

# DRUMS ACROSS ONEIDA

February 2026



## Discussions at ONCOA meetings

- FACEBOOK LIVE date for ONCOA will be announced soon
- Community Open discussion at the beginning of every meeting
- Elder Law Update – Grace Elliot, Legislative Staff Attorney present
- Orientation checklist for new ONCOA members – creation and carrying out of – living document
- GLNAEA meetings discussion and update on bus from Elder Services (posted in DRUMS and Aging & Disability Facebook page)
- Travel policy related to ONCOA members – questions and concerns – remember that the travel representative is available 24/7 and her phone number is in the travel packet received
- Hoyan distribution and adventures in the area
- ONCOA representative in other meetings, committees, etc. reports
- DRUMS coloring contest the last Wed of every month discussed
- **ONCOA meetings held the 2<sup>nd</sup> and 4<sup>th</sup> 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 and for instruction to log on through Teams.**
- **We are always looking to be the eyes and ears of our elder community, and we request your comments before we start each meeting. Hope to see you at a meeting.**

### CONTACT INFORMATION

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

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

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

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

Oneida Aging and Disability Services (OA&DS) Main and emergency phone number: 920-869-2448

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

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

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



Are you 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 newsletter  
I am Oneida Project (blood quantum)  
Human Services Division newsletter  
Environmental, Land and Agriculture Division newsletter  
DRUMS Across Oneida Elder Newsletter (ONCOA coordinated)

### **Please pass the word!**

To those who subscribed. You should have received an email with a link that opens the January DRUMS. There is also a link to the DRUMS page to view past newsletters! Below is what the subscriber will see in their email.



## **DRUMS: January 2026 DRUMS**

Trouble reading this email? [Click here to view the update on the Oneida-NSN.gov website.](#)

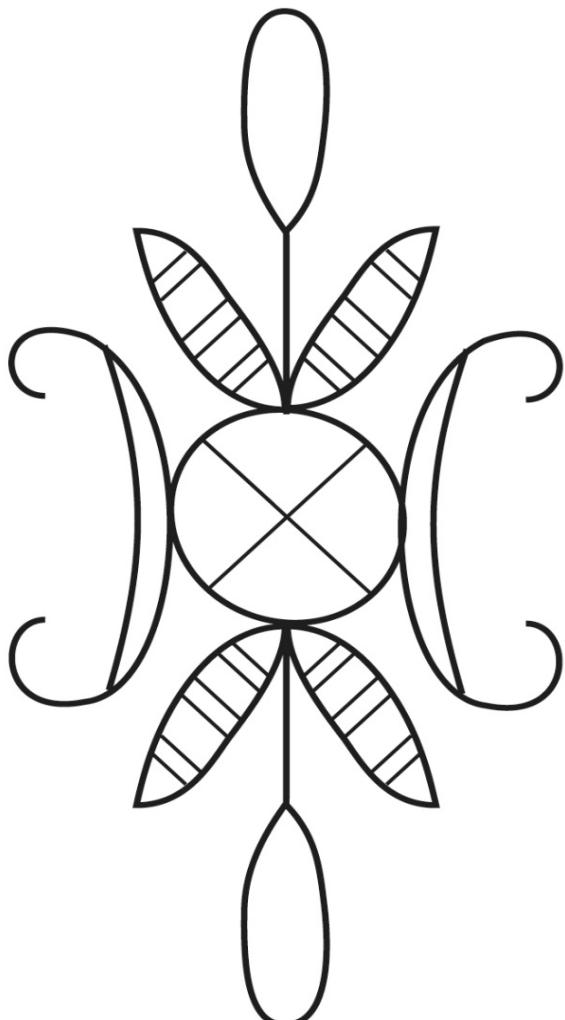
**This is an automated email from an unmonitored inbox.** If you have any questions, please [click to contact GAO here.](#)

Thank you for signing up for the DRUMS newsletter.

Click the link to view the January 2026 issue: [DRUMS Jan 2026](#)

To view older newsletters, click the link below:

[Oneida Nation | DRUMS Across Oneida](#)



This is the **first page of the Employee Health Newsletter** including the contact information. If you would like to get a copy emailed to you, please contact them by email or by phone. Very interesting and informative.

Oneida Nation  
Employee Health Nursing

701 S. Packerland Drive  
Green Bay, WI 54303

Phone: 920-405-4492  
Fax: 920-405-4494  
E-mail: EHN\_Department@oneidanation.org

January 2026

# EHN Newsletter

2026



## Thyroid Awareness Month

Thyroid Awareness Month is dedicated to raising awareness about thyroid health and the impact of thyroid diseases on individuals worldwide. The thyroid gland, located in the neck, plays a crucial role in regulating metabolism, energy levels, and overall well-being by producing hormones such as thyroxine (T4) and triiodothyronine (T3). This awareness month aims to educate people about thyroid disorders, their symptoms, and the importance of early detection and treatment.

### Fun Facts About Thyroid

- The thyroid gland is butterfly-shaped and located in the neck.
- It requires iodine to produce hormones.
- Thyroid disorders can affect metabolism, mood, and energy levels.

### Importance of Thyroid Awareness Month

Thyroid Awareness Month is crucial for encouraging early detection and treatment of thyroid disorders, which can significantly improve quality of life. It empowers individuals to recognize symptoms and seek timely medical attention.

[Thyroid Awareness Month](#)



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

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## ONCOA Members & Term (Updated 09/25/2025)

Claudia Skenadore, 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

Newest members highlighted in yellow.

Three ONCOA terms next to completed are Claudia Skenadore, Sandra Skenadore and Winnifred Thomas. Claudia is the only one of the three who can run for the next term.

### Qualifications for an ONCOA member

- 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.

**Next voting, in July 2026, is for three members. Please encourage elders to run and be ready to be active and participate.**



# JUST MOVE IT ONEIDA 2026

## EVENT DATES & LOCATIONS

Just Move It (JMI) is a North American campaign to promote physical activity for Indigenous Peoples.

Just Move It Oneida is coordinated by Oneida Health Promotion of the Comprehensive Health Division.

Open to families of all ages & FREE t-shirt for new registered participants.

1.21.26- 4-6pm  
**New Year's Challenge-**  
Oneida Nation Elementary

2.25.26- 4-6pm  
**Healthy Heart Kickstart-**  
Oneida Nation Elementary

3.18.26- 4-6pm  
**Marching Toward Health-**  
Oneida Nation Elementary

4.15.26- 4-6pm  
**Spring into Action-**  
Oneida Nation Elementary

5.20.26- 4-6pm  
**Get Movin' May-**  
Oneida Nation Elementary

6.27.26- 8-10am  
**Pow Wow Walk/Run-**  
Duck Creek Trail

### Questions?

920-490-3993

@JustMoveIt Oneida

8.19.26- 4-6pm  
**Beat the Heat-**  
Oneida Lake

9.16.26- 4-6pm  
**Diabetes Dash-**  
Oneida Nation Elementary

10.17.26- 9-11am  
**Spooktacular Fun-**  
Oneida Nation Elementary

11.18.26- 4-6pm  
**Turkey Trot-**  
Oneida Nation Elementary

12.16.26- 4-6pm  
**Merry Fitmas-**  
Oneida Nation Elementary



# TALK AND TREATS

## WITH DIRECTOR JODI TESS



### TALK

LEARN ABOUT OUR  
DEPARTMENT AND  
PROGRAMS

### TREATS

TREAT PROVIDED  
OR BRING ONE TO  
PASS

### FRIENDS

SHARE YOUR  
STORY WITH ME  
AND HEAR MINE

2ND WEDNESDAY  
OF THE MONTH

10:30am-  
11:30am

Elder Services  
Conference room

2907 S. Overland Rd.

January 14th

February 11th

March 11th

April 8th

May 13th

June 10th

July 8th

August 12th

September 9th

October 14th

November 11th

December 9th

## FUTURE MEETING LIST INCLUDING ONCOA REPRESENTATIVE REPORTS

### ONCOA Meetings

- February 10, 2026, 1:00pm, Aging and Disability Services Conference Room
- February 24, 2026, 1:00pm, Aging and Disability Services Conference Room
- March 10, 2026, 1:00pm, Aging and Disability Services Conference Room

### ONCOA Work Meetings

### GTC Meetings

- Monday, January 5, 2026, 6 p.m. Oneida Hotel – Annual – *Tentative*

### Great Lakes Native American Elders Association (GLNAEA) Events

- March 4<sup>th</sup> – 5<sup>th</sup> 2026 – Mole Lake, WI
- June 3<sup>rd</sup> – 4<sup>th</sup> 2026 – Menominee, WI
- September 2<sup>nd</sup> – 3<sup>rd</sup> – Ho Chunk, WI (tentative)
- December 2<sup>nd</sup> – 3<sup>rd</sup> – Watersmeet, MI Lac Vieux Desert (tentative)

### Nutrition Advisory Board, meal site (3<sup>rd</sup> Thursday every month)

- December 18, 2025, 1:00pm

### ONCOA Representatives

- Brown County Aging and Disability Resource Center – Sandra Skenadore
- Outagamie Aging and Long-Term Support Advisory Committee (ALTS) – Pearl Webster
- Oneida Alzheimer's Disease Community Advisory Board (CAB) – Beverly Anderson and Sandra Skenadore
- Nutrition Advisory Board – Mary Loeffler
- Anna John Resident Centered Care Community – Beverly Anderson
- Oneida Public Safety and Security Commission – Beverly Anderson

### DRUMS – Coloring Contest

- Last Wednesday of every month



**Oneida Aging & Disability**  
**Native American Family Caregiver Program**  
**Hours: 8:00 AM to 4:30 PM**  
**2901 S. Overland Road, P.O. Box 365, Oneida, WI 54155**  
**920.869.6830 or 800.867.1551**

## NATIVE AMERICAN FAMILY CAREGIVER PROGRAM

Providing Care for Caregivers



### WHAT IS A CAREGIVER?

An adult family member or another individual who is an informal care provider to an older individual or to an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction. When a dependency situation emerges this person helps the individual in need with routine activities that were previously performed without assistance.

A caregiver can also be grandparents or relative caregivers, age 55 or older, who are primary caregivers of a child no more than 18 years old. They must be related to the child by blood, marriage or adoption and must live with the child.



### CAREGIVER SERVICES

Basic Services provided by Oneida Native American Family Caregiver Program (NAFCG):

- Monthly NAFCG and Alzheimer's Support Group meet every third Wednesday of the month in the Aging and Disability Conference room.
- Powerful Tools for Caregivers annual training.
- Loan Closet items are available for caregivers who provide care for elder clients.
- Respite Care relief to family members who provide care for elders
- Assistance and Information regarding services available through the Older Americans Act is provided to the client and caregiver.
- Visitation to elders who are homebound, hospitalized or residing in nursing homes within the reservation boundaries.
- November is National Caregiver Month. NAFCG through Aging & Disability Services hosts a banquet to recognize volunteer caregivers.
- Every Month I will have a speaker presenting, it no longer has to be the Third Wednesday of every month
- Both the Caregiver and the Client need to be enrolled
- The person receiving the care needs to be located within Reservation boundaries.

**Yaw^Ko & Sawehnisliyohak, (Thank you & You have a good day)**  
**Schuyler Metoxen, Native American Family Caregiver Coordinator**

Presenting  
Jenny Jarnig from AseraCare

# Let's talk about Caregiver Burnout and Fatigue in a smarter, kinder way.

Wednesday  
February 18<sup>th</sup>  
1pm-3pm  
Elder Conf. Room  
2907 S Overland Rd,  
Oneida WI 54155



Contact NAFCG Schuyler Metoxen  
@ (920)869-6830 or  
Smetoxe9@oneidanation.org

WANTING  
SOMETHING TO DO?

COME INTO  
AGING &  
DISABILITY

SELF-LED ACTIVITIES AVAILABLE  
AT ANY TIME DURING OUR  
BUSINESS HOURS!

2907 S OVERLAND  
RD  
920-869-2448



Oneida Tribal Dementia Care Specialist and

Oneida Aging and Disability Presents...

## Book Club

We will be reading...

Mom's Gone Missing: When a Parent's  
Changing Life Upends Yours  
by Susan A Marshall



Next Meetup  
Tuesday, February 3<sup>rd</sup>, 2026  
10:30am-11:30am

Oneida Congregate Meal Site  
2907 S. Overland Rd.  
Oneida, WI 54155

Contact us with questions!  
Schuyler Metoxen at 920-869-6850  
Debbie Miller at 920-869-4854

Get a FREE copy of the book!

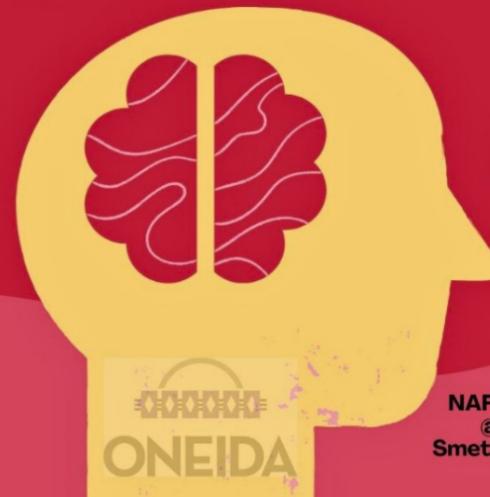


## Stroke Prevention

With Amanda Riesenber - Stroke  
Prevention Wellness Coach

Thursday March 12th, 2026  
130pm-330pm

Stroke doesn't discriminate. Know the  
vital signs and get immediate treatment. Spread  
awareness and save lives.



Elder Conf. Room  
2907 S Overland  
Rd. Oneida WI  
54155

Contact:  
NAFCG Schuyler Metoxen  
@ (920)634-8450 or  
Smetoxe9@oneidanation.org

# FEBRUARY Memory Café

**FEB. 11, 2026 1:30PM-3:00PM**

Main Conference Room at the Oneida Health Center

Memory Café is open to anyone 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.**

Mar. 11, April 8, May 13, June 10, July 8,  
Aug. 12, Sept. 9, Oct. 14  
Nov.(Cancelled Veteran's Day), Dec. 9

**This month's activity is a 3D Flower Canvas.**

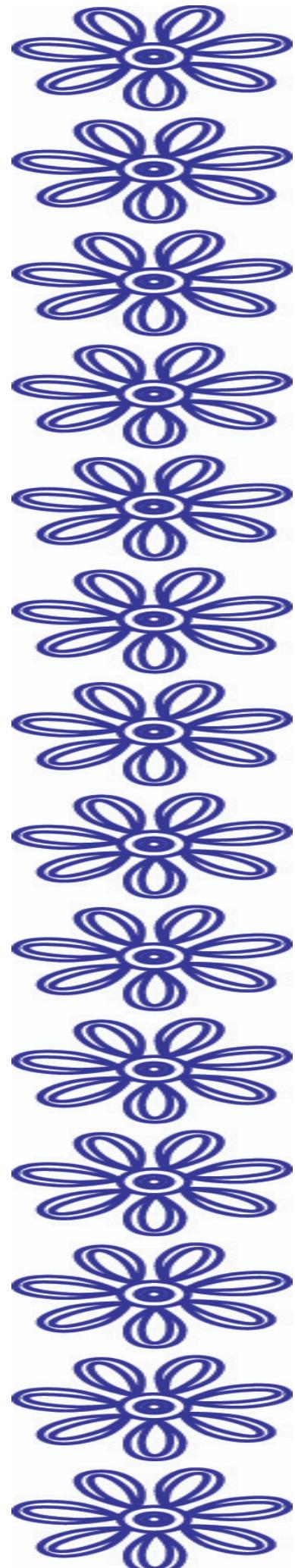
**ONEIDA COMMUNITY  
HEALTH CENTER**

**ONEIDA**  
Comprehensive Health Division

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



*Rest. Recharge.  
Repeat.*



# Responding to Gaslighting

► I want to figure things out on my own.

► We remember things differently.

► I hear you but that was not my experience.

► I know my truth & I am not going to debate.

► I am going to make this decision for myself.



► I am telling you how I feel. Is that a problem?

► I feel as if I am not being heard & need some space.

► I am going to step away from this conversation.

**Yon^hali:yo**  
COMMUNITY  
ADVOCACY  
(920) 490-3700



 **ONEIDA**

## Gaslighting for elders

Gaslighting in the context of elder care involves a manipulative tactic where family members or caregivers attempt to undermine the perception of reality of the elder. This can include denial of events, trivializing emotions, and projecting faults onto the elder. It is a form of emotional manipulation that can lead to confusion, self-doubt, and stress within family relationships.

Caregivers can protect themselves from gaslighting by maintaining detailed records, seeking support from trusted friends or professionals, and setting clear boundaries with family members. Open discussions about care responsibilities, expectations, and decision-making processes can help prevent misunderstandings and reduce opportunities for manipulation.

Gaslighting can be subtle and difficult to identify, but recognizing signs such as denial of events, trivializing feelings, and projection of faults is crucial for maintaining mental well-being and protecting the sense of self.

# You are not alone.

Call Oneida Behavioral Health at  
**(920) 490-3790**

If you've experienced loss, these ideas can help as you work through the grieving process:

- Share your honest feelings and thoughts with the people you love.
- Avoid using alcohol or drugs to numb your feelings; allow yourself to feel them instead.
- Take care of yourself by going for a walk or making time to do something you enjoy.
- Give yourself permission to feel your emotions, no matter what they are.
- Seek support from others who have experienced a similar loss.

# Health and Wellness Expo

January 29, 2026

11:00 am - 2:30 pm

Oneida Community Health Center

- Informational Booths
- Giveaways
- Recipes
- Snack Sample

## Expert Presentations

**11:00 am - Robert Dempsey, MD, FACS**

An update on the Oneida - UW Stroke Prevention Program

**12:00 pm - Betty Schwantes, RDN, CD,  
CDCES, Dietitian - Diabetes Educator**

**Grace Stabenau, RDN, CD**

Reboot Your Health

**1:00 pm - Alyssa Verdo, MSW, LCSW**

Destigmatizing/Trauma Informed Language

No registration  
Space is limited for  
presentations



Facebook Live Stream -  
Oneida Comprehensive  
Health Division

For more information: Contact Amanda Riesenber

Dare to dream the life you  
have dreamed for yourself.  
Go forward and make your  
dreams come true.

Ralph Waldo Emerson

It takes a lot of courage to  
show your dreams to  
someone.

Erma Bombeck

You are never too old to set  
another goal or to dream a  
new dream

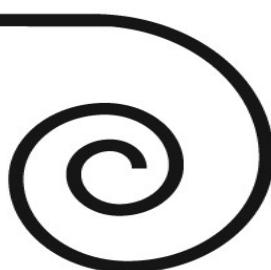
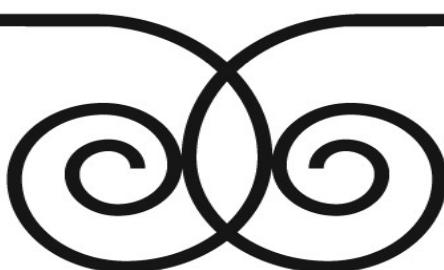
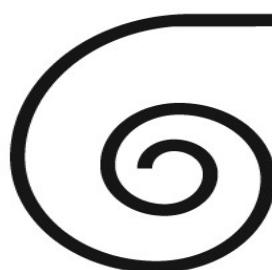
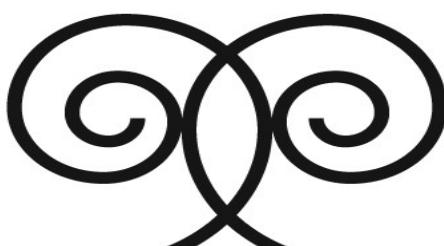
C. S. Lewis

A dream does not become  
reality through magic; it takes  
sweat, determination and  
hard work.

Colin Powell

It's never too late to be what  
you might have been

George Elliot





**Happy Valentine's Day**  
**Attention all Participant of**  
**The Oneida Aging & Disability Meal Site**  
**Please help!**



Please remember to call in reserve or to cancel your meal. Call by 4pm the day before to cancel or sign up or you can call on Thursday or Friday for the following week. **Please call 920-869-2448 for those reservations.**

**No participant will be denied a meal**

**This is much appreciated and helps with planning for the number of meals we need to prepare each day.**

**O.N.S.S.  
ROUND  
DANCE**  
ONEIDA NATION ELEMENTARY  
SCHOOL  
N7125 SEMINARY RD, ONEIDA, WI  
**February 13, 2026**  
**5:00 PM- 12AM**

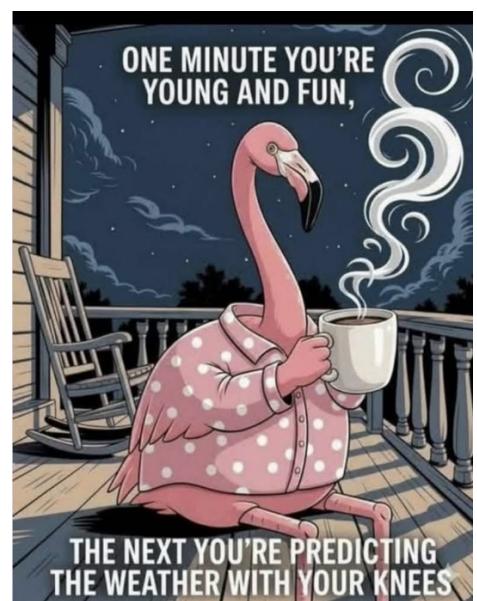
**MEAL**  
5:00 PM  
**HAND DRUM CONTEST**  
5:30 PM  
**PIPE CEREMONY**  
6:30 PM  
**ROUND DANCE STARTS**  
7:00 PM

**INVITED  
SINGERS**  
TOMMY BENJAMIN  
MARCUS DENNY  
SPAZZ DEWITT  
JOE RAINY SR  
QUENTIN DICK JR  
KINO PYAWASIT  
BERNIE LEMIEUX

**YOUTH  
INVITED  
SINGER**  
ROBERT O'REILLY

**MC**  
JACKSON  
ROLLINGTHUNDER-TAHUKA  
**STICKMAN**  
MARLON DESCHAMPS  
**PIPEMAN**  
DYLAN JENNINGS  
**WHIPMAN**  
JAYMIN RAINY

**BEST RIBBON SKIRT**  
**BEST RIBBON  
SHIRT**  
**SPOT  
DANCES**



**The mind is  
everything.  
What you think  
you become!!  
Buddha**

## Help shape the future of the Oneida Nation!

Join Us for Round 2 of Community Input Sessions: **Onyote'a·ká ni'i – I Am Oneida Project**

These sessions focus on developing key components essential to addressing solutions for our Nation's critical population data.

Each 2-hour session is an opportunity for Tribal Members, Descendants, and Oneida Nation Community Members to share feedback, ask questions, and contribute ideas that will guide this important work. Your voice matters, be part of the conversation that defines our path forward.

#IAmOneidaProject #OneidaNation #CommunityInput



# Onyote'a·ká ni'i Project



We invite all Tribal members, descendants, and community members to share their voices through in-person and online **community input sessions**.

## Upcoming Events

<b>Elders</b> – Tues. Dec. 2 12:45PM   Congregate Meal Site	<b>Community</b> – Mon. Jan. 26 6PM-8PM   Virtual, Microsoft Teams
<b>SEOTS</b> – Thurs. Dec. 4 SEOTS Office Option 1: 2PM-4PM   Option 2: 5PM-7PM	<b>Community</b> – Thurs. Feb. 26 4:30PM-6:30PM   Virtual, Microsoft Teams
<b>Community</b> – Tues. Jan 20 Oneida Casino Hotel Option 1: 3PM-5PM   Option 2: 6PM-8PM	<b>Descendants</b> – Sat. Feb. 28 10AM – 12PM   Oneida Casino Hotel
 <p>Learn more about the OPP – I Am Oneida Project</p>	<b>Community</b> – Sat. Feb. 28 1:30PM – 3:30PM   Oneida Casino Hotel

**Oneida**

[Oneida-Nsn.gov/IAmOneidaProject](https://Oneida-Nsn.gov/IAmOneidaProject)

Key terms to be familiar with.

- Blood Quantum – A measurement of ancestry used by some Tribes to determine enrollment eligibility
- Eligibility – Criteria for becoming an enrolled Tribal member
- Sovereignty – The inherent right of Tribes to govern themselves
- Descendant – A person who is related to an enrolled member but may not meet eligibility requirements
- Constitution – The governing document of the Oneida Nation



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.

### 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

### FOR INFORMATION CONTACT:

- Amanda Riesenber
- 920-490-3984
- [ariesenb@oneidanation.org\\*](mailto:ariesenb@oneidanation.org)

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

MAKE A DIFFERENCE IN THE COMMUNITY



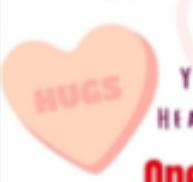
Oneida Community Library  
201 Elm St. Oneida, WI 54155

# Mindful Aging heart AWAReNESS



Join us! Our library  
health guests, Taylor &  
Maria will share  
resources and info on  
basic heart health

MONDAY, FEBRUARY 2<sup>ND</sup> @11AM



YAWAKO TO OUR FRIENDS AT ONEIDA  
HEALTH PROMOTION FOR HELPING US ❤

Oneida Community Library  
201 Elm St. Oneida, WI 54155



# Mindful Aging

MONDAY, FEBRUARY, 16<sup>TH</sup> @11AM



Learn how to  
support wild birds  
and put together a  
bird feeder to take  
home!

Register  
Today! Space  
is limited!

Oneida Community Library  
201 Elm St. Oneida, WI 54155



# DIY @THELIBRARY

Tuesday, February 3<sup>rd</sup> at 4:00 PM

Time

Management



EXPLORE AND PRACTICE  
SCHEDULING FROM  
SMARTPHONE APPS OR  
A PLANNER



Oneida Community Library  
201 Elm St. Oneida, WI 54155

# GROUP PAINTING

WEDNESDAY, FEBRUARY 21<sup>ST</sup> @11AM

ABSTRACT  
HEARTS  
EVERYWHERE



ONEIDA  
COMMUNITY  
LIBRARY  
201 ELM ST. ONEIDA,  
WI 54155



## The Oneida Business Committee has released an important statement regarding identification cards and recent ICE activities.

Our priority is member safety and clarity on identification requirements.  Read the full press release here: <https://oneida-nsn.gov/.../public-service-announcement.../>

Key points:

- Oneida ID cards meet federal Real ID standards
- Keep your ID with you and guidance posted at home and in your car
- Oneida Police Department of Wisconsin is available to assist if needed: 920-869-2239

**January 11, 2026**

The Oneida Business Committee discussed the heightened tensions that the Immigration and Customs Enforcement agenda created by their actions in Minnesota. We, as well as many Indigenous Nations and organizations across the United States have been monitoring this issue and the reprehensible actions of ICE agents, especially those that now appear to be targeting indigenous peoples.

The Oneida Nation has already established identification cards for members which meet federal Real ID requirements. Our goal is to have a resource available for members to utilize as identifying that they are a citizen of the Oneida Nation and an address for any official purpose. As we move through these difficult times and review the news and information being presented, we are aware that ICE agents understand and have not accepted tribal identification as a valid document. However, given the Oneida Nation's work with both federal and state officials over the years to develop identification cards that would meet any official need, we believe that our membership identification cards should be acceptable.

The Oneida Nation does not welcome ICE agents onto our reservation. However, it is not possible to ban them from the reservation – as much as their actions are condemned. We ask tribal members to keep the attached guidance posted on their refrigerators, in their cars, and by their front doors, in addition to always keeping identification cards on your person.

It is important that while we go about our lives, when confronted with ICE agents and the appalling enforcement activities, that we do not increase tensions and manage situations in a calm manner. Should anything arise regarding ICE agents, we have asked Oneida Police Department to assist members in ensuring interaction is lawful and that proper documentation is presented. Our goal is to keep members safe during these escalating troubled times.

**#OneidaNation #CommunityUpdate #MemberGuidance #StayInformed #OneidaStrong**

# FEBRUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 10:30-Coloring a groundhog (Self lead, A&D Office Area) <b>Groundhog Day</b>	3 A&D office area open for self lead activities	4 1:30- Painting w/ Sue (A&D Office Area)	5 A&D office area open for self lead activities	6 9:45- Shopping & Lunch (Meijer)
9 1:30- Valentines Craft	10 10:00- BINGOCIZE 1:00- ONCOA Meeting	11 10:30- Talk & treats w/ Jodi (E.C.R) 1:30 BINGO (Meal Site)	12 10:00- BINGOCIZE 1:00- Valentines Day Dance (Meal Site)	13 9:45- Shopping & Lunch (Wodman's)
16 A&D office area open for self lead activities	17 1:30- Crafts w/ Sue (A&D Office Area) <b>Random Act of Kindness Day</b>	18 1:00- Caregiver Burnout Speaker Speaker (E.C.R)	19 10:30- Poetry On Wheels w/ Gary (E.C.R)	20 9:45- Shopping & Lunch (Walmart De Pere) <b>National Caregiver Day</b>
23 9:45- Thrift Store Shopping & Lunch	24 A&D office area open for self lead activities 1:00- ONCOA Meeting	25 1:30 BINGO (Meal Site)	26 10:00- Cornhole Game (A&D Office Area)	27 9:45- Shopping & Lunch (Aldi)

\*\*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\*\*

\*\* Please contact Breanna Phillips if you have any questions: 920-869-6828 or bweber1@oneidanation.org

## February Menu 2026

Meals are served 12:00-12:30 PM

Menus are subject to change due to availability

M	T	W	Th	F
2 Oneida Beef & Bison Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Applesauce (15 gm)	3 Homemade Meat Sauce from Oneida Beef Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Fresh Fruit (15 gm)	4 Chicken Dumpling Soup Ham & Swiss on WG bun (22 gm) Frozen Fruit Slushie (15 gm) Diced Peaches (15 gm) SF Fruited Gelatin (15 gm)	5 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)	6 Fish patty (5 gm) WG bun (22 gm) Roasted Red Potato (15 gm) Seasoned Broccoli, cauliflower, carrots Pineapple Tidbits (15 gm)
9 Beef Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)	10 Chic Wild Rice Soup (15 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Fresh Fruit (15 gm) Oyster Crackers (8 gm)	11 Chicken Parmesan Noodles (22 gm) Seasoned Cauliflower Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)	12 Stroganoff Beef Tips Mashed Potatoes (15 gm) Herb seasoned Broccoli Diced Pears (15 gm) WG Dinner Roll (10 gm)	13 Split Pea & Ham Soup Ham & Swiss on WG bun (2 gm) SF Fruit Gelatin (10 gm) Diced Peaches (15 gm) Crackers (8 gram) Heart Cookie
16 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm) Raw vegetables	17 Homemade Meatloaf from Oneida Beef & Bison Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fruit Cocktail (15 gm)	18 Sloppy Joes made with Oneida Beef WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)	19 Kielbasa/ w/sauerkraut Boiled Potatoes (15 gm) Herbspiced broccoli, cauliflower, and carrots Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)	20 Scrambled Eggs, sausac link Hashbrown Patty (15 gm) WG cereal (21 gm) Fresh Fruit (15 gm) Raisins (10 gm)
23 Sweet BBQ Ray's Shredded Chicken (3 gm) Whole Wheat Bun (22 gm) Coleslaw Seasoned Mixed Veg (10 gm) Applesauce (15 gm)	24 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	25 Chicken Alfredo Noodles (15 gm) Seasoned Broccoli WG Dinner Roll (10 gm) Diced Pears (15 gm) SF Fruited Gelatin (10 gm)	26 Homemade Chili made with Oneida Beef (10 gm) LS Turkey & Cheddar on a WG bun (22 gm) Fresh Fruit (15 gm) Crackers (8 gram)	27 Chicken Fajitas Green, yellow, and red peppers Garden Salad Rice & Beans (20 gm) Tortilla shell (12 gm) Diced Peaches (15 gm)

- 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

## Take a **NOURISH** Step

Information provided by [www.gwaar.org/nourishstep](http://www.gwaar.org/nourishstep)

### **Sweet Potatoes Nourish Brownies**

#### Ingredients

2 cups of Mashed Sweet Potatoes (approximately 2 large)	
¼ Cup Nut Butter	¼ C Plain Greek yogurt
¼ Cup Maple syrup	2 TBSP Olive Oil
2/3 Cup Cocoa Powder	2/3 Cup Whole wheat flour
2 TBSP Baking Soda	2 eggs (medium large)
1/8 tsp. salt	

#### **Instructions:**

1. Preheat oven to 350 °F.
2. Boil a small pot of water; add the peeled and cut sweet potatoes into cubes. Boil until soft approximately 20- 30 minutes.
3. In a large mixing bowl; add dry ingredients; cocoa powder, whole wheat flour, baking soda and salt. Mix them until combined.
4. Combine wet ingredients into a large mixing bowl; nut butter, maple syrup, Greek yogurt, olive oil, and eggs. Once sweet potatoes are cooked mash and add to wet ingredients.
5. Fold in dry ingredients together until well combined.
6. Put brownies into a greased 8 X 16 pan in the oven for approximately 30 minutes at 350 °F.



Did you know Oneida Aging & Disability offers to pick you up and bring you back home for Activities?

Must reside within the Oneida Reservation.



**CALL 920-869-2448**

**2907 Overland Dr**

**Oneida, WI**

**54155**



**ONEIDA**

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

PLEASE CALL  
24 HOURS AHEAD  
TO  
SCHEDULE  
PICK-UP

Pick up starts  
one hour before  
the Activity,  
return trip within  
an hour after.



### Oneida Live: Spotlight On Oneida Aging & Disability Services

Check out Jan 8, 2026, Oneida Live on Facebook for an insightful video from Oneida Aging & Disability Services! Very informative and encouraging. Feel free to call Oneida Aging and Disability with any questions for any staff on the video or any service or stop by and ask the questions. 920-869-2448.

Stay informed. Stay connected. See you soon!

#OneidaLive #IAmOneida #OneidaNation  
#CommunityVoices #StayConnected



LET'S CELEBRATE

# Valentine's Party

FEBRUARY 12TH

1-3pm

.....  
Snacks - Drinks - Dance - Music  
.....

Come dance your hearts away and play games at the aging & disability valentine dance!

We Lit Photobooth & DJ Moonwalker will be in attendance!

**Feel free to bring a valentine to pass!**

FOR MORE INFO :

Oneida Congregate Meal Site • Call aging & Disability for  
2901 S Overland Rd any questions 920-869-2448

# Preventing Respiratory Illness this Season – Thank you to Oneida Health Center Public Health for this article!

Taking care of your respiratory health is essential to your overall well-being.  
Please Stay informed and proactive!

## KEY FACTS ABOUT RESPIRATORY ILLNESSES

Nearly 440,000 adults over 65 were hospitalized with the flu last year

Older adults are more likely to develop pneumonia from RSV infection

76% of all COVID deaths have been among adults 65 and older

## HOW TO PREVENT RESPIRATORY ILLNESSES



Stay up to date on yearly vaccines for COVID, Flu, and RSV



Wash your hands regularly with soap and water



Wear a mask if you feel sick, have a cough, or have a fever



Take all medications from your doctor, as prescribed

## SIGNS OF COVID, FLU, AND RSV TO WATCH FOR



Headache, fever and/or chills



Shortness of breath or trouble breathing



Sore throat, sneezing, and/or cough



Change in taste and/or loss of smell

## QUICK TIPS FOR FEELING SICK

**01.**

Contact your doctor. They can give you next steps.

**02.**

Stay home! Help stop the spread in your community.

**03.**

Drink plenty of water and get rest.

**04.**

Seek emergency care for serious trouble breathing.

## FACTS TO REMEMBER

- As we age, our immune system becomes weakened.
- Older adults are more likely to have underlying health conditions such as heart and lung diseases, and type 2 diabetes. This increases a person's risk of respiratory illness.
- Vaccines are a safe and effective way to reduce one's risk of severe disease, hospitalization, or death from COVID, Flu, and RSV.
- Wearing a mask, particularly in busy places, such as public transportation and the grocery store, can decrease your risk of respiratory illness.
- If you have questions, talk to your doctor!

Oneida Comprehensive Health Division  
Community Health Services • Population Based Programming

A good mind. A good heart. A strong Fire.

**POPULATION BASED PROGRAMMING MISSION:** Our competent and dedicated team will empower the Oneida Community by providing quality programs and education which will protect, promote, and improve health while respecting cultural values.





# WINTER GATHERING POW WOW

February 14, 2026

Oneida Hotel | Three Clans Ballroom  
2040 Airport Dr. Green Bay, WI 54313

*Public is Welcome  
Free Admission*

Dancing, Singing & Craft Vendors

**Grand Entry** at 1:00 PM & 7:00 PM

Social Dancing during Dinner Break

**Registration Closes:** 6:00 PM

**MC:** John "JT" Teller | **AD:** Dylan Prescott

**Host Drum:** Smokey Town

**Smoke Dance Singer:** Kahutsyawan Stevens

**Head Dancers:** TBA

**SPECIALS** Smoke Dance Teen Girls & Boys (13-17) | Hand Drum (All Ages)

Luck of the Draw Women & Men (18+) | Two-Step (All Ages)

Sweetheart Special (All ages) | Singles Only Spot Dance (All ages)

Best Snagging Call War Cry vs Lulu/Lele (21+)

To reserve a hotel room at the Oneida Hotel, mention the Oneida Pow Wow Room Block when calling 920-494-7300. All craft vendors will be assigned a spot once payment is received. First come first assigned. For payment call Tonya Webster 920-362-5425 or email [TWebster@OneidaNation.org](mailto:TWebster@OneidaNation.org). For more information contact Tonya at 920-362-5425 [TWebster@OneidaNation.org](mailto:TWebster@OneidaNation.org) or Trista at 920-496-5621 [tcorneli@oneidanation.org](mailto:tcorneli@oneidanation.org) or follow the Oneida Pow Wow Event Team on Facebook.

# ONEIDA AGING AND DISABILITY SERVICE

Call: 920-869-2448

## GIFT SHOP

located: 2907 Overland Rd Oneida, WI



Did you know  
we have  
dancer outfits  
at our  
Gift shop  
with prices  
ranging from  
\$20-\$250.  
The pictures are  
what we have left..



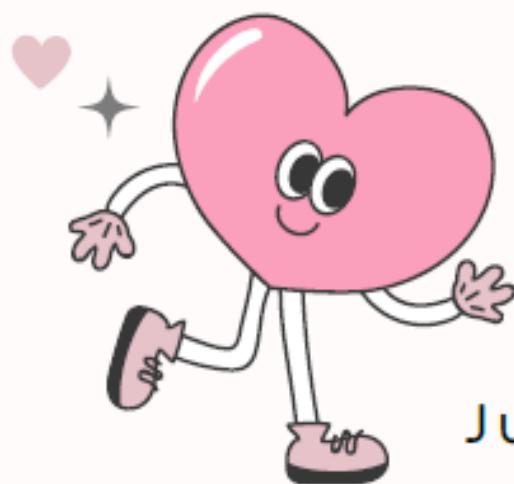
We also sell:  
Soda for \$1.00  
Popcorn  
\$1., 1.50, 2.00  
other snacks:  
chips, candy  
\$1.25

Hours:  
Monday - Friday  
9:00am-4:00pm

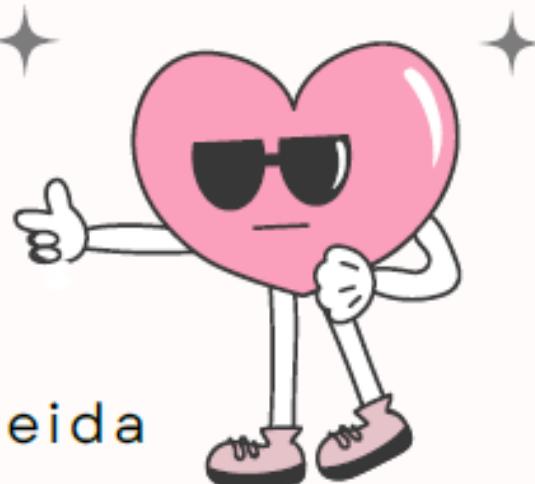


**ONEIDA**

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



Just Move It Oneida

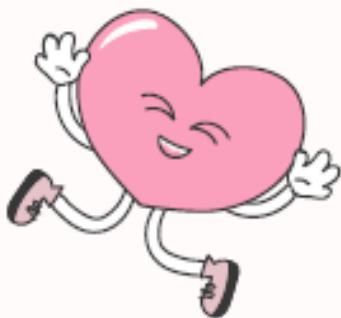


## Healthy Heart Kickstart

**Wednesday, February 25<sup>TH</sup> / 4-6pm** ❤

★ Oneida Nation Elementary School

N7125 Seminary Rd, Oneida, WI 54155

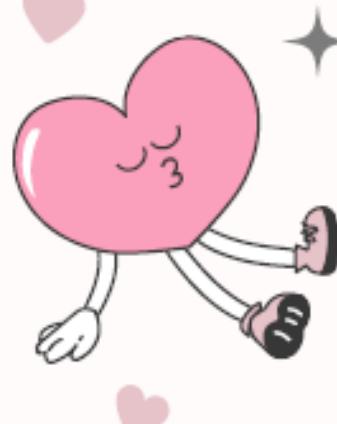


**Free JMIO first aid kit to the first 100 participants.**



❤ **2026 JMIO punch card- DOUBLE PUNCH MONTH**

★ Attend at least 8 of the 11 events to be entered in the grand prize drawings at the end of the year.



**Soup, snacks, and water.**

(while supplies last)

**For more information or questions contact Hanna:**

920-490-3927

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

 [@JustMoveIt Oneida](#)



01/05/26

## UP CLOSE AND PERSONAL WITH Claudia Skenandore, currently ONCOA Secretary, mom, sister, daughter, auntie, friend, Turtle Clan and more



Name: My Oneida name is Takalihutya (pronounce Dagalihudya) which literally means “the message is coming its flying”. Loosely speaking it means flying messenger.

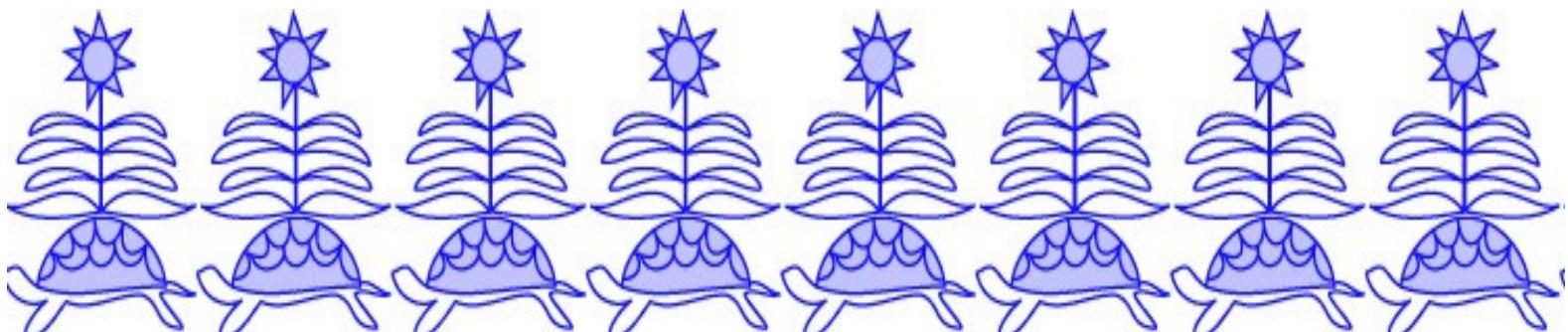
Motivates me: Happiness motivates me and what makes me happy is basically anything to do with my grand babies, family and friends, travel with hiking, swimming or any outdoor adventure, hearing “I love you”. Hugs, back scratches, combing my hair and massage. Seeing others “understand” things in the best way – positive results.

Greatest accomplishment: my children, always my children. When I was pregnant, I wanted to have children so I could show them a life that I never had (and I had a pretty good life). Although we have gone through some tough times, we have much to be grateful for. I am so very proud of my children who make me look like the best mom in the world. I LOVE YOU ALL my family and friends.

ONCOA observations: I love it when we have an accomplishment that came to us from a community concern. Great conversation in the meetings by members of ONCOA and community members. I am in awe at how much I did NOT know and have learned through the meetings. I would improve by getting some training for everyone (in the world) in communication, especially active listening.

Best advice ever given to me and I ever gave to someone else: Ever given me is “just say thank you”. So simple and so powerful. Best that I gave is “You are OK right where you are right now”. I love it when people remind me of this as well.

Burning desire to speak about: Sobriety in all areas of life – please get it and keep it. It is not always simple however it truly is easy (simple and easy not the same). Health – please do what it takes to get into and/or stay in the best health now (and remind me of this as well). Fun – a smile is such a great healer – make someone smile or laugh and you will feel the healing along with them.



## Protecting Our Elders: Oneida Elder Protection Law

The Oneida Nation is taking an important step to safeguard the well-being of our elders through the development of the **Oneida Elder Protection Law**, which establishes a comprehensive framework to prevent and respond to abuse, neglect, self-neglect, and exploitation.

### What the Law Does:

- **Mandatory Reporting:** Creates a system requiring reports of suspected elder abuse or neglect, with immunity for good-faith reports and penalties for failure to report or false reporting.
- **Interdisciplinary Team:** Brings together representatives from key Nation departments—Aging & Disability, Police, Health, Behavioral Health, Law Office, Housing, and Family Services—to guide investigations, coordinate services, and ensure confidentiality.
- **Rights and Due Process:** Protects elders' rights to notice, property, and legal representation, while also safeguarding the rights of accused individuals.
- **Jurisdiction and Enforcement:** Grants the Oneida Trial Court authority over cases under this law and imposes civil penalties for violations, while allowing concurrent criminal investigations.

**Why It Matters:** The Nation already provides **substantive protections for elders under the Public Peace Law**, which prohibits abuse, neglect, and exploitation of individuals at risk, including elders. The new Elder Protection Law builds on that foundation by creating **enhanced processes and delivery mechanisms**—such as mandatory reporting, coordinated interdisciplinary response, and clear due process safeguards—to ensure timely intervention and culturally respectful care.

This law reflects our cultural values of respect and care for elders, ensuring prompt reporting, coordinated responses, and strong confidentiality safeguards. It balances safety with dignity and legal due process, strengthening protections that honor the role of elders in our community.

**Coming Soon:** The draft Elder Protection Law will be available for **public comment in March or April 2026**. Please watch for announcements—**your input is invaluable** in shaping a law that truly reflects the needs and values of our community.

Grace Elliott

*Legislative Staff Attorney*

*Legislative Reference Office*

<https://oneida-nsn.gov/register/>

Office: (920) 869-4320

# What is brain health?

Brain health refers to how well a person's brain functions across several areas.



**Motor function**  
Controlling movements and balance

**Sensory function**  
Seeing, hearing, tasting, and smelling

**Tactile function**  
Feeling and responding to sensations of touch, including pressure, pain, and temperature

**Cognitive health**  
Thinking, learning, and remembering

**Emotional function**  
Interpreting and responding to emotions

Learn more about keeping your brain healthy as you age: [www.nia.nih.gov/brain-health](http://www.nia.nih.gov/brain-health).



## How the brain changes as people age – from National Institute on Aging

As a person gets older, changes occur in all parts of the body, including the brain.

- Certain parts of the brain shrink, including those important to learning and other complex mental activities.
- In certain brain regions, communication between neurons may be less effective.
- Blood flow in the brain may decrease.
- Inflammation, which occurs when the body responds to an injury or disease, may increase.

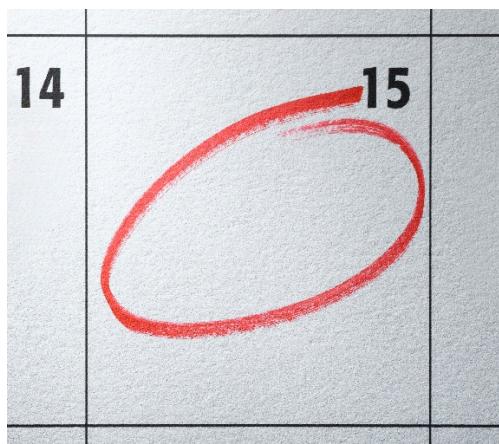
These changes in the brain can affect mental function, even in healthy older people. For example, some older adults may find that they don't do as well as younger individuals on complex memory or learning tests. However, if given enough time to learn a new task, they usually perform just as well. Needing that extra time is normal as people age. There is growing evidence that the brain maintains the ability to change and adapt so that people can manage new challenges and tasks as they age.

Many factors can influence healthy aging. While some of these factors, such as genetics, are not within our control, research shows there are steps you can take to help manage your health as you age. Small lifestyle changes can help you live longer and feel better. Start with these tips:

- Get moving: Try gardening, walking, or biking.
- Manage stress: Practice yoga or keep a journal.
- Learn something new: Take a class or join a club.
- Choose healthy, nutrient-rich foods.
- Visit your doctor regularly.
- Stay connected with family and friends.

## Calendar from Oneida-nsn.gov website

- February 2, 2026 - Grandparents as Caregivers Circle and 2 other events
  - Grandparents as Caregivers Circle
  - Oneida Nation School Board Regular Meeting
  - Oneida Nation School Board Regular Meeting
- February 9, 2026 - Grandparents as Caregivers Circle and 1 other event
  - Grandparents as Caregivers Circle
  - Oneida Election Board Regular Meeting
- February 10, 2026 - Oneida Nation Arts Board Regular Meeting
  - Oneida Nation Arts Board Regular Meeting
- February 11, 2026 - Anna John Resident Centered Care Community Board Regular Meeting
  - Anna John Resident Centered Care Community Board Regular Meeting
- February 16, 2026 - Grandparents as Caregivers Circle and 3 other events
  - Grandparents as Caregivers Circle
  - Oneida Community Library Board Regular Meeting
  - Oneida Nation School Board Regular Meeting
  - Oneida Trust Enrollment Committee Regular Meeting
- February 23, 2026 - Grandparents as Caregivers Circle and 2 other events
  - Grandparents as Caregivers Circle
  - Oneida Election Board Regular Meeting
  - Oneida Election Board Regular Meeting
- February 25, 2026 - Oneida Public Safety & Security Commission Regular Meeting
  - Oneida Public Safety & Security Commission Regular Meeting
- February 26, 2026 - Onyote?a•ká ni? i Virtual Session
  - Onyote?a•ká ni? i Virtual Session
- February 28, 2026 - Onyote?a•ká ni? i Community Session and 1 other event
  - Onyote?a•ká ni? i Community Session
  - Onyote?a•ká ni? i Community Session



## December pictures turned in for the coloring contest.

This is amazing seeing all the creative pictures. Each month we get more. Love it. Thank you to all those who entered and to those who donated prizes.



The winners were: first-Hillary Hawk, second (three-way tie)-Barbara King, William VanVoort and Ted Hawk, third (two-way tie)-Lori Jaroskinski and Karin Spangler, fourth Al Manders, sixth-Gloria Hawk, seventh- Melanie Ellis

Others who entered: Elmer Blair, Shirley Wolf, Gerald Doxtator, Christine Redding, Bruce King, Carol Elm, Betty Willems

**PLEASE REMEMBER:** You need to be present to win. It is tough to follow this rule because for one we know there are family or friends that are present and could choose a gift and deliver it to them. Part of the reason for the ruling is we do not want to have to hunt the winner down. Also, we do not want to choose a gift for the winner.

Also, some community members have donated prizes, and we are so grateful for this.

ONCOA sponsored.

# Birthday Celebration for the elders AND Staff of Aging and 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 20<sup>th</sup>, 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!

**Here is the list of the elders that have birthdays in December**

Sandra Brehmer

Debra Kurowski

Jean Webster

Judi Skenandore

Pearl Webster

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. Loretta Mencheski will post on the Congregate Meal Site doors, and we will have a monthly contest on the last Wednesday of each month. **Please put your full name and contact info (phone and/or email) on the back of the picture. You will need to be present to win.** Thank you all for your support and the best of everything to you all.



**In the Fields**  
Tzotzil and the Dakota Breast

# February

AQUARIUS  
 CANDLELIGHT  
 CARNATION  
 CHOCOLATE  
 COZY  
 CUPID  
 FEBRUARY  
 FIREPLACE  
 FRIENDSHIP  
 GROUNDHOG DAY  
 HEART  
 HUG  
 KISS  
 LEAP YEAR  
 LOVE  
 MARDI GRAS  
 PINK  
 PISCES  
 PRESIDENTS DAY  
 RED  
 ROMANCE  
 ROSES  
 SKIING  
 SNOW  
 SWEETHEART  
 VALENTINE  
 WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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