

# DRUMS ACROSS ONEIDA

Oneida Elder Services  
2907 South Overland Rd.  
Oneida, WI 54155  
Ph: 920-869-2448  
Fax: 920-869-1824



Senior Center-Meal Site  
134 Riverdale Dr.  
Oneida, WI 54155  
Ph: 920-869-1551  
Fax: 920-869-1526

Wata>klokwask% W<hn\$tae> Great Snow Moon February, 2010

## The Ten Native American Commandments



1. Treat the Earth and all that dwell thereon with respect.

2. Remain close to the Great Spirit, in all

3. Show great respect for your fellow beings.

(Especially Respect Yourself)

4. Work together for the benefit

5. Give assistance and kindness wherever needed.

6. Do what you know to be right.

(But be careful not to fall into self-righteousness)

7. Look after the well being of mind and body.

8. Dedicate a share of your efforts to the great good.



9. Be truthful and honest at all times.

(Especially be truthful and honest with yourself)

10. Take full responsibility for your actions.



## DRUMS CONTACT

From the desk of: Linda F. Douglas

Contact me with any comments, acknowledgements, concerns, etc.

Thank you for your attention.

Phone number: 920-869-2448 or 1-800-867-1551

E-mail [ldouglas@oneianation.org](mailto:ldouglas@oneianation.org)

"So don't be afraid. What we left behind, leave it back there. Try to do some good. Let us try to take a step, try to think something good."

Wallace Black Elk, LAKOTA

Every day is a new day.

Sometimes we make mistakes.

We do not need to carry these mistakes along with us.

Take the lessons and leave the mistakes behind.

Look forward to today.

Today we can do something good.

Today we can have good thoughts.

Today we can think kind, uplifting thoughts about ourselves.

Today I will think good about....

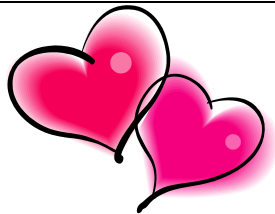
My Creator, today I ask You to direct my thoughts.

There is light flooding all around me showing me the way!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 2010 ACTIVITIES</b>				<i>*Activities due to change without notice.</i>
<b>1 Scrabble Game</b> Elderly Services 9:30 <b>Pace Exercise</b> Elderly Services 11:00  <b>Bingo</b> Site II 1:00	<b>2</b>  <b>Crafts</b> Elderly Services 9:30 – 11:30	<b>3 Oneida Language</b> Elderly Services 9:30 <b>Pace Exercise</b> Elderly Services 11:00  <b>Bingo</b> Hwy H 1:30	<b>4 Seroogy's Candy Store</b> Wonder Bread Store DePere 9:30  <b>Wii Can do it League</b> Hwy H 1:00	<b>5</b>  <b>Banks Shopping Lunch Out</b>
<b>8 Wii Bowling</b> Elderly Services 9:30 <b>Pace Exercise</b> Elderly Services 11:00  <b>Bingo</b> Senior Center 1:00	<b>9</b>  <b>Crafts</b> Elderly Services 9:30 – 11:30	<b>10 Ring Toss Game</b> Elderly Services 9:30 <b>Pace Exercise</b> Elderly Services 11:00  <b>Bingo</b> Hwy H 1:30	<b>11 Valentine Bingo</b> 3 Sisters Building 10:00  <b>Bowling</b> Ashw. Lanes 1:30	<b>12 Banks Shopping Lunch</b>  <b>Valentine Bingo</b> Senior Center 1:00
<b>15 Yahtzee Game</b> Elderly Services 9:30 <b>Pace Exercise</b> Elderly Services 11:00  <b>Bingo</b> Site II 1:00	<b>16</b>  <b>Crafts</b> Elderly Services 9:30 – 11:30	<b>17 Oneida Language</b> Elderly Services 9:30 <b>Pace Exercise</b> Elderly Services 11:00  <b>Bingo</b> Hwy H 1:30	<b>18 St. Vincent De Paul</b> Green Bay 10:00  <b>Wii Can do it League</b> Hwy H 1:00	<b>19 Banks Shopping Lunch Out</b>  <b>Bingo</b> Senior Center 1:00
<b>22 Rummikub Game</b> Elderly Services 9:30 <b>Pace Exercise</b> Elderly Services 11:00  <b>Bingo</b> Senior Center 1:00	<b>23</b>  <b>Bingo</b> Senior Center 9:30 – 11:30	<b>24 Wii Bowling</b> Elderly Services 9:30 <b>Pace Exercise</b> Elderly Services 11:00  <b>Bingo</b> Hwy H 1:30	<b>25 Cooking</b> Elderly Services 9:30  <i>Birthday Lunch 12:00</i>  <b>Bowling</b> Ashw. Lanes 1:30	<b>26 Banks Shopping Lunch Out</b>
		<u><i>*Is this your Birthday Month?</i></u> <i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i> <i>*Must be present to receive your gift card.</i>		<i>*Please sign up for trips at Senior Center Main Office.</i>  <i>*All trips leave from Senior Center.</i>

**\*\*If you have any questions or concerns Please call Michelle at 869 - 2448.\*\***

## ELDER SERVICES SENIOR CENTER, PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chili Cucumber Salad W/W Bread  Applesauce	2 Green Pepper Soup Fresh Bread Juice  Pineapple Tidbits	3 Chicken Gordon Blue Rice Pilaf California Blend Vegetables  Jell-o/Fruit	4 Beef Roast Potatoes Mixed Vegetables  Berries	5 Grits Eggs Bacon Toast Strawberries
8 Chicken Salad Croissants Cucumbers, Tomatoes Lettuce  Jell-o/Fruit	9 Boiled Dinner Potatoes, Carrots, Cabbage & Rutabagas Fresh Bread  Sherbet	10 Swedish Meatballs Noodles Carrots W/W Bread  Pears	11 Beef Patties Oven Brown Potatoes Mixed Vegetables W/W Bread  Yogurt	12 Chicken Strips Macaroni & Cheese Green Beans W/W Bread  Jell-o w/Whipped Cream
15 Beef Stew Biscuits Juice  Ice Cream Bars	16 Bean Soup Fresh Bread Juice  Peaches	17 Chicken Wild Rice Carrots W/W Bread  Cookies	18 Bratwurst Sauer-kraut Potatoes W/W Bread  Jell-o W/Fruit	19 Fish Potatoes Cole Slaw Corn Bread  Applesauce
22 Goulash W/W Bread Juice  Pears	23 Beef Barley Soup Fresh Bread Juice  Orange Slices	24 Ham & Turkey Wraps Tomatoes, Lettuce & Cheese Chips  Strawberries	<b>25 BIRTHDAY DAY</b> <b>Chicken</b> <b>Potatoes</b> <b>Mixed Vegetables</b> <b>W/W Bread</b>  <b>Cake</b>	26 Sloppy Jo's Beans Buns Chips  Ice Cream
All meals are served with coffee, milk or tea.	Menu is subject to change.	<b>BIRTH STONE:</b> <b>VIOLET</b> <b>FLOWER:</b> <b>AMETHYST</b>	<b>HOURS:</b> <b>8:00A.M.-4:30P.M.</b> <b>Lunch Is Served</b> <b>Monday-Friday</b> <b>12:00P.M.-1: 00P.M.</b>	

S E S E S N E F E D B D E F E A T I N G  
 Y T R G P J X F E M E D E D I C A T E D  
 U I B Q A F S E T S X G W N R Z B C U S  
 G N J C O B N L U V I P G X W U B A X H  
 D G K U Z M I L R C F A L U H O W Q K O  
 A I L F D O K O B J V P K Q R S C F S R  
 B X K A Y B K W I N G E N U I T Y S E T  
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 L E R E R E A T A I W R N Y Q E A O I T  
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 J M W E Y S T E S O E O L T A C N D N S  
 S O R R E T E P J D N D T N E G A Z Q Z

MacGyver

- |              |             |             |                |
|--------------|-------------|-------------|----------------|
| Action       | Defenses    | Jack        | Rugged         |
| Agent        | Enemy       | Knowledge   | Runaways       |
| Bad Guys     | Environment | MacGyver    | Short-Circuit  |
| Bomb         | Fellow      | Makeshift   | Special Forces |
| Brute        | Foul        | Memorable   | Tackle         |
| Candy Bars   | Handsome    | Motorcycles | Think Tank     |
| Clever       | Hero        | Nikki       | Tidbits        |
| Conventional | Ignite      | Ordinary    | Undetermined   |
| Dedicated    | Ingenuity   | Paper Clips | Weapons        |
| Defeating    | Issues      | Peter       | Wonders        |



"If you do not where you are going,  
 You might wind somewhere else."

Yogi Berra



# GLNAEA

Great Lakes Native American Elders Association



Sponsored by Sokaogon Chippewa Tribe

February 4 & 5, 2010

3084 State Highway 55, Crandon, WI 54520

All elders who need a ride to GLNAEA, please sign up and make payment at the Oneida Senior Center (Meal Site) by Wednesday, February 3, 2010. We have made arrangements for 10 people and will be using our tribal van. Payment must be received at sign-up. Participants must be independent, (able to help themselves) and be in good health (to prevent spread of health problems). We will be staying at the Mole Lake Lodge/Casino and the cost is \$28.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, February 4<sup>th</sup>. Any questions please call Oneida Elderly Services at

(920)869-2448 or Oneida Senior Center at (920)869-1551. Thank you.

**Next 2010 Meetings:**

**April 1 & 2 – location to be announced**

**June 3 & 4 – location to be announced**

**August 5 & 6 – location to be announced**

**October 7 & 8 – location to be announced**

**December 2 & 3 – location to be announced**



# Caregiver Support Group / Alzheimer's Support Group

Date: Thursday, February 18, 2010

Time: 1:30 P.M. - 3:30 P.M.

Place: Oneida Elder Services Complex  
2907 South Overland Road  
Oneida, WI 54155

“Moving Through Grief and Loss”

Debi Melchert, Native American Family Caregiver

“Making Your Job Easier with Alzheimer's / Dementia Behavior”

Delores Moyer, Geriatric Nurse Practitioner  
Founder and Owner of Harbor House

Contact: Debi Melchert, NAFCG

Linda Douglas, Alzheimer's Activity Coordinator  
Oneida Elder Services

Telephone: Debi 920-869-2448 Ext. 6834

Telephone: Linda 920-869-2448 Ext. 6852



Elderly Services,

Enclosed is a check for \$100.00 in memory of our mother Dolores (Dolly) Skenandore, who passed over to the spirit world on December 8, 2009.

Your organization does a great service and has made it possible for my parents to stay as independent as possible in their home.

Kudos to all your staff and please thank them from our family.

Have a Happy and Health New Year.

In Gratitude,

Donna Skenandore  
Judy Skenandore

**Medicare Part D and Related Topics  
Hosted By: Oneida Elder Services**

**Wednesday, February 17, 2010  
11:00 A. M. – 2:30 P. M.**

**Radisson Hotel & Conference Center  
2040 Airport Dr.  
Green Bay, WI 54313**

**Do you know what Medicare Part D, Low Income Subsidy (LIS), Medicare Savings Program are? Come join us, learn what and how to access programs that may be able to help qualified consumers. Oneida's Contract Health will also be providing information on guidelines and qualifications for their services.**

**Space is limited to 40 people, elders 55+. Lunch and refreshments will be provided.**

**Please contact Angela Ortiz, Elder Benefit Specialist at (800) 867-1551 or (920) 869-2448 for sign up or questions**

**NOTICE! NOTICE!**



The Tuesday Meal and Activity at the Methodist Church will no longer take place. Lunch and activities will be at the Meal Site.

We apologize for any inconvenience this may cause.



Any questions contact Florence Petri,  
Elder Services Program Director  
920-869-2448 or 1-800-867-1551

# Training Positions available!!

## Part-Time training positions for those over 55!!

We are looking for an elder to work part-time 20 hours a week.

### Criteria

- **Must be 55 or older**
- **Must not exceed low-income guidelines**
- **Must reside in the state you work in**
- **Must not have worked in past 7 days**

If you are interested call:

Oneida Elder Services

Program Director, Florence Petri

Assistant Director, Tina Pospychala

920-869-2448

1-800-867-1551

**These positions are paid for and sponsored by National Indian Council on Aging. For more information on NICOA feel free to look at their website. [www.nicoa.org](http://www.nicoa.org)**



## Oneida Resident Centered Care Community (ORCCC) – February 2010

### Frequently Asked Questions (FAQ's)

In an effort to keep the community informed, the Project Implementation Team is publishing these frequently asked questions on the Oneida Resident Centered Care Community Project (ORCCC)

#### **Who will live there?**

- As with both Assisted Living and Nursing Homes, residency is based on medical need.
- Individuals who can live independently will still be supported by the programs available through Elder Services.
- ORCCC should not be confused with elderly housing. The focus of this project is the medical care of the residents.

#### **Is this an Assisted Living facility or a Nursing Home?**

- The Resident Centered Care Community is being built to provide the full range of care that either an Assisted Living facility or a Nursing home can provide.

#### **When will the new building open?**

- When financing is obtained construction can be scheduled.
- At this point construction is scheduled to begin in April of 2010 and will last approximately 18 months.

Continue to ask your questions regarding this community facility that is projected to address social, environmental, and health needs of the Oneida community.

Please direct your questions to:

Dellora Cornelius, ONCOA Chairwoman or Lois Strong, ONCOA Coordinator at 920- 869-2448.

**Yaw<ko,**

Nori Darrow,

For the beautiful Poinsettia and the delicious box of chocolates☺

Enjoyed by all!

Thank You

Oneida Elder Services



## 2009 Computer Giveaway

Our 2009 Computer Giveaway was a big success. This year we gave away 44 full sets of computers and 11 partial sets. We held the giveaway at the OLC Building from 10-2 on December 29<sup>th</sup> and had most of the computers given away before noon.

We provided surveys to everyone who participated and received excellent feedback. Thank you to all those who made this giveaway possible. Thank you also to those of you who attended and participated in our surveys.



Richard Summers and Don Bogda from Elder Service helps load a computer in to an elder's car.



Staff was on hand to verify elders information at pick up.



Another happy customer – thank you to all who helped and thank you to customers for your patience in this give away



## 2009 Elder Christmas Party Summary

This year's party was big success. We had over 570 people attend, and we at Elder Services hope you all had a great time. We had wide variety door prizes and donations as well as a very successful 50/50 raffle.

Listed below are some comments about the party and some numbers just to give you an idea of how successful this year's party was.

### Comments

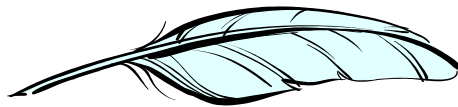
We liked the location	Music was great and the sound was perfect
Chicken was a little overcooked	Please bring back the Bingo
More blues and rock and roll music	Wonderful time for the elders
Some activities would be nice	More to do besides visit
The place looked great	A group sing-a-long would be nice
Have a family style meal next year	Great and friendly Elder Service staff
Beef or fish for next year's meal	Shorten the party
Do all the raffle prizes at once	Bring back the goodie bags
Thank you for the match-plays	Need more coat racks
Enjoyed the band	No music during the meal
Thanks to the Radisson	We look forward to this party every year
Merry Christmas Elder Services	Smoked fish would be nice
I don't like pie	We appreciate all you do for us
Where is the bingo	Food was cold
This event is loved by the elders	Music was too loud
Loved the new check in process	Poor Microphone sound
Staff did a great job	Meal could be turkey or ham
Party couldn't be better	Please have the party next year
Please have bingo	Santa was not friendly
A gift for everyone	Group sing-a-long
It was my first party and I loved it	Save the prizes for the very end
Have more dark meat	Start party later if no activities are planned
Thank you Elderly Services	Nice singing ladies
We had a great time	Have the party at Thornberry
Don't play music during the meal	Thank you for everything you do
More veggies would be nice	Elders deserve this party
Steak would be nice	Music was too loud
End it earlier and start it later	Staff was very nice
I liked the 50/50 drawing	Can we have goodie bags?
Better door prizes	Story telling would be nice
Turkey would be better than chicken	Could we try meatloaf?
Have elders tell jokes or stories	Family-style meeting would be nice
Ticket policy was rushed	Need more to do
Great party overall	Elderly Services is fantastic
No music during the meal please	Have staff greeting people outside

Here are the survey results:

	<u>Yes</u>	<u>No</u>
Was the time of the party good for you?	475	7
Was the meal to your liking?	430	52
Did you enjoy the music?	470	12
Did you find the location suitable?	478	4
Was the staff helpful?	475	7

We thank you for your comments and for completing the surveys. Thanks again for making this year's party a very successful one.

We at Elder Services had a great time and we wish you all the best in the coming year.



From: Oneida Elder Services, Activities Department

To: Marion Doxtater,

Marion received for Christmas, a Marine Corp puzzle from an elder. Those of us that rallied around and helped put it together, enjoyed the stories as he shared during his experience as a Marine.

Elders in activities assisted in putting the puzzle together.

We appreciate you!