



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 2020

Tewahnísl'ya'ks

"day wuh *knee* zlee yucks"

The day is cut in two

Activities Leader

Tammy Patterson

Elders Home Respite Aide

Jeanne Dee
Northington

Bus Driver

Basil Dockstader

Senior Cook

Charisse Gibson

Cooks

Melanie Stover
Nancy Stratton

Oneida Indian Nation Council

Ray Halbritter

Keller George

Chuck Fougner

Brian Patterson

Pete John

Clint Hill

Dale Rood

Kim Jacobs

**Commissioner of
Nation Administration**



March Highlights

March brings thoughts of springtime and a yearning to see crocuses spring forth from the snow-dusted ground. Hopefully it will not be too long before we can put away the snow boots and parkas.

May the "Luck Of The Irish" be with the Elders attending the Irish Festival at Turning Stone Resort Casino on St. Patrick's Day. For all the green thumb Elders we will attend the Home and Garden Show at the NYS fair grounds. Be sure to check the rest of this newsletter and check the calendar for more detailed information on activities for this month.

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. A group lunch will be held Wednesday, March 25 at the Fuji Hibachi Sushi restaurant at Glenwood Plaza at 11:30 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.

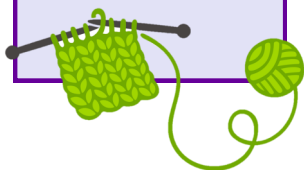
Elders Home Respite Services

Jeanne Dee Northington provides home respite services to Oneida Indian 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.

**St. Patrick's
Bingo Party!
Prize for best
green outfit.
Monday,
March 30
1 p.m. in the
dining room**



**Instructional
Knitting Class
with Anita.
Tuesdays in
March at 1 p.m.
Materials will be
provided.**



**Pitch
Tournament &
Potluck
Thursday,
March 26
at 4:30 p.m.**



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

Shuffleboard Tournament

Come join the fun as the Elders compete in a shuffleboard tournament on Wednesday March 4. The competition gets underway at 1 p.m. in the exercise room.

Trip to Rivers Casino

You don't want to miss the bus as we travel to Schenectady's Rivers Casino and Resort on Friday, March 6 at 9 a.m. We will start the day with breakfast on the road; lunch is on your own. Participants will receive free slot play as well as food coupons.

Copper City CBD Education

If you are wondering what CBD (cannabidiol) is and how it could help with chronic Pain, PTSD and many other health ailments, come to the Center on Tuesday, March 10 at 9 a.m. for a presentation by Copper City CBD Co. They will talk about CBD as a natural alternative pain management.

Colgate Students' Visit

Games, books, and great conversations as Colgate students have requested some recreational time with local Elders. Join the fun in the dining room at 1 p.m. on Monday, March 9 and 23.

Lunch and Dancing at Tin Rooster

Grab your dancing shoes as DJ Bill T spins golden oldie melodies that will for sure get those feet grooving. We will meet at Seasons Harvest buffet for some good eats on Friday, March 13 at 1 p.m. Then the party continues on to Tin Rooster for desserts and dancing. Space is limited so please sign up early.



Home and Garden Show

With spring right around the corner new home and garden ideas are sure to be found as we visit the Home and Garden Show at the Expo Center at the NYS Fairgrounds. One of the largest trade shows in CNY. The bus will leave at 9 a.m. on Friday, March 20. Space is limited; be sure to sign up early.

