

DRUMS ACROSS ONEIDA

Oneida Elder Services
Lee McLester II Building
P.O. Box 365, 2907 S Overland
Rd.

Oneida, WI 54155
Phone: 920-869-2448
1-800-867-1551

**Speak to live operator at this
phone number 24/7**



Elder Services Congregate
Meal Site

2901 S. Overland
Oneida, WI 54155

Phone: 920-869-1551

Drums contact: Carissa Metoxen
Email: cmetoxen@oneidanation.org

Drums articles can also be viewed at Oneida-nsn.gov/elderservices/

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Food Storing moon

October 2016



Happy Halloween!



Attention All Participants of the Elder Services Congregate Meal Site: Please Help!

Participants who eat at the Elder Services Congregate Meal Site must call in to reserve or to cancel their meal before 3:30 p.m. the day before.

If you reserve a meal and don't show we're required to pay for that meal. If you show up without a reservation you'll have to wait until all reserved meals are served.

***No participant will be denied**



Upcoming Meetings and Presentations

GLNAEA	December 7-8, 2016		Carter Potawatomi
Memory Café	October 4th, 2016	1:30 PM-3:30 PM	Elder Services Pod A
ONCOA Meeting	October 11 & 25, 2016	1 PM- 4:30 PM	Elder Services Conference Room



OCTOBER 2016 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
3 Rubber Stamping E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	4  Crafts 9:30 – 11:00 E.S. Meal-site	5 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Build/H 1:30	6 Black Creek Farmer's Market 10:00 Chair Yoga E.S. Meal-site 1:30	7 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
10 Crocheting E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bird Watching Tour/Lunch 11:30 – 1:00 Line Dancing E.S. Meal-site 1:30	11 Tai Chi 1:30 Old Activity Room (Tornado shelter) Elder Services	12 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Build/H 1:30	13 Outlet Mall Oshkosh 10:00 Lunch Out (on your own) No Transportation for lunch this day	14 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
17 Knitting E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	18 Crafts 9:30 – 11:00 E.S. Meal-site 	19 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Build/H 1:30	20 3 Sister's Center Halloween Bingo 10:00 Chair Yoga E.S. Meal-site 1:30	21 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
24 Plastic Canvasing E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Line Dancing E.S. Meal-site 1:30	25 Tai Chi 1:30 Old Activity Room (Tornado shelter) Elder Services	26 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Build/H 1:30	27 Doc's Harley Davidson 9:30 Birthday Lunch 12:00 Movie (Me Before You) E.S. Meal-site 1:00	28 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
31 Adult Coloring E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Halloween Party/Bingo E.S. Meal-site 1:00			Is this the Month of your Birthday? You <u>must sign up in the Birthday Book</u> at the E.S. Meal-site. <u>*Must be present at B-day Lunch</u> to receive your gift card 	* Please sign up for trips at the E.S. Meal-site. *Activities need 5 Elders to go. *Activities subject to change. 

****If you have any questions Please call Michelle Cottrell at 869 -1551****

OCTOBER 2016 MENU

Congregate Meal Site, 2901 S. Overland, Oneida, WI 54155 Phone: 1-920-869-1551

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Barbecued Chicken Broccoli Spears Cole Slaw Dinner Roll W/Butter Fresh Fruit	4 Oneida Round Steak- Ring Bologna Buttered Parsley Potatoes Squash Bread W/Butter Fruit	5 Roast Turkey W/Gravy Bread Dressing Mixed Vegetables Cranberry Sauce Raw Vegetables W/Dip Pudding	6 Chili W/Crackers 1/2 Deli Meat Sandwich Lettuce Salad W/Dressing Fruit	7 Pork Chop Long Grain & Wild Rice Mix Green Beans Dinner Roll W/ Butter Fruit
10 Oneida Corn Soup W/Crackers Deli Meat Sub Raw Vegetables W/Dip Fruit Gelatin	11 Sliced Roast Beef W/Gravy Mashed Potatoes Buttered Carrots Bread W/Butter Fruit	12 Baked Ham Scalloped Potatoes Buttered Green Beans Fresh Dinner Roll W/Butter Applesauce	13 Swedish Meatballs Over Buttered Noodles Acorn Squash Sliced Cucumbers Corn Muffin Fruit	14 Honey Dipped Chicken Wild Rice Pilaf California Blend Vegetables Fresh Dinner Roll W/Butter Fruit
17 Grilled Liver & Onions Mashed Potatoes Buttered Carrots Dinner Roll Homemade Cookie	18 Spaghetti W/Meat Sauce Italian Blend Vegetables Cheesy Mascot Bread Fresh Fruit	19 Swiss Steak Baked Potato W/Sour Cream Brussels Sprouts Dinner Roll W/Butter Fruit Cocktail	20 Beef Stew 1/2 Turkey Sandwich Raw Veggies W/Dip Fresh Fruit	21 Baked Fish Fillet W/Lemon Oven Roasted Potatoes Asparagus Rye Bread W/Butter Orange Slices
24 Hamburger On A Bun Baked Beans Potato Chips Fresh Fruit	25 Homemade Chicken Noodle Soup Deli Meat Sandwich Lettuce Salad W/Dressing Gelatin Cubes	26 Roast Turkey Mashed Potatoes W/Gravy Buttered Was Beans Cranberry Sauce Corn Muffin Fruit	27 BIRTHDAY DAY Beef Stroganoff Over Buttered Noodles Brussels Sprouts Fruit Birthday Cake	28 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Rye Bread Fruited Gelatin
31 Chicken A' La King Homemade Biscuits Lettuce Salad W/Dressing Carrot Coins Fresh Fruit			All meals are served with coffee, juice, milk, tea, or water.	MENU IS SUBJECT TO CHANGE. Lunch is served Monday-Friday from 12:00- 1:00 p.m. Breakfast is served from 9:00-10:00 a.m. on posted days.

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BOO

CANDY

COSTUME

GHOST

GHOUL

HALLOWEEN

HAYRIDE

HORROR

MUMMY

PUMPKIN

TREAT

TRICK

VAMPIRE

WEREWOLF

WITCH

ZOMBIE

10/4/16 @ 1:30-3:30PM Elder Services Pod A



Oneida Nation Elder Services Memory Café

Located at Oneida Nation Elder Services

- **For people who are living with memory loss and other symptoms of dementia and their caregivers.**
- **Memory café is a social occasion for people who live with dementia and their caregivers to gather connect with one another and enjoy café hospitality.**
- **Activities available at each café and may include crafts, socializing, and refreshments.**
- **Held the first Tuesday of every month @ Elder Service Pod A**
- **Contact our Tribal Dementia Care Specialist; Debbie Miller at (920)869-6835 or 1(800)867-1551 or stop by at Oneida Nation Elder Services, 2907 S. Overland Road, PO Box 365, Oneida, WI 54155.**



How will the Per Capita affect your Benefits?



The Oneida Nation Elder Per Capita is right around the corner and all elders need to be prepared because the Per Capita payments will affect your SSI and Medicaid health care benefits. SSI and Medicaid eligibility are based on an individual or family's monthly income and assets. **The maximum asset limit is \$2,000 for an individual and \$3,000 for a couple.**

- The Oneida Elder Per Capita is considered income the month that it is received and will likely put most people over income for SSI and Medicaid. This means that you **will not be eligible** for:
 - SSI & Needs-based Veterans Benefits
 - Medicare Buy-In Programs
 - Food Share
 - W-2, TANF, or Medical Assistance
 - Section 8 Housing Voucher Assistance
 - Title V
- To become eligible again you will need to spend the Per Capita money down until you are within the eligibility guidelines. You can always spend down your Per Capita to help meet the necessary asset limit on:
 - home repairs (i.e. water heaters, A/C units)
 - vehicle repairs or purchase a vehicle
 - furniture
 - pay rent ahead of schedule
- **Remember loaning money to family or friends is not eligible & Keep all receipts to prove spend downs.**
- After one month, any remaining Per Capita money that has not been spent down will be considered as an asset, not income. Once you are within the SSI and Medicaid assets limits, you will be eligible for SSI and Medicaid again.

If you have any questions or need assistance determining if the Oneida Per Capita will affect you, or reapplying for SSI or Medicaid, contact:

Elder Benefit Specialist
(920) 869-2448 or 1 (800) 867-1551

2016 Meal Site Presentation

October 13, 2016

12:00-1:00 pm

Options for Independent Living

Presenter: Sandra L. Popp

Assisted Devices



For more information please contact

Carol Bogda NAFCG

ONEIDA ELDER SERVICES

(920) 869-2448

Home Repair SOP approved August, 2016

- 1 **PURPOSE:** To provide minor home repairs pertaining to health and safety issues that will aide and assist our elder community to remain in their homes.

- 2 **DEFINITIONS:**
 - 2.1 **Home Repair Coordinator:** Individual who evaluates and performs minor home repairs.
 - 2.2 **Minor Home Repair:** Handyman services.
 - 2.3 **HVAC:** Heating, Ventilation, and Air Conditioning.
 - 2.4 **Health & Safety:** Home repair issues critical to health and safety of homeowner.

- 3 **WORK STANDARDS:**
 - 3.1 **All requests must be initiated by Supervisor. If client calls vendor directly, Elder Services will not be responsible for cost incurred.**
 - 3.2 **All other funding sources must be thoroughly exhausted.**
 - 3.3 Home Repair services are dependent on available funding and staffing
 - 3.4 Eligibility requirements: See Service Request Standard Operating Standard.
 - 3.5 Elder Services may provide up to \$400.00 per service request. **(All)** costs above \$400.00 will be the responsibility of client.
 - 3.6 Client(s) not meeting the priority age of 70+ or disabled/handicapped criteria will be responsible for **(all)** purchases/costs.
 - 3.7 Home owner is responsible for disposal of all job refuse, after job completion.

4. **PROCEDURES:**
 - 4.1 Service requests and appointments will be scheduled through the Service Specialist
 - 4.2 Home Repair Coordinator will evaluate repair request(s).
 - 4.3 Home Repair Coordinator may perform repair requested.
 - 4.4 Referrals to professionals may be needed for installation or repair.
 - 4.5 Home Repair Coordinator must obtain client signature for satisfaction.
 - 4.6 Customer will be given yellow copy of the Service Request for their records upon completion.
 - 4.7 **Eligible repairs:**
 - 4.7.1 **Furnace** repair /replace
 - 4.7.2 **Plumbing:**
 - 4.7.2.1 Toilet may be replaced with ADA standard (only one per household)
 - 4.7.2.2 Install or replace wax rings and flushes
 - 4.7.2.3 Kitchen or bathroom faucets and sinks if broken, install only
 - 4.7.2.4 Drain pipes under sinks
 - 4.7.2.5 Sump pumps
 - 4.7.2.6 Unplug toilet or drains with snake or plunging, Home Repair does not use Chemicals.
 - 4.7.2.7 Ejector pumps

Continued

- 4.7.3 Exterior door: (Standard style size 32"x80" or 36"x80")
 - 4.7.4 Door knobs, locks and deadbolts, install only
 - 4.7.5 Garage door opener, repair or replace
 - 4.7.6 Garage door (repair only)
 - 4.7.7 Hand railings: Standard railing for interior or exterior
 - 4.7.8 Grab bars for health and safety
 - 4.7.9 Cabinet safety latches, install only
 - 4.7.10 Patching walls, only up to 2ft. x 2ft., will paint if client provides the paint
 - 4.7.11 Smoke Detector and carbon monoxide (CO2) detector (battery operated only)
 - Client must purchase smoke and CO2 purchase detectors, install only
 - 4.7.12 Gutters (up to 6ft.). First story of homes only
 - 4.7.13 Wooden steps (up to 3 steps)
 - 4.7.14 **Electrical:**
 - 4.7.17.1 Light switches, outlets and fixtures (no ceiling fans)
 - 4.7.17.2 Thermostats (change batteries only)
- 4.8 **Items Homeowner is responsible to purchase for installation:**
 - 4.8.1 Smoke alarms and Carbon (CO2) detectors
 - 4.8.2 Batteries
 - 4.8.3 Light bulbs
 - 4.8.4 Furnace filters
 - 4.8.5 Cabinet Safety latches
 - 4.8.5 Paint for patching repair
 - 4.8.6 Water heaters (repair or install only)
 - 4.9.7 Replace screen doors
 - 4.9.8 Dryer vent hose
 - 4.9.9 Replace siding up to six (6) pieces



AARP Real Possibilities

AARP DRIVER SAFETY JUST GOT SMARTER.

Sign up now for AARP Smart Driver™ — the new and enhanced driving refresher course from AARP Driver Safety.

The AARP Smart Driver Course teaches:

- Defensive driving techniques, new traffic laws and rules of the road
- How to deal with aggressive drivers
- How to safely navigate adverse weather conditions
- Useful information on automobile technology and more

Plus, upon completion you could save money on your car insurance!*

DATE(S)

WEDNESDAY October 12th 2016

TIME

CLASS 8:30 TO 12:30

LOCATION

**ONEIDA ELDER SERVICES
2907 S OVERLAND RD
ONEIDA, WI 54155-8959
SIGN-UP AT THE ELDER CONGREGATE MEAL SITE**

TO REGISTER

**CONTACT JOYCE HOES AT (920)869-2448
COST: \$15.00 AARP MEMBERS
\$20.00 NON AARP MEMBERS
ELDER SERVICES WILL PAY FOR THE FIRST 10 TRIBAL ENROLLED ELDERS**

For additional local information or to volunteer,
call TOLL-FREE at **1(888)227-7669** or **1(888)AARP-NOW**
or visit **www.aarp.org/drive**

TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply.
Consult your agent for details.

C2747(1014)



**MEMORY SCREENS AVAILABLE
ON OCTOBER 17TH 1- 4PM @ ELDER SERVICES
FREE SCREENING; TAKES 10 MINUTES**

Early detection; key to better quality of life

Get immediate results.

Early detection is important.

Treatment is possible; some types of dementia are reversible like those from infections, depressions vitamin deficiencies and more.

Knowledge means more control; dementias that are not reversible can often be treated with medications that could slow down the process and give quality of life for a longer period.

To schedule a Memory Screen

Contact: Debra Miller DCS

Carol Bogda NAFCG

Oneida Elder Services

920 869 2448

