

DRUMS ACROSS ONEIDA



December 2025



Wahsu·tés Wahní·tale? (Long Night Moon, 12th new moon) Nov 19, 2025
Watolish·he? Wahní·tale? (Resting Moon, 13th new moon) Dec 19, 2025

Discussions from ONCOA meetings

- **FACEBOOK LIVE date for ONCOA will hopefully be in January. To be announced soon.**
- Discussion on no heat in one Apartment Pod, portable heaters and possible hotel options. Contact made to Mark Powless, General Manager and Jennifer Webster, OBC liaison for ONCOA.
- DRUMS EMAIL NOTICE: Everyone can now have many of the Oneida Nation newsletter emailed to you. See QR code below. This is separate from Enrollments sign-up.
- Discussion on the ONCOA budget, Printing PO for DRUMS and more related items.
- Virtual Tribal Credit Card concerns for traveling– will be asking for assistance, clarification and notification with this process.
- GLNAEA – community participation and attendance discussion.
- Discussion on Transportation Dept. Grant letter in support for Oneida Transit.
- Discussed the 15 min time limit for presenters to ONCOA and “Point of Order”. We have so much to consider, and streamlining is kept in mind.
- Discussion to start the meeting by asking the community members in attendance if they have any concerns. We always want to hear community input.
- Discussion on Oneida Aging & Disability environmental assessment to build trust with each other and customers.
- THANK YOU to Jodi Tess, Aging & Disability Director and Tina Jorgenson, Human Services Division Director for attendance at many of our meetings.
- **ONCOA meetings held the 2nd and 4th Tues, monthly starting at 1pm. Attend in person or via Teams. Please contact our Recording Secretary at 920-869-4372 or ONCOA@oneidanation.org for updates.**

CONTACT INFORMATION

ONCOA phone: 920-869-4372 Recording Secretary will answer the phone

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

A&DS Main email: OneidaAging_info@oneidanation.org (requests/concerns/ideas email here)

Oneida Nation Commission on Aging

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

Above is the link to the ONCOA website. Please check it out. More links to be found on the page.

Purpose - Pursuant to Section 46.82(4)(a) of the Wisconsin Statutes, the Oneida Business Committee established ONCOA as the advisory and policy development board for the Nation's Tribal Aging Unit, known as Oneida Elder Services, to be knowledgeable and supportive of all programs and services that can meet the needs of the Nation's Elders and to carry out the powers and duties delegated under Wis. Stat., § 46.82.

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

By-Laws - ONCOA Bylaws 10/9/2019 (this is a link on the webpage)

Members & Term (Updated 09/25/2025)

Claudia Skenandore, Secretary 08/01/2023 to 07/31/2026

Sandra Skenadore, Vice-Chair 08/01/2023 to 07/31/2026

Winnifred Thomas, Chair 08/01/2023 to 07/31/2026

Cathy L. Metoxen 08/01/2024 to 07/31/2027

Neoma Orsburn 08/01/2024 to 07/31/2027

Pearl Webster 08/01/2024 to 07/31/2027

Beverly Anderson 08/01/2025 to 07/31/2028

Mary Loeffler 08/01/2025 to 07/31/2028

Joseph Torres 08/01/2025 to 07/31/2028

Jennifer Webster BC Liaison

BC Liaison Alternate

Please welcome our new members highlighted in yellow. Sorry for the late notice of this.

The three ONCOA terms completed were Don White, Carol Liggins and Mary Doxtator. Thank you all for your services.

The blue highlighted are the next three who have terms ending. No Commissioner can serve more than two (2) consecutive three (3) year terms. VOTING will happen again in July 2026.

Qualifications

- Be enrolled as a member of the Oneida Nation.
- Reside in Brown or Outagamie County.
- Be fifty-five (55) years of age or older.
- Must have submitted to the Wisconsin Caregiver's Background Check and been deemed eligible to work with Elders.

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.

Contact

Please contact Amber Martinez at (920) 869-4372 or via email at ONCOA@oneidanation.org for requests relating to the Commission.





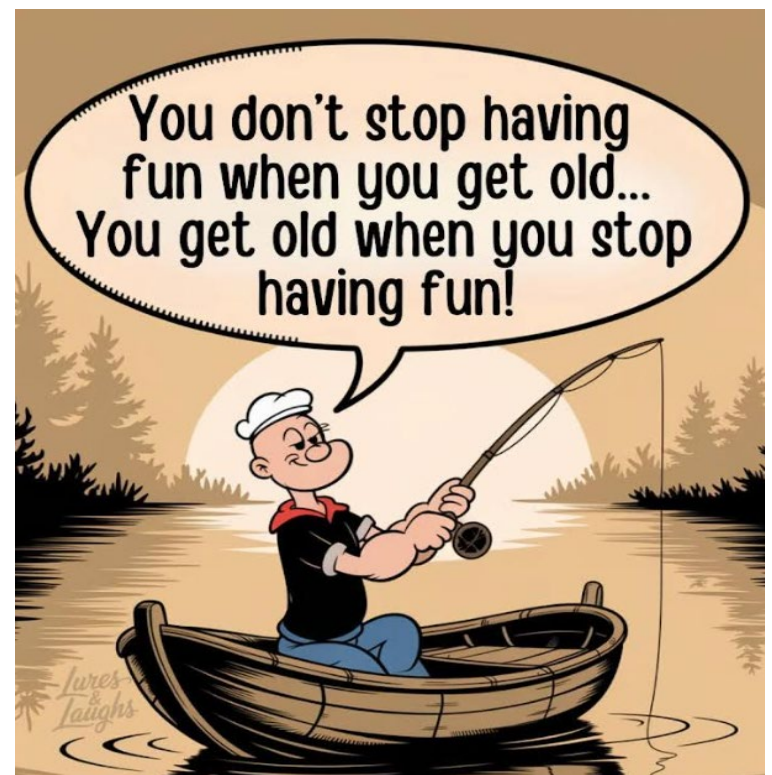
WITNESS THE FITNESS

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

EVERY MONDAY @ 12:30 PM

201 Elm St Oneida, WI 54155

Oneida Community Library
920-869-2210

"Sweat is weak leaving the body. It's a sign that you're getting stronger."

"The only bad workout is the one you didn't do."

"Strong today, stronger tomorrow."

"Pain is temporary, pride is forever."

"Your mind is your strongest muscle."



Below are links to some Food Pantries:

Brown County

https://adrcofbrowncounty.org/wp-content/uploads/2024/08/Brown-County-Food-Pantry-Resources.pdf?fbclid=IwY2xjawNn3e5leHRuA2FlbQIxMQABHmVNWZRb0REr8nED4sSSitoCaBFojY07a19NW8dyls2M7-K0g1w4a2b2xojC_aem_h8HuTk4ux3GQ8mjy_B9eng

Outagamie, Calumet and Winnebago Counties

<https://calumet.extension.wisc.edu/files/2015/10/Calumet-Outagamie-Winnebago-Food-Pantry-listing.pdf>

Waukesha, Milwaukee and Racine Counties

<https://www.nextdoormke.org/foodpantries/>

WE'RE on FACEBOOK and You Tube!



A GOOD MIND, A GOOD HEART, A STRONG FIRE

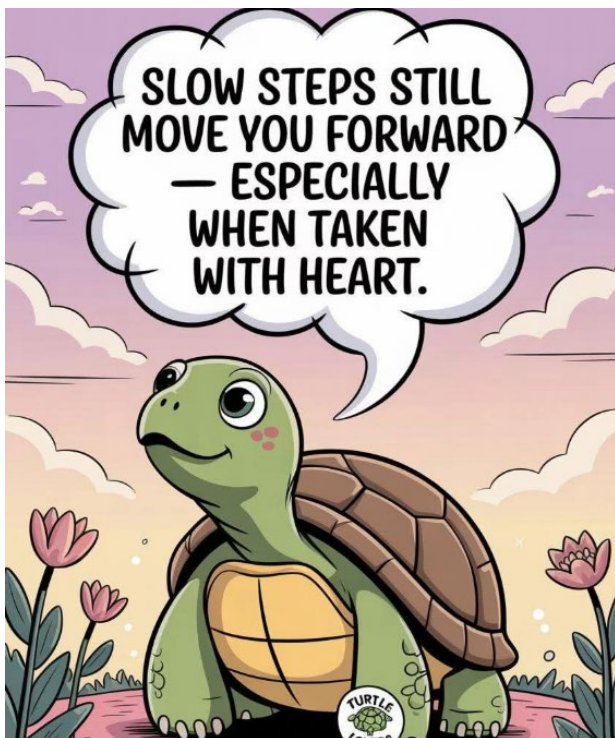
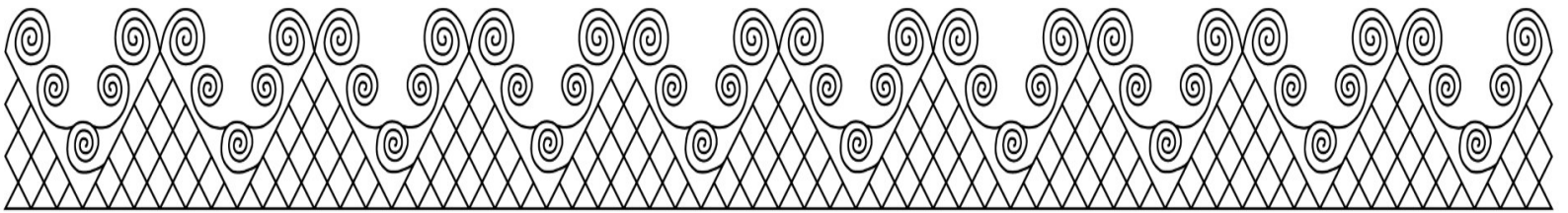
ONEIDA LIVE

is a great way to get updated on news and events.

Open Facebook or You Tube and search for Oneida Nation. You will be able to see past and current presenters. You can also ask questions related to the speaker topics.

Facebook <https://www.facebook.com/OneidaNationWI>

You Tube <https://www.youtube.com/c/OneidaNationWI>



Congregate Meal Site bulletin board above. Stop in and write down what you are thankful for. Sorry for not the best view of the words. If you stop in you can see it better. **Hey Stop in.**

ONEIDA ECONOMIC SUPPORT

ONEIDA WORKFORCE INNOVATION & OPPORTUNITY ACT (WIOA)

The Workforce Innovation and Opportunity Act (WIOA) Program is a 12-month initiative designed to support individuals in accessing employment and training services. This program provides an integrated and comprehensive array of workforce development activities aimed at benefiting clients. Please view the general requirements:

- 1 ENROLLED WITH A FEDERALLY-RECOGNIZED TRIBE, NATIVE ALASKAN OR NATIVE HAWAIIAN
- 2 UNEMPLOYED, UNDEREMPLOYED, OR LOW INCOME
- 3 EMPLOYED BUT IN NEED OF SERVICES TO OBTAIN/RETAIN EMPLOYMENT THAT ACHIEVES SELF-SUFFICIENCY



**PREEMPLOYMENT
TRAINING PERKS**



**HELP WITH ELIMINATING
BARRIERS**



SETTING GOALS



(920) 490-3800



Oneida-nsn.gov



Kninham2@oneidanation.org




ONEIDA



FYI: Check this out. **Oneida Elder video interviews** can be found on **You Tube**. Simply search Oneida Elder Interviews.



If you are interested in getting the **DRUMS right to your email**, go to <https://oneida-nsn.gov/subscribe/> or use the QR code to subscribe. Below is a list of the current newsletters you can subscribe to. Next you could contact Enrollments and ask for the paper copy to be cancelled.



- Update Oneida – Communication posting
- Kalihwisaks
- I am Oneida Project (blood quantum)
- Human Services Division
- Environmental, Land and Agriculture Division
- DRUMS Across Oneida Elder Newsletter (ONCOA coordinated)



Fall and Winter Hiking with Oneida Adventures

Explore winter with friends, co workers and Oneida Adventures! We will meet at different locations and take in the breathtaking sights nature has to offer. We will meet at the designated location at 12:05 and return to the starting point at 12:55. All participants **MUST** pre register prior to the hike. Each event is dependent on weather. Once registered, you will receive an email just prior to the event reminding you of what to expect and where to meet. To register, email Adventure_Dept@oneidanation.org

- November 6 (Thursday) He-Nis-Ra
- November 13 (Thursday) Ropes Course Woods
- November 18 (Tuesday) Sherwood Forest
- November 25 (Tuesday) Spruce Ridge Trail

- December 4 (Thursday) Norbert Hill Center
- December 9 (Tuesday) Elder Village Trails
- December 18 (Thursday) Silver Creek



SIX LITTLE STORIES WITH LOTS OF MEANINGS

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.
3. Every night we go to bed without any assurance of being alive the next morning, but still we set alarms to wake up. That is hope.
4. We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
5. We see the world suffering, but still, we get married and have children. That is love.
6. On an old man's shirt was written a sentence "I am not 80 years old; I am sweet 16 with 64 years of experience." That is attitude.

Have a happy day and live your life like these six stories. Remember - Good friends are the rare jewels of life, difficult to find and impossible to replace!!

Save the Date HEALTH AND WELLNESS EXPO

JAN. 29, 2026

11 AM - 2:30 PM

ONEIDA COMMUNITY HEALTH CENTER



ONEIDA
Community Health Center

01/22/2025

ONEIDA NATION ARTS PROGRAM

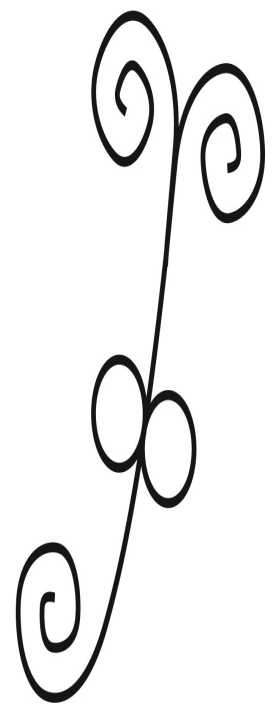


Saturday
December 6TH 2025
10:00 AM- 3:00 PM

Northwest Wisconsin
Technical College
(NWTC) Corporate
Conference Center -
DOOR #7

ONEIDA
Community Health Center

Any questions please contact us at 920-490-3835 or email:
Artsprogram@OneidaNation.org

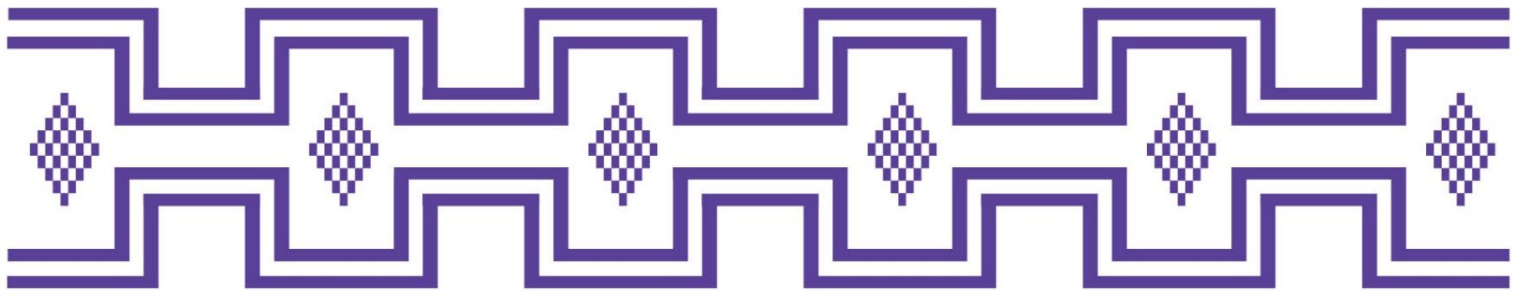




UP CLOSE AND PERSONAL ONCOA

Joseph Torres or Tehanati-yaks

1. What motivates me and keeps me passionate about life is a balancing act. I try to do things that make me happy like being in nature as much as possible. Birds make me happy.
2. What is my greatest accomplishment? There are many but the latest was going back to school at UWGB as a non-traditional student. Graduating in two years with a double major in First Nations Studies and Business Management.
3. What I like best about ONCOA is helping elders who can't help themselves. I would improve is updating the goals and guidelines and by bringing in someone who can teach everyone how to listen and communicate better.
4. The best advice anyone has given me is to stay focused on what makes you happy and ignore those who try to bring you down because they are most likely unhappy with their life.
5. One thing I would like to say is that we need to stop this lateral hate amongst Indigenous people. We need to lift each other up and not try to drag each other down.



Hoyan is an Oneida word loosely translating to "another", in English.

Hoyan is a community event where people go door-to-door and offer well wishes and greetings while armed with a bag or pillowcase. The community responds by offering a doughnut, a sweet Indian cookie drizzled with a thick glaze or some other delicious treat.

If you want to go Hoyanning this year, please call Winnie Thomas at 920-869-1150.

- if you want to go about the Oneida Reservation and greet the new year OR
- if you have baked goods and you would like the crew to come to your house.

Winnie and her family have a whole crew (like 10 cars) of people that go, and they have a list of where to go. If you see a caravan of cars coming to your house, it is probably Hoyan time.

Thank you, Nicholas Metoxen, Cultural Heritage for these articles. Enjoy!

HOYAN

The custom of Hoyan among all the Iroquois nations has been around for as long as most of us can remember. The word "Hoyan" comes from the Iroquois word "oyáh" which means "another." The custom itself is the celebration of the passing of one year into another and is thought to have been influenced by the Dutch, who also celebrated the New Year in a similar fashion. On the eve of the New Year, baked goods were prepared, usually doughnuts, and fruit was set out in expectation of the "Hoyanners". When the New Year arrived, the day was spend going from home to home visiting, renewing friendships, and of course, collecting goodies. The custom is very similar to the Christian celebration of All Saints Eve, better known to all of as Halloween.

Excerpt from a letter from Rose Kerstetter to Dr. Carol Cornelius dated December 9, 1995.

On my recent trip to Oneida I had occasion to meet several people who were childhood playmates over 50 years ago. I learned from them that there isn't much "Hoyanning " done any more.

Back in those days we lived in the third house from the corner on the Old Seymour Road near the present Seminary Road. Every New Year's day, my brother Floyd, sister Cecilia Mae, and I usually joined other neighborhood children, Domie, Leo, Louella, Alpha, and others, in a New Year's walking visit to nearby Oneida homes, knocking on doors and yelling "Hoyan!" until someone came to the door and passed out doughnuts. (We were each equipped with a pillowcase and high hopes of filling it up, but we never quite made.

I remember that very early on New Year's Dan, my uncle Steve Skenandore would pound on our door with Grandma Electa's pestle. I can just hear her say in Oneida, "Bring it right back, Steve." You can imagine the noise he made along with shouting. But it was all in fun, and we loved it.

I grew up to learn that this custom was a remnant of an older ritual from historic times and beyond.

It seems that during the time of Midwinter Festival activities in our homeland of New Your State, Oneida children as well as Seneca, Cayuga, Onondaga, Mohawk , and later, Tuscarora children, would gather in the village accompanied by an elder (usually someone's grandmother) who was appropriately equipped with a large basket. Then the children and she would go thorough the village, knocking at doorways and begging for food. They wore small, braided cornhusk masks. If no one was at home, a child might snatch some object left outdoors by the absent family. This booty was later spread out some place where the grownups could easily retrieve their possessions. Almost sounds like trick-or-treat, doesn't it?

The children then helped Grandmother spread out the feast, possible in her own longhouse, where they enjoyed their very own feast.

Excerpt of interview with Mildred Summers as told to Joyce Damrow on January 12, 1978.

I don't remember the first time I went 'Hoyanning.' That was before I was married. It was when I was a little kid, maybe when I was by Schuyler's yet, I might have went. I was among a bunch of kids at that time. I remember when they drove around in sleds that were horse drawn. I can remember that. I think that was Anderson's team, that long sleigh. There was straw in there and they used to have those jingle bells at that time on the horses. I can remember that.

I don't know where we went but there was bunch of us in there and this man drove. I don't know how far, but it seemed we drove all afternoon in that sleigh and we got to a place where they let us all in. It seemed like we played games and they gave us lunch; it wasn't a regular meal, but it still was a pretty good lunch. We played around there awhile. The first thing I knew, they were telling us to get ready for the sleigh ride again, we were gong home.

I suppose we went to visit some relatives. We rode all afternoon. Those days then people lived far apart, not close together like it is now. That's why I think it took a whole half day to get there.

Excerpt of interview with Richard Cornelius as told to Judi Jourdan on November 14 1998.

I remember when I was about 4 years old, I lived with my grandma and grandpa (William and Mary Metoxen) on Ray Road. Every New Year's Eve my grandma made doughnuts and she had plenty of apples handy for Hoyan. My brother Wayne and my sister Gloria and I would go "Hoyanning." We would get our bags ready, get bundled up, and we'd start walking to the neighbors. We'd knock on doors calling out, "Hoyan" and the people would give us doughnuts or cookies or apples, sometimes oranges, but usually apples.

Not all of our neighbors were Oneida like us so Grandma would tell us which houses were OK to Hoyan and which to avoid. But we went to some of the other houses anyway. When we knocked on those doors, they angrily chased us away. That was the first time I remember encountering that kind of discrimination. I didn't know what that was then. I didn't understand it. Grandma and Grandpa knew, but they never explained it to me. They just said to not go to that house again.

After a while, grandpa would come with the car and drive us the rest of the way because grandma would tell him it was too cold for us to be walking all that way. We'd go down Ray Road to Tip Road, over to E, then south to J, down J to Advent Road and then back home.

When we got home, Grandma would make us spread all our goodies out on the table and we'd munch on them all day long. If visitors came by "Hoyanning," and they usually always did, they'd sit and have coffee with Grandma and Grandpa and share in the goodies that were spread out.



GLNAEA in Red Cliff

Wednesday & Thursday
December 3 & 4, 2025



December 3rd Meeting

Lunch

Alzheimer's & Dementia Education

Anishinaabe Buffet

December 3rd Entertainment

Sack BINGO - Free game. Players bring small prizes to win during normal BINGO. Red Cliff Elderly will provide the black out prize.

Chair Volleyball - Following Sack bingo for those who would like to try it.



December 4th Meeting

Breakfast

GLNAEA

Lunch To-Go



December 4th Entertainment

- Christmas Ornament Contest
- Raffle
- 50/50
- Gift Exchange
- Quilt Raffle Drawing
- Cookie/Pie Contest & Auction
- Ugly Sweater Contest



DECEMBER 19TH,
1:00PM
ENJOY A COZY DAY
WITH US

SNACKS, MUSIC,
GAMES

COZY COMMUNITY
CONGREGATE MEAL SITE



Join us for holiday fun, games, and festive treats. Elders Please come dressed in your best christmas pajamas, as this is a elder pajammy Jam Christmas Party.

This event welcomes everyone 55 years and older, ensuring a safe and joyful space for all participants, we will have a gift exchange with a \$10.00 spending limit. You will give one gift to receive one. We will have Dj Moonwalker for our music and dancing

CONTACT LUWATIYA'TAKENHAS CRYSTAL DANFORTH

920-869-2448, CDANFO13@ONEIDANATION.ORG, OR STOP ON IN AND ASK FOR ME.

Just Move It Oneida



MERRY FITMAS

Receive a
free JMIO mug.

12/17/2025

4-6 PM

ONEIDA NATION ELEMENTARY SCHOOL
N7125 Seminary Rd, Oneida, WI 54155

● Walk in the gym on the track
(12 laps = 1 mile).

● Come learn about nutrition and
decreasing stroke risk factors with the
UW Madison stroke team.

● Soup, snacks, and water.

For more information or questions contact Hanna:

920-490-3927

hleisgan@oneidanation.org

f JustMoveIt Oneida



10/23/25



DECEMBER ELDER ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 (Meal Site) Chair yoga - 1:30pm	2 At GLENEA	3 (Meal Site) Bingo 1:30pm	4 (Meal Site) 1) Cookie Decorating 10:30pm	5 (Walmart De Pere & Lunch) (9:45am Start Shuttle Pickup 10 Max)
8 (E.C.R. & Meal Site) 1) Corn Hole: 1:30pm	9 (E.C.R.) 1) Crafts Day at: 10:30am ONCOA MEETING 1:00pm	10 (Meal Site) 1) Exercise: Chair Exercise/ walk-10:30am Memory Café day 1:00pm	11 (E.C.R. & Meal Site) 1) Game Day: 10am 500 Rummy 2)Activity/Game 1:30 am	12 (Bay Park & Lunch) (9:45am Start Shuttle Pickup 10 Max)
15 (Outing) Thrift shopping & Lunch Day: 9:30am	16 (Bay Park Square) 2) Movie Theater Day After-noon movies	17 (Meal Site) Ugly Sweater Day Bingo 1:30pm	18 (E.C.R.) 1) Gary W/making poetry with words activity 10:30am	19 (Meal Site) Elder Christmas Party 1:00—3:00pm
22 (Meal Site) 2) Badminton: 1:30pm	23 (Meal Site) Present Wrapping—9:00am ONCOA MEETING 1:00pm	24 (Meal Site) Present Wrapping—9:00am Half of Day Christmas Eve	25 Closed 	26 (Woodman's) (9:45am Start Shuttle Pickup 10 Max)
29 (Outing) Book Store Afternoon 1:15pm	30 (E.C.R. & Meal Site) 1) Coloring 10:30am 2) Chair Volleyball: 1:30pm	31 (Meal Site) 1) Exercise: Chair Exercise/ walk-10:30am 2) News Years Bingo 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 Luwatya'takenhas Crystal Danforth If you have any questions: 920-869-2448 Ext: 6831 or Cdanfo13@onedanation.org****

December Menu 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)	2 Chic Dumpling Soup (8 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Fresh Fruit (15 gm) Oyster Crackers (8 gm)	3 Tator Tot Casserole (15 gm) Mixed Vegetable (10 gm) Diced Peaches (15 gm) WG Dinner Roll (10 gm)	4 Stroganoff Beef Tips WG noodles (20 gm) Herb seasoned Broccoli Pickled Beets Diced Pears (15 gm) WG Dinner Roll (10 gm)	3 Chicken patty (5 gm) WG bun (22 gm) Roasted Red Potato (15 gm) Seasoned Carrots Fruit Cocktail (15 gm)
8 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Peas Applesauce (15 gm) Raw vegetables	9 Homemade Meatloaf from Oneida Beef & Bison Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Pineapple Tidbits (15 gm)	10 Sloppy Joes made with Oneida Beef WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)	11 Kielbasa/ w/sauerkraut Boiled Potatoes (15 gm) Herb-spiced broccoli, cauliflower, and carrots Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)	12 Scrambled eggs, Sausage links Hashbrown patty (15 gm) WG Cereal (21 gm) Fresh Fruit (15 gm) Raisins (10 gm)
15 Sweet BBQ Ray's Shredded Chicken (3 gm) Whole Wheat Bun (22 gm) Coleslaw Seasoned Mixed Veg (10 gm) Applesauce (15 gm)	16 Beef Hot Dog Roasted Sweet Pot (15 gm) Hot Diced Beets (6 gm) Pineapple Tidbits (15 gm) WG Hot dog bun (22 gm) String cheese	17 Chicken Parmesan Noodles (15 gm) Seasoned Cauliflower WG Dinner Roll (10 gm) Diced Pears (15 gm) SF Fruited Gelatin (10 gm)	18 Homemade Chili made with Oneida Beef (10 gm) LS Ham & Cheddar on a WG bun (22 gm) Fresh Fruit (15 gm) Crackers (8 gram)	19 Chicken Fajitas Green, yellow, and red peppers Garden Salad Rice & Beans (20 gm) Tortilla shell (12 gm) Diced Peaches (15 gm)
22 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Applesauce (15 gm)	23 Sliced Oven Roasted Beef Mashed Potatoes w/gravy (15 gm) Stewed Tomatoes WG Dinner Roll (10 gm) Fresh Fruit (15 gm) Holiday Cookie (15 gm)	24 Closed Christmas Eve 	25 Closed Christmas Day 	26 Pizza- Congregate Chicken Booyah (7 gm) WG biscuit (27 gm) Chef salad Fruit Cocktail (15 gm)
29 Oneida Beef & Bison Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Applesauce (15 gm)	30 Homemade Meat Sauce from Oneida Beef Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Fresh Fruit (15 gm)	31 Chicken Veg Soup Turkey & Swiss on a WG bun (22 gm) Diced Peaches (15 gm) SF Pudding (15 gm)		Merry Christmas & Happy New Year

Take a NOURISH Step

Information provided by www.gwaar.org/nourishstep

SUGAR AWARENESS

Sugar Awareness

- Excess added sugar can displace other nutrients and contribute to inflammation in the body.
 - Research indicates high intakes of added sugars are associated with higher risk of chronic disease: obesity, type 2 diabetes, cardiovascular disease, and arthritis
- Regular high intake of added sugars can decrease insulin sensitivity- this means the body uses glucose less efficiently
- Fructose is one type of sugar, form of high fructose corn syrup that is metabolized in a way to promote the formation of fat
- Sugar is sometimes hidden in our processed foods... check the nutrition labels
- Try to limit added sugars to less than **50 grams per day**
 - Check nutrition labels under the carbohydrate section



Common Sources of Added Sugar

Simple Swaps

Soda 39 grams per 12 oz can	Unsweetened tea, low-calorie water 0 grams/ 12 oz
Canned Fruit in heavy syrup- 18 grams per ½ cup	Fresh, frozen, or canned fruit in water 8 g / ½ C
Prepackaged desserts: Oatmeal crème pie 26 grams	Homemade granola bars 8 grams per serving
Sweetened Cereal 1 oz 15 grams	Unsweetened cereal/oatmeal with fruit 0-5 grams per serving

Types of abuse



Physical Abuse



Emotional Abuse



Abandonment



Self Neglect



Financial Abuse



Spiritual Abuse

See Something, Say
Something



Breanna Phillips-Caregiver
Prevention Supervisor
920-869-6828
bweber1@oneidanation.org

UPDATE



Oneida Public Transit will be closed on Thursday, December 18, 2025 due to a scheduled in-service training for staff. We encourage all riders to plan their transportation accordingly.

If you have any questions, contact us at 920-496-5770. Yaw^ko (Thank You)



2025 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

A free quarterly support and education series about brain health and living well with MCI

Partnering with Your Healthcare Team

Friday, December 12

9:30–11:30 a.m.



Join us for an insightful program featuring a geriatrician, a speech-language pathologist, and an occupational therapist as they share how healthcare professionals work together to provide comprehensive care for people living with MCI and their support networks. The program will end with a Q&A session. Free and open to all.

Register to attend the program in person at one of eight locations across Wisconsin. Or join us live online via Zoom from anywhere.

Guest Presenters:

Nathaniel Chin, MD

Kari Esser, MS, CCC-SLP

Sarah Gunderson, OT

Register to attend in Oneida by contacting Shendola Flores at 920-869-4995.

Address:

Oneida Community Health Center
525 Airport Drive
Oneida, WI 54155



About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center, and guest speakers, to learn more about Mild Cognitive Impairment (MCI). Each program will end with a Q&A session.

Questions?

Contact the Wisconsin ADRC at 608-265-0407 or adrc@medicine.wisc.edu

Presented by:



Wisconsin Alzheimer's Disease Research Center

UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Community Partners:



ONEIDA

The ADRCs of Brown, Dane, Dodge, Eagle Country, Grant, Green, and La Crosse counties, and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.

ONEIDA WIOA YOUTH PROGRAM



Wisconsin Federally Recognized Enrolled Tribal members between the ages of 14 and 24.

WE CAN HELP

- Mock Interviews
- Resume Development
- Completion of a program, which may result in an incentive
- Pre-employment and Training Benefits



PROGRAM INCENTIVES

- Incentives for Milestones (3 months, 6 months, 12 months)
- Incentives for IEP Goals
- Supportive Services

REQUIRED DOCUMENTS

- Completed Youth WIOA application
- Tribal enrollment ID/ Certification
- State Id/Driver's License/School Id
- Proof of address

EDUCATIONAL BENEFITS

- Stipend for High School or HSED/GED Completion
- Stipend for College Certification
- Stipend for Education and Employment Training

CONTACT KIMBERLY NINHAM, WIOA JOB COUNSELOR

Email: kninham2@oneidanation.org

Phone: (920) 490-3800

Oneida Economic Support: 2640 W. Point Rd Green Bay WI 54304 (Door 5)

Hours: 8:00 AM - 4:30 PM



WIOA represents a one-year commitment to support you in achieving your educational and employment objectives.



Applications can be obtained through our Oneida Economic Support, our website, or by email.

Application link

Oneida Economic Support





ONEIDA

Comprehensive Health Division

STROKE RESEARCH STUDY



School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN-MADISON



Open to Native Americans age 7-85

Are you looking for a way to work on your health, your family's health, and the health of the community? I invite you to take part in a study that is open to both multi generational families living together and individuals. All study activities will be completed on the Oneida Reservation.

FOR INFORMATION CONTACT:

- Amanda Riesenbreg
- 920-490-3984
- ariesenb@oneidanation.org*

*Email is not a secure form of communication. You should avoid sending sensitive personal information via email.

BENEFITS

- ✓ Impact Your Health
- ✓ Build Connections
- ✓ Develop New Skills
- ✓ Create Meaningful Change

This study is a partnership between the Oneida Nation and UW Madison Stroke Team that is supported by the Oneida Business Committee to help decrease Stroke and Stroke Risk Factors in Native Americans

MAKE A DIFFERENCE IN THE COMMUNITY

10 Early Signs and Symptoms of Alzheimer's and Dementia

FROM THIS WEBSITE:



https://www.alz.org/alzheimers-dementia/10_signs

1. **Memory loss that disrupts daily life** What's a typical age-related change? Sometimes forgetting names or appointments but remembering them later.
2. **Challenges in planning or solving problems** What's a typical age-related change? Making occasional errors when managing finances or household bills.
3. **Difficulty completing familiar tasks** What's a typical age-related change? Occasionally needing help to use microwave settings or to record a TV show.
4. **Confusion with time or place** What's a typical age-related change? Getting confused about the day of the week but figuring it out later.
5. **Trouble understanding visual images and spatial relationships** What's a typical age-related change? Vision changes related to cataracts.
6. **New problems with words in speaking or writing** What's a typical age-related change? Sometimes having trouble finding the right word.
7. **Misplacing things and losing the ability to retrace steps** What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.
8. **Decreased or poor judgment** What's a typical age-related change? Making a bad decision or mistake occasionally, like neglecting to change the oil in the car.
9. **Withdrawal from work or social activities** What's a typical age-related change? Sometimes feeling uninterested in family or social obligations.
10. **Changes in mood and personality** What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Get checked. Early detection matters.

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on.

TIPS FOR SUCCESSFUL COMMUNICATION:

- Don't make assumptions about a person's ability to communicate because of an Alzheimer's diagnosis. The disease affects each person differently.
- Don't exclude the person with the disease from conversations.
- Speak directly to the person rather than to his or her caregiver or companion.
- Take time to listen to the person express his or her thoughts, feelings and needs. Treat them with respect.
- Give the person time to respond. Don't interrupt unless help is requested.
- Ask what the person is still comfortable doing and what he or she may need help with.
- Discuss which method of communication is most comfortable. This could include face-to-face conversation, email or phone calls.
- It's OK to laugh. Sometimes humor lightens the mood and makes communication easier.
- Don't pull away. Your honesty, friendship and support are important to the person.

MEETING LIST FROM ONCOA MINUTES

- ONCOA Meetings
 1. December 9, 2025, 1:00pm, Aging and Disability Services Conference Room
 2. December 16, 2025, 1:00pm, Aging and Disability Services Conference Room
 3. January 13, 2026, 1:00pm, Aging and Disability Services Conference Room
 4. January 20, 2026, 1:00pm, Aging and Disability Services Conference Room
- GTC Meetings
 1. Monday, December 8, 2025, 6p.m. Oneida Hotel – FY-2026 Budget – *Tentative*
- Great Lakes Native American Elders Association (GLNAEA) Events
 1. December 3-4, 2025, Red Cliff, WI
 2. FYI – GLNAEA has a Facebook page – check it out
- Nutrition Advisory Board, meal site (3rd Thursday every month)
 1. November 20, 2025, 1:00pm
 2. December 18, 2025, 1:00pm
- ONCOA Representatives
 1. Brown County Aging and Disability Resource Center – Sandra Skenadore
 2. Outagamie Aging and Long-Term Support Advisory Committee (ALTS) – Pearl Webster
 3. Oneida Alzheimer's Disease Community Advisory Board (CAB) – Beverly Anderson and Sandra Skenadore
 4. Nutrition Advisory Board – Mary Loeffler



“Appointment with” a Phish SCAM – So you receive an unexpected appointment confirmation email from the National Bank of Canada. Since the email is sent from the bank's official email address, it appears to be completely safe. The email also alerts you to unusual activity in your account and provides a phone number for you to call to resolve the issue.

However, this is a clever scam.

Follow these tips to avoid falling victim to this phishing scam:

- This scam isn't limited to banking institutions. Be cautious of any unexpected emails that instruct you to take immediate action, even if they appear to be from a trusted organization.
- Never use contact information in a suspicious email. Instead, visit the organization's official website directly to locate the customer support number.
- Think before you click! Scammers can abuse real organizations' web forms to send you fake messages.

ONE MESSAGE, from an Amazing Person, ABOUT SOLSTICE CEREMONY

The changing of another season is upon us. It is a time of reflection and another chance to give thanks during the Winter Solstice on December 21st. We come together as Native and Non-Native people to reach that deeper connection of prayer. Respectfully we say Yaw^ko (Thank you) to our Creator for what we received and welcome with open minds and good hearts what the future may hold for each of us.

Many may have different ideas of what this winter solstice may mean. The common practice is respect for each other. During this time we have special prayers for the water, the earth, the air, the sun, the moon, the animals, plants/trees, etc.. Prayers for our community, through its struggles, triumphs, deaths, births, the people, and for a continued balance that should be maintained through all of these things.

General reminder: Prepare your bodies, minds, and spirit prior to our circle on the first day at sunrise. Try to think of what you want to fast from. Ask yourself, "What can I give up over the next four days?" Some ladies/men/children fast from all food during this time, some fast only during the day and eat very light in the evening, others fast from junk food, and still others will stay away from spending, gossiping, tv, radio, or their computers. Do what is safe for you at this time. The most important thing is focusing on prayer and being thankful but remaining healthy.

Some things to remember:

- *The essentials will be brought, sage, tobacco, cedar, sweetgrass, and water.
- *All ladies please wear a skirt, or wrap a shawl, or blanket around your self. (I doubt you will forget your warm blankets this time. ☺)
- *Please if there are any men out there with a sunrise song or any song and a hand drum, this would be appreciated. Women may sing there own songs if they have one.
- *Each person will offer their tobacco and can pray out loud or silent, whatever you feel is most comfortable
- *Women, who are on their moon cycle, please join us with your presence, as you are most important and powerful with prayer at this time. If anyone needs special prayers, you may offer some tobacco to this women and she can say some special prayers for you or someone you love.
- *It is important to be in the circle with song during sunrise, but if you are running a few seconds/minutes late, do not hesitate to join the circle.
- *Each night for those who want to be supported or want to give support, meet at someone's home over the next three nights. On the fourth day of our fast we will once again meet at sunrise, and feast in the evening . We each need to prepare a healthy dish to share at this time. Ladies, the men serve us at this time.

I know some may feel this is so early and cold, but we only sacrifice a little extra sleep and warmth on the first and last day. The feeling you have in your heart after is worth it. No age limit. May our circle be blessed and grow. Yaw^ko



**WINTER
SOLSTICE**



What is Carbon Monoxide? MESSAGE FROM Oneida Environmental.

The community is staying inside and turning up the heat, there's some things to keep in mind to keep our families safe. Our Oneida Environmental Sanitarian has a seasonal reminder about Carbon Monoxide. Feel free to contact Environmental for more information:

oneidaenvironmental@oneidanation.org, or 920-869-1600. They also have a Facebook page. Check them out! Yaw^ko!

Carbon Monoxide (CO) is a deadly, colorless, odorless, poisonous gas. CO is produced by the incomplete burning of various fuels including Coal, Oil, Wood, Kerosene, Charcoal, Propane, Natural Gas



According to the Consumer Product Safety Commission (CPSC), an average 200 people in the US died every year from CO produced by consumer products. **SOURCES OF CARBON MONOXIDE** (CO): produced by malfunctioning, fuel-burning household appliances such as:

- *Furnaces
- *Ranges
- *Water heaters
- *Charcoal that is burned in the home for heat
- *Portable room heaters
- *Fireplaces
- *Portable generators

CARBON MONOXIDE POISONING: Because carbon monoxide is odorless, colorless, and otherwise undetectable to the human senses, many people do not know they are being exposed.

WHAT CAN I DO TO KEEP MY FAMILY SAFE?

- ❖ Install a carbon monoxide alarm on every level of the home and outside sleeping areas.
- ❖ Make sure appliances are installed by a qualified professional according to manufacturer's instructions and local building codes.
- ❖ Have the heating system professionally inspected and serviced annually.
- ❖ Never use gas appliances such as ranges, ovens, or clothes dryers to heat your home.
- ❖ Never leave a car running in an attached garage, even with the garage door open.
- ❖ Never operate a portable generator or any other gasoline engine-powered tool either in or near an enclosed space such as a garage, house, or other building.



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.

October, November, & December to be held on **November 20th, 1:00 PM to 2:00 PM, Elder Conf Room**

Please sign up on the birthday sheet (located a meal site desk), 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 December

Juanita Guerra
Reynold (Tommy) Danforth
Pamela Ermenc

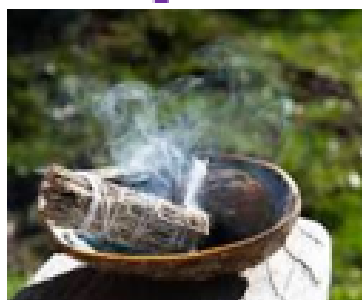
Raymond (Kenny) Skenandore
Brenda Vanden Langenberg
Robert Danforth

Brandon Cooper

Feel free to check the Aging and Disability website anytime for prior year DRUMS issues that include 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/or email) on the back of the picture. As of DECEMBER, you will need to be present to win.** Thank you all for your support and the best of everything to you all.

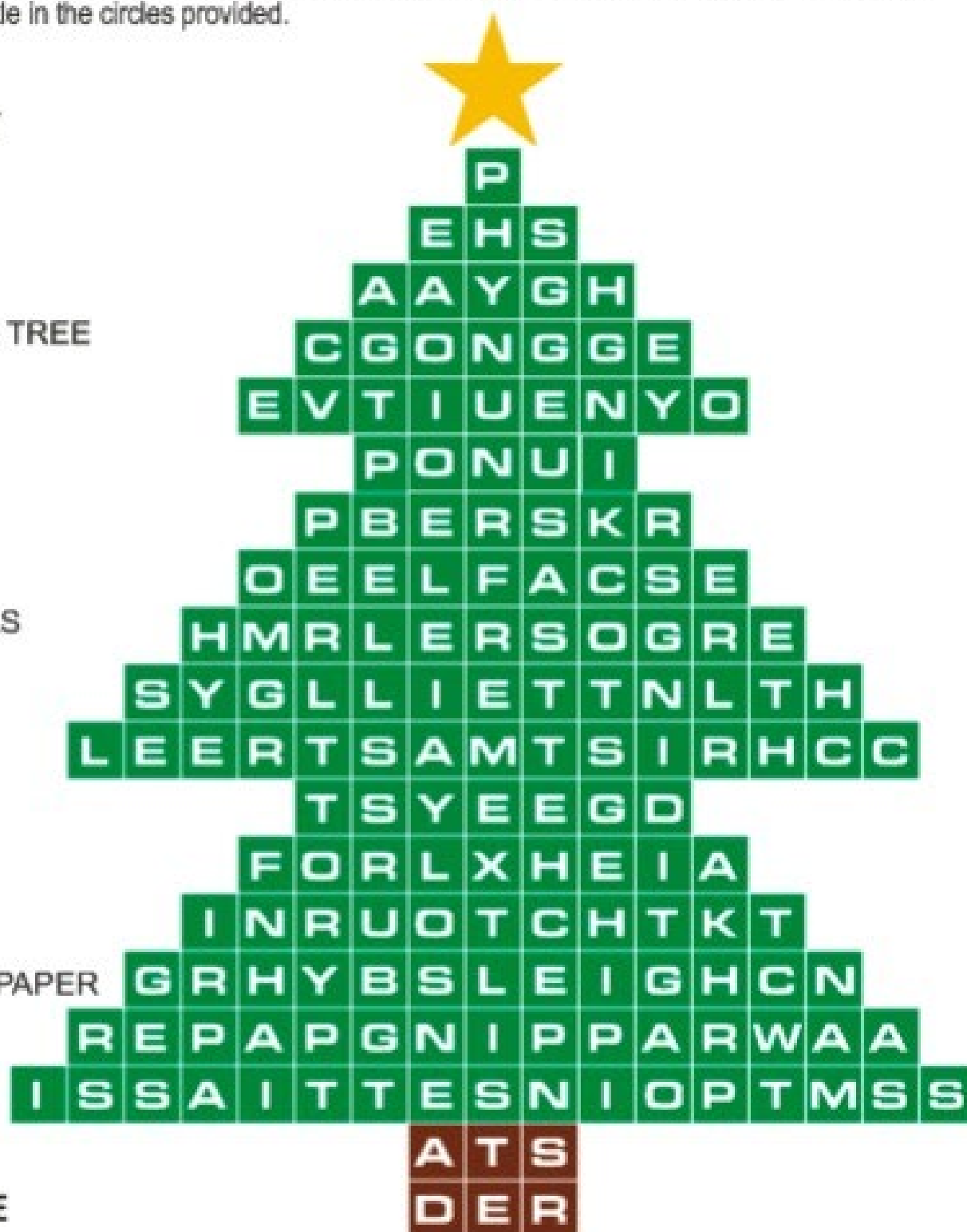


CHRISTMAS WORD SEARCH 2

Find words associated with the Christmas season hidden in the puzzle below. They are hiding forwards, backwards, up, down, and diagonally. As you find the words, cross them off the word list. The remaining letters, reading left to right, top to bottom, spell out the title of a popular Christmas song. Write the title in the circles provided.

WORD LIST

BELLS
BOUGH
BOXES
CHEER
CHRISTMAS TREE
EGGNOG
GIFTS
GREEN
LIGHTS
LIST
MYRRH
PEACE
POINSETTIAS
RED
SACK
SANTA
SEASON
SHOPPING
SLEIGH
STOCKING
TIDINGS
TOYS
WRAPPING PAPER
YULE



SONG TITLE

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○