

DRUMS ACROSS ONEIDA



March 2025



Lotinuhshyu·ní (Low-dee-new-sho-knee) is what we Oneidas would refer to ourselves as. We are a part of a confederacy [Mohawk, Oneida, Onondaga, Cayuga, Seneca nations] formed some two thousand years ago by the Peacemaker. The French referred to us as “Iroquois” an Algonquin derogatory word. The Colonist referred to us as the “Five Nations” because of the wars going on in North Carolina, in 1713. Then, the Tuscarora nation migrated into our territory and then the Colonist referred to us as the “Six Nations.” The official spelling that you will see on a national and international level is derived from the Onondaga language – Haudenosaunee.

Lotinuhshyu·ní - People of the Longhouse
New Moons in March 2025

Wáhta Wahní·tale? Maple Syrup Moon

3rd new moon - Feb 27

Káhsakayu·té·se? Wahní·tale? Thunder Moon

4th new moon - Mar 29

Thank you to Tehahuko'tha [Randy Cornelius,] Archivist, Oneida Cultural Heritage Department!

Recent discussions from ONCOA meetings

- Receive approval from Ralinda Ninham-Lamberies, Chief Financial Officer (CFO) to schedule travel to Great Lakes Native American Elders Association (GLNEA) quarterly meeting. The agenda is always received extremely late, which makes hotel scheduling difficult (mostly sold out). Thank you, Ralinda, for this assistance.
- Approve the FY2025 1st Quarterly Report for Business Committee agenda submission.
- ONCOA Representatives agreed to attend the following meetings and provided updates.
 1. Brown County Aging and Disability Resource Center – Sandra Skenadore
 2. Outagamie Aging and Long-Term Support Advisory Committee (ALTS) – Pearl Webster
 3. Alzheimer's Dementia – Sandra Skenadore and Mary Doxtator
 4. Oneida Alzheimer's Disease Community Advisory Board (CAB) – Mary Doxtator & Sandra Skenadore

CONTACT INFORMATION

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

ONCOA Main email: oncoa@oneidanation.org

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

Drums Main Email: drumsacrossoneida@oneidanation.org - Articles can be submitted to this email address.

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

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

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

Please **RECYCLE YOUR DRUMS** newsletter. Drop off at the Oneida Career Center, any Oneida One Stops, Oneida Community Library, Oneida Green Earth Library and Oneida Aging and Disability Meal Site.

FRIENDLY REMINDER: Thank you, Emergency Management and Oneida General Manager.

We do live in Wisconsin, it is possible to require winter notice in March and much of this is helpful for those 100 degree days coming up. Yikes!

SEVERE WINTER WEATHER COMMUNITY NOTICE

The Following Information will help Lessen the Impact of Severe Winter Weather

- Call 911 for all emergencies.
- When closures are likely, call ahead before traveling.
- Oneida Transit closes during unsafe driving conditions.
- Warming centers will open when widespread power outages occur.
 - VFW-2980 E. Service Rd.
 - Parish Hall-2936 Freedom Rd.
 - The Civic Center-2913 Artley St. (alternate option)
- Elders (55+) in Brown or Outagamie County who want to receive automated messages for storm information, call (920) 869-6845.
- Elders (70+) within the Oneida Reservation with disabilities or critical care needs seeking snow removal, call (920) 869-6847.
- Emergency tree removal due to severe winter weather, call (920) 869-6500.

Emergency Shelter Assistance Due to Severe Winter Weather

- Comprehensive Housing Division tenants, (920) 869-2227 (*on call service*).
- All other Tribal members, 920-490-3939.



Scan to
sign up for
community
text alerts




Get Help with Your Medicare Costs

Medicare is health insurance for people who are Elders or Disabled. The Medicare Part B premium is \$185 per month in 2025. You might qualify for help paying this premium if:

- You get Medicare and Your income is less than estimated \$1,600 per month (SINGLE) OR about \$2,200 (MARRIED)
- Your assets are under about \$9,600 (SINGLE) OR about \$14,000 (MARRIED)
- FYI: Not all your income and assets count.

Do you think you qualify for help with your Medicare premium?



**ONEIDA
MEDICARE
WORKSHOP**

Allow me to guide you through the complexities of Medicare ease and expertise!

I specialize in offering expert guidance tailored to your specific insurance coverage needs, addressing any questions or concerns you may have. Regardless of your unique situation, I am committed to assisting you in obtaining clear and comprehensive answers to your Medicare and other insurance inquiries.

Connect with me to learn more!

Garrick Roby (269) 425-2431
garrick.robby@yahoo.com

Workshop Dates:

1/20/25	7/28/25
2/17/25	8/25/25
3/24/25	9/29/25
4/28/25	10/27/25
5/19/25	11/24/25
6/23/25	12/29/25

All workshop times are 11 AM - 1 PM

Medicare Plans

- Medicare Advantage
- Medicare Supplement
- Part D Prescription Plans
- Dual (Medicare & Medicaid) Plans
- Veterans with Medicare

I take pleasure in providing our support to help individuals qualify for Medicaid or additional federal or state assistance!

**All Workshops to be held at the Oneida Meal Site.
Yaw^ko to Luwatiya'takenhas Crystal Danforth for setting this up!**

These are all free services for elders and low income.

Thank you to Joseph Williams, Aging and Disability Benefits Specialist, 920.869.2448

The main tax deadline for personal taxes is Tuesday, April 15, 2025.

TAX ASSISTANCE OPTIONS 2025

LOCAL IN-PERSON FILING ASSISTANCE:

1. Contact a local tax preparer:

- Fees vary based on forms and schedules you need completed

2. AARP:

Local phone: 920-393-7863

- Call after January 6th to schedule an appointment
- **By appointment only** – to make an appointment call to leave a message with your name & call back number and someone will call back within 1-2 days
- Operation sites: Ashwaubenon Community Center, Howard Village Hall, Kress Family Library in De Pere, Allouez Village Hall, and Brown County Library East Branch, Brown County United Way

3. UWGB & St. Norbert College – VITA Site:

Website: uwgb.edu/vita

Phone: 920-785-8878

UW-Green Bay Wood Hall Room 118

2380 Wood Hall Drive Green Bay, WI 54311

- Call after January 15th to schedule appointment
- **By appointment only** – to schedule appointment visit online uwgb.edu/vita.

4. NWTC – VITA Site:

Website: nwtc.edu/community-members/vita-free-tax-preparation

Contact for more information: Theresa Grover, VITA Site Coordinator, 920-491-2655

- **By appointment only** – to schedule appointment visit online

5. Homestead Only:

Phone: 608-266-8641

State Tax Office

200 N Jefferson St, Rm 140; Green Bay, WI 54301

- Accepting walk-in appointments for drop-off of completed forms or to have someone assist in completing forms

VITA stands for Volunteer Income Tax Assistance; partnered with the Internal Revenue Service (IRS). Provides free tax help to people with low-to-moderate incomes (annual income of less than \$60,000/year), people with disabilities, and limited English-speaking taxpayers who need assistance in preparing their own tax returns.



Elder Abuse Prevention Series

By Jodi Tess-Elder Abuse Prevention for Oneida Nation 920.869.2448
Respect. Protect. Report.

Laws and definitions of Elder Abuse vary from state to state and can even vary county to county.

The Native American Elder Justice Initiative (NIEJI) recognizes and defines 8 (eight) forms elder abuse as:

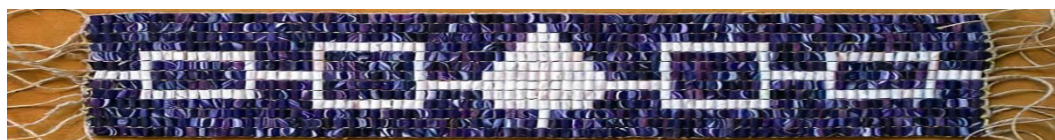
- Physical Abuse: Hitting, pushing, shaking, slapping or use of physical force that may result in bodily injury or pain.
- Emotional/Psychological Abuse: Intimidation by yelling or threats, intentional humiliation and ridicule, manipulation, or isolating Elders from social interaction and engagements.
- Financial or Material Exploitation: Theft, fraud, or misuse of an Elder's finances or material possessions, or manipulation used to gain authority of Elder's assets.
- Neglect: Failure or refusal to fulfill any part of a person's duty or obligation to an Elder.
- Self-Neglect: An Elder's inability to perform essential self-care due to physical, mental impairment or diminished capacity.
- Abandonment: Desertion of an Elder by someone who has physical custody or has assumed responsibility for providing care to the elder resulting in harm to the Elder.
- Sexual: Any sexual contact without permission or consent, Sexual harassment, insinuation of sexual favors, Forced, tricked, or threatened sexual contact on an Elder.
- Spiritual: Intentionally causing harm to an Elder's spiritual wellbeing by intentionally withholding the ability to attend or participate in spiritual ceremonies, withholding spiritual items, or insulting the spiritual beliefs of an Elder.

You can find resources, sign up for the newsletter, and contact International Association for Indigenous Aging at <https://iasquared.org/new-initiatives/>

PLEASE TAKE A MINUTE TO SIGN UP FOR THE NEWSLETTER.

If you feel you or a loved one are being disrespected and abused, please contact:

- Your local county Adult Protective Services (APS) program
- Greater Wisconsin Agency on Aging Resources (GWAAR) (608) 243-5670
- Wisconsin Elder Abuse Hotline 1.833.586.0107
- Find tribal specific resources at iasquared.org the website for Native American Elder Justice Initiative (NIEJI).



Please be patient and respect our elders and each other.

Thank you, Comprehensive Housing Division and Utilities for this post.

Regardless of how they are advertised, they are not “flushable”.

4 Main Reasons You Should Not Flush Wipes Down the Toilet

Outside of the expense of calling a plumber to remove “flushable wipes” from the plumbing system, in some instances damages caused by wipes can reach more than \$1,000. It does not matter what the package says, it is best to never flush wipes down the toilet.

1. They Don't Break Apart

Most of us would conclude a wet wipe would disintegrate like toilet paper does, primarily because the manufacture of these wipes advertises them as “flushable”. It is not a question of whether the wipe will technically flush down the toilet, it is more of a question of whether they should be flushed.



Plumbing call after plumbing call, where there is a significant clog, it is not common for “flushable wipes” to be the culprit. There reason is they simply do not break down; therefore, they do not move through the plumbing system as they need to and result in clogs.



2. Fatberg Effect

Fatberg is a condition wherein wipes combine with fat, grease, and other dirt trapped in the pipes, begin to stick together, and create an iceberg-like formation. These formations create huge clogs and promote system back-ups that can cost \$1000's to address.

3. Wall of Wipes

The older the home, the more fragile the plumbing system is. As systems age pipes can corrode and become brittle. As wipes stick and clog within the plumbing system a wall can develop. The wall prevents anything else from reaching the sewer/septic system, and can result in nasty system back-ups.

4. Sewer System Damage

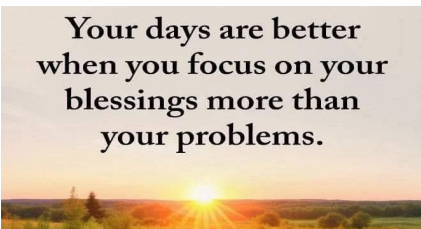
Whether the wipes clog drain lines or create a blockage in a septic tank, the result is the same with system back-ups through your sinks, drains, bathtubs, showers, and other openings that directly connect to the septic system. Cleanup and repairs can easily cost thousands.

Outside of the system for your home, wipes that do make their way through a sewer system later cause issue at the sewage treatment plant. Industrial grade pumps can be damaged and overheat from the accumulation of wipes. The cost of such repairs is forwarded to taxpayers to foot the bill.



The takeaway from all of this is, if you decide to use wipes, to clearly not flush wipes down the drain. Comprehensive Housing Division will forward the cost of repairs caused by wipes to the rental tenant. We prefer to not do so, therefore we prefer you decide to no longer flush wipes and dispose of them in a trash bag.

Your days are better
when you focus on your
blessings more than
your problems.



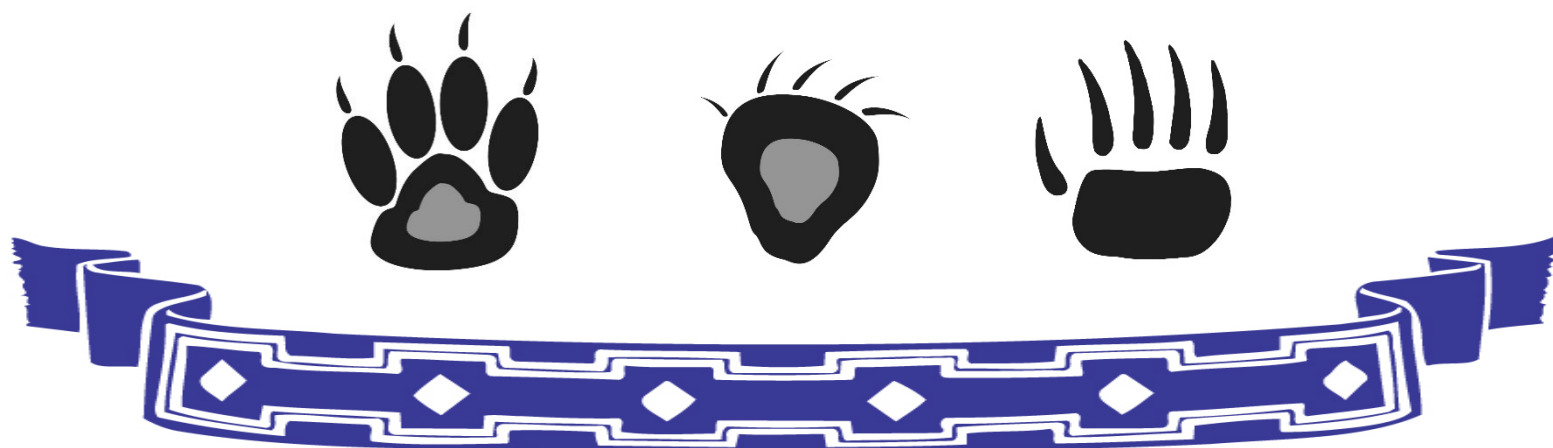
I WILL FIX THIS TOMORROW

How to create special Oneida alphabet characters with alt codes using any font

Special Oneida Alphabet Character	Description	Code Instruction
á	accented a	hold alt and type 0225
é	accented e	hold alt and type 0233
í	accented i	hold alt and type 0237
ó	accented o	hold alt and type 0243
ú	accented u	hold alt and type 0250
·	raised dot	hold alt and type 0183
^	in-line caret	type 028C hold alt and type x code will change to the character
Á	accented in-line caret	type 028C hold alt and type x then type 0301 hold alt and type x code will change to the character
ʔ	glottal stop (question mark without the dot)	type 02C0 hold alt and type x code will change to the character
ʔ̄	glottal stop with longer tail (question mark without the dot)	type 0241 hold alt and type x code will change to the character

Did you know? Imagine the conversations during the creation of this alphabet structure. Exciting and challenging to say the least! How many people do you know that were part of this project?

Floyd Glenn Lounsbury was an American linguist, anthropologist and Mayanist scholar and epigrapher, best known for his work on linguistic and cultural systems of a variety of North and South American languages. Floyd was the director of the project to study Oneida language and folklore. He created an orthography (writing system) for the language and taught it to students who gathered a variety of texts from Oneida language speakers. He worked on Oneida verb morphology (sound and word structure, originally based on Mohawk language and teachings). In 1953, Oneida Verb Morphology established the framework and terminology followed ever since, in the analysis of Iroquoian languages.



Oneida Emergency Food Pantry

In 2016, GTC directed to start a petition for a food pantry. The Oneida Emergency Food Pantry opened its operations in 2017. The goal was to provide families experiencing economic hardship with healthy food to last them 2-3 days. There have been three Pantry Managers since the building opened its doors in 2017. The first manager was Richard Elm Hill, second Marlon Skenandore and our most recent Manager Todd "Moon" Hill. The pantry currently has 13 volunteers and 3 staff members that help make our distribution days move quickly and get out food in a timely manner. We have pantry distribution on Tuesdays and Thursdays of each week from 11:30am until 2:30pm. There are also two free rooms that are open to anyone in need. One room has bread and refrigerated items and the other has household items. Gently used items or new items can be dropped off. (No bedding please) We are open to anyone enrolled with the Oneida Nation regardless of income or county.



The first picture is some of our volunteers. The second picture is previous pantry managers and current staff. The bottom picture is volunteers and staff.



Thank you to Samantha V. Boucher!

Emergency Food Pantry, Office Manager
office: 920.869.6165
N7372 Water Circle Place
Oneida, WI 54155



It's a Cooking Club

Calling out to all our elders that would like to participate in the start of Elder Activities Cooking Club.

- ♦ **This club will be held every other week for 2 months**
- ♦ **3 Sessions that will give everyone chance to participate**
- ♦ **Available For 6 elders Max per session.**
- ♦ **We are starting this class in March 2025, and you can find it scheduled on the Elder Activity Calendar as a reminder**

Pod A's Common room is located in the elder apartments connected to Aging & Disability

Starting: March 2025

Where: Pod A Common Room

Time: 2:00pm –4:15pm

Open to first 6 elders Max

Contact number:

Luwatiya'takenhas Crystal Danforth

920-869-2448(6831)



The mealsite calendar is not available in time for this DRUMS March 2025 issue. Copies will be left at the meal site front desk and on the Aging and Disability Facebook page when they are available.

Great Grains

JOIN FOODWISE FOR A FUN-FILLED HOUR OF CONVERSATION ABOUT GRAINS AND MOVEMENT. WE WILL BE MAKING A GREAT GRAIN RECIPE!

TUESDAY, MARCH 11, 2025
ONEIDA FOOD DISTRIBUTION CENTER KITCHEN
TIME: 9:30AM

RSVP:

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



Please contact Julie Raasch at 920-391-4606 or email: jmraasch2@wisc.edu if you need an interpreter, need materials translated, or need a reasonable accommodation to attend or fully participate in this event. There is no cost for these services.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program- SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA), and Section 504 of the Rehabilitation Act requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service, or activity. For communicative accommodations in languages other than English, please contact oaic@extension.wisc.edu or multicultural@extension.wisc.edu. For non-communicative accommodations based on a disability, please contact Heather Lipinski Steljes at: heather.steljes@wisc.edu for the public.

Sweet Potato Stew

Food Textures

TWA:KUNI WE COOK

Chef Arlie

**ALL AGES
WELCOME**

**WEDNESDAYS
4:45PM**

**FEBRUARY 19 - SWEET POTATO STEW
MARCH 19 - OVERNIGHT OATS
APRIL 16 - REFRESHING DRINKS**

AT THE ONEIDA TURTLE SCHOOL, HOME EC ROOM
ENTER IN DOOR #4
REGISTER WITH TONYA LAURENT AT
TLAURENT@ONEIDANATION.ORG
OR TEXT/CALL 920-256-0262

Mystery Activity

If you need an interpreter, materials in multilingual or alternate formats or other accommodations to access this program, activity or service, please contact Sarah an educator with the FoodWise program in Brown County the phone number is (920)391-4661 or shisholm@wisc.edu as soon as possible to learn how to take the appropriate next steps. An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

ONEIDA
 Food Distribution Center
 Emergency Food Pantry

FOOD WISE
FOOD • HEALTH • HOPE

Extension
UNIVERSITY OF WISCONSIN-MADISON

Wisconsin Partnership Program
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Tonya Laurent Nutrition educator for the **Oneida Food Distribution Center**

office: 920.869.1041, tlarent@oneidanation.org

Mailing Address: PO Box 365, Oneida, WI 54155

Location: N7360 Water Circle Place, Oneida, WI 54155

The Food Distribution Center is concerned with all the issues that Oneida community members with low income face, including limited education, unemployment and low self-esteem. That is why our goals are more than just supplying food. The Food Distribution Center fights hunger by giving our community people a 'hand up' and not a 'hand out'.

We are doing this by:

- Providing the community nutritional information to help reduce the impacts of health issues and increase or sustaining a quality of life around healthy food consumption.
- Provide outreach information to assist clients to access other programs that can help meet their needs.
- Provide free delivery service to elderly, disabled and respond emergency situations when needed.
- Providing a store concept shopping experience. You pick out your own groceries.

MARCH ELDER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 (Activity Room & Half Books Store) 1) Activity/Game 9:30 am 2) Book Store Afternoon 1:15pm	4 (Meal Site & UWGB) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Day of activities with Bird 11:30am	5 (Meal Site) 1) Exercise: 10:45am 2) Bingo 1:30pm	6 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Game Day: 1:30pm	7 (Metro Market) (9:45am Start Shuttle Pickup 10 Max) Shopping and Lunch
10 (Activity Room) 1) Crafts Day at: 9:30am & 1:15pm	11 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am ONCOA MEETING 1:00pm	12 (Meal Site) 1) Bingo 1:30pm	13 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Cooking Club: 2:00pm	14 (Meijer's) (9:45am Start Shuttle Pickup 10 Max) Shopping and Lunch
17 (Meal site) 1) Activity/Game 10:00am 2) Badminton: 1:30pm Everyone Wear Green Day	18 (Meal Site & Outing) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Good Will & Thrift Store shopping & Lunch Day 1:30am	19 (Meal Site) 1) Exercise: 10:45am 2) Bingo 1:30pm	20 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am	21 (Walmart De Pere) (9:45am Start Shuttle Pickup 10 Max) Shopping and Lunch
24 (Ashwaubenon & Activity Room) 1) Bowling Alley—9:30am 2) Crafts:1:30pm	25 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am ONCOA MEETING 1:00pm	26 (Activity Room & Meal Site) 1) Coloring 10:30am 2) Chair Volleyball: 1:30pm	27 (Meal Site) 1) Bingocize w/Denice & Schuyler: 10:00 am 2) Cooking Club: 2:00pm	28 (Woodman's) (9:45am Start Shuttle Pickup 10 Max) Shopping and Lunch
31 (Activity Room & Meal Site) 1) Coloring 10:30am 2) Chair Volleyball: 1:30pm				

****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: 6831 or Cdanfo13@oneidanation.org****





Discover the Oneida Community Library

Eliza Skenandore, Library Director

The Oneida Community Library, located at 201 Elm Street in Oneida, WI, is more than just a place to borrow books. It is a vibrant hub of learning, connection, and enrichment for the entire community, especially for our elders. With a dedicated staff and a wide range of resources, the library offers numerous benefits that make it a valuable destination for older adults. We encourage all elders in the Oneida community to visit the library and take advantage of the many benefits it has to offer.

Mental Stimulation and Lifelong Learning

Whether you have a passion for history, science, arts, or simply enjoy a good mystery novel, the library's extensive collection of books, DVDs, and digital resources ensures there is always something to engage your mind. Regular reading and learning can keep the brain active, potentially delaying or reducing the risk of cognitive decline.

Social Interaction and Community Engagement

The library hosts a variety of events, book clubs, and workshop that provide excellent opportunities for social interaction. The welcoming environment of the library fosters a sense of belonging and community spirit. The library is well-equipped with computers and digital resources, making it a great place to catch up on emails, learn new software, or explore the world of e-books.

Economic Savings

Borrowing books and other materials from the library is a cost-effective way to enjoy a diverse range of reading materials without straining your budget. This economic benefit is particularly valuable for those on a fixed income.

Oneida Tribal Aging & Disability Resources



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

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

SERVICES



Information & Assistance

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



Options Counseling

Provide counseling about options to meet long term care needs



Enrollment counseling

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

TRIBAL AGING & DISABILITY SPECIALIST

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

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



Ready to spring forward? Daylight saving time starts at 2 a.m. on Sunday, March 9. Turn clocks forward one hour causing us to spring forward and lose an hour of sleep.

DO YOU REMEMBER or DID YOU KNOW?

Daylight saving time was introduced in the United States in 1918 with the Standard Time Act, which was meant to lower fuel costs during the First World War.

The government stopped observing daylight saving time after World War I ended but reimplemented it during World War II. Congress decided to make daylight saving time permanent for two years from 1973 to 1975, extending the hours of daily sunlight year-round to conserve energy during the oil embargo crisis. However, the law was repealed in 1974 for being unpopular and ineffective.

In 1966, Congress passed the Uniform Time Act, standardizing the length of daylight-saving time. The dates we use to observe daylight saving time today – starting on the second Sunday of March and ending on the first Sunday of November – were established in 2005 when Congress amended the Act.

According to the Department of Transportation, daylight saving time saves energy, prevents traffic injuries, and reduces crime.

Thanks for this flyer goes to Taylor Jean, Health Promotion Specialist, Oneida Comprehensive Health Division. Get your Nutrition questions ready for Heidi McCann, WIC Dietitian. If you would like a special topic for these wellness talks, please contact Taylor Jean at 920.490.3940.



Winter Wellness Talks

March 5
Nutrition - Heidi McCann

When: 12:10pm

Where: Oneida Community Health Center Conference Room

Questions?
Contact Taylor Jean at 920-490-3940

1/30/2016

ONEIDA

MARK YOUR CALENDARS FOR THIS EVENT!
Rejuvenating Tribal Communities Conference, May 13-15, 2025
Oneida Casino Hotel, 2040 Airport Drive, Green Bay, WI

Master of ceremonies: Chance Rush, Motivational Speaker, Actor, MC, and Life Coach Enrolled: Hidatsa (Others: Arapaho, Dakota, Oneida, Otoe)

Featuring Presentations by: Mitch Factor, Josephine Webster, Kristin Welch, and Emma White Honoring our MMIP (Missing and Murdered Indigenous people)



Topics to include:

Preventing MMIP	Sex Trafficking	Mental Health	Dealing with Loss & Grief
Traditional Birth	Self Care	Power of Resiliency	Foster Care Panel

Open to all Tribal communities and their employees

Questions? For more information contact

Katheryn Tubber, Katheryn.Tupper@FCP-nsn.gov - 715.478.4896



BRAIN AWARENESS EVENT

STEM Innovation Center, 2019 Technology Way, Green Bay, WI 54311

Registration encouraged: <https://givebutter.com/brainawareness>

Drop in anytime and stay as long as you like!

Event highlights:

2:30pm – 3:15pm Celestial Sound Meditation

3:30pm – 4:15pm Dementia Care Solutions & the Brain Center

4:15pm – 4:45pm Rock Steady Boxing – Movement Break

4:45pm – 5:30pm Cooking Demonstration with The Farmacy

5:30pm – 6:00pm Empowered by Movement – Movement Break

6:00pm – 7:00pm Treble Alliance – Irish Dancers

For more information contact:

LaReina at lareinatipping@braincentergb.org 920-393-4080

OR Debbie Miller Oneida Tribal Dementia Care Specialist 920.869. 4854

FULL EVENT DETAILS available on website: www.braincenter.org/brainawareness



UP CLOSE AND PERSONAL

We will present Staff Members of Aging and Disability,
ONCOA members and more monthly.

Shekoli From Loretta Mencheski



1. **Name:** Loretta Mencheski
2. **Title:** Meal Site Supervisor
3. **What are your responsibilities within your position?**

Take calls and assessment for people that need meals on wheels and plan the route that they are on with the drivers. Do the assessment for the people that come to the meal site, make cards, and hand them out before lunch, help other programs come and inform elders of their program at the meal site. I also attend the Nutrition Advisory Council every month.

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

Knowing that we can provide a well-balanced meal to our homebound elders and seeing the happy faces of the elders that come to lunch at the meal site. When they know you and they are happy to see you every day.

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

By making sure that our elders have one balanced meal a day. Like our mission statement, to assist our elders to maintain an independent, healthy, productive, and quality lifestyle through love, caring, and respect by the services we provide.

6. **What motivated you to pursue this career path and what keeps you passionate about it?** I enjoy cooking and I enjoy being with the elders, love hearing their stories that the elders tell me about and enjoying seeing them every day.

7. **What Skills or experiences have you gained from your current Position that you find most valuable?**

As a supervisor, I hope that I have gained compassion understanding what others are going through and trying to help them out the best I can. That you can learn about life from the elders you are around. You are never too old to learn new things.

When was the last time you were at the meal site? Is it time to check it out again? Please call 920-869-2448 to sign up for the days you want to attend meals or activities.





Tip: Healthy fats in nuts and seeds are great for heart health and can help keep you full!

Cranberry Pumpkin Protein Balls

Recipe adapted from <https://fruitsandveggies.org/recipes/cranberry-pumpkin-snack-bites/>

15 min prep time

30 min chill time

Makes about 26 balls

Ingredients

- 1/4 cup maple syrup
- 1/2 cup pureed pumpkin
- 1/2 cup sunflower seed butter
- 2 Tbsp ground flax seeds
- 1 3/4 cup oats
- 1/3 cup vanilla protein powder
- 1 tsp cinnamon
- 1/2 cup roasted pepitas (pumpkin seeds)
- 1/3 cup dried cranberries



Directions

1. Add pumpkin, sunflower seed butter, and maple syrup to a medium bowl and stir well.
2. In a separate bowl mix flax, oats, protein powder, and cinnamon.
3. Mix together wet and dry ingredients from step 1 and 2.
4. Add pumpkin seeds and cranberries. Mix well. Place in refrigerator for 30 minutes.
5. Form into balls about the size of a golf ball or with a 2T scooper. If mixture is too sticky and difficult to form into balls, add extra oats to the mix, 1 T at a time.
6. Lay onto parchment paper. Eat immediately or store in fridge (up to 4 days) or freezer (up to 6 months) until ready to eat.



Community Health
WIC/Nutrition Department

Updated
January '25



Jan Niec & Mary Loeffler

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

PLUS, below is the birthday list from March 2004 DRUM. We apologize for any errors in the information below.

Lorraine Antone	3-16	Kenneth Hill	3-15
Warren Baird	3-11	Leland Hill	3-06
Donald Braeger	3-06	Rose Hopkins	3-22
Martha Braeger	3-29	Walter House	3-06
Joe Cannon	3-10	Helen P. Johnson	3-07
Erwin J. Christjohn	3-26	Robert King	3-24
Rose Copper	3-16	Rebecca MacPherson	3-10
Gerald Cornelius	3-15	Gerald Madison	3-09
Frank Cornelius	3-15	Rebecca Nicholas	3-07
Evelyn Danforth	3-01	Delbert W. Powless	3-08
Gerald Denny	3-02	Charolte Quistore	3-31
Frank Doxtator	3-16	Lorraine Redhail	3-13
Miriam Doxtator	3-13	Emmerson Reed	3-02
Art Elm	3-13	William Schuyler	3-08
Clayton Elm	3-29		
Luella Elm	3-13	Frank Skenandore	3-18
Robin Emmerton	3-07	Ruth Skenandore	3-28
Arlyn Erickson	3-22	Lena Swamp	3-28
Kenneth Franco	3-23	Diane Thiesen	3-28
Marge Funmaker	3-11	Ellsworth Webster	3-21
Catherine Gatza	3-02	Robert Webster	3-2
Inez Grignon	3-05		

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



Four medicines: Tobacco, Sage, Sweetgrass, Cedar

Gentle reminder that you have what it takes.

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

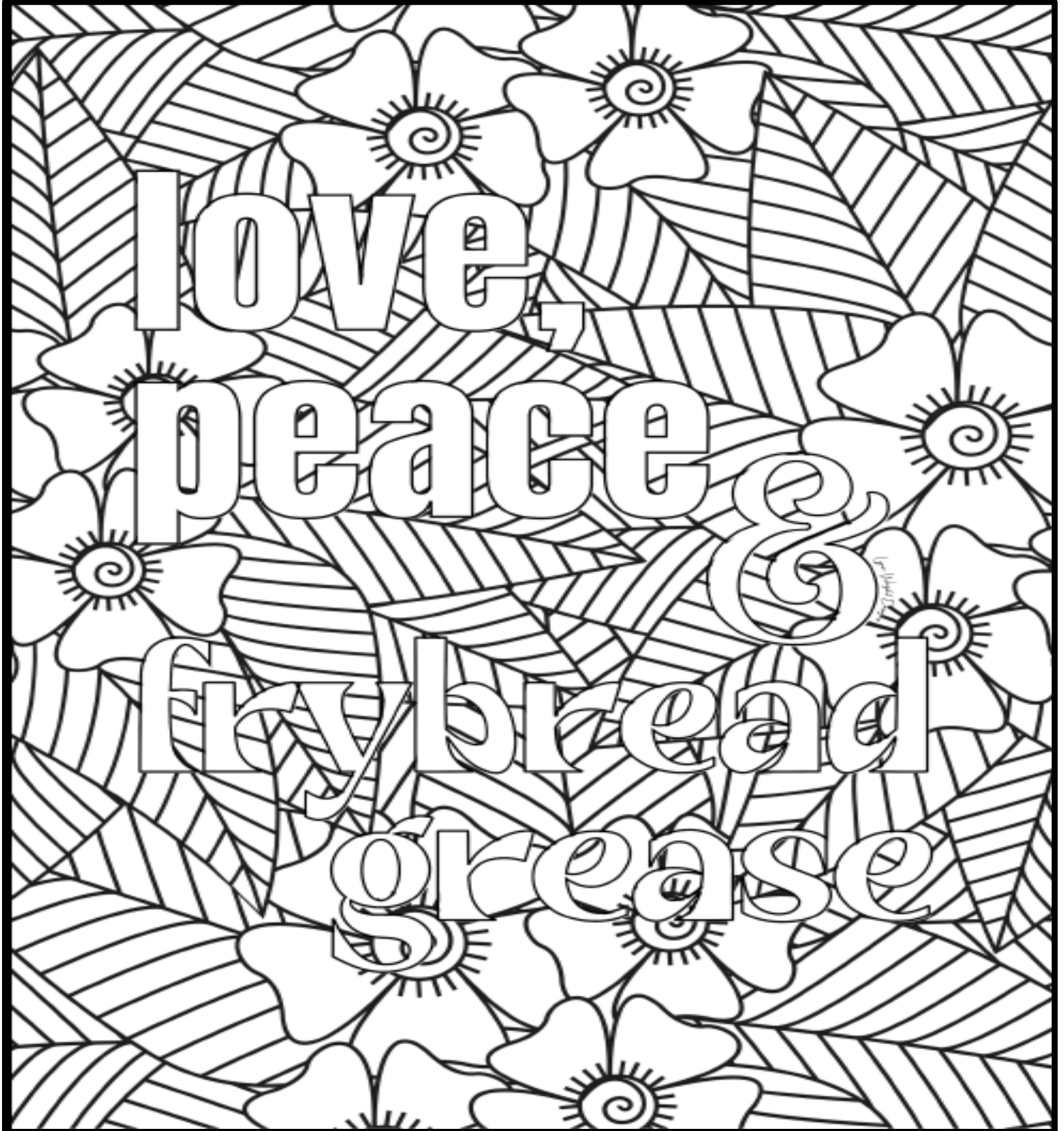
Check out the Kalihwisaks for obituary detail at
<https://oneida.nsn.gov/resources/kalihwisaks>.



Benefits of Coloring for Seniors

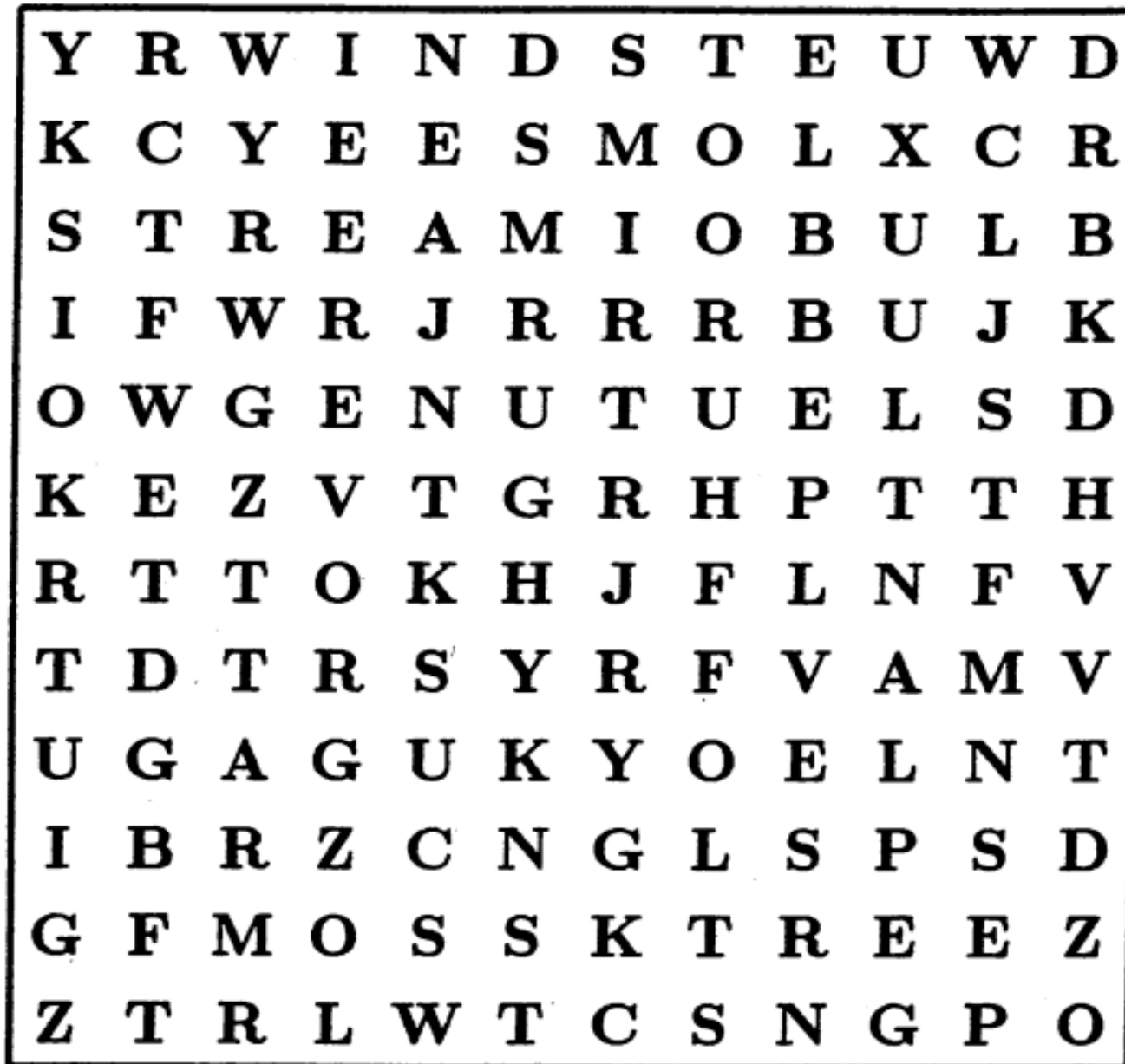
Fill Your Life with Color

Discover the surprising benefits of coloring for older adults. From improving cognitive function to enhancing mental health and promoting social engagement. Add color and vibrancy to the lives of seniors and their caregivers.



This Word Search is from the 1999 January DRUMS for your enjoyment!

OUTDOORS



BARK
BULB
BUSH
EARTH
GRASS
GROVE
GROW
LAND

LEAF
MOSS
NEST
PEBBLE
PLANT
ROCK
ROOT
ROSE

SHRUB
SKY
STREAM
TREE
TRIM
TRUNK
WEED
WIND