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 2019

Tewʌhnísla'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
Melanie Stover
Nancy Stratton

Education Programs Sr. Mgr.
Brenda Hicks

Oneida Nation Council
Ray Halbritter
Keller George
Chuck Fougnier
Brian Patterson
Pete John
Clint Hill
Dale Rood

Kim Jacobs
Commissioner of Nation Administration

March Highlights

March comes in like a lion and goes out like a lamb. Spring is just around the corner and so is the warmer weather. Our new Fluffies program has been a huge success. We are pleased to announce the Fluffies have lost a combined weight of 52 pounds! This activity is just another option for helping our Elders live healthier. We still offer our Fitness Squad and H_2O Squad: join us on Mondays and Thursdays at 10 a.m. for a great workout session and Tuesdays at 1 p.m. for swim aerobics. A trip to Rivers Casino and Waterloo Premium Outlets® is planned. We also have a great twist on making the traditional Corn Husk Dolls. Celebrate St Patrick's Day with us. Enter our Green Dessert Contest and join our St. Patrick's party. Happy March everyone!

Caregiver's Support Group

Our Caregiver's Support Group, Teyakhíshnyehe' ("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 will be on Wednesday, March 27 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. She 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, she 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.

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

Celebrate Monthly birthdays with us during lunch Thursday March 14

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 Dates

Aging Well Conference
Wednesday, May 29 & Thursday, May 30 at Turning Stone Resort Casino

Elders Trips
June 5 - 7 Lancaster, PA
Sept 18 - 20 Bethlehem, PA

Rivers Casino & Resort

Enjoy great company on the bus ride to Schenectady and try your luck at the Rivers Casino. The bus will leave the Center at 8 a.m. on Friday, March 8.

Corn Husk Dolls

Tammy Patterson will teach us step-by-step how to create a spectacular poseable corn husk doll complete with regalia. No experience needed. Tammy will provide all the materials. Join us on Monday, March 11 and March 18 at 1 p.m.

Drama Club

It's not too late to join Drama Club. The all original Native Play is just starting to take shape. We need all kinds of talents from acting to stage hands. Come join this cast for an outrageously good time. We meet every Wednesday at 1 p.m.

St. Patrick's Day

Everybody is Irish in the month of March. Celebrate with us on Friday, March 15 at 1 p.m. Bring your best green dessert and try to win a prize. Stay for a fun St. Patty's Day party with games. May the luck of the Irish be with you!

Shopping at Waterloo Outlets

The bus will leave the Center at 9 a.m. on Friday, March 22 for a fun trip to the Waterloo Premium Outlets®. They will have great sales on all their spring items. Or just enjoy the day out and window shopping.

Shuffleboard Tournament & Potluck Breakfast

Try your hand at shuffleboard on Thursday, March 28 at 9 a.m. Let's see who will win bragging rights as the best shuffleboard player at the Elder's Center.

Wire Wrapping Jewelry

Tammy Patterson will once again hold her Wire Wrapping Jewelry class. Beautiful one of a kind pieces of art are created in this class. Bring in a special stone or object that you would like to incorporate into a necklace. Tammy will show you how on Thursday, March 28 at 1 p.m.