

DRUMS ACROSS ONEIDA

August 2025

Onastase' Wahní·tale' (Green Corn Moon, 8th new moon) Jul 24
Yeyathókwas Wahní·tale' (Harvesting Moon, 9th new moon) Aug 22

Recent discussions from ONCOA meetings

- **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. The facilitator will acknowledge the right to speak. One person speaks at a time. Avoid side conversations. Stay focused.
- Coloring contest decisions: will be a drawing vs contest, looking to get a gift for each of the three elders chosen as winners; meal site participants are the ones choosing from a bucket.
- Made a motion to approve a letter of support for Dr. Gleason from Wisconsin Alzheimer's Disease Research Center to work with their team to set up an Alzheimer's research team in Oneida. Right now, anyone participating needs to go to Milwaukee.
- Motion to request Oneida Royalty to come to an ONCOA meeting to introduce themselves and to meet the elders. This will be in August, and we have not set a specific date. Hope to see all of you at both our ONCOA meetings and you will meet our new Royalty.
- Next Strategic Plan meeting tentatively scheduled for July 17 from 10am to 4pm in the Aging and Disability Conference Room. **You are invited to attend.**
- Motion to take the next steps to acquire an administrator position for ONCOA
- Brenda Haen, Community Health Manager gave verbal report on Case Management and Community Health Nursing and is encouraged to come back with more information
- Continued discussion on a building or space for ONCOA, staff and community members. Aging and Disability is working with us on this as well.

CONTACT INFORMATION

ONCOA phone: 920-770-8313

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

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 (requests/concerns/ideas email here)

**ATTENTION
PLEASE!**

ELDER STORE IS OPEN!!

Monday-Friday 9am-4pm
2907 S Overland Dr.
(inside Oneida Aging and
Disability Services)

For shoppers and vendors
call: 920-869-6829
with any questions

If you are 55 or older and Oneida, you can bring in items to sell at the Oneida Aging and Disability Elder Store. You price them and the Oneida Elder Store elder will call you when you have sold anything. A time will be scheduled to pick up your money. No consignment fee is charged. We would love to showcase your items.

Also for sale are candy bars, cookies, popcorn, chips, water and soda along with information in the hall about Aging and Disability and other resources around the area and Oneida.

Picture below of a couple items. STOP IN.

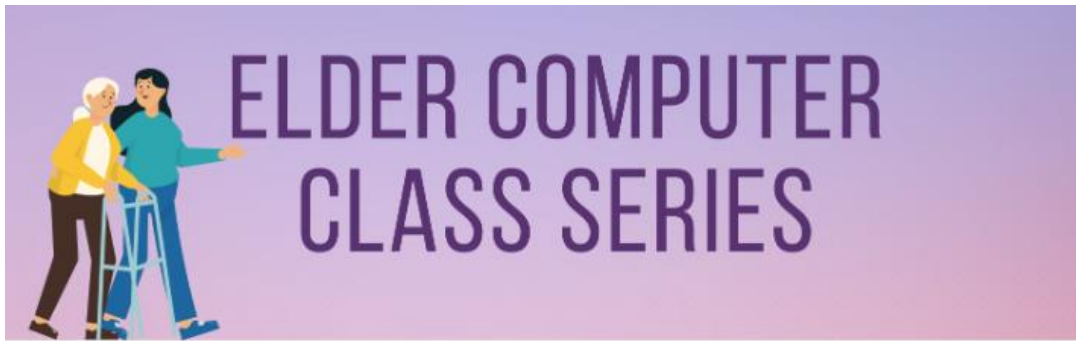
**We need help finding out who owns
some of the current items in the shop.**

**CAN YOU
HELP? Stop in
and check us
out please!**



The
longer I
live the
more
beautiful
life
becomes.
" ~ Frank
Lloyd





Every first Thursday of the month!

AUGUST 7, 2025, 9AM
 “ONEIDA NATION WEBSITE: NAVIGATE THE TERRAIN”

SEPTEMBER 4, 2025, 9AM
 “SOCIAL MEDIA 101”

OCTOBER 2, 2025, 9AM
 “IDENTIFYING SCAMS: DON’T BE FOOLED BY SCAMMER SHENANIGANS!”

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

Man is still the most extraordinary computer of all.

Computers are incredibly fast. Human beings are incredible period. Together they are powerful beyond imagination.

Computers are magnificent tools...but no machine can replace the human spark of spirit...





Community Education Center
 2632 Packerland Drive
 920-496-5260

As part of our efforts to ensure the sustainability of the Oneida Nation, the **Onlayote?a·ká· ni?i· Standing Committee** hosts various community input sessions on the topic of tribal enrollment. While in-person sessions are available, we understand that not everyone can attend. For those unable to join us in person, we invite you to participate remotely by watching a 10-minute video on blood quantum and then answering four important questions.

Link here: <https://oneida-nsn.gov/iamoneidaproject/>

These questions are first in a series that will prompt you to reflect deeply on the impact of blood quantum on eligibility and identity for future generations of the Oneida Nation. Your input is invaluable as we explore ways to preserve our nation’s longevity and cultural heritage. By participating, you will contribute to shaping the future of our community and ensuring continued vitality.

Thank you for taking the time to engage with this critical issue. Your thoughts and perspectives are essential to our collective journey forward.



AUGUST Memory Café

AUGUST 13, 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.

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

This month's activity is gratitude jars.



ONEIDA COMMUNITY HEALTH CENTER
ONEIDA

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



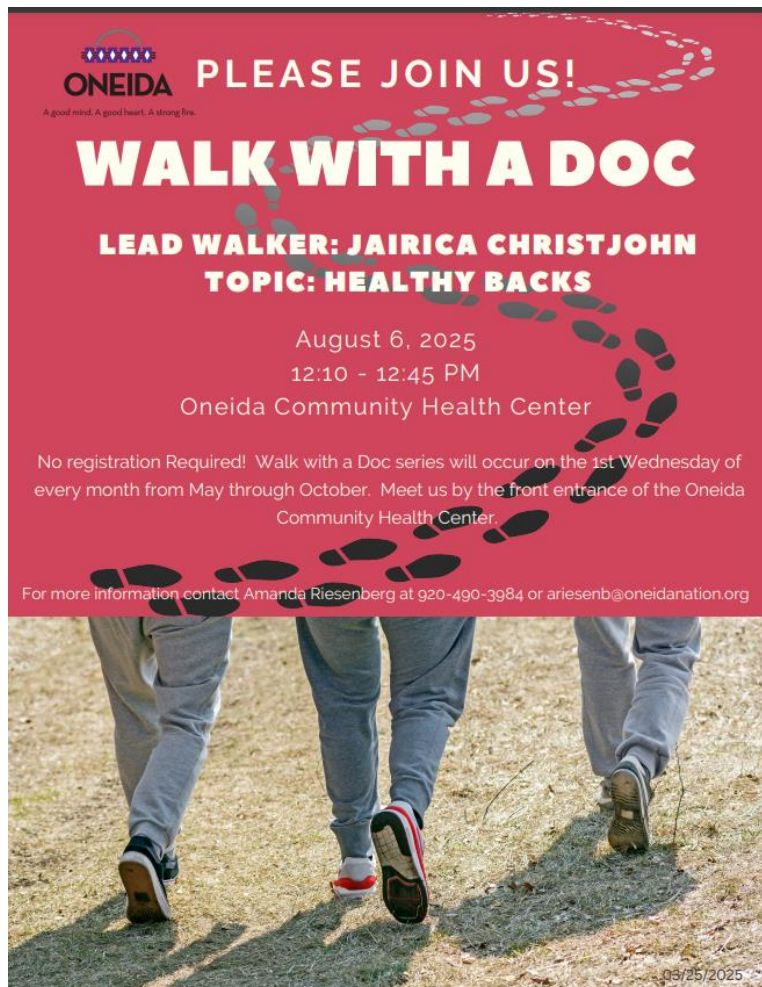
JUST MOVE IT ONEIDA

Beat the Heat

Wednesday, August 20th
Oneida Lake from 4-6pm
WI72 CROOK RD. DE PERE, WI 54115

- ✦ Kayaking with Oneida Adventures
Guarantee a Spot- Contact Sue Majeski!
920-490-3818 or adventure_dept@oneidanation.org
- ✦ Walk with a Doc at 5:00pm.
Dr. Dempsey - Stroke Prevention
- ✦ JMIO Aluminum Water Bottle & Buffalo Snack Sticks from Oneida Nation Farm. (while supplies last)

FOR MORE INFORMATION CONTACT HANNA:
920-490-3927
hleisgan@oneidanation.org
f JustMoveIt Oneida



ONEIDA PLEASE JOIN US!
A good mind. A good heart. A strong fire.


WALK WITH A DOC

LEAD WALKER: JAIRICA CHRISTJOHN
TOPIC: HEALTHY BACKS

August 6, 2025
12:10 - 12:45 PM
Oneida Community Health Center

No registration Required! Walk with a Doc series will occur on the 1st Wednesday of every month from May through October. Meet us by the front entrance of the Oneida Community Health Center.

For more information contact Amanda Riesenbreg at 920-490-3984 or ariesenb@oneidanation.org



03/25/2025



★ 2025 ★
CELEBRATING




VETERANS

PRESENTING WITH UNITY


We invite all Veterans, and the family members of all veterans and active military in our community for a gathering in honor of their brave service.

ALL VETERANS PLEASE RSVP BY WEDNESDAY SEPT 10TH BY CALLING (920)869-6830 OR (920)869-6828

SEPT 15 2025	2980 E. SERVICE RD, ONEIDA, WI 54155 LIGHT SNACK AND DRINKS WILL BE SERVED!	MON 10:00 A.M. <small>TIME LENGTH DEPENDING ON NUMBER OF ATTENDEES</small>
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MEDICINAL PLANT & FORAGING TEACHINGS WITH RANDY CORNELIUS


 EACH SESSION IS LIMITED TO 15 PARTICIPANTS

SESSIONS:

Wednesday, August 6: 1:30pm - 4pm
 Thursday, August 14: 5pm - 7:30pm
 Tuesday, August 19: 1:30pm - 4pm
 Monday, August 25: 5pm - 7:30pm

TO REGISTER CONTACT:

  CulturalHeritage@oneidanation.org

If you email this address you can ask questions and sign up: culturalheritage@oneidanation.org.

This is a very cool event if you want to learn about plants, their medicinal use and plant/terrain safety as well. At times the terrain does get difficult and you may want to stay back or ask where you can meet up. I hope you step out and take a chance on this. So very interesting and very social event.

Even just for the company and the laughter. The stories and memories shared are awesome. Plus the Oneida language words and cultural stories from Randy and others. So many knowledgeable people and so many newcomers. Very nice mix and all are comfortable and sharing.

Randy will also give you an herbal book with a ton of information.

Quotes from the internet

Here are some **inspiring herbal quotes**:

1. "Herbs are the natural healers of the world."
2. "In every herb, there is a medicine waiting to be discovered."
3. "Herbs are the green doctors that nature provides."
4. "Herbs: The whispers of nature's wisdom."
5. "In the arms of herbs, lies the cure for many ailments."
6. "Herbs are the gentlest teachers of the healing arts."
7. "In the garden of herbs, you'll find the secret to wellness."
8. "Herbal medicine is the people's medicine." – Rosemary Gladstar

"LET FOOD be
thy MEDICINE
AND
MEDICINE be
thy FOOD."
-Hippocrates



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 14TH 9:30AM-11:30AM & 1PM-3PM
Congregate Meal Site



EDUCATION DAY

2901 S Overland Rd
Oneida, WI 54155

AUGUST 15TH 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

August 14, 2025 Education Day at the Elder Meal site
August 15, 2025 Vendor day, outdoor event at Aging & Disability

If you are interested in becoming a **vendor** for this event and need a table & chairs, please reach out to Breanna Phillips bweber1@oneidanation.org or **Carol Bogda** cbogda@oneidanation.org

If you would like to **donate** to our Silent Auction for the Robert Kinzhuma Scholarship please contact us via email **Breanna J. Phillips** bweber1@oneidanation.org or **Carol Bogda** cbogda@oneidanation.org

To care for those who cared for us is one of the highest honors. Be grateful!

ONEIDA NATION NATIONAL TREASURE AWARD BANQUET

SAVE THE DATE:

Saturday October 25, 2025

Nominate & Save the Date! Prepare for Oneida National Treasure Banquet, applications are now being accepted, visit the link for details and/or email artsprogram@oneidation.org, we're looking forward to your nominations!

Link: <https://form.jotform.com/oneidaarts/national-treasure-2025neidation.org>, we're looking forward to your nominations!



NOMINATIONS DUE BY AUGUST 4, 2025



FOOD SMARTS

TUESDAY AUGUST 12, 2025 | 9:30
ONEIDA FOOD DISTRIBUTION CENTER KITCHEN



Join Uw-Extension FoodWise and Oneida Food Distribution Center for an engaging hour of discussion on side dishes and how to incorporate movement into your daily routine. We will be making a great zucchini recipe!

RSVP:

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

DID YOU KNOW?

Community Health Services Programming



WHAT IS NUTRITION SERVICES & WIC PROGRAM?

"To educate and empower the community toward healthy lifestyles for today and the future."

Nutrition Counseling: Our Registered Dietitian Nutritionists (RDN) provide Medical Nutrition Therapy to established patients of the Oneida Community Health Center to help improve a variety of conditions. No matter your age or stage of life, we offer diet counseling to help you reach your health and diet related goals.

Consultant Services: Our consultant RDN provides nutrition education and menu guidance to the Oneida Nation School System, Head Start, and childcare centers. Age-appropriate lessons help expose children and families to new foods and healthy habits.

Breastfeeding Support: Breastfeeding can have many benefits for both mom and baby. Our staff are available to help provide guidance and reassurance to breastfeeding moms to help them reach their goals.

Women, Infants, and Children (WIC) Program:

- Nutrition education
- Breastfeeding education and support
- Supplemental nutritious foods

To see if you qualify, eligibility criteria can be found on the WIC Program page. Ready to Apply? Call our office at 920-869-4829.



ALYSSA HUDAK

WIC Nutrition Manager



Oneida Language Sound Practice: The vowel sounds are the most important to master. They are the foundation of the Oneida Language. I hope the below helps and is understandable. Talk to someone who speaks Oneida to help understand.

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

Any letter with an "H" after it, brings out the hard sound, such as:

- th sounds like t as in toad (without the h it is a d sound)
- kh sounds like k as in kite (without the h it is a g sound)
- sh sounds like s as in site (without the h it is a z sound)

Also, sya sounds like sha like in shave

Tshy sounds like ch

Consonants: h, k, l, n, s, t, w, y

Vowels: a, e, I, o, u, ʌ

Intonation Marks:

- Drag · (raised dot after a vowel drags or lengthens the sound)
- Glottal ? (looks like the question mark but in Oneida no dot on the bottom, this represents a stop or a break in a word)
- Accent Example: á é í ó ú (make the sound go up or down depending on where the word and where the accent is found)
- Whispered endings Yeskushi·yó (the underlined part is whispered however in a sentence the whole word is spoken)

WOW right! <https://oneida-nsn.gov/our-ways/language/> is a good start of more information. Various websites exist regarding Oneida language. Sample words below:

She·kú - hello (general greetings)

Shekóli - hello (greetings between buddies)

Wastehtsisli·yó - good morning

Wehnisli·yó - good day

Sawehnisli·yóhak - have a good day

Sahsutiyóhak - have a good night

Skʌʌʔkó· kʌ - is there peace within you?

Skʌʌʔkó· - there's peace within me

Ot niyohtuháti - how is it going?

Yoyanláti - it's going good

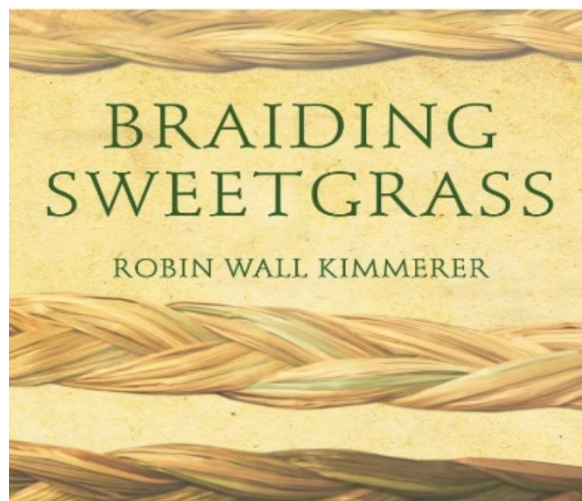
Yoyanláti - it's going good

Kwah ok o·nʌ - the same

FB story from Pearl Webster. Very inspiring read: I used to roll my eyes a little when my uncle brought up Braiding Sweetgrass. He'd mention reciprocity and gratitude like they were more than just words, like they were a way of being. "Nature's not just something we use," he'd say, "It's something we're in relationship with." I'd smile politely, change the subject.

But now I understand.

After finally reading Braiding Sweetgrass by Robin Wall Kimmerer, I felt opened up in a profound way. This isn't just a book about plants or just a book about Indigenous wisdom or ecology. It's a book about remembering. About seeing the world, not as a resource, but as a relative. And once you read it, the world around you stops being background noise. It becomes a voice you can finally hear.



Here are five insights that didn't just inform me, they rearranged me:

1. Gratitude Is a Daily Practice, Not a Feeling

Kimmerer writes about the Haudenosaunee Thanksgiving Address—a practice of beginning each day with thanks for the earth, the plants, the animals, the waters. Not for show. Not when it's convenient. Every day. That floored me. I realized how often I treat gratitude like dessert—an occasional luxury—when it's really meant to be the main meal. Imagine what would shift in us if we began everything with thanks.

2. The Earth Loves Us Back

This was the sentence that stopped me cold. Not just we love the earth—but the earth loves us back. What if that's true? What if every apple that falls, every breeze that cools our skin, every medicinal plant that heals, is a gesture of affection? It reframes everything. This isn't extraction. It's relationship. Not dominance—but devotion. And when you believe the earth loves you, caring for it becomes something sacred, not optional.

3. We Can't Only Take, We Have to Give

Reciprocity runs like a river through the book. If you take from the earth, you must also give. Kimmerer shares the Potawatomi story of the Honorable Harvest: take only what you need, never the first, never the last, give a gift in return. This isn't metaphor. It's ethics. And suddenly I saw how much of our living is based on taking. It made me ask: when was the last time I gave something back to the earth that wasn't just garbage?

4. Science and Storytelling Can Be Sisters

Kimmerer is both botanist and Indigenous woman. She shows that science and spirituality aren't opposites—they're complements. She speaks of goldenrod and aster not just in Latin names, but in poetry. She reminds us that facts without meaning are sterile. And stories without grounding are floaty. But when we braid them together, like sweetgrass, they become strong. That challenged me to stop separating logic from feeling—and to make room for both in my understanding.

5. Healing Ourselves Is Bound to Heal the Earth

What if the disconnection we feel—from our purpose, our people, our peace—isn't just internal, but ecological? Kimmerer helped me see how our emotional and cultural wounds mirror the environmental ones. When we treat land as disposable, we start treating ourselves that way too. And maybe healing begins not just with therapy, but with our feet in the soil. With planting, tending, honoring. With remembering we belong to something bigger—and always have.

I called my uncle after I finished the last page. I didn't apologize for brushing off his passion. I just said, "I get it now." And he didn't gloat. He just said, "Took your time." This book is medicine. Not the quick kind. The slow kind. The kind that reshapes your inner terrain and makes you want to walk more gently in the world. If you've been numb, disconnected, always moving—read this. It will braid you back together.

BOOK: <https://amzn.to/3TQ23YL>

You can get the Audiobook when you register for Audible Membership through the same link above



CREATION WATER WALK

WE WILL WALK FOR THE WATER IN THE STRAITS OF MACKINAC

**NGA-ZHICHIGE
NIBI ONJI**

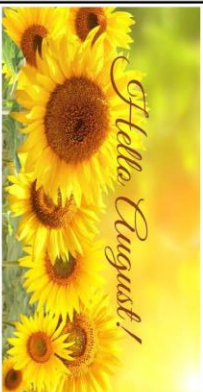



We will begin our Water Walk on Saturday, August 30th at 7:00 am, with Sunrise and Water Ceremonies. We will walk both days and complete our Water Walk near the Mackinac Bridge. Check the Creation Water Walk Facebook page for locations and the latest information.

FOR THE LATEST WATER WALK UPDATES AND SPONSORSHIP INFO:







AUG 30-31-SAVE THE DATE

AUGUST ELDER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>4 (Outing) Thrift shopping & Lunch Day: 9:30am</p>	 <p>5 (Meal Site & Common Room A) 1) Bingocize 10am-11am 2) Cooking Club: 1:30pm</p>	 <p>6 (Common Room A & Meal Site) 1) Activity/Game 10:00am 2) Crafts W/ Jane Salzman 1:15pm</p>	 <p>7 (Outing) 1 Day Trip to the Lighthouse in Door County: Leave @ 8:30am From Meal Site 2 Bingocize 10am-11am National lighthouse day</p>	<p>1 (Woodman's) (9:45am Start Shuttle Pickup 10 Max)</p>
<p>11 (Outing) Amish Stores Day Trip: 9:30am</p>	<p>12 (Bay Park Marcus Theater) 1 Movie Theater Day morning-TBD 2 Bingocize 10am-11am ONCOA MEETING 1:00pm</p>	<p>13 (Outside & Meal Site) 1) Walk out side: 10:00am 2) Bingo 1:30pm</p>	<p>14 (Congregate Meal Site) Breaking the Silence Gathering 9:30am—11:30am & 1:00pm—3:00pm Education Day</p>	<p>15 Breaking the Silence Gathering: 11:00am—3:00pm Outdoor Event at Oneida Aging & Disability</p>
<p>18 (Zoo Day) New Zoo Day with Picnic: 9:00am</p>	<p>19 (Meal Site & Common Room A) 1 Bingocize 10am-11am 2 Cooking Club: 1:30pm</p>	<p>20 (Common Room A & Meal Site) 1) Bird Monitoring Day: 9:00am 2) Crafts W/ Jane Salzman 1:15pm</p>	<p>21 (Meal Site) 1) Bingocize 10am-11am 2) Movie: Caregivers Journey—1:30pm World Senior Day</p>	<p>22 (Meier's) (9:45am Start Shuttle Pickup 10 Max)</p>
<p>25 (Bay Beach) Bay Beach & Picnic Day 9:00</p>	<p>26 (Trout Creek) Bird Monitoring Day: 9:00am Bingocize 10am-11am National Cherry Popsicle Day ONCOA MEETING 1:00pm</p>	<p>27 (Outside & Meal Site) 1) Walk out side: 10:00am 2) Bingo 1:30pm</p>	<p>28 (Meal Site & the Elder Conference room) Bingocize 10am-11am Elder and Staff Birthday Party 12:30 to 1:30 1) Chair Volleyball: 2:00pm</p>	<p>29 (Walmart De Pere) (9:45am Start Shuttle Pickup 10 Max)</p>

****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 MEAL SITE 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: 6631 or Cdanfor13@oneidanation.org**

August Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)</p>	 <p>5 Navy Bean Soup (5gm) Ham & Swiss WG bun (22 gm) Coleslaw (3 gm) Diced Peaches (15 gm) Crackers (8 gm)</p>	 <p>6 Sliced Oven Roasted Beef Baked Potato (15 gm) Stewed Tomatoes WG Dinner Roll (10 gm) Applesauce (15 gm)</p>	 <p>7 Creamy Swedish Meatballs Noodles (20 gm) Herb seasoned Broccoli Raw vegetables WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)</p>	<p>1 Chicken Fajitas Green, yellow, and red peppers Garden Salad Spanish Rice (20 gm) Tortilla shell (12 gm) Diced Peaches (15 gm)</p>
<p>11 Oneida Beef Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Applesauce (15 gm)</p>	<p>12 Homemade Meat Sauce from Oneida Beef & Bison Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Fresh Fruit (15 gm)</p>	<p>13 Tuna Salad (5 gm) WG Dinner Roll (10 gm) Cucumber Salad Diced Peaches (15 gm) SF Pudding (15 gm)</p>	<p>14 Beef Stew (beef tips with potatoes, vegetables, and gravy) (8 gm) Mashed Potatoes (15 gm) Herb Seasoned Carrots WG Dinner Roll (10 gm) Fruit Cocktail (15 gm)</p>	<p>15 Marinated Chicken Breast Roasted Red Potato (15 gm) Seasoned Cauliflower WG Dinner Roll (10 gm) Cole slaw (3 gm) Fresh Fruit (15 gram)</p>
<p>18 Mushroom Swiss Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)</p>	<p>19 Chicken Dumpling Soup (10 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Fresh Fruit (15 gm) Oyster Crackers (8 gm)</p>	<p>20 Oven Roasted Turkey Mashed Potatoes (15 gm) Squash (15 gm) WG Dinner Roll (10 gm) Mandarin Oranges (15 gm)</p>	<p>21 Stroganoff Beef Tips WG noodles (20 gm) Herb seasoned Broccoli Pickled Beets Diced Pears (15 gm) WG Dinner Roll (10 gm)</p>	<p>22 Chicken Apple Walnut Salad (8 gm) WG Dinner roll (10 gm) Frozen Fruit Slushie (15 gm) Tomato juice (8 gm) Fresh Fruit (15 gram)</p>
<p>25 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm) Raw vegetables</p>	<p>26 Homemade Meatloaf from Oneida Beef Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)</p>	<p>27 Sloppy Joes made with Oneida Beef & Bison WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)</p>	<p>28 Italian Sausage w/sauerkraut Boiled Potatoes (15 gm) Herb-spiced broccoli, cauliflower, and carrots Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)</p>	<p>29 Scrambled eggs, Sausage links Hashbrown patty (15 gm) WG Cereal (21 gm) Fresh Fruit (15 gm) Tomato juice (5 gm)</p>

Meals are served 12:00-12:30 PM

Menus are subject to change due to availability

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

Call Oneida Aging & Disability (920) 869- 2448

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

August 2025 **Take a NOURISH Step**

(Information provided by www.gwaar.org/nourishstep)

UNDERSTAND

Nutrient Concerns for Older Adults

Vitamin D: this helps calcium to maintain strong bones. With each decade as we get older, we can synthesize less vitamin D from sun exposure. This is why nutrient dense foods are important such as fatty fish, egg yolks, fortified milks, and fortified cereals



Calcium: (Ca) helps with bone structure and strength but works in lots of cells in our bodies.

When we do not consume enough calcium, our bodies break down bone to release calcium.

High sources of calcium foods: dairy products, fortified dairy substitutes, leafy greens, tofu, beans, and nuts.

Vitamin B12: essential for brain function, red blood cell formation, and producing energy.

Ability to absorb decreases with age.

High sources of B12: meat, fish, eggs, and dairy



Magnesium: helps with muscle, bone, and brain health. Plays a role in sleep quality. Age related changes in the digestion system and certain drugs may inhibit absorption.

High sources of Magnesium: whole grains, leafy greens, legumes, and nuts/seeds



Bulletin board created by Theresa (Terry) Smith, (late Bob Smith wife).

If you would like a turn to create on this bulletin board, stop at the Oneida Congregate Meal Site. You or maybe your family or friends can get together and create something fun. Fun is the key!



THE GRANDMA CODE

5. Bedtime is whenever
4. The answer is always YES
3. I will always have your back
2. Mom doesn't need to know
1. Hugs are mandatory



ONCOA member Carole Liggins UP CLOSE AND PERSONAL

Carole has been a member of ONCOA for consecutive terms.

Greatest accomplishment:

I worked over 20 years for the Oneida Postal Service. This career path began when I lived in California. I believe that this job kept me in good physical condition.

What was your dream job?

I believe any job that involves helping people. Nursing is a good example that I had considered, but the Postal Service job landed in my lap. I plan on attending ONCOA meetings and staying involved helping Elders however I can.

What are you most thankful for?

My two daughters are the greatest blessings in my life.

What is your fondest memory?

I recall fondly my growing up in central Wisconsin with my mother and Father. We lived near a cranberry marsh of which my father worked at. He and I would go fishing often. We lived on a farm and that was the best times.

Favorite meal:

I really like grilled chicken breasts with loaded baked potatoes. My favorite place to eat is the Golden Basket restaurant.

Favorite hobbies:

I enjoy reading and naps. I like to play computer games and watch old movies and sitcoms

COMMUNITY OPT-IN FOR RAVE ALERTS



Want to stay notified of severe weather and receive emergency notifications when an emergency is occurring within the Oneida Nation Reservation?

TEXT
ONEIDANATION to 77295
to receive RAVE ALERTS from the
Oneida Nation

"Message and data rates may apply. Text messages are sent on an as-needed basis. This service is provided per <https://safety.smart911.com/terms-of-use/> and <https://safety.smart911.com/privacy-policy/>. Text **STOP** to **77295** cancel or HELP for tech support."

ONEIDA COMMUNITY LIBRARY ADULT PROGRAMMING AUGUST 2025				
MONDAY 9-6PM	TUESDAY 9-6PM	WEDNESDAY 9-6PM	THURSDAY 9-7PM	FRIDAY 10-4PM
28	29	30	31	1
4 Mindful Aging 11am Witness the Fitness 12:30pm Story-Making Club 4:30pm	5	6 Movie Classics Revisited 2pm	7 Adulting 101 4:30pm	8
11 Witness the Fitness 12:30pm Sewing Help 3:15pm	12	13 Beading Circle 2 PM ANIMEE 4pm	14 Oneida Film Club 4:45pm	15
18 Mindful Aging 11am Witness the Fitness 12:30pm Story-Making Club 4:30pm	19	20 Group Painting 11am Culture Session w/ Turtle Clan 4:30pm	21 Book Club 12:30pm Culture Session w/ Wolf Clan 5pm	22
25 Witness the Fitness 12:30pm	26	27	28	29

WITNESS THE FITNESS

Walk the Duck Creek trails with library staff this Summer! Let's keep our bodies healthy by engaging in fun activities. We walk rain or shine, no registration required!

EVERY TUESDAY @ 12:30PM
201 Elm St Oneida, WI 54155

Oneida Community Library

Oneida Community Library Culture Sessions

Aug 20th, 4:30PM
With Layukwilakéhte?, Turtle Clan Manager

Join us for Storytelling and a Craft Activity

Aug 21st, 5PM
With Kaluhya, Wolf Clan Manager

Learn about Oneida Culture and Storytelling

For more details, visit:
oneida-nsn.gov/resources/library

JOIN US FOR A HWY H CLEANUP DRIVE

VOLUNTEERS OF ALL AGES WELCOME!

TUES. AUG. 26, 2025

MEET UP AT GREEN EARTH BRANCH LIBRARY
1273 REDTAIL DR, DE PERE, WI
10 AM - 12 PM

LIMITED VESTS, BAGS, AND GLOVES ARE PROVIDED. IF ABLE PLEASE BRING YOUR OWN. THANK YOU!

#ONEIDA SHINES

Oneida Community Library & Green Earth Branch

20TH AUGUST, 2025 @130PM

2907 S OVERLAND RD. ONEIDA WI 54155

ELDER SERVICE CONF. ROOM

STROKE PREVENTION

WITH AMANDA RIESENBERG

SPREAD AWARENESS, SAVE LIVES



**CONTACT NAF CG SCHUYLER METOXEN
(920)869-6830 OR
SMETOXE9@ONEIDANATION.ORG**

**“You can rise up
from anything.
You can
completely
recreate
yourself.”**

**“If you get tired,
learn to rest,
not quit.”**

**“Interrupt
anxiety with
gratitude”**

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

- Check out our website. Do you have any suggestions or questions or compliments.
- Check out the meetings please. We want to hear your voices.

ONCOA Meetings

- The Commission meets the 2nd and 4th Tuesday of each month at 1:00 p.m. Meetings are held at the Aging & Disability Services building located at 2907 S. Overland Rd. Oneida, WI. 54155.

Facebook and other social media. Jodi Tess, Aging and Disability Manager posts ONCOA information on their social media pages. Like their pages for updates and information.



Oneida Police Dept | Oneida Comprehensive Housing

August 5th, 4-7 p.m

Oneida Turtle School Grounds

**Food • Prizes • Vendors • Rez Rides •
Bouncy Houses • Dunk Tank •
Music by Rock'n Daddys • Fun!**



***OPD vs. Youth
Kickball Game - 5:45 PM***



Questions or Donations
Contact:
CHD - Lisa John 920-649-0004
OPD- Alexis Woelfel 920-869-6657



UP CLOSE AND PERSONAL AGING AND DISABILITY STAFF MEMBER

Name: Patricia Harms

Title: Outreach Worker

What are your responsibilities within your position?

As an outreach worker we provide services for elderly and people with disabilities on the reservation 55 and older. We visit in homes, hospitals, short-term care facilities and phone calls. Provide information to them of available services and do annual assessments to better provide the help elders need. We also provide transportation for area medical appointments, and assistance with shopping.

How long have I been working with elders?

I have been working with the elders in the community since March of 2024.

What aspects of your job do you find most fulfilling or rewarding?

Knowing we provide support and help when needed for our elders. Also provide evidence-based workshops that help with physical, emotional and social well-being.

How does your role contribute to the overall success of the organization?

Providing and recommending services through the many programs available to our elderly through our facility by assessing that they are getting the proper help they need and are in a safe environment.

Making sure our elders live and maintain an independent, healthy, loving and caring lifestyle.

What motivated you to pursue this career path and what keeps you passionate about it?

What keeps me motivated and passionate about my job is helping our elder's ability to live as independently as possible. I have worked with a variety of people throughout my working career and found working with the elderly has been the most rewarding. I like Hearing their stories of growing up, their success's and struggles they've faced. I want them to know they are loved and are very important to our community.

What skills or experiences have you gained from your current position that you find most valuable?

As an outreach worker I have been told I have given our elders lots of support and companionship. Also being able to help maintain independence in their daily lives, listening and learning their views about life and how it has changed or help others in their life.

My hobbies are

Gardening helps calm me and seeing the outcome of what I grow is very satisfying. I enjoy looking at the night sky nature walks and going to the movies, I also love spending time with my family, my two cats and traveling.



ONEIDA HEALTH PROMOTION Diabetes Prevention Program

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

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

JOIN DPP TODAY!

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

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

Months 1-6

- 10 weekly classes & 6 biweekly classes

Months 7-12

- 6 monthly classes



WHO CAN JOIN?

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

HOW?

- Physician Referral from your OCHC Provider
- Complete Online Referral Form
<https://oneida-nsn.gov/community-health-services/health-promotions/online-registration/>

Get in touch with us:

920-490-3780

healthpromotion@oneidanation.org

12/28/2023

Birthday Celebration for the elders AND Staff of Aging n Disability



Elders along with Aging and Disability staff Birthday celebrations will be held every 3 months in the Aging & Disability main conference room with **Games/prizes, cake and snacks**. July, Aug & Sep will be in August. August 28th from 12:30pm – 1:30pm. 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 August:

Ted Hawk

Claudia Skenandore

Linda Williams

Lyle Clavers

Feel free to check the Aging and Disability website anytime for prior year DOB lists.
<https://oneida-nsn.gov/divisions/humanservices/agingdisabilityservices/DRUMS>

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

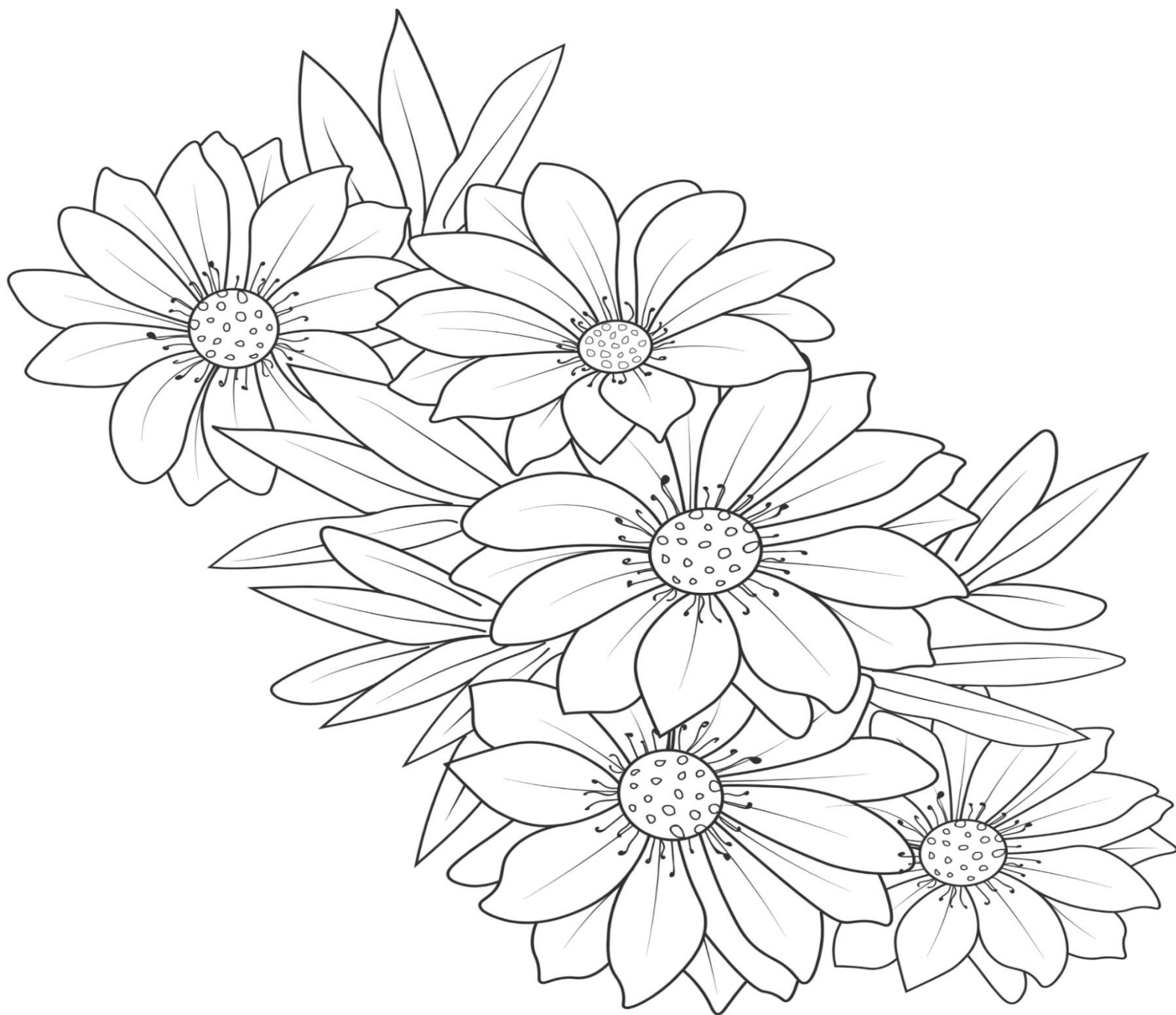


Four medicines: Tobacco, Sage, Sweetgrass, Cedar

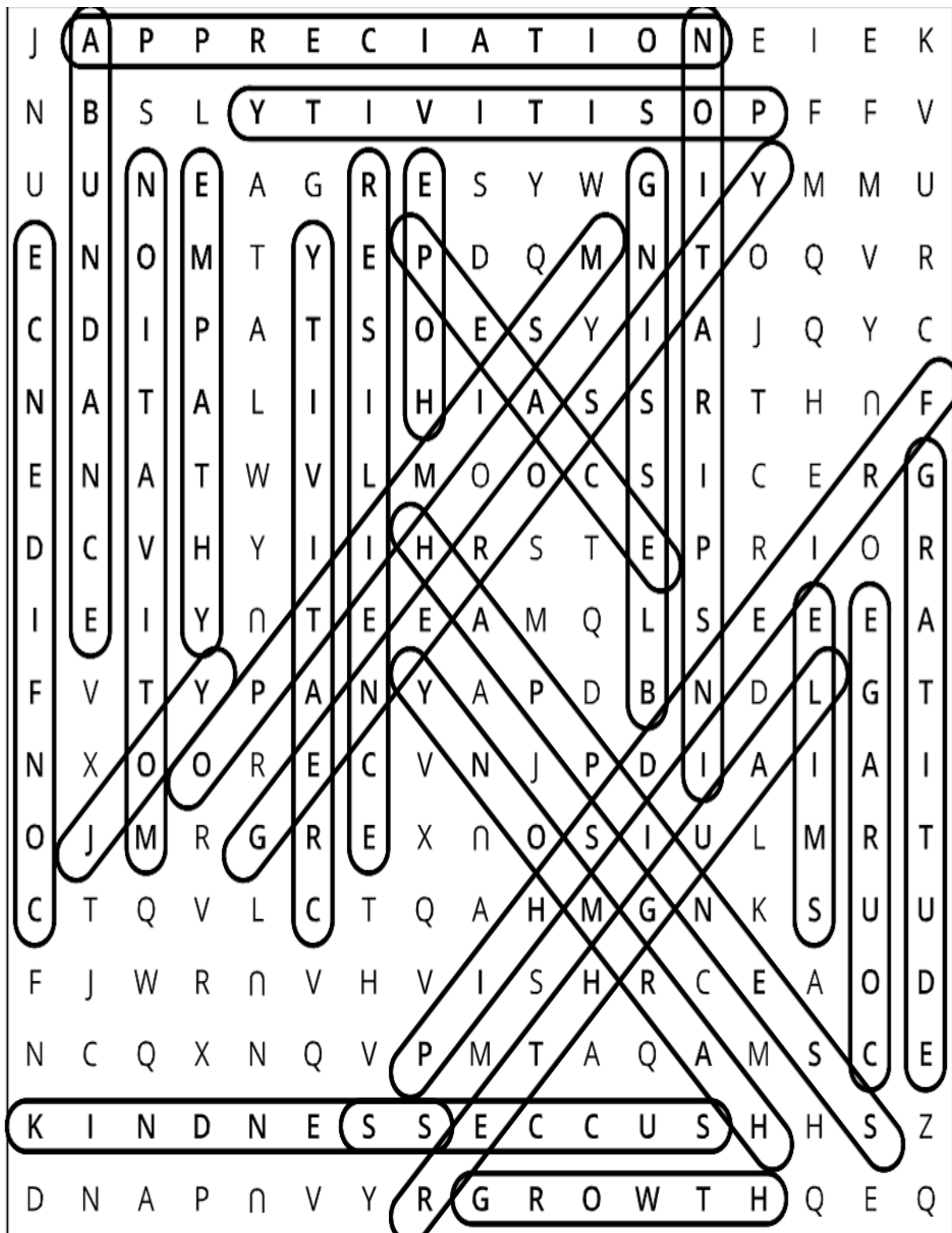
When someone you love becomes a memory, that memory becomes a treasure.

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 Congregate Meal Site and feel free to cut out and decorate. Loretta Mencheski will post on the Congregate Meal Site doors, and we will have a monthly contest. Drawing is to be held on the last Wednesday of each 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.



Honor
OUR
Ancestors



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



SMILE
JOY
SUCCESS
INSPIRATION
EMPATHY
HARMONY
APPRECIATION
RESILIENCE
BLESSING

LAUGHTER
HOPE
HAPPINESS
COURAGE
CREATIVITY
FRIENDSHIP
CONFIDENCE
ABUNDANCE

KINDNESS
PEACE
GRATITUDE
GENEROSITY
OPTIMISM
GROWTH
MOTIVATION
POSITIVITY