DRUMS ACROSS ONEIDA

Oneida Elder Services 2907 South Overland Rd. Oneida, WI 54155

Phone: 920-869-2448

Fax: 920-869-1824



Senior Center – Meal Site 134 Riverdale Dr. Oneida, WI 54155

Phone: 920-869-1551 Fax: 920-869-1526

Yutekhwayihe? Wahni tale?

Food Storing Moon

October 2012

Elder's Meditation

"Words hypnotize and deceive everyone at one time or another, but these hypnotic words cannot last long in the hearts of true warriors."

-- Barney Bush, SHAWNEE

We are a part of an interconnected system. Words in themselves have no meaning. It is the spirit and intent behind the words that really show the meaning. We are connected to each other at the center of the atom which makes up the air and our body. The center of the air's atom system is connected to the center of our body's system. I am connected to you and you are connected to me in the center of our being. If my words have no meaning, you can feel this through the center of your being.

Great Spirit, help me make my word good. Let me do the things I say I will, and let me say the things I will do - and do it







2012	20-869-1551	c DDF A 17FA GTT 3 GTT THE	FOR LINCH	S.O.S.	Eggs	Fresh Fruit	12 Fish	Red Potatoes	Cole Slaw	X	10guit 19 Chicken Salad	Tomatoes & Cucumbers	Cottage Cheese		Pudding	26 Fish	Oven Potatoes	Cole Slaw		Mixed Berries							· · · · · · · · · · · · · · · · · · ·	
	Thursday FHOINE: 1-920-869-1551	4 Tater Tot Caganole	Green Beans	Juice		Peaches	11 Baked Chicken	Stuffing	Juice Juice	Dineannle Tidhita	18 Meat Loaf	Potatoes	Corn		Jell-O	25 BIRTHDAY DAY	Pork Roast	Wild Kice Carrots	Fresh Fruit	Cake					HOURS:	S:00A.M4:30F.M.	Monday-Friday	12:00P.M1: 00P.M.
OCTOBER ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE ONEIDA WILLEGE	Wednesday	3 Liver & Onions	Potatoes	Beets		Pears	10 Spaghetti	Salad Garlic Brood	Fresh Vegetables	Mandarin Oranoes	17 Sub Sandwiches	Turkey, Ham & Cheese	Fresh Vegetables	Juice		24 Ring Bologna	Macaroni & Tomatoes	CICCH Dealls	Dolog Americ	21 Clount Log	Macaroni Salad	Beans	Buns	Fresh Fruit	BIRTH STONE:	FLOWER		
SENIOR CENTER. 134 RF	Tuesday	2 Boiled Dinner	Fresh Bread	Juice		Rice Pudding	9 Potato Soup	riesn bread		Fresh Fruit	16 Wild Rice Soup	Fresh Bread		,	Mixed Berries	23 Pea Soup	riesh Dread		Fresh Fruit	30 Bean Soun	Fresh Bread	Juice		Sherbet	Menu is subject to change.			
MENU ONEIDA S	Monday	1 Chicken A La King	Rice	Juice		Sherbet	8 Beef lips Noodles	Mixed Vegetables		Ice Cream	15 Turkey & Gravy	Potatoes	Brussels Sprouts	Orange, Apple &	Fineapple Kings	22 Goulash Fresh Venetables	Juice		Yogurt	29 Chicken Breast	Rice Pilaf	Wixed Vegetables	amc	Jell-O W/Bananas	All meals are served with coffee, milk, tea or water			

GLNAEA

Great Lakes Native American Elders Association Sponsored by Menominee Tribe



December 6th & 7th, 2012 Menominee Hotel, Highway 47/55, DuQuain Road, Keshena, WI

All GLNAEA member elders who want to participate in coordination with Elder Services please sign up at the Oneida Senior Center Meal Site by Wednesday, November 19th, 2012. **Payment must be received at sign-up and membership verification will be requested at time of payment**. We will make arrangements for 8 people and will be using our tribal van, (please bring no more than 1 carry-on bag per person). Participants must be independent, (able to help themselves) and be in good health (to prevent spread of illness). We will be staying at the Menominee Hotel and the cost is \$45.00 per person. We will leave the Senior Center Meal Site at 12:30pm on Thursday, December 6th. If you have any questions please call Oneida Senior Center at (920)869-1551. Thank you.

Next 2013 Meetings: To be announced

Friday	*Activities due to change without notice.	5 Banks Shopping Lunch Out (on your own) 10:00 – 3:00	Banks Shopping Lunch Out (on your own) 10:00 – 3:00	Banks Shopping Lunch Out (on your own) 10:00 – 3:00	Banks Shopping Lunch Out (on your own) 10:00 – 3:00	*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.
Thursday	THES	4 Farmer's Market Black Creek 10:00 Bowling Ashw. Lanes 1:30	11 Besadny Anadromous Fish Hatchery & Park Kewaunee 10:00 – 3:00 Bring bag lunch	St Vincent DePaul Store Green Bay 10:00 Bowling Ashw. Lanes 1:30	25 Oneida Family Fitness Center 9:30 – 11:30 Birthday Lunch 12:00 Wild Life Sanctuary Green Bay 1:30	*Is this your Birthday Month? *You must sign up in the Birthday Book at Senior Center, Main Office. *Must be present to receive your gift card.
Wednesday	A CTIVITIES	3 UNO Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	10 Oneida Language Elder Services 9:30 Exercise Elder Services 11:00 Bingo	17 Indoor Horseshoes Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	24 Oneida Language Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	31 Yahtzee Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30
Tuesday	MR 2017	Crafts Elder Services 9:30 – 11:30	Crafts Elder Services 9:30 – 11:30	Crafts Elder Services 9:30 – 11:30	Crafts Elder Services 9:30 – 11:30	30 Elder Halloween Party/Bingo Senior Center 1:00
Monday	OCTOB	1 Scrabble Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	8 Wii Bowling Elder Services 9:30 Exercise Elder Services 11:00 Bingo	Q der der	22 Checkers Elder Services 9:30 Exercise Elder Services 11:00 Bingo Site II 1:00	Elder Services 9:30 Exercise Elder Services 11:00 Movie Elder Services 1:00

How will the Per Capita affect your Benefits?

The Oneida Nation Per Capita that will be distributed will affect your SSI and Medicaid health care benefits (including QMB, SLMB and SLMB+). SSI and Medicaid eligibility are based on an individual or family's monthly income and assets. The Oneida per cap is considered income during the month you receive it and an asset anytime following and thus may affect your benefits.

- The 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 and Medicaid. The only way to become eligible again is to spend the money down until you are within the eligibility guidelines.
- After one month, any remaining Per Capita that you have not spent is now considered an asset, not income. Once you have spent down your Per Capita and are within the SSI and Medicaid assets limits, you will be eligible for SSI and Medicaid again. The maximum asset limit is \$2,000 for an individual and \$3,000 for a couple.
- You can always spend you Per Capita on home repairs, furniture, pay rent ahead of schedule, etc. to help meet the necessary asset limit.

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

> Angela Ortiz, Elderly Benefit Specialist, at (920) 869-2448 or (800) 867-1551

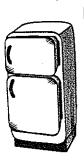
PER-CAPITA TIME

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.

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

Home Improvements:

Carpet
Windows
Weatherization
Security System

Household Items:

Mattress and Box Spring Dressers Furniture



Other Suggestions:

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

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.

Oneida Elder Services Native American Family Caregiver Information

Oneida Elder Services would like to introduce the "Native American Family Caregiver

Voucher/Stipend Program". It is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 10 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.

Please contact Debi Melchert/NAFCG Coordinator or Joyce

Johnson/ Elder Abuse Prevention Coordinator at (920) 869-2448 for details.

Services are dependent on available funds



Please join us for our Alzheimer's & Native American Family Caregiver Support Group

Signs and Symptoms, Memory Loss of Alzheimer's Disease and Dementia

Time: 1:30 PM - 3:30 PM

Date: Wednesday October 24, 2012 Where: Elder Services Complex – Pod A

2907 S Overland Rd, Oneida WI 54155

Caregiver Program Presentation

Time: 12:00 – 12:30 PM Date: Tue. Oct. 23, 2012 Place: Oneida Senior Center 134 Riverdale Drive

Oneida, WI 54155

erican Family Caregiver

For more information, contact Debi Melchert/Native American Family Caregiver Coordinator at (920)869-2448.

POWERFUL TOOLS FOR CAREGIVERS (PTC) TRAINING-DEVELOPED BY LEGACY CAREGIVER SERVICES

Topics we will cover include:

- Taking care of YOU
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs and Concerns
- Communicating in Challenging Situations
- Learning from our Emotions

Each session is $2 \frac{1}{2}$ hours and will be held for 6-weeks; it's designed to teach participants how to care for themselves while caring for another.

Lay Leaders: Debi Melchert and Sandra Summers

Date: Wednesday: October 10, 2012

Last Class: Tentatively On Wed. November 14, 2012

Time: 9:30 - 12:00 P.M.

Place: Oneida Elder Services, 2907 So. Overland Rd. Oneida, Wi 54155

Must register for class and RSVP by WED 10/23/12, must have 6 participants registered in order to start class, call now to sign up @ 920-869-2448 contact: Sandra @ ext. 6835 or Debi

@ext.6834

Oneida Elder Services Monthly Presentation - October, 2012

Featuring: Kerry Metoxen/Program Director, Oneida Nation Veteran's Department

Topic of Discussion: Elder Veteran's Programs

When: October 15, 2012

• Time: 12:00 – 12:30

Where: Oneida Senior Center Meal Site

Back up presenter: Joyce Johnson/Elder Abuse Prevention Coordinator

For more information contact Loretta Mencheski/Meal Site Supervisor at 869-1551

Nutrition Information

Volunteers Wanted

Meal Site is looking for volunteers 55 years or older; services needed are, assistance in the kitchen and delivering Meals on Wheels to homebound elders. If you would like to volunteer, please contact: Loretta Mencheski at 869-1551 or you can stop by the meal site at: 134 Riverdale Dr. Oneida, 54155.

Attention All Participants of the Senior Center Meal Site:

Policiés & Procedures Specific to the Older Americans Act - Funded Nutrition Program

Effective October 1, 2008 meal sites are required to maintain a reservation system for all participants who eat at the meal site. All participants are asked to make reservations or to cancel their meal before 8:30 A.M. Reservations and or cancellations of meals can be made by the day, week or month by notifying the check person or calling (920) - 869-1551.

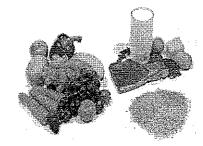
No participant will be denied a meal

Upcoming Nutrition Advisory Council Meetings:

When: October 19, 2012

Time: 1:00 P.M.

• Where: Oneida Senior Center Meal Site



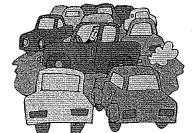
AARP Driver's Safety Program – Winter Is Coming!

It's time to polish those driving skills and Elder Services has lined up the AARP Driver's Safety Program!

Date: October 16, 2012

Time: 9:00 AM - 1:00 PM

Place: Elder Services 2907 S Overland Rd. (Pod A)



Please sign up at the Senior Center by October 11, 2012. Elder Services will pay for the first 10 Elders who sign-up. Those who attend may receive an insurance discount (consult your insurance agent).

For more information contact Joyce Ann Hoes/Transportation Supervisor @ 920-869-2448 ext. 6844

No Testing

Transportation

Oneida Elder Services is seeking volunteers, age 55 & older to assist on the activity bus along with other miscellaneous programs/activities.

For information please contact:

Joyce Ann Hoes

Elder Services Transportation/Activities Supervisor

2907 S. Overland, Oneida, WI 54155

920-869-2448 ext. 6844

Sump Pump Problems... Augh! BasementSystems.com- Justine Hill/Maintenance Supervisor

Sump pump failure is the cause of many basement floods. Pumps can run non-stop or too often, regardless of the weather conditions or season. It may be a sign of a few different problems. Here are few you may run into:

- Stuck "Float Switch"
 Sump pits should have a cover to prevent dirt and debris from getting in.
- The Sump Pit is Too Small or Too Big
 Sometimes the sump pump is just not big enough to handle the job, so it keeps
 running to keep up. Or, the pump may be powerful enough, but the sump pit is
 small.
- The Check Valve is Missing or Broken
 A broken or missing check valve will cause water to flow right back into the sump
 pit.
- Continually Flooding Sump Pit
 There could be a constant flow of water into the sump pit due to high water table or an underground spring.
- Power Loss
 Check the circuit breaker, it might have tripped and may just need to be reset.

If your sump pump is not running properly, contact us and we can find out the problem. Contact our Service Coordinator at 869-2448.

ENGRAVE A PAVER

Oneida Nation Veterans' Memorial Park

Hwy 54 & Pleasant Way, Oneida, WI Have a concrete paver engraved in a Veteran's honor!

The Oneida Veterans' Memorial Park memorializes the service of the Oneida Nation of Wisconsin to the United States of America through history. Donations and purchases to the park will assist in providing cultural and social activities that will enrich the Oneida community. If you care to make a cash donation to the park or purchase an engraved paver that will be laid in front of the granite slab at the park, please fill out the form below and mail or bring it to:

ONEIDA NATION VETERAN'S DEPARTMENT

P.O. Box 365, Oneida, WI 54155 (mail)

1240 Packerland Dr, Green Bay, WI 54304 (bring it in)

ORDER FORM

Please fill out form completely and print legibly.										
Name:					· · · · · · · · · · · · · · · · · · ·					
Address:	·					_				
			•							
City/State/Zip:										
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Day Phone:		Email:								
		•								

Please provide at least one form of contact. Both email and phone are encouraged.

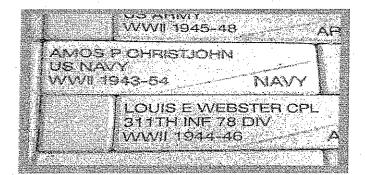
Oneida Nation Veterans' Memorial Park Engraved Concrete Paver or Cash Donation

PAVER - Name to be engraved

Name:

Division:

War/Years:



WHICH GRANITE SLAB DO YOU WANT THE NAME TO APPEAR UNDER?

O Revolutionary War O War of 1812 O Civil War O Spanish American War

O WWI O WWII O Korean War O Vietnam War

O Desert Storm O War in Bosnia O Kosovo War O War on Terror

PAYMENT IN FORMATI ON

Mail or bring order form and payment to Oneida Nation Veteran's Department, P.O. Box 365, Oneida, WI 54155; 1240 Packerland Dr, Green Bay, WI 54304. Checks can be made payable to: Oneida Nation Veteran's Department.

PAVER FEE: \$90.00 ea.

O Cash Donation \$	
O Paver Purchases - # of Pavers	
O Check enclosed for total amount of \$, Check #
CHOICES:	
O NAVY	NEANTRY 952
O USMC	ARMY ARMY ARMY ARMY ARMY ARMY ARMY ARMY
O USAF	USS HUNTINGTON DD 781 NAVY
O ARMY	DEVERET FCORNELIUS

For more information contact:

O USCG

Kerry Metoxen - 920-490-3989

Carolyn Miller - 920-490-3988

^{**}Pavers can be made for ALL military personnel, past or present**

GREEN BAY PACKER FOOTBALL RAFFLE

WIN A TRAMON WILLIAMS SIGNED FOOTBALL WITH A CERTIFICATE OF AUTHENTICITY

Tickets will be sold beginning October 1st with the drawing being held December 7th

Tickets - \$1.00 each or 6 for \$5.00

Proceeds will benefit the Elder Services Annual Christmas Party

Purchase your tickets at Oneida Elder Services Complex located at 2907 S Overland Rd, Oneida, WI

For details contact Joyce Ann Hoes/Transportation Supervisor at 869-2448 ext. 6844



JOIN US FOR A SPOOKY TIME At our HALLOWEEN Costume Contest & Bingo



WHERE: SENIOR CENTER

WHEN: Tuesday, OCTOBER 30th

TIME: 1:00

*DRESS UP FOR OUR ELDER
COSTUME CONTEST... win prizes for
1st, 2nd and 3rd places. (Judging at 1:15 sharp)
*PUMPKIN DECORATING CONTEST – please
bring in pumpkin decorated and ready to go if interested.
(pumpkins will not be provided)

* PLAY BINGO

*HAVE FUN & SNACKS!



Any questions or concerns please contact Michelle Cottrell at 869 – 2448
55 and over only

Hope the see you there!

Yaw ko! - In the Oneida language, Yaw ko means Thank You!

During these hard economic times, the generosity of our community members means so much, which is why Oneida Elder Services would like to send a very special thank you to the following individual(s):

- Les Denasha
- Mark & Shirley Powless
- Josephine Oudenhoven
- George Greendeer

Yaw·ko!

Elder Services is so grateful to the following Title V workers for volunteering to continue to provide their help and services during their time off:

- Laneva Hill
- Rose Cordova
- Janice Hall

If you see these wonderful people stop and give them a "high-five" for helping us to continue to achieve our mission which is to assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

Yaw ko!

Thank you to those individuals who participated in our monthly survey, we appreciate your comments and are glad you like the newsletter, per your suggestions we have enlarged the font on the word search puzzles, enjoy!

ONCOA Meetings:

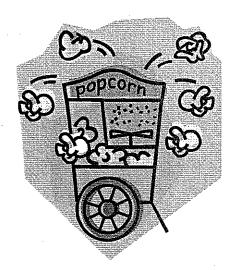
October 9th & 23rd 1:00 P.M. – 3:30 P.M. Elder Services Conference Room

ONEIDA ELDER SERVICES GIFT SHOP

2907 South Overland Rd

Just west of the Health Center

Oneida Elders showcase their talents with:



Hand Crafted Jewelry & Beadwork
Handcrafted Baskets, Quilts, Solar Lamps,
Floral Centerpieces, Ribbons Shirts, Regalia
Come In! Browse!
Oneida Singers: Tapes and CD's
Native American Greeting Cards
Fresh popcorn, soda and water daily
Open Monday - Friday
8:00A.M. to 4:30 P.M.

Elders: Inquire to display your art and crafts at no cost or commission

For more information contact Barb Skenandore at 869-2448.

October 2012 Halloween Season

s	p	d	e	1	p	\mathbf{p}_{\cdot}	a	1	e	m	a	r	a	c	i	f	d	1	f
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0	e	0	\mathbf{X}_{\perp}	e	d	k	i	r	S	t	r	e	\mathbf{c}	e	О	c	S	n	k
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n	f	0	u	t	u	d	O	n	h	\mathbf{c}	S	O	t	a	\mathbf{c}	a	b	1	i
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n	r	e ·	t.	'n	a	1	o ·	k	c	a	j	n	i	s	p	m	u	p	t

Halloween	Haunted House	Bats	Cider
Gourds	Costumes	Pumpkins	Jack-O-Lantern
Caramel Apple	Scare Crow	Bonfire	Foliage
Hayride	Fall	Candy	Trick-or-Treat



DRUMS CONTACT Kristine R. Hughes 920-869-2448 <> 1-800-867-1551 KHUGHES@oneidanation.org

Earthbound Farm Corn Chowder-by Abiner Smoothie (food.com)

Ingredients:

- 4 cups corn kernels, fresh or 4 cups corn kernels, frozen
- 3 slices thick-cut bacon, cut in 1/4 inch dice
- 1 medium yellow onion, minced
- 2 celery ribs, minced
- 5 cups chicken broth or 5 cups vegetable broth
- 1 bay leaf
- 1 sprig fresh thyme
- 2 cups yukon gold potatoes, peeled and diced
- 1 1/2 cups half-and-half
- 1 teaspoon salt
- 1/2 teaspoon white pepper



Directions:

- 1. In a large saucepan, cook the bacon over medium heat until crisp (5-10 minutes) then drain on paper towels.
- 2. Add the onion and celery to the fat and cook until they are soft for 10 minutes.
- 3. Add stock, bay leaf, potatoes and thyme to the saucepan and boil over high heat. Reduce and let simmer for 20 minutes until potatoes are tender.
- 4. Cover and turn off heat. Leave on stove for 20 minutes then discard the bay leaf and thyme sprig. Add the bacon, corn and half-and half. (You can remove 2 cups of the chowder and puree it in a blender and then add that back to the chowder for a thicker consistency).
- Season with salt and pepper.

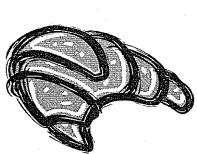
Parmesan Crescents-pillsbury.com

Ingredients:

- 1 (8-oz.) can Pillsbury® Refrigerated Crescent Dinner Rolls
- 3 tablespoons grated Parmesan cheese
- 1 egg, beaten

Directions:

- 1. Heat oven to 375°F. Separate dough into 8 triangles. Sprinkle each with scant 1 teaspoon Parmesan cheese. Roll up each, starting at shortest side of triangle and rolling to opposite point.
- 2. Place rolls, point side down, on ungreased cookie sheets; curve each into crescent shape. Brush each with beaten egg; sprinkle with remaining Parmesan cheese.
- 3. Bake at 375°F for 10 to 12 minutes or until golden brown. Serve warm. Makes 8 servings



ONEIDA ELDER SERVICES ENROLLMENT FORM

DATE: __/__/_

NOTE: The State & Federal Governments have 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 N	lumber ()	with others*How manyAfrican American Number:Poor* ey for Finances		
Address			Social Se	ecurity Number	Last four digi	ts /	
City	State	Zip Code	. (County		DOB /	/
OUR PROGRA that are disabled are our priority.	l/handicapped, living ale	RVICES is as follone. 3) Elders age	llows: 1) Elder a ed 55-69 years o	ged 70 years and of age, with health	older. 2) Elders a /safety issues. T	ged 55-69 year The elders that a	rs of age are listed
Martial Stati	the appropriate rous:Married	Single		dDivore	ed		
Gender: Veteran:	ne:	ale _No		_ · .			
	ngement:Live A RentOwn	AloneLiv	es with Spou	seLives v	vith others*	How man	y
		Caucasian	Latino	Asian	African A	merican	
Fribal Affilia	ation:	.		Enrollment	Number:		
General Heal	lth Status:	Excellent	Good	Fair	Poor*		
Guardianship	rently Have Any of Power of A Payee for Social S	Attorney for H	ealthP			3	
n Case of an	Emergency Conta	Phone Nu			· · · · · · · · · · · · · · · · · · ·		
lenial of services	s. All of the information	on the enrollment	edge. Any false form is confider	statements on any ntial and will not be	part of the enrol released to any p	lment form are persons unless I	grounds have sigi
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