

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

Yeyathókwas Wahní·tále?

Harvest Moon

September 2010



Fall Prevention Awareness Month September

Fall Prevention Awareness Day September 23, 2010

Multiply contributing factors increase the risk of falls in older adults including:

- * Lack of strength in lower extremities
- * Reduced vision
- * Medication

Jim Doyle, Governor of the State of Wisconsin

Would you like more information on Fall Prevention?

Contact: Joyce Johnson at Oneida Elder Services 920-869-2449 or 1-800-867-1551



DRUMS CONTACT
Linda F. Douglas



Contact with any acknowledgements or suggestions, etc.
Telephone: 920-869-2448 or 1-800-867-1551

Yawá·ko

I Owe My Mother:

My mother taught me CONTORTIONISM...

“Will you look at that dirt on the back of your neck?”

My mother taught me STAMINA...

“You will sit there until all that spinach of gone.”

My mother taught me about HYPOCRISY...

“If I told you once, I have told you a million times. Do not exaggerate.”

My mother taught me about ANTICIPITATION...

“Just wait till we get home...”

My mother taught me HUMOR...

“When that lawn mower cuts off your toes, do not come running to me.”

My mother taught me HOW TO BECOME AN ADULT...

“If you do not eat your vegetables, you will never grow up.”

Prepare for the unknown by studying how others in the past have coped with the unforeseeable and the unpredictable

...George Patton

Attention all participants at the Senior Center Mealsite

Policies and procedures to the Older American Act-funded Nutrition Program.

We are looking to manage costs and quality improvement in our meal site program.

The meal site will maintain a reservation system for all those that eat at the meal site. All elders that plan on eating at the meal site will be asked to call in the day before and reserve their meal for the next day.

Your assurance is needed in helping us to meet our state requirements and assist us in minimizing leftovers and insure adequate meals served.

State requirement: 8.4.27.7 Meal Reservation and Participant Registration. Systems Programs should maintain an accurate and well-organized system so staff will know how many meals to order or plan for. Many programs find a registration system to be helpful for estimating meal orders for dining centers. This system should include follow-up of absent participants. The program may not "charge" an individual for a meal that is reserved and not eaten.

Mealsite Program Objectives:

- Meet state funded requirements
- Monitor all waste carefully
- Train staff on policies and procedures, including food safety and sanitation practices.
- Check and recheck portion control. Use the proper size of scoops, ladles and pans.
- Each program shall implement procedures to minimize waste of food, including leftovers and uneaten meals.

Please call 920-869-1551 to reserve your meal when you plan on eating at the meal site.

We would like to thank you for your patience during this transition.

When you are having a busy day and want lunch, we will leave the welcome mat out just for you. Come in and have a friendly meal.

For questions, please call Brenda Jorgenson at 920-869-1551.



Would you like your leaves rake?
Call Oneida Elder Services ask for
Cheryl Ault 920-869-2448





Caregiver Support Group

Date: Fri. Sept. 17, 2010

Guest presenter: Sandy Pomerening,
Social Worker/ Unity Representative

Topic: Hospice and Palliative Care

1:30 P. M. – 3:30 P.M.

Place: Oneida Elder Services

2907 South Overland Road

Oneida, WI 54155

Contact: Debi Melchert, NAFCG

Oneida Elder Services

Telephone: 920-869-2448 at Ext. 6834

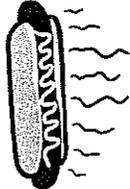
Emergency Cell Phones!!

We have numerous "911" EMERGENCY CELL PHONES available at NO charge to you!! This phone is great to have on hand if you have an emergency situation and there's no one around to help you. You just dial "911" and help will be on the way. As long as your phone has reception, you'll be able to call for help where ever you go!! You can take your phone with you to the garden, yard, porch, shopping, in you car, visiting you friends & relatives, even babysitting those grandchildren!! With this phone you can feel safe when you're alone. Just give me a call and I'll deliver it right to your home. I look forward to hearing from you!!

Yaw^ko

Joyce Ann Hoes, Transportation Supervisor, Elderly Services 920-869-2448

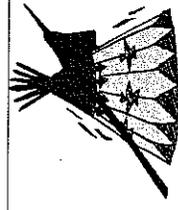
ELDER SERVICES SENIOR CENTER, PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>6 CLOSED LABOR DAY</p>	<p>7 Taco Soup W/W Bread Juice</p>	<p>8 Chicken Wild Rice Green Beans W/W Bread</p>	<p>9 Spaghetti Garlic Bread Salad</p>	<p>10 Fish Potato Wedges Cole Slaw W/W Bread</p>
<p>13 Tomato Soup Ground Bologna Sandwiches</p>	<p>14 Tuna Salad Cottage Cheese Tomatoes, Lettuce Croissants</p>	<p>15 Turkey & Gravy Potatoes Peas W/W Bread</p>	<p>16 B.B.Q. Pork Red Potatoes Mixed Vegetables W/W Bread</p>	<p>17 Chicken Pasta Salad W/W Bread</p>
<p>Mandarin Oranges</p>	<p>Ice Cream</p>	<p>Whip & Chill Pie</p>	<p>Jell-o</p>	<p>Pudding</p>
<p>20 Hot Dogs Macaroni & Cheese Green Beans W/W Bread</p>	<p>21 Beef Stew Biscuits Juice</p>	<p>22 Potato Soup Fresh Bread Juice</p>	<p>23 Lasagna Salad Garlic Bread</p>	<p>24 Ham Scalloped Potatoes Green Beans W/W Bread</p>
<p>Pineapple Tidbits</p>	<p>Bread Pudding</p>	<p>Peaches</p>	<p>Ice Cream</p>	<p>Pears</p>
<p>27 Chicken Salad Croissants Tomatoes Cucumbers</p>	<p>28 Corn Soup Fresh Bread Juice</p>	<p>29 Bratwurst Sauerkraut Potatoes W/W Bread</p>	<p>30 BIRTHDAY DAY Pork Roast Potatoes Cheesy Vegetables W/W Bread Calke</p>	
<p>Melons</p>	<p>Jell-o W/Fruit</p>	<p>Cookies</p>	<p>HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1:00P.M.</p>	
<p>All meals are served with coffee, milk or tea.</p>	<p>Menu is subject to change.</p>	<p>BIRTH STONE: SAPPHIRE FLOWER: ASTER</p>		

Alzheimer's Support Group

September

2010

Monday	Tuesday	Wednesday	Thursday	Friday
		~1~ Sun Catchers 9:30 A. M. PACE Exercise 11:00 A.M.	2 No Group	3 No Group
~6~ CLOSED HOLIDAY	7 No Group	~8~ Oneida Language 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	9 No Group	10 No Group
~13~ Exploring Colorado 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	14 No Group	~15~ Animals of Wisconsin 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	16 No Group	17 No Group
~20~ Native American 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	21 No Group	~22~ Oneida Language 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	23 No Group	24 No Group
~27~ Yahtzee Game 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	28 No Group	~29~ UNO 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00	30 No Group	
		Activities subject to change with out notice		

For More information contact Linda F. Douglas at 920-869-2448

* All activities assist clients to maintain physical and mental health

Identify Colors
Number Sequences
Brain Exercise
Dexterity
Memory

Counting
Socializing
Identify Shapes
Eye Hand Coordination
Native American Culture

SEPTEMBER 2010 ACTIVITIES

	Tuesday	Wednesday	Thursday	Friday
				*Activities due to change without notice.
<i>*Is this your Birthday Month?</i> <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>				
6 OFF Labor Day	7 Crafts Elder Services 9:30 - 11:30	8 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	9 Cooking Elder Services 9:30 Oneida Farmer's Market 1:30	10 Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00
13 Scrabble Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Site II 1:00	14 Crafts Elder Services 9:30 - 11:30	15 Wii Bowling Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	16 Apple Picking Oneida Orchard 10:00 (bring own containers) Geo Caching (Treasure Hunt) Green Bay 1:30	17 Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00
20 Rummikub Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	21 Crafts Elder Services 9:30 - 11:30	22 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	23 Big Lots Green Bay 9:30 Movie Elder Services 1:00	24 Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00
27 Yahtzee Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Site II 1:00	28 Crafts Elder Services 9:30 - 11:30	29 UNO Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	30 Rubber Stamping Elder Services 1:00 Birthday Lunch 12:00 Wii Can do it Tournament Hwy H 1:00	*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.

If you have any questions Please call Michelle at 869 - 2448

GLNAEA

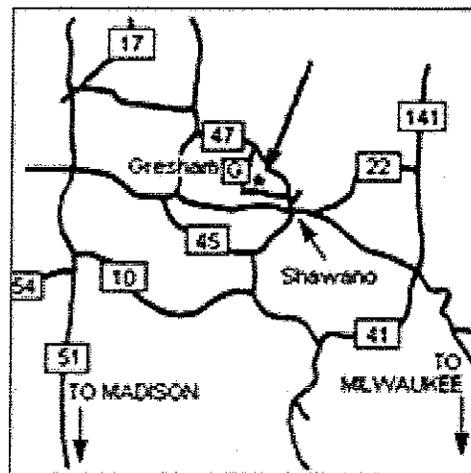
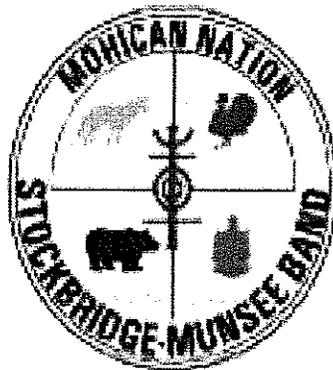
Great Lakes Native American Elders Association

Sponsored by Stockbridge Munsee

October 7-8, 2010

Northstar Mohican Casino

Between Bowler & Gresham



All elders who need a ride to GLNAEA, please sign up at the Oneida Senior Center (Meal Site) by Wednesday, September 8, 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 Konkapot Lodge and the cost is \$36.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, October 7. Any questions please call Oneida Elderly Services at (920)869-2448 or Oneida Senior Center at (920)869-1551. Thank you.

Next 2010 Meeting:

December 2 & 3 – Menominee Nation

PER-CAPITA TIME

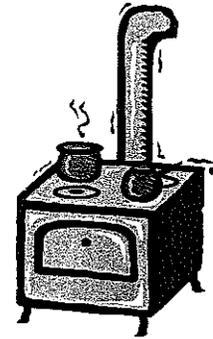
When Per Capita payments are made some will have to spend the money within the month in order to maintain certain public benefits to keep below the asset limits.

The Elder Services Program has made a commitment to assist you in the following:

- * Purchase large items
- * Accompany you to select a purchase.
- * Arrange for delivery, to save delivery charges

Elder Services budget does not allow for household appliances

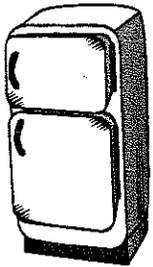
- * Loan Closet emergency use only
- * Take inventory to see what is needed
- * The lifetime expectancy of some items is 10-15 years



Some suggested items you may need to purchase for your home:

Energy Efficient Appliances:

Water Heater
Water Softener Unit
Stove
Furnace
Refrigerator
Freezer upright or chest
Washer and Dryer
Air Conditioner/Central Air
Humidifier /Dehumidifiers
Sump Pump
Toilet



Windows
Weatherization
Security System

Household Items:

Mattress and Box Spring
Dressers
Furniture

Other Suggestions:

Auto Repairs
Auto Purchase
Medical Aids
Lawn Mower or riding mower
Snow Blower

Home Improvements:
Carpet



If you have any questions regarding the effect of your Per Capita on your public benefits contact:

Angela Ortiz, Elder Benefit Specialist, (920) 869-2448 or (800) 867-1551.

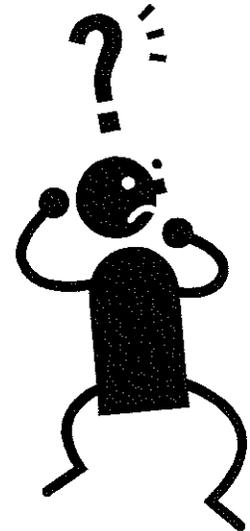


Alzheimer's Support Group

Presents: Beads and Peas

or

Peas and Beads



Tuesday, September 14, 2010

11:45 A.M. to 12:15 P. M.

Senior Center/ Meal Site

134 Riverdale Drive

Oneida, WI 54155

More information contact: Linda F. Douglas at 920-869-2448

ELDER LAW IN INDIAN COUNTRY:

A CONFERENCE FOR TRIBAL ELDERS AND THE PEOPLE WHO CARE ABOUT THEM.

October 14-15, 2010
Fairfield Inn & Suites
7100 Stone Ridge Drive
Weston, WI 54476

Hosted by Wisconsin Judicare's Indian Law Office, Wausau, WI

October 14, 2010		October 15, 2010	
7:30-9:00 a.m.	Breakfast	7:30-9:00 a.m.	Breakfast
9:00-12 p.m.	Seminars	9:00-12 p.m.	Seminars
12:00-1:30 p.m.	Lunch & Speaker	12-2:00 p.m.	Lunch & Speaker
1:30-4:00 p.m.	Seminars	2 p.m.	Closing
6-9 p.m.	Dinner		

Topics Include: Medicare, Medicaid, Credit & Debt Collection, Social Security, Badger Care, Wills, Power of Attorney for Health Care, Current Indian Law Issues, Guardianships, and Veteran Benefits.

Attending the conference is free but limited to 200 registrants. Meals are provided. **Registration starts Sept 1st** and closes after first 200 registrants or on September 17th whichever comes first. **Register by calling Mary Jo at Wisconsin Judicare at 1-800-472-1638.**

Hotel rooms are available and will cost \$30 per person for both nights. Seven rooms per tribe will be allocated at this reduced rate. **This reduced rate is for elders only.** If interested ask for details when you register. Note: Rooms are double or triple occupancy so please consider sharing a room with a friend or relative so more elders can take advantage of the reduced rate.

To register and/or request a hotel room **CALL** Mary Jo at Wisconsin Judicare at 1-800-472-1638. **The deadline is September 17th.**

Judicare's Indian Law Office's Native American Elders Outreach Project, has sponsored this conference with financial assistance, in whole, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare Agency.

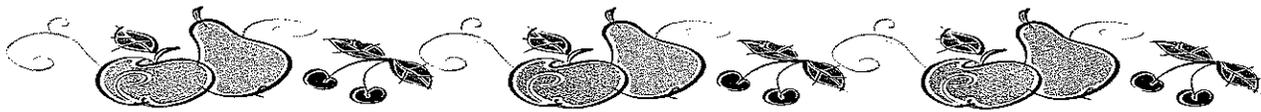
From Michelle Cottrell, Activity Coordinator, Oneida Elder Services

I would just like to tell you that the Elders had a nice time picking cherries yesterday. Although the weather was not as nice as we hoped it would be, we were still able to pick.

Noreen, Crystal, Patricia, Shakira and John did a nice job assisting the Elders. They had great attitudes and did what ever they were asked to do. They were very friendly and courteous.

I just want to thank them because by having the group there to help, it gave me peace knowing each Elder was getting the help they needed and that means less chance of someone getting hurt.

Thank You, Thank You, Thank You!!!! Great Job!!!



WINTER IS COMING!!!

It's time to polish up those driving skills!

Elderly Services has lined up the "AARP Drivers Safety Program"

DATE: October 19, 2010

TIME: 9:00 am - 1:00 noon (4 hours is the total class length)

PLACE: Elder Services - 2907 S. Overland Rd.

Please sign-up at the Senior Center

Elder Services will pay for the first 10 Elders who sign-up

Some of the highlights will be:

- Information on aggressive drivers
- Anti-lock brakes
- Car phones
- Defensive driving techniques
- New traffic laws
- Get an Insurance Discount (consult your insurance agent)
- How to adjust your driving to *age-related changes* in vision, hearing, and reaction time

Deadline to sign-up is October 14, 2010 at the Senior Center

No testing

If you have any questions please feel free to contact:
Joyce Ann Hoes, Transportation Supervisor, 869-2448



OFFICE OF THE GOVERNOR

A PROCLAMATION

WHEREAS, the death rate due to unintentional falls in Wisconsin's older adults is over twice the national average; and

WHEREAS, one third of people over the age of 65 fall each year resulting in doctor visits, hospital admissions, emergency room visits, loss of functional independence and even death; and

WHEREAS, fall-related hospitalization and emergency room visits costs Wisconsin over \$475 million annually, over 90 percent of which is paid by Medicare; and

WHEREAS, multiple contributing factors increase the risk of falls in older adults, including lack of strength in lower extremities, use of four or more medications, reduced vision, chronic health problems and unsafe home conditions; and

WHEREAS, injuries from falls are preventable and Wisconsin's aging and public health networks are leaders in providing evidence-based, community fall prevention programs; and

WHEREAS, Wisconsin is a leader in falls prevention research; and

WHEREAS, a reduction in the incidences of disability and death due to falls for older adults is a priority of the *Healthiest Wisconsin 2010* agenda

NOW, THEREFORE, I, Jim Doyle, Governor of the State of Wisconsin do hereby proclaim the month of **September 2010**, as

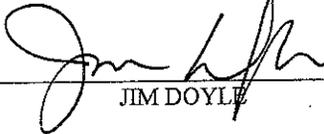
FALL PREVENTION AWARENESS MONTH

and further proclaim **September 23, 2010** as

FALL PREVENTION AWARENESS DAY

in Wisconsin and call upon all citizens to learn and practice ways to reduce the risk of falling thus helping individuals maintain their independence and quality of life.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this ninth day of June in the year two thousand ten.



JIM DOYLE

By the Governor:



DOUGLAS LA FOLLE
Secretary of State



S	A	P	P	L	E	X	E	Q	U	I	N	O	X	R	S	E	A	S	O	N	By
E	Y	C	N	T	L	O	N	G	E	R	S	N	I	G	H	T	S	H	K	S	Patricia
P	E	V	O	P	U	M	K	I	N	O	K	S	C	A	R	E	C	R	O	W	Baird,
T	L	B	I	R	D	T	M	I	G	R	A	T	I	O	N	G	H	S	H	E	Summer
E	L	A	L	W	N	Q	R	E	D	L	E	A	V	E	S	L	O	E	J	E	VISTA
M	O	T	N	O	V	E	M	B	E	R	F	W	I	N	D	Y	O	P	S	T	Worker
B	W	S	J	Y	W	T	F	G	D	H	A	R	V	E	S	T	L	T	Y	B	
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	B	L	U	S	T	E	R	Y	D	D	A	Y	E	T	C	A	Z	O	N	E	

- | | | | |
|----------------|-----------|---------------|----------------|
| acorn | cold | hickory nuts | school |
| apple | crops | longer nights | season |
| bake | equinox | november | september |
| bird migration | fall | october | squash |
| blanket | farming | orange | sweet potatoes |
| blowing leaves | feast | pie | thanksgiving |
| blustery day | frost | pumpkin | turkey |
| canning | halloween | rake | windy |
| chestnuts | harvest | red leaves | yellow leaves |
| chilly | haystack | scarecrow | zone |



*****ATTENTION ALL ELDERS 55+*****

Just a reminder of all the wonderful activities we have to offer.

Take a few minutes and check off the activities you'd be interested in.

- Friday's we go to the bank, shopping at Walmart & out to lunch
- Play Cards Board Games: Uno, Scrabble, Rummikub, Yahtzee
- Crafts Wii Bowling People with Arthritis Can Exercise PACE
- Various Outings: Various Goodwill Stores, Farmer's Market & DePere Bread Store, Concert in the Park, Timber Rattler Game, New Zoo, Amish Shopping,
- Oneida Language classes by Randy Cornelius
- Birthday Lunch at the Senior Center (1x monthly) sign-up & receive a \$5.00 match play, also enjoy a 1 hour music program
- Bingo Sessions at Senior Center & 3 Sisters Community Center
- Afternoon Movie with Popcorn!!
- Free Transportation (must call ahead) 920-869-2448

These are but a few of the many Activities planned by our

Activity Specialist "Michelle Cottrell"

After you check the activities that peak your interests give us a call

and we'll let you know when the activity is coming up.

All the activities are listed in a calendar in the Elder Newsletter:

"Drums Across Oneida"

***** COME IN AND SEE WHAT WE HAVE TO OFFER !!*****

If you have any questions please feel free to call me any time at:

869-2448 ext. 6844 Joyce Ann Hoes; Transportation Supervisor



**ONEIDA ELDERLY SERVICES
DATABASE FORM**

DATE: ___/___/___

NOTE: The state federal government has requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name _____ Phone Number () _____

Address _____ Social Security Number Last four digits / _____

City _____ State _____ Zip Code _____ County _____ DOB / / _____

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elder aged **70 years** and older. 2) Elders aged **55-69 years** of age that are disabled/handicapped, living alone. 3) Elders aged **55-69 years** of age, **with health/safety issues**. The elders that are listed are our **priority**.

Please check the appropriate responses:

Marital Status: ___ Married ___ Single ___ Widowed ___ Divorced

Maiden Name: _____

Veteran: ___ Yes ___ No

Living Arrangement: ___ Lives Alone ___ Lives with Spouse ___ *Lives with Others**

Do You: ___ Rent ___ Own ___ *How Many Others**

Race: ___ Native American ___ Caucasian ___ Latino ___ Asian ___ African American

Tribal Affiliation: _____ **Enrollment Number:** _____

General Health Status: ___ Excellent ___ Good ___ Fair ___ Poor*

***If Poor Please List Health Condition:** _____

Do you currently have any of the Following: ___ Guardian ___ Power of Atty-Finances ___ Health ___

___ Medicare ___ Medicaid ___ Representative Payee

___ None of The Above

In Case of an Emergency - Please Contact

Name: _____

Phone Number:() _____

Relationship: _____

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elderly Services.

Signature

_____/_____/_____
Date