

DRUMS ACROSS ONEIDA

April 2026

Discussions at ONCOA meetings

- **ONCOA will be live on: Oneida Live Thursday April 9th, 2026, on Facebook and YouTube**
- **Discussion of Exiting Elders at GTC Meetings**
- **Review Elder Protection Law Draft, *Sponsor: Grace Elliott, Attorney***
- **Update Regarding Energy Team Activities, *Sponsor: Mike Troge, Energy Projects Manager***
- **People working at home and what is going to happen to buildings and how much energy is wasted in the empty spaces**
- **GTC meeting \$200.00 option to donate to specific projects like this energy program or other initiatives.**
- **When will home assessments be done? Currently it costs about \$400 to \$500 each**
- **What is the process/insurance for the Veterans Office to help with Nursing home costs?**
- **DRUMS mistakes who do we contact? As of now Patti Stueber OA&DS 920-869-6454**
- **We would like community invited when Aging & Disability does their budget.**
- **By-laws comments about training attendance and more.**
- **Accept Update Thank You Cards from Breanna Phillips and Don White Family for ONCOA donations to Christmas Bingo party, *Sponsor: Winnifred Thomas, Chair***
- **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.**
- **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.**

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)

ANY concerns, questions, mistakes, or compliments please contact: pstueber@oneidanation.org

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.**



- 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.

(did you know)

DIJANO: There is a ONEIDA LANGUAGE CLASS every Wednesday at 10:00am in POD A 2907 S. OVERLAND RD. ONEIDA WI ANYONE IS WELCOME, AND ANY AGE!!



Business Impersonator Scams

Here's how they work:



You get a call, email, text, or message on social media that looks like it's from a business you know. It says there's a problem with your account, or you won a prize. It tells you to call a number or click a link.

But the message isn't really from a familiar business, it's from a scammer. If you call, they'll tell you to send payment or give personal information. They'll say you must pay with gift cards, cryptocurrency, or by wiring money, which no honest business will do. Or they'll ask for your Social Security number or access to your computer.

But it was never really that business contacting you, there wasn't a problem, and there was never a prize.

Here's what to do:

- 1. Stop.** If you get an unexpected call, email, text, or message on social media — even if it looks like it's from a business you know — don't click any links. And don't call phone numbers they give you. These are often scams.
- 2. Pass this information on to a friend.** You may not have gotten one of these messages, but chances are, you know someone who has.

After 8:00am on April 1st, the applications for the Major Home Repair will be in the **BLACK MAILBOX OUTSIDE** located at ONEIDA AGING & DISABILITY SERVICES OFFICE 2907 S Overland Rd Oneida WI. In MILWAUKEE the applications will be at SEOTS.

Aging & Disability Services

Oneida Nation of Wisconsin

FY2026 Major Home Repair Program Round 2 beginning April 1, 2026

- ◆ Application acceptance timeframe will be 30 days— April 1, 2026 to April 30, 2026 by 4:30 PM
- ◆ **MUST BE HEALTH & SAFETY REPAIR**
- ◆ 65 & older OR Oneida enrolled member with a documented disability if 18—64 years of age and own your own home.
- ◆ Must reside within Brown, Outagamie, & Milwaukee counties.
- ◆ Must have owned home for 5 years prior to applying.
- ◆ Must show proof of homeowner's insurance.
- ◆ 250% at or below the federal poverty level which equals for:
 - 1 Person:** \$39,125/year (\$3,260/month)
 - 2 People:** \$52,875/year (\$4,406/month)
- ◆ last 30 days of earned/unearned income within the household. **We will review all deposit transactions to verify income eligibility for those that are 18 + residing in the home. (account deposit or tax statements)**
- ◆ Raffle ticket drawing—if more than 25 applicants

Contact us for more information & how to apply. 920-869-2448






ONEIDA
Comprehensive Health Division

STROKE RESEARCH STUDY



School of Medicine and Public Health
UNIVERSITY OF WISCONSIN-MADISON



Open to Native Americans age 7-85

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

FOR INFORMATION CONTACT:

- Amanda Riesenbergl
- 920-490-3984
- ariesenb@oneidation.org*

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

BENEFITS

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

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

MAKE A DIFFERENCE IN THE COMMUNITY

...Passion ON

Report scams to the Federal Trade Commission at ReportFraud.ftc.gov or 1-877-382-4357



ftc.gov/PassItOn



FEDERAL TRADE COMMISSION



Culture Session with the Turtle Clan Manager

April 22, 4:30PM — Everyone Welcome

Join us the following day for a special Culture Session led by Nicholas Metoxen. These sessions are a chance to learn, connect, and strengthen our understanding of Oneida culture and community.

All ages are welcome, and No prior knowledge is needed—just bring your curiosity and a willingness to learn.

Oneida Community Library

Culture Sessions

Wednesday,
April 22nd, 4:30PM

With Layukwilakéhte,
Turtle Clan Manager



Join us for Storytelling and a
Craft Activity



2907 S OVERLAND RD.
ONEIDA WI 54155

CONTACT: NAFCG SCHUYLER METOXEN
(920) 869-6830
SMETOXE9@ONEIDANATION.ORG



**Oneida Aging
& Disability Services
Gift Shop**
OPEN 9-4pm M-F
2907 Overland Rd
Oneida, WI

Presenting OPTIONS FOR INDEPENDENT LIVING

WITH JOSH THEIS

He will be talking about his organization and their commitment to empowering people with disabilities to live independent and productive lives through advocacy, information, education, technology, and related services.

**PLEASE COME JOIN
US!!**

**APRIL 15TH 1PM-3PM
ELDER CONF. ROOM**



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

Mindful Aging

TUESDAYS @11AM

March

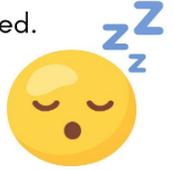
2nd-Indigenous Women's Trivia*

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

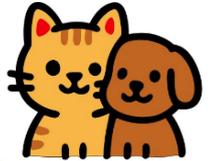
April



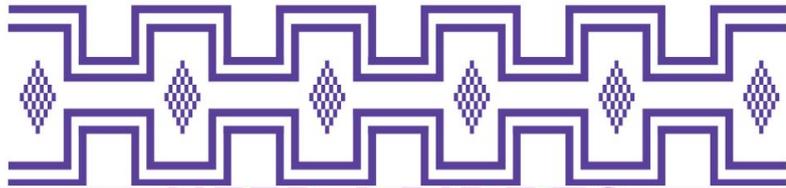
Drop in, raid our art closet, start a project!

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



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

PLEASE CALL
24 HOURS AHEAD
TO
SCHEDULE
PICK-UP

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



ONEIDA

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



Oneida Community Library
Kanuhshate tk'ayáhtuh yewan'nutákwá
"Building"

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/>

ONEIDA NATION PUBLIC MEETING NOTICE

THURSDAY April 16 2026, 12:15 pm

Norbert Hill Center-Business Committee Conference Room
N7210 Seminary Rd., Oneida, Wisconsin

Find Public Meeting Materials at

[Oneida-nsn.gov/government/register/public-meetings](https://oneida-nsn.gov/government/register/public-meetings)

Send Public Comments to

LOC@oneidanation.org

Ask Questions here

LOC@oneidanation.org

920-869-4417



ELDER PROTECTION LAW

The purpose of the Elder Protection law is to uphold the Nation's responsibility to honor and protect its elders. This law establishes a process to safeguard elders from harm, including abuse, neglect, self-neglect, and exploitation.

The Elder Protection law will:

- ◆ Establish a comprehensive framework to prevent, identify, report, investigate, and respond to elder abuse, neglect, self-neglect, and financial exploitation.
- ◆ Establish an Interdisciplinary Team composed of multiple Nation departments to coordinate case review, guide investigations, recommend actions, promote cooperation, and identify resources.
- ◆ Create a duty to report by requiring any person with knowledge or reasonable suspicion of abuse, neglect, self-neglect, or exploitation of an elder to report immediately to Aging & Disability Services or the Oneida Police Department.
- ◆ Protect confidentiality and records. Departmental report forms and investigative records are confidential and may only be disclosed under limited circumstances, such as to the elder, suspect, service providers, law enforcement, auditors, and through court order.
- ◆ Create a broad class of mandated reporters, including family, caretakers, elected officials, employees, healthcare workers, mental health professionals, social workers, law enforcement, judicial staff, and fiduciaries.
- ◆ Establish civil penalties:
 - ◆ A mandated reporter who fails to report may be fined up to \$2,000.
 - ◆ Anyone who knowingly files a false report may be fined up to \$2,000.
 - ◆ Anyone who interferes with an investigation or retaliates against a reporter may be fined up to \$2,000 per occurrence.
- ◆ Provide investigation procedures requirements including that they must begin promptly and include required steps such as:
 - ◆ Visiting the elder's residence; Observing the elder; Conducting interviews; Reviewing healthcare and financial records; Interviewing guardians/caregivers; Requesting law-enforcement assistance; and offering or arranging needed services.



Individuals may attend the public meeting for the proposed Elder Protection law in person at the Norbert Hill Center, or virtually through Microsoft Teams. If you wish to attend the public meeting through Microsoft Teams please contact LOC@oneidanation.org.

PUBLIC COMMENT PERIOD CLOSSES THURSDAY APRIL 23, 2026

During the public comment period, anyone may submit written comments, questions or input. Comments may be submitted to the Oneida Nation Secretary's Office or the Legislative Reference Office in person, by U.S. mail, interoffice mail, or e-mail.



UP CLOSE AND PERSONAL WITH: WINNIFRED L. THOMAS

(known as Winnie)

As Chairperson of the ONCOA Committee, I work closely with our Tribal Recording individual to conduct meetings, ensure strong communication, and uphold the interests and well-being of all our Elders. ONCOA plays a vital role within our Nation—serving as the conduit between the Oneida Business Committee and the General Tribal Council. In this role, our responsibility is to be the eyes and ears of our community. We



listen, we observe, and we field any concerns brought forward by our Elders, working collaboratively to find meaningful solutions.

My commitment to this work is deeply rooted in my family's legacy. My father, **Lee McLester**, my mother, **Pearl McLester**, and my brother, **Ron McLester**, were longstanding ONCOA members who contributed significantly to the growth of our Nation. They were strong advocates for our Elders, guided by values of service, respect, and community. Their example continues to inspire my dedication today. Listening is one of the

most important skills we can bring to this work. Every Elder carries a story and every story deserves to be heard. Some Elders choose not to speak in crowded settings and ONCOA is very sensitive to each issue and helps to bridge that gap. I believe that through listening—with patience, compassion, and intent—we strengthen not only ONCOA but our entire Nation. Be good to others and they will be good to you. Always help anyone in need if you can, because if you do, you will always be blessed.

From the time I was a child, I dreamed of adventure. I imagined joining the Navy, traveling the world, and seeing places far beyond the horizon. I also wished I could draw—capturing thoughts and feelings in lively cartoons. Even though my artistic skills never quite matched the pictures in my mind, I always loved the idea of expressing myself creatively.

Looking back, the accomplishments that matter most aren't the ones I dreamed about—they're the ones life gave me. My four children, my grandchildren, and now my great-grandchildren are my proudest rewards. Alongside them are the 31 years I devoted to the United States Postal Service and the sixteen years I served with the Oneida Appeals Commission as a Judicial Officer and Peacemaker. Those roles taught me patience, fairness, and dedication to my community.

One guiding voice along the way was my seventh-grade teacher, Miss Abbott, a missionary at the Oneida Mission School. She planted in me a lesson that has echoed throughout my life: "If first a job is once begun, never leave it 'til it's done. Be the job great or small, do it well or not at all."

Those words became a compass—steady, clear, and reliable.

As our tribe approaches the upcoming elections, I find myself hoping for leadership that reflects that same principle. We deserve individuals who lead by example, who walk the talk, and who are willing to put in a full, honest day of work. Our community needs role models who reflect integrity, humility, and commitment.

Beyond service and duty, I love exploring the world in my own way: by driving. I enjoy taking roads I've never traveled, following interesting turns just to see where they lead. When I'm on the road, books on tape are my companions—stories of every kind. One day, I hope to visit every single state in the USA, there's still so much to discover.

SEED CEREMONY

Did you know the humans give thanks for us?

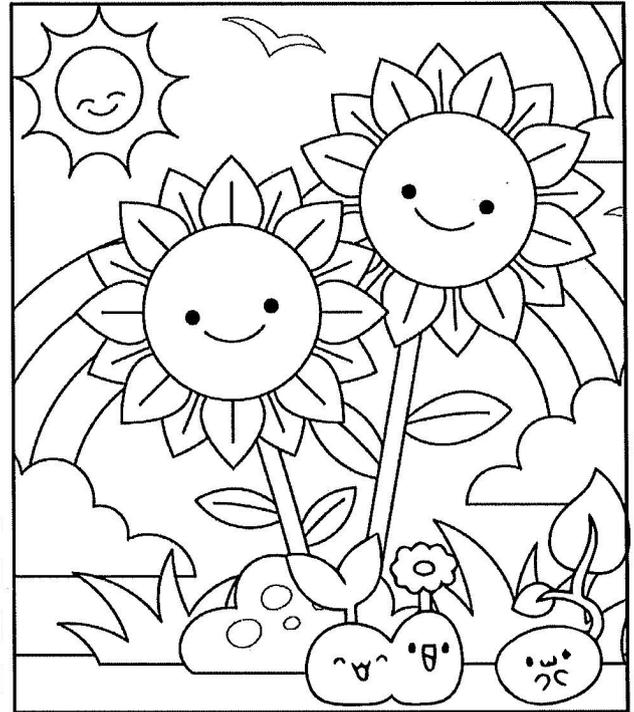
Yes, they celebrate the Seed Ceremony.

Yippee! Tell me more!

The Seed Ceremony is to give thanks to the seeds whose power provides food for the people.

Twanłhaył? (Seed Dance)

The Seed Dance Ceremony is an honoring of all plant life. It is done prior to anybody planting. Kayłtowa'nł (The Peach Stone Game) is played and seeds are used to bet. The men play against the women. Fifty beans are used as counters. After the game is over, Ohstowa'kówa (the Great Feather Dance) is done to commemorate the purpose of this ceremony. Kunukwehnéha (the ways of the woman) and Osahé'ta? Aotiláná (the Bean Dance) are then done.

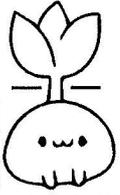


Twanłhaył?

We bet the seeds, Seed Ceremony

- Kanehelatúksla - Thanksgiving Address - Opening
- An overview of the days event will be given
- One man will be selected to collect seeds from the women. One man is selected to collect seeds from the men.
- One woman is selected to keep score. One man is selected to keep score.
- One woman is selected to hold the beans. One man is selected to hold the beans.
- The two men who collected the seeds match them up. A bundle of a man's seeds, are matched up with a similar sized women's bundle.
- Kayłtowa'nł - the Peachstone game begins with men versus women.
- The two men who collected the seeds will chose who's going to play first and thereafter)
- The game is won by the team that collects all of the beans. The speaker will announce the winner and then give the introduction for Ohstowa'kó' - the Great Feather Dance.
- One round of Ohstowa'kó' is sung and everyone dances.
- The story of the Three Sisters - áhsł na'tekutłhnu'téle? is told.
- The Kunukwehnéha né' olánaka'yú'se? (Old Women's Songs) are sung by the men and all the women dance.
- Singers sing the Osahé'ta? aotiláná, Bean Dance. Everyone dances.
- A speaker stands to say the Closing - Takwanuhwela'tú'.
- We have a feast. Everyone sets out their plates and each family distributes their dish in a counter clockwise direction around the longhouse. Each clan brings a pot of cornsoup that is set near the fire for everyone to help themselves and enjoy.

The Peach Stone Game



The Game of Peach Stone

As told in our Creation Story, the peach stone game was played between the good twin and the bad twin. It is a game that has existed before life on earth. Today, it is played during various ceremonies in the long house as part of our traditional responsibilities. The following is the story of how peach stone came to the people on earth.

The fatherless boy returned from across the water, as he had promised many years before. He took from his clothes 6 peach pits. One side of the peach pit was dark, while the other was light.

He informed his loyal friends, who had waited many years for his return and the people that this was a game that belonged to the Creator. When the Creator originally sent me here to you, he had intended there be Four matters to which the people shall use to give thanks. The Four matters are the Great Feather Dance, Men's Chant, Drum Dance and Peach Stone Game. The Creator intended for the people to be happy. He hoped that as the people moved about the earth, that their minds remained thankful and peaceful.

This game of peach stone is the last of the Four matters. I shall leave it on earth for your people to participate and entertain not only yourselves but the Creator and all his creation. When this game is going on, you should have a good mind when you are around the game. The Creator will hear the happiness in the voices and see it in their faces and then the Creator will truly know that the people are thankful and peaceful.

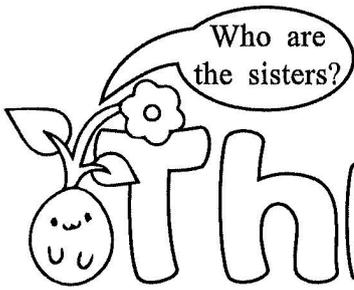
The outcome of the game is really un-important. What is important is the laughing and cheering, the pure enjoyment of the game and how it makes you feel. For that is what the Creator intended.



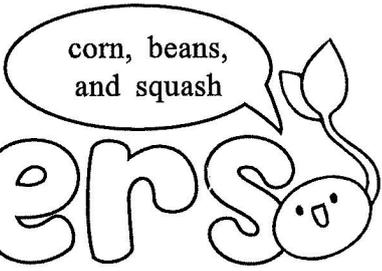
GAME PLAY

Peach stone is played three times during the year, once at Mid-Winter, Seed and at Harvest ceremonies. During Seed ceremony 50 beans are used. During Mid-Winter and Harvest ceremonies 101 beans are used. The one additional bean is used to make the total 101 is for the Creator and he will decide which way the game will go and how long. We understand that when he see's the people enjoying themselves, he will allow it to continue another day.

During Midwinter and harvest the game is started by the last two people who played at the last ceremony. The house is divided with the turtle and bears on one side and the wolves on the other. During Seed Ceremony the Peach Stone Game is played and seeds are used to bet. The men play against the women. Fifty beans are used as counters. The game is started with a man who was chosen to yell, signifying all creation to come close. Each player receives six beans. The player shakes the bowl and tries to get a combination of 5 and 1 or 6 of the same color. When the player loses their six beans they are out and a new person from that team sits down and gets another six beans. The game is won when one side of the house has all of the beans. After the game is over, the Great Feather Dance is done to commemorate the purpose of this ceremony. The Women's Dance and the Bean Dance are then done.



The Story of the



Three Sisters

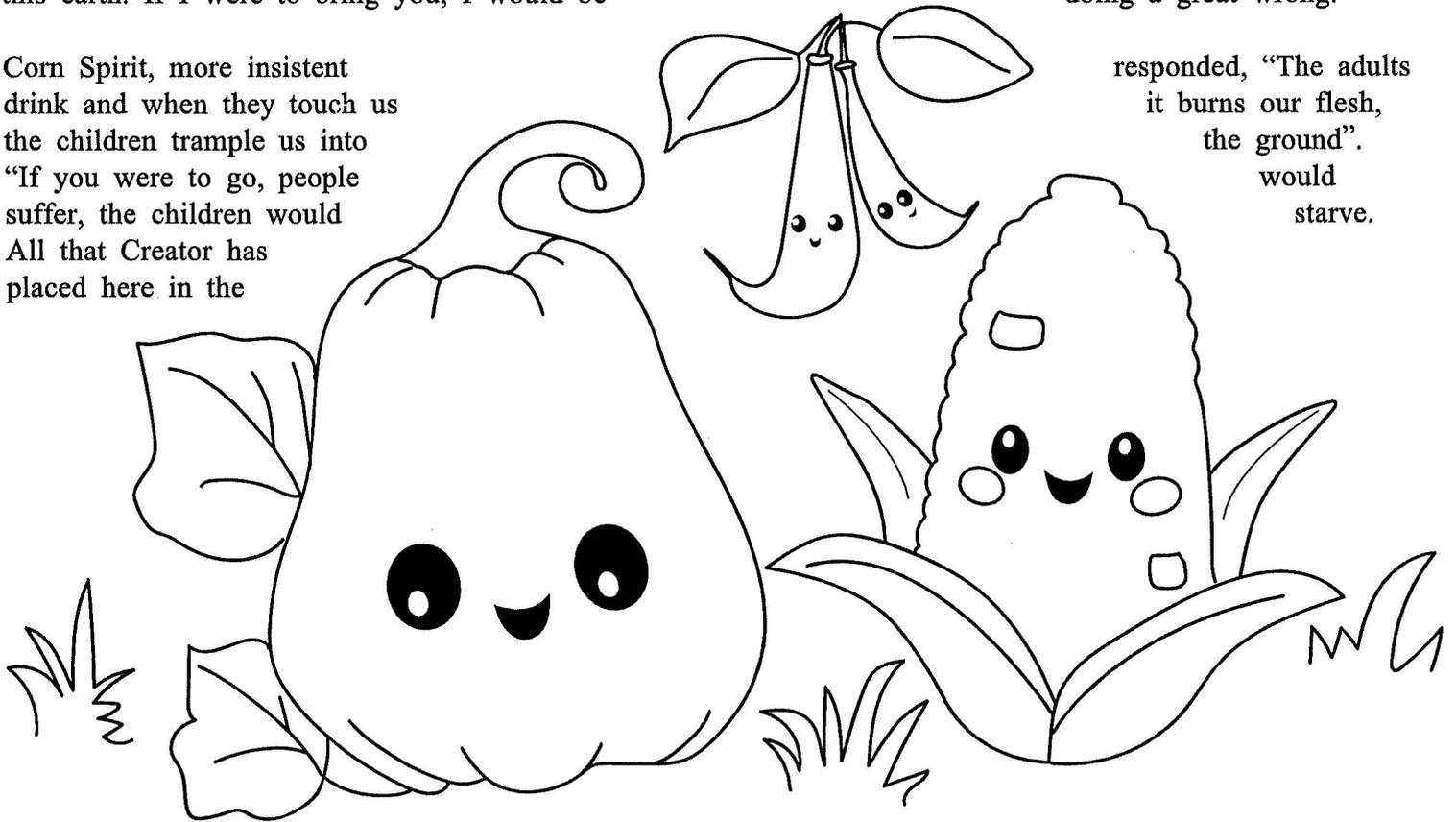
Handsome Lake was still at Cornplanter's village, we call it Tyonuhsaté'ka (jo-noose-a-day-guh). When he woke up he went outside and noticed how bright it was. Because everything was so bright, he thought it might be the day that he would return to the sky world. He got dressed and put on his best outfit. Returning to his porch and looking out into the land, he gazed upon his field and considered who would look after his crops. Thinking that he may not have another chance to set foot on this earth, he began to walk through the corn field.

Moments in, he felt something grab his arm, and heard the soft voice of a woman, " we can hear your thoughts and we want to go too". Scanning the area around him, there was no one there. Handsome Lake continued his walk, this time more observant when he felt the tug at his arm again, and a corn leaf that wrapped itself around his cuff. " We have been chosen to follow you." Squinting, he looked where the voice was coming from and he could see the silhouette of the Corn Spirit. She continued on, saying, "My sisters and I will go with you when you leave here. The people are not respectful. After we are planted and the suns heat helps us to grow, the people don't return. It is as if it doesn't matter if we grow or not, so we want to go with you."

Handsome Lake thought about what Corn Spirit was saying. Though he understood, he could not bring them along. "I hear what you are saying, but only Creator can decide when one may leave this earth. If I were to bring you, I would be doing a great wrong."

Corn Spirit, more insistent
drink and when they touch us
the children trample us into
"If you were to go, people
suffer, the children would
All that Creator has
placed here in the

responded, "The adults
it burns our flesh,
the ground".
would
starve.



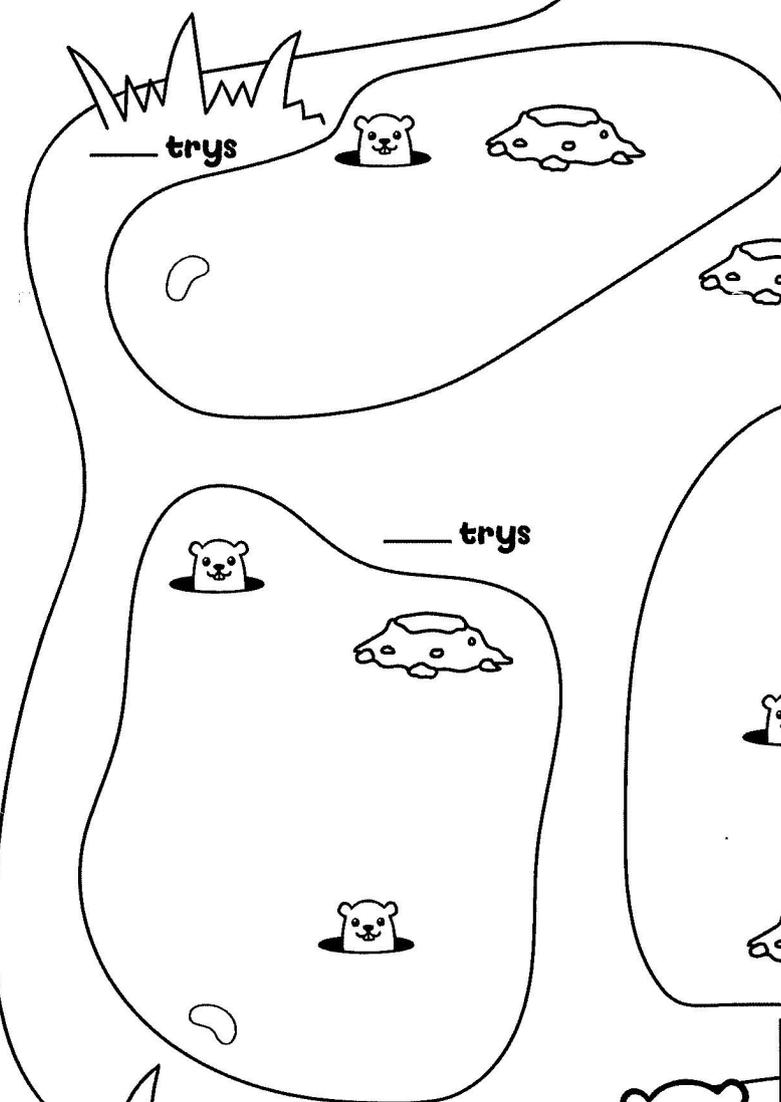
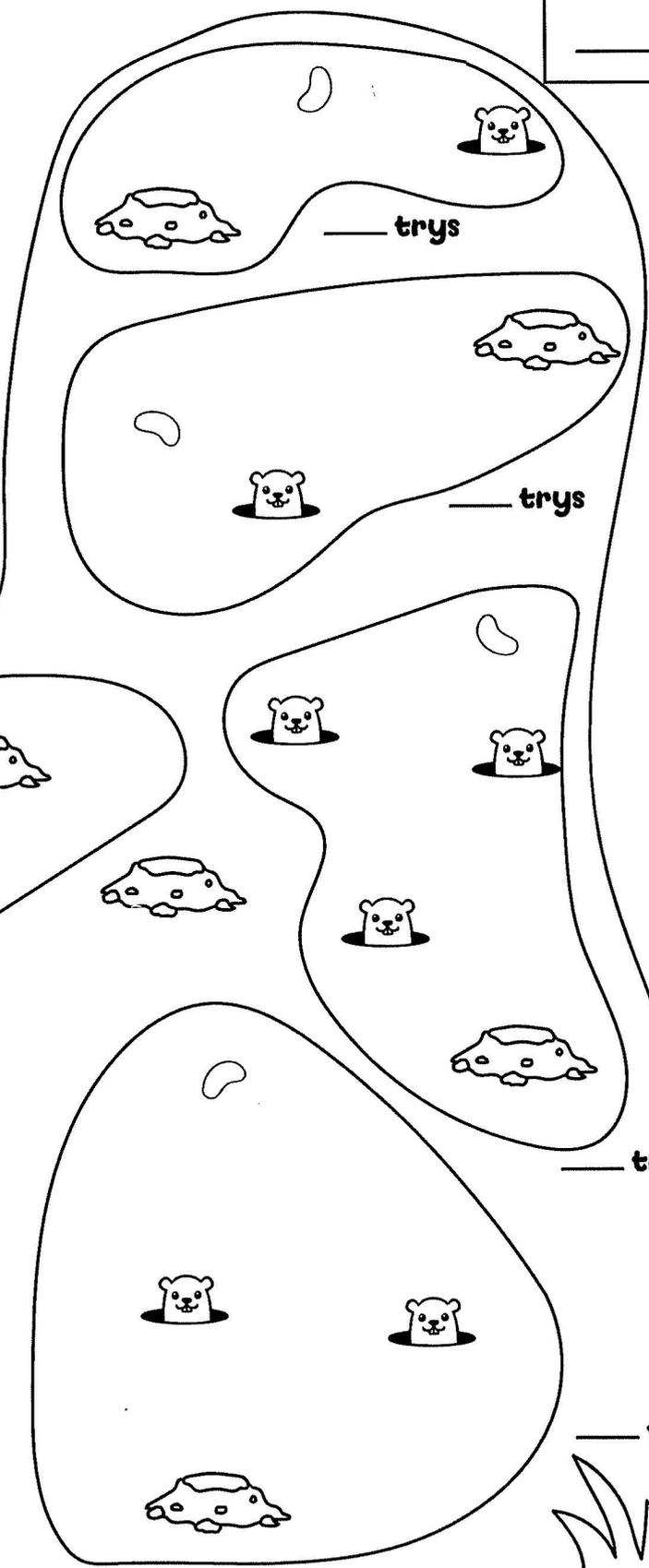
natural world is meant to help each other. You are very important, and this is why you must stay."

Corn Spirit considered what was said, "Then perhaps we will stay. You must take a message to the people. When your ceremonies are conducted, all the natural world draws in to hear the words of gratitude and encouragement, but we do not hear ours. We want to be included in your ceremonies. We are related

to the women, they too create and sustain life. They are always concerned with feeding their families, and for it to be peaceful for their children. Your people should sing the Women's Song for us and for the women. This gesture will show gratitude and encourage us to have strong minds and fulfill our responsibilities. Then maybe we will stay."

Handsome Lake accepted this message and indeed took it to the people. Today, the 3 sisters are included within our ceremonies, and we conduct the Women's Dance for them and all the women.

TOTAL
 _____ trys



Put your pencil on the seed, close your eyes and try to draw a line to it's mound. Don't feed the groundhogs!





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

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- Sarah Miles (WELCOME) 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	Monthly support group
Alzheimer's family caregiver support program	Respite care
Alzheimer's/dementia loan closet	

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

Long-term care functional screen	Assistance with Medicaid application
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TRIBAL BENEFIT SPECIALIST-Joseph Williams 869-6849

Public benefit application assistance	Medical supplies assistance
Referrals for estate planning	Certified State Health Insurance
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, jtess@oneidanation.org

Rave signup	All programming
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BIA Early Intervention

LUNCH & LEARN

12:10 p.m. to 12:50 p.m.

1260 Packerland Dr Cottage 1

Green Bay, WI 54304

Sign up at clieber@oneidanation.org or

920-490-3840.

Maximum Capacity 10

April 7th, 2026-Maggie Brecklin

“Parenting Hacks from Your Child’s Favorite TV
Characters”

May 5th, 2026-Rose Navarro-Red Hail

KEY ASPECTS OF EAGLES AND SERENITY

The “Eagle Mindset”:

Adopting the calm, centered, and focused nature of an eagle, even in chaotic situations, helps maintain inner peace and power.

Symbolism in Nature:

Eagles embody freedom, wisdom, and courage, offering a sense of calm strength

Spiritual Connection:

Often seen as messengers, eagles are associated with spiritual strength and peace.

Visual Serenity:

Observing eagles in their natural habitat, such as near quiet, reflective waters, offers a peaceful, meditative experience



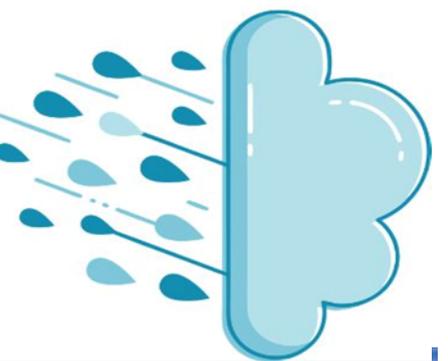
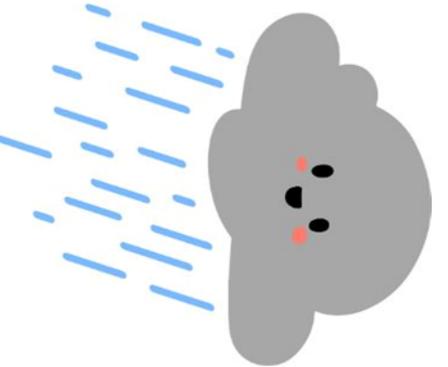
Meals are served 12:00-12:30 PM April Menu 2026 Menus are subject to change due to availability

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>6 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Applesauce (15 gm) Easter Cookie (22 gm)</p>	 <p>7 Navy Bean Soup (5gm) Turkey & Swiss WG bun (22 gm) Coleslaw (3 gm) Diced Pears (15 gm) Crackers (8 gm)</p>	<p>1 Baked Chicken Breast Mashes Potatoes (15 gm) Seasoned Broccoli WG Dinner Roll (10 gm) SF Fruited Gelatin (10 gm)</p>	<p>2 Homemade Chili made with Oneida Beef (10 gm) LS Ham & Cheddar on a WG bun (22 gm) Fresh Fruit (15 gm) Crackers (8 gram)</p>	 <p>3 Good Friday Closed</p>
<p>13 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>14 Homemade Meat Sauce from Oneida Beef Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Diced Peaches (15 gm)</p>	<p>15 Split Pea & Ham Soup Ham & Provolone on WG bun (22 gm) SF Fruit Gelatin (10 gm) Fresh Fruit (15 gm) Crackers (8 gram)</p>	<p>9 Creamy Swedish Meatballs Mashed Potatoes (15 gm) Squash (10 gm) WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)</p>	<p>10 Chicken Booyah (7 gm) WG biscuit (27 gm) Chef Salad Fresh Fruit (15 gm) *Low fat Chocolate Milk</p>
<p>20 Mushroom Swiss burger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)</p>	<p>21 Chic Veg Soup(15 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Mandarin Oranges (15 gm)</p>	<p>22 Chicken Parm (15 gm) Spaghetti Noodles (20 gm) Seasoned Carrots, Broccoli, Cauliflower Diced Peaches (15 gm) WG Dinner Roll (10 gm)</p>	<p>23 Stroganoff Beef Tips Mashed Potatoes (20 gm) Herb seasoned Broccoli Diced Pears (15 gm) WG Dinner Roll (10 gm)</p>	<p>17 Fish Patty on WG Bun (22 gm) Roasted Red Potato (15 gm) Seasoned Cauliflower Pineapple Tidbits (15 gram)</p>
<p>27 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm)</p>	<p>28 Homemade Meatloaf from Oneida Beef & Bison Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fruit Cocktail (15 gm)</p>	<p>29 Sloppy Joes made with Oneida Beef WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)</p>	<p>30 Kielbasa w/sauerkraut Boiled Potatoes (15 gm) Herb-spiced broccoli, cauliflower, and carrots Pineapple Tidbits (15 gm) WG Dinner Roll (10 gm)</p>	 <p>24 Scrambled Eggs, sausage link Hashbrown Patty (15 gm) WG cereal (21 gm) Fresh Fruit (15 gm) Raisins (10 gm)</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

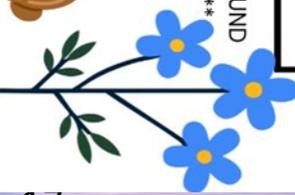
APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6 1:30 - Easter egg hunt (A&D Office Area)	 7 1:30 - Painting W/ Sue (A&D Office Area) <i>ONCOA Meeting</i>	1 10:00 - Book Club (Meal Site) <i>April Fools Day</i>	2 9:45 - Shopping & Lunch (Woodmans)	3 A&D Office Closes at Noon <i>Good Friday</i>
13 A&D office area open for self lead activities	14 A&D office area open for self lead activities	8 10:30 - Talk & treats W/ Jodi (E.C.R) 1:30 BINGO (Meal Site)	9 A&D office area open for self lead activities	10 9:45 - Shopping & Lunch (Hyvee)
20 10:30 - Mindful Aging (Library)	21 A&D office area open for self lead activities <i>ONCOA Meeting</i>	15 10:30 - Group Painting (Library) 1:00 - Options Speaker (E.C.R)	16 10:30 - Poetry W/ Gary (E.C.R)	17 9:45 - Shopping & Lunch (Meijer)
27 A&D office area open for self lead activities	28 9:45 - National Railroad Museum (Entry Fee Required)	22 1:30 - Crafts W/ Sue (A&D Office Area) <i>Earth Day</i>	23 10:00 Chair Yoga (A&D Office Area)	24 9:45 - Shopping & Lunch (Walmart De Pere)
		29 1:30 BINGO (Meal Site)	30 1:30 - Board games (A&D Office Area)	

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: 920-869-6828 or bweber1@oneidandation.org



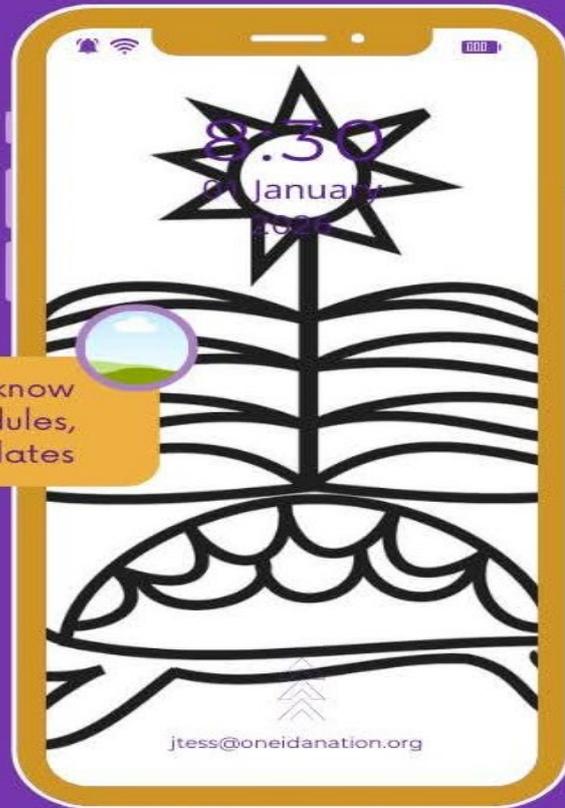


Do you want program updates from Oneida Aging and Disability?

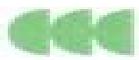
Yes, please! I would like to know about activity schedules, speakers, and all updates



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



NEW DONATE LIFE WALK



Saving Lives One Step at a Time



Join us for the 14th annual walk to raise awareness for organ and tissue donation!



*Shaun Kornusky
2026 Grand Marshal*

SATURDAY, APRIL 11TH

The walk's features:

- 2.5 mile fun walk/run
- Silent Auction
- Gift of Life Garden Walk
- Donor registration opportunity
- Networking with recipients and donors
- County Rescue ambulance and Eagle III



Where:

Bay View Middle School
1217 Cardinal Lane, Green Bay

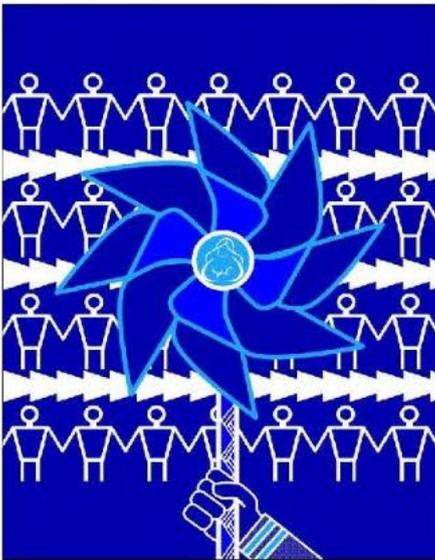
When:

On-site registration - 8am
Pre-walk activities - 8:30am
Walk - 9:00am
Silent Auction - 8am - close



To register, scan the QR code OR visit our website at newdonatelifewalk.weebly.com

Family Strengthening Celebration



Join us for food, 920 Adventure Bouncy House, We Lit Photo Booth, face painting, * family yoga, basket raffles and community resource tables.

April 29, 2026, 5 to 7 p.m.

**Turtle School Gymnasium
N7125 Seminary Rd, Oneida WI 54155**

Free shirts to the first 100 participants!

This event is FREE and open to families in the Oneida community.

Food catered
by
Off the Trail!



Yaw^ko to the following Oneida Nation programs for their collaboration and sponsorship: School System, Child Support, Economic Support, Birth to Six-Early Intervention, Head Start, Behavioral Health, Family Fitness Center, Family and Child Education (FACE), and Veteran Services.

Event hosted by Oneida Family Services (920) 490-3700

MEMORY CAFÉ TEMPORARILY MOVING STARTING IN MAY THRU JULY.

- May 13th 1:30-3:00 Aging & Disability Conference Room**
- June 10th 1:30-3:00 Meal Site Watching the Glenn Campbell movie about his journey with Dementia**
- July 8th 1:30-3:00 Aging & Disability Conference Room Speaker from Nutrition, education, bingo, and making a treat**



APRIL 8, 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.

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



This month's activity is painting rocks.

<p>ONEIDA COMMUNITY HEALTH CENTER</p>	 <p>ONEIDA Comprehensive Health Division</p>	<p>525 Airport Drive Oneida, WI 54155 920-869-4995</p>
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What is a memory café?

A memory café is a social event where someone who has dementia, memory concerns, or would like some socialization can attend along with their caregivers, family, or friends. This is nonjudgmental event, a safe environment where if someone repeats themselves or wanders about the room or says things that may not make sense, it is ok. We usually do some kind of art activity, sometimes a speaker and we always talk. Come check us out the 2nd Wednesday of each month from 1:30-3pm @ the Oneida Health Center main conference rooms.

NATIVE AMERICAN FAMILY CAREGIVER PROGRAM



CONTACT INFORMATION

2907 S. Overland Road
PO Box 365
Oneida, WI 54155

8:00 AM to 4:30 PM

920.869.2448

800.867.1551

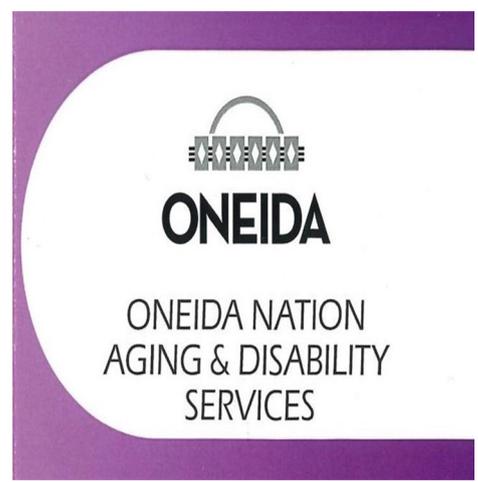
FAX | 920.869.1824

OneidaAging_Info
@oneidanation.org



NATIVE AMERICAN FAMILY CAREGIVER PROGRAM

PROVIDING CARE TO CAREGIVERS



CALL: SCHUYLER METOXEN she is our Native American Family Caregiver/Coordinator/Outreach

**P.O. BOX 365
ONEIDA, WI 54155
Phone: 920-869-6830
Toll Free: 1-800-867-1551
Fax: 920-869-1824
Email: smetoxe9@oneidanation.org**

WHAT IS A CAREGIVER?

A caregiver is 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 the primary caregiver 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.

CAREGIVERS SERVICES

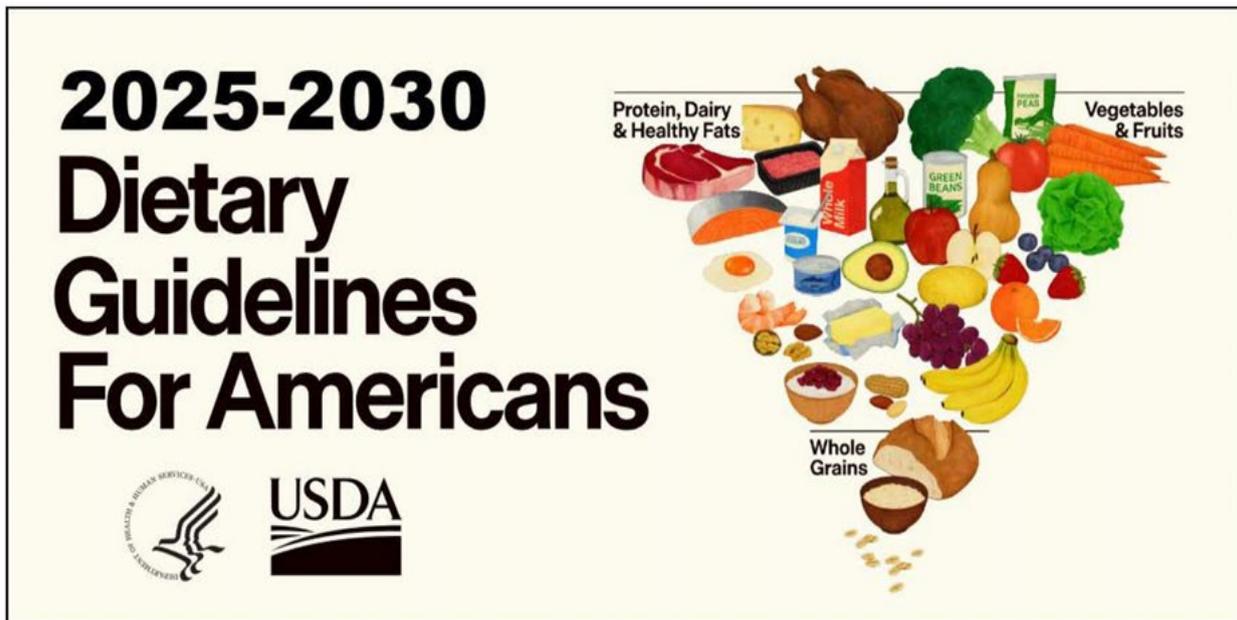
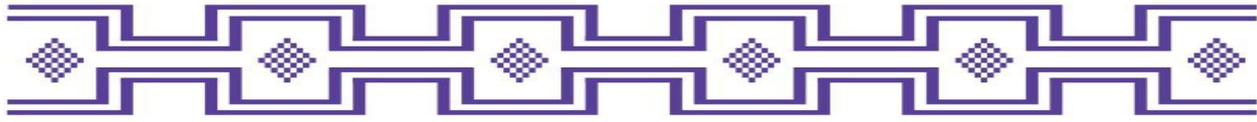
Basic Services provided by Oneida Native American Family Caregiver Program (NAFCG):

- Monthly NAFCG and Alzheimer's Support Group every month at Aging & Disability services.
- Powerful Tools for Caregivers annual training.
- Loan Closet items are available for caregivers who are providing care for elder clients.
- Respite Care relief to family members who are providing 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 reservation boundaries.

NOVEMBER is National Family Caregiver Month

NAFCG through Aging & Disability hosts a banquet to recognize the volunteer caregivers!



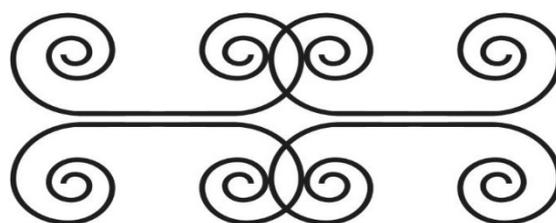


The Guidelines emphasize simple, flexible guidance rooted in modern nutrition science:

- Prioritize protein at every meal
- Eat vegetables and fruits throughout the day, focusing on whole forms
- Incorporate healthy fats from whole foods such as meats, seafood, eggs, nuts, seeds, olives, and avocados
- Focus on whole grains, while sharply reducing refined carbohydrates
- Limit highly processed foods, added sugars, and artificial additives
- Eat the right amount for you, based on age, sex, size, and activity level
- Choose water and unsweetened beverages to support hydration

This information was provided by the <https://www.dietaryguidelines.gov>

For more information on the recently published guidelines visit <https://www.dietaryguidelines.gov> to review



LIST OF UPCOMING EVENTS/MEETINGS from the ONCOA agenda

ONCOA Meetings

- April 14, 2026, 1:00pm, Oneida Aging and Disability Services Conference Room
- April 28, 2026, 1:00pm, Oneida Aging and Disability Services Conference Room

GTC Meetings – none scheduled as of this date

Great Lakes Native American Elders Association (GLNAEA) Events

- 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)

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

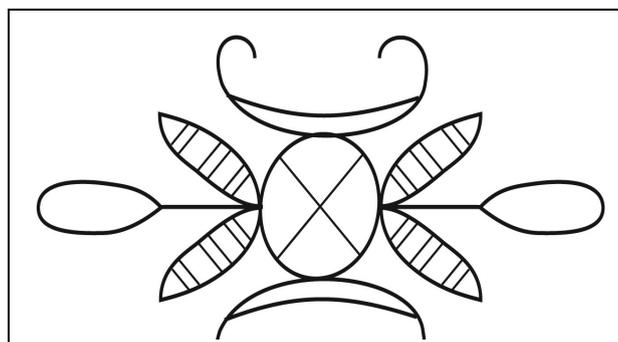
ONCOA Representatives

- 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

Do you need assistance selecting the right insurance for you?

Oneida Aging & Disability Services Benefit Services Joseph Williams at 920-869-6849 Leave a voicemail if he does not answer. He 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.

The benefits specialist will also 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.



Types of abuse



Physical Abuse



Emotional Abuse



Abandonment



Self Neglect



Financial Abuse



Spiritual Abuse



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

How To Schedule a Ride With Oneida Public Transit

Call 920-496-5770
Press "0" for the dispatcher

Give your first & last name

Give the date of the trip
Plan accordingly!

Pick-up time (non-appointment)
Drop-off time (appointment)

Address for pick-up location
Address for drop-off location

Additional Information:
of passengers & mobility device



**Any questions or need help?
Contact us at 920-496-5770**

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.**



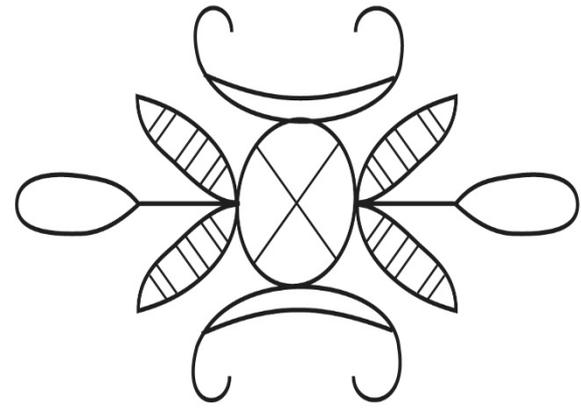
<https://forms.office.com/g/TGpBeVjC2a>

Questions or comments? Please contact:

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

ME: WILL IT BE WARM,
COLD, RAINY, SNOWY
OR WINDY TODAY?

SPRING: YES



i'm not CRAZY
i'm just SPECIAL



One second...
i have to talk to
myself about this.
HOLD ON...



... No, wait..
maybe i am crazy



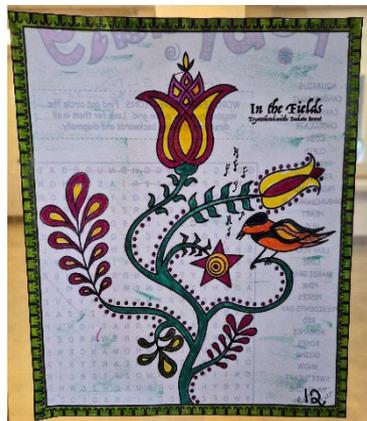
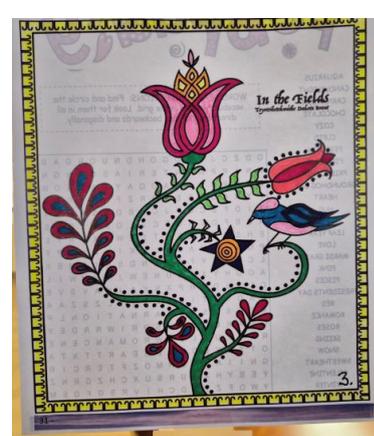
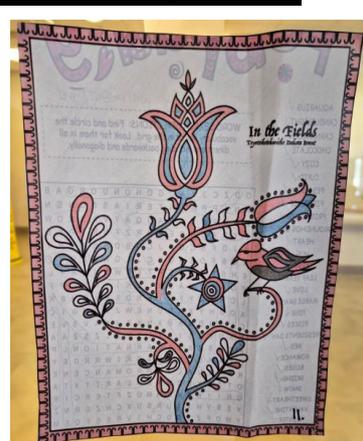
Beatrice

Thank you to all those who participated in the coloring contest and to those who donated the prizes for this contest!

Congratulations to the winners:

Lori Jarosinski #10- 1st place.

Gloria Hawk #13 -2nd place.



We have 3 winners for 3rd

Gerald Doxtator # 2

Ted Hawk # 8

Bill Vandervoort # 4

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.

April, May and June BIRTHDAYS will be celebrated on:

May 11, 2026 1:00pm- 2:00pm, 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 are the elders and A&D employees that have birthdays in The Month of APRIL:

GERALD W JORDAN FRANK SMITH NANCY TORRES PATRICIA BAIRD
DONNA LAU JOSEPH WILLIAMS JANE SALZMAN WINNIE THOMAS
JUDY BOZEMAN RICHARD BAIRD

Feel free to check the Aging and Disability website anytime for prior year DRUMS issues that include DO 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>.



HAPPY
Birthday
PARTY!

Come Celebrate April, May &
June Birthdays!

May 11th 1pm
Elder Conference Room
2907 S Overland Rd
Oneida WI 54155
920-869-2448





Just Move It Oneida

Spring

INTO ACTION

WEDNESDAY

APRIL
15
2026

4-6PM

ONEIDA NATION ELEMENTARY SCHOOL

N7125 SEMINARY RD, ONEIDA, WI 54155

- Join us for a delightful evening of walking inside or outside, games, music, and free corn soup!
- Monthly incentive is a JMIO carabiner keyholder.
- 2026 JMIO punch card - receive your monthly punch to be entered in the grand prize drawings at the end of the year!

MORE INFORMATION

920-490-3927

hleisgan@oneidanation.org

 JustMoveit Oneida



ONEIDA

Comprehensive Health Division

2/18/26



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!}

Wicancer.org
Scan Here!



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



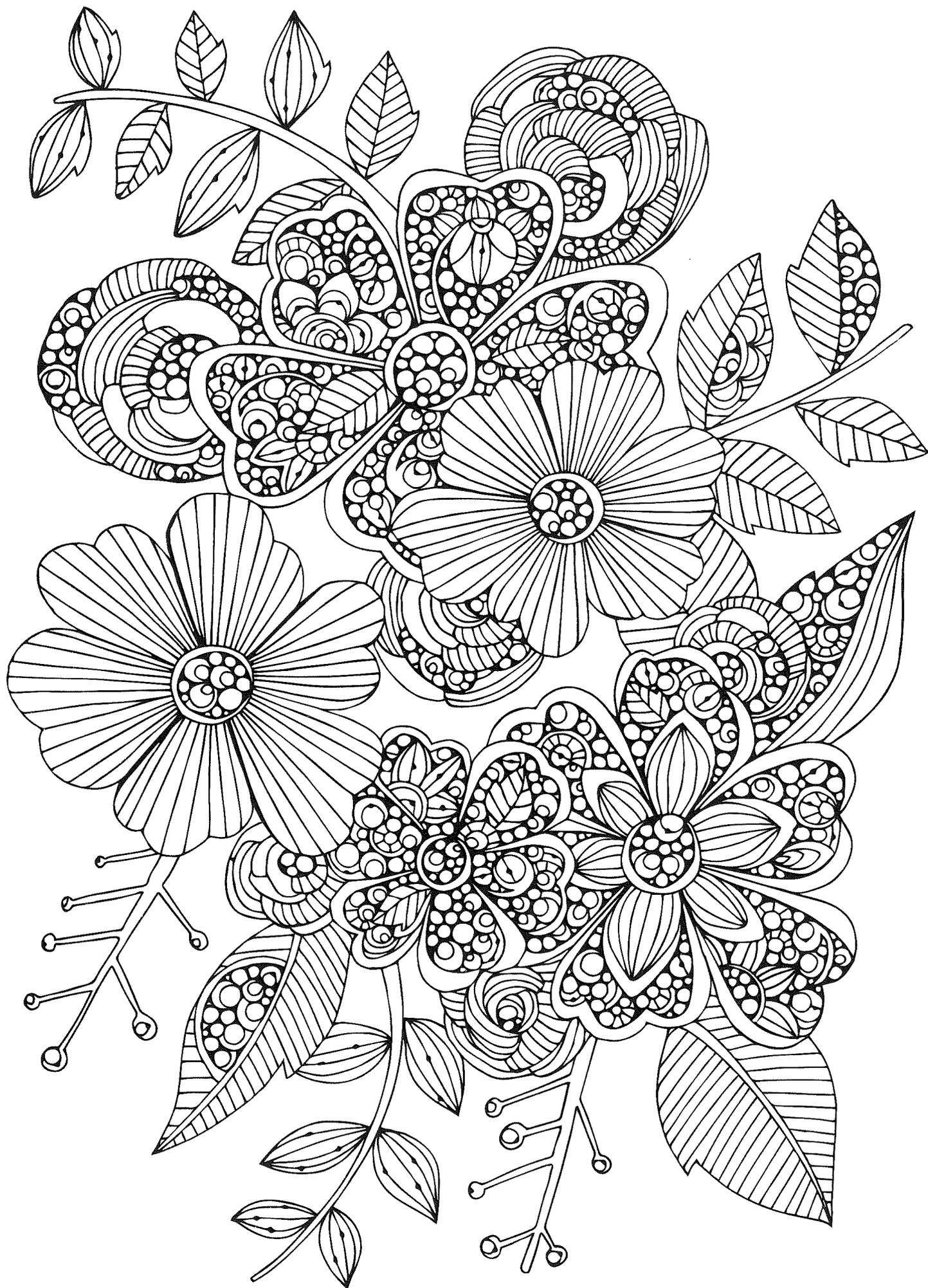
*FMI contact: Juanita Thompson, (jthompson@glitc.org),
Mandy Christensen (mchristensen@glitc.org),
or Christian Nguyen, (cnguyen@glitc.org)
or call 715)588-3324*

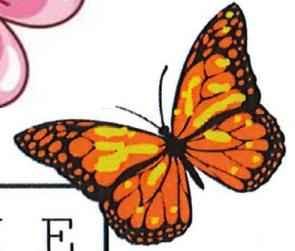


PLEASE READ FOR THE MONTHLY COLORING PAGE CONTEST

– We have a couple changes.

- 1) Color your picture
- 2) (cut it out of your Drums newsletter)
- 3) Bring to the Congregate Meal Site- In Anna John Resident Centered Care Community
- 4) Give to Loretta Mencheski- Supervisor of the Meal Site
- 5) Do **NOT** put your name on the back. Loretta will give the picture a number and put your name on the list.
- 6) YOU **NEED** to be present to win a prize.
- 7) **On the last Wednesday of each month after lunch.** ONCOA member will be here to help with the voting and winners.





Spring Flowers

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



Word list:

- | | | | |
|-----------|-----------|----------|-----------|
| AZALEA | DAISY | LILY | ROSE |
| CARNATION | FORSYTHIA | MARIGOLD | SUNFLOWER |
| COSMOS | GERANIUM | PANSY | TULIP |
| CROCUS | IRIS | PETUNIA | VIOLET |
| DAFFODIL | LILAC | POPPY | ZINNIA |



April Showers Bring May Flowers

