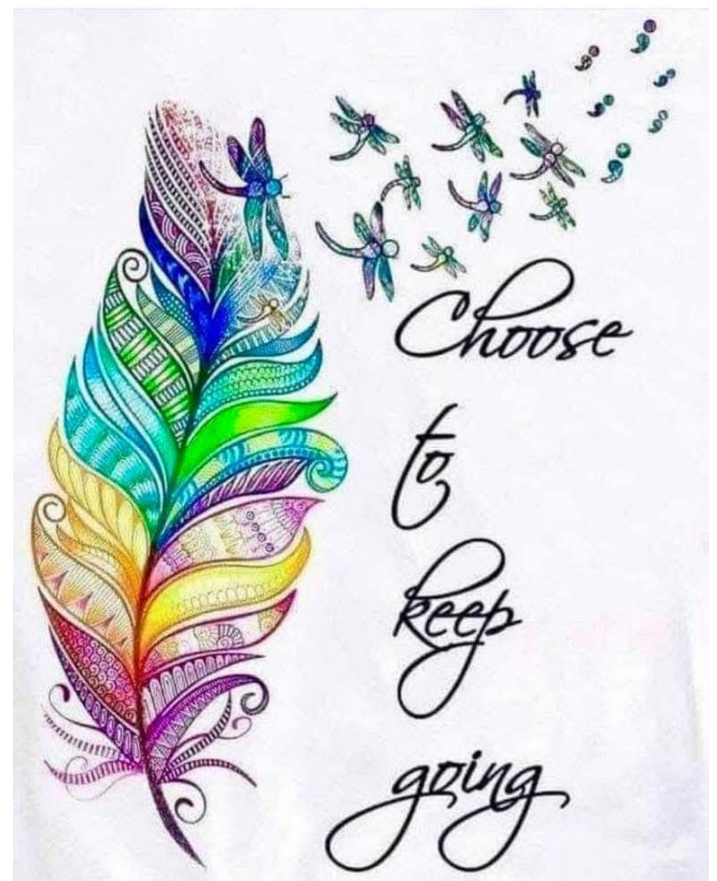
- 1) Save a copy of this form for your records.
- 2) Print this form as a *.pdf OR print and scan this form in as *.pdf.
- 3) E-mail this form and all supporting materials in a *.pdf file(s) to: Boards@oneidanation.org
- 4) Please contact (920) 869-4372 with any questions for the Commission.

*If you are submitting a resolution for adoption, please send the **Word** version of the resolution along with the Agenda Request file.

Clear Form

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Print



2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Winter Distribution



2025 Program Information (dates & time)



With Questions,
Contact Marilyn King
at 920-869- 1041

ONEIDA N7372 Water
Circle Place Oneida, WI
54155
Distribution Fridays @
10am

DATES:
May 30th
June 13th & 27th
July 11th & 25th
August 8th & 22nd
September 5th & 26th
October 10th & 24th
November 7th & 21st
December 5th & 19th



Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

PLEASE NOTE: Food provided is for Tribal members, 55 years and older. This project is funded by a Feeding America National Organization grant, Feeding Wisconsin's Wisconsin Department of Agriculture, Trade and Consumer Protection ARPA grant, and an Intertribal Local Food Purchasing Agreement grant.



VOLUNTEER - We strive to bring our community together in a way that we can support one another. **The Pantry is continually looking for volunteers** to help support the operations. If you are interested in volunteering for the pantry:

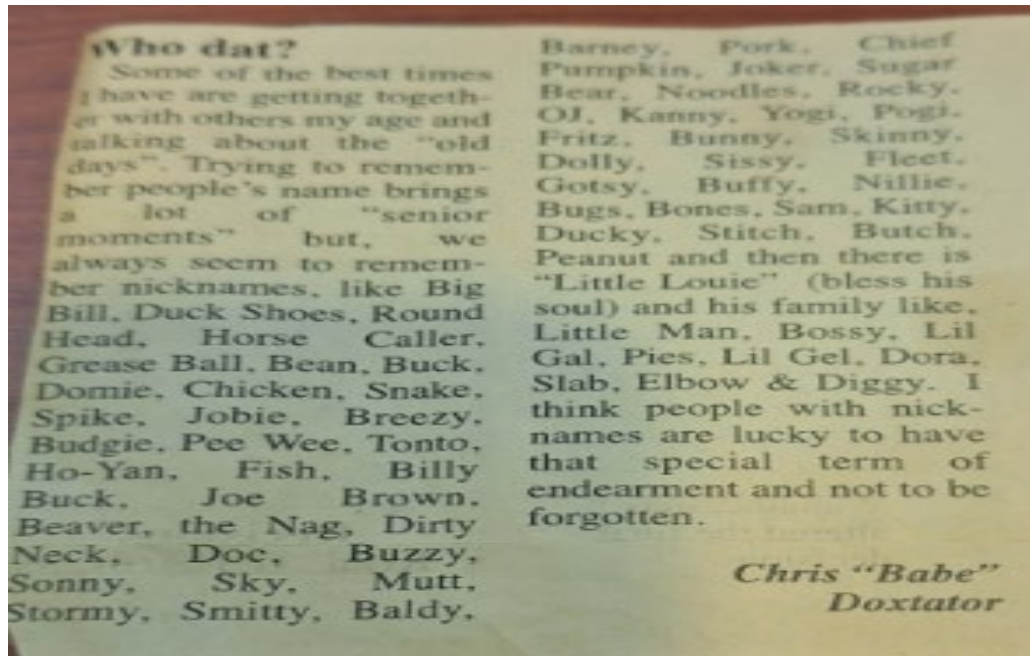
- Complete a simple background check form. Volunteer Background Form
- Once approved we also have the Volunteer Code of Conduct to complete. OEFP Code of Conduct
- Once approved there is a brief orientation, assessment of skills, and scheduling of times available.
- Also available for on- call events, food drives, and busy distribution days.

Check out [Facebook page - Oneida Emergency Food Pantry](#) for updates and events.



YELLOW HAT Men's Gang

This is an amazing group of men who eat at this table every day (Mon-Fri). Stop in to hear some great stories and find real answers to "did'jano" (did you know). Their legendary names are Ed Delgado, Al Manders, Ben Vieau, Ted Hawk, Cecil Skenandore, and Richard Ackley. You could not find a better crowd to be associated with. The hat letters – what would you say it means (JEGS)? Al says its means Just take it easy guys (or something like that lol). JEGS is really vehicle high performance parts. Very fitting for these high-performance men.



I was given this cool article, but I cannot make it print clear so because it is so cool it is retyped for you here. Enjoy!

"Who dat?" Some of the best times I have are getting together with others my age and talking about the "old days." Trying to remember people's name brings a lot of "senior moments" but, we always seem to remember nicknames, like Big Bill, Duck Shoes, Round Head, Horse Caller, Grease Ball, Bean, Buck, Donnie, Chicken, Snake, Spike, Jobie, Breezy, Budgie, Pee Wee, Tonto, Ho-

Yan, Fish, Billy Buck, Joe Brown, Beaver, the Nag, Dirty Neck, Do, Buzzy, Sonny, Sky, Mutt, Stormy, Smitty, Baldy, Barney, Pork, Chief Pumpkin, Joker, Sugar Bear, Noodles, Rocky, OJ, Kanny, Yogi, Pogi, Fritz, Bunny, Skinny, Dolly, Buffy, Nilie, Bugs, Bones, Sam, Kitty, Ducky, Stitch, Butch, Peanut and then there is "Little Louise" (bless his soul) and his family like, Little Man, Bossy, Lil Gal, Pies, Lil Gel, Dora, Slab, Elbow & Diggy. I think people with nicknames are lucky to have that special term of endearment and not to be forgotten.

Written by Chris "Babe" Doxtator.

Thank you, Judy Cornelius, for submitting this article.

DO YOU NEED HELP?

Are you Oneida Enrolled? Have had a crisis going on or recently?
Struggling with a financial need or unsure if it may be met at all?

IF YOU ANSWERED YES TO ALL OF THESE QUESTIONS, YOU MAY BE ELIGIBLE TO RECEIVE OUR SERVICES!

How to Apply: May apply in person at Economic Support or call 920-490-3710 and by submitting a completed CSF application to the Oneida Nation's Social Services website at <https://oneida-nsn.gov/resources/economic-support/community-support/>

COMMUNITY SUPPORT FUND SERVICES

SHELTER EXPENSES:

- Mortgage, rent and security deposits

UTILITIES:

- Payment Assistance & disconnections

MEDICAL EXPENSES:

- Bills, travel, hospital, equipment, supplies, auto repairs, accessibility and prescriptions, if not available through insurance or Indian Health Services. Including dental and optical not covered by insurance. Home renovations for a medical condition or it is medically necessary.
- Inpatient drug treatment, if no vendor can assist (limit once per lifetime)
- Family Medical Leave Act Assistance
- Travel Expenses to attend a funeral for intermediate family member
- COBRA Insurance Assistance

(All services are in accordance with the Chapter 125 Rule Book) Find Chapter 125 <https://oneida-nsn.gov/government/register/laws/>

CONTACT US TODAY



920-490-3710



<https://oneida-nsn.gov/resources/economic-support/>



2640 West Point Road
Green Bay, WI 54304



economic_support@oneidanation.org

THANK YOU TO ONEIDA BEHAVIORAL HEALTH FOR THIS INFORMATION

Throughout life, we all encounter stressful events at various stages. During these times, many people seek comfort to help alleviate their stress. Stress can stem from personal illnesses or health issues affecting those around us. However, incorporating certain daily activities can significantly reduce stress and help us lead a more balanced life.

According to the National Accordance of Aging, there are six effective ways to manage stress:

1. If possible, remove the source of stress.
2. Eat well.
3. Stay hydrated.
4. Exercise regularly.
5. Get enough sleep.
6. Practice meditation.

These strategies are not only excellent for managing stress but also for enhancing your overall health and wellbeing. Incorporating any of these suggestions into your daily routine could help reduce everyday stress.



If you would like assistance with stress management, please call Oneida Behavioral Health at 920-490-3790.

May is National Mental Health Month - *By Emma White, Behavioral Health Supervisor, Oneida Behavioral Health*

May is time to acknowledge the integral role our mental health plays in our overall wellbeing and a high quality of life. As we get older, feelings of depression or anxiety can be compounded by the challenges that often accompany aging, like isolation, health conditions or shifts in social and family dynamics.

Here are some simple ideas that can have a positive impact on your mental and physical health:

- **Connect with friends and family** – This month, make a date with a friend or family member to get together and touch base. Spending time with people who care for you can provide a welcome, safe space to help you feel less alone.
- **Do something you love** – Schedule some time to do something you love. Engaging in your favorite activity can restore optimism and enhance feelings of comfort.
- **Take a break** – A change of scenery or just a few minutes away from your everyday routine can help improve your mood and clear your heart and mind. If you feel like you need to hit reset, go for a brief walk, or take a few minutes for yourself.
- **Keep active and connect with nature** – Physical activity can help offset the effects of stress and can help you concentrate, sleep, and feel better. Taking your exercise outdoors can provide an even further boost, with the natural light and fresh air of nature around you.
- **Talk about it** – If your feelings become overwhelming or are impacting your everyday life, it's time to reach out. If you find that you want a little extra help, Oneida Behavioral Health has resources and services to support you. Call us at (920) 490-3790 or learn more about the services we provide by visiting <https://oneida-nsn.gov/resources/health/behavioral-health/>.

You can prioritize your mental health this May by doing regular mental health self-check-ins, having open conversations and making yourself aware of the resources available to you. It's vital that we prioritize our mental health, ensuring that we all have lives filled with vitality and joy.

WISE WOMEN GATHERING PLACE'S

Annual Fundraiser

Roy Skenandore Memorial

Pool Tournament

Fri. May 2, 2025 – Mixed 9 Ball Open* 6pm Calcutta, 7pm Games

Sat. May 3, 2025 – Women's 8 Ball Partners* 10am Calcutta, 11am Games

Sun. May 4, 2025 – Mixed 10 Ball Open* 10am Calcutta, 11am Games

Wise Women Gathering Place (WWGP) was founded by Roy's widow, Alice. Roy was a staunch supporter of WWGP's work with survivors of domestic violence & sexual assault, youth programs & healthy relationships. Learn more at wisewomengp.org

***Tiered Entry: Mixed 9 Ball & 10 Ball**

450 and under = \$40

451 - 549 = \$60

550 and above = \$80

***Women's 8 Ball Partners**

\$100/team - limit 1 master (460 Fargo)/team

Green Fees included

Raffle Baskets
& 50/50 daily

\$20 per entry &
25% of Calcutta
goes to Fundraiser

Added money -
final amount TBD

HOSTED
BY



3025 W COLLEGE AVE
APPLETON, WI 54914

To learn more and register >> Scan the QR
or use >> bit.ly/RoyS-Pool-Tourney or visit
WiseWomenGP.org/Give!/Roy-S-Pool-Tourney/





The need is constant.
The gratification is instant.
Give blood.tm



A good mind. A good heart. A strong fire.

Oneida Nation Blood Drive

Oneida Hotel 2040 Airport Drive

Zip 54313

Oneida and Cayuga Rooms

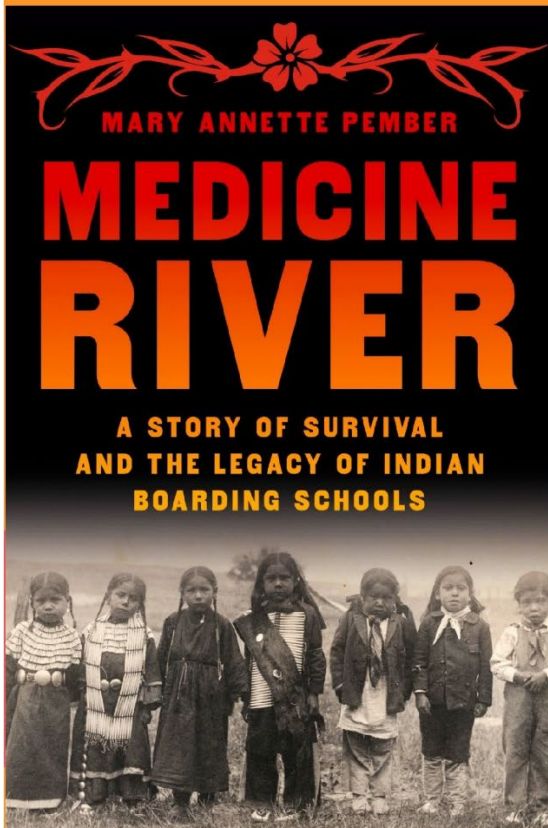
May 27, 2025
10:00am-3:00pm

For an appointment call American Red Cross at
800-RED-CROS. Appointments preferred, walk-ins welcome!

You can save up to 15 minutes by visiting
www.RedCrossBlood.org/RapidPass to complete your pre-donation reading
and health history questions on the day of your appointment.

Sponsored by: Employee Health Nursing Department

Author Event!



**Saturday
May 3**

1:00-2:15 pm

**at Brown
County
Central
Library**



Now living in Cincinnati, Mary Annette Pember is a journalist with ties to Green Bay and a member of the Red Cliff Tribe of Wisconsin Ojibwe.



Medicine River (April 22, Penguin Random House) has been named "a most anticipated book" by the New York Times. The author will share her journey in researching and writing this devastating history of Native American boarding schools in the U.S. Her book weaves in the story of her own mother, who was forced as a child to attend one of these institutions in Wisconsin. *Author presentation will be followed by book sales & signing, refreshments and a meet-and-greet.*

For **EVENT UPDATES** and **BOOK SALE DETAILS**, see the online events calendar at BrownCountyLibrary.org.



Your place for information, entertainment, community, and culture.

515 Pine Street
Green Bay, WI 54301

920.448.4400
browncountylibrary.org



MINDFUL AGING

Call us to
register!

Every other Tuesday

11:00am

Upcoming dates:

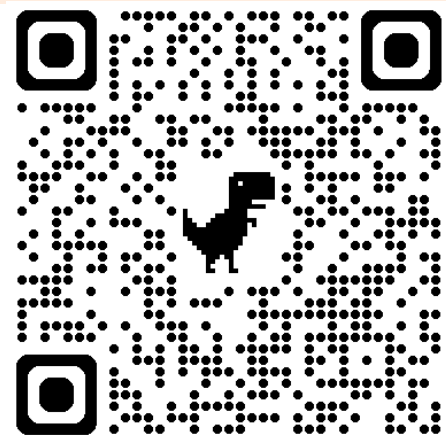
May 6 & 20



We invite the wonderful community members aged 55 and up to join us for a new program where we'll explore mindfulness and aging in today's world.

Some weekly activities include: Meditation, Chair Yoga, Journaling, & more. We'll have some great insights to share along with tasty snacks to enjoy.

Oneida Community Library
201 Elm St. Oneida, WI 54155
P: 920.869.2210



Scan with Cell Phone Camera to visit
the Library's Event Page:

oneida-nsn.gov/events-programs/

Central Library - Downtown Green Bay - Saturday, May 3, 2025 - 1:00pm - 2:15pm

Author and Ojibwe journalist Mary Annette Pember's *Medicine River* (April 22, Penguin Random House) has been named "a most anticipated book" by the New York Times and has earned glowing national reviews. She will share her journey in researching and writing this devastating history of Native American boarding schools in the US, the legacy of abuse this system created for subsequent generations, the need for accountability and a search for healing. Her book weaves in the personal story of her mother, who was forced as a child to attend one of these institutions in Wisconsin.

Author presentation followed by book sales, book signing, refreshments and a meet-and-greet.

Presented in collaboration with the Friends of the Brown County Library, Oneida Community Library and Lion's Mouth Bookstore.



HEALTHY HABITS

FOOD SMARTS

TUESDAY MAY 13, 2025 | 9:30

ONEIDA FOOD DISTRIBUTION CENTER KITCHEN

Join FoodWise for an engaging hour of discussion on healthy eating practices and incorporating movement into your daily routine. We will be making a great spring recipe!

RSVP:

Reserve your spot by contacting Tonya Laurent at tlarent@oneidanation.org or texting (920)256-0262. With your name, phone number, and the number of attendees.



Memory Café is open to anyone with early memory loss and other dementia symptoms. The Memory Café is an opportunity to be social in an understanding stigma free setting. Socialization often decreases for people with dementia. Here you can remain connected and engaged. The Memory Café provides a fun, comfortable environment where people with memory loss can relax, engage, and enjoy the company of others on the same journey. Feel free to bring a spouse, friend, family member, or significant other.

May's Memory Café is canceled due to staff participating in required training.

Questions call Shendola Flores 920-869-4995



JUST MOVE IT ONEIDA


Let's get moving!

Wednesday, May 21st/ 4-6 P.M.
Oneida Nation Elementary School
N7125 Seminary Rd, Oneida, WI 54155

FREE JMIO  SUNGLASSES & CORN SOUP.

WHILE SUPPLIES LAST.

Councilwoman Jennifer Webster will be reading physical activity books to the kids from 5-5:30pm for Oneida Reads.

For more information or questions contact Hanna Leisgang:
920-490-3927 hleisgan@oneidanation.org  JustMoveIt Oneida

Oneida Tribal Aging & Disability Resources



Do you need help for yourself or a loved one in the home?

● Lets talk to see what is the best option for you or your loved ones to remain in the home. Do you need medical equipment in your home or help with your daily living activities.

SERVICES



Information & Assistance

Is a function of the Aging Unit collaborating to provide services to the Aging community



Options Counseling

Provide counseling about options to meet long term care needs



Enrollment counseling

helping a person to enroll in a Long Term Care program if they Physically & Financially qualify

TRIBAL AGING & DISABILITY RESOURCE SPECIALIST

Carol Bogda Oneida TADRS
cbogda@oneidanation.org
920-869-6834

Oneida Aging & Disability Services
2907 S. Overland Rd.
Oneida WI 54155





<https://www.weather.gov/> - check out this website for much more information and detail on anything weather related.

TORNADO TERMINOLOGY

Tornado Watch

Weather conditions could lead to the formation of severe storms and tornadoes. **BE PREPARED:** Know your safe location. Be ready to act quickly if a Warning is issued or you suspect a tornado is approaching.

Tornado Warning

A tornado has been spotted or indicated by weather radar, meaning a tornado is occurring or expected soon. **TAKE ACTION:** There is imminent danger to life and property. Immediately seek refuge in the safest location possible.

Tornado Emergency

An exceedingly rare situation with a severe threat to human life and catastrophic damage due to a confirmed violent tornado. **TAKE ACTION:** There is imminent danger to life and property. Immediately seek refuge in the safest location possible.

Interesting facts about tornadoes

- Tornadoes can form in any month of the year, not just during tornado season.
- Tornadoes can happen anywhere in the world, although they are most common in the US.
- The US see an Average of 1,000 tornadoes each year.
- Tornadoes can have wind speeds upwards of 300 miles per hour.
- Tornadoes can create “anticyclonic tornadoes” that spin in opposite direction.



Bald Eagle Plumage: Juvenile, immature, and adult bald eagles have a rather variable plumage. Juvenile birds ($\frac{1}{2}$ year) have the least variable plumage. However, birds from $1\frac{1}{2}$ through $4\frac{1}{2}$ years of age show some of the more diverse and unpredictable plumages. Birds of the same age can have completely different plumages. At $4\frac{1}{2}$ years, all plumages converge into the adult or definitive plumage, which is acquired at the age of $5\frac{1}{2}$ years of age. The adult plumage does not change for the rest of the bird's life, and it is the same in the male and female eagle.

Please feel encouraged to become involved in Oneida language and remember that every word you learn and speak becomes a part of keeping the Oneida language alive. Learning the language creates many positive feelings such as: learning about being proud to be Oneida, developing intense listening skills, seeing the joy on the learners' faces, and feeling a connection with Oneida people in Canada and New York...

Here is an Oneida Cultural Heritage phone number (920) 4965395 and website path:

<https://oneida-nsn.gov/our-ways/language/explore/>. The material on the Oneida Language tab is to help you learn the Oneida language. The basic tool is a set of lessons. The lessons are organized by levels. The levels are also organized by topics so you can learn to talk about things such as food, the weather, nature, people, household items, etc. The lessons are written out as text, but many contain sound accessible as separate downloads (mp3 files) or by clicking on items in the text (sound imbedded in pdf files). Below is a sample of what you can find.

UNIT 1, GREETINGS: LEVEL 1:

GREETINGS

She·kú

Shekóli

Wastehtsisli·yó

Wehnisli·yó

Sawehtnisliyóhak

Sahsutiyóhak

Skanaʔkó· ka

Skanaʔkó·

Ot niyohtuháti

Yoyanláti

Kwah ok o·ná

Yah só·tsi teʔyoyanláti



Kwah tsiʔ ni·kú yokwenyuháti

Ok niʔi·sé·

O·ná kiʔ wah

- hello (general greetings)
- hello (greetings between buddies)
- good morning
- good day
- have a good day
- have a good night
- is there peace within you?
- there's peace within me
- how is it going?
- it's going good
- the same
- it's not going so good
- going along as good as possible
- and you?
- goodbye

MAY ELDER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 (<u>Outside & Activity Room</u>) 1) Walk on the elder trails: 10:00 am 2) Crafts: 1:00 am	2 (<u>Aldi's De Pere</u>) (9:45am Start Shuttle Pickup 10 Max)
5 (<u>Outing</u>) Outing to Sheboygan Discount Warehouse—9:00am	6 (<u>Activity Room & Meal Site</u>) 1) Oneida Library Day: 10:00am 2) Badminton: 1:30pm	7 (<u>Ashwaubenon & Activity Room</u>) 1) Bowling Alley—9:30am 2) Crafts:1:30pm	8 (<u>Outside & Common Room A</u>) 1) Walk on the elder trails: 10:00 am 2) Cooking Club: 2:00pm	9 (<u>Walmart De Pere</u>) (9:45am Start Shuttle Pickup 10 Max)
12 (<u>Milwaukee Trip</u>) Day Trip to Milwaukee ICS school. 7:00am	13 (<u>Meal Site & Bay Park Marcus Theater</u>) 1) Movie Theater Day Afternoon-TBD ONCOA MEETING 1:00pm	14 (<u>Meal Site</u>) 1) Activity/ Mind Games: 10:30am 2) Bingo 1:30pm	15 (<u>Outside & Activity Room</u>) 1) Walk around Oneida lake: 10:00pm 2) Susan Majeski Day: 2:00pm	16 (<u>Meijer's</u>) (9:45am Start Shuttle Pickup 10 Max)
19 (<u>TBD & Meal Site</u>) 1) Bird Monitoring Day: 9:00am 2) Bingo 1:30pm	20 (<u>Outing & Meal Site</u>) 1) Oneida Library Day: 10:00am 2) Chair Volleyball: 1:15pm	21 (<u>Meal Site & Elder Conference Room</u>) 1) Off site activity 10:00am 2) Elder Care Giver Support Group: 1:00pm	22 (<u>Outside & Common Room A</u>) 1) Walk out side: 10:00am 1) Cooking Club: 2:00pm	23 (<u>Metro Market</u>) (9:45am Start Shuttle Pickup 10 Max)
26 (<u>Meal site</u>) 1)Activity/Game 10:00am 2) Badminton: 1:30pm	27 (<u>Outing</u>) Amish Stores Day Trip: 10:00am ONCOA MEETING 1:00pm	28 (<u>Meal Site</u>) 1) Coloring: 10:30am 2) Bingo 1:30pm	29 (<u>Outside & Activity Room</u>) 1) Good Will & Thrift Store shopping & Lunch Day 9:30am 2) Susan Majeski: 1:30pm	30 (<u>Woodman's</u>) (9:45am Start Shuttle Pickup 10 Max)

****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****



May Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 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 Cocktail (15 gm)</p>	<p>2 Chicken Apple Walnut Salad (8 gm) WG Dinner roll (10 gm) Raw vegetables Tomato juice (8 gm) Fresh Fruit (15 gram)</p>
<p>5 Beef Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)</p>	<p>6 Chicken Rice Soup (10 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Fresh Fruit (15 gm) Oyster Crackers (8 gm)</p>	<p>7 Oven Roasted Turkey Mashed Potatoes (15 gm) Squash (15 gm) WG Dinner Roll (10 gm) Mandarin Oranges (15 gm)</p>	<p>8 Stroganoff Beef Tips Noodles (20 gm) Herb seasoned Broccoli Pickled Beets Diced Pears (15 gm) WG Dinner Roll (10 gm)</p>	<p>9 Lemon Pepper Haddock Roasted Red Potato (15 gm) Seasoned Cauliflower Rye Bread (10 gm) Cole slaw (3 gm) Fresh Fruit (15 gram)</p>
<p>12 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm) Raw vegetables</p>	<p>13 Homemade Meatloaf from Oneida Beef Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)</p>	<p>14 Sloppy Joes made with Oneida Beef & Buffalo WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)</p>	<p>15 Kielbasa/w/sauerkraut Boiled Potatoes (15 gm) Italian Blend Vegetables Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)</p>	<p>16 Fish Patty on WG Bun (22 gm) Wild Rice Pilaf (15 gm) Seasoned Peas (5 gm) Coleslaw Fresh Fruit (15 gram)</p>
<p>19 Sweet BBQ Ray's Shredded Chicken (3 gm) Whole Wheat Bun (22 gm) Coleslaw Seasoned Mixed Veg (10 gm) Applesauce (15 gm)</p>	<p>20 Beef Hot Dog Roasted Sweet Pot (15 gm) Hot Diced Beets (6 gm) Pineapple Tidbits (15 gm) WG Hot dog bun (22 gm) String cheese</p>	<p>21 Seasoned Chicken Breast Macaroni & Cheese (15 gm) Seasoned Cauliflower WG Dinner Roll (10 gm) Peaches (15 gm) SF Pudding (10 gm)</p>	<p>22 Homemade Chili made with Oneida Beef (10 gm) LS Ham & Cheddar on a WG bun (22 gm) Raw vegetables Fresh Fruit (15 gm) Crackers (8 gram)</p>	<p>23 CLOSED Oneida Code Talkers Day</p> 
<p>26 Closed</p> 	<p>27 Corn Soup (5gm) Ham & Swiss WG bun (22 gm) Coleslaw (3 gm) Fresh Fruit (15 gm) Crackers (8 gm)</p>	<p>28 Sliced Oven Roasted Beef Mashed Potatoes w/gravy (15 gm) Stewed Tomatoes WG Dinner Roll (10 gm) Applesauce (15 gm)</p>	<p>29 Creamy Swedish Meatballs, Noodles (20 gm) Herb seasoned Broccoli Raw vegetables WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)</p>	<p>30 Pizza- Congregate Chicken Booyah (7 gm) WG biscuit (27 gm) Chef Salad Fresh Fruit (15 gm)</p>

First American Capital Corporation Pathways Series: Business Loan Readiness

May 5, 2025
3:00 - 4:30 p.m.
Oneida Business Hub
2632 Packerland Drive
Green Bay

Who should attend:

- Emerging entrepreneurs
- Startups seeking funding
- Aspiring business owners
- Business owners planning expansion

What's included:

- Reference materials
- Snacks & refreshments

Workshop is offered
at no cost, register here:



Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance.



Funded in part through a Cooperative Agreement with the U.S. Small Business Administration.



Business Loan Readiness Workshop

Thinking of starting a business? Need money to get off the ground? Already own a business and want to expand? Don't know where to start? This workshop will give you the tools and understanding of what is needed to navigate the business loan process from application to the loan signing.

"I attended the Loan Readiness Workshop and The Truth About Entrepreneurship classes at Ashland Area Development Corporation (AADC) in collaboration with FACC. Business Loan Readiness was the first FACC class we attended, and the way the information was presented was so helpful and straightforward. While we weren't ready to apply for our business loan at that time, the class prepared us well. We even received the actual form for the business loan, which was so helpful to see what information would be needed when we are ready to apply."

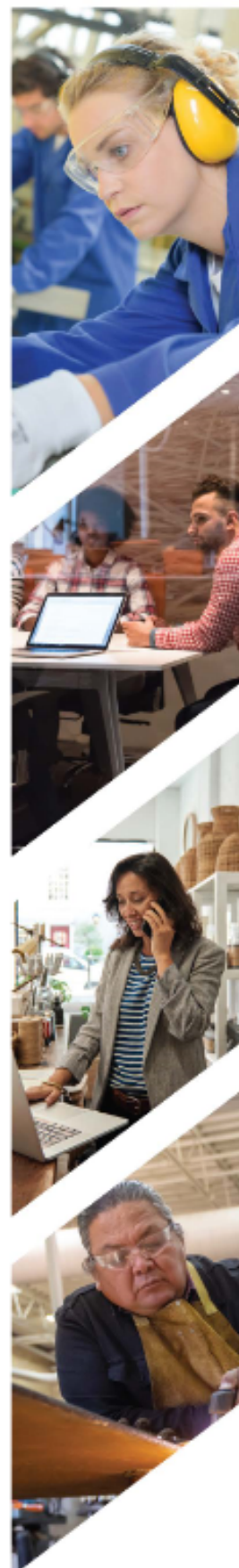
Isabella Stone-Dahl, future business owner

Calling potential and existing business owners

- Overview of funding options
- Understanding the lending process and lender expectations
- The importance of crafting a strong business plan
- Determining your loan amount and purpose
- Developing realistic financial projections
- Business & personal credit
- The 5 "C's" of lending
- How to prepare your loan package
- Alternate funding options
- Business development resources

Call or email Kara Gunderson at 218-391-7031 or kara@firstamericancapitalcorp.org with any questions.

10710 W. Scharles Ave., Hales Corners, WI 53130
414.604.2044 | info@faccwi.org | faccwi.org





Receive news, advocacy alerts, and ways to support Native children and families. You can sign up for here <https://www.nicwa.org/newsletter-sign-up/>



Contents

- 4 Policy
- 5 Inside NICWA
- 6 Bridging Systems to Strengthen and Support Family Placements
- 8 Programs
- 10 Trainings and Resources
- 11 Philanthropic Partners



National Indian Child Welfare Association (NICWA)

5100 S. Macadam Avenue, Suite 300, Portland, Oregon 97239

Phone 503-222-4044, www.nicwa.org

MISSION: NICWA is dedicated to the well-being of American Indian and Alaska Native children and families.

NICWA is a non-profit membership-based organization dedicated to the well-being of American Indian and Alaska Native children and families. Headquartered in Portland, Oregon, they serve tribes, individuals, and private organizations throughout the United States and Canada by serving the most comprehensive source of information on American Indian child welfare and acting as the only national Native organization focused on building tribal capacity to prevent child abuse and neglect.

Louise Padron, Oneida Family Services supervisor, shared in this newsletter that stakeholders participating in the project are excited to develop new ways to better serve their relative caregivers. She stated "They are some of the most valuable resources for children in the community and often the least supported. This project will ensure that our traditional value of Twahwahtsilay^ (all of us are family pronounced **Dwah wah jeel eye**) will be honored.

Thank you for this post, Louise Padron,
Oneida Aging and Disability Manager.



2025 Caregiver Support Group

2907 S Overland Rd. Hobart WI 54155

Elder Services Conf. Room

March- Officer Metoxen & Smudge

- **March 19th @ 1pm**

April- Activity "Magnet making"

- **April 16th @ 130pm**

May- Fan Making

- **May 21st @ 130pm**

June- Unity Presenter "Grief Education"

- **June 18th @ 1pm**

July- Debra Miller Dementia Specialist "Wondering & Safety"

- **July 22nd @ 1pm**

August- Amanda "Stroke Prevention"

- **August 20th @ 130pm**

September- Family Fitness Center Presentation

- **September 17th @ 130pm**

October- Activity "Ornament making"

- **October 22nd @ 130pm**

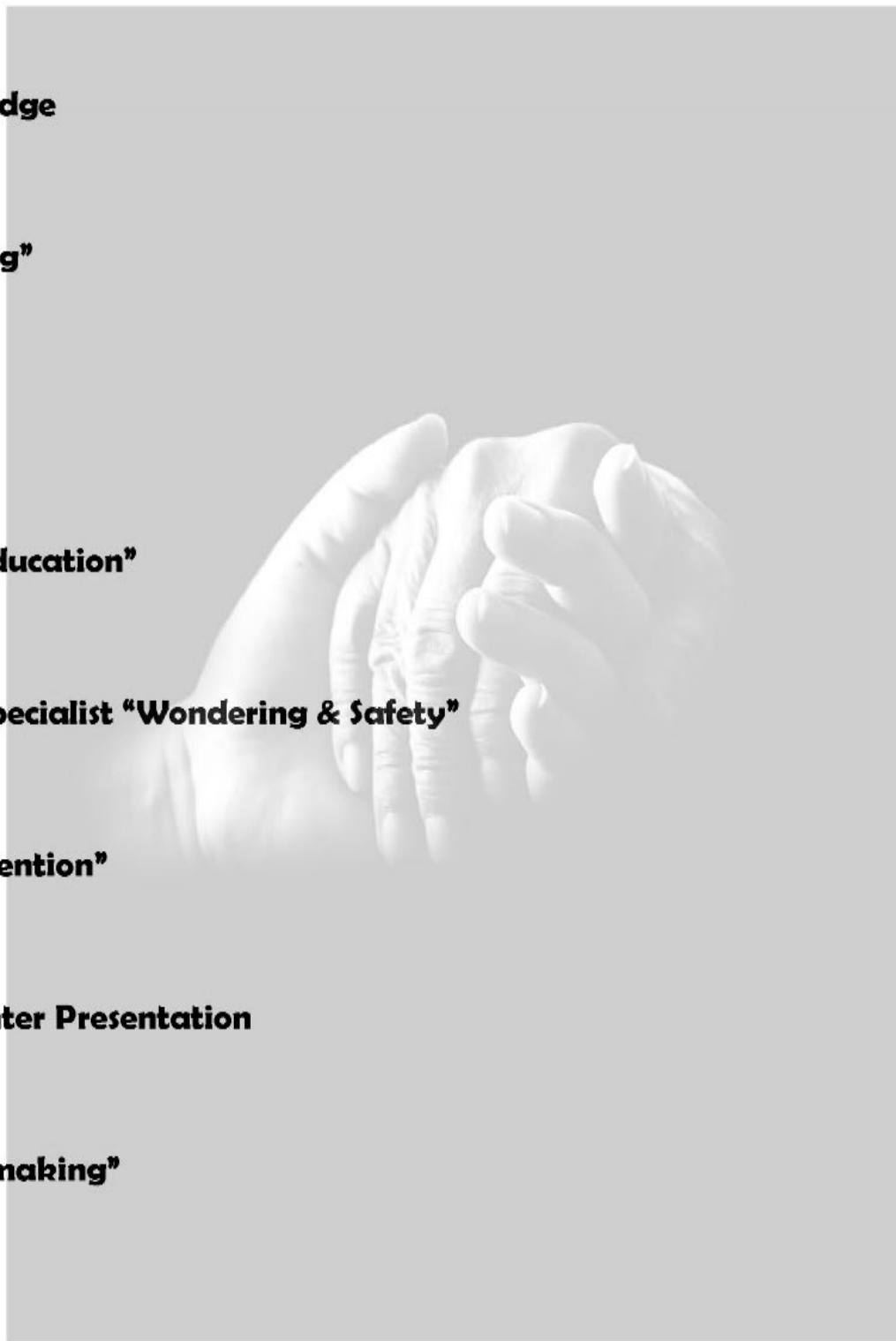
November- No Group

December- No Group

Any Questions Please contact: NAFCG Schuyler Metoxen

Phone number: (920) 869-6830

Email: Smetoxe9@oneidanation.org



Save the Date

This is a free event



September



16th 8:00am-4:30pm
17th 8:00am-12:30pm



2025

Tribal Caregiver Conference at Oneida Hotel
"Finding Moments of Joy"

Presented by
Wisconsin's Tribal Dementia Care Specialists

In case you haven't
been told lately... You are
loved. You are important.
And you matter.

Positive Life

GRANDPARENTS

as

Caregivers Circle



Free Child Care Available



Incentive available each session



Meal provided



DISCUSSION TOPICS:

- Cultural Storytelling
- Transportation & School Challenges
- Navigating Social Media
- And more!

SAFE SPACE TO SHARE LIFE EXPERIENCES, RECEIVE SUPPORT, & CONNECT WITH FELLOW GRANDPARENTS.

1st Session-April 7, 2025 | Last Session-Sept. 8, 2025

1ST MONDAY (4/7-9/8/2025)

10:00-11:30AM

KA?NIKUHLI·YÓ FAMILY CENTER

2640 WEST POINT RD

CALL KATHLEEN AT 920-490-3707 TO REGISTER



HELP NATIVE CHILDREN STAY WITH NATIVE FAMILIES

INTERESTED IN BECOMING A FOSTER PARENT BUT NOT SURE WHERE TO START?

Here are some frequently asked questions:

1.) Q: Why does it matter whether or not I become a foster parent?

A: By becoming a foster parent for Oneida children you are:

- *carrying on traditional Oneida family values by providing care for the child(ren) during the birth family's time of need*
- *Helping keep sibling groups together*
- *Help Oneida children maintain cultural values by keeping them in their tribal community*
- *Giving Oneida children and families time for healing*
- *Restoring trust and hope to Oneida children & families*

2.) Q: What are some of the requirements?

A: Some of the requirements include:

- *passing a background check*
- *home/renters/car insurance*
- *rabies shots for all pets in your home*
- *fire evacuation plan (in writing)*
- *Home study*

3.) Q: What are some of the resources available for foster parents

A: Some of the resources include:

- *support group*
- *ongoing case management support*
- *foster care children may be eligible for medical, childcare and WIC assistance*

BE A
FOSTER PARENT
MAKE A
DIFFERENCE



READY TO START THE LICENSING PROCESS OR NEED MORE INFORMATION?

YELIH POWLESS
(920) 490-3808
YPOWLESS@ONEIDANATION.ORG

CASSIE COONEY
(920) 490-3798
CCOONEY@ONEIDANATION.ORG

Welcome to Oneida Adventures

The Oneida Adventures Department offers diverse and all-inclusive programming. We provide positive experiences for everyone. It is our hope that we can create outlets and opportunities to not only decrease stress but to enhance participants' everyday lives. Of course, it is always our objective to provide a fun safe learning environment to tap into some new skills that you may not realize you have! Oneida Adventures provides programming that is progressive and caters to the abilities of everyone. From youth to senior, it is our objective to make sure you have a safe, satisfying, well rounded adventure experience.

Just A few of the activity opportunities we offer:

- Kayaking
- Painting classes
- Craft classes
- Walking or hiking
- Snowshoeing
- Adventure education
- Team building



**All activities can be adapted to the abilities of our clientele
so reach out today to participate!**

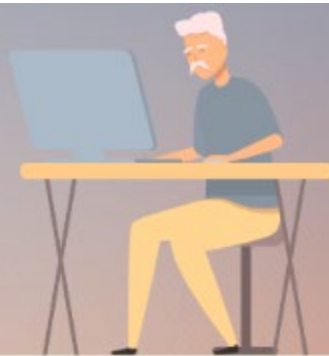


Mark Steinbach, Manager, outdoor adventure/primitive skills/team development (920) 490-3846



Susan Majeski, Instructor, painting/craft/adventures at (920) 490-3818
to contact us via email: adventure_dept@oneidanation.org

ELDER COMPUTER CLASS SERIES



Every first Thursday of the month!

A representative from Humana will be instructing the May class.

May 1, 2025, 9am "Using technology to stay connected"

June 5, 2025, 9am "All about Apps: How to navigate your phone"

July 3, 2025, 9am "Out with snail mail, in with the EMAIL"

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

Yaw^ko to the Community Education Center (CEC) for all the help they provide to elders and to this DRUMS newsletter.

All the staff are so helpful, creative, and respectful. The DRUMS is created and edited at the CEC.

If you have any technical questions or concerns, contact the CEC, and see if they can help. You might give them an idea for a special class on that topic.

The contact number stated on the flyer is 920-496-5260. Give them a call.

DIDJANO (Did you know) the Community Education Center hosts a Beading Circle every Tuesday 1:30pm-4pm. Anyone is welcome to attend. Bring your supplies, share your project ideas, and enjoy the company of local crafters and a potluck of snacks, goodies and yes, some healthy food as well! Below are some items made by some of the participants: Neva Cahill, Norma Skenandore and Marsha Doxtator.



UP CLOSE AND PERSONAL Aging & Disability Staff



1. **Name?** Christina Liggins “Chrissy”
2. **Title?** Oneida Aging & Disability Service Specialist
3. **What are your responsibilities within your position?** Take requests from elders who need assistance with their homes. Minor home repair projects. Send the right people to fix the situation.
4. **How long have you been working with elders?** I have always worked with elders in one way or another my whole working career. I started working at Kohls department store, worked at Irene Moore activity center in Bingo and moved to the Blackjack Department
5. **What aspects of your job do you find most fulfilling or rewarding?** Helping someone in need, and they call and say “Thank you so much” or sometimes they send a card, and I share with the whole team.
6. **How does your role contribute to the overall success of the organization?** I am the first point of contact for services.
7. **What motivated you to pursue this career path and what keeps you passionate about it?** Making sure elders maintain a healthy lifestyle and to get them the help they need.
8. **What Skills or experiences have you gained from your current Position that you find most valuable?** The big part is communication and decision making. Working as a team.
9. **Tell us what your hobbies do you enjoy doing?** If laughing is a hobby, I like to do that. Sitting with Family and Friends talk and laugh. Also enjoy watching Football, Baseball and playing corn hole.

Green flags in people:

- They celebrate your wins
- Remember small things about you
- They respect your boundaries
- You feel energized after seeing them
- They listen without being defensive
- They allow you to be fully yourself
- They make you feel safe
- You don't have to watch what you say
- They support your goals

9 things to tell yourself before bed tonight



I did my best today, and it's enough.



I am allowed to rest & recharge.



I can try again tomorrow.



I am grateful for any small wins today.



I release all negativity from my body.



Everything is working out.



My body is capable of healing.



I'm letting go of what I can't control.



I am PROUD of myself for SHOWING UP.

Exciting News!



MESSAGE

**Sign up for the
electronic
newsletter today!**



GO ONLINE TO FIND THE NEWSLETTER:
ONEIDA-NSN.GOV/RESOURCES/ENVIRONMENTAL/ABOUT-US

Email Address:

**Email Amber to sign up for the
ELA newsletter email list:**

apowles7@oneidanation.org



A good mind. A good heart. A strong fire.



*NEWSLETTER WILL NOT BE PRINTED. VISIT WEBPAGE TO VIEW. NEXT EDITION COMING IN AUGUST!



Donna Lau, Nancy Torres, Jane Salzman.

If you would like your name listed in future DRUMS, please contact us.

Below is the list from **April 2000**.

We apologize for any errors in the information below.

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>.



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.



Puzzle

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

SWIM	DIVE	FLOAT	POOLSIDE
CHLORINE	LIFEGUARD	SPLASHING	CANNONBALL
BACKSTROKE	FLIP	SNORKEL	GOGGLES
LANE	KICKBOARD	LAP	TOWEL
INDOOR	SLIDE	AQUATICS	DIP
SUBMERGE	STROKE	NATATORIUM	WET
SWIMWEAR			