

# THE ONEIDA



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❖ ONEIDA INDIAN NATION NEWS ❖

THE ONEIDA ❖ ISSUE 3, VOLUME 20 ❖ JULY, 2018



Attendees of the Aging Well Elders Conference participate in social dancing led by the Akwesasne Women Singers.

## Elders Conference Brings Messages of Healing and Hope

The Oneida Indian Nation hosted the 18<sup>th</sup> annual Aging Well Elders Conference at the Turning Stone Resort Casino Conference Center in May. The two-day conference welcomed guest speakers from across Indian Country to provide Elder American Indians and their caregivers with vital resources for healthy living.

Oneida Nation Elders program coordinator, Kathy Willard, and activities leader, Tammy Patterson (Wolf Clan), welcomed more than 150 guests to the conference during the opening day.

This year's conference presentations focused primarily on healing and

hope, with open discussions about substance abuse and newer drug trends that disproportionately affect Native communities. Following the Acknowledgment of Nations and a few icebreakers, Oneida Nation Manager of Behavioral Health Services, Kara Kaplan, was introduced as the first keynote speaker.

Kara discussed how the current drug epidemic affects American Indians. The historical trauma that occurred over generations left the children of those generations without positive coping skills that are essential in managing mental health.

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## Oneida Nation Celebrates Milestones

This year the Oneida Indian Nation is celebrating several milestones



that mark significant moments in its storied history. Twenty-five years ago the Oneida Nation signed a gaming compact with then Governor of New York, Mario Cuomo, that led to the opening of the first legal casino in the state and ushered in a new era of prosperity for the Oneida people.

The opening of Turning Stone Resort Casino, as the name symbolizes, represented a turning point for the cultural rebirth and the economic resurgence of the Nation. The name 'Turning Stone' was chosen because it "describes the ability to retain culture and heritage while progressing towards a future that contains change," said Nation Representative Ray Halbritter when the name was revealed in 1993.

Indeed, the success of Turning Stone and other Nation enterprises has brought much change to the Oneida community by allowing Nation leadership to keep a primary focus on improving the quality of life and opportunities for Members. Since

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## Milestones

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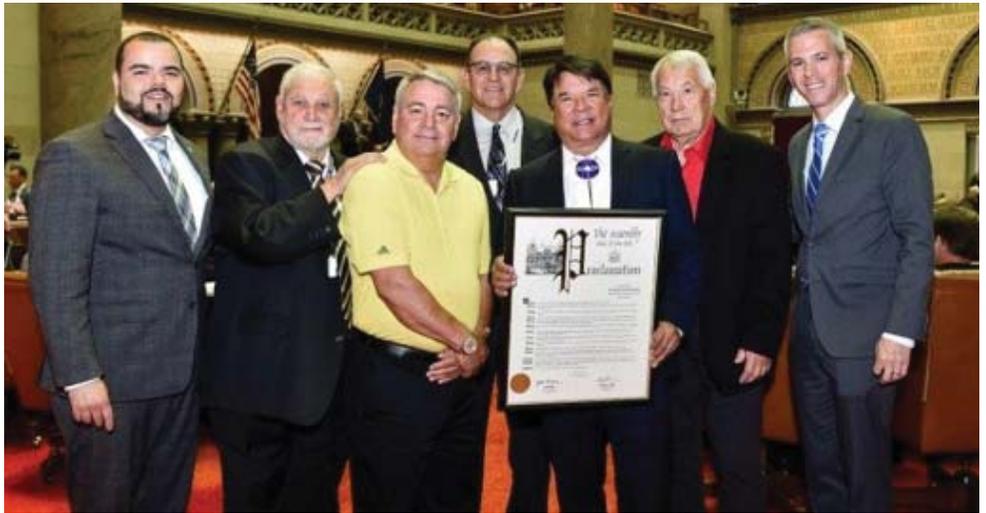
1993, the Nation has created dozens of programs and services including youth and Elder programming, housing, health and fitness services, education programs, language programs and more. Every effort was made to provide state-of-the-art facilities to house these programs, such as the Recreational Center and Gymnasium, the Ray Elm Children & Elders Center in the Village of the White Pines, and most recently, the brand new Oneida Nation Health Services location in Dream Catcher Plaza.

These accomplishments did not come easily as the new era of success for the Nation brought its share of challenges. With a perseverance and commitment to its people, the Nation forged ahead meeting these challenges head on; never wavering in its assertion of sovereignty.

In 2013, almost exactly twenty years after the signing of the original gaming compact, the Nation reached another historic milestone to settle years-long disputes over land and tax issues with Madison and Oneida counties and the state of New York. The agreement set the stage for the reacquisition of thousands of acres of Oneida homelands free from interference of state and local governments. Today, the Nation enjoys universally-recognized sovereignty over the largest amounts of its homelands since 1824.



The Shako:wi Cultural Center turned 25 June 6.



Left to right: Assemblymember Marcos Crespo, Assemblyman José Rivera, Turtle Clan Council Member Dale Rood, Bear Clan Council Member Brian Patterson, Nation Representative and Nation Enterprises CEO Ray Halbritter, Wolf Clan Council Member Chuck Fougner and Assemblyman Anthony Brindisi in Albany for the proclamation celebrating the 25th anniversary of the Oneida Nation gaming compact.

The gaming compact, the opening of Turning Stone and the settlement agreement are not the only anniversaries being celebrated this year:

- In 1993, the Oneida Nation also opened the Shako:wi Cultural Center on Territory Road. Built with Oneida hands, the white pine log cabin-style building houses many artifacts and exhibits that provide testament to the rich Oneida history and traditions.
- The annual Kid's Day celebration marks 25 years in 2018 as well. This community event focuses on the younger generations with fun, educational activities that showcase the various Nation programs and services.
- The Oneida Indian Nation Police Department was also formed in 1993. The distinguished department has maintained an impeccable record of service to our Members and the region, working collaboratively with local, state and federal agencies to keep our communities safe. ❖

### ONYOTA'A:KÁ:

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### TOLL-FREE MEMBER PHONE LINE 1.800.685.6115

Nation Council Meetings are held the first Tuesday of every month at 10:30 a.m., Nation Council House, Oneida Territory via Route 46 South, Oneida, NY  
For further information contact: The Oneida Indian Nation, P.O. Box 1, Vernon, NY 13476, or visit us on the web: [www.OneidaIndianNation.com](http://www.OneidaIndianNation.com)

### DOING BUSINESS ON NATION LAND

The Oneida Nation has developed a website for use by any business who does business on Nation lands and collects Oneida Indian Nation Sales Tax to remit the taxes to the Nation online. If you have a business on Nation land or are thinking about starting one up, contact the Nation's Department of Taxation at 315-366-9393 for assistance. They can help answer any questions and provide training on the website's use.



# Oneida Indian Nation Contributes to Madison County Time Capsule

Nearly 110 years ago a time capsule was buried at the cornerstone of the Madison County Courthouse in Wampsville. In April, county officials unearthed the capsule and revealed its contents, which included newspapers, photographs, coins and more.

After the unearthing, officials decided to bury a new capsule and invited the Oneida Indian Nation, among others, to participate. The Nation contributed a traditional Friendship Feather and letter from Nation Representative Ray Halbritter to the new time capsule that was buried June 4 at the courthouse in the exact same location as the original.

In the letter Halbritter wrote about the significance of the feather being given as a symbol of admiration and peace. He also wrote about the relationship between the county and the Oneida Nation, and how differences were set aside under the 2013 settlement agreement that now provides a partnership for ongoing investments in the region.

“When the next generations look back at their ancestors, they will be able to see a concrete example of two peoples that were driven apart by animosities, but that



An Oneida Nation Friendship Feather and a letter from Nation Representative Ray Halbritter were contributed to the time capsule.

decided once and for all to embrace reconciliation and respect,” the letter states.

The capsule also includes voice recordings of messages from residents of the county on DVD, local newspapers, newsletters, pins, photos, coins and other items collected from local businesses and members of the community.

Dale Rood, Oneida Nation Turtle Clan Council Member, attended the burying of the new time capsule.

“This was an excellent opportunity to do something cooperative between the Nation and Madison County,” he said. “The county was truly appreciative of our contribution.”

The contents were on display at the county courthouse a week prior to being buried. Dale hopes that over the next period of 100 years the items remain intact and will be a positive message to the future generations. ❖

The text of the letter can be found here: <http://www.oneidaindiannation.com/oneida-indian-nation-contributes-to-madison-county-time-capsule/>



Madison County Historian Matt Urtz and Chairman of the Board of Supervisors John Becker discuss the items being placed in the time capsule.



Chelsea Jocko and Wes Halsey Jr. ride the Oneida Nation float during Oz-Stravaganza! (Photo courtesy Barb George-Winton (Wolf Clan))

## Nation Sponsors Oz-Stravaganza!

The Oneida Indian Nation once again served as the presenting sponsor of the Village of Chittenango’s annual Oz-Stravaganza! weekend in June. As the event’s presenting sponsor since 2011, the Nation was proud to play an integral role in this year’s celebration and show its support of the community.

With “Broadway Comes to Oz” as this year’s Oz-Stravaganza! parade theme, the Nation’s parade float featured two stars from the highly-acclaimed Broadway musical Wicked – Tiffany Haas, who played Glinda, and Michael McCorry Rose, who played Fiyero. Joining them on the float were Chelsea Jocko (Wolf Clan), Wes Halsey Jr. (Wolf Clan), ELC student Greta Boscarello and her mom, Laura Maggiore.

Additionally, songstress Libby Welch (Bear Clan) performed on the event’s main stage the afternoon following the parade. ❖



## Elders Busy with Beadwork

Oneida Nation Elders Program participants continue to learn new beading skills through classes offered at the Ray Elm Children & Elders Center. Left to right: Linda Williams (Turtle Clan), Geraldine Feeley (Wolf Clan) and Rose Tompkins (Wolf Clan) are among those who are practicing their skills, working on projects such as beaded purses and glengarry hats. For information about Elders activities, call (315) 829-8133 or 1-800-685-6115.



## White Corn Planted

Staff from the Oneida Heritage Center were busy planting white corn on Oneida Nation homelands in early June. The corn will be used for projects at the Shako:wi Cultural Center and for Oneida Members. Oneida Nation Turtle Clan Council Member Dale Rood, Ron Patterson (Wolf Clan) and Alex Dickerman (Turtle Clan) had to get creative with the tricky tractor and spreader, but worked diligently to get the job done. The corn should be ready for harvest in the late summer to early fall. For more information about programs at the Shako:wi Cultural Center call (315) 829-8801.





Alex Dickerman (Turtle Clan) is honing his skills and carrying on tradition at Oneida Heritage.

## Member Hones Skills, Carries on Traditions at Oneida Heritage

Traditions are an important part of a society’s cultural identity. Haudenosaunee culture relies on the youngest generations to continue the traditions of the past to ensure the culture lives on in the future.

Alex Dickerman (Turtle Clan) is working to preserve that culture for those next generations. From crafts and tools to bows and lacrosse sticks, he continues to expand his creative arsenal.

Alex has been working for the Oneida Indian Nation for a total of eight years and joined the staff at the Oneida Heritage Center when its sales and rentals store in Sherrill opened its doors in the summer of 2016. He worked as a dealer at nearby Turning Stone before that, but hoped to find an opportunity within the Nation’s government programs and services to get more exposure to the culture of the Oneida Nation.

“I moved back from North Carolina and found out about the plans for Oneida Heritage,” Alex said. “I jumped at the

opportunity because it involved things I already love to do.”

Traditional Haudenosaunee arts and craftsmanship were a big hit with Alex at a very young age. He attended a class twice a week, specifically for American Indians, to learn more about Native crafts such as beading and basket making. Since Alex always enjoyed working with his hands, he learned how to put things together and quickly developed the skills to create several types of arts, crafts, tools and toys.



Warrior Archery arrows made by Alex.

Creativity, dexterity and patience are among the many skills needed to excel as a craftsman. Ron Patterson (Wolf Clan) tightened up those skills for Alex when he arrived at Oneida Heritage, though Alex says he likes to attempt everything first to try and figure it out as he goes.

“I knew how to do a lot of the crafts, but Ron taught me how to make the lacrosse sticks from scratch. When I was ten years old, he had a stick-making class,” he said. “You have to bend the sticks at the right time and the wood has to cure. If you bend it too early, they can snap.”

From cutting down the tree to netting the stick, Alex can complete the entire process from start to finish. Typically taking six months, the process of making a lacrosse stick is long, but Alex says it’s very rewarding when you see the finished product and hold it in your hands.

Alex played lacrosse when he was a student at Stockbridge Valley Central School, and even today, tries to play when he can. He says he was also drawn to another traditional American Indian sport: archery.

“I liked [archery] a lot when I was in high school. Learning how to shoot came easily for me,” he said. “So when Ron and Dale talked about building a range when the store opened, I thought it was a great idea. The archery market is huge and it can get big here. I painted the floors, put up the walls and shelves. It was a lot of hard work, but it really paid off.”

Oneida Heritage was already considering constructing an indoor archery range in the back of its store when Alex came on board, but needed more labor-intensive assistance to see it through to completion. Though it took a lot of work to get the former warehouse up to par, Alex, Ron and Dale were able to make it a reality.

The 12-lane indoor range – now known as Warrior Archery – has

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## Elders Conference

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Many American Indians, even a few generations ago, had to endure horrific experiences, which led to a cycle of increased depression and anxiety. Positive coping skills are proven to be more effective than addicting controlled substances that are often prescribed to maintain those conditions.

Family history continues to be a major symptom for the higher predisposition of addiction among American Indians. Kara followed up by mentioning how the Oneida Nation is helping to combat addiction and drug control problems in the area with its expansive health resources. The new Health Services location in Oneida has a behavioral health department with trained mental health counselors and an on-call psychiatrist that can provide counseling and refer to in-patient facilities if necessary.

Kara closed her presentation with a question and answer forum to ensure everyone in attendance could get a chance to ask more personal questions if they chose to do so. Guests could also write questions anonymously on index cards if they didn't want to speak in front of the group.

"Realize that you control your own behaviors," she said in closing. "Talk to your doctors and counselors. We can stop this, we can help it, and we can heal it."

Oneida Nation Bear Clan Council Member Brian Patterson attended the event and volunteered to share how he stays engaged with the Nation's youth through social dancing and gatherings at backyard fires to prevent drug abuse early on. He said it's critical to break the silence

on addiction and that we all must wrap our minds around the issue together.

"We are all affected by this," he said. "We must strengthen our young people and say this is not acceptable on our homelands."

### From Addiction to Healing

The first morning breakout sessions featured several guest speakers in smaller settings. Guests could choose from a fun workout session for exercise, a seminar on elder abuse, or a conversation with Oneida Elder Nonie Waterman (Turtle Clan) who discussed her life story and challenge with addiction.

Nonie battled substance abuse for nearly her entire life and wants to share her story with younger people to encourage them to make better and smarter decisions. She mentioned she had little confidence, which played a big role in her decision-making at a young age.

"Nobody knew I was taking drugs," Nonie said. "But once I hit rock bottom, I knew I needed to help myself. Now I want to help children."



Bear Clan Council Member Brian Patterson shares his thoughts during the Elders Conference.

With all of the obstacles Nonie faced, she found a way to get the help she needed. She offered advice to others that may be struggling with addiction: find a sponsor. She said that she still goes to meetings with her sponsor of 25 years. Nonie is now a Credentialed Alcoholism and Substance Abuse Counselor (CASAC) and a graduate of Onondaga Community College.

The afternoon breakout sessions featured a healthy cooking demonstration, a seminar on medicine, and a seminar in Elder communication strategies. The latter seminar offered tips for caregivers to communicate effectively with their loved ones. Good communication prevents misunderstandings, builds

healthy relationships and reduces stress.

Tewentahawih'tha' Cole (Mohawk) led the presentation with several interactive examples.

"It's important to take care of yourself as a caregiver," she said. "Using 'I' messages respect the feelings of others and is much clearer and specific."

These messages engage the person and forces them to listen, which can be a difficult problem for some



Tewentahawih'tha' Cole led a presentation on how good communication relates to care giving.



caregivers to navigate. She closed her presentation by asking caregivers to find common ground when communicating. Aligning, agreeing or redirecting your communication when necessary leads to greater harmony and peace.

The first day was capped off with a bus trip to a local mall that was available for conference attendees.

### Day Two Activities Teach Safety, Awareness

Day two of the Elders Conference was set to feature keynote speaker Dr. Darryl Tonemah, a popular presenter who addresses topics such as education, societal trends and health care issues in Native communities. Unfortunately, travel issues kept Dr. Tonemah from making it to the east coast, so Kathy Willard, who is also well-trained in self-defense and martial arts, pinched-hit to provide a lively presentation of her own.

Kathy’s presentation on personal safety included risk reduction strategies for safe-guarding your home, your personal information and your body. She engaged the attendees in conversations about safety issues and many shared their own tips; some based on personal experiences such as with the seemingly never-ending phone and email scams. The best advice – hang up and delete!

With the onset of summer-like temperatures throughout the region, Kathy explained how window unit air

conditioners may provide an opportunity for thieves to gain easy access to your home. Colleen Jones (Turtle Clan) suggested using pieces of wood to secure windows from being opened from the outside. Other pointers included keeping your blinds, shades or curtains closed at night and utilizing outdoor lighting to make your home less of a target.

Kathy also shared tips for the Elders on how to remain safe during every day activities such as exercising, going for walks or grocery shopping. When going to a park for a walk or a trip to the mall, it is a good idea to let someone know where you are going and when you expect to return home.

Kathy explained that while grocery shopping, keeping your backside to the vehicle so you have to turn while unloading groceries helps you keep an eye on your surroundings, as well as provides exercise for the hips. Linda Williams (Turtle Clan) recommended Elders should take advantage of certain services offered, such as having a grocery store employee walk you to your vehicle and load your groceries for you.

Linda visits the Nation’s Elders Center regularly and was really impressed with Kathy’s impromptu keynote presentation.

“I thought it was great,” she said. “I loved that it was interactive and that I could raise my hand to ask questions or participate. She was really good and I had a lot of fun.”

### Self Defense a Personal Choice

Kathy, who was the New York State Taekwondo sparring champion in 2012 and started her own self-defense training company in the same year, also kept Elders entertained during a presentation on personal safety. With the help of her daughter Rachel and a few

Elder volunteers, Kathy demonstrated simple self-defense moves that could help any Elder in a situation of need.

Kathy explained how good self defense is 98 percent mental confidence. Being aware of your surroundings and

trusting your first instincts are key, “don’t second-guess yourself in any situation,” she said. She also explained that when



Kathy Willard enlisted the help of an Elder to demonstrate simple self-defense techniques.

faced with an attack, how much a person resists is their own personal choice. Getting loud, and physical if necessary, are the best ways to ward off potential attacks and ensure that you get home safe to family and friends.

The Elders that filled the Mohawk Room who had planned on a discussion on substance abuse with Dr. Tonemah were treated to an important, informative presentation just the same.

Earlier in day two, attendees had several workshop options including a cooking demonstration led by chefs from Turning Stone Resort Casino, a presentation on the ins and outs of insurance, and a popular Medicine Wheel presentation led by Joey David.

Joey is an addictions case manager at the Wholistic Health and Wellness Program at Akwesasne. He utilizes the Onkwewhonwehnéha Ohkakowenta, or “original person wheel,” to help clients and community members connect with their hearts and develop spiritually, mentally, emotionally and physically.

Margaret Splain (Turtle Clan) attended the conference for the first time in a few years. “I really like the different presentations and speakers that are here,” she said. “The Elders staff always does such a wonderful job putting this event together.” ❖

**“I thought it was great... I loved that it was interactive and that I could raise my hand to ask questions or participate. She was really good and I had a lot of fun.”  
- Linda Williams**



## Luncheon Celebrates Healthy Living

The Oneida Indian Nation's Blue4U program wrapped up its third year on Wednesday, May 23, with a celebratory luncheon at the Nation's Cookhouse on Territory Road. The innovative program provides Government Programs and Services employees with an expansive guide to healthy living through wellness education, telephone health coaching, fun team challenges that test the mind and body, and optional before and after blood screenings complete with a comprehensive report that offers suggestions for improvement.

Starting back in September, participants began monitoring their wellness progress with a point-tracker to encourage consistent involvement

throughout the year. The incentive-based program enables participants to tally up those points, which are earned for completing several wellness activities, and those that finished with 50 points or more by May 18 received a certificate of completion at the luncheon. At two points during the year, participants were also entered in a drawing for Turning Stone Resort Casino gift cards after they completed specific activities outlined on their point sheet.



Staff from the Oneida Nation Housing Department attended the Blue4U Luncheon. Forty-nine employees participated in the program this year.

Pat Catalano, the Nation's GP&S Programs Coordinator, says the program is a great way for employees to stay active at home and at work throughout the year.

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## Traditions

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already partnered with several local organizations, including the YMCA of the Greater Tri-Valley, to provide archery instruction classes and a place for other groups to practice. It opened officially in August of 2017. Education is a vital component of Warrior Archery; in addition to improving marksmanship skills, it has become a place to develop young minds.

Ron, who is also the manager of Warrior Archery, and Alex traveled to New York City for an intensive, all-day certification class to become USA-certified archery instructors for the center. They were given a large booklet filled with everything you'd

want to know about archery and the class incorporated a lot of hands-on activities. They were awarded certificates after they passed the final exam, which are now proudly displayed at the range.

Alex also attended the George Chapman Archery School to get his technical certification. That class was another all-encompassing endeavor specifically geared toward the maintenance of compound bows. It included how to inspect and completely tear down, repair and rebuild a compound bow, how to replace string and cables, and how to properly reset cam timing. The school also goes over the latest tuning methods and the proper use of a bow press among many other technical aspects of compound bows

In addition to his technical and teaching certifications in archery, Alex



A lacrosse stick, a bow and children's arrows and carrying bag made by Alex.



A Warrior Archery engraved sign made by Alex.

incorporates his craftsmanship skills to carve bows and arrowheads. He's working on several projects for Warrior Archery that include drawing, engraving and carving his own designs

"I'm probably the youngest to actually have been taught many of these traditional trades from Ron and others," Alex says. "I hope I can teach others, for sure. There aren't a lot of people learning these trades so it's important to keep those traditions alive." ❖



# Youth Ambassadors Tap Trees, Deliver Syrup for Ceremony

Participants in the Nation’s Youth Ambassadors Program helped tap maple trees to make syrup for a ceremony earlier this year. The Thanks to the Maple ceremony gives thanks to the maple tree and the Creator for the renewal of life that comes with spring.

This was the first time the kids in the youth program contributed to the ceremony. Donna Howe, youth programs coordinator, and Rec Center administrative assistant Barb George-Winton (Wolf Clan) thought it would be an excellent community project as the end of the school year was fast approaching. YAP typically does one major project every year so participants can get involved and contribute to the community.

Donna and the kids joined Kris Wilkins (Wolf Clan) at a spot where he’s tapped maple trees for years. Kris taught them how to tap the tree with a drill and what conditions are best to get the sap to flow. The kids learned the perfect time to start collecting the sap is when it’s below freezing at night

followed by warmer days. The group also tapped the tree from the east side because that’s where the sun first hits the tree.

The group then filled four 5-gallon buckets and brought the fresh sap back to the Rec Center kitchen to boil it down into “sweet water” or syrup. They strained the sap through cheesecloth to rid the sap of any excess substances and wound up with over 30 full freezer bags. The 20 gallons they collected were eventually reduced down to just one pint of syrup.

“It was a much longer process than we anticipated,” Donna said. “It took the kids a week to boil it all down because we didn’t have a fire large enough to get it to boil quicker.”

The day before the ceremony, all of the kids delivered the pint of syrup to the Cookhouse. Sheri Beglen (Wolf Clan) thanked the kids for their help and put together a thank you note shortly after, which all attendees of the ceremony signed.



Several people who attended the Thanks to the Maple ceremony signed a thank you note for the kids in YAP.

“It’s an amazing feeling to know they did it with their hands,” Sheri said. “The sugar is our medicine and life sustenance, and we always give thanks for it every year. Gratitude helps us to have peace of mind.”

Donna and Barb said they were happy to see the youth ambassadors turn their community project into a collaborative team effort, and would love for YAP to be involved in the process next year.

“It was a long process,” Barb said. “But it was great that the kids got the reward at the end and saw the finished product. And it was so fresh and delicious!” ❖

## Healthy Living

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“We had 49 employees that participated this year, which was great to see,” she said before the start of the lunch. “There are a lot of benefits for those that participate, and at the end of the program, the medical reports show you where and how you can improve, from lowering your cholesterol to improving your diet.”

Recreation Supervisor Cole Perkins coordinated all of the team building

challenges and each of the GP&S departments won a challenge. Maureen Ray (Turtle Clan), who works in the Housing department, says the program is a great way to stay accountable.

“It’s an awesome program to develop healthy eating habits,” she said. “The calorie counter was an eye-opener because what you think might be the healthiest option might not have the lowest calories. And the worksheets are a great way to keep you invested.”

Dana Sovocool, Vice President of Human Resources, also spoke at the luncheon to congratulate the award

recipients and to thank the many people involved with managing the program. Pat gave out the awards after the buffet-style healthy lunch.

Blue4U is a voluntary program through Excellus BlueCross BlueShield and powered by Interactive Health Solutions, Inc. to help participants learn more about their current health and how to make improvements moving forward. The pilot program is being considered for employees throughout Nation Enterprises. ❖



## Health Services Medical Call Center

With Medical Call Center, medical and dental patients can call Health Services anytime the office is closed to talk to a registered nurse, who will “triage” the call and suggest options for care. When a call is triaged it means a registered nurse will talk to the patient and assess their symptoms or health concerns and offer advice for follow up.

Examples of the types of calls that the nurse is authorized to triage:

1. Recommending the patient go to the emergency room or urgent care.
2. Advising the patient to follow up with Health Services on the next business day to make an appointment.
3. Suggest over-the-counter medications until the patient can be seen at Health Services or if the situation requires, an emergency room or urgent care visit.

The Medical Call Center is not to be used for medical emergencies, prescription refills, or to make or cancel appointments. For more information, contact Lisa Winn, Admissions Supervisor, at (315) 829-8715 or 1-800-663-4324. ❖

## Pneumococcal Vaccine

The Prevnar 13 pneumococcal vaccine is available to eligible Health Services clients, by appointment. Age and other restrictions apply. For more information or to schedule an appointment, call (315) 829-8700 or 1-800-663-4324. ❖

# Oneida Nation Health Services Welcomes New Dentist

Oneida Indian Nation Health Services recently hired Dr. Steven Lowe to be the center’s new dentist. Dr. Lowe comes to Oneida after practicing in the Washington, DC area for the past four years. The opportunity to serve a community with such a rich heritage was a major factor in Lowe’s decision to relocate to central New York.

“I wanted to go where I would have big impact on patients and their quality of life,” Lowe said. “The staff here is excellent and we treat all of our patients like they are family.”

Dr. Lowe graduated from the University of Maryland School of Dentistry in 2010. Following his graduation, the DC-native practiced in a public health center in Pennsylvania for three years helping under-served populations.



Dr. Steven Lowe

Nation Members can expect the best care with no over-treatment plans. Dr. Lowe believes in treating the patient’s primary concerns first and advising on any other options after.

Health Services also recently welcomed Diane Berwick, who works with Dr. Lowe as a dental hygienist.

Health Services serves Nation Members and American Indians living in a six-county region of central New York. Located at Dream Catcher Plaza off of Route 5 in Oneida, the new state-of-the-art center provides top medical, dental and behavioral and community health care

for all generations in one convenient location.

For more information on the services offered, please call (315) 829-8700 or 1-800-663-4324. ❖

## Recreation Department Summer Jam Program

Summer Jam will begin at the Rec. Center on Monday, July 9 and is open to Oneida Indian Nation Members, Children of Enrolled Oneidas and Health Services clients who will be entering grades 3-7 in September 2018. The program is held Monday through Friday from 9 a.m. – 4:30 p.m. through Aug. 17.

Summer Jam offers beach days, hikes and off-site trips to several local attractions. The First Tee will continue twice a week at the Nation’s Golf Dome or golf course. Summer Jam also features guest presenters from Shako:wi Cultural Center, Health Services, Oneida Heritage and Oneida Nation Police.

Family Day will be held Wednesday, Aug. 15 from 11 a.m.-2:30 p.m., where parents and family members can join their children for lunch, awards, group games and swimming at the Nation pool. Summer Jam ends on Friday, Aug. 17 with a trip to Roseland Water Park from 8:30 a.m.- 6 p.m.

For more information, call (315) 829-8484 or 1-800-685-6115. ❖

# Living In Health & Harmony Emphasis of Fall Event

On Wednesday, Oct. 3, GP&S is hosting an exciting new event titled “Living In Health & Harmony,” an evening of wellness activities at the gym from 4-7 p.m.

The event will offer a mix of activities and demonstrations that address current healthcare trends and numerous wellness topics:

- Women’s Wellness Corner – breast cancer awareness and treatment, and other health topics
- Sleep Hygiene – how establishing good sleep habits can contribute to better health
- Mind-Body Connection – impact of behaviors/attitudes/emotions on your physical health
- Men’s Health – try the men’s health putting challenge
- Healthy cooking demonstration – nutritious foods you can make at home
- Dental Health – information and signup for future oral cancer screening
- Blood pressure checks – know your numbers and the new hypertension guidelines
- Chair massage and paraffin wax dips – refresh and energize with spa treatments
- Plank contest – test your endurance and possibly boast a win
- Drug Trends –display and information about use and abuse of illegal and prescription drugs
- FoodFeasible – display and information about local and seasonal foods

- Fitness Room tours – overview of machines and equipment that boost cardiovascular and muscle strength
- Budgeting – learn how to develop a household budget and reduce financial stress

Participants will receive a gift bag at registration and be entered into the prize drawings.

Living In Health & Harmony is open to Nation Members, Children of Enrolled Oneidas and Health Services clients ages 16 and older, and GP&S employees.

For more information, contact Pat Catalano, GP&S programs coordinator, at (315) 829-8215. ❖

*NOTE: Separate recreation activities for students in grades 3-8 will be held at the Rec. Center from 5-7 p.m., supervised by Youth Development staff. Registration is limited to 20 children. Call (315) 829-8484 by Sept. 26 to sign up.*

## Youth Work/Learn Program to Begin

The Oneida Nation Education Department’s Youth Work/Learn Program will start July 9. Youth will be assigned to one of two work crews, depending on their age. One crew will consist of 13 year old Oneida Members and other American Indian youth who are 14 - 15 years old. They will work 20 hours per week and will be assigned to a variety of Oneida Nation service locations.

All other American Indian youth who are 16-20 years old will receive individual assignments to various Nation job sites.

The goal of the Youth Work Learn Program is to give native youth the opportunity to learn job skills and requirements of various career options for their future.

For more information, contact Randy Phillips, Education Programs Assistant Manager, at (315) 829-8206 or 1-800-685-6115. ❖

## Nation Police and Elders Host

# Bar-B-Que Bash

The 1950s will be celebrated at the annual Nation Police-Elders barbeque on Thursday, Aug. 9 from 4-7 p.m. on the C&E patio. A DJ will get the Elders on their feet with swinging dance party music. The menu features barbeque ribs, grilled chicken, baked potato, baked beans, salads and dessert. The evening will end with basket drawings.

Open to Oneida Indian Nation Elders and their spouse or guest, and other American Indians. Adults only.

Signup is required by Aug. 3 by 3:30 p.m. Call Gail Semian at (315) 829-8155 or 1-800-685-6115. Be there or be square! ❖





Oneida Indian Nation  
P.O. Box 1  
Vernon NY 13476

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Welcome to the new format of *The Oneida*. This redesigned newsletter will still bring you the same great information about Oneida Nation news and information, and coverage of Government Programs and Services events and happenings.

Also, be sure to check out [www.OneidaIndianNation.com](http://www.OneidaIndianNation.com) for the latests news, information and more about the Oneida Nation.

## SAVE THE DATE ...

### Monday, August 6 - Annual Solemn Commemoration Ceremony at Oriskany Battlefield

Oriskany Battlefield State Historic Site - 7801 State Route 69 - Oriskany, NY

Commemorative Feast to Honor Fallen Ancestors Followed by Solemn Commemoration Ceremony from 7 - 9 p.m.

## Exhibit Competition for the SIX NATIONS AGRICULTURAL SOCIETY

# INDIAN Village



Call For  
Entries!

at the **NEW YORK STATE FAIR**

**Aug. 22 - Sept. 3  
2018**

Exhibit competitions are open to all Oneida Members.  
Entries are due by 3 p.m., Monday, Aug 20 to Gail Semian  
at the Ray Elm Children & Elders Center.

*Pictures and paintings must already have hanging hardware installed.*

For more information or questions contact  
Sheri Beglen at (315) 829-8204.

Complete entry rules and regulations and division details can be found at:

[https://nysfair.ny.gov/wp-content/uploads/2018/04/  
2018-Iroquois-Indian-Village-rules-regulations-classes.pdf](https://nysfair.ny.gov/wp-content/uploads/2018/04/2018-Iroquois-Indian-Village-rules-regulations-classes.pdf)

