

# DRUMS ACROSS ONEIDA

July 2025

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

O'yhótsli' Wahní·tale' (Green Bean Moon, 7th new moon), Jun 25

Onastase' Wahní·tale' (Green Corn Moon, 8th new moon), Jul 24

## Recent discussions from ONCOA meetings

- **Elder Law Update:** Grace Elliott will be attending the July 22 ONCOA meeting.
- Approved Aging & Disability verbal report from Director Jodi Tess.
- Discussed attendance at future GLNAEA (Great Lakes Native American Elders Association) events.
- Elders attended and a few requests came out of the discussions. Will be asking the following to present at future meetings: Comprehensive Housing (taking care of elders and upkeep), Anna John Nursing Home Administrator (policies and updates, Land Management (wills and more)
- Respect for elders is a major reason for the Aging & Disability Elder Abuse event (SEE FLYER AT THE END OF DRUMS)
- ONCOA work meeting scheduled to work on the ONCOA Strategic plan, next onto approvals and communication. Next work meeting TENTATIVELY SCHEDULED for June 30 from 10am to 4pm at the Aging in Disability conference (will be taking the noon break to eat at the Congregate meal site)
- **July 8, 2025, ONCOA meeting is canceled** due to the GTC mtg.
- ONCOA now has a mailbox at Oneida Aging & Disability. If you want to physically mail to us, feel free to use ONCOA, P. O. Box 365, Oneida, WI 54155
- **Commissioner Behavior Expectations** in a meeting, from our current ONCOA by-laws: Start on time. Speak in positive terms, Show respect for each other and their ideas. Listen. Turn off cell phones during meetings. Facilitator will acknowledge the right to speak. One person speaks at a time. Avoid side conversations. Stay focused.

## CONTACT INFORMATION

ONCOA phone: 920-770-8313

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>

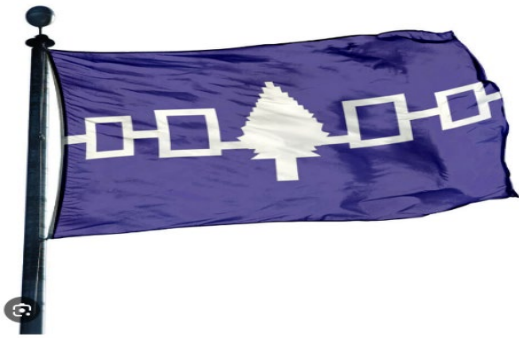
**Drums Main Email:** [drumsacrossoneida@oneidanation.org](mailto:drumsacrossoneida@oneidanation.org)

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

OA&DS Main email: [OneidaAging\\_info@oneidanation.org](mailto:OneidaAging_info@oneidanation.org) (requests/concerns/ideas email here)



**Independence Day**, in the [United States](#), the annual celebration of nationhood held on July 4. It [commemorates](#) the passage of the [Declaration of Independence](#) by the [Continental Congress](#) on July 4, 1776. This document announced the separation of the [13 North American colonies](#) from [Great Britain](#).

**Indigenous leaders** in the Midwest referred to the American Revolution in 1784 as “**the greatest blow that could have been dealt [to] us.**” As a result of the Declaration of Independence on July 4th, there was a **flood of white settlers** released onto Indigenous lands. As the population of the white settlers increased and the US continued to grow, the Indigenous population **greatly decreased**, along with tribal homelands and cultural freedoms.

In the 1880s the US government developed the Religious Crimes code, which forbade Indigenous ceremonial life. These regulations banned Indigenous dances, feasts, religious practices, and destroyed or took away sacred objects, all under threat of imprisonment and the withholding of treaty rations.

It was only until the mid-1930s where Indigenous groups were finally permitted to practice their cultural ceremonies. Throughout this time, Indigenous celebrations were either held in secret or ceased to exist.

In response to this longstanding cultural repression, many Indigenous groups have seen the 4th of July as a day to continue their important ceremonies, and celebrate their own culture, which in earlier years, had been forbidden.

The Fourth of July can be used as a day to **reflect** on the United States’ history and **acknowledge** the irreversible harm that has been done to many groups of people. It can also be used as an opportunity to address the whitewashed retelling of the American Revolution.

You can also support Indigenous Movements, like **LANDBACK**. This is a movement that works on getting Indigenous people their land back. It goes beyond this to include respecting Indigenous rights, preserving languages and traditions, and ensuring food sovereignty, housing, clean air, and water.

Perhaps the best-known passage of the Declaration of Independence is the statement that all men are created equal. Many Native Americans remember another one of the signers’ grievances against the king:



“He has excited domestic insurrections amongst us and has endeavored to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.”

**BULLETIN BOARD made by a women’s group at Congregate Meal Site.**



# \* NOTICE \*

## 2025 SPECIAL ELECTION

**SCHEDULED FOR:**

**Saturday,  
July 12, 2025  
7:00 a.m. - 7:00 p.m.**

**Oneida Community Health Center  
525 Airport Drive  
Oneida, WI. 54155**

**&**

**SEOTS  
5233 West Morgan Avenue  
Milwaukee, WI. 53220**

**PLEASE NOTE: MUST BE AGE 18 OR OLDER TO VOTE  
PICTURE IDENTIFICATION REQUIRED FOR VOTING  
NO CHILDREN ALLOWED IN VOTING AREA**



**Come Celebrate Our  
ONEIDA FARMER'S MARKET  
Est. 2002  
BUY LOCAL • EAT HEALTHY  
23rd Anniversary With Us!**

**EVERY THURSDAY**  
12:00-6:00 PM June 19th through September 25th, 2025

**Fresh & Locally  
Grown Produce  
Native Arts,  
Crafts & Food**

**ONEIDA  
Farmer's Market**

**OFM will be giving away  
one 10lb box of delicious  
Oneida Black Angus  
hamburger patties at the  
end of EVERY 2025  
Farmers Market!**



**JULY 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.**

Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 10

**This month's activity is summer themed activity!**



ONEIDA COMMUNITY  
HEALTH CENTER



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



**ONEIDA NATION CHILD SUPPORT AGENCY  
CO-PARENTING  
ESSENTIALS**  
Strategies for Effective Co-Parenting.

**MONTHLY SESSIONS:** \*\*One 2-hour session completes the workshop.

**2ND MONDAY 9:30AM-11:30AM**  
\*\*limited child care available upon request for AM session

**4TH MONDAY 3:00PM-5:00PM**

**VIRTUAL WORKSHOP  
AVAILABLE UPON REQUEST**

**LOCATION:**  
Kohikuhliyō Family Center  
2640 West Point Rd.,  
Green Bay

**REQUIREMENTS:**  
Need to be a participant of the Oneida Nation Child Support Agency. Please contact us if you are not sure.

**HOW OFTEN DO I ATTEND?**  
This is not an ongoing workshop. Complete in one attendance.

**OTHER INFORMATION:**  
You may attend with your co-parent or on your own.  
Free gift & certificate upon completion.

**TO REGISTER:** 920-490-3700 (option 1)  
kponton@oneidanation.org







The National Native American  
Boarding School Healing Coalition

# ORAL HISTORY PROJECT

NABS will be in **Milwaukee, Wisconsin** from **June 23-27, 2025** to interview Indian boarding school survivors. **If you attended a federally supported Indian boarding school in the United States before 1970, sign up below.** Interviews by appointment only.

## WISCONSIN SITE VISIT

**INTERVIEW LOCATION: Indian Community School**

10405 W. St. Martins Rd, Franklin, WI 53132

**OPENING CEREMONY:** Mon, June 23 1-3pm at  
Potawatomi Hotel & Casino

**CLOSING CEREMONY:** Fri, June 27 2-4pm at  
Potawatomi Hotel & Casino

**INTERVIEW DATES:** June 24-27

## SIGN UP:

Call: **(651) 650-4445**

Visit: [bit.ly/OHPsignup](https://bit.ly/OHPsignup)

Email: [OralHistoryProject@nabshc.org](mailto:OralHistoryProject@nabshc.org)



Through a cooperative agreement from the Department of the Interior, this unprecedented effort is a crucial part of the DOI's Federal Indian Boarding School Initiative.



The National Native American  
Boarding School Healing Coalition

# WISCONSIN AGENDA

MONDAY  
JUNE 23

**1PM-3PM**

Opening Ceremony & Community Luncheon  
Potawatomi Hotel & Casino  
1721 W Canal St, Milwaukee, WI 53233

TUESDAY  
JUNE 24

**9AM - 6PM**

Oral History Interviews

WEDNESDAY  
JUNE 25

**9AM - 6PM**

Oral History Interviews

THURSDAY  
JUNE 26

**9AM - 6PM**

Oral History Interviews

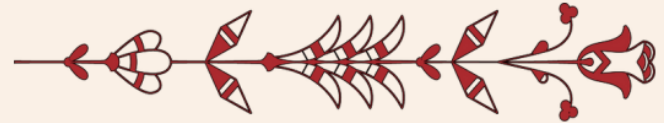
FRIDAY  
JUNE 27

**9AM - NOON**

Oral History Interviews

**2PM - 4PM**

Closing Ceremony & Community Luncheon  
Potawatomi Hotel & Casino  
1721 W Canal St, Milwaukee, WI 53233



The National Native American  
Boarding School Healing Coalition

[boardingschoolhealing.org](https://boardingschoolhealing.org)

## HISTORY OF INDIAN BOARDING SCHOOLS IN WISCONSIN

The National Native American Indian Boarding School Healing Coalition (NABS) has identified **14** Indian boarding schools in Wisconsin. These institutions were run by religious organizations and the U.S. federal government.

### INDIAN BOARDING SCHOOLS OPERATED IN WISCONSIN

- Bayfield Mission Boarding and Day School (Holy Family Mission School)
- Bethany Mission School - Ingersoll
- Good Shepherd Industrial School (House of the Good Shepherd)
- Hayward Boarding School
- Lac du Flambeau Boarding School
- Lutheran Mission School (Red Springs Boarding School)
- Menominee Boarding School (Green Bay Boarding School; Keshena School; Menominee Tribal School)
- Oneida Boarding and Day School
- Saint Mary's Catholic Indian Boarding School (Odanah)
- St. Joseph Industrial School
- Tomah Indian Industrial School
- Winnebago Indian Mission - Black River Falls and Winnebago Indian Mission - Neillsville
- Wittenberg Indian School (Bethany Indian Mission)
- Zoar Mission Boarding School



Scan to see digital  
map of all schools  
across the U.S.

In **February 2025**, NABS released its latest research identifying **526** Indian boarding schools in the United States. This three-year project resulted in the largest known list of U.S. Indian boarding schools ever compiled to date. Scan to learn more.

Contact us

612.354.7700

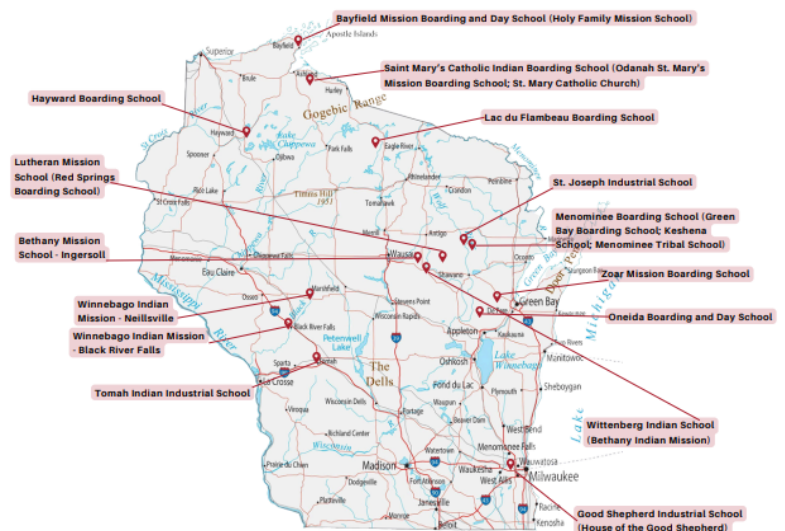
[info@nabshc.org](mailto:info@nabshc.org)



The National Native American  
Boarding School Healing Coalition

[boardingschoolhealing.org](https://boardingschoolhealing.org)

## WISCONSIN INDIAN BOARDING SCHOOLS



### 11 FEDERALLY RECOGNIZED TRIBES IN WISCONSIN

- Bad River Band of Lake Superior Chippewa
- Forest County Potawatomi Community
- Ho-Chunk Nation
- Lac Courte Oreilles Band of Lake Superior Chippewa
- Lac du Flambeau Band of Lake Superior Chippewa
- Menominee Indian Tribe of Wisconsin
- Oneida Nation
- Red Cliff Band of Lake Superior Chippewa
- Sokaogon Chippewa Community
- St. Croix Chippewa Indians of Wisconsin
- Stockbridge-Munsee Band of Mohican Indians

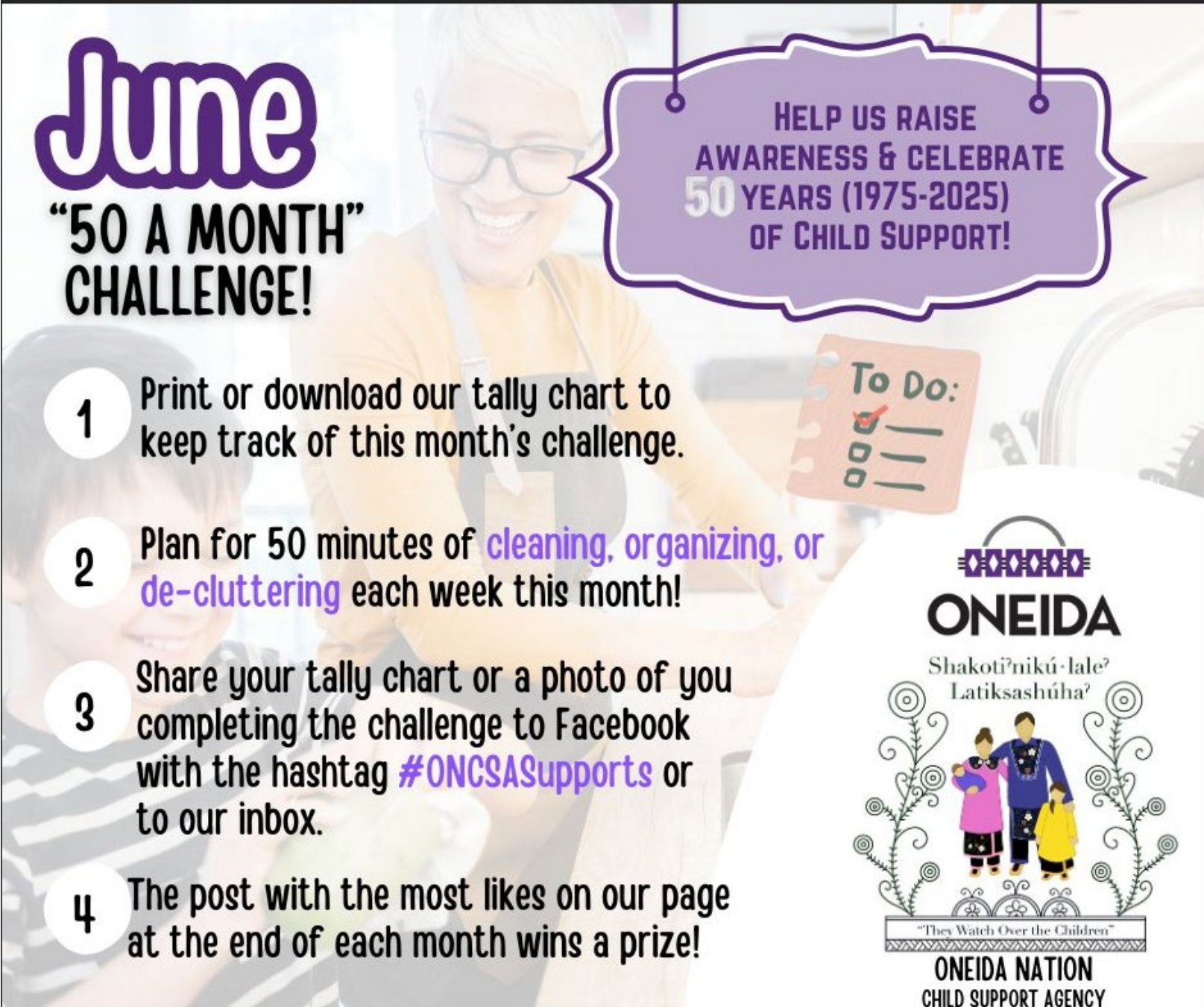
Contact us

612.354.7700

[info@nabshc.org](mailto:info@nabshc.org)



**Cleaning, organizing or de-cluttering.** This is a June event; however, it can be an event within any household monthly. Like the Oneida Nation Child Support Agency Facebook page to comment and share or just share on your own page. **It is great motivation for everyone.** Let's do it!



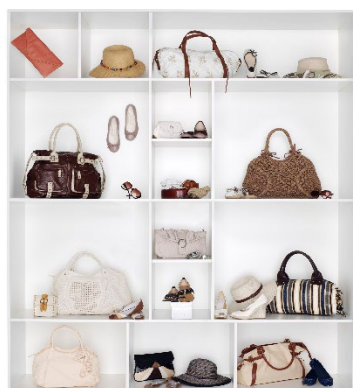
**June**  
**"50 A MONTH" CHALLENGE!**

**HELP US RAISE AWARENESS & CELEBRATE 50 YEARS (1975-2025) OF CHILD SUPPORT!**

- 1 Print or download our tally chart to keep track of this month's challenge.
- 2 Plan for 50 minutes of **cleaning, organizing, or de-cluttering** each week this month!
- 3 Share your tally chart or a photo of you completing the challenge to Facebook with the hashtag **#ONCSASupports** or to our inbox.
- 4 The post with the most likes on our page at the end of each month wins a prize!

**ONEIDA**  
Shakoti'nikú·lale?  
Latiksashúha?  
"They Watch Over the Children"  
**ONEIDA NATION**  
CHILD SUPPORT AGENCY

Teach each other, learn from each other, send us your tips, comments, and more and we will post in a future DRUMS newsletter. We love to see encouraging posts and progress. Can't wait to hear from you.



**TRANSFORM YOUR SPACE AND  
YOUR LIFE!**  
**WHEN DECLUTTERING- YOUR  
TRASH CAN IS YOUR BEST  
FRIEND!**





# Wise Women Gathering Place

Jul	<b>Mending Broken Hearts Community Workshop, <u>July 16-19</u>, 8am – 5pm</b> Wise Women Gathering Place Events Room ::: Contact <b>Macy</b> , <a href="mailto:mgoodbear@wisewomengp.org">mgoodbear@wisewomengp.org</a>
	<b>Discovery Dating Facilitator Training, <u>Jul 28-31</u>, 8am – 5pm, last day 8am – 12pm</b> Wise Women Gathering Place Events Room ::: Contact: <b>Brenda</b> , <a href="mailto:bjohn@wisewomengp.org">bjohn@wisewomengp.org</a>

## Ongoing Groups

<b>Wise Youth Leaders</b> , Mondays during school year, <b>3:30 – 5:30pm</b> Wise Women Gathering Place Events Room ::: Contact <b>Cam</b> , <a href="mailto:chill@wisewomengp.org">chill@wisewomengp.org</a>
<b>Women's Empowerment Group</b> , Tuesdays, <b>4:30 – 6pm</b> Wise Women Gathering Place Community Room ::: Contact <b>Macy</b> , <a href="mailto:mgoodbear@wisewomengp.org">mgoodbear@wisewomengp.org</a>
<b>Wise Youth -Middle School</b> , Wednesdays during school year, <b>3:30 – 5:30pm</b> Wise Women Gathering Place Events Room ::: Contact <b>Cam</b> , <a href="mailto:chill@wisewomengp.org">chill@wisewomengp.org</a>

Color Legend			
Healing	Sexual Assault-Specific	*Technology of Participation (ToP)	Agency Notice
Youth Services	Special Event	Discovery Dating – <i>It's not just about dating!</i>	WWGP Groups

## Wise Women Gathering Place event locations are:

Events Room – 1641 Comanche Ave., Suite I, Green Bay, WI 54313

Community Room – 2615 Packerland Drive, Suite B, Green Bay, WI 54313

# Mending Broken Hearts

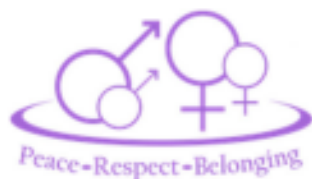
healing from unresolved grief & inter-generational trauma

This **4-day** Native American cultural approach to healing trauma provides a safe space to work on your personal wellbeing.

**Healthy Relationship Classes DISCOVERY DATING is not just about dating! Delve into self-discovery and building healthy relationships in any part of your life. Learn how to set and achieve personal goals, make healthy decisions, sort out life's chaos, good communication skills and more. For youth and adults, alike!!**

Scholarship opportunities may be available. Contact WWGP at [info@wisewomengp.org](mailto:info@wisewomengp.org) for more information.





**WOMEN GATHERING PLACE**

## **SEXUAL ASSAULT HEALING GROUP**

If you have been harmed by sexual assault or sexually abused as a child, this group provides the safe space you need to work on healing from the trauma.

The 12-week healing group is limited to 8 people. Enrollment closes when the maximum number is reached or once the group starts.

Group will meet in a secure Zoom meeting online. The meeting schedule is determined according to participants' availability.

Assistance for childcare and technology are available.

**Please call Julia at  
Wise Women Gathering Place  
920-490-0627  
to enroll or ask questions.**

**Wise Women Gathering Place - Healing & Advocacy  
2615 S. Packerland Drive, Green Bay, WI 54313  
[wisewomengp.org](http://wisewomengp.org)**



## A GOOD MIND, A GOOD HEART, A STRONG FIRE

Formerly known as Oneida Facebook Live, we have moved to You Tube due to some changes in Facebook.

Oneida Live will be begin at noon on Tuesday, June 17, 2025, on You

**Tube.** Check this link at noon to catch the first segment in our new format. [Oneida Nation WI - YouTube](#) When we go live at noon, the live video will be accessible at that link. It will be near the top when we go live. There is also a section on our channel titled "Live", our live broadcasts would be there too, along with all the previous ones we will have had!

Oneida began communicating on Facebook Live twice weekly since March 2020. Since then, we have produced more than 500 segments to bring news, educational and informational segments to our public. What began to reach out to inform our citizens about the COVID pandemic, transformed to a viable up to date informational hub for Oneida. Presentations from our Business Committee Officials, Tribal Managers and Directors and experts in various areas of the Oneida Nation became the subject twice a week.

Well next week we're back and we're on fire with our first segment featuring John Danforth, Oneida Enrollment Director. John will provide information about the upcoming Oneida GWA payment.

## GREAT NEWS!



Public Transit will be offering rides to the  
GTC meetings on  
**Sunday, June 1<sup>st</sup> and Sunday, July 18<sup>th</sup>**

*\*\*The trips will need to be pre-scheduled by Friday, May 30<sup>th</sup>  
and by Friday, July 18<sup>th</sup>. Pick-ups will start at 12pm as the  
meeting starts at 2pm. Regular fares include:*

- Elders: Free
- Adults (18-54): \$1.50 one-way

***Must live within the service area***



Contact us for  
more information  
920-496-5770

## SKA'NIKÚ-LAT SPIRIT PUMP



A portion of every gallon  
pumped at the designated  
spirit pump at the Oneida One  
Stop Mobil Gas Station on Hwy  
54 will go to Ska'nikú-lat.

Look for the pumps with the  
Ska'nikú-lat logo!



**Location:**  
HWY 54 One Stop  
Pump 7 and 8



**Starts:**  
6/10/25 to 9/10/25



For more information about  
Ska'nikú-lat, visit our website:  
[www.skanikulat.org](http://www.skanikulat.org)





◆◆◆ 51ST ANNUAL ◆◆◆

# ONEIDA

## Pow Wow

June 27 – 29, 2025 • Norbert Hill Center  
N7210 Seminary Rd • Oneida, WI

*Public is Welcome*  
*Food and Craft Vendors*

**Over \$108,000 in Prize Money!**

**Dancing & Drum Contest**  
(Tabulation by Raymond Seto ICreeAzn)

**Stick Dance Grand Entry – Sat., 7pm**  
**Haudenosaunee Social Dance Competitions**  
**Sat., During Dinner Break**


Admission		Grand Entry Times	
Weekend Pass	\$15	Fri., June 27	7pm
Daily Pass	\$10	Sat., June 28	1 & 7pm
62 & Over	FREE	Sun., June 29	Noon
5 & Under	FREE		

Advanced tickets available at Oneida One Stops beginning June 2, 2025 for \$12. Refunds must be processed at location of purchase.

Admissions and grounds open 11am Friday, 9am Saturday & Sunday. No pets allowed.

Reserve your room today by calling the Oneida Hotel at 920.494.7300. Ask for the "Oneida Pow Wow" room block. Single/double, \$109. Deadline to reserve is Friday, June 6.

NO CANOPIES ALLOWED. For more information, contact Oneida Pow Wow Event Team members Tonya at 920.362.5425 or email [twebster@oneidanation.org](mailto:twebster@oneidanation.org) and Leah at 920.370.3961 or email [lstrooba@oneidanation.org](mailto:lstrooba@oneidanation.org). Vendors, contact Tonya.

ExploreOneida.com  OneidaTourism

  
**ONEIDA**

The below form is created to encourage elders to keep our voices loud and strong. ONCOA wants to hear from you. Please feel welcome to attend a meeting. ONCOA meetings are held the second and fourth Tues of the month. Cancellations do happen and additional meeting scheduled for various reasons. Best way to keep updated is to go to regular meetings and feel free to contact us at any time. The below form will be left in various locations or you can email for a copy.

## Do you have any concerns or suggestions that ONCOA could help with?



Please complete this form so we can contact you and set up an appointment.

You can:

- Give this form to any ONCOA member
- Send this in an email or regular mail
- Use the QR code below.

ONCOA phone: 920-770-8313, P. O. Box 365, Oneida, WI 54155

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

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

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Concern or suggestion: \_\_\_\_\_

### How to use a QR code. (If you don't get it, ask your grandbabies for help!)

1. **Open your camera app**
2. **In "Photo" mode, select the rear-facing camera** This simply means you must make sure the camera faces the objects in front of you instead of your face.
3. **Center the QR Code in the frame** You can adjust the frame by touching your screen and focusing it on the QR Code in front of you. If you're successful, your camera will automatically focus on the QR Code and display a link you can click.
4. **Tap the notification to open the linked page** and your device will display a pop-up notification that the QR Code wants to direct you to an external source. Once you're ready, tap the link window, and complete the form.

If you didn't come from  
a good family. Make  
sure a good family  
comes from you. End  
generational curses.







## “Turtle Island: The Earth That Rose from Water”

Before there were mountains, before trees sang in the wind, and before rivers carved their paths, there was only sky and endless water.

In that time, the Sky Woman fell from the Spirit World above. As she descended, birds flew up to catch her, breaking her fall. But they could not hold her forever, and so the great Turtle rose from beneath the deep waters and offered him back for her to land upon.

The animals gathered — Beaver, Otter, and Muskrat — and dove beneath the water to find mud from the ocean floor. One by one they tried and failed, until at last, tiny Muskrat returned, barely breathing, holding mud in his paw.

Sky Woman took the mud and gently placed it on Turtle’s back. She danced in a circle, singing softly, and the land began to grow. Trees rose, rivers flowed, and life spread. This became known as Turtle Island, the land we now call North America.

The Turtle, with its ancient shell and quiet wisdom, carried the world upon its back. Its shell had thirteen large plates — one for each moon of the year — and was said to be the first calendar. It taught the people to move slowly, with care, and to carry their home and memories with them always.

Even now, when the people gather and give thanks, they honor the Turtle — not just as a creature, but as the Earth itself, steady and sacred.

And so, the people remember: we walk not on dirt or stone, but on the back of a living spirit.

Yaw^ko (Thank you very much) goes to a humble, wonderful Facebook friend.



## Oneida Aging & Disability presents IA2

Wednesday, July 16 @ 11am in the Elder Services Conference Room

Please join us in welcoming the International Association for Indigenous Aging (A2). They will be speaking to us about how they have developed a tribal safety net that helps support community members, public health professionals, and leaders in creating a community response to wandering incidents among elders living with Alzheimer’s disease and other related dementia.

### CONTACT:

NAFCG Schuyler Metoxen  
(920) 869-6830  
Smetoxen9@oneidanation.org



## George Carlin on Indians

"...Now the Indians. I call them Indians because that's what they are.

They're Indians. There's nothing wrong with the word Indian."

"First of all, it's important to know that the word Indian does not derive from Columbus mistakenly believing he had reached India. India was not even called by that name in 1492; it was known as Hindustan."



George Carlin

"More likely, the word Indian comes from Columbus's description of the people he found here. He was an Italian, and did not speak or write very good Spanish, so in his written accounts he called the Indians, 'Una gente in Dios.' A people in God.

In God. In Dios. Indians.

It's a perfectly noble and respectable word."

"As far as calling them 'Americans' is concerned, do I even have to point

out what an insult this is? ----

We steal their hemisphere, kill twenty or so million of them, destroy five hundred separate cultures, herd the survivors onto the worst land we can find, and now we want to name them after ourselves?

It's appalling. Haven't we done enough damage? Do we have to further degrade them by tagging them with this repulsive name?...."

"You know, you'd think it would be a fairly simple thing to come over to this continent, commit genocide, eliminate the forests, dam up the rivers, build our malls and massage parlors, sell our blenders and whoopee cushions, poison ourselves with chemicals, and let it go at that.

But no. We have to compound the insult."

"... I'm glad the Indians have gambling casinos now. It makes me happy that people are losing their rent money to the Indians. Maybe then Indians will get lucky and win their country back. Probably they wouldn't want it. Look at what we did to it."

JUST MOVE IT ONEIDA

# SUMMER STRONG

ONEIDA LAKE

W172 CROOK RD. DE PERE, WI 54115

JULY 16TH | 4-6 pm

• Kayaking with Oneida Adventures

Guarantee a Spot- Contact Sue Majeski!

920-490-3818 or [adventure\\_dept@oneidanation.org](mailto:adventure_dept@oneidanation.org)

• JMIO clear tote bag &

Buffalo Snack Sticks from Oneida Nation Farm

(while supplies last)



For more information or questions contact Hanna:

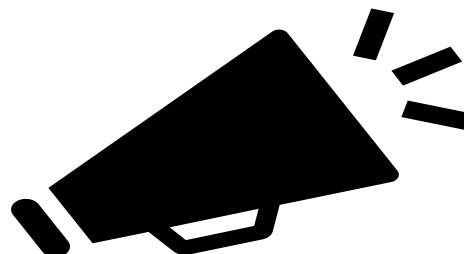
920-490-3927

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

f JustMoveIt Oneida

Do you have an email, and do you like to read **newsletters**? **Oneida Employee Health** has an amazing monthly newsletter. In order to get it just email Mary "Monica" Montgomery, RN at: [mmontgom@oneidanation.org](mailto:mmontgom@oneidanation.org) Monica sends out the newsletters and is starting an email group for us. Please let everyone know this is an employee's newsletter at Oneida. I am sure you will be happy to find the health information valuable. Kristi G. puts the newsletter together and does a great job with health articles. Here are **some** of the topics from the June newsletter (which you can request by email as well).

- Alzheimer's Brain Awareness Month (June)
- National Migraine and Headache Awareness
- Cataract Awareness Month
- National CPR and AED Awareness Week
- International Tourette's Awareness
- World Brain Tumor Day





# DID YOU KNOW?

## Community Health Services Programming



## WHAT IS HEALTH PROMOTION DISEASE PREVENTION DEPARTMENT?

**Mission:** Oneida Health Promotion Disease Prevention empowers the Oneida Community to achieve optimal health.

### Diabetes Prevention Program

A year long program that includes one-on-one wellness coaching & group classes with a focus on behavior change, healthy eating & increasing physical activity. New groups begin each quarter. You can join by Physician Referral from your OCHC Provider, by calling 920-490-3780.

### Wellness Coaching

A Wellness Coach works one-on-one with individuals who want to improve their health & well-being through support, goal setting & problem solving. Coaching can be done in-person, by telephone or virtual appointments.

### Just Move It Oneida

JMIO offers the Oneida Community a FREE walk event each month. Events are open to all ages. Registration is required once per calendar year & registrant will receive a free t-shirt.

### Stroke Prevention Studies

The stroke prevention research studies are a partnership between the Oneida Nation and UW-Madison Stroke Team that is supported by the Oneida Nation Business Committee, Oneida Comprehensive Health Division as well as the UW-Madison Department of Neurological Surgery and Department of Medicine-Cardiovascular Division.



**STEFANIE REINKE, CHWC**  
Health Promotion  
Manager







School of Medicine  
and Public Health  
UNIVERSITY OF WISCONSIN-MADISON

# JOIN US JULY 24TH INTEGRATING TRADITIONAL TEACHINGS AND MODERN MEDICINE



9:30-10 Check in and Meet and Greet  
10-2 Educational Programming including  
Lunch with Dr. Dempsey,  
UW-Madison Stroke Prevention Team  
Location: Amelia Cornelius Culture Park

REGISTRATION  
REQUIRED

SPACE IS  
LIMITED

## TO REGISTER:

CONTACT AMANDA, STROKE PREVENTION WELLNESS COACH AT  
920-490-3984 OR [ARIESENB@ONEIDANATION.ORG](mailto:ARIESENB@ONEIDANATION.ORG)



04/30/2025

**ADULTS, COME AND LEARN ABOUT HOW ONEIDA CULTURE  
AND TRADITIONS CAN DECREASE STROKE RISK FACTORS**

Event is sponsored by Oneida Tourism, Health Promotion Disease Prevention,  
Cultural Heritage, Tsyunhehkwa, and UW - Madison Stroke Prevention Team

## Oneida Community Health Center, Come Join Us for Walk with a doc!!

1<sup>st</sup> Wednesday of each month as we walk, talk and learn about important wellness topic! No registration required. Giveaways each moth (while supplies last).



**July 2**

**Rebecca Green Blanks**

Sleep Hygiene



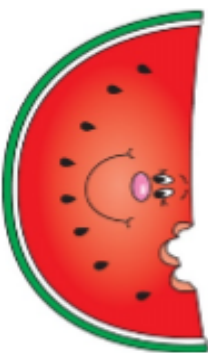


# JULY ELDER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>(Outing)</u> Thrift shopping & Lunch Day: 9:30am	2 <u>(Outside)</u> 1) Walk out side: 10:00am 2) Bingo 1:30pm	3 <u>(Sturgeon Bay)</u> Cherry Picking Day: 8:30am  <u>National Crown Day</u>	4 <b>Closed for Holiday</b>
7 <u>(Outside &amp; Conference Room )</u> 1) Walk out side: 10:00am 2) <u>National strawberry</u> <u>sundae day</u> : Making Sundaes at 1:15Pm	8 <u>(Ashwaubenon &amp; Mealsite)</u> 1) Bowling Alley—9:30am 2) Chair Volleyball: 1:15pm	9 <u>(Elder Trails &amp; Common Room A)</u> 1) Walk out side: 10:00am 2) Crafts W/ Jane Salzman 1:15pm	10 <u>(Meal Site &amp; Conference room)</u> 1) 1)Chair Volleyball: 1:15pm 2) Susan Majeski: 1:30pm	11 <u>(Walmart De Pere)</u> (9:45am Start Shuttle Pickup 10 Max)
14 <u>(TBD &amp; Meal Site)</u> 1) Bird Monitoring Day: 9:00am 2) Chair Volleyball: 1:15pm	15 <u>(Outing)</u>  Amish Stores Day Trip: 10:00am	16 <u>(Outside)</u> 1) Walk out side: 10:00am 2) Bingo 1:30pm <u>National Hot Dog Day</u>	17 <u>(Meal Site &amp; Common A)</u> 1) Gary W/making poetry with words activity 2) Cooking Club: 2:00pm	18 <u>(Meijer's)</u> (9:45am Start Shuttle Pickup 10 Max)
21 <u>(Outside)</u>  Sheboygan Bumming Day and Lunch: 9:00am	22 <u>(Meal Site &amp; Bay Park Marcus Theater)</u> 1) Movie Theater Day afternoon- TBD Bingocize 10am-11am <b>ONCOA MEETING 1:00pm</b>	23 <u>(Elder Trails &amp; Commo Room A)</u> 1) Walk out side: 10:00am 2) Crafts W/ Jane Salzman 1:15pm <u>National Vanilla Ice Cream Day</u>	24 <u>(Elder Conference Room)</u> 1) Bingocize 10am-11am 2) Susan Majeski: 1:30pm	25 <u>(Metro Market)</u> (9:45am Start Shuttle Pickup 10 Max)
28 <u>(Drive up north)</u>  Outing Day: 8:30am	29 <u>Meal Site</u> 1) Bingocize 10am-11am 2) Activity/Game 1:30am	30 <u>(TBD &amp; Meal Site)</u> 1) Bird Monitoring Day: 9:00am 2) Bingo 1:30pm <u>National Cheesecake Day</u>	31 <u>(Meal Site &amp; Coom Room A)</u> Bingocize 10am-11am 2) Cooking Club: 2:00pm	

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

## July Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Corn Soup (5gm)</b> <b>Ham &amp; Swiss WG bun (22 gm)</b> <b>Coleslaw (3 gm)</b> <b>Fresh Fruit (15 gm)</b> <b>Crackers (8 gm)</b>	<b>2 Sliced Oven Roasted Beef Baked Potato (15 gm)</b> <b>Stewed Tomatoes</b> <b>WG Dinner Roll (10 gm)</b> <b>Diced Peaches (15 gm)</b>	<b>3 Creamy Swedish Meatballs Noodles (20 gm)</b> <b>Herb seasoned Broccoli</b> <b>Raw vegetables</b> <b>WG Dinner Roll (10 gm)</b> <b>SF Fruit Gelatin (10 gm)</b>	<b>4 Closed</b> 
	<b>8 Homemade Meat Sauce from Oneida Beef</b> <b>Spaghetti noodles (15 gm)</b> <b>Mixed Vegetables (10 gm)</b> <b>Raw vegetables</b> <b>WG Breadstick (10 gm)</b> <b>Fresh Fruit (15 gm)</b>	<b>9 Tuna Salad (5 gm)</b> <b>Dinner Roll (10 gm)</b> <b>Cucumber Salad</b> <b>Diced Peaches (15 gm)</b> <b>SF Pudding (15 gm)</b>	<b>10 Beef Stew (beef tips with potatoes, vegetables, and gravy) (8 gm)</b> <b>Mashed Potatoes (15 gm)</b> <b>Herb Seasoned Carrots</b> <b>WG Dinner Roll (10 gm)</b> <b>Fruit Cocktail (15 gm)</b>	<b>11 Fish Patty</b> <b>WG Hamburger Bun (22 gm)</b> <b>Roasted Red Potato (15 gm)</b> <b>Herb-spiced broccoli, cauliflower, and carrots</b> <b>Cole slaw (3 gm)</b> <b>Fresh Fruit (15 gm)</b>
	<b>7 Oneida Beef &amp; Bison Taco WG Tortilla shell (14 gm)</b> <b>Lettuce, tomato, cheese</b> <b>Refried Beans (16 gm)</b> <b>Spanish Rice (12 gm)</b> <b>Applesauce (15 gm)</b>	<b>16 Oven Roasted Turkey Mashed Potatoes (15 gm)</b> <b>Squash (15 gm)</b> <b>WG Dinner Roll (10 gm)</b> <b>Mandarin Oranges (15 gm)</b>	<b>17 Stroganoff Beef Tips Noodles (20 gm)</b> <b>Herb seasoned Broccoli</b> <b>Pickled Beets</b> <b>Diced Pears (15 gm)</b> <b>WG Dinner Roll (10 gm)</b>	<b>18 Chicken Apple Walnut Salad (8 gm)</b> <b>WG Dinner roll (10 gm)</b> <b>Fresh Fruit Slushie (15 gm)</b> <b>Tomato juice (8 gm)</b> <b>Fresh Fruit (15 gm)</b>
	<b>14 Beef Hamburger</b> <b>Whole Wheat Bun (22 gm)</b> <b>Baked Beans (20 gm)</b> <b>Seasoned Brussel Sprouts</b> <b>Applesauce (15 gm)</b>		<b>23 Sloppy Joes made with Oneida Beef</b> <b>WG Bun (22 gm)</b> <b>Herb Seasoned Corn (15 gm)</b> <b>Creamy Sliced Cucumbers</b> <b>SF Fruit Gelatin (10 gm)</b>	<b>25 LS Ham &amp; Provolone on a Sub Sandwich (20 gm)</b> <b>Potato Salad (15 gm)</b> <b>3 bean salad (10 gm)</b> <b>Fresh Fruit (15 gm)</b>
	<b>21 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm)</b> <b>WG Biscuit (27 gm)</b> <b>Seasoned Carrots</b> <b>Applesauce (15 gm)</b> <b>Raw vegetables</b>		<b>24 Kielbasa/ w/sauerkraut Boiled Potatoes (15 gm)</b> <b>Herb-spiced broccoli, cauliflower, and carrots</b> <b>Mandarin Oranges (15 gm)</b> <b>WG Dinner Roll (10 gm)</b>	
	<b>28 Sweet BBQ Ray's Shredded Chicken (3 gm)</b> <b>Whole Wheat Bun (22 gm)</b> <b>Coleslaw</b> <b>Seasoned Mixed Veg (10 gm)</b> <b>Fresh Fruit (15 gm)</b>		<b>30 Chicken Parmesan Tomato Sauce</b> <b>Noodles (15 gm)</b> <b>Seasoned Cauliflower</b> <b>WG Dinner Roll (10 gm)</b> <b>Mandarin Oranges (15 gm)</b> <b>SF Pudding (15 gm)</b>	
	<b>29 Beef Hot Dog</b> <b>Roasted Sweet Pot (15 gm)</b> <b>Hot Diced Beets (6 gm)</b> <b>Pineapple Tidbits (15 gm)</b> <b>WG Hot dog bun (22 gm)</b> <b>String cheese</b>		<b>31 Homemade Chili made with Oneida Beef (10 gm)</b> <b>LS Ham &amp; Cheddar on a WG bun (22 gm)</b> <b>Raw vegetables</b> <b>Applesauce (15 gm)</b> <b>Crackers (8 gm)</b>	

- Choice of low-fat milk (11 gm) or Lactose-free milk (13 gm) for each meal
- Call Oneida Aging & Disability (920) 869-2448 Monday- Friday 8:00 AM- 4:00 PM to reserve your meal



**UNDERSTAND Diabetes:**

- Eating well with diabetes doesn't mean you give up your favorite foods; its about balance with flavors and nutrients.
- Simple swaps with low-fat version of dressings, cheese's, lean meats, natural sweeteners.
- Learn more about nutrition and Diabetes at <https://diabetes.org/food-nutrition>
- Check out Diabetes Food Hub Recipes: <https://diabetesfoodhub.org/all-recipes.html>

**Chicken Apple Crunch Salad**

Recipe provided by: [Chicken Apple Crunch Salad | American Diabetes Association](#)

**Ingredients**

Cooked Chicken	2 cup	Gala apple	1 cup
Celery	1/2 cup	Scallions	2 tbsp
Raisins	1/4 cup	light mayonnaise	1/3 cup
light sour cream	1 tbsp	lemon juice	1 tbsp
ground cinnamon	1/4 tsp	black pepper	1/4 tsp

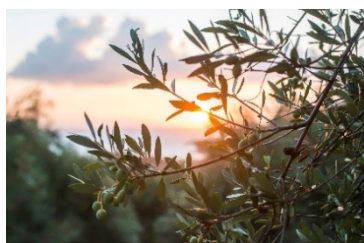


**Instructions:**

1. Cube cooked chicken. Dice apple and celery. Chop scallions
2. Combine chicken, apple, celery, scallions, and raisins in a large salad bowl.
3. Whisk together mayonnaise, sour cream, lemon juice, cinnamon, and black pepper. Pour over the chicken-apple mixture and toss.
4. Refrigerate to chill prior to serving.

**Nutritional Facts:** ¾ cup (5 servings)

**Calories:** 160, Total fa 6 gm, Saturated fat 1 gm, Sodium 240 mg, Carbohydrate 12 g, Dietary Fiber 1 g, Protein 16 g, Potassium 288 mg



When we heal ourselves, we heal our future generations.... And we also heal our past generations. When we give thanks and pray, our ancestors watch over us, they help guide us and they send us with their power. We can heal ourselves by accepting the past, present and future, by taking accountability for our own actions and by finding love for ourselves.

This message is posted in good faith and love. You and your journey are supported.

**Thank you to Em Cornelius for this FB post** and that she allowed us to post in this newsletter.



# My Climate Experience -Workshop for Elders

How has climate shaped your life?

- Awaken the storyteller within by embracing the ART OF ENVIRONMENTAL STORYTELLING.
- Share your climate experience in a group setting.
- Choose a format & document your story.
- TRANSFORM IT INTO A POWERFUL MESSAGE.
- Contribute your story to the ELA Newsletter or the website.
- No registration required, light refreshments provided.

*Hosted By Amber Powless ELA Outreach Specialist  
@ Elder Services Congregate Meal Site  
June 24, 2025 9am to 3pm*



Contact Crystal Danforth for  
more information:  
(920-869-2448)

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



## Oneida Language – taken from the Oneida Cultural Heritage page.

<https://oneida-nsn.gov/our-ways/language/explore/>

**Remember every word you learn and speak becomes a part of keeping the Oneida language alive.**

**Shadow Meanings** Oneida words are often combinations of smaller components. If you know the meanings of the components, you can see how they describe the meaning of the word. The components are like shadows behind the word meanings. For English it is often possible to look up the etymologies of words (where the words come from), but for Oneida the roots and stems in the shadow meanings are often more transparent to people who know the language.

[\*\(Click here for more\)\*](#)

**Word Order** Word order in Oneida is more dependent on the important things to say rather than rules of grammar

**Whispering** Many words have different pronunciations depending on where they occur in sentences and whispering is part of one of the pronunciations

**Beginnings and Endings** Pay close attention to how the words begin and end, i.e. as a word goes from present tense to past tense there will be a change in how the word ends.

**Opposite of English** As you begin to see samples of Oneida language, you will notice the sentence structure is far different from the sentence structure of English. (As many languages are.)

**It's All Verbs** Verbs are very important in the Oneida language. Where English uses nouns and adjectives, Oneida often expresses those as verbs. All Oneida verbs have pronoun prefixes and that means Oneida verbs can often be translated as short sentences. So an Oneida verb with its attached pronoun prefix might be translated focussing on the action 'he does X' or focussing on the pronoun 'he who does X' or 'the doer'.

[\*\(Click here for more\)\*](#)

**Writing Systems** Traditionally Oneida had no writing system but several methods emerged in writing it. For a beginner it would be best not to focus on the writing until later in the learning process.

**Sounds** For those learning Oneida language, sound practice is very important! There are many sounds that are not in the English language, so some may find it a challenge to make certain sounds that are heard in Oneida. Oneida has a small inventory of sounds but complex combinations of sounds and distinctive rhythm patterns

**Stems** A good place to start with the language would be with the stem patterns. Oneida has stem patterns which are the fundamental foundation to the language. Understanding these patterns are a must for anyone who wants to be able to speak Oneida. They are relationship based specific to who and how many people you are addressing i.e. me, you, him, her, it...etc. For more information on stem patterns, the Oneida language house has a book available for those interested.



# BREAK THE SILENCE: ONEIDA ELDER ABUSE PREVENTION GATHERING 2025

This is an amazing opportunity to be apart of breaking the silence with elder abuse. There are many types of ways our elders can be abused and not realize it & may be afraid to speak up. With this event we plan to break that silence.

Please reach out!

**AUGUST 14<sup>TH</sup> 9:30AM-11:30AM &  
1PM-3PM**



**EDUCATION  
DAY**

Congregate Meal Site  
2901 S Overland Rd  
Oneida, WI 54155

**AUGUST 15<sup>TH</sup> 11AM-3PM**



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

**Outdoor Event**

## Highlights of the Event:

- ✓ Vendor Tables
- ✓ Food
- ✓ Photo booth
- ✓ Auction Table
- ✓ Music
- ✓ Kid friendly activities

Money raised by the  
auction tables will be used  
to fund the Roberta  
Kinzhuma Memorial  
Acknowledgement  
Scholarship!



**Carol Bogda** Tribal ADRS  
cbogda@oneidanation.org

or

**Breanna Weber** Caregiver Prevention Supervisor  
bweber1@oneidanation.org

## Contact Us



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



**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.**





**MON. JULY 28, 2025  
11AM-2PM**

**201 Elm Street, Oneida, WI 54155  
920-869-2210**

Celebrate with us as we close out the Summer Program  
with food, games, and prizes for participants!

## Sound Therapy

**July 24<sup>th</sup>  
4pm**

Learn all about Sound  
Therapy and how it helps  
the body and mind heal!

Hosted by Cornhusk  
Collective!

**201 Elm St.**

# Chair Yoga



Ever wanted to try  
yoga, but found it a  
bit difficult? Try  
beginner chair yoga  
at the library!



**July 15  
10am**

## PAINT 'N SIP

Come to library for a fun Paint 'n Sip  
session, where we'll follow a fun painting  
video as we sip on coffee or tea!

Register by calling  
920-869-2210.

**JULY 3<sup>RD</sup>  
4PM**

**Oneida Community Library  
201 Elm Street**







## Roberta Kinzhuma Memorial Acknowledgement

# Scholarship Application

- Two \$500 scholarships to be awarded
- Applications open **June 1<sup>st</sup>** and close **August 7<sup>th</sup> 2025**
- Applications open to Oneida enrolled single mothers of school aged children
- See application for all requirements

The Roberta Kinzhuma Memorial Acknowledgement is set up for single mothers who are furthering their education and for their continued efforts in academic achievement. The acknowledgement funds are generated from fundraising activities through Oneida Aging & Disability Services

**APPLY NOW!**



**Pick up & drop off applications at:**  
Oneida Aging & Disability  
2907 S. Overland Rd.  
Oneida, WI 54155

**Email:** Carol Bogda Tribal ADRS or  
Breanna Weber Caregiver Prevention  
Supervisor at:  
**OR** cbogda@oneidation.org  
bweber1@oneidation.org



Bingocize is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall. **BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!**

**RSVP by July 14th**

**please contact:**

Patricia Harms @ (920) 869-6839

Ricky Hill @ (920) 869-6840

**Email:**

Pharms2@oneidation.org

Rhill16@oneidation.org

**Starting July 22nd**  
**\*\*55 yrs. or older\*\***  
**Tuesdays & Thursdays**  
**10am-11am**  
Congregate Meal site  
2901 Overland Rd. Oneida WI, 54155

**DR POOL**  
**PROMOTIONS INC.**  
*Presents*  
**The Roy Skenandore Memorial**  
**July 2-6, 2025**

**\$20,000 GUARANTEED ADDED**  
**9 Ball / 10 Ball, July 2-4 • 8 Ball, July 4-6**  
**All singles fargo rated, 3 divisions in both events**

*Proudly Sponsored and Hosted by*  
**ONEIDA CASINO HOTEL**  
2040 Airport Drive, Green Bay, WI 54313  
1.800.238.4263

Learn more at [DrPool.net](http://DrPool.net)

## LETTER TO THE EDITOR

Shekoli to all: My name is Mary Loeffler/Cornelius. Some may know me from the meal site or attending other tribal meetings like the GTC meetings and open to the public meetings. I also am a regular guest member at ONCOA (Oneida Nation Commission on Aging) meetings and Nutrition meetings. My interests focus on all things important to the Elder population. I am seeking to change my status from guest to regular member in the near future. Many kudos to the great work and future endeavors of ONCOA. Gratefully, Mary Loeffler/Cornelius







**TUESDAY JULY 22<sup>ND</sup>**  
**@ 1PM**  
**ELDER SERVICES CONF. ROOM**

## **DEMENTIA SPECIALIST**

### **“Wandering & Safety”**

For this month's caregiver support group, Specialist Debra Miller will be coming in to speak about solutions she can offer to Caregivers on how to best keep their loved ones/clients safe that are beginning to wander, and safety precautions Caregivers can do to better secure their homes.

Contact: NAFCG Schuyler Metoxen  
 Email: smetoxe9@oneidanation.org  
 Phone: (920) 869-6830

## DEMENTIA

- If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier about it.
- If I get dementia, don't argue with me about what is true for me versus what is true for you.
- If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.
- If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.
- If I have dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.
- If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
- If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit friends.
- If I have dementia, ask me to tell you a story from my past.

- If I get dementia, and I become agitated, take the time to figure out what is bothering me.
- If I get dementia, treat me the way that you would want to be treated.
- If I get dementia, make sure that there are plenty of snacks for me in the house. Know if I don't eat, I get angry, and if I have dementia, I may have trouble explaining what I need.
- If I get dementia, don't talk about me as if I'm not in the room.
- If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you or choose a great new place for me to live.
- If I have dementia, and I live in a dementia care community, please visit me often.
- If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
- If I get dementia, make sure I always have my favorite music playing within earshot.
- If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.
- If I get dementia, don't exclude me from parties and family gatherings.
- If I get dementia, know that I still like receiving hugs or handshakes.
- If I get dementia, remember that I am still the person you know and love.

Let's Keep Our Loved Ones in Our Prayers & Thoughts 🙏🙏



*Come join us!*

# LEAVING A LEGACY

*Improving Your Land for Future  
Generations*

**Host sites at Thunder Moon and  
Oneida Nation wetland restoration**

We hope you will join us for a fun and relaxed day of learning focused on improving your land for native natural communities, and the benefits of doing so.

During the morning session we will visit the Thunder Moon property (Schevers Family), where we will look at a variety of practices and the programs available to help accomplish them. Participants will have a chance to ask their own habitat questions and get answers from professionals in the natural resources field.

For the afternoon session, we will tour the Oneida Nation wetland restoration project and learn about their on-going bird monitoring efforts, medicinal plants, and the conservation efforts of the Oneida.

There will be good conversation, amazing scenery, and lunch provided courtesy of the Outagamie Area Pheasants Forever Chapter (at stop 2 at Oneida).

Please dress appropriately for the weather, we will be outside. Bring binoculars if you have them!

**RSVP please by July 18th at link below:**

<https://events.pheasantsforever.org/events/e2a340bf-a074-44d7-b1b7-072f0e9db91c>

Questions, contact:

[jpeterson@pheasantsforever.org](mailto:jpeterson@pheasantsforever.org)  
(920) 615-2624 (Julie Peterson)



Meet at:

W 620 Old Seymour Rd. Oneida, 54155

RAIN DATE : July 24th.

**Tuesday, July 22, 2025**  
**9:30 am - 3:30 pm**



# 2025 TRIBAL ELDER FOOD BOX INFORMATION



## 2025 Program Information (dates & time)



**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**

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

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 an Intertribal Local Food Purchasing Assistance grant and funding awarded through the Wisconsin Biennial Budget. The project is coordinated by the Great Lakes Intertribal Food Coalition in partnership with Feeding America Eastern Wisconsin.





51ST ANNUAL ONEIDA POW WOW SPECIAL

TO

# HONOR OUR RELATIVES

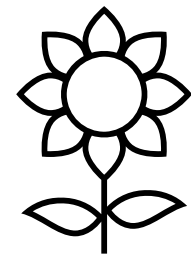
Saturday, June 28, 2025

Following tiny tots during 1<sup>st</sup> session

Join us in honoring all our relatives who have been separated from their families and communities, including adoptees, those with foster care experience, and the caregivers who continue to support and raise our native children.

An Honor song by Buffalo Creek will be shared to welcome our relatives back into our sacred circle and community.

If you want to be happy, have zero expectation of others, take 100% responsibility for your life, and be grateful for what you have.



## ONEIDA NATION HOME IMPROVEMENT LOAN



**Purpose:** To provide a sustainable Home Improvement Loan Program for Tribal Member homeowners that offers both low interest & minimal requirements and is funded by the Nation. Through the repayment of loans, the Nation will have the ability to sustain the program.

**Eligibility:** Open to all enrolled Tribal Member homeowners with a minimum annual income of \$15,000 and that have no past due debt owed to the Nation.

**Loan Specifics:**

- Online application re-opens July 7, 2025 at 8:00am.
- Up to \$20,000 Maximum loan amount offered at 2%.
- Link to apply: <https://baybank.connectfi.com/>

**Low Monthly Payments**

- Approximate monthly payment of \$184 over 10 years when borrowing the full \$20,000.

Program contingent upon funding.





## **Roberta Kinzhuma Memorial Acknowledgement**

# **Scholarship Application**

- Two \$500 scholarships to be awarded
- Applications open **June 1<sup>st</sup>** and close **August 7<sup>th</sup> 2025**
- Applications open to Oneida enrolled single mothers of school aged children
- See application for all requirements

The Roberta Kinzhuma Memorial Acknowledgement is set up for single mothers who are furthering their education and for their continued efforts in academic achievement. The acknowledgement funds are generated from fundraising activities through Oneida Aging & Disability Services

**APPLY NOW!**



**ONEIDA**

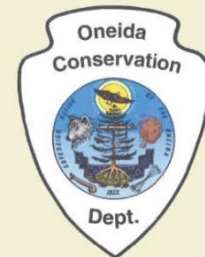
**Pick up & drop off applications at:**  
Oneida Aging & Disability  
2907 S. Overland Rd.  
Oneida, WI 54155

**Email: Carol Bogda Tribal ADRS or  
Breanna Weber Caregiver Prevention  
Supervisor at:**

**OR**

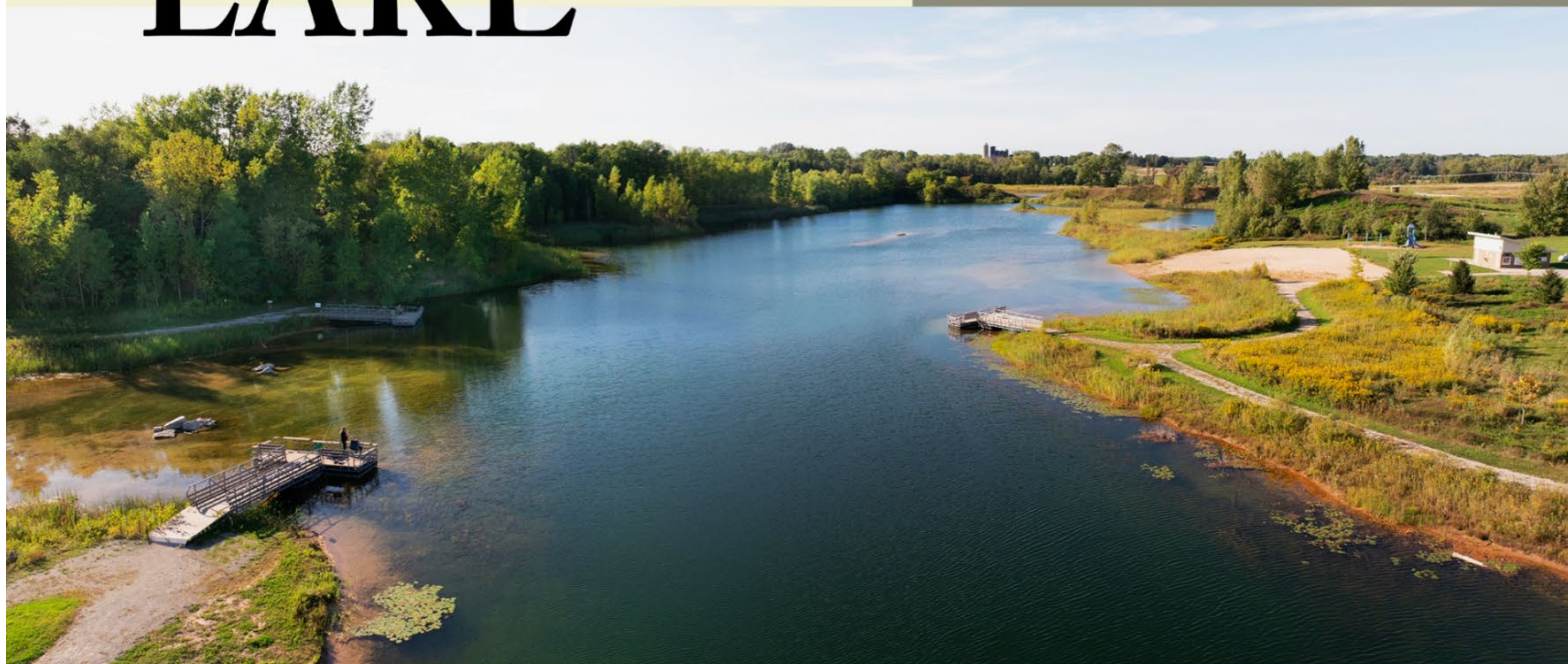
**cbogda@oneidanation.org  
bweber1@oneidanation.org**





# EXPLORE ONEIDA LAKE

**GATES OPEN**  
**6:00AM**



Please enjoy On<sup>^</sup>yote<sup>^</sup>a<sup>^</sup>ka Lake and all of its recreational opportunities in a responsible manner. Be respectful of the environment and others; **DO NOT BRING: alcohol, drugs, dogs or ATVs within these grounds.**

Take responsibility for your actions; be considerate and keep this area clean. This lake belongs to you, but is shared by all of us.

**GATES CLOSE**  
**9:00 PM**

Promoted activities include:

- Fishing (must have license)
- Swimming/beach relaxation
- walking/hiking/biking trail, wildlife observation
- kayaking/canoeing/paddle & row boating



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

Questions? Please call the Oneida Conservation Dept  
M-F 8am - 4:30pm at 920-869-6500  
located at 470 Airport Dr. Oneida, WI 54155

## **Birthday Celebration for the elders AND Staff of Aging n Disability**



Elders along with Aging and Disability staff celebrations will be held every 3 months in the Aging & Disability main conference room with **cake and snacks**. July, Aug & Sep will be in September (date to be announced soon). Could you 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)? Yaw^ko! Elder Activity Specialist, Luwatiya'takenhas Crystal Danforth

**Here is the list of the elders that have birthdays in July:**

**Neoma Osborn**

**Donna Galvin**

**Dee Gruth**

**Carole Liggins**

**Gloria Hawk**

**Barbara Cornelius**

**Sandi Skenadore**

We are NO LONGER going to be including the birthdays from prior year DRUMS newsletters. Feel free to check them out on this website anytime.

<https://oneida-nsn.gov/divisions/humanservices/agingdisabilityservices/DRUMS>

Most of the DRUMS across Oneida newsletters from 1999 through today are posted on this website and most of the newsletters have a birthday list. **If you happen to have a DRUMS hard copy that is not posted on the website, please turn it in to any ONCOA member or turn it in to Aging & Disability office.**

**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>.



**Coloring Monthly Contest:** Bring your colored picture to the Oneida Aging and Disability Activity Room or Reception desk and feel free to cut out and decorate. We will post on the Congregate Meal Site doors and windows and have a monthly contest. Three winners will be chosen, and they get to judge the submissions for the next month. Have fun and good luck! Please remember to put your full name and contact info (phone and/email) on the back of the picture.

othahyu·ní· (Wolf) – DO YOU know how to pronounce this?



# 4th of July Word Search

INDEPENDENCE  
STARS  
STRIPES  
EAGLE  
FREEDOM  
PATRIOTIC  
FIREWORKS  
JULY  
FLAG  
AMERICA  
PARADE  
BELL  
RED  
WHITE  
BLUE

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