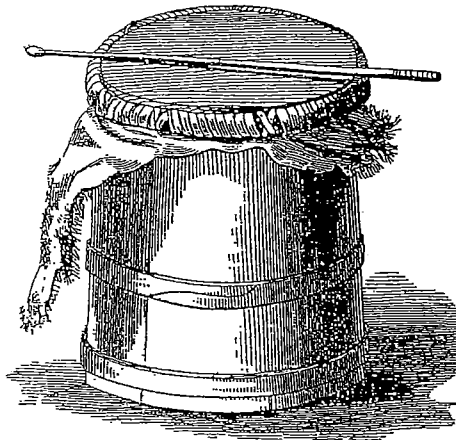


DRUMS

ELDERLY SERVICES
2907 S. Overland Rd.

ACROSS



ONEIDA

SENIOR CENTER
134 Riverdale Dr.

Elderly Services: 1-920-869-2448

Senior Center: 1-920-869-1551

Toll Free: 1-800-867-1551

Awahite Weh- hni- tahl

Strawberry Moon

June 2004

What Makes a Dad

*God Took the Strength of a Mountain, The Majesty of a Tree,
The Warmth of Summer Sun, The Calm of a Quiet Sea
The Generous Soul of Nature, The Comforting Arm of Night,
The Wisdom of the Ages, The Power of a Eagle's Flight,
The Faith of a Mustard Seed, The Patience of Eternity,
The Depth of a Family Need.
Then God Combined These Qualities,
When There Was Nothing to Add,
He Knew His Masterpiece Was Complete .
And So He Called it ... Dad!*

Happy Father Day

Sunday June 20, 2004

*From The Elderly Service Staff
And The Commission On Aging*

ELDERLY SERVICES COMPLEX:

Program Director
Assistant Program Director
Benefits Specialist
Elder Abuse Coordinator
Elderly Services Coordinator
Office Manager
Transportation Coordinator
Transportation Driver
Transportation Aide
Activity Coordinator
Outreach Worker
Outreach Worker
In-Home Chore Worker
In-Home Chore Worker
Respite Care Worker
Respite Care Worker
Administrative Assistant
Elder Helper
Elder Helper
Title V

2907 S. Overland Rd. (P.O. Box 365)
Oneida WI 54155 1-920-869-2448

Florence Petri
Tina Pospychala
Julia Hill
Joyce Johnson
Cheryl Ault
Noreen Powless
Lorna Christjohn
Connie Van Gheem
Dale Webster
Margaret King-Francour
Cindy Brabbs
Amy Sumner
Joanne Close
Lorleen John
Regina Van De Hie
Debbie Ninham
Marty Braeger
Marie Scott
Barbara Skenandore
Arleen Elm

ONEIDA SENIOR CENTER:

134 Riverdale Drive (P.O. Box 365)
Oneida WI 54155 1-920-869-1551

Head Cook Supervisor
Assistant Cook
Relief Cook
Relief Cook
Home-Delivered Meals Driver
Maintenance Supervisor
Home Repairs Coordinator
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Elder Helper
Elder Helper
Elder Helper
Title V
Title V

Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Vacant
Vacant
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Don Bogda
Jared Skenadore
Harold Dostalek
Richard Dodge
Cornelius Hill
Grover Smith
Jeannine LaRock
Marena Pamanet

CLOSE AND PERSONAL

With Amy Sumner, Outreach Worker

Amy Sumner was born March 26, 1961 to Wayne and Cleo Cornelius in Oneida Wi. Amy grew up here in Oneida graduating in 1979 from Seymour High School. In 1981 Amy married and gave birth to two sons during her marriage. After he passed on she remarried in 1995. Amy moved to the Red Lake Reservation in 1990.

Amy lived there for almost 8 years. During this time She became a certified nursing assistant and worked at the Nursing home in Red Lake almost 6 years when she decided to move back home.

After moving back she worked at the Oneida Health Center as a receptionist for 2 years. She enjoyed her job but was not happy. Amy missed working with the elderly. When she was offered a respite position at the Elderly Services in 1999 she gladly accepted the position.. Then moved up to Outreach Worker in 2002.

The job working with elders has had its ups and downs. You can't help but fall in love with them and care for them, then have to lose them. The most rewards you can ever get from any of our elders is the past. They can tell you things you could never imagine would happen in this time of life. We hand things down to younger generations and continue to teach each other. The things they tell us are the most precious gift anyone could ever receive.

Amy's children are grown and She has three beautiful grandchildren. She is content with her life and could not ask for more. She is still blessed with both parents, and sadly have lost her favorite brother but she knows God has placed him among her grandparents and is much happier.. Of all the things She has learned in this life as of yet she has the most wonderful teachers and that is our elders.

In her spare time ,does respite care for Comfort Keepers in the evenings. Some days are long ,but she enjoys helping other people. All together she has worked with the elderly for 12 years now.

When you were a child, what did you think you'd like to be when you grew up?
A nurse.

Who or what has had the biggest influence in your life? My parents and elders.

What do you consider to be your greatest accomplishment? Helping the elders and other people.

Is there something you've always wished you were great at doing?
Being a writer.

What is the best advice anyone ever gave you? Never judge anyone on the outside, always look within.

What advice would you give someone who is about to retire? Keep active - your never too old

What is your ideal vacation? Italy

Favorite Meal-Oneida round steak, fried potatoes, green beans and minced meat pie

Favorite Music-Soft rock

Favorite Books- Stephan King

Favorite Movies-Green Mile& Gone With the Wind

Favorite Hobbies- drawing, writing & bingo

**A CALL TO CONFERENCE by
the National Indian Council on Aging
Milwaukee, Wisconsin August 27th -30th, 2004
Hilton Hotel Convention Center**

The first thirty (30) paid Oneida Elders who sign up will be able to attend this conference. The trip cost for each individual will be \$100.00. This amount will help cover the cost of transportation, registration and room accommodations. Full payment, check, cash or money order, is due at time of sign up at the Oneida Elderly Complex at 2709 S. Overland Dr.

The bus will leave on Friday August 27th from the Senior Center-134 Riverdale Dr., after the noon meal at 1:30 pm. The arrival time at the Hilton Hotel Convention Center will be approximately 4:30 pm. The return trip will leave from the Hilton Hotel on Monday August 30th at 1:00 pm.

NOTE: At the time of sign-up a registration form must be completed. A copy of your tribal I.D. will be needed to verify enrollment. Forms will be provided.

For more information please call (920) 869-2448.



Lorna's Corner Elder Humor

This bit of humor happened when we first bought the 15 passenger van. Every summer we would go to the farmers markets, whether it was in Black Creek, Shiocton, Oneida, or Green Bay. The elders always bought their usual, cucumbers, beans, apples, melons, watermelon, and etc. After spending an afternoon at the farmers markets, our van was full of grocery bags filled with their purchases. In a 15 passenger van there's not much room to store their shopping, but they tried their best to keep their own bags together. So soon, with all the stopping and turning some of the bags tipped over. One elder yelled, "There goes my muskmelon! It's going your way, catch it if you can"! Then another would say, "if a couple of apples roll by you, their mine." Another would say, "Hey, I'm missing my big onion!"

As I was driving I couldn't stop, if we were in the city, so when I stopped at a certain elders home, than we would take inventory of each elders grocery bag to see who was missing what. In the end everyone found their fruit and veggies. That is when we realized we need a bus and we got one!!

Wisdom Of The Elders What I Have Learned

When the land grows silent, the deer but a shadow in the night, a wolf howls for his lost mate, seeded plants bear nothing. Setting of the orange sun clouded, the moon sheds no more light, soaring eagles elusive, Indian flutes no longer heard whistling through old age pines, rivers become slower, the fires grow cold, tracks of the Old Ones hard to fine, cries to the Sky Father seem to go nowhere. Then Mother Earth has become ill. Do not say, "It is done", do not say, "there is no hope", do not say, "this is a way of life now gone." Do not say. " the Sky Father is not listening." Instead, believe in yourself and your teachings, and stand strong. Give the deer his freedom, a wolf his mate, plant stronger seeds. Look at the orange sun as a new beginning, the stars will give back reflections of moonlight. Mighty eagles, give them a resting place of safety, play your Indian flutes with conviction, release bonds that holds the rivers, place more wood upon sacred fires. Seeks the tracks to follow, they are not gone, only covered with years of dust. Do not say, "I am but one Indian".....join many hands among all of your relations, for we are plentiful in number and Mother Earth will heal! The Sky Father hears you.

Source: Katherine Raborn

HAPPY BIRTHDAY TO ALL JUNE BABIES

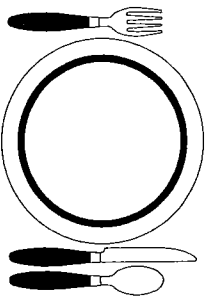
Shirley Barber	6-10	Maria Hinton	6-05
Joanne Barnette	6-25	Carole Lopaz	6-09
Gerald Benson	5-28	Betty McLester	6-01
June Begay	6-25	Lois Metoxen	6-03
Joanne Biddle	6-22	Loretta Metoxen	6-08
Angeline Cayenberg	6-24	Edmund Powless	6-14
Leona Collar	5-09	Ella Sauer	6-05
Bertha Cornelius	6-22	Althea Schuyler	6-20
Clifton Cornelius	6-12	Helen Skenadore	6-17
Frances Cornelius	6-11	Bette Skenadore	6-03
Susan Crotty	6-05	Dona Skenadore	6-02
Nona Cottrell	6-11	Phillip Skenadore	6-13
Betty Daus	6-01	Wanda Skenadore	6-10
Edith Davids	6-19	Grover Smith	6-06
Delia Denny	6-29	Marjorie Stevens	6-07
Donald Denny	6-11	Arlene Summers	6-06
Florine Dessart	6-27	Betty Tonnon	6-10
M.C. Doxtator	6-15	Pat Thompson	6-10
Olga Doxtator	6-12	Kenneth Webster	6-20
Robert Doxtator	6-14	Stanley Webster	6-01
Regina Funk	6-6	Mildred Buttler	6-24
Alfreda Green	6-29	Lambert Williams	6-29
Irene Hill	6-13		

Elders, if you have a birthday in June please join us at the Senior Center; 134 Riverdale Drive (Hwy J) on May 27, 2004. Have lunch with us and sign the birthday book.



Birthdays are celebrated on the last Thursday of every month.

Nicolasa Jackson

Menu					
June					
2004					
Monday	Tuesday	Wednesday	Thursday	Friday	
	¹ Chicken Soup Fresh Bread Pears	² Hamburger Casserole W/W Bread Sherbert	³ Pork Roast Potatoes Brussels Sprouts W/W Bread Apple Sauce	⁴ SOS Toast Eggs Berries	
⁷ Hot Dogs Mac & Tomatoes Green Beans W/W Bread Peaches	⁸ Boiled Dinner Fresh Bread Melons	⁹ Chicken Breast Wild Rice Peas W/W Bread Ice Cream	¹⁰ Veggie Lasagna Lettuce Salad Garlic Bread Lemon Whip	¹¹ Bacon & Eggs Oatmeal Toast Juice Pears	
¹⁴ Chicken Salad Croissants Tomato & Cukes Orange Slices	¹⁵ Corn Soup Fresh Bread Berries	¹⁶ Ham Sweet Potatoes Green Beans W/W Bread Peaches	¹⁷ Fish & Cole Slaw Red Potatoes Corn Bread Melons	¹⁸ Scramble Eggs Sausage Toastem's Juice & Banana's	
²¹ Sub Sandwich Assorted Veggies Chips Fresh Fruit	²² Tomato Soup Ground Bologna & Egg Salad Sandwich Jello	²³ Goulash W/W Bread Pears	²⁴ BIRTHDAY'S Chicken Potatoes & Corn W/W Bread Lemon Cake	²⁵ Bacon Eggs & Toast Cold Cereal Toast & Peaches	
²⁸ Cucumber Salad Chili W/W Bread Ice Cream	²⁹ Potato Soup Fresh Bread Pudding w/ Bananas	³⁰ Chop Suey Rice W/W Bread Mandarin Oranges	All meals are served with coffee, tea, or milk. Flower: Rose	Meals are subject to change. Birthstone: Pearl	

Chicken Wild Rice Salad

2/3 c. Mayonnaise
1/3 c. milk
2 tbl. lemon juice
1/4 tsp. dried tarragon
3 c. cook cube chicken
3 c. cooked wild rice
1/3 c. finely chopped green onion
1 (8oz.) Can sliced water chestnuts
drained
1/2 tsp. pepper
1/2 lb. seedless green grapes, 1c.
halved
1 c. salted cashews
Green grapes for garnish.

Blend mayonnaise, lemon juice, and tarragon, set aside. In a large bowl, combine chicken, wild rice, green onions, water chestnuts, salt and pepper. Stir in mayonnaise mixture until well blended. Cover and refrigerate for 2-3 hours. Just before serving fold in grapes and cashews. Makes 8 servings.

From the kitchen of: Wes Northrup

Since you get more joy out of giving joy to others,
You should give a good deal of thought into the joy that you are able to give.

Specials Thanks

Since my stay at St. Mary's Hospital for two weeks, I would like to thank the generous and kind people who remembered me with balloons, plants and flowers, and gift of money. Neva Archiquette, Elders Program, Senior Center, Cops Program, Oneida Housing, Susan Torres, and th Oneida Veterans. Also, thanks to the Faith In Action, for getting me to my doctors appointments.

I was honored and I appreciate it very much.

Love You All
Alice Torres

Thank You

I would like to extend a "Thank You" to the Oneida Nation for the opportunity of owning a computer through the raffle for elders. I am very excited to be able to use a computer again.

Donna Ysebaert

Blood Pressure/Blood Sugar
Screening 6-11-04
Senior Center
134 Riverdale Dr.
Oneida, Wi. 54155



Ron,

Just a note to say thank you to you the Gaming Sales and Marketing Department, for assisting with Senior Olympics... thanks for everything you do for our elders. A lot of times we get so busy, time passes and we don't acknowledge those special people who really go out of their way for our neediest population, the elders. Its appreciated.

Thanks a lot for everything and participating in all the events.



Our thanks and recognition goes to Dan Brooks and the entire Conservation Department for all the benches and picnic tables that were placed in and along the walking path, located behind the Elderly Apartments on S. Overland Rd.

From all the staff & elders of the Elderly Complex



Thanks to all the people that showed up for the "2004 Volunteer Recognition" event that was held on Wednesday, April 21st, 2004. Our volunteers are the ones that make up the Oneida Area Faith in Action Program with their dedication and compassion to help people that can't help themselves. Whether it be due to sickness, a terminal illness, or a disability in general. Thanks for just being there for one another. Everyone helped in making this event a success.



puzzle 61

Have You Taken A Vacation Lately?



HOSTESS
 HOT
 HOTEL
 HOUSEKEEPER
 INN
 ISLAND
 ITALY
 ITINERARY
 LAKE
 LAS VEGAS

LEMONADE
 LODGE
 LONDON
 LOUNGE
 MAID
 MAP
 MEXICO
 MOTOR INN
 MOUNTAINS
 NEW YORK

NORTH
 OCEAN
 OCEANSIDE
 PHONE
 PUERTO RICO
 RENO
 RESERVATIONS
 RESORT
 RETREAT
 ROME

SAFARI
 SAILING
 SOUTH
 SPAIN
 SWIM
 TICKETS
 TOUR
 TOWN
 VOYAGE
 WEST

Senior Fitness

Regular physical activity is important for people of all ages. Research shows that regular moderate physical activity can extend your life span and prevent or slow the development of chronic diseases.

Safety is very important during physical activity. The following is a list of guidelines that you should practice during all types of physical activity. Not following these guidelines during exercise may cause you serious harm or injury.

Safe Exercise Practices

- + Obtain medical clearance to exercise.
- + Don't exercise if you have pain.
- + Don't exercise when you are sick, injured, or running a temperature.
- + Don't overstrain during exercise.
- + Remember to breath! Never hold your breath during exercise.
- + Always warm up before you exercise.
- + Always cool down after exercising.
- + Drink plenty of water before, during, and after you exercise.
- + Avoid heavy meals for about 2 hrs before energetic exercise.
- + Think safety at all times.
- + Work at an effective, yet comfortable, intensity level. You should be able to carry on a normal conversation during exercise.
- + Stop exercising and consult your physician immediately if you experience any of the following:
 - > Chest pain or tightness of the neck or throat.
 - > Considerable difficulty breathing.
 - > Abnormal heart rhythm, nausea, dizziness, or light headedness.
 - > Excessive cold sweat or extreme or lasting weakness or fatigue after exercising. □

Medical Studies Indicate Most People Suffer 68% Hearing Loss When Naked.

Getting the most out of a visit to the doctor's office.

Take a friend, someone who will help you remember important information.

Educate yourself. Seek trustworthy information about illnesses or conditions that affect you.

Be up front. Tell your doctor's everything, or they might miss something important.

You have to ask in order to receive. If you want answers, you have to ask questions.

Source: United Health Foundation

A Cup Of Tea Is Good News For Diabetic

Tea could turn out to be a diabetic's best friend, according to US Dept. of Ag. scientists. They have found that green, black, and oolong teas can boost the activity of insulin, the hormone that controls blood sugar levels.

Tea drinkers of the world will tell you of the delights of a nice cuppa. Medical scientists have over the past few years revealed how tea has many health benefits, too, because of the presence of some aromatic chemicals known as polyphenols. Polyphenols are thought to be the active ingredients, giving tea its protective effects against damaging free radicals found in the body. Polyphenols can even kill bacteria, some viruses, and cancer cells, at least in the laboratory, although there is evidence of a reduced risk of these diseases in tea drinkers.

Food chemists Richard Anderson and Marilyn Polansky at the USDA's human nutrition center has infused the scientific literature with another benefit of the leaves of *Camellia sinensis*. Anderson and colleagues have been looking for a way to keep blood sugar levels steady in diabetics for more than a decade. If successful, their results could reduce a patient's reliance on injected insulin. They looked at many different plants and

spices for an effect on insulin activity, but recently turned to tea.

The scientist extracted all the components that showed any effect on insulin and discovered that just one natural chemical, known as epigallocatechin gallate, is almost wholly responsible for the effect. This compound, a polyphenol, has been known to work as an antioxidant.

"The lack of control of blood sugar leading to glucose intolerance and ultimately diabetes is one of the leading causes of poor health" Anderson and Polansky have now discovered that tea increases insulin activity by more than 20 times in laboratory test. "Tea is likely to improve the body's ability to respond to insulin, leading to lower levels of insulin and blood sugar" Anderson said.

Interesting, although many types of tea can affect insulin activity, none of the herbal varieties has any effect. "Herbal teas are not teas in the traditional sense since they do not contain leaves of *Camellia sinensis*," explains Anderson.

Anderson and colleagues report their findings in the *Journal of Agricultural and Food Chemistry*.

Parkinson's Disease (PA)

A series of articles about PA will appear in the Drums on a monthly bases.

Parkinson's Disease is now being noticed more and more by the medical profession because people in Oneida are experiencing PA symptoms.

Have you ever thought about how it's possible for your body to move-it just happens when we want it to? Before reading more about PA and it's treatment it may be helpful to understand a little more about how our body movements are controlled.

Our brain is made up of many different areas in a complex chain of decisions required for even the smallest muscular movement. For walking, our brain must first gather all the information it needs about our body's position. Example, are you sitting, lying down, or standing up? Where are your feet? Do you have your balance? Now your brain must add what it knows about where you will be going. Do your eyes tell your brain that you'll be out walking on a nature path or a busy street. Do your feet detect that the ground is easy to walk on or that you could lose your balance because it is uneven and narrow.

All this information comes together in a central area of the brain which controls many aspects of our body movements, this area of the brain

also works with other areas of the brain to send out the commands for balance and coordination. These commands go from the brain to the spinal cord through nerve networks to the muscles that will help you to move.

Our whole nerve system is made up of single units called nerve cells. These nerve cells serve as a "communication network" within our body. To communicate with each other, the nerve cells use chemical messengers called Neurotransmitters that carry messages between nerve cells by crossing the space between cells, called the synapse.

Neurotransmitters also allow the nervous system to communicate with your body's muscles and translate thought into motion. One especially important messenger is Dopamine, which is manufactured in the controlling decision making area of the brain.

More about Dopamine and how crucial it is to our human movement in the July issue of the Drums.

Securing the Present and Protecting the Future

Confused about the new Medicare Modernization Act? Concerned about the proposed changes to Social Security? These topics and more will be addressed at the CWAG annual statewide convention, June 2-4, 2004 at the Radisson Hotel and Conference Center in Green Bay.

The convention theme, "Securing the Present and Protecting the Future," explores how CWAG and senior advocates can secure current programs and services for older adults and protect the quality of life for Wisconsin seniors in the years to come. Programming will be focused on three key issues: the recent changes to the Medicare program, the proposals for changing the Social Security program and the progress (or lack thereof) of long term care reform.

"It is crucial that seniors are aware and informed about these topics and understand the impact they will have on their lives," says Tom Frazier. "Convention is our opportunity to educate the general public and keep them informed about the choices that are available.

This year the event is expected to draw between 600-800 attendees. Those in attendance will experience a variety of activities such as educational workshops, health screenings, both a live and silent auction, and more than 60 exhibitors displaying information on products

and services specifically for older people. Guest will also have the opportunity to listen to nationally known speakers Josefina Carbonell, the assistant Secretary for Aging at the U.S. Department of Health and Human Services and Ron Pollack, Executive Director of Families USA. In addition, guest will be entertained with performances by "Frank's Dinner Theater" and "The Odd Couple."

"It's an amazing convention and we encourage the public to attend." Barbara Thoni, Director of Member Services explains, "It's a wonderful opportunity for senior and advocates to come together and discuss their issues and concerns.

For those who are unable to attend the full convention, individuals have the opportunity to attend Wednesday only and participate in "Community Appreciation Day." Participants can explore the exhibit hall and attend workshops free of charge. For a fee of \$15 individuals will be able to participate in the lunch program, which includes the performance by "Franks Dinner Theater."

For more information or to register contact Peggy Ryneerson, Convention Coordinator at 1-800-368-2990 or visit www.cwag.org.



F A R G O

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Fargo's has on staff one of fewer than twenty CERTIFIED Funeral Service Practitioners in the state of Wisconsin

- **PRE-PLANNING SPECIALISTS**, whose expertise lie in the advance planning of funerals and memorial services

- **CREMATORY FACILITIES**

Two state-of-the art cremation facilities on-premises which avoids the potential hazards of contracting out for such services

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For families who prefer not to enter a conventional casket selection room, we offer a computerized "virtual selection room", which offers families a more comfortable way to make those already difficult decisions



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Kaukauna, Wisconsin
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JUNE

ACTIVITIES

2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 All trips leave from Sr. Ctr All activities subject to change.	1 Crafts @ Epworth Hall 9:30-11:30am	2 Bingo & Ice Cream Social @ Elderly Svs Bldg 1:30 pm Bring a topping!	3 Watch Packer Mini-Camp Practice Clarke Hinkle Field 1:30pm OR Summer Concert 11:30am	4 Shopping Banks Lunch Out 10-3 pm
7 PACEArthritis Exercise 11am @ Sr.Ctr Family Dollar Store 1pm	8 Crafts @ Epworth Hall 9:30-11:30am	9 Ol' fashion Bingo @ Elderly Svs Bldg 1:30 pm	10 PACEArthritis Exercise 11am @ Sr. Ctr Hit Rummage Sales 1 pm	11 Shopping Banks Lunch Out 10-3 pm
14 PACEArthritis Exercise 11am @ Sr.Ctr Board and Card Games 1:30pm Eld Svs Bldg	15 Crafts @ Epworth Hall 9:30- 11:30am Open Discussion Group 1:30pm Eld Svs	16 White Elephant Bingo @ Elderly Svs Bldg 1:30 pm	17 PACEArthritis Exercise 11am @ Sr. Ctr Movie and Popcorn 1 pm Eld Svs Bldg	18 Shopping Banks Lunch Out 10-3 pm
21 PACEArthritis Exercise 11am @ Sr.Ctr Lecture on Bottled Water 1:30pm at Eld Svs Bldg	22 Crafts @ Epworth Hall 9:30- 11:30am	23 Exercise Bingo @ Elderly Svs Bldg 1:30 pm	24 PACEArthritis Exercise 11am @ Sr. Ctr Birthdays Gifts & Music @ Sr. Ctr 12:15 pm	25 Shopping Banks Lunch Out 10-3 pm
28 Bible Study 10 am AJNH PACEArthritis Exercise 11am @ Sr.Ctr	29 Bingo @ Epworth Hall 9:30- 11:30am Open Discussion Group 1:30pm Eld Svs	30 Timber Rattler Baseball Game-Appleton 10am-2pm Sign up at Sr. Ctr		Watch for Senior Dance Night Sat. June 26 at Parish Hall!



Get your date ready...

*A Summer Dance is
just around the corner*

Saturday, June 26, 2004

at the Parish Hall

7-11pm

Music by Rollie Ferrin

Refreshments sponsored by Oneida Elderly Services

Music sponsored by Oneida Police Department

NO COVER CHARGE

Have a fun night out!

Got Achy Joints

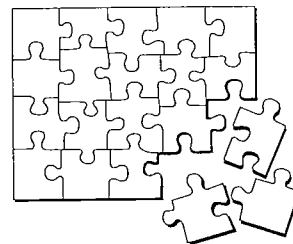
Stiff When Getting Out Of The Chair?

Join Us For a New Arthritis Class

And Help Yourself Feel Better

We Meet Monday and Thursdays at 11a.m.

at the Senior Center from June - August



Facilitated by Ryan Engel, Oneida Fitness Specialist and Certified
PACE Arthritis Instructor

Please Contact Margaret Francour at 869-2448 for more information
and to sign up.

All Fees Paid for by Oneida Elderly Services

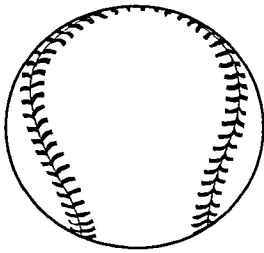
Take me out to the Ball Game!



**Join us as we watch the
Wisconsin Timber
Rattlers battle
the Daytona Ohio
Dragons**

**on Wednesday June 30 at 10am
at the Timber Rattlers Stadium in
Appleton**

**Get a Reserved Seat and
Picnic Lunch on Us!**



**Limited tickets and bus seating
Sign up early!**

**THIS TRIP IS FOR ELDERLY 55 AND OLDER,
you must be in good health and be able to travel
and walk the outdoor grounds**

Those who are oxygen dependant, on medication that causes dizziness,
disorientation, or those with with high risk of heart attacks
are ineligible for travel

Call Margaret or Lorna with questions (920) 869-2448

**ONEIDA NATION COMMISSION ON AGING
ELDERLY COMMUNITY MEETING**

RE: COP PROGRAM

APRIL 20, 2004-11:30 A.M.

SENIOR CENTER/MULTI-PURPOSE, Cty. J

MINUTES

IN ATTENDANCE: Dellora Cornelius, Pearl McLester, Charlene Cornelius, Dorothy J. Skenandore, Josephine Oudenhoven, Lois Strong, Mary Greendeer, Shirley Thomas, Donald Thomas, Kathy King, Louise Cornelius, Sue Reiter, Linda Torres, Joseph Torres, Lisa Vega, Julie Cornelius, Sharon K. Sarnowski, Linda Summers, Jean Penn, Florence Petri, Carrie Lindsey, Betty Tronnier, Deanna Bauman, Clifford Doxtator. There were 27 additional attendees who did not sign in.

Presenter: Deanna Bauman.

Philosophy: The goal of the Community Options Program is to assist elderly, developmentally disabled, physically disabled, chronically mentally ill, substance abusers and person with Alzheimer's or related dementia to remain at home in the community rather than having to enter a nursing home or other institution.

COP Representatives: Myron Rucker, Brown County - 448-6000; Deb Debrun, Outagamie County. One to five year waiting list in Brown and Outagamie Counties. Caregivers need background checks and are paid. The COP Program generally looks at hiring family members to be caregiver. Home Health Agency: Oneida Health Center is in process of developing one and will eventually have include Elderly Services' people. CNA certification will be necessary for future caregivers.

What are Your Rights? You have the right to an assessment and case plan regardless of your income. You have a right to a copy of your complete assessment. You have the right to refuse an assessment or service at any time. You have a right to appeal the assessment decision, case plan, or denial of funding within 30 days of the initial contact.

What is Community Options Program?

Community Options is offered by the Oneida Tribe of Indians of Wisconsin to assist you in making long-term care decisions. This program provides

an alternative to nursing home care by funding a large variety of services to meet your needs. Services offered may include:

Home Health Care
Attendant and Respite Care
Adult Day Care
Life Line
Transportation
Home Maintenance and Housekeeping
Adult Family Care Homes
Adaptive Equipment

There are currently 50 people being serviced and will remain on the program until assistance is no longer needed.

Who is eligible? Enrolled Oneida Tribal Members, living on the reservation who meet the following conditions:

1. Frail Elderly (age 64 or over)
Physically Disabled
Developmentally Disabled
Chronic Mentally Ill
Chronic Substance Abusers
Victims of Alzheimer's or other related diseases.
2. You must also demonstrate a need for ongoing medical, rehabilitative or restorative care.
3. You must also be within certain financial eligibility requirements.

A nurse and social worker will meet with you for an assessment to determine your eligibility and identify your needs. There is currently a two year waiting period. This is not for frail elders. Medical Assistance eligibility. 744 basic needs. State running program. Check out assets (car). Allows state to recover assets from state (?) Reservation boundaries: must have for eligibility. Level of care is similar to what is needed in nursing home.

What do I do now? Call and ask for a Community Options Assessment. Preliminary information will be taken. The Community Options Program Worker or RN will contact you to schedule an assessment. If you are eligible, the Community Options Program Worker will contact you within 30 days to develop a plan that meets your needs.

**ONEIDA NATION COMMISSION ON
AGING
MAY 11, 2004 - REGULAR MEETING
ELDERLY SERVICES COMPLEX
CONFERENCE ROOM
1:00 P.M.**

I. CALL TO ORDER

II. WELCOME AND PRAYER

III. ROLL CALL

IV. APPROVAL OF AGENDA

V. APPROVAL OF MINUTES

- April 13, 2004 - Regular ONCOA Meeting
- April 14, 2004 - Working Session with Alex Lei-Nako - FYI
- April 20, 2004 - Elderly Community Meeting re: COPS Program
- April 21, 2004 - Working Session re: NICOA display - FYI
- May 4, 2004 - Working Session re: Meeting Efficiency and NICOA display - FYI

VI. REPORTS

- A. Bay Area Agency on Aging
- B. OBC Liaison - Brian Doxtator
 - 1. Update on one-day facilitated meeting regarding assisted living
 - 2. Emergency Plan
 - 3. Update on Draft Election Ordinance
 - 4. Tribal Elections - Legal Opinion - Update
- C. Elderly Services Director/April
- D. Monthly Report on Comprehensive Health Services - Deanna Bauman
- E. Financial Report/March
- F. ONCOA Reports
 - 1. Steering Committee Report - Dorothy J. Skenandore and Dellora Cornelius.
 - 2. Bay Area Agency on Aging - Arlie Doxtator
 - 3. CWAG - Arlie Doxtator

VII. TABLED BUSINESS

- A. Senior Statesmanship Training Report - Dorothy J. Skenandore
- B. Update on Concerns - Pat Pelky
 - 1. Update on Testing Sprinkler System
 - 2. Senior Care
 - 3. Elderly Complex Safety Issues

- 4. CIP Project Budget for Assisted Living

C. Update on Concerns #1, 6 and 9 - Fred Muscavitch

D. Financial Report/February - Contesting Expenditures - Lois Strong

E. Emergency Management Plan for the Elderly - Lorna Christjohn

VIII. OLD BUSINESS

A. ONCOA Sign - Status Update

B. Development of Legislative Plan and Comprehensive Policy - Kevin Cornelius

C. Semi-Annual Report for GTC

D. Transportation Update - Clifford Webster

IX. NEW BUSINESS

A. Request for Funding for Practice Jerseys and Game Jerseys - Kilabrew VanDike, OHS Lacrosse Club Coach

B. Funds for GLNAEA - FYI

X. ANNOUNCEMENTS

A. May 12, 2004 - 9:00 a.m. - Working Session re: ONCOA Coordinator's job duties/SOPs.

B. May 12, 2004 - 10:00 a.m. - Working Session re: NICOA Booth

C. May 12, 2004 - 12:00 p.m. - CCR Meeting at Social Services Building

D. May 13, 2004 - 9:00 a.m. - GLITC Board of Director's Mtg. BCCR-NHC

E. May 17, 2004 - 12:00 p.m.- Financial Exploitation Workshop - Multi-Purpose Cntr.

F. May 17, 2004 - 12:30-3:30 p.m. - Operational Redesign - Radisson Inn

G. May 18, 2004 - 12:00 p.m. - Suicide Prevention Workshop - Multi-Purpose Cntr.

H. May 21, 2004 - Honor the Elder Luncheon - Radisson Inn.

I. May 25, 2004 - 1:30 p.m. - Community Meeting re: Air Quality - Elderly Services Complex

J. May 26, 2004 - 10:30 a.m. - Senior Health and Fitness Day - Townhall of Oneida.

K. May 26, 2004 - 9:00 a.m. Medicare Changes that could Affect You - Rhinelander, Wisconsin.

L. May 26-27, 2004 - Open House at DOLM

XI. ADJOURNMENT

ONEIDA NATION
COMMISSION ON AGING
WORKING SESSION - MAY 12, 2004
10:00 A.M.
N.I.C.O.A. BOOTH

IN ATTENDANCE: Mary Edna Greendeer, Dorothy J. Skenandore, Dellora Cornelius, Arlie Doxtator, Valder John, Tina Pospychala, Florence Petri, Frank Schersing, Susan Daniels.

Initial discussion took place around the issue of the Older Americans Act and proposed changes in funding. Frank gave everyone a legislative update and suggested we begin the process of lobbying for funding. Tribes should lobby to get included in Elder Abuse funding. There has been a continuing resolution for OAA since 2000. Money is being focused on homeland security and the war effort.

We can/should include information regarding the status of the OAA in our booth. We need to ask for funds in the proposed increase under Family Caregiver to be allocated to tribes. To stay informed, we can access BAAA's website, locate the form letter to write about our concerns, and call the legislative hotline if it's a state issue.

We asked Frank if he would provide a once-a-month legislative workshop with ONCOA. He indicated he would try.

BOOTH: Bay Area Agency on Aging will have information about the Older Americans Act and a video on the Aging Network. Elderly Services will have information on the Faith-In-Action program, the Native American Caregivers video, flyers and the resource directory. ONCOA will have their videos. We would

like to depict a working relationship between the groups. The thought was to have a circle poster depicting the interrelationship between the groups. There can be pictures of individuals involved in different activities.

NEXT MEETING: May 27, 2004 at 10:00 a.m. Each individual should bring the following to the next meeting:

Tina will take "candid" pictures of individuals for the poster.

Noreen with contact Garth Webster to create the poster.

Frank will bring brochures and a video.

Sue will bring a work schedule for everyone to sign up.

Maybe we can get a couple of aprons with our logo on it. As people work at the stand, they can wear the apron.

DATE: / /

A:\Newsletter\ENROLLME.WPD(11/26/02)