



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

February 2020

Tsha'tekohsélha'
"sot day go sail"
Mid-Winter

February Highlights

Program Coordinator

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 Fougner

Brian Patterson

Pete John

Clint Hill

Dale Rood

Kim Jacobs

**Commissioner of
Nation Administration**

It's February and almost time to say goodbye to winter. Let's hope Punxsutawney Phil doesn't see his shadow this month! Let's do some shopping at Boscov's in New Hartford to shake those winter blues away. Don't forget to wear red to the Healthy Heart Lunch on Wednesday, Feb. 12. Pucker up - it's time for our luscious lips contest. Who will be crowned "Most Luscious Lips" this year? It's also time for our red dessert contest. Make your favorite red dessert and you might just win a prize. Save the date for our annual Valentine's Tea on Friday, Feb. 14. Come eat wonderful healthy food and enjoy the great company. Check out the calendar for other fun activities going on this month. Happy February 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 will be at 11:45 a.m. on Wednesday, Feb. 26 at the Cookhouse. 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, 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 give Jeanne a call at (315) 829-8330.

Hair Salon

Open Mondays,
Wednesdays and
Fridays - Call
for an
appointment.



Please note that
during the winter
months, trips and
activities may be
canceled due to
weather
conditions.



Celebrate
Monthly
birthdays
with us
during lunch
Thursday,
Feb. 13



For questions about any of the following Elders activities, contact Tammy Patterson, Activities Leader, (315) 829-8135 or 1-800-685-6115.

Shopping at Boscov's

Let's shake those winter time blues by going shopping. Join us Friday, Feb. 7 for a day of fun and shopping at Boscov's in New Hartford. The bus leaves the Center at 9 a.m.

Valentine's Tea

On Friday, Feb. 14 we will be going to the Brewster Inn in Cazenovia to enjoy fantastic food and tea in a beautiful setting. Feel free to dress up and wear fancy clothes if you'd like. The bus will leave the Center at 10:30 a.m.



Pucker Up!



It's Luscious Lips Contest time again! Pucker up and see if you have the most luscious lips at the Elders Center. They might just win you a prize! We provide the lipstick. Thursday, Feb. 13 at 12:30 p.m. in the dining room.

Meditation

Meditation has become a favorite activity at the Center. Let Tammy Patterson guide you to a calm and relaxed state of mind. Enjoy a steaming cup of tea afterward. Meditation will be held on Thursday, Feb. 13 and Thursday, Feb. 27 in the Community Room at 1 p.m.

Healthy Heart Lunch & Wear Red Day



It's time to raise awareness of women and heart disease at the annual Healthy Heart Lunch-Wear Red Day on Wednesday, Feb. 12 at noon. Gather with friends for a photo in the heart frame and stay for the prize drawings after lunch. Turning Stone chefs are preparing a special heart healthy menu of salad, Three Sisters soup, wild rice pilaf, maple roasted turkey and a fruit dessert. Blood pressure checks begin at 11:30 a.m.

Trivia and Coffee Hour

Come and show off your trivia knowledge in the Community Room on Friday, Feb. 21 at 1:30 p.m. Let's find out who knows the most about geography, entertainment, history and more!

Movie in the Community Room

After lunch why not stay, relax and watch a movie in the Community Room? The couch and chairs all recline so comfort is guaranteed. There may even be freshly popped popcorn. Join us on Tuesday, Feb. 25 at 1 p.m.

Instructional Beading

We will continue to make beaded slippers on Wednesday, Feb. 5 and Feb. 26 at 9 a.m. Every slipper is a unique creation; you pick the beading design. Even if you are new to beading come in and learn from the best.