

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: Marena Bridges
 Email:
 mbridges@oneidanation.org

Drums articles can also be viewed at [Oneida-nsn.gov/elder services](http://Oneida-nsn.gov/elder_services).

(O'yhótsli? Wahní'tale?)

Green Bean Moon

July 2016



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 a meal***

UPCOMING MEETINGS AND PRESENTATIONS

Caregiver Support Group	July 21, 2016	1:30 PM – 3:30 PM	Elder Services Pod A
GLNAEA	September 8-9, 2016		Mole Lake Tribal Casino
Nutrition Advisory Council	July 15, 2016	1 PM – 2 PM	Elder Meal Site
ONCOA	July 12 & 26, 2016	1PM – 4:30 PM	Elder Services Conference Room

JULY 2016 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 on posted days.			1 Honey Dipped Chicken Wild Rice Pilaf California Blend Vegetables Fresh Dinner Roll Fruit
4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	5 Spaghetti W/Meat Sauce Italian Blend Vegetables Cheesy Mascot Bread Fresh Fruit	6 Swiss Steak Baked Potato W/ Sour Cream Brussels Sprouts Dinner Roll Fruit Cocktail	7 Beef Stew 1/2 Turkey Sandwich Raw Veggies W/Dip Fresh Fruit BIRTHDAY CAKE	8 Baked Fish Fillet W/Lemon Oven Roasted Potatoes Asparagus Rye Bread Orange Slices
11 Hamburger On A Bun Baked Beans Potato Chips Fresh Fruit	12 Homemade Chicken Noodle Soup Deli Meat Sandwich Lettuce Salad W/Dressing Gelatin Cubes	13 Roast Turkey Mashed Potatoes W/Gravy Buttered Wax Beans Cranberry Sauce Corn Muffin Fruit	14 Beef Stroganoff Over Buttered Noodles Brussels Sprouts Fruit Cake	15 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Rye Bread Fruited Gelatin
18 Chicken A' La King Homemade Biscuits Carrot Coins Lettuce Salad W/Dressing Fresh Fruit	19 Home-style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice Fruit	20 Sloppy Joe On Whole Grain Bun Baked Chips Corn On The Cob Gelatin	21 Boiled Dinner Lettuce Salad W/Dressing Dinner Roll Homemade Apple Crisp	22 Potato Crusted Cod California Blend Vegetables Dinner Roll Fruit Cake W/Frosting
25 Barbecued Chicken Broccoli Spears Cole Slaw Dinner Roll Fresh Fruit	26 Oneida Round Steak-Ring Bologna Buttered Parsley Potatoes Squash Fruit	27 Roast Turkey W/Gravy Bread Dressing Mixed Vegetables Cranberry Sauce Raw Vegetables W/Dip Pudding	28 BIRTHDAY DAY Chili W/Crackers 1/2 Deli Meat Sandwich Lettuce Salad W/Dressing Birthday Cake	29 Pork Chop Long Grain And Wild Rice Mix Green Beans Dinner Roll Fruit

JULY 2016 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p> 	<p>* Please <u>sign up</u> for trips at the E.S. Meal-site. *Activities need 5 Elders to go. *Activities subject to change.</p>			<p>1 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>4</p>  <p>OFF In observance of Independence Day</p>	<p>5</p> <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>6 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00</p>	<p>7</p> <p>Card Games E.S. Meal-site 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>8</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>11 Trail Walk E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Movie (Three Days of the Condor) E.S. Meal-site 1:00</p>	<p>12</p> <p>Tai Chi E.S. Meal-site 1:30</p>	<p>13 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00</p>	<p>14</p> <p>Fox River Mall Appleton 10:30 (Lunch on your own) No Transportation for lunch this day.</p>	<p>15</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>18 Scrabble Game E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Line Dancing Class E.S. Meal-site 1:30</p>	<p>19</p> <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>20 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 x-mas in July Bingo (bring \$2.00 new wrapped gift) E.S. Meal-site 1:00</p>	<p>21</p> <p>Wild Life Sanctuary Green Bay 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>22</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>25 Trail Walk E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Movie (Brian's Song) E.S. Meal-site 1:00</p>	<p>26</p> <p>Tai Chi E.S. Meal-site 1:30</p>	<p>27</p> <p>Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00</p>	<p>28</p> <p>Barnes & Noble Green Bay 9:30 Birthday Lunch 12:00</p> <p>Farmer's Market Oneida 1:15</p>	<p>29</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>

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



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

AMERICA

ANTHEM

BLUE

DEMOCRACY

FIREWORKS

FLAG

HERITAGE

INDEPENDENCE

LIBERATION

PARADE

PATRIOTIC

POWWOW

PRIDE

RED

TEA

WHITE

Coming Soon!!!! Tentative Start date 7/20/16



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 third Wednesday of every month from 1:30-3:30pm @ Elder Service Conference Room**
- **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.**

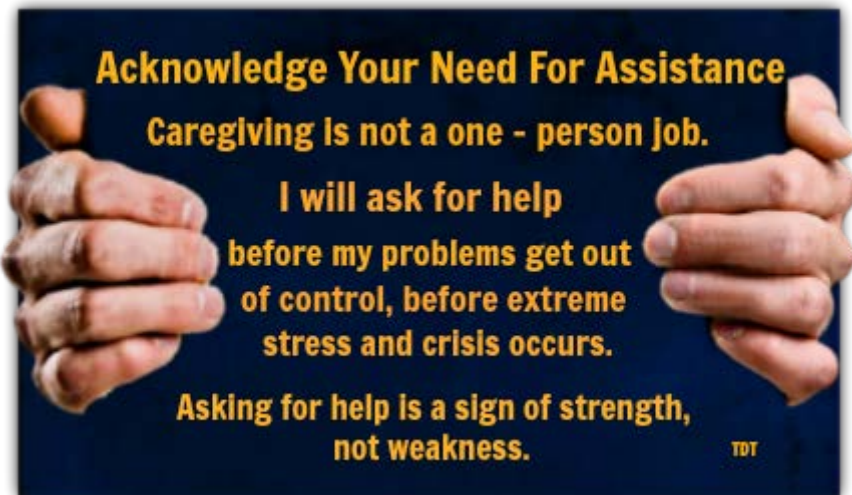


2016 Alzheimer/Caregiver Support Group

Join us for some helpful hints!

July 21, 2016

Pod A 1:30-3:30



Alzheimer Association: Vicki Johnson **Caregiver Stress**

Denial
Exhaustion
Anger

Sleeplessness
Health Problems
Depression

Contact: **Carol Bogda** NAFCG
Elder Services
2907 S. Overland Rd
[\(920\) 869-2448](tel:(920)869-2448)
CBOGDA@oneidation.org

*Come to our next meeting on **August 18, 2016** to learn
more about *Reiki and Relaxation!**

**SAVE
THE
DATE!**

ELDER EXPO

Friday August 26th, 2016



Information

Time: 10:00AM to 2:00PM



Auction

Radisson – Wolf Room



50/50 Raffle

Funds raised benefit the
Roberta Kinzhuma Scholarship Fund

For information call:(920) 869-2448 or Toll Free (800) 867-1551

Vendors ask for Tracy Smith or Marlene Summers

For other information ask for Lois Strong

Presented by Oneida Elder Services, the Oneida Nation
Commission on Aging (ONCOA), Oneida Total Integrated
Enterprises (OTIE) and Oneida Tourism.

Vendor table registration begins immediately

Deadline is Friday, August 12, 2016

A Note From Elder Services Reception



Shekoli!

Oneida Elder Services currently serves 1,000+ Elders and receives, on average, about 45 calls per day during regular business hours. During high call times, such as during a power outage, we easily receive twice as many phone calls. In order to better serve all of our elders, we ask that you keep a few things in mind when you call:

- ❖ If the call is to request a service, we ask that you request our Service Specialist **Teresa Barber-Buch**. Service requests may include things like minor home repair, lawn care, in-home chores, and so forth.
- ❖ If the call is to request an item from our loan closet such as a walker, a cane, etc. you may also request our Service Specialist, **Teresa Barber-Buch**.
- ❖ If the call is for a concern, we may refer you to our Assistant Director **Tina Pospychala**.
- ❖ If you know the staff person you need to speak with, please say their name.
- ❖ If you're still not sure who you should call, we will help direct you to the correct person.

We continue to appreciate your patience and cooperation.

Marena Bridges | Elder Services Receptionist | (920) 869-2448 | (800) 867-1551

Tribal Aging & Disability Resource Specialist

Located at Oneida Elder Services



Connecting People to Community Services

Assisting our frail elders and adults with physical or developmental disabilities. We offer office appointments and home or telephone consultations

The Place for Information and Assistance: The Aging & Disability Resource Specialist is the entry way into publicly funded Medicaid long-term care programs. You will receive information on all long-term care programs available in Oneida along with Brown and Outagamie counties so that you will be able to make a more informed choice on services that will best fit your needs.

Long-Term Care Options Counseling: Options counseling offers information about the choices that are available to meet your long-term care needs, as there are many factors to consider when making long-term care decisions.

Long-Term Care Medicaid Programs are offered through: Oneida Tribe, Brown County ADRC, and Outagamie ADRC

Music & Memory Project: We are looking for participants who have a diagnosis of a form of Dementia. Loved one will receive an iPod downloaded with music of their choice that may assist in bringing more joy and aliveness back to your loved one through the wonderful powers of music.

Vital Connections: The Aging & Disability Resource Specialist can help you connect to our Benefit Specialists, who can provide you with information and assistance regarding private and/or government programs such as; Medicare, Medicaid, Social Security, Senior Care questions and their application processes.

Youth in Transition: We can assist those youths with disabilities who are of age and able to transition onto the adult long-term care programs.

Contact our Tribal Aging & Disability Resource Specialist at (920)869-6830 or 1(800)867-1551 or stop by at Oneida Elder Services, 2907 S. Overland Road, PO Box 365, Oneida, WI 54155.

REACH COMMUNITY

Resources for Enhancing Alzheimer's Caregivers Health in Indian Country

The program is delivered over a 2-3 month time period with four sessions with the Caregiver either face to face or by telephone. Reach Community is based on several years of research with hundreds of Caregivers. These Caregivers tried a number of different approaches for caring for loved ones. The most helpful approaches were taken and put into this program. This program is so you can feel confident that you are providing the highest quality of care possible for your loved one while maintaining your physical health and a positive mood.

REACH is a program dedicated to people that care for a loved one with Alzheimer's or other dementia at home. The program makes it possible for people with dementia to live in their own homes longer. REACH addresses problems related to caregiver health that often force people to move their loved ones to long term care facilities. If the caregiver is better able to manage the challenges of caregiving, the person he or she cares for will benefit as well.

REACH provides caregivers with specialized, one on one education and counseling that allows them to be more effective caregivers. Dementia care specialists work with each client individually to find workable solutions for such problems as caregiver stress, challenging behaviors, home safety, depression, self-care, and social support.

If interested or would like more information contact:

Debra Miller Dementia Care Specialist/**Carol Bogda** Native American Family Caregiver

Both have completed Interventionist Certification.

Elder Services (920) 869-2488

ONEIDA ELDER GIFT SHOP



**LOCATED INSIDE ELDER
SERVICES**

**2907 S. Overland Road
Oneida, WI 54155**

**Open Monday-Friday
8:00AM – 4:30 PM**

Fresh popcorn & drinks

Hand-crafted by local elders

For more information contact Corinne Robelia-Zhukkahosee at (920) 869-2448.

