



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

January 2019

Teyakohúhtya'ks
"day ya go who dyucks"
One's ears are freezing

January Highlights

Program Coordinator

Kathy Willard

Activities Leader

Tammy Patterson

Elder Home Respite Aide

Jeanne Dee Northington

Bus Driver

Brody Payne

Senior Cook

Charisse Gibson

Cooks

Melanie Stover

Nancy Stratton

Education Programs

Sr. Manager

Brenda Hicks

Oneida Nation Council

Ray Halbritter

Keller George

Chuck Fougner

Brian Patterson

Pete John

Clint Hill

Dale Rood

Kim Jacobs

**Commissioner of Nation
Administration**

With the holiday season behind us it is time to slow down and relax. We have our new sewing projects to work on in the sewing room. Instructional Beading and Beading Buddies are a great way to spend time during the wintery weather. Don't worry if you have never beaded or quilted before. These classes are for beginner to expert levels. How about some Massage Therapy? A massage is the perfect way to relax and let the stress go. The Library also has some great options for everyone in your family. If you've made that New Year's resolution to live healthier, come and try one of our workout squads. We offer chair aerobics and swim aerobics. Both are geared toward all fitness levels. Happy New Year everyone!

Caregiver's Support Group

Our caregiver's support group, Teyakhíshnyehe' (day ya keesh nay, "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. This month's meeting is Wednesday, Jan. 30 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 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. Jeanne also visits Elders in local hospitals and nursing homes to help keep them connected to the 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.



**Hair Salon
appointments
Mondays,
Wednesdays and
Fridays - Call
for an
appointment.**

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

Save the Date



The Healthy Heart lunch will be on Wednesday, Feb. 13 at 12 p.m. at the Elders Center dining room.

H₂O Squad

The Elders have a new workout that they love. We call it the H₂O Squad. Starting Jan. 8, the Elders go to Turning Stone Resort Casino for water aerobics every Tuesday at 1 p.m. It is a wonderful way to exercise without putting a lot of stress on the bones and joints.

"Fluffies"

If your New Year's resolution is to lose weight, then Fluffies may be for you. Beginning Jan. 3 at 9 a.m. we will talk about a new weight loss topic and how to stay on track. We will also have weekly confidential weigh-ins every Thursday so you can keep track of how you are doing.

Trivia Half Hour

How smart are you? Come find out at Trivia Half Hour! We have it scheduled on Jan. 2 and Jan. 16 at 12:30 p.m. It's a great way to test your knowledge on a large variety of topics and a great way to keep the mind sharp.

Drama Club

Do you have what it takes to be a star? Join the Elders Drama Club and show us what you've got! We will start rehearsals at 1 p.m. on Wednesday, Jan. 9. Don't worry if you've never acted before - we will have loads of fun!

Corn Husk Doll Making

Tammy will teach the authentic way to make a corn husk doll. Join her on Thursday, Jan. 17 and Thursday, Jan. 31 at 1 p.m. to make these wonderful traditional dolls.



Wii Bowling Tournament

The annual Wii Bowling Tournament starts Friday, Jan. 4 at 1 p.m. at the dining room. Come experience the fun and excitement of the competition. The tournament runs 6 weeks and will end with a banquet.

5 Wishes - Decisions for Your Personal Care

5 Wishes is a program that helps you voice your choices. It states how you want your personal care managed if you become unable to communicate. The paperwork makes it easy for family, loved ones and doctors to understand your orders. It helps give family members peace of mind knowing they are following your wishes. Join us Tuesday, Jan. 29 at 10:30 a.m.

Breakfast at the Greenhouse Brew in Sherrill

The Greenhouse Brew in Sherrill is under new ownership so we thought we would give it a try. They have a regular breakfast menu and daily specials. Join us for breakfast on Tuesday, Jan. 8 at 9 a.m.



Please call the kitchen to sign up for lunch 24 hours in advance. The kitchen phone number 315-829-8154.

Program activities are subject to change or be cancelled due to the weather.



**Celebrate
Monthly
birthdays
with us
during lunch
Thursday,**

