

Lotinuhsyu·ní (People of the Longhouse) New Moons in JUNE 2025 Ka²niyohu·té·s Wʌhní·tale² (Strawberry Moon, 6th new moon) starts May 26 O²yhótsli² Wʌhní·tale² (Green Bean Moon, 7th new moon) starts Jun 25

Recent discussions from ONCOA meetings

- DRUMS newsletter consider sending out on smaller paper with same font. Possible cost savings.
- Housing update on no smoking in specific apartments that have connecting corridors. Hope to have it in place by October 1, 2025. Next steps being taken to make this happen.
- ONCOA strategic plan set May 19th to finalize with our facilitator and move to next steps.
- Accept Aging and Long-Term Care Support Advisory Committee report.
- Birthday corn soup and tea brought in by Winnifred Thomas (happy birthday Winnie). Also, cupcakes brought in by another.
- Accept Aging and Disability Resource Services (ADRS) verbal report from Tina Jorgenson (Human Resources Division Director). Jodi Tess (ADRS Director) out of the office on this date.
- Accept the Anna John Resident Centered Care Community Update. Oneida Comprehensive Health Division (OCHD) developed responses to nineteen (19) questions from ONCOA. OCHD brought content experts for each of the areas identified in the questions. Will be scheduling more updates. In addition, the AJRCCC Advisory Board will be requested to work more closely with ONCOA as we both advocate for our elders.
- Continued work on ONCOA By-Laws

NEWS: LOOKING AT COST REDUCTION FOR DRUMS. This issue we have color cover pages and black/white inside. Also, considering making smaller paper size (not font, just paper size). Let us know what you think through contact below. Thank you.

CONTACT INFORMATION

ONCOA phone: 920-770-8313 (Sandi Skenandore, Secretary will answer or please leave a message) ONCOA Main email: <u>oncoa@oneidanation.org</u>

ONCOA website: <u>https://oneida-nsn.gov/government/boards-committees-and-</u>

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: <u>https://oneida-nsn.gov/resources/agingdisabilityservices</u> Aging and Disability **Facebook page**: Oneida Aging & Disability Services OA&DS Main email: OneidaAging_info@oneidnation.org (requests/concerns can be emailed here)

WE WANT TO KNOW YOUR OPINION ABOUT SOLAR!



Oneida Nation Engineering Department is working with University of Wisconsin Madison Extension to survey your opinion about solar projects in the Oneida Community. Big or small, rooftop or ground, batteries or not, how do you think solar should be used (or not) in Oneida? We had our first Energy Information Session on **May 13, 2025** at the VFW at 2980 E. Service Rd, Oneida, WI. The survey also opened on May 13. The survey will be closed after the Pow Wow on June 30. We will summarize and publish the results by the end of July.

On **May 27, 2025**, we're hosting a second Energy Information Session. It will be at the VFW on E. Service Rd, Oneida. We'll be talking about energy rebates that are opening up this year. This event is also called a **Grow Solar Power Hour**. **Grow Solar is a group-buy opportunity**. <u>That means the price</u> <u>of a household solar project will decrease as the number of participants that sign a contract to install</u> <u>solar increase</u>. We'll introduce the team members and describe the program at this Power Hour event. You can sign up at <u>www.growsolar.org/greenbay-fox</u>. Midwest Renewable Energy Association and City of Green Bay are our partners.

On **August 12, 2025**, we'll be hosting another **Grow Solar Power Hour**, also at the VFW on E. Service Rd, Oneida. At this event, we'll present the results of the survey. We'll also keep the conversation going to let community members "open up" about their views of solar in the community.

We're treating each event like a social. The Cannery is also providing food at each event. Come join the conversation! For more information, visit <u>www.growsolar/greenbay-fox/</u>. WE WANT TO HEAR FROM YOU! PLEASE COMPLETE THE SURVEY. For more information please contact Mike Troge, <u>mtroge@oneidanation.org</u>, 920-869-4571.



UWM Extension's mission is to connect people with the University of Wisconsin. We teach, learn, lead and serve, transforming lives and communities.



Why Book Drives Are Good for the Community Eliza S.M. Skenandore – Library Director

Book drives, like the upcoming event at the Oneida Community Library on June 27th from 11 AM to 2 PM, play a crucial role in fostering community spirit and promoting literacy. These events provide an opportunity for individuals to donate books they no longer need, ensuring that valuable resources are redistributed to those who can benefit from them.

By participating in book drives, community members contribute to a culture of sharing and support. This not only helps to reduce waste but also makes books accessible to people of all ages and backgrounds.

Ultimately, book drives are a simple yet impactful way to enhance educational opportunities, promote lifelong learning, and strengthen community bonds.

Join the Oneida Community Library's Summer Reading Program!

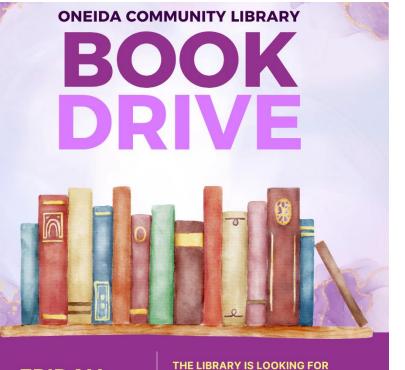
Kick off your summer with us on Saturday, June 14, 2025, from 11 AM to 1 PM. Enjoy food, games, and resource tables while signing up for our exciting Summer Reading Program. This year, we have something for everyone, including programs for ages 0-12, 13-18, and Adults.

This program offers a wonderful opportunity to connect with the community, explore new interests, and engage in lifelong learning. It's a great way to stay active and social during the summer months.

Sign up anytime during or after the kickoff event. We look forward to seeing you there!







FRIDAY, JUNE 27TH 11am - 2pm

DONATIONS FROM THE COMMUNITY. STOP BY THE LIBRARY TO HELP OUT! KEEP OUR COMMUNITY

ONEIDA COMMUNITY LIBRARY 201 ELM ST ONEIDA, WI 54155 920-869-2210



New newsletter from Ukwakhwa (our foods)

N6019 Lambie Road, DePere, WI 54115

See calendar of events to learn about something new or just enjoy being on the land with the community. Full season of garde workshops, harvest days, cultural craft series, hands-on pottery class, and more.

Also find on Facebook (FB) named Ukwakhwa Inc.

Oneida Vocational Rehabilitation

∝ Oneida WIOA

Will be at the Oneida Community Education Center 2632 Packerland Dr. Green Bay

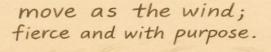
> May 15, 2025 June 19, 2025 July 17, 2025

At 1:00 pm - 4:00 pm

Hold up! If you're on the job hunt and could use a little programpowered boost, this is your stop!

If you have any questions please contact: Ernest Oberst at (920) 496-5371 OR

Kimberly Ninham at (920) 490-3800 🦯

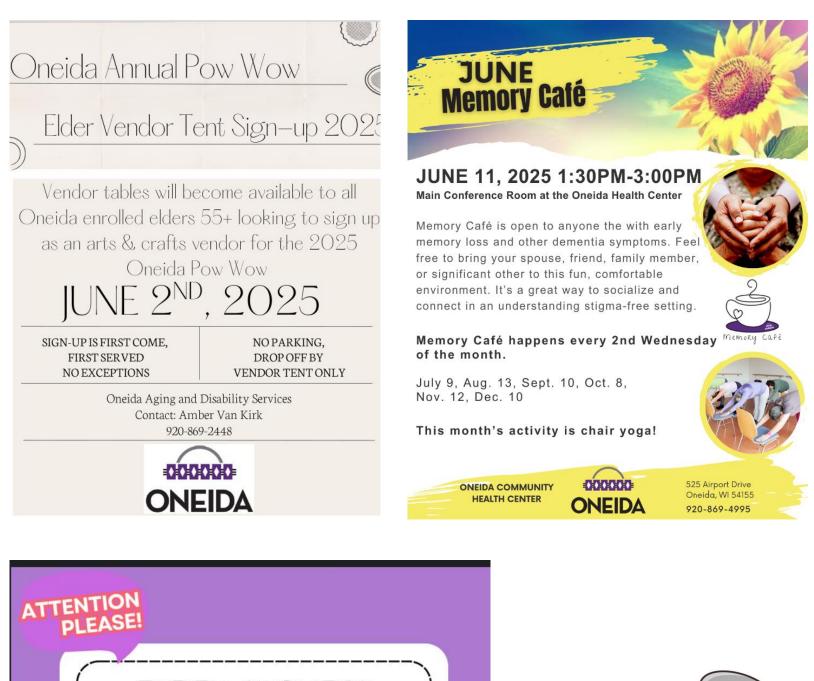






WIOA Workforce Programs: The Employment and Training Administration (ETA) administers core and discretionary programs authorized by WIOA. It also authorized programs specific for vulnerable populations including Job Corps, Youth Build, Indian and Native American Program, the Reentry Employment Opportunities (ROE) program, and Migrant and Seasonal Farmworker programs.

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Oneida Vocational Rehabilitation

Join us to discuss the VOC Rehabilitation Program and its role in helping you find employment. Our program offers:

- Justice involved friendly
- employers
- Holistic healing
 Rehavioral Healt
- Behavioral Health & Counseling
- Job placement



When

Tuesdays at 9:00 am Thursday at 1:00 pm

Oneida Vocational Rehabilitation

Address: 3759 W. Mason Suite 6 Phone number: (920)490-3900



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ONEIDA

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Oneida Vocational Rehabilitation Services (OVRS) aims to support American Indians with disabilities in gaining and maintaining employment through culturally appropriate services designed to address their unique barriers and obstacles.

OVRS assists individuals in achieving their career goals by planning and organizing necessary services. The OVRS team collaborates with you to develop your plan and implement the identified services to help you reach your objectives. However, it is the individual's responsibility to diligently complete each step of their plan to the best of their ability to achieve their employment goals.





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NEW Oneida One Stop App Arriving May 28, 2025!

Accumulate points quickly and easily exchange them for the rewards you love!

Earn Points at Oneida One Stops and Smoke Shops

- 1pt per dollar on cigarettes, tobacco products, vape, and cigars
- 2pts per gallon on fuel
- 4pts per dollar on convenience items and alcohol



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Login / Sign Up Screen



Redeem Points:

- Beverages, Salty Snacks and Candy Bars
- Cents off fuel
- Oneida Beef & Bison
- \$5, \$10, \$20, \$50 or \$100 off your next purchase

Receive:

- ⇒ FREE fountain soda or coffee when you register your account (any size)
- ⇒ FREE birthday offer
- ⇒ In-store specials

Search "Oneida One Stop" in the app store Use the QR code Visit: Oneida.myguestaccount.com or Oneida-nsn.gov/oneidaonestop



💓 Security Hints & Tips

Booking a Vacation Rental? "Getaway" From These Scams!

Getting ready for a vacation? If you plan to use a popular vacation rental website or application (app), such As Airbnb, HomeAway, or VRBO to find your next getaway, beware. Cybercriminals are using these services to trick you and steal your money.

HOW DOES IT WORK? The scammers often post completely fake rental listings using images they find on the internet, or they steal pictures And property details from legitimate rental listings to create their own listing with the scammer's contact information. When someone inquires about a fake listing, the scammer will request a security deposit or a portion of the full rental price as a down payment. Once the scammer has your money, they'll cancel the reservation at the last minute, or you will arrive at your vacation home to find that the property is already booked, or that the property doesn't even exist.

HOW DO I KNOW IT IS A SCAM? Don't let the scammers ruin your vacation. Remember the following tips when you're booking your next vacation rental on-line.

- **Book official.** Only use reputable websites that offer protection against fraud and have a secure payment portal.
- Make sure that the property exists. Search for the property on Google Maps or another mapping service. If you know someone in the area that you will be visiting, ask them to check out the property for you. Scammers might use an address that does not exist, or use the address of a random company, vacant building, or parking lot.
- **Research the rental listing.** Search online for the property owner's name and address, and look for images of the property, before you make a deposit. If you find multiple listings with different contact information, reconsider booking the property.
- **Read the reviews.** If a property has multiple negative reviews, or doesn't have any reviews, consider a different property.
- Only make payments through the official website for the rental listing. Scammers often try to get you to pay with a check, get you to wire them money directly, or use services like MoneyGram or Western Union to make payment.



Thank you to The KnowBe4 Security Team who emails safety tips out on a regular basis to Oneida employees.

Preheat oven to 400 degrees, bake 15 to 20 minutes. Makes 18 rolls.

2 cups unsifted all-purpose flour 1 package active dry yeast 11/4 cups milk ¹/₂ cup butter or margarine 1/4 cup sugar 1 teaspoon of salt 1 large egg, beaten

11/4 cups flour, whole wheat or white

In a large bowl mix 2 cups flour and yeast. Heat milk, butter, sugar and salt over medium heat till butter almost melts. Pour over flour, beat with a spoon till smooth.

Cover dough in bowl with greased wax paper. Let rise in a warm place until double (1 hour). Beat dough with a spoon. Let rest for 5 minutes. Grease muffin pans. Fill cups halfway with batter. Cover with greased wax paper and let rise until double (30 min.). Remove waxed paper and bake. Recipe copied from the June 2001 DRUMS newsletter. Enjoy!

June 15, 2025









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**

 Walk out side: 10:00am Activity/Game 1:30am Outside & Meal Site) 	Mulberry Lane Farm: 10:00am	Site) 1) Coloring:10:30am 2) Bingo 1:30pm 11 (Activity Room & Meal	1) Walk out side: 10:00am 1) Cooking Club: 2:00pm 12 (Peninsula State Park)	(9:45am Start Shuttle Pickup 10 Max <u>National Donut Day</u> 13 (Woodman's)
9 (Outside & Meal Site) 1) Walk out side: 10:00am 2) Activity/Game 1:30pm	10 <u>(Outing & Meal Site)</u> 1) Oneida Library Day: 11:00am 2) Painting with Sue M.– 1:30pm ONCOA MEETING 1:00pm	11 (Activity Room & Meal Site) 1)Activity/Game 10:00am 2) Crafts W/ Jane Salzman 1:15pm		13 <u>(Woodman's)</u> (9:45am Start Shuttle Pickup 10 Max) Elder Abuse Awareness Day: Everyone Wear Purple
16 <u>(Outing)</u> Thrift shopping & Lunch Day: 9:30am <u>Nation Fudge Day</u>	 17 (Meal Site & Bay Park Marcus Theater) 1) Movie Theater Day- Morning Time 2) 2) Activity/Game 1:00pm 	18 <mark>(Activity & Meal Site)</mark> 1) Coloring: 10:30am 2) Bingo 1:30pm	19 (<u>Outside & Common Room</u> <u>Al</u> 1) Walk out side: 10:00am 1) Cooking Club: 2:00pm	20 <u>(Walmart De Pere)</u> (9:45am Start Shuttle Pickup 10 Max)
23 <u>(Outing)</u> Door County Day Trip W/ Mini Golfing 8:30am	24 (<u>Outside)</u> 1) Walk out side: 10:00am 2) Walk out side: 2:00pm ONCOA MEETING 1:00pm	25 (Activity Room & Meal Site) 1)Activity/Game 10:00am 2) Crafts W/ Jane Salzman 1:15pm	 26 (Outing & Meal Site) 1) Bird Monitoring Day: 9:00am 2) Painting with Sue M.– 1:30pm <u>National Handshake Day</u> 	27 <mark>(Pick N Save)</mark> (9:45am Start Shuttle Pickup 10 Max)
30 <u>(Outing)</u> Amish Stores Day Trip: 10:00am World Social Media Day		A CONTRACTOR		

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June Menu 2025 Meals are served 12:00-12:30 P Menus are subject to change due to availability

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oneida Beef &	3 Homemade Meat		•	
	Sauce from Oneida	4 Tuna Salad (5 gm)	5 Beef Stew (beef tips	6 Chicken Apple
Bison Taco		Dinner Roll (10 gm)	with potatoes,	Walnut Salad (8 gm)
WG Tortilla shell (14	Beef	Cucumber Salad	vegetables, and gravy)	WG Dinner roll (10
gm)	Spaghetti noodles (15	Diced Peaches (15	(8 gm)	gm)
Lettuce, tomato,	gm)	gm)	Mashed Potatoes (15	Tomato juice (8 gm)
cheese	Mixed Vegetables (10	SF Pudding (15 gm)	gm)	Fresh Fruit (15 gm)
Refried Beans (16	gm)		Herb Seasoned Carrots	Frozen Fruit Slushie
gm)	Raw vegetables		WG Dinner Roll (10 gm)	(15 gm)
Spanish Rice (12 gm)	WG Breadstick (10 gm)		Fruit Cocktail (15 gm)	
Applesauce (15 gm)	Fresh Fruit (15 gm)			
9 Mushroom Swiss	10 Chicken Dumpling	11 Oven Roasted	12 Stroganoff Beef Tips	13
Burger	Soup (10 gm)	Turkey	WG noodles (20 gm)	Lemon Pepper
Whole Wheat Bun	Turkey & Cheddar	Mashed Potatoes	Herb seasoned Broccoli	Haddock
(22 gm)	cheese on Whole grain	(15 gm)	Pickled Beets	Wild Rice Pilaf (15
Baked Beans (20 gm)	bun (22 gm)	Squash (15 gm)	Diced Pears (15 gm)	gm)
Seasoned Brussel	Garden Salad	WG Dinner Roll (10	WG Dinner Roll (10 gm)	Seasoned Cauliflower
Sprouts	Fresh Fruit (15 gm)	gm)		Rye Bread (10 gm)
Applesauce (15 gm)	Oyster Crackers (8 gm)	Mandarin Oranges		Cole slaw (3 gm)
		(15 gm)		Fresh Fruit (15 gram)
16 Homemade	17 Homemade	18 Sloppy Joes made	19 Italian Sausage	20 Egg Omelet,
Chicken Pot Pie	Meatloaf from Oneida	with Oneida Beef	w/sauerkraut	Sausage links
chicken, mixed	Beef & Bison	WG Bun (22 gm)	Boiled Potatoes (15	Hashbrown patty (15
vegetables, diced	Cheesy Potatoes (15	Herb Seasoned Corn	gm)	gm)
potatoes (8 gm)	gm)	(15 gm)	Herb-spiced broccoli,	WG Cereal (21 gm)
WG Biscuit (27 gm)	Herb Seasoned Green	Creamy Cucumber	cauliflower, and carrots	Fresh Fruit (15 gm)
Seasoned Carrots	Beans	Slices	Mandarin Oranges (15	LS Vegetable juice (5
Applesauce (15 gm)	WG Dinner Roll (10 gm)	SF Fruit Gelatin (10	gm)	gm)
Raw vegetables	Fresh Fruit (15 gm)	gm)	WG Dinner Roll (10 gm)	
23 Sweet BBQ Ray's	24 Beef Ring Bologna	25 Tater Tot	26 Homemade Chili	27 Chicken Fajitas
Shredded Chicken (3	Roasted Sweet Pot (15	Casserole	made with Oneida Beef	Green, yellow, and
gm)	gm)	Seasoned	(10 gm)	red peppers
Whole Wheat Bun	Hot Diced Beets (6 gm)	Cauliflower	LS Ham & Cheddar on a	Garden Salad
(22 gm)	Fresh Fruit (15 gm)	WG Dinner Roll (10	WG bun (22 gm)	Spanish Rice (20 gm)
Coleslaw	WG Dinner Roll (10 gm)	gm)	Raw vegetables	Tortilla shell (12 gm)
Seasoned Mixed Veg		Mandarin oranges	Fresh Fruit (15 gm)	Diced Peaches (15
(10 gm)		(15 gm)	Crackers (8 gram)	gm)
Applesauce (15 gm)		Low Sodium V8 Juice		
		(5 gm)		9
30 Low sodium Ham	Choice of low fot			a la ses
Slice Creamy	Choice of low-fat	Call Oneida	Monday- Friday	
Scalloped Potatoes	milk (11 gm) or			
(20 gm)		Aging &	8:00 AM- 4:00 PM	
Seasoned Green	Lactose-free milk			21/2
Beans	(12 gm) for each	Disability (920)	to reserve your	ale
WG Dinner Roll (10	(13 gm) for each	869- 2448	meal	
gm)	meal			
Fresh Fruit (15 gm)				

June 2025 Take a NOURISH Step (Information provided by www.gwaar.org/nourishstep)

Understand

Daily Food Choices do more than resolve our hunger and fulfill our taste desires.

- Nutrient-dense diets show increased cognition and mood
- Good night sleep if critical to how we feel and function
- Nutrition habits can impact risk of chronic diseases.
- Food we eat not only impacts our physical health but our mental health

Think Healthy Eating Patterns vs Diets

Healthy U.S. style eating pattern: main types of foods are vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, meat, eggs, nuts, seeds and soy products

DASH Diet

• 4-5 servings of fruit

• 4-5 servings of

Per Day:

Mediterranean style eating pattern increases fruits and seafood with less dairy than the U.S. eating pattern.

Heart Healthy DASH Eating: an approach that research has shown to lower blood pressure. This is a flexible balanced eating plan with fruits, vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy.

Learn more about **DASH** eating and find recipes at: <u>https://healthyeating.nhlbi.nih.gov/</u>









Wednesday, June 18TH Oneida Lake from 4 - 6 PM

Address:

W172 Crook Rd. De Pere, WI 54115

Activities:

Kayaking with Oneida Adventures! Guarantee a spot- contact Sue Majeski: 920-490-3818 or adventure_dept@oneidanation.org

Giveaway items: (while supplies last)

- JMIO beach ball
- Buffalo snack sticks from Oneida Nation Farm

More information:

920-490-3927
 hleisgan@oneidanation.org

JustMoveit Oneida



UP CLOSE AND PERSONAL A & D. Staff

Schuyler Metoxen, NAFCG Coordinator/Outreach

1. <u>What are your responsibilities within your position?</u> I oversee signing caregivers up for the caregiver program for elders or disability clients in need of additional help and support, and then I provide respite for the caregivers when needed. I put on monthly support groups that is open to the public for those 55 years old and older. I facilitate caregiver workshops that I put on once a year, and this offers caregivers within the community additional information, and ideas to better help them with their loved ones they are caring for. I also provide transportation for clients that need to get to the grocery store, bank, clothing store, and to and from doctor appointments.

2. <u>How long you have been working with elders?</u> I have been

working with Elders for well over 10+ years.

- 3. <u>What aspects of your job do you find most fulfilling or rewarding?</u> The best part of my job is being able to interact with my elders, and get them out into the community for activities, and to be able to socialize with others. I love hearing all the stories they must share and getting them to talk and open about things they probably haven't thought about for a while.
- 4. <u>How does your role contribute to the overall success of the organization?</u> I have a lot of 1 on 1 interaction with the elders, so my attitude and personality reflect how we are here at Aging and Disability. So, if our elders feel like they can trust, and feel heard, and comfortable with the resources I have to offer then it helps other areas of our organization.
- 5. <u>What motivated you to pursue this career path and what keeps you passionate about it?</u> I always knew I wanted to help others, I didn't how or where I would be able to do this, but the health field had always been my passion. So, when I found this position I fell a head over heels for it, it allows me to help others and provide resources to those in need, and to really brainstorm ideas of how we can continue improving what we can offer, and I feel that is what keeps me wanting to continue this career path.
- 6. <u>What Skills or experiences have you gained from your current Position that you find most</u> <u>valuable?</u> Learning how grants are used, and how there are more than one grant used for different titles, and how the titles kind of break down all the resources we can use to help our Elders.
- 7. <u>Tell us what your hobbies you enjoy doing?</u> I love being with my little tribe, I have 5 kids and a fiancé, and we go everywhere together, from walks, biking riding, car rides, to even just sitting at home watching movies.

Let's welcome a new member to the Aging & Disability Team



Hello! I'm Breanna Weber, the new Caregiver Prevention Supervisor of Oneida Aging & Disability Services. I bring valuable experience from my time as a CNA in assisted living facilities and hospitals, which I am to use to make a positive impact in the Oneida community. I am also a recent graduate from the University Wisconsin Green Bay with a bachelor's degree in business administration.

As a descendent of the Oneida Nation and a lifelong resident of the area, I have a deep passion for the Oneida community. It is a great honor to serve in this role and support our elders and their families.

Outside of work, I enjoy spending time with my fiancée, Tyler, our dogs, Rocky & Sky, along with other family, and friends. I also enjoy shopping, camping, sporting events, and grilling out.



Below is the list from JUNE 2003.

We apologize for any errors in the information below. If you would like your name listed in future DRUMS, please contact us

Shirloy Daybay	• • • • •		
Shirley Barber	6/10	Alfreda Green	6/29
Joanne Barnette	6/25	Irene Hill	6/13
June Begay	6/25	Keith A. Hill	6/20
Gerald Benson	6/28	Ruth Hillegas	6/15
Tony Benson	6/22	Maria Hinton	6/5
Joanne Biddle	6/22	Carol Lopez	6/9
Pat Blochowiak	6/10	Betty McLester	6/1
Mildred Butler	6/24	Lois Metoxen	6/3
Angeline Cayenberg	6/24	Loretta V. Metoxen	6/8
Peter Charles	6/2	Edmund Powless	6/14
Leona Collar	6/9	Ella Sauer	6/5
Bertha Cornelius	6/22	Althea Schuyler	
Clarence Cornelius	6/16	Skenandore Helen	6/20
Clifton Cornelius	6/12	Betty Skenandore	6/17
Frances Cornelius	6/11	Dona Skenandore	6/3
Ira Cornelius	6/27	Lorraine Skenandore	6/2
Nona Cottrell	6/11		6/16
Susan Crotty	6/5	Phillip Skenandore	6/13
Betty Daugs		Wanda Skenandore	6/10
Delia Denny	6/1	Grover Smith	6/6
	6/29	Marjorie Stevens	6/7
Donald Denny Florine Dessart	6/11	Arlene Summers	6/6
	6/27	Betty Tonnon	6/10
Olga Doxtator	6/17	Kenneth Webster	6/20
Robert Doxtator	6/14	Stanley Webster	6/1
Mildred Elm	6/6	Lambert Williams	6/29
Regina Funk	6/6		

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 <u>https://oneida.nsn.gov/resources/kalihwisaks</u>.

Birthday Celebration For the elders and Staff of Aging n Disability



Shekoli Swakweku,

I was put in charge of the birthdays for our elders along with Aging and Disability staff. The celebrations will be held 3 months at a time starting this month, April, May & June will be the birthdays we will celebrate. There will be cake and snacks in the Aging & Disability conference room.

Could please send me or stop at the desk and sign up on the birthday sheet, your birthday Month and Day, (year if you choose to). Our first party will be May 22nd, 2025- from 11:30am to 1:30pm In the main conference room. Looking forward to celebrating your birthday with you all.



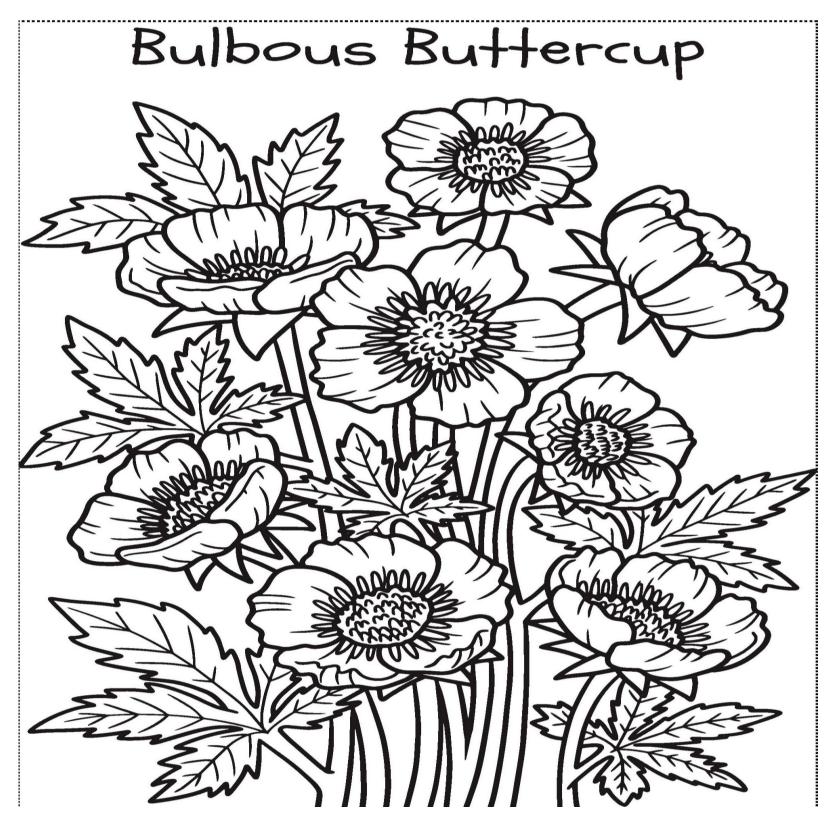
Yaw[^]ko! Elder Activity Specialist Luwatiya'takenhas Crystal Danforth



Benefits of Coloring for Seniors Fill Your Life with Color

NEW: Bring your colored picture to the Oneida Aging and Disability Activity or Meal site and we

will post. Makes for beautiful surroundings. If you want to add your name and date, feel free. Also feel free to cut out and decorate.



Puzzle

Crossword: April 2nd

Across

- 1 Universal time abbr.
- 4 Diagram
- 9 Openings
- 13 Swedish shag rug
- 14 Indian coin
- 15 Companion of Artemis
- 17 Venus or Mars
- 18 Be nuts about
- 19 Because
- 20 Diamond conventions
- 23 High dudgeon
- 24 Stinger
- 25 Tropical vines
- 27 It's mostly nitrogen

- 28 Crabs
- 30 Mosey 33 It has its ups and downs
- 34 Rein in
- 37 Belfast grp.
- 38 "Rouen Cathedral"
- painter

- 53 Mariner's dir. 54 Myopic 58 A de Mille 60 Tree branch
- 61 It follows Ben
- 62 Numbers game
- 63 Myanmar's AKA
- 64 "The Island of the Day Before" author
- 65 Ivan or Nicholas
- 66 Voluntary refugee, in brief
- 67 Gym unit

1	2	3		4	5	6	7	8		9	10	11	12	
13				14						15				16
17				18						19				
20			21						22			23		
	24								25		26			
			27				28	29						
30	31	32				33					34		35	36
37					38							39		
40			41		42					43	44			
		45		46					47					
48	49							50				51	52	
53				54		55	56							57
58			59			60						61		
62						63						64		
	65					66						67		

DOWI

- 1 Rum drink
- 2 Gift of the Magi
- 3 Verboten
- 4 Family member, to some
- 5 Steering mechanism on a ship
- 6 Nautical direction
- 7 Cuzco's country
- 8 Scoundrel
- 9 Dish the dirt
- 10 Ben Canaan of "Exodus"
- 11 Yucatan, for one
- 12 Pelvic bones
- 16 Poor marks
- 21 Orsk is on it
- 22 "Middlemarch" author
- 26 Truman's nuclear agcy.
- 28 Hopeless case
- 29 Cereal grasses
- 30 Subsidy
- 31 Hosp. picture
- 32 Cellars
- 33 Yesteryear
- 35 Computer capacity
- 36 Feathered stole
- 38 Wavelike design
- 41 Son of Noah
- 43 Ridicule
- 44 Verdant
- 46 Electric eye, e.g.
- 47 Conundrum
- 48 It may be raw
- 49 Fort Knox bar
- 50 Take forcibly
- **51** Early anesthetic
- 52 It may be wild
- 55 French clergyman
- 56 Basis for sauces
- 57 Lozenge
- 59 Fraternity letter

48 Kind of switch 50 Fresh

39 Asian language 40 Good-looker 42 Valuable rocks 43 Peruvian beast 47 It's bottled in Cannes

- 45 Less taxing

X	Ρ	Т	F	С	0	S	Х	G	Т	Ν	U	R	0	Е	Т	Ε	Μ	W	Е	0
К	Х	В	Е	L	Ι	Q	W	Ρ	Y	Ρ	۷	F	Т	R	Ρ	0	Q	R	W	К
0	Y	V	Х	S	U	В	Ρ	Е	F	V	Q	Ν	Е	F	Ι	R	А	Е	Ζ	К
В	А	S	Т	R	0	Ν	0	Μ	Y	I	А	Y	R	Q	Μ	L	S	Y	А	В
Т	Q	Y	R	А	W	Х	А	Ν	0	Ι	Т	А	R	0	L	Ρ	Х	Е	S	S
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E	S	R	Е	۷	Ι	Ν	U	F	Ρ	Н	S	S	Ρ	А	М	Т	Y	Y	0	Х
Р	Т	Ρ	R	S	Е	I	0	Y	Т	Ρ	R	Н	G	Н	Y	Ε	Т	F	Ν	Z
S	А	L	R	Ρ	С	В	В	I	Т	Е	Κ	С	0	R	Х	В	l	С	А	F
Ρ	S	А	Е	Ρ	R	0	В	S	Т	Ι	Μ	Е	S	G	J	W	S	0	U	Y
Ρ	Т	Ν	S	В	F	R	Ρ	Ν	L	А	В	В	Ρ	Ν	G	S	А	S	Т	W
S	Е	Е	Т	А	0	W	Т	Е	I	R	L	F	А	۷	U	G	W	Μ	S	Т
J	R	Т	R	Х	Y	Q	L	0	U		Μ	L	С	Ρ	U	F	Х	Ι	G	Т
A	0	А	I	Е	В	Т	D	А	Ρ	I	Н	S	Ε	С	А	Ρ	S	С	Ι	М
Т	I	R	А	L	Ν	Κ	I	G	R	J	0	R	С	Т	М	Κ	F	R	Ζ	Ι
В	D	Y	L	L	L	С	В	V	Η	Х	Ν	U	R	Q	S	U	Y	С	U	W
0	Х	J	G	R	U	Е	D	Q	А	0	D	Y	А	V	Y	Ν	0	Х	С	К
U	Е	В	I	Y	Q	В	Т	G	۷	R	0	W	F	Μ	J	Μ	0	Ν	В	В
Q	R	J	Ι	W	А	ļ	Е	А	L	Ρ	G	0	Т	Ε	Ε	L	D	С	Y	Т
Т	Х	V	С	Α	Н	W	В	Ν	S	Н	Ν	К	L	Т	R	D	Ρ	S	Х	W

Puzzle 6 Space

STAR COMET METEOR LUNAR GRAVITY PLANETARY CONSTELLATION UNIVERSE ASTRONOMY GALAXY ASTRONAUT SUPERNOVA COSMIC SPACEWALK EXTRATERRESTRIAL TELESCOPE EXPLORATION

NEBULA SPACESHIP ORBIT SATELLITE INTERSTELLAR ASTEROID SPACECRAFT ROCKET