



MEETING INFORMATION:

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

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

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 or contact the Recording Secretary for instructions to log on thru TEAMS. (see below)

From the ONCOA agenda:

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

GTC Meetings - June 30th Oneida Hotel and Casino at 6pm

Great Lakes Native American Elders Association (GLNAEA)

- September 2nd - 3rd, 2026 – Held at Wisconsin Dells/Baraboo Ho Chunk Casino and Convention Center, WI for the night of September 2nd
- December 2nd - 3rd - Watersmeet, MI Lac Vieux Desert (tentative)

Nutrition Advisory Board

- June 18, 2026, 1 :00pm at Aging and Disability conference Room

CONTACT INFORMATION

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

ONCOA Main email: oncoa@oneidanation.org

Drums Main Email: drumsacrossoneida@oneidanation.org

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

Oneida Aging & Disability Services Main email: OneidaAging_info@oneidanation.org

Facebook page: Oneida Aging & Disability Services

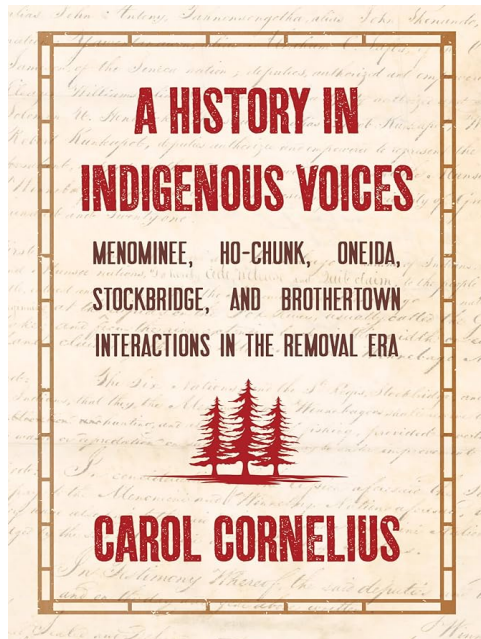
DRUMS AND MORE right to your email, go to <https://oneida-nsn.gov/subscribe/> or use the QR code to subscribe. Below is a list of the current newsletters you can subscribe to.



- 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.



Land Claims Commission Book club meets on Tuesday July 14th and 28th from 5pm-7pm at the Norbert Hill Center cafeteria. Come and enjoy a light meal while learning about Oneida history and treaties. This is the current book being discussed.

1	úska
2	tékeni, tèken
3	áhsa
4	kayé
5	wísk
6	yá:yahk
7	tsya:ták
8	tékelu, tèklu, tèkeh
9	wá:telu, wá:tlu
10	oye:lí

WORDSEARCH 6 - INSPIRATION & ENCOURAGEMENT WORDS

J P U E V I G R E V E N R Y J V D K
 L M I R A C L E S T P E O H O X R E
 G U T E R R I F I C L U O T Y W E E
 S N F E J A F L W A A O B N C E A P
 U M I K V Y Q D X R R R O E O L M I
 C V I G N A S T E A A N Q M M L B T
 C S T L A A R T Y V K H D E P D I U
 E D Q F E R H B O N B P N V A O G P
 S W V K E E U T E L H O P E S N Z H
 S Z I P B D Q O U B D L O I S E I A
 C D U E H E X F C S I N S H I G X P
 Q S S H E R I P S N I Q I C O N Z P
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 G N L D U F A N T A S T I C O A E N
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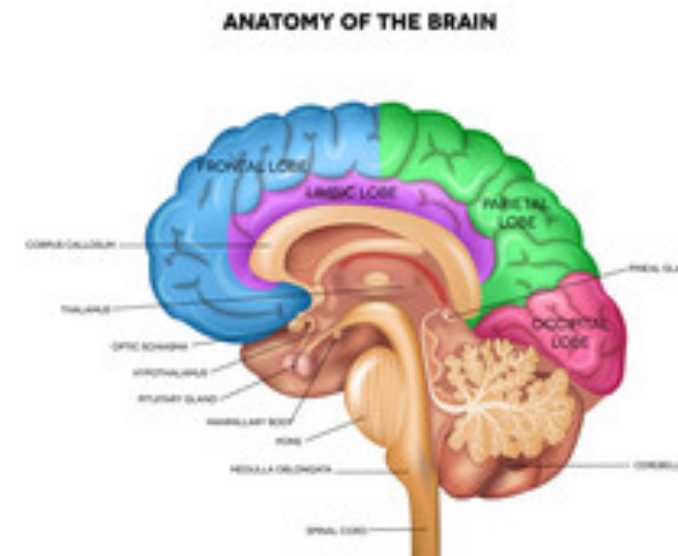
ACHIEVEMENT
 ASTOUNDING
 AWESOME
 BE BRAVE
 BEAUTIFUL
 BRAVO
 COMPASSION
 DREAM BIG

GREAT JOB
 HAPPINESS
 HOORAY
 HOPE
 I LOVE YOU
 INSPIRE
 JOY
 KEEP IT UP

POSITIVE
 REACH FOR THE STARS
 RELAX
 SMILE
 SUCCESS
 SUPER
 TERRIFIC
 THANKFUL



MEMORY CAFÉ



Every 2nd Wednesday of the month

July 8th 2026; August 12th; September 9th; October 14th; cancelled November; and December 9th

A different activity every month



WALK WITH A DOC

12:10 to 12:45 pm

Oneida Community Health Center-May through October






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 Riesenber
- 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





Oneida Live Candidate Schedule

Join us for Oneida Live candidate sessions, where community members can hear directly from individuals running for office in the upcoming election. Each candidate will participate in a live, one-hour segment featuring standard questions and a brief personal statement. Don't miss the opportunity to learn more about the candidates and their perspectives ahead of Election Day.

Schedule Section

June 18 (Thursday)

5 Council candidates

June 23 (Tuesday)

5 Council candidates

June 25 (Thursday)

5 Council candidates

June 30 (Tuesday)

Secretary/Treasurer candidates

July 2 (Thursday)

Chair/V Chair candidates

Event Details

Time

12:00 PM (Noon)

Location

Room 332, 3rd Floor, Norbert Hill Center

Duration

About 1 hour

Candidate Info

Dress code

Casual business or traditional

Format details

- All candidates get the same questions
- Each gets 1 minute for a personal statement

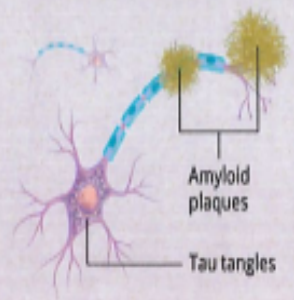
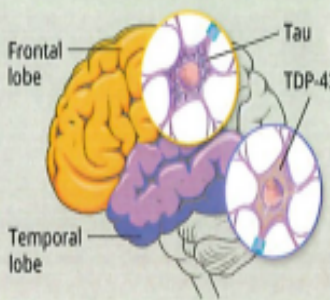
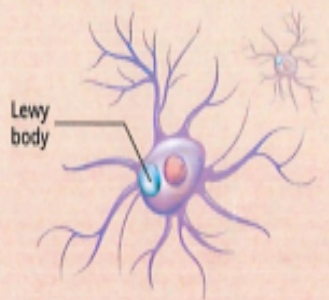
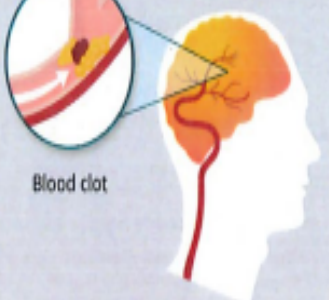
**Candidates must email
Communications_Department@Oneidanation.org
to sign up. Spots are first come, first booked.**

Understanding Different Types of Dementia

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four different types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What Is Happening in the Brain?			
<p>Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain.</p> 	<p>Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes.</p> 	<p>Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers.</p> 	<p>Conditions, such as blood clots, disrupt blood flow in the brain.</p> 

**These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.*

Symptoms			
<p>Mild</p> <ul style="list-style-type: none"> Wandering and getting lost Repeating questions <p>Moderate</p> <ul style="list-style-type: none"> Problems recognizing friends and family Impulsive behavior <p>Severe</p> <ul style="list-style-type: none"> Cannot communicate 	<p>Behavioral and Emotional</p> <ul style="list-style-type: none"> Difficulty planning and organizing Impulsive behaviors Emotional flatness or excessive emotions <p>Movement Problems</p> <ul style="list-style-type: none"> Shaky hands Problems with balance and walking <p>Language Problems</p> <ul style="list-style-type: none"> Difficulty making or understanding speech <p><i>There are several types of frontotemporal disorders, and symptoms can vary by type.</i></p>	<p>Cognitive Decline</p> <ul style="list-style-type: none"> Inability to concentrate, pay attention, or stay alert Disorganized or illogical ideas <p>Movement Problems</p> <ul style="list-style-type: none"> Muscle rigidity Loss of coordination Reduced facial expression <p>Sleep Disorders</p> <ul style="list-style-type: none"> Insomnia Excessive daytime sleepiness <p>Visual Hallucinations</p>	<ul style="list-style-type: none"> Forgetting current or past events Misplacing items Trouble following instructions or learning new information Hallucinations or delusions Poor judgment
Typical Age of Diagnosis			
Mid 60s and above, with some cases in mid-30s to 60s	Between 45 and 64	50 or older	Over 65

Presented by Oneida
Comprehensive
Health Division and
SDPI



The 2026 Annual Diabetes Event

SUNNY DAYS HEALTHY WAYS

08.26.26

4PM to 8PM

Oneida Casino Hotel

Educational Booths | Healthy Meal | Panelist Presentation | Door Prizes

Featuring Guest Speaker: **Paul Roberts, Jr.**

Tickets:

Tickets
\$5
cash only

Sales
Start
July 6th

Tickets available for purchase in the
nutrition office at OCHC or at these
locations until sold out:

OCHC Clinic Lobby:

- Mon July 6th 8:30AM-1PM
- Wed July 8th 8:30AM-1PM
- Tues July 14th 8:30AM-1PM

Must be 18 or older, present, with photo ID to win. One ticket entry allowed per person. Contact: Nutrition at 920-869-4829



RAFFLE
PRIZES

FREE
ENTRY

HUMAN SERVICES DIVISION

RESOURCE FAIR

AT ONEIDA HOTEL

THURSDAY,
JULY 30

3:00PM - 6:00PM

FEATURED DEPARTMENTS

AGING & DISABILITY SERVICES - CHILD SUPPORT
- CULTURAL HERITAGE -
ECONOMIC SUPPORT/477 PROGRAM -
FAMILY FITNESS - FAMILY SERVICES -
PUBLIC TRANSIT - RECREATION - SEOTS -
VETERAN SERVICES

Summer Superfoods

Information provided by [9 Summer Superfoods for Seniors: Seasonal Bites for Healthy Meals - Bethesda Health Group](#)

Dark Leafy Greens

- Dark leafy greens (spinach, kale, dandelion greens, arugula) are rich in micronutrients, vitamins, minerals, and phytonutrients.
- High in antioxidants, which are molecules that can help your body neutralize harmful free radicals often are linked to health conditions like infections, diabetes, and cancer.
- It can potentially help to improve your sleep quality



Blueberries

- Great sources of antioxidants, and, as an added benefit, they're credited with helping to fight heart disease and lower high blood pressure.
- Low in Calories only 85 calories per 1 cup



Tomatoes

- The red color is lycopene, a potent antioxidant that reduces inflammation throughout the body
- High in another antioxidant- lutein, which is linked to improved eye health, heart health, and cognitive function.
- Fresh tomatoes are a great addition to salads or sandwiches

Mushrooms



- Contain natural sources of vitamin D and amino acid ergothioneine, which help support brain health.
- Mushrooms are great in salads, on burgers and sandwiches and portobellos can even be grilled as a vegan alternative to burgers.



Significance of the Bison to Oneida Culture

Symbolism and Spirituality

In Iroquois culture, including that of the Oneida, the bison represented **power, abundance, and the spirit of resilience** nativeamerican.mythologyworldwide.com. Its size and strength mirrored the values of leadership and endurance. In myths, bison often appear as powerful beings connected to the earth, embodying the balance between human and natural worlds nativeamerican.mythologyworldwide.com. This symbolism reinforced the Oneida's respect for nature and their role as stewards of the land.

Cultural Identity and Values

The bison's importance extended beyond material needs. It was a reminder of the Oneida's ability to thrive in their environment, to adapt, and to maintain strong community ties. The animal's presence in legends and oral traditions helped pass down values such as cooperation, respect for elders, and the importance of living in harmony with the land nativeamerican.mythologyworldwide.com.

Legacy and Connection to the Land

Even after the bison's near extinction in the 19th century, the animal remains a powerful cultural emblem for the Oneida. It continues to symbolize the enduring strength of their people and their deep connection to the natural world. Today, the bison's legacy is honored in cultural programs, storytelling, and in the broader Haudenosaunee identity

In short, for the Oneida, the bison was **a lifeline, a spiritual guide, and a living symbol of their cultural resilience** – a creature that shaped their survival, values, and identity for generations.

TRIBAL ELDER FOOD BOX

N7372 Water Circle Place Oneida, WI Fridays @ 10am

DATES: July 10th and 24th; August 14th & 28th; September 11th & 25th; October 9th & 23rd; November 6th & 20th; December 4th & 18th

Questions? Contact Marilyn King at 920-869- 1041



Meals are served 12:00-12:30 PM

Menus are subject to change due to availability

July Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Oven Roasted Turkey Baked Potato (15 gm) Squash (15 gm) WG Dinner Roll (10 gm) Pineapple Tibits (15 gm)	2 Stroganoff Beef Tips Mashed Potatoes (20 gm) Herb seasoned Broccoli Diced Pears (15 gm) WG Dinner Roll (10 gm)	3 Scrambled Eggs, sausage link Hashbrown Patty (15 gm) WG cereal (21 gm) Fresh Fruit (15 gm) Raisins (10 gm)
6 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm)	7 Homemade Meatloaf from Oneida Beef & Bison Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)	8 Sloppy Joes made with Oneida Beef WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)	9 Kielbasa/ w/sauerkraut Boiled Potatoes (15 gm) Herb-spiced broccoli, cauliflower, and carrots Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)	10 Chicken Apple Walnut Salad (8 gm) WG Hamburger bun (22 gm) Fresh Fruit Slushie (15 gm) Fresh Fruit (15 gm) Vegetable Juice (8 gm)
13 Sweet BBQ Ray's Shredded Chicken (3 gm) Whole Wheat Bun (22 gm) Coleslaw Seasoned Mixed Veg (10 gm) Applesauce (15 gm)	14 Homestyle Brat Roasted Sweet Pot (15 gm) Hot Diced Beets (6 gm) Pineapple Tidbits (15 gm) WG Hot dog bun (22 gm)	15 Chicken Parm (15 gm) Spaghetti Noodles (20 gm) Seasoned Carrots, Broccoli, Cauliflower Diced Peaches (15 gm) WG Dinner Roll (10 gm)	16 Homemade Chili made with Oneida Beef (10 gm) LS Ham & Cheddar on a WG bun (22 gm) Fresh Fruit (15 gm) Crackers (8 gram)	17 Chicken Fajitas Green, yellow, and red peppers Garden Salad Rice & Beans (20 gm) Tortilla shell (12 gm) Fruit Cocktail (15 gm)
20 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Applesauce (15 gm)	21 Navy Bean Soup (5gm) Turkey & Swiss WG bun (22 gm) Coleslaw (3 gm) Fresh Fruit (15 gm) Crackers (8 gm)	22 Marinated Chicken Breast Mashed Potatoes w/ gravy (15 gm) Seasoned Mixed Veg (10 gm) WG Dinner Roll (10 gm) Diced Pears (15 gm)	23 Creamy Swedish Meatballs Mashed Potatoes (15 gm) Seasoned Broccoli, Cauliflower, & Carrots WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)	24 Chicken Booyah (7 gm) WG biscuit (27 gm) Chef Salad Tropical Fruit (15 gm) Low fat Chocolate Milk (20 gm)
27 Oneida Beef & Bison Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Applesauce (15 gm)	28 Homemade Meat Sauce from Oneida Beef Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) WG Breadstick (10 gm) Mandarin Oranges (15 gm)	29 Tuna Pasta Salad (10 gm) LS Tomato juice (4 gm) WG Dinner Roll (10 gm) Cottage Cheese (4 gm) Diced Peaches (15 gm) Sugar Free Pudding (15 gm)	30 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)	31 Chef Salad serve on plate Fruit Muffin (25 gm) Frozen Fruit Slushie (15 gm) Yogurt (15 gram) Fresh Fruit (15 gram)

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

Green Bay celebrates Independence Day with Fire Over the Fox, fireworks, historical park activities, and community festivals across the city.

Fire Over the Fox – Downtown Green Bay

The centerpiece of Green Bay's Fourth of July is **Fire Over the Fox**, held from 3:00 PM to 10:30 PM at **Leicht Memorial Park, Neville Public Museum grounds, Ray Nitschke Bridge, and City Deck.**

Captain's Walk Celebration

For a more relaxed celebration, **Captain's Walk** hosts festivities from **12:00 PM to 10:00 PM**, including **lawn games, grilled food, and wine tasting.** The location offers **panoramic views of the fireworks**, making it a festive yet laid-back option for families and adults alike

Community Festivals and Local Celebrations

Nearby communities like **De Pere and Suamico** also host **family-friendly events.** De Pere's celebration includes a **fishing tournament, drone show, car exhibition, live music, and a parade**, with a strong charitable component, having donated over \$2 million to local causes over 25 years. Suamico and other Fox Valley towns offer **smaller-scale fireworks and community gatherings**, perfect for those seeking a hometown atmosphere