



# Government Programs & Services Elders Program

## 5000 Skenondoa Way, Oneida, NY 13421

### Program Hours

**Monday - Friday 8:30 a.m. - 5 p.m.**  
**1-800-685-6115 or (315) 829-8135**

*March 2017*

Tewahnislyá'ks

“day wuh knee zlee yucks”

“The Day Is Cut In Two”

#### **Program Coordinator**

Kathy Willard

#### **Activities Leader**

Tammy Patterson

#### **Elder Home Respite Aide**

Jeanne Dee Northington

#### **Bus Driver**

Brody Payne

#### **Senior Cook**

Charisse Gibson

#### **Cooks**

Maryanne DeNova

Melanie Stover

#### **Oneida Nation Council**

*Ray Halbritter*

*Keller George*

*Chuck Fougner*

*Brian Patterson*

*Pete John*

*Clint Hill*

*Dale Rood*

*Kim Jacobs*

**Commissioner of  
Nation Administration**

# March Highlights

Welcome March and welcome spring! Come to the Center and celebrate all that March has to offer. We start the month off with a shopping trip to the Waterloo Premium Outlets®. Then we are off to Saratoga Downs for some gaming time. Lend your voice and sing with us to “The Sound of Music” in a two part sing-a-long. Before you know it, it will be time to get your green on at our St Patrick's Day Party! Come and watch the Irish Step Dancers and win a prize for wearing the most green! It's all in the luck of the Irish on the 17th. To celebrate the first day of spring, we will have a special treat on March 20. Rounding out the month are trips to Dreamcrafters Quilt Shop and Jewett's Cheese House. Come join us and happy spring everyone!

## Caregiver's Support Group

Our caregiver's support group, Teyakhishnyehé' (“We Take Care of Them”) is an ideal place to share concerns and feelings with others who understand and can offer solutions and emotional support in a confidential setting. On Wednesday, March 29, the group will meet at the Cookhouse at 11:45 a.m. If you are providing primary care for an Elder and would like some helpful information, contact Jeanne Dee Northington at (315) 829-8330.

## Elders Home Respite Services

Jeanne Dee Northington provides home respite services to Oneida Nation Elders that may help them remain independent and in their own homes. Jeanne provides shopping assistance, light housekeeping and companionship to Elders who have no one else available to assist them. She also visits Elders in local hospitals and nursing homes to help keep them connected with Oneida community. In addition, Jeanne provides home delivered lunches in the Village of the White Pines and on the Territory. If you or an eligible loved one are in need of Home Respite Services please call Jeanne at (315) 829-8330.

**For questions about any of the following Elders activities, contact Kathy Willard, elders program coordinator, at (315) 829-8133 or 1-800-685-6115.**

**BINGO!**  
**Monday,**  
**March 27**  
**1 p.m.**  
**at the Elders**  
**Dining Room**



**Coffee Hour at**  
**the Elders Café**  
**Every Friday at**  
**9 a.m. at the**  
**Elders Center**  
**Dining Room**



**Celebrate**  
**Monthly**  
**birthdays**  
**with us**  
**during lunch**  
**on Thursday,**  
**March 9**



### *Bone Builders Program*

The bone builders program is an innovative community-based program designed to promote bone health and overall well-being for both men and women through strength training and balance exercise. Participants can stay seated throughout this workout. Held Thursday mornings at the Oneida Recreation Center beginning March 2. The van will leave the Center at 9:30 a.m.

### *St Patrick's Day Party*

Feel the luck of the Irish as you join us for our St. Patrick's Day Party on Friday, March 17 at 1:30 p.m. We will have entertainment, green snacks and drinks and a contest for who can wear the most green. A green day will be had by all!



### *Vernon Downs Buffet*

Be sure to bring your appetite tonight as we will be going to Vernon Downs to enjoy the all-you-can-eat Champions Buffet on Wednesday, March 22. The van will leave the Center at 4 p.m. Oneida Nation Elders attend at no charge; others may attend at their own expense.

### *Craft & Afternoon Tea*

It's a relaxing afternoon of Crafts and Afternoon Tea planned for Monday, March 20 at 1 p.m. Enjoy each other's company over a cup of steaming hot tea.

### *Waterloo Outlets*

**COME SHOP WITH US!**  
Join us Friday, March 3 for a trip to the Waterloo Premium Outlets®. Spring is around the corner; lets see what's new in fashion for the upcoming season.

### *Movie Sing-a-Long*

Lend us your voices as we sing along with the von Trapp family in *The Sound of Music*. We will have a wonderful time singing all our favorite songs including "Maria," "My Favorite Things" and "Climb Every Mountain," just to name a few. Don't worry if you can't remember all the lyrics. We will be handing out song sheets so you wont miss a word. This is a two part event Monday, March 6 and Thursday, March 9 starting at 1 p.m. at the Community Room.

### *Green Dessert Contest*

Show off your baking skills and win a prize in the Green Dessert Contest in honor of St. Patty's Day. The rules are easy. Simply make a dessert that has green in it or on it. Have your baked good at the dining room by 12:30 p.m. on Tuesday, March 14. Good Luck!



### *Jewett's Cheese House*

A great time is had by all when we visit Jewett's Cheese House. The bus will be leaving the Elders Center at 1 p.m. on Thursday, March 30. Come join us and buy some cheese.