

# 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/elderservices/](http://Oneida-nsn.gov/elderservices/)**

**(Awáhihte? Wahní·tále?)**

**Strawberry Moon**

**June 2016**



"June in Oneida is referred to as Aw^'hehte Wehni' tele or the Strawberry Moon. The strawberry has been a part of the Oneida culture since the time of creation. Skywoman fell from the skyworld and when she fell she grabbed on to plants and herbs, such as tobacco and the strawberry. Oneida's consider the strawberry to be a medicine and dedicate an annual ceremony to give thanks for them."

## **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**


<b>Benefits Specialist</b>	June 13 & 27, 2016	11:30 AM – 1 PM	Elder Meal Site
<b>Caregiver Support Group</b>	June 16, 2016	1:30 PM – 3:30 PM	Elder Services Pod A
<b>GLNAEA</b>	June 1 & 2, 2016		St. Croix Casino Danbury, WI
<b>Monthly Meal Site Presentation</b>	June 9, 2016	12 PM – 1 PM	Elder Meal Site
<b>Nutrition Advisory Council</b>	June 17, 2016	1 PM – 2 PM	Elder Meal Site
<b>ONCOA</b>	June 14 & 28, 2016	1PM – 4:30 PM	Elder Services Conference Room

## JUNE 2016 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	All meals are served with coffee, juice, milk, tea, or water.	1 Swiss Steak Baked Potato W/Sour Cream Brussels Sprouts Dinner Roll W/Butter Fruit Cocktail	2 Beef Stew 1/2 Turkey Sandwich Raw Veggies W/Dip Fresh Fruit  Birthday Cake	3 Baked Fish Fillet W/Lemon Oven Roasted Potatoes Asparagus Rye Bread W/Butter  Orange Slices
6 Hamburger On A Bun Baked Beans Potato Chips  Fresh Fruit	7 STAFF MEETING Homemade Chicken Noodle Soup Deli Meat Sandwich Lettuce Salad W/Dressing Gelatin Cubes	8 Roast Turkey Mashed Potatoes W/Gravy Buttered Wax Beans Cranberry Sauce Corn Muffin Fruit	9 Beef Stroganoff Over Buttered Noodles Brussels Sprouts Fruit  Cake	10 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Rye Bread  Fruited Gelatin
13 Chicken A' La King Homemade Biscuits Lettuce Salad W/Dressing Carrot Coins  Fresh Fruit	14 Home-Style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice W/Butter  Fruit	15 Sloppy Joe On Whole Grain Bun Baked Chips Corn On The Cob  Gelatin	16 Boiled Dinner Lettuce Salad W/Dressing Dinner Roll W/Butter  Homemade Apple Crisp	17 Potato Crusted Cod California Blend Vegetables Dinner Roll W/Butter Fruit  Cake W/Frosting
20 Barbecued Chicken Broccoli Spears Cole Slaw Dinner Roll W/Butter  Fresh Fruit	21 Oneida Round Steak-Ring Bologna Buttered Parsley Potatoes Squash Bread W/Butter Fruit	22 Roast Turkey Bread Stuffing Mixed Vegetables Cranberry Sauce Raw Veggies W/Dip Pudding	23 Chili W/Crackers 1/2 Deli Meat Sandwich Lettuce Salad W/Dressing  Fruit	24 Pork Chop Long Grain & Wild Rice Mix Green Beans Dinner Roll  Fruit
27 Oneida Corn Soup W/Crackers Deli Meat Sandwich Raw Veggies W/Dip Fruit  Gelatin	28 Sliced Roast Beef W/Gravy Mashed Potatoes Buttered Carrots Sliced Bread W/Butter  Fruit	29 Baked Ham Scalloped Potatoes Buttered Green Beans Fresh Dinner Roll W/Butter  Applesauce	30 BIRTHDAY DAY Swedish Meatballs Over Buttered Noodles Acorn Squash Sliced Cucumbers Corn Muffin Birthday Cake	<b>HAPPY FATHER'S DAY!</b>

# JUNE 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 <u>need 5 Elders to go.</u>  *Activities subject to change.</p>	<p><b>1 Book Club</b>  E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Bingo</b>  E.S. Meal-site 1:00</p>	<p><b>2 Goodwill Store</b>  Green Bay 9:30    <b>Chair Yoga</b>  E.S. Meal-site 1:30</p>	<p><b>3 Banks, Shopping &amp; Lunch Out</b>  (On your own)  10:00 – 3:00  No Transportation for lunch this day.</p>
<p><b>6 Wii Bowling</b>  E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Movie</b>  (Grease)  E.S. Meal-site 1:00</p>	<p><b>7 Tai Chi</b>  E.S. Meal-site 1:30</p>	<p><b>8 Book Club</b>  E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Bingo</b>  E.S. Meal-site 1:00</p>	<p><b>9 Amish Trip Bonduel 10:00</b>  (Lunch On your own)  No Transportation for lunch this day.</p>	<p><b>10 Banks, Shopping &amp; Lunch Out</b>  (On your own)  10:00 – 3:00  No Transportation for lunch this day.</p>
<p><b>13 Trail Walk</b>  Meet at E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Michaels/Burlington Store</b>  Green Bay 1:15</p>	<p><b>14 Crafts</b>  9:30 – 11:00  E.S. Meal-site</p> 	<p><b>15 Book Club</b>  E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Bingo</b>  E.S. Meal-site 1:00</p>	<p><b>16 City of Green Bay Monopoly Game</b>  E.S. Meal-site 9:30  <b>Chair Yoga</b>  E.S. Meal-site 1:30</p>	<p><b>17 Banks, Shopping &amp; Lunch Out</b>  (On your own)  10:00 – 3:00  No Transportation for lunch this day.</p>
<p><b>20 Wii Bowling</b>  E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Intergenerational Bingo</b>  3 sisters Center 1:15  Green Bay</p>	<p><b>21 Crafts</b>  9:30 – 11:00  E.S. Meal-site</p>	<p><b>22 Book Club</b>  E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Bingo</b>  E.S. Meal-site 1:00</p>	<p><b>23 Concert in the Park</b>  Whitney Park, Green Bay  (Bring your bag lunch)  10:30 – 2:00</p>	<p><b>24 Banks, Shopping &amp; Lunch Out</b>  (On your own)  10:00 – 3:00  No Transportation for lunch this day.</p>
<p><b>27 Trail Walk</b>  Meet at E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Movie</b>  (Grapes of Wrath)  E.S. Meal-site 1:00</p>	<p><b>28 Timber Rattler Game Appleton 10:30</b>  Must be pre-registered to go  No Transportation for lunch this day.</p>	<p><b>29 Book Club</b>  E.S. Meal-site 9:30  <b>Exercise</b>  E.S. Meal-site 11:00  <b>Bingo</b>  E.S. Meal-site 1:00</p>	<p><b>30 Strawberry Picking</b>  Sunny Hill Farms 9:30  <b>Birthday Lunch 12:00</b>    <b>Adult Coloring</b>  E.S. Meal-site 1:15</p>	

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



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

APPRECIATE

CARING

DAD

ENCOURAGING

FATHER

FRATERNAL

GRANDFATHER

GRATEFUL

GUIDING

HANDSOME

HARDWORKING

INSPIRING

PARENT

PROTECTIVE

STRONG

THANKS



**ELDER BENEFIT SPECIALIST at  
Elder Services Congregate Meal Site  
2901 S Overland Rd, Oneida, WI 54155**

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The **Second** and **Fourth Monday** of each month  
Linda S. Dallas - Oneida Elder Benefit Specialist  
will be at the Elder Services Congregate Meal Site

**11:30 A.M. to 1:00 P.M.**

She will be available to answer questions and  
offer assistance with Medicare, Medicaid, Senior Care, and  
similar programs available for Elders.

Please feel free to stop by with questions on those days  
or contact her in the office at **(920) 869-2448**.





# **TIMBER RATTLERS** **BASEBALL GAME**

WHEN: TUESDAY, JUNE 28th, 2016

WHERE: TIMBER RATTLERS STADIUM,  
APPLETON

WHAT: GAME – STARTS AT 12:00  
FOOD – PICNIC STYLE at 11:00  
Hamburgers, Brats and Hot Dogs  
Pasta Salad, Beans, Chips, Cookie and Drink.

WHEN: Bus leaves at 10:30 Sharp!

COST: \$17.50 No Refund after June 15th.  
MONEY DUE AT TIME OF SIGN UP.

Sign up in person at ELDER SERVICES MEAL-SITE

Only 16 tickets available. First come, First serve.

Only Elders 55 years and older and in good health are eligible to travel on this trip.  
(Those who are oxygen dependant, on medication that causes dizziness, disorientation, or  
those with high risk of heart attacks are ineligible to travel.)



## FOR MEMORY CAFÉ

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.

Meet 3<sup>rd</sup> Wednesday of each month from 1:30PM -3:30PM at Elder Services.

### **Possible duties for volunteers:**

- Check people into the memory café and distribute nametags
- Offer refreshments
- Facilitate conversations
- Help with programs
- Remain alert to anyone experiencing some kind of challenge (e.g. finding the restroom)

### **Each volunteer will need to:**

- Complete a background check
- Sign a confidentiality agreement
- Complete 20 minute online dementia course

**If interested please contact:**

**Debra Miller | Dementia Care Specialist | (920) 869-6835**





Shekoli~

The Tribal Aging & Disability Resource Specialist located at Oneida Elder Services, has been working in partnership with the Alzheimer Association in introducing the Wisconsin Dept. of Health Services Music & Memory Pilot Program to the Oneida Tribal community and their families.

The Wisconsin Music & Memory Program has been designed to help people with Alzheimer's and related dementias find renewed meaning and connection in their lives through the gift of *personalized music*. Music has the capacity to transform the quality of life for people struggling with a wide range of physical and cognitive impairments.

We are looking for volunteers from Oneida Tribal families that are caring for a member who have been diagnosed with of a form of *dementia* to participate with us in this project which is completely free!

The selected individuals along with their caregivers will receive a *free iPod*, with a downloaded playlist of music that the individual enjoys listening to.

***A current tribal caregiver has already reported; "I cannot believe the difference the music has already made in his life and in mine!"***

For more information please call Elder Services and ask for The Music & Memory Volunteers:

**Mallory Patton (920) 869-6830**



**SAVE  
THE  
DATE!**

# *ELDER EXPO*

Friday August 26<sup>th</sup>, 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

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 and ONCOA**

**Vendor table registrations begins immediately**

**Deadline is Friday, August 12, 2016**



## **Annual 2016 Oneida Pow-wow**

**Taking reservations for Elder Vendor Tent**

**Beginning June 1<sup>st</sup>, 2016**

**Requirements:** Oneida Tribe Enrolled, 55 Years of age or older

Photo copy of Tribal ID, First 18 Elders to sign-up

Elder Services will provide 1-2 / 8 ft. tables & 2 chairs

Vendors please no pets or children at your space

Space **MUST** be reserved in advance

For more information please contact:

Joyce Hoes, Supportive Services Supervisor, (920) 869-2448

# **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.**

