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 2020

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

Program Coordinator
Kathy Willard

Activities Leader
Tammy Patterson

Elders Home Respite Aide
Jeanne Dee Northington

Bus Driver
Basil Dockstader

Senior Cook
Charisse Gibson

Cooks
Melanie Stover
Nancy Stratton

Education Programs Sr. Manager
Brenda Hicks

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

Kim Jacobs
Commissioner of Nation Administration

January Highlights

With the holiday season behind us it is time to slow down and relax. We have our new Fall Risk Prevention program this month. Beading instruction, beading buddies and quilting are a great way to spend time during the wintry weather. Don't worry if you have never beaded or quilted before - these classes are for beginners to experts. Join us for a competitive Cornhole Tournament - inside of course. Massage Therapy 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 chair yoga. Both are geared to work with all fitness levels. Happy New Year everyone!

Caregiver's Support Group

Our caregiver's support group, Teyakhíshnyehe̲' ("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 will be on Wednesday, Jan. 29 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.

Elder's 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. She also 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 is 315-829-8154.

Program activities may be changed or cancelled due to the weather.

Celebrate Monthly birthdays with us during lunch Thursday, Jan. 9

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

Healthy Heart Lunch & Wear Red Day

The Healthy Heart Lunch-Wear Red Day will be on Wednesday, Feb. 12 at 12 p.m. A special lunch will be catered by the culinary department from Turning Stone. Prize drawings will be held after lunch. Please wear something red to show support of women's heart health.

Fall Risk Prevention Training

This training combines videos, group discussions and exercise activities. You'll learn to set realistic goals for increasing activity and how to change your environment to reduce fall risk factors. This is a four-week program, with trainings on Tuesdays and Thursdays from Jan. 7 to Jan. 30 at 1 p.m.

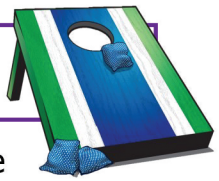
Wii Bowling

Try your skills at Wii bowling. There is no heavy bowing ball to throw down the alley. You can even sit in a chair to play. Join us on Friday Jan. 3 at 1 p.m. for a fun time.

Program Meetings

Program meetings are held twice a month where we go over activities and outings planned for the month. We also discuss activities the Elders would like us to offer. The meetings are Tuesday, Jan. 7 and Tuesday, Jan. 21, both at 12:45 p.m. in the dining room.

Cornhole Game



Cornhole games in the winter? Why not! We are offering a new activity that is all the rage during summer months - we'll just bring it inside. Join us Friday, Jan. 10 at 1 p.m. for a competitive game of bean bag toss with a twist.

Movie Matinee and Brunch

This is a monthly favorite. There is nothing better than brunch at Charlie's Place, then a short ride to the New Hartford Marquis Cinema for an entertaining movie. The bus leaves the Center at 10 a.m. on Friday, Jan. 17.

Casino Hopping

"Luck Be a Lady" as we venture out to all the Nation casinos in one day. We start off at Yellow Brick Road, then head over to Point Place and finish up at Turning Stone Resort Casino. Bus leaves the Center at 9 a.m. on Friday, Jan. 24.

Pajama Party Game Night and Potluck Dinner

Wear your favorite pajamas and bring a dish to pass. We will have a great time eating and playing games in the dining room on Thursday, Jan. 30 starting at 5 p.m.