

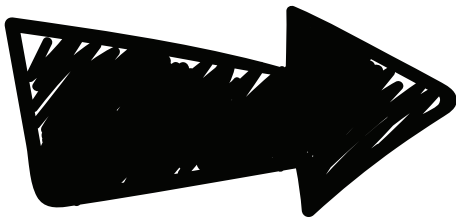
HUMAN SERVICES

01 SHEKOLI

We are pleased to announce that you can subscribe to our newsletters! Simply complete a short registration and select Human Services Division Newsletter.

Every quarter you will get an email with our newsletter attached.

To register, go to <https://oneida-nsn.gov/subscribe/> or scan the QR code:



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Keys to Exercise Success!

Fitness & Wellness Assessment FREE!

A Wellness Profile will provide you an overall assessment of your total well-being as it relates to your lifestyle and will assist you in goal setting and improving your quality of life!

Fitness Assessments evaluate your current fitness level and progress. This assessment can monitor your progress and realistic goals can be established and achieved! A fitness assessment measures the major components of physical fitness, to include:

- Resting Blood Pressure, Body Weight, Body Composition, Flexibility, Muscular Strength, Cardiovascular Endurance

"Oneida Family Fitness staff recommends scheduling an assessment every 3 months"



Equipment Orientation FREE!

Get started on a safe and effective workout routine. Learn the proper setting and use of the equipment, a description of the muscles being used, how and when to increase the resistance, and safety precautions.

Personal Training

If you need motivation and guidance to help you reach your goals, a personal trainer is for you! Programs are designed for all fitness levels.

(1) 30-min session	\$20
(1) 60-min session	\$40
(5) 30-min sessions	\$90
(5) 60-min sessions	\$180
(10) 30-min sessions	\$170
(10) 60-min sessions	\$340



Appointments can be scheduled at our Fitness Desk or by calling (920) 490-3852



BELLIN RUN 2026

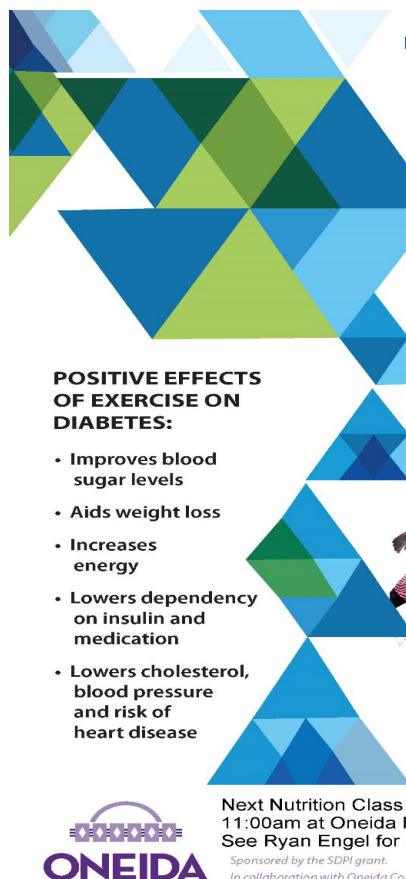
5K 10K RUN & WALK

SATURDAY, JUNE 13TH

Stay tuned for more information about joining TEAM ONEIDA!

Bellin offers self paced training schedules for both distances as well as weekly training runs every Wednesday starting MARCH 25th. More information at Bellinrun.com/train.

Questions? Contact Taylor Bartz at Oneida Family Fitness: tbartz@oneidanation.org (920) 490-3804



TRIAD

Taking Responsibility in Addressing Diabetes

❖ **14-week program provides...**

- Exercise
- Personal Fitness Training
- Wellness Coaching
- Nutrition Classes
- Incentives

❖ **Continue to work with Fitness Specialist for up to one year at no cost**

❖ **Ask about a referral**

POSITIVE EFFECTS OF EXERCISE ON DIABETES:

- Improves blood sugar levels
- Aids weight loss
- Increases energy
- Lowers dependency on insulin and medication
- Lowers cholesterol, blood pressure and risk of heart disease



Next Nutrition Class is Wednesday April 8th starting at 11:00am at Oneida Family Fitness Conference Room. See Ryan Engel for more details and sign up.

Sponsored by the SDPI grant.
In collaboration with Oneida Community Health Center & Oneida Family Fitness Center

Oneida Adventures

End of winter Activities

Come celebrate winter with Oneida Adventures. All adventures are for pre registered guests only.
To register, email Adventures_Dept@oneidanation.org or call Oneida Adventures at (920)490-3818

Hiking

February 3 Oneida Lake
February 12 Elder Village
February 18 Silver Creek

March 3 He-Nis-Ra
March 11 Ropes course woods
March 19 Little Bear
March 31 Quarry Park

April 9 Oneida Lake
April 14 Silver Creek
April 28 Norbert Hill

Crafts

February 11 Valentine Craft
March 3 St Pats Day Craft
April 15 Spring Craft

Painting

February 11 Valentine painting
March 11 St Pats painting



Exciting Start to the New Year!

Our department is gearing up for Family Bingo Night on January 30, 2026, marking the kickoff of our New Year's events!

Co-Parenting Essentials has also started offering one workshop each month at an off-site community location.

Drop-in or pre-registration is available.

We also continue to collaborate with Family Services to offer the Grandparents as Caregivers Circle support program held on the first Monday of each month until April 2026.

In the next issue of this newsletter, you'll find flyers for our upcoming Mother's Day and Father's Day celebration workshops.

These events will feature creative activities and opportunities to connect to our culture as well as honor the amazing parents in our community.

Stay up to date by following our Facebook page at [Facebook.com/OneidaNationCSA](https://www.facebook.com/OneidaNationCSA).

We're also thrilled to welcome our new team member Jalanna Adams!

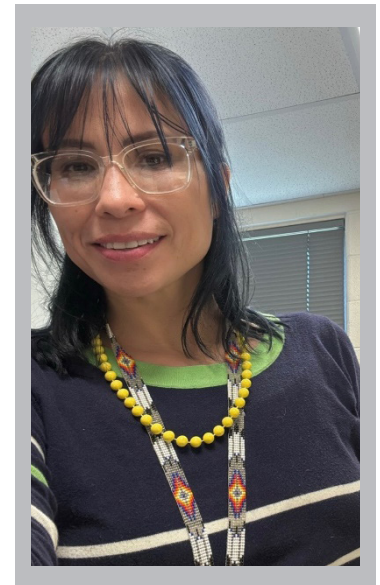
Jalanna has already made a remarkable impact in her role as Administrative Assistant, earning praise for her professionalism and commitment to our department's mission and vision.

We're excited to have her on the team!

Three fun facts about Jalanna:

1. "I have 4 kids."
2. "I enjoy home construction and try to DIY many things until I need to call a professional."
3. "As a single parent, being tired is part of my personality."

Be sure to say shekoli and give her a warm welcome!





ONEIDA NATION CHILD SUPPORT AGENCY

CO-PARENTING ESSENTIALS

Strategies for Effective Co-Parenting.



Shakot'nikú hale' Latiksashuha'

MONTHLY SESSIONS: **One 2-hour session completes the workshop.

2ND MONDAY 9:30AM-11:30AM
 **limited child care available upon request for AM session

4TH MONDAY 3:00PM-5:00PM

**VIRTUAL WORKSHOP
AVAILABLE UPON REQUEST**



LOCATION:
 Ka'nikuhl-yó Family Center
 2640 West Point Rd.,
 Green Bay

REQUIREMENTS:
 Need to be a participant of the Oneida Nation Child Support Agency. Please contact us if you are not sure.

HOW OFTEN DO I ATTEND?
 This is not an ongoing workshop. Complete in one attendance.

OTHER INFORMATION:
 You may attend with your co-parent or on your own.
 Free gift & certificate upon completion.

TO REGISTER:

920-490-3700 (option 1)
 kpton@oneidanation.org



Oneida Nation Child Support Agency | Family Services



GRANDPARENTS as Caregivers Circle

DISCUSSION TOPICS:

- Cultural Education
- Technology Education- Screen Time Awareness
- Health & Wellness
- And more!



Incentive available each session

Meal provided

SAFE SPACE TO SHARE LIFE EXPERIENCES, RECEIVE SUPPORT, & CONNECT WITH FELLOW GRANDPARENTS.

1st Session-November 3, 2025 | Last Session-April 6, 2026

1ST MONDAY (11/3/2025-4/6/2026)
10:00AM-12:00PM

KA'NIKUHLI-YÓ FAMILY CENTER & OTHER LOCATIONS
 2640 WEST POINT RD

CALL KATHLEEN AT 920-490-3707 TO REGISTER

Our department host monthly Cultural Education Nights in collaboration with TAP.

These education nights provide education on our ceremonies and traditions as they are shared through oral tradition. Education nights are held at the Oneida Longhouse.

See our save the date flyer for 2026!

We are excited to provide a informative and engaging resource for maple and seed ceremonial educational purposes, see links to access.

Maple Ceremony weblink:

<https://oneida-nsn.gov/wp-content/uploads/2025/02/Maple-Ceremony-work-packet.pdf>

Seed Ceremony Weblink:

<https://oneida-nsn.gov/wp-content/uploads/2024/05/Seed-Ceremony-work-packet.pdf>

Save the Date 2026

Cultural Education Nights

Location: Oneida Longhouse, W370 Reformatory Rd, Oneida WI
5:30pm - 8:00pm

JANUARY	14	CREATION STORY
FEBUARY	11	MAPLE
MARCH	11	TRADITIONAL GENDER ROLES
APRIL	8	SEED
MAY	13	STRAWBERRY
JUNE	10	GREAT LAW
JULY	8	GREEN CORN
AUGUST	12	FUNERAL TEACHINGS
SEPTEMBER	9	KALIHWIYO
OCTOBER	14	HARVEST
NOVEMBER	11	MIDWINTER
DECEMBER	9	HOYAN

QUESTIONS? CONTACT: 920.490.3796

TAP
tribal action plan

**TRADITIONAL
GENDER ROLES
EDUCATION NIGHT**

ENJOY A LIGHT MEAL

DATE: MARCH 11, 2026

TIME: 5:30-8PM

**LOCATION: ONEIDA LONGHOUSE
W370 REFORMATORY RD,
ONEIDA WI**

CONTACT: ISIS CROSTON ISCHREIT@ONEIDANATION.ORG

CULTURE IS PREVENTION

 **TAP**
tribal action plan

The dates may be subject to change due to funeral ceremonies

**SEED CEREMONY
EDUCATION NIGHT**

WEDNESDAY
APRIL 8, 2026
5:30-8PM

ENJOY A LIGHT MEAL

ONEIDA LONGHOUSE
W370 REFORMATORY RD
ONEIDA WI

CONTACT: ISIS CROSTON
920.490.3796

CULTURE IS PREVENTION

 **TAP**
tribal action plan

The dates may be subject to change due to funeral ceremonies

This year's Toys for Tots drive was a huge success, yet again, with nearly \$4,000 worth of toys purchased from Wal-Mart, as well as countless donations from community members! On December 12th, we were joined by members of VFW Post 7784, WIVA, and dozens of veterans and family members as Marines from US Marine Corps Reserve Center, Green Bay enjoyed Friday Morning Breakfast before collecting the donations.

Currently, Veterans Services is asking for help from the community in identifying deteriorated, damaged, or illegible veteran's headstones to be replaced. Replacement headstones will be provided free of charge, pending confirmed documentation and application approval. To apply, or if you have any questions about the application process, please feel free to reach out to Connor Kestell or Joe Valentino.

As we begin the new year, Veterans Services is beginning the planning on this year's outreach events for our veterans. As these events become finalized, we will update with more information.



Save The
Date
2026

SEOT'S Presentations

Location: 5233 W Morgan Ave, Milwaukee, WI 53220
11:00am - 4:00pm

February	18	MAPLE
March	18	TRADITIONAL GENDER ROLES
April	15	SEED
May	20	STRAWBERRY
June	17	GREAT LAW
July	15	GREEN CORN
August	19	FUNERAL TEACHINGS
September	16	KALIHWIYO
October	21	HARVEST
November	18	MIDWINTER
December	16	HOYAN
January	20	CREATION STORY

SAVE THE DATES FOR SOCIAL DANCE CLASS

March 7th March 14th

March 21st March 28th

*Participation in Every Saturday is not required.
Open to all ages with an adult. Potluck luck will be
provided. Please bring a dish to pass if able. *

PLEASE CALL SEOTS TO SIGN UP:

414-329-4101



2026 ONEIDA PUBLIC TRANSIT MEETING SCHEDULE

Please note the following dates and hours.
The meetings occur the third Thursday of
every three (3) months:

Thursday, March 19 th	10am - 2pm
Thursday, June 18 th	10am - 2pm
Thursday, September 17 th	10am - 2pm
Thursday, December 17 th	Closed

Any questions, comments, or concerns
please contact OPT at 920-496-5770.

Yaw^ko



Public Transit FY26 QTR 1 Report October - December



 Completed Trips	 New Riders	 Trip Denials
9,980	106	697

Education	Employment	Leisure	Medical
266	1,901	6,583	1,230



Fleet Update Summary

We are in the process of updating our fleet. At
this time, we are replacing one bus and one
minivan.

Once these two vehicles are received and
placed into service, our next priority will be to
replace four additional vehicles that have
reached the end of their life cycle.

After completing these replacements, our fleet
should be fully updated and back on schedule
with our lifecycle management plan.

Employee Spotlight

Congratulations to our Director, Jessica Oudenhoven, on becoming the newly elected NICCA Board of Directors Region 5 Representative for WI, IL, MI, MN, IN, OH. Her term begins February 2026.

"I am honored to be chosen as a Board Member of NICCA to represent Region 5 to advocate for providing financial assistance to low-income families. I'm looking forward to sharing my knowledge and experience of issues affecting the well-being of Tribal children and families at the National level." Jessica expressed.

The National Indian Child Care Association is the only nationally organized grassroots alliance of Tribally-governed and operated child care and early learning programs. NICCA was established in 1993 to provide information, support, coordination, and advocacy for Tribal child care.

Tribal child care programs serve over 300,000 American Indian, Alaska Native, and Native Hawaiian children from over 500 Federally recognized Tribes across the United States. NICCA serves Tribal governments operating the federally-funded Child Care and Development Fund and those operating their own, Tribally funded child care programs and services. We promote and support Tribal governments designing and implementing programs which are beneficial to the unique needs of their own Tribal citizens.



Jessica Oudenhoven
Oneida Nation Economic Support Director
NICCA Board of Directors, Region 5 Representative

ONEIDA
Economic
Support

Community
Resource
Center
ONEIDA

CAREER HEADSHOTS

BEGINNING IN 2026, EVERY SECOND AND FOURTH TUESDAY OF THE MONTH! SCHEDULE A 1 HOUR TIME FRAME TODAY!

Are you in need of a headshot for your job search, profile enhancement, or an affordable photography option? We are excited to offer a career headshot service for our community members. While our staff may not be professional photographers, we have the necessary camera, backdrop, and skills to help you create a suitable headshot for your profile.

FREE HEADSHOTS FOR COMMUNITY MEMBERS!

HOW TO GET A HEADSHOT?

1 SET UP A SCHEDULED TIME

WE WILL HAVE AVAILABILITY FOR EVERY SECOND AND FOURTH TUESDAY OF THE MONTH. WE WILL NOT ACCEPT WALK-INS. THERE IS A LIMITED TIME FOR HEADSHOTS TO THE COMMUNITY.

2 UNEDITED AND NON-ENHANCED PHOTOS

WE WILL PROVIDE YOU WITH THE ORIGINAL PHOTO. YOU MAY USE AS IS OR EDIT ON YOUR OWN.

3 RECEIVE PHOTOS WITHIN 2-3 BUSINESS DAYS

AS LONG AS YOU PROVIDE A VALID EMAIL ADDRESS, YOUR PHOTOS WILL BE DELIVERED WITHIN 2-3 BUSINESS DAYS. IF YOU DON'T HAVE AN UP-TO-DATE EMAIL, FEEL FREE TO BRING YOUR OWN FLASH DRIVE TO UPLOAD THE PHOTOS.

4 NO CALL NO SHOWS

IF YOU SCHEDULE AN APPOINTMENT AND FIND YOURSELF UNABLE TO ATTEND, PLEASE NOTIFY US WITHIN 24 HOURS. FAILURE TO PROVIDE NOTICE MAY RESULT IN YOUR INELIGIBILITY TO BOOK ANOTHER SESSION.

CLIENT EXPECTATIONS:

- > COURTESY TO OUR STAFF
- > PATIENCE
- > SHOW UP TO YOUR SCHEDULED TIME
- > YOU ARE ASSIGNED A SPECIFIC TIMEFRAME; ASSISTANCE WILL NOT BE PROVIDED IF YOU DO NOT ARRIVE PUNCTUALLY, WITH NO EXCEPTIONS.

SIGN UP WITH LINK OR QR CODE!

920-496-5248

HPIDG@ONEIDANATION.ORG

<https://www.signupgenius.com/go/10C084DA9AD2BA4F4C52-61095737-community#>



ONEIDA ECONOMIC SUPPORT

DO YOU NEED HELP?

Are you Oneida Enrolled? Have had a crisis going on or recently? Struggling with a financial need or unsure if it may be met at all?

IF YOU ANSWERED YES TO ALL OF THESE QUESTIONS, YOU MAY BE ELIGIBLE TO RECEIVE OUR SERVICES!

How to Apply: May apply in person at Economic Support or call 920-490-3710 and by submitting a completed CSF application to the Oneida Nation's Social Services website at <https://oneida-nsn.gov/resources/economic-support/community-support/>

COMMUNITY SUPPORT FUND SERVICES

SHELTER EXPENSES:

- Mortgage, rent and security deposits

UTILITIES:

- Payment Assistance & disconnections

MEDICAL EXPENSES:

- Bills, travel, hospital, equipment, supplies, auto repairs, accessibility and prescriptions, if not available through insurance or Indian Health Services. Including dental and optical not covered by insurance. Home renovations for a medical condition or it is medically necessary.
- Inpatient drug treatment, if no vendor can assist (limit once per lifetime)
- Family Medical Leave Act Assistance
- Travel Expenses to attend a funeral for intermediate family member
- COBRA Insurance Assistance

(All services are in accordance with the Chapter 125 Rule Book) Find Chapter 125 <https://oneida-nsn.gov/government/register/laws/>

CONTACT US TODAY

920-490-3710

<https://oneida-nsn.gov/resources/economic-support/>

2640 West Point Road
Green Bay, WI 54304

economic_support@oneidanation.org

