

DRUMS ACROSS ONEIDA

March 2026

Discussions at ONCOA meetings

- **ONCOA WILL BE ON ONEIDA LIVE, MARCH 26, 2026 THURSDAY AT NOON**
- **Community Open discussion at the beginning of every meeting. We are always looking to be the eyes and ears of our elder community, and we request your comments before we start each meeting. We hope to see you at a meeting.**
- The DRUMS newsletter will be coordinated by Aging & Disability vs ONCOA as of this issue.
- ONCOA By Laws – start to update during ONCOA meetings as of the January 27, 2026, meeting
- BC meeting regarding Nursing Home admittance concerns – community member concern
- Parking lot at the meal site needs more disability spaces
- ONCOA budget review
- Elder, community input for budget time for Elder Services and other services within the Nation
- Exiting of elders at GTC meeting
- Review Elder Law Draft 1
- Quarterly report completion assigned to two ONCOA members
- **ONCOA meetings are held on 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 and for instructions to log on through Teams.**

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>

Facebook page: Oneida Aging & Disability Services

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



WISH FOR YOU ALL TO KNOW AND BELIEVE THIS. You hold a treasured trove of wisdom and experiences that can inspire future generations and spread joy to those around you. Every story you share enriches lives and strengthens connections. Your legacy, built on love and laughter, acts as a guiding light for younger generations. Embrace every moment; each day is an opportunity for new adventures and cherished memories. There's so much more to discover about living fully and celebrating all that you've achieved.

DRUMS AND MORE 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, 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 everyone!

To those who subscribed. You should have received an email with a link that opens the newsletters and announcements. Below is what the subscriber will see in their email.



Update_Oneida

Yesterday

To: Tina Jorgensen >

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](#)

ONCOA 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 Osborne 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.

CORRECTION: Three ONCOA members terms will be completed on 7/31/2026.

Claudia Skenandore, can run again.

Sandra Skenadore, can run again.

Winnifred Thomas, cannot run again.

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.

Oneida Nation Commission on Aging (ONCOA)

- It is an advisory board that coordinates with many to meet the needs of the elderly
- Provides input on policy decisions affecting elders and advocates on their behalf
- Conducts community outreach and seeks alternative resources or solutions

Strategic Priorities

- Enhance elder advocacy and resource connections to enhance the well-being of Oneida elders
- Strengthening internal cohesion & capacity by leveraging ONCOA's strengths and opportunities
- Increase elderly engagement and participation while proactively addressing weaknesses and threats

Duties and Responsibilities

- A Commissioner shall be required to attend up to five (5) full days of training/ conferences each year or as limited by ONCOA's approved budget. Exceptions for not attending an assigned training or conference may be made for good cause and must be submitted to the ONCOA Chairperson.
- Regular meetings of ONCOA shall be held on the second (2nd) and fourth (4th) Tuesday of each month, commencing at 1:00 p.m., in the Aging & Disability Conference Room of the Aging & Disability building located in Oneida, Wisconsin. ONCOA meetings shall be run in accordance with Robert's Rules of Order.
- Commissioners must attend and participate in duly called ONCOA meetings. This is critical for the operation of ONCOA and the safety of Elders.
- No Commissioner shall act independently of ONCOA, on behalf of ONCOA, or express and represent views of ONCOA without specific approval from ONCOA.
- Commissioners must adhere to the Oneida Nation's Code of Ethics law.
- Commissioners must honorably protect and uphold the purpose of ONCOA with compassion, caring, honesty, honor, and thoroughness while protecting the privacy and maintaining the safety of Elders.



**JOIN US
FOR
PAINTING WITH
SUE**

MARCH 4TH 2026

1:30 pm in the A&D office
area

2907 S Overland Rd, Oneida WI,
54155

Call Breanna Phillips to sign up
920-869-6828

ONEIDA

GLNAEA MEETING

MARCH 4 & 5 2026

SOKAOGON CHIPPEWA COMMUNITY

MOLE LAKE BAND

MOLE LAKE CASINO, LODGE EVENT

CENTER

is located at 3084
State Highway 55 S,
Crandon, WI 54520.

It is situated approximately seven miles
south of downtown Crandon, Wisconsin.

ONEIDA AGING AND DISABILITY SERVICES

is offering a limited number of rides.

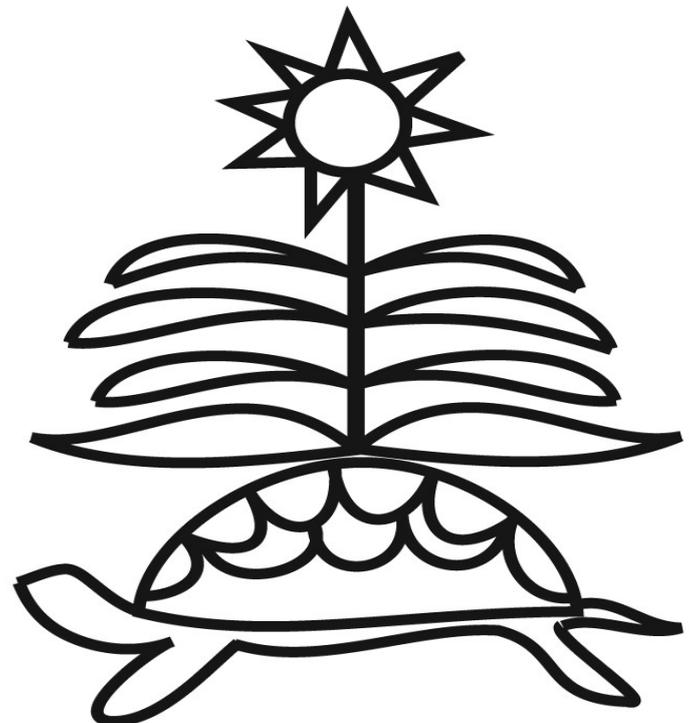
Drop off and pick up.

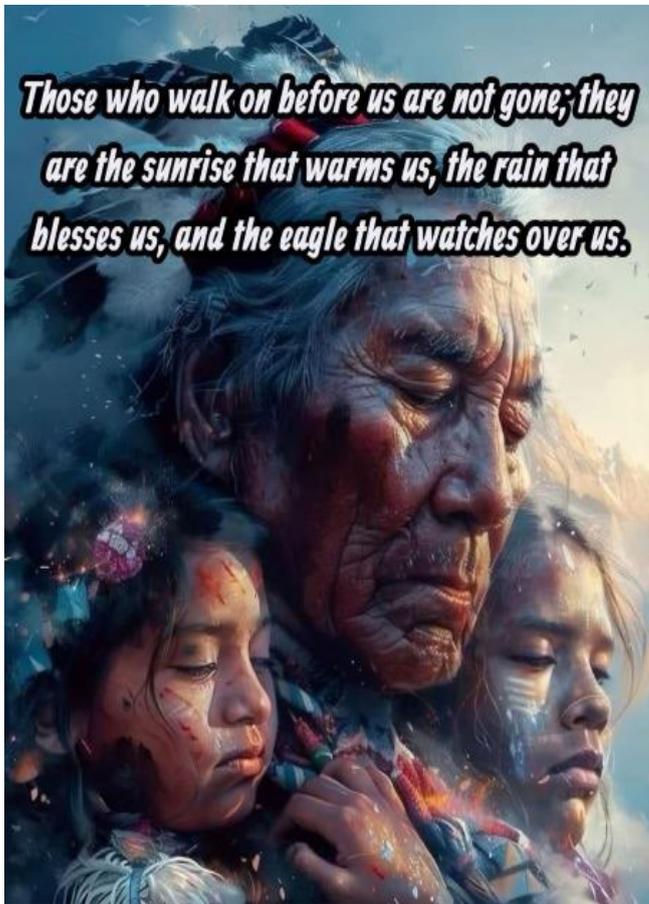
Limited number of seats available.

**Do you have questions about ...
Retirement? Medicare? Medicaid?**

Are you turning
65
soon???

If so, contact your Tribal Elder Benefit Specialist,
Joseph Williams (920)869-6849





Discovery® Dating

*It's not just
about dating!*

Facilitator Training for Community Partners*

March 9 - 12, 2026

8 am - 5 pm *Final day ends at Noon

A healthy decision-making & relationship skill-building curriculum

Free! For community partners
Course fee ~~\$895~~ (includes manual)
REGISTER TODAY - bit.ly/DDFTreg

Training location
Wise Women Gathering Place
1641 Commanche Ave, Suite I, Green Bay, Wis. 54313

LEARN TO FACILITATE

- ✦ Self-discovery
- ✦ Informed decision-making
- ✦ healthy relationships of all kinds.

APPLICATIONS

- ✦ Youth, Adults, Elders
- ✦ Prevention, Intervention
- ✦ Individuals, Dyads, Groups, and Classrooms
- ✦ Different cultures

*Community Partners include:

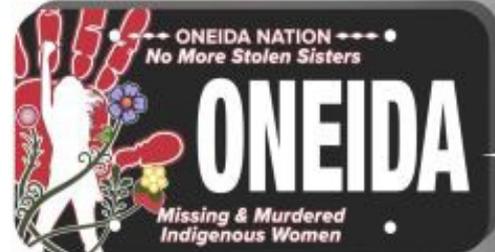
**Service providers, Advocates,
Teachers, Parents, Mentors...**

Everyone can benefit



NOW AVAILABLE MMIW LICENSE PLATES

AVAILABLE FOR AUTO & TRUCK REGISTRATIONS



Prices May Vary

- Auto (Car, SUV) \$55
- Truck (Pickup, larger size SUV) \$55 + Depending on gross weight.
- Specialty fee \$25 – First Year Only
- Annual MMIW donation \$25
- Personalized annual fee - \$15
- MMIW Sticker Decal: \$15 This price includes a \$10 MMIW donation.

For More Information:
(920)496-5310

<https://oneida-nsn.gov/resources/licensing/motor-vehicle/>

DIJANO (Did you know): Saint Patrick

wasn't Irish (born in Britain), blue was originally used instead of green, the first parade was in America (Florida in 1601),

by extension, it celebrates

the heritage and

culture

of the Irish

in general.





Oneida Nation Arts Program

Interested in sharing your talents with the community?
Please fill out the application to be considered to teach
upcoming classes or workshops with the Oneida Nation
Arts Program

Scan the QR code or use the link below :



<https://form.jotform.com/oneidaarts/call-for-instructors>

CALL FOR ARTISTS!



Activities SCAMS Outreach workers Transportation Elder Abuse Resources

“

ONEIDA AGING & DISABILITY SERVICES OFFICE
2907 S OVERLAND RD ONEIDA WI

PLEASE STOP BY OUR OFFICE AND SEE ALL THE FREE RESOURCES & MATERIAL INFORMATION TO TAKE HOME, READ AND SHARE.

”

Housing Options Support Caregiving Doctor Visits Meals Elder benefits



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

Monday, March 9th

10:30am-11:30am

Elder Conf. Room

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!



Oneida Aging & Disability
employees will be taking



9 LUCKY WINNERS

that were picked
at the Valentines
Day Party

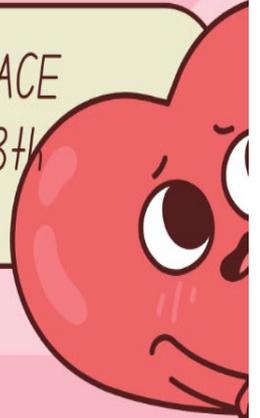
for A **FREE LUNCH**



at THE RITE PLACE

Friday March 13th

at 11:30



ONEIDA

good mind. A good heart. A strong fire.

920-869-2448

ONEIDA AGING & DISABILITY SERVICES GIFT SHOP

2907 S. Overland Dr Oneida, WI HOURS 9-4PM

Did you know we sell Baby Moccasins,

leather bracelets,

Pendants w/matching earrings,

dolls, lamps and more....



ONEIDA COMMUNITY
LIBRARY PRESENTS

Language Study Club

Join us for Language Study Club, a space to practice your language skills with library staff using the tools on the web and our resource center.

**UPCOMING: MARCH 17TH
EVERY 3RD TUESDAY AT 4:30P**

ONEIDA COMMUNITY LIBRARY
201 ELM ST. ONEIDA, WI 54155

Mindful Aging

TUESDAYS @11AM

March

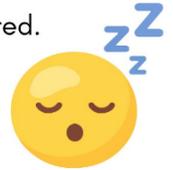
2nd-Indigenous Women's Trivia*

Drop-in & test your knowledge. Participants receive Rez Survival bags, Haho! *Registration required.



16th-Sleep Quality

How much sleep do we need? Are routines before bed, good? Is it okay to have my smartphone near? Join us and learn the answers and more!



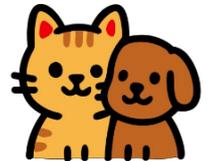
6th-Art Lab

April

Drop in, raid our art closet, start a project!

20th-Pet Awareness

Are you thinking about adding a furry friend to the fam? Come and hear about the benefits of pets!



Oneida Community Library
201 Elm St. Oneida, WI 54155 820.269.2210

GROUP PAINTING

ONEIDA COMMUNITY LIBRARY
201 ELM ST. ONEIDA, WI 54155

MARCH 18 Shades of Sage

Painting only in hues of green.



APRIL 15 Painting your Pet



MAY 20 Painting Teacups*



**Starts at 11AM, please
call us to reserve your
seat! 920.869.2210**

Oneida Community Library
Kanuhshate tk'ayá'tuh yewan'nutá'kwa
"Building Where They Keep the Reading
Books."

Green Earth Branch Library

Awa·la Ohustya

Mission Statement

To provide for informational needs of the Oneida Community, while building a collection that reflects our unique Oneida Heritage. All persons will have access to current, balanced materials, services, and programs, that will enrich their informational, cultural and recreational needs.

Website:

<https://oneida-nsn.gov/education/library/welcome/>

2026 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

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

Unpacking Ultra-Processed Foods

Friday, March 6

9:30–11:30 a.m.



Join us to learn what ultra-processed foods are and explore why people who eat less of these packaged foods tend to have better health outcomes. Participants will gain confidence in making food choices that support their brain health and overall well-being. The program will end with a Q&A session. Free and open to all.

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

Guest Presenter: Beth Olson, PhD

Register to attend in person in the Onieda Nation by contacting Shendola Flores at 920-869-4995.

Held at:

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 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:



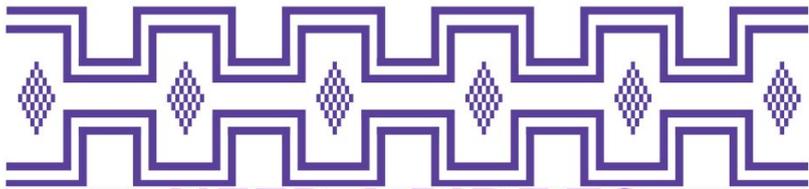
Ageing and Disability Resource Center

Your Bridge to Support



ONEIDA

The ADRCs of Brown, Dane, Dodge, Door, Eagle Country, Fond du Lac, 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.



NEED A RIDE TO ACTIVITIES?

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

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

PLEASE CALL
24 HOURS AHEAD
TO
SCHEDULE
PICK-UP



ONEIDA

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



How Should Oneida Nation Address Future Energy Needs?

Please use the QR code or internet address to answer a few questions. **Thank you for your input.**



<https://forms.office.com/g/TGpBeVjC2a>

Questions or comments? Please contact:

Mike Troge, Energy Projects Manager
Engineering Department
mtroge@oneidanation.org
920-869-4571

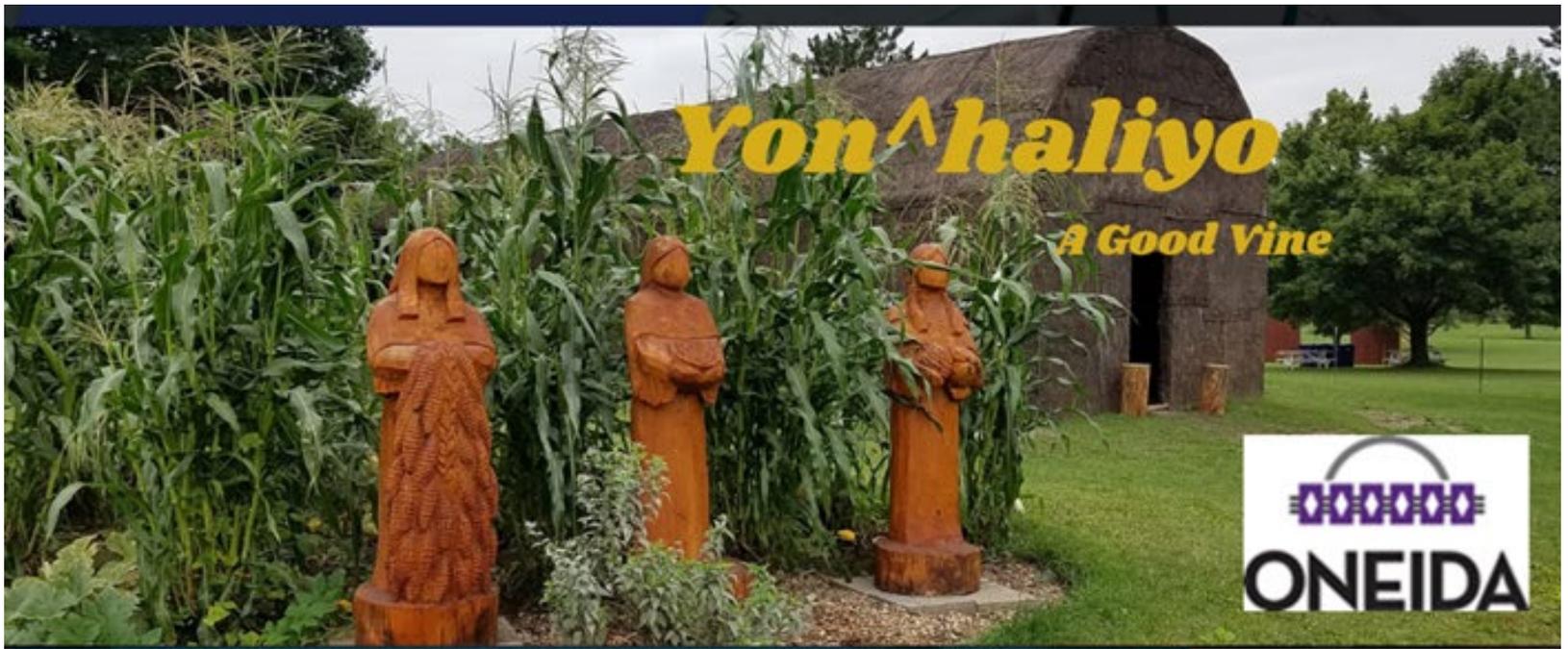


Please look in on the elders in your area, they may need help, or just a good visit from you.



SCAN HERE FOR ONEIDA LANGUAGE COMMUNITY SURVEY





A Mile in My Moccasins Mile 2

Guided Journaling Group for Women
who have been affected by Domestic
Violence



Place: Oneida Community Library
201 Elm St. Oneida

Time: 12:10-12:50

(lunch hour - a light lunch will be provided)

Dates:

February 10, 24

March 10, 24

April 7, 21

May 5, 19

June 2, 16

- *Week 1*
 - *Generational Trauma w/ Elizabeth Creapeau from OBH*
- *Week 2*
 - *Identifying Your Traumas & Triggers*
- *Week 3*
 - *Childhood Trauma*
- *Week 4*
 - *Connecting with your Inner Child*
- *Week 5*
 - *Breaking the Cycle*
- *Week 6*
 - *Holistic Healing & Wellness w/ Dr. Amy Williams from OBH*
- *Week 7*
 - *Future Self & Reflections*
- *Week 8*
 - *MMTW*
- *Week 9*
 - *Guided Mediation w/ Randy Cornelius*
- *Week 10*
 - *Reflections*

Contact Us:

920-490-3894

Stacy Skenandore sskena13@oneidanation.org

Desiree Waubano dwaubano@oneidanation.org

YCA_General@oneidanation.org

JUST MOVE IT ONEIDA



JUST MOVE IT ONEIDA

MARCHING TOWARD HEALTH



**WEDNESDAY,
MARCH 18TH - 4-6PM**

ONEIDA NATION ELEMENTARY SCHOOL
N7125 SEMINARY RD, ONEIDA, WI 54155

**Free JMIO Mini Lunch Cooler
to the first 100 participants.**

**FREE
SOUP & SNACKS**

WHILE SUPPLIES LAST

**2026 PUNCH
CARD**

Attend 8 of the 11 JMIO events in 2026 to be entered in the grand prize drawings at the end of the year.

- Walk 1-3 miles inside or outside the school.
- Kid games in the gym.



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

920-490-3927 hleisgan@oneidanation.org Justmoveit Oneida

1/30/26

Oneida Aging and Disability Services list 2026
2907 S. Overland Rd., Oneida, WI 54155
Monday-Friday 8:00am-4:30pm
Main number: 920-869-2448 Toll Free: 1-800-867-1551
Oneidaaging_info@oneidanation.org

24-hour answering service for after-hour electric, plumbing, or heating emergency needs: 920-869-2448 option 7, (limitations and approval may apply)

AVAILABLE SERVICES

SERVICE SPECIALIST-Chrissy Liggins 869-6847

- First point of contact for services
- Home Chore/Minor home repair requests
- Disability fund applications
- Loan closet applications
- Snow removal/lawn cutting/garbage list

ACTIVITY SPECIALIST – 869-6831

- Wellness/exercise activities
- Social activities
- Outings
- Elder bingo
- Crafting/classes
- Rides available for activities by scheduling ahead of time

OUTREACH WORKER-Patti Harms 869-6839

OUTREACH WORKER- 869-6840

- Support visits for homebound, Nursing home, or hospitalized
- Evidenced based program training (Bingocize)
- Referrals to other resources
- Tips for increased health and safety in the home
- IADL assistance (Transportation for shopping/groceries/Banking)

CONGREGATE MEALS/MEALS ON WHEELS-Loretta Mencheski 869-6844

***call 869-2448 for meal reservations and cancelations**

- Sign-up for Congregate meal site
- Meals on Wheels assessments
- Nutrition program supervisor

NATIVE AMERICAN FAMILY CAREGIVER-Schuyler Metoxen 869-6830

- Voucher program coordinator for family caregivers
- Monthly support group for family caregivers
- Alzheimer's family caregiver support program
- Respite care for caregivers
- Alzheimer's/dementia loan closet

TRIBAL AGING & DISABILITY RESOURCE SPECIALIST- Carol Bogda 869-6834

- Long-term care functional screen to determine eligibility for LTC
- Assistance with Medicaid application for LTC eligibility
- LTC option counseling



WHY EXERCISE?

REGULAR EXERCISE CAN PREVENT OR MANAGE HEART DISEASE AND DIABETES. IT IMPROVES BLOOD PRESSURE, BLOOD SUGAR, AND BLOOD FAT LEVELS.

BEING ACTIVE ALSO HELPS YOU FEEL MORE IN CONTROL OF YOUR LIFE

- Information and assistance

TRIBAL BENEFIT SPECIALIST-Joseph Williams 869-6849

- Public benefit application assistance (FoodShare, Medicare, Social Security, disability, etc.)
- Assist with completing medical assistance, energy assistance, community support/catastrophic applications
- Medical supplies assistance
- Referrals for estate planning (last will and testament, living will, power of attorney)
- Certified SHIP (State Health Insurance Assistance Program) counselor
- Processes Senior Care applications

ELDER ABUSE-Breanna Phillips 869-6828

- Addresses elder abuse concerns
- Support and connection with proper resources
- Supervises Outreach, NAFCG, activities, and service specialist

OFFICE MANAGER-Tracy Smith 869-6846

- Lifeline assistance
- Senior companion program
- Money handling
- Purchasing processes

HOME REPAIR SUPERVISOR-Joe Sexton 869-6852

ADMINISTRATIVE ASSISTANT-Patti Stueber 869-6854

DIRECTOR OF ONEIDA AGING AND DISABILITY-Jodi Tess 869-6845

- Rave signup
- All programming

Any comments or concerns please contact:

Aging and Disability Director, Jodi Tess, 920-869-6845

jtess@oneidanation.org

LIFELINE ASSISTANCE CALL: 920-869-6846

Get connected to phone or internet service. **Lifeline** is a federal **program** that lowers the monthly cost of phone or internet service.



ROOTED HOLISTIC HEALING & WELLNESS FAIR

March 21st 10AM - 5PM

GREEN BAY, WI

Oneida Casino Hotel
2040 Airport Dr. Green Bay, WI 54313, United States

\$5
ADMISSION
FREE
WORKSHOPS

Holistic vendors and practitioners offering holistic wellness solutions, natural herbal solutions, local raw unfiltered honeys, psychic readings, crystals, wellness coaching, energy work, organic products, essential oils, and more.



UP CLOSE AND PERSONAL WITH:
Patti Stueber, Administrative Assistant for
Oneida Aging & Disability Services office
Located: 2907 Overland Rd. Oneida Wi.

I started working for the non-gaming side of the Oneida Nation in September 2025. I consider myself still new here, because I am still learning. I believe in our vision and mission statement, and I enjoy in assisting in any way I can. Every human being is special, but no-one is more special than my granddaughter Ryah. My Adult Children Steven, Evan and Rylee keep me going, I love them all so much.

The best advice I have heard is: Stay humble and be kind. Life is hard, so make sure you include Fun! (I made up the second comment... 😊)

Throughout my career, my work has always centered around helping others. When Claudia Skenandore asked me to assist with the Drums, I felt honored — and I'm genuinely excited to take over this responsibility. This newsletter carries so much valuable information for our Elders, and I'm proud to contribute to something that supports and uplifts our community.

I have strong roots in Oneida, tracing back to Cora and Jonas House. I recently returned to Wisconsin from the Chicagoland area.

I have been an artist most of my life, many years of art shows, including Woodland Indian Art events. I included one of my paintings. This painting is a watercolor that I painted years ago. I love painting mostly nature, my birdwatching has inspired me a lot. You can see one of my bird paintings at the Oneida Hotel. That painting shows Sandhill Cranes flying through the night. Hopefully you will see more of my artwork for years to come.

Aging & Disability Vision:

We provide Quality home and community-based programs for elders and are a model for other aging entities.

Aging & Disability Mission:

To assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

COPIED from March 2002 DRUMS

THIS WAS WRITTEN BY AN 83 -YEAR- OLD WOMAN TO HER FRIEND

Dear Friend of Mine,

I'm reading more and dusting less.

I'm sitting in the yard & admiring the view without fussing about the weeds in the garden.

I'm spending more time with my family & friends & less time working.

Whenever possible, life should be a pattern of experiences to savor, not to endure. I'm trying to recognize these moments now & cherish them. I'm not "saving " anything. We use our good China & crystal for every special event, such as losing a pound, getting the sink unstopped, or the first Amaryllis blossom.

I wear my good blazer to the market. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries.

I'm not saving my good perfume for special parties, but wearing it for clerks in the hardware store & tellers at the bank.

"Someday & "one of these days" are losing their grip on my vocabulary .If it's worth seeing or hearing or doing, I want to see & hear & do it now.

I'm not sure what others would've done had they known they wouldn't be here for tomorrow that we all take for granted. I think they would have called family members & few close friends. They might have called a few former friends to apologize & mend fences for past squabbles. I like think they would have gone out for Chinese dinner or whatever their favorite food was. I'm guessing: I'll never know.

It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that i intended to write "one of these days". Angry & sorry that I didn't tell my husband & parents often enough how much I love them.

I'm trying hard not to put off, hold back, or save anything that would add laughter & luster to our lives and every morning, when I open my eyes, I tell myself that it is special. Every day, every minute, every breath truly is a gift.

Take a few minutes to pass this on to a few people you care about, just to let them know you're thinking of them.

People say true friends must always hold hands, but true friends don't need to hold hands because they know each other hand will always be there.

I don't believe in Miracles.... I RELY on them!



Indian Health Service

The Federal Health Program for American Indians and Alaska Natives



Mindful Movement - Mindfulness can help bring awareness to the present moment with an open and non-judgmental mind. One can center and connect with the land, ancestors, and nature by being present in silence and focusing on each breath. Mindful movement can be a first step in centering in your day.

Healing practices like mindfulness and mindful movement can help reduce the cycles of stress by allowing a more peaceful self to emerge.

Which option is right for you?

Mindful exercise can fit any level of fitness, age, or health condition. One way to begin is by joining a yoga or tai chi class led by a qualified instructor. If classes are not available in your area, try a video by Indigenous instructors. For an example, visit [Native Strength Revolution.org](https://www.NativeStrengthRevolution.org) .

A pose you can start with is the [Savasana yoga pose](#). Simply lie flat on your back with your arms and legs extended, eyes closed, to reach complete physical and mental relaxation. This practice can lower blood pressure even when practiced for a few minutes daily.

Learn about yoga effectiveness and safety at the National Center for Complementary and Integrative Health website, at <https://www.nccih.nih.gov/>.

Meditative walking connects you to your senses and can nourish your relationship with Mother Earth. A morning walk can bring calm and awareness to your day. Feel your feet as you become grounded with the Earth. Take a few deep breaths. If your mind is agitated, walk slowly until you are in the moment with each step.



Hatha yoga combines yoga poses with breathing and meditation. Examples of poses are legs-up-the-wall, child's pose, cat-cow, downward-facing dog, and warrior. Poses can be modified. Yoga is known to reduce stress and help with neck or back pain.

Traditional dance can be mindful movement. When dance calls for you to focus on your body and each movement, connecting you to the moment, the earth, and nature, this can be mindful movement.



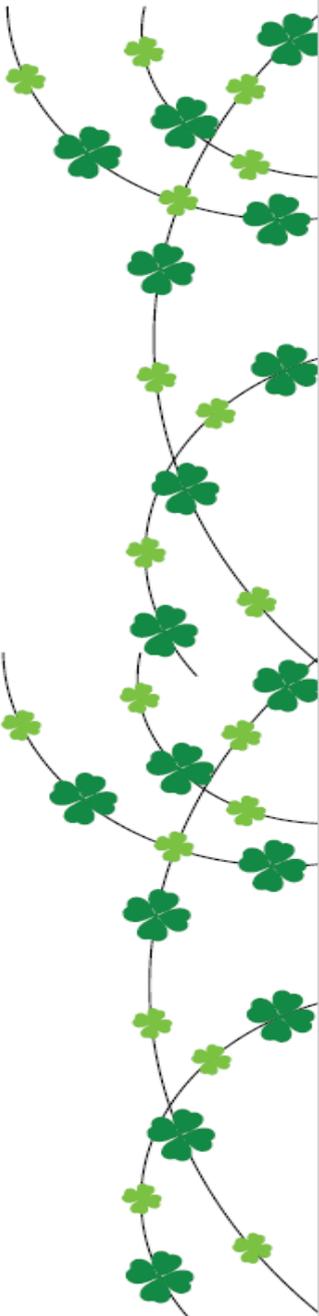
Tai chi combines slow, gentle movements and poses with meditation and controlled breathing. Tai chi can reduce stress and improve balance. There are many styles of tai chi. Tai Chi Chih can be a good starting place. For a demonstration, watch [Tai Chi Chih - Joy Through Movement](#) on YouTube.com.



Thank you to Oneida Behavioral Health, Shannon Hill for the information on this site.



MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:45 - Mindful Aging (Oneida Library)	3 10:00 - BINGOCIZE (A&D office Ared)	4 1:30 - Painting w/ Sue GINAEA @ Mole Lake Hotel Casino	5 10:00 - BINGOCIZE (A&D office ared)	6 9:45 - Shopping & Lunch (Meijer)
9 10:30 - Book Club *Books will be included (E.C.R)	10 10:00 - BINGOCIZE (A&D office ared) ONCOA Meeting	11 10:30 - Talk & treats w/ Jodi (E.C.R) 1:30 BINGO (Meal Site)	12 10:00 - BINGOCIZE (A&D office Ared) 1:30 - Stroke Prevention Speaker (Pod A)	13 1:30 - Shopping (Woodmans) Staff will be out in the morning for elder & staff lunch winners
16 10:45 - Mindful Aging (Oneida Library)	17 1:30 - Make shamrock shakes & social (A&D office Ared) St. Patricks Day	18 10:30 - Group painting (Oneida Library) 1:30 - March themed craft (A&D office ared)	19 10:30 - Poetry w/ Gary (E.C.R)	20 9:45 - Shopping & Lunch (Festival West)
23 10:00 - coffee & puzzle social (A&D office ared)	24 A&D office area open for self lead activities ONCOA Meeting	25 1:30 BINGO (Meal Site)	26 10:00 - Chair yoga (A&D office ared)	27 9:45 - Shopping & Lunch (Walmart De Pere)
28 10:00 - Active games (A&D office ared)	29 A&D office area open for self lead activities	30 9:45 - Wild life sanctuary & lunch	31 A&D office area open for self lead activities	

Activities are subject to change if necessary **ACTIVITIES FOR ELDERS 55 & OLDER *INFORMATION ABOUT EACH ACTIVITY IS LOCATED IN THE ACTIVITY BINDER FOUND AT THE MEALSITE OF AJNH ALL ONCOA MEETINGS WILL BE HELD IN THE ELDER CONFERENCE ROOM @ Aging & Disability STARTING AT 1:00PM. OPEN TO ALL ELDERS**

** Please contact Breanna Phillips if you have any questions: 920-869-6628 or bweber1@oneidanation.org



March Menu 2026

Meals are served 12:00-12:30 PM

Menus are subject to change due to availability

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Applesauce (15 gm)</p>	<p>3 Corn Soup (5gm) Turkey & Swiss WG bun (22 gm) Coleslaw (3 gm) Diced Peaches (15 gm) Crackers (8 gm)</p>	<p>4 Marinated Chicken Breast Baked Potato (15 gm) Seasoned Mixed Veg (10 gm) WG Dinner Roll (10 gm) Diced Pears (15 gm)</p>	<p>5 Creamy Swedish Meatballs Mashed Potatoes (15 gm) Seasoned Broccoli, Cauliflower, & Carrots WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)</p>	<p>6 Pizza- congregate Chicken Booyah (7 gm) WG biscuit (27 gm) Chef Salad Fresh Fruit (15 gm)</p>
<p>9 Oneida Beef & Bison Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Applesauce (15 gm)</p>	<p>10 Homemade Meat Sauce from Oneida Beef Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Mandarin Oranges (15 gm)</p>	<p>11 Chicken Dumpling Soup (5 gm) Turkey & Provolone on WG bun (22 gm) Fresh Fruit (15 gm) SF Fruit Gelatin (10 gm)</p>	<p>12 Beef Stew (<i>beef tips with potatoes, vegetables, and gravy</i>) (8 gm) Mashed Potatoes (15 gm) Herb Seasoned Carrots WG Dinner Roll (10 gm) Fruit Cocktail (15 gm)</p>	<p>13 Fish Patty on WG Bun (22 gm) Roasted Red Potato (15 gm) Seasoned Cauliflower Pineapple Tidbits (15 gram)</p>
<p>16 Beef Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)</p>	<p>17 Boiled Dinner (10 gm) WG Biscuit (15 gm) Coleslaw Diced Peaches & cottage cheese (20 gm) St Patty's Cookie (22 gm)</p>	<p>18 Oven Roasted Turkey Mashed Potatoes (15 gm) Squash (15 gm) Fresh Fruit (15 gm) WG Dinner Roll (10 gm)</p>	<p>19 Stroganoff Beef Tips Mashed Potatoes (15 gm) Herb seasoned Broccoli Diced Pears (15 gm) WG Dinner Roll (10 gm)</p>	<p>20 Potato & Ham Soup Ham & Cheddar on WG bun (22 gm) SF Fruit Gelatin (10 gm) Pineapple Tidbits (15 gm) Crackers (8 gram)</p>
<p>23 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm) Raw vegetables</p>	<p>24 Homemade Meatloaf from Oneida Beef & Bison Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)</p>	<p>25 Sloppy Joes made with Oneida Beef WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers Fruit Cocktail (15 gm)</p>	<p>26 Italian Sausage/ w/sauerkraut Boiled Potatoes (15 gm) Herb-spiced broccoli, cauliflower, and carrots Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)</p>	<p>27 Tuna Noodle Cass (20 gm) Seasoned Peas (10 gm) Diced Peaches (15 gm) SF Fruited Gelatin (15 gm) WG Dinner roll (10 gm)</p>
<p>30 Sweet BBQ Ray's Shredded Chicken (3 gm) Whole Wheat Bun (22 gm) Coleslaw Seasoned Mixed Veg (10 gm) Applesauce (15 gm)</p>	<p>31 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</p>			

• 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

March is Peanut, Quinoa & Frozen Foods Month

Information provided by www.gwaar.org/nourishstep

Peanuts are a nutrient-rich snack with healthy fats, protein, fiber, vitamins, minerals, and antioxidants. Watch the portion size; they are high in calories.

- 1 oz (35 pieces) Roasted Peanuts; nutritional facts: 160 calories, 14 grams fat, 190 mg potassium, carbohydrates 4 gm, and 7 gm protein



Quinoa: a gluten free, complete protein grain

- High in fiber and heart-healthy nutrients
- Check out recipes to make quinoa at:



<https://foodhero.org/recipes/recipe-categories/quinoa>

Frozen Food NOURISH Steps:

- Compare sodium, saturated fat, and added sugar on frozen food labels
- Choose frozen fruits and vegetables with added salt or sugar
- Add frozen vegetables to rice dishes to increase fiber



Frozen Fruit Yogurt Recipe

Ingredients

- 4 cups of Frozen Fruit (without added sugar)
- 1 Cup Plain or Vanilla Greek Yogurt

Directions

Add frozen fruit and yogurt to blender or food processor and blend until creamy, for about minutes. It may be stored in freezer for up to 30 days. Place it in a container that can be frozen.



**HOLY APOSTLES
CHURCH**



2025 FISH FRYS

**DATES: February, 20 & 27
and March 6, 13, 20 & 27**

TIME: 3 to 6 PM, or until gone

Price \$15 Dine in or take-out

**Meal includes Fish, Cole slaw, potato, bread,
beverage and dessert**

**There will also be a 50/50
Raffle—Tickets sold each Fri-
day. The drawing will be Friday
March 27th**



**The events will be held in the Parish Hall - located di-
rectly across the road from Holy Apostles Church
(The Stone Church) 2937 Freedom Rd,
Oneida Any questions call 920-869-2565**

Oneida Land Claims Commission

Book Club
Tuesday,

Mar 10, 24
5:00 pm

Let's talk History,
Rights, Treaties,
and Oneida Land
Claims

Books provided
Pick up at NHC
Front Office

Food and Light
Refreshments

Where:
Norbert Hill
Center Cafeteria

N7210 Seminary
Rd. Oneida, WI
54155

Meet the Land
Claims
Commission



OLCC Ofc: 920-869-4432



Oneida-nsn.gov/OLCC



Do you want program
updates from Oneida Aging
and Disability?

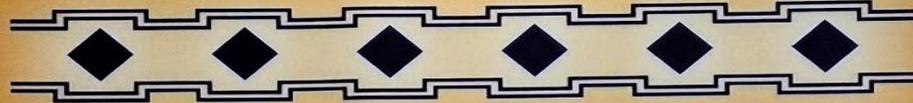
Yes, please! I would like to know
about activity schedules,
speakers, and all updates



Great! Please call Jodi at
920-869-6845 for assistance
with signing up for RAVE
ALERTS



A government. A good heart. A strong life.



Vision:

A Nation of strong families built on
Tsi ʔNiyukwaliho TÁ and a strong economy

Mission Statement:

To strengthen and protect our people,
reclaim our land and enhance the environment by
exercising our sovereignty

Core Values

The Good Mind

as expressed by OnΛyoteʔa•ká

Kahletsyalúsła (*Gahlay-ja-loo-sla*)

The heart felt encouragement of the
best in each of us

Kanolukhwásła (*Gano-loo-kwa-sla*)

Compassion, caring, identity,
and joy of being

Kaʔnikuhli·yó (*Ga-nee-goo hlee yo*)

The openness of the good spirit and mind

Kaʔtshatstásla (*Ga-stat-stuh-sla*)

The strength of belief and vision as a People

Kalihwi·yó (*Galeeh-wee-yo*)

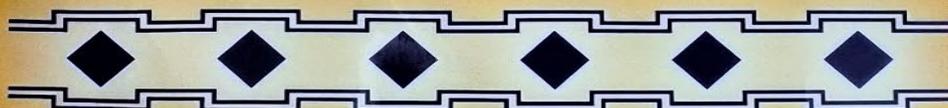
The use of the good words about
ourselves, our Nation, and our future

TwahwahtsíláyΛ (*Dwah wah jeeleye*)

All of us are Family

YukwatsístáyΔ (*You-gwa-jees-stai*)

Our fire, our spirit within each one of us



Oneida Naming FAQ's & Process

Oneida Cultural Heritage Service Request

DO YOU HAVE TO BE ENROLLED ONEIDA TO GET A NAME?

No, we do not follow enrollment but we do follow our maternal line.

IS THERE AN AGE LIMIT TO GETTING A NAME?

No, people can get their name at any age.

HOW DO I GET A NAME FOR MYSELF OR FAMILY MEMBER?

You would meet with a female faithkeeper or woman from your clan to find a name for you.

WHAT IF I DO NOT HAVE A CLAN?

You would meet with any of the female faithkeepers to find your family line or be adopted by a clan

WHERE DO NAMES COME FROM

Names come from the mother or from women in the baby's clan. Dreams, type of day during birth, type of pregnancy are considered when naming a child.

WHEN DO I GET A NAME?

Some babies are given names at birth. Other times, meetings are set up with faithkeepers or other women in the clan to help pick a name.

WELCOMING CEREMONY

A man from the mother's side usually welcomes the newborn with a welcoming speech in the Oneida language. This is an introduction of the child to all of creation and to the family members present. The speech is followed by a men's chant song-Atuwa.

LONGHOUSE NAMING DAY

Names are elevated or raised during specific ceremony times throughout the year; Midwinter, Strawberry, and Harvest.

To request service and for more information contact Oneida Cultural Heritage:

Please call (920) 496-5384, or email

CulturalHeritage@oneidanation.org

and have the following information available if applicable:

Name

Contact Information

Reason for request

Number of participants

Request date

Alternate date

Time or length of service

Age

Location



Anna John Resident Centered Care Community

ACTIVE INSURANCE CONTRACTS FOR SHORT TERM AND PHYSICAL THERAPY

Medicare and Medicaid
Humana
WPS

Aetna
I Care – Independent Care

Common Ground
Security Health Plan

NOT PARTICIPATING / IN PROGRESS (*)

Anthem *
Molina *
UHC

HealthPartners *
My Choice WI *

MHS-Managed Health Care *
Prevea360 *

Only Medicaid covers long-term care

Need assistance selecting the right insurance for you?

Oneida Aging & Disability Services Benefit Services Joseph Williams at 920-869-6849

Will provide information, assistance and administrative representation to Oneida tribal enrolled elders aged 55+ that reside within the Oneida Reservation boundaries. Additionally, this paraprofessional performs a variety of duties relating to public benefits for elders and coordinates with other county, community, tribal and governmental agencies under the direction of the Regional Legal Assistance office.

Will assist with forms: Medical Assistance, Medical Supplies, Energy Assistance, and Community Support/Catastrophic application processing. Provide referrals for estate planning such as Last Will and Testament, Living Will, Durable Power of attorney for Health Care, and Durable Power of Attorney for Finances. Assists elders with setting up Burial Account-information.

Out of reservation boundaries, you can also contact Mr. Williams for referral to other areas.



Words of Encouragement

- You are loved more than you know.
- You make a difference just by being you.
- Today is better because you're in it.
- Your strength inspires me.
- Age is just a number... an impressive one! You impress me.
- You are deeply valued, just as you are.
- Peace can be found even in stillness.
- Your presence in this world matters.
- **Thank you for being the best you possible today.**

MARCH Memory Café

MARCH 11, 2026 1:30PM-3:00PM

Main Conference Room at the Oneida Health Center

Memory Café is open to anyone the with early memory loss and other dementia symptoms. Feel free to bring your spouse, friend, family member, or significant other to this fun, comfortable environment. It's a great way to socialize and connect in an understanding stigma-free setting.

**Memory Café happens every 2nd
Wednesday of the month.**

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

This month's activity is a spring wreaths.



**ONEIDA COMMUNITY
HEALTH CENTER**



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

Oneida Tribal Aging & Disability Resources



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

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

SERVICES



Information & Assistance

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



Options Counseling

Provide counseling about options to meet long term care needs



Enrollment counseling

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

TRIBAL AGING & DISABILITY RESOURCE SPECIALIST

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

Oneida Aging & Disability Services
2907 S. Overland Rd.
Oneida WI 54155
920-869-2448



Relative Caregiver GROUP

Are you a grandparent, aunt, uncle, sibling, or other relative raising a child? You're not alone. Our Relative Caregiver Support Group offers a safe, welcoming space to connect with others who share similar experiences. We provide emotional support, practical resources, and guidance to help you navigate the unique challenges of caregiving. Join us to share stories, gain insights, and build a community of strength and understanding. Together, we support each other and the children we care for.

Join us for a light meal
Guest speakers
Family fun activity

Second Tuesday of the month
February 10th: Virtual 5-6
March 10th: Caregiver centered 5-6:30
April 14th: Caregiver centered 5-6:30
May 12th: Caregiver centered 5-6:30
June 9th: Family fun event Time: TBA
July 17th: Family fun event Time: TBA
August 12th: Family fun event Time: TBA
locations of meeting will be announced
at the end of the previous meeting
Please call the number below
to sign up!

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

Ka?nikuhli:yo Family Center

Office: 920.490.3707 Kathleen

Location: 2640 West Point Rd, Green Bay, WI 54304

LIST OF UPCOMING EVENTS/MEETINGS from the ONCOA agenda

ONCOA Meetings

- March 10, 2026, 1:00pm, Aging and Disability Services Conference Room
- March 24, 2026, 1:00pm, Aging and Disability Services Conference Room
- April 14, 2026, 1:00pm, Aging and Disability Services Conference Room

GTC Meetings – none scheduled as of this date

Great Lakes Native American Elders Association (GLNAEA) Events

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

Nutrition Advisory Board, meal site (3rd Thursday every month)

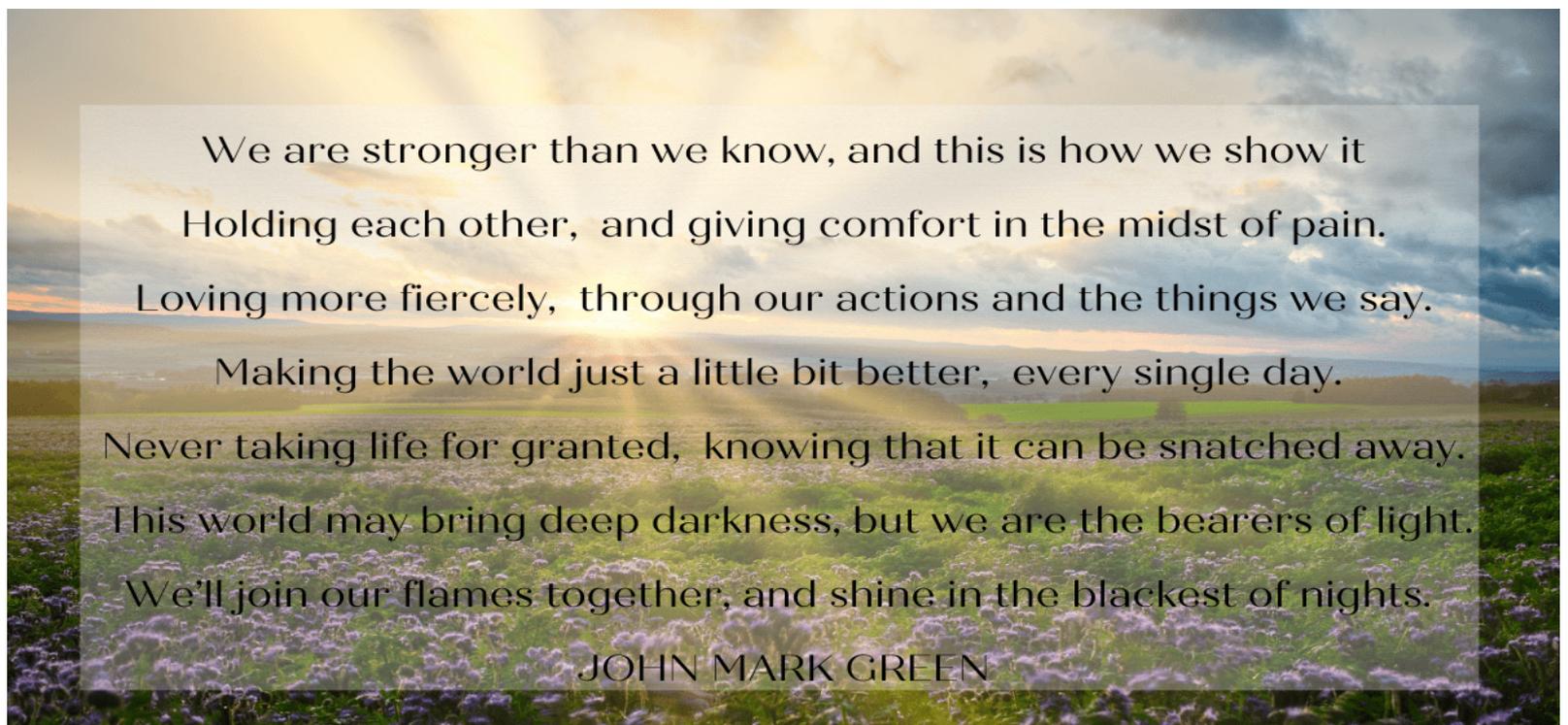
- March 19, 2026, 1:00pm in Congregate Meal Site

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 – March 25, 2026



Social media - The Oneida Nation requires business units who operate a social media domain on behalf of the Nation to register that account with the Tribal Secretary's office. Here is where you can find more lists for more social media accounts (more than just Facebook):

<https://oneida-nsn.gov/connect/social/#Facebook>. List of registered accounts for Facebook.

Oneida Nation – Official Facebook

Oneida Green Earth Branch Library

Kalihwisaks – She looks for news

Olihwaka·yú – Oneida History Program

Oneida Community Library–Oneida, Wisconsin

Oneida Environmental, Health and Safety Division

Oneida Family Fitness

Oneida Farmers Market (Wisconsin)

Oneida Foster Care

Oneida Film Society

Oneida Higher Education Department of Wisconsin

Oneida Housing Authority

Oneida Nation Community Education Center

Oneida Nation Museum

Oneida Nation School System

Oneida Parenting Program

Oneida Police Department

Oneida Recreation

Oneida Tribe Child Support

Oneida Tribe of Wisconsin Elder Services

Oneida Vocational Rehabilitation

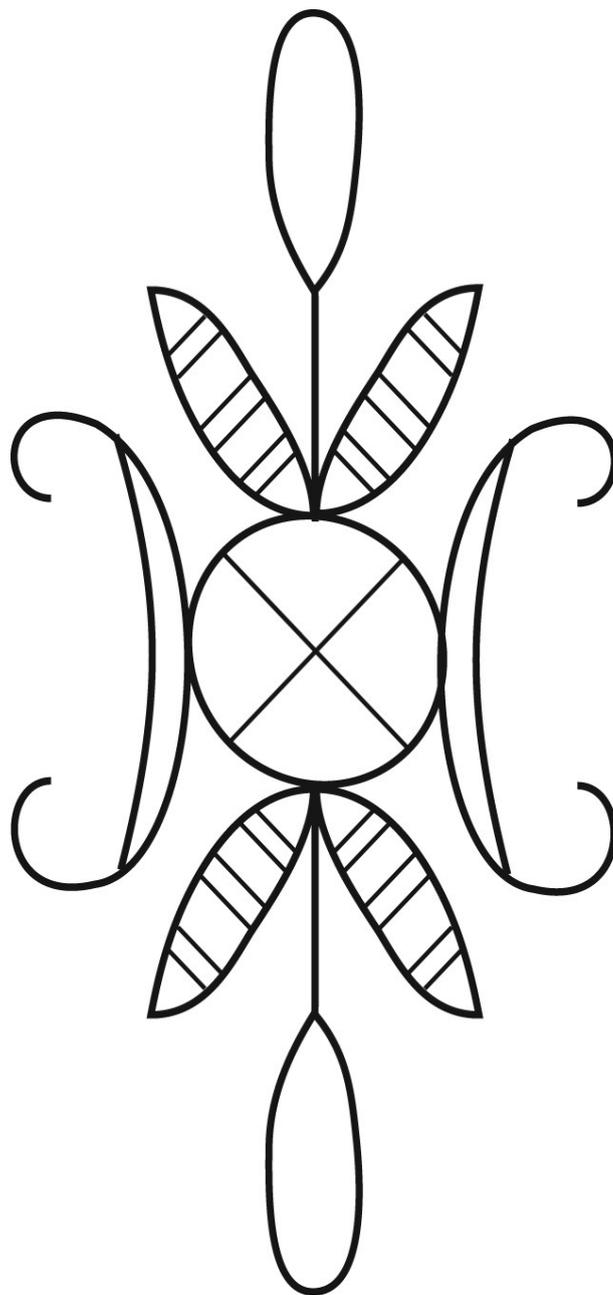
Tekantyohkwaknyehse (I Vote)

The Official Miss Oneida Page

Tsyunhehkwa – Life Sustenance

Oneida Comprehensive Health Division

Tsi? niyukwalihotʌ – Our ways



If you have FB (Facebook), please like all these pages for regular updates and information.

SAVE THE DATE!

SHARE THE CARE
INDIGENOUS CANCER CONFERENCE
JUNE 23-25, 2026

At the Lake of the Torches Resort Casino - Convention Center

LOTIC Hotel
Scan Here!



510 Old Abe Road, Highway 47

Lac du Flambeau, WI 54538

{Call 715-588-9200 or scan the code to Reserve your Room!}



**GREAT LAKES
INTER-TRIBAL
COUNCIL INC.**



FMI contact: Juanita Thompson, (jthompson@glitc.org),
Mandy Christensen (mchristensen@glitc.org),
or Christian Nguyen, (cnguyen@glitc.org)
or call 715)588-3324

Wicancer.org
Scan Here!



Great Lakes Inter-Tribal Council, Inc. (GLITC)

Planned Meetings and Trainings by Aging & Disability Services

- Tribal Aging Unit Association Meetings; every other month
- Tribal Fiscal Training; annual training
- Tribal Cooks Training; annual training

Partner Events, Trainings, and Meetings

Partner Events

- Aging, Disability, and Independent Living Network Conference (BADR)
- Healthy Aging Summit (WIHA)
- Title VI Training and Technical Assistance Conference (ACL)
- WAND (Wisconsin Association Nutrition Director) Conference (WAND)

Meetings

- ACE Meeting (GWAAR)
- ADRConnect Meeting (ORCD)
- Caregiver Coordinator Statewide Meeting (GWAAR)
- ORCD and Tribal Partner Meeting (ORCD)
- Quarterly Health Promotion Statewide Meeting (GWAAR)
- WAAN Meetings (Wisconsin Aging Advocacy Network meetings) (GWAAR)

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 Elder Conference Room with games/prizes, cake and Ice Cream

January, February and March to be held February 16, 2026, at

1:30pm- 2:30pm, Elder Conf Room

Please sign up on the birthday sheet (located on 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 March

Jan Niec
Yadie Jordan

Mary Loeffler
Christine John

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>.

Thank you to all those who participated in the coloring contest and to those who donated prizes.
Congratulations to the top 3 Winners!

Here is who entered: Karen Spangler, Shirley Wolf, Al Manders, Elmer Blour, William Vandevort, Christine Reding, Bruce King Melanie Ellis, Hillaria Hawk, Ted Hawk, Gloria Hawk, Wanita Decora, Patricia Beilke, Carol Elm, Gerald Doxtator

PLEASE REMEMBER: You need to be present to win.
We apologize that the pictures did not all come out clearly.
Here is what we have.



Whenever you feel weak,
remember the things
that made you strong.
Whenever you start to
doubt yourself, remember
those who believe in you.



Encouragement Quotes
www.geckoandfly.com



JOIN US TO CELEBRATE



international WOMEN'S DAY

Sponsored by Nation Services

Join us for a morning of inspiration with Indigenous speakers, beadwork, and meaningful conversations! Light refreshments will be provided.

Space is limited to 100 attendees. Open exclusively to Nation Services employees.



THURSDAY, MARCH 5TH / 8:30 - 12

Oneida Hotel - Grand Council South

Scan the QR Code to Sign Up



HOW TO SCHEDULE
TRANSIT

SCHEDULE A RIDE

CALL: 920-496-5770

Make sure you have the following information available prior to calling.

1. First and Last Name
2. The date of the trip that you are requesting
3. Physical addresses for pick-up and destination
4. Pick up time or scheduled drop-off time for appointments
5. The number of passengers
6. Type of movility device such as wheelchair, walker or cane, etc more info. on Oneida Nation website



ONEIDA

A good mind. A good heart. A strong fir

CONTACT US >>>

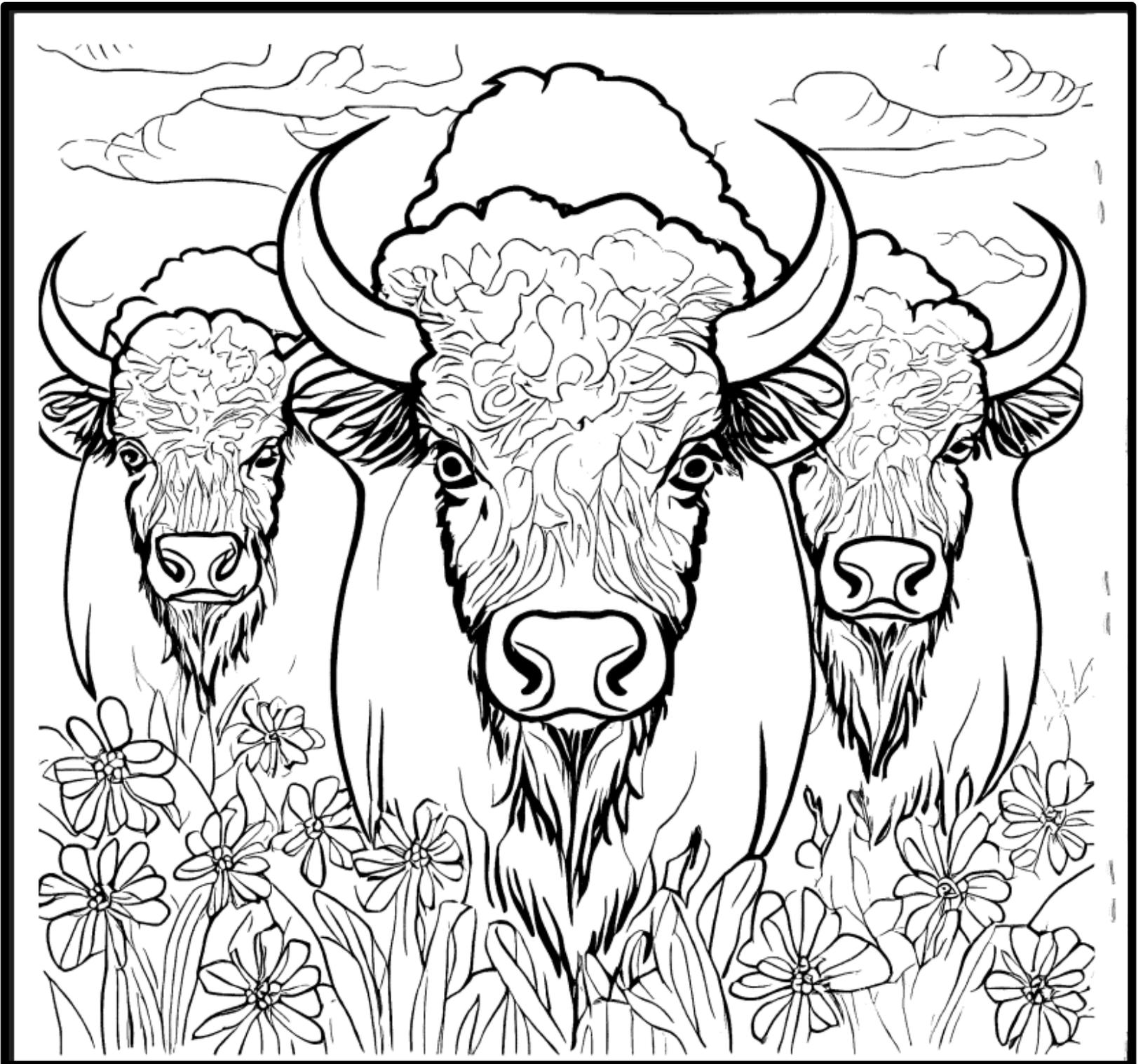
 Phone Number:
920-496-5770



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 door. **Please put your full name 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.

Buffalo in Oneida Language

Tsyotekliiyá·ku



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

BOGART
BRANDO
CARNEY
COOPER
CROSBY
CROWE
DAY LEWIS
DE NIRO
DICAPRIO
DOUGLAS
DREYFUSS

DUVALL
FIRTH
FONDA
FOXX
HACKMAN
HANKS
HOFFMAN
KINGSLEY
LEMMON
NEWMAN

NICHOLSON
OLIVIER
PACINO
PENN
POITIER
REDMAYNE
STEWART
TRACY
WASHINGTON
WAYNE
WHITAKER