DRUMS

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

Drums contact: Helen Doxtator Email: hdoxtato@oneidanation.org



ACROSS

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

Fax: 920-869-1526

Wahsu tés Wahni tale?

Long Night moon

December 2013



December Menu

December Activities Calendar

Yaw^ko

What is ONCOA

Merry Christmas Puzzle

Nutrition Information

Caregiver Info

Benefit Specialist/Foster Grandparents & Senior

Companion

Transportation/Activities

Home Ownership Documentation

Winters on the Way

Drums across Oneida Newsletter Information

Oneida Gift Shop

Walking Strong in Oneida Begins

GLNAEA

Sustain Oneida Article 5

Pictures Oneida Congregate Meal Site Opened Nov. 4



California Vegetable Rosemary Vegetable Creamed Pea Sauce 20 Potato Crusted Cod **Buttered Potatoes** Roasted Potato 13 Salmon Load Dinner Roll 27 Baked Fish 6 Baked Fish Asparagus Potatoes Fruit Fruit Fruit Friday **INAS** Fruit PHONE: 1-920-869-155) 26 BIRTHDAY DAY 12:00P.M.-1: 00P.M. Cucumber Salad 8:00A.M.-4:30P.M. Brussels Sprouts 12 Beef Stroganoff Lunch Is Served 19 Boiled Dinner Monday-Friday Fresh Bread Crackers 5 Beef Stew Noodles Thursday Biscuits Cake HOURS: Chill Fruit Fruit Fruit CONGREGATE MEAL SITE, 2901 S. OVERLAND, ONEIDA, WI., 54155 MERRY CHRISTMAS OBSERVANCE OF DECEMBER Fresh Acorn Squash 18 Chicken Tetetrazini CHRISTMAS CLOSED IN Sweet Potatoes Brussels Sprouts DAY TURQUOISE BIRTH STONE: FLOWER: NARCISSUS 11 Roast Turkey Baked Potato Wax Beans 4 Swiss Steak Wednesday Fruit Fruit Fruit Menu is subject to change. Green Bean Casserole 31 Roast Beef W/Gravy BREAKFAST HALF DAY Mashed Potatoes Cheesy potatoes 10 Spanish Rice **Boiled Egg** Fresh Fruit Meat Sauce 17 Meat Loaf Carrots 3 Spaghetti Muffin Zucchini Juice Tuesday Fruit Ham Fruit Fruit Peas Fruit 2 Coffee, milk, tea or water. All meals are served with Homemade Biscuits 16 Chicken Al A King 30 Sweet N Sour Pork Brown Rice Pilaf Mixed Vegetables Mashed Potatoes 2 Liver & Onions 23 BBQ Chicken Potato Salad MENO 9 Baked Ziti Broccoli Carrots Broccoli Carrots Monday Fruit Fruit Fruit Fruit

DECEMBER 2013 ACTIVITIES

Thursday	9	Oneida Fitness Center & Lunch Out 10:00 (On your own) Wii Bowling Main Dining Hall 1:00 No Transportation for lunch	Christmas Shop Bay Park Square Mall 9:30 Movie Main Dining Hall 1:00 Christmas Shop Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.	20 20 10:00 & & (Or ding 10	Share your Photos AJRCCC 9:30 Birthday Lunch 12:00 Main Dining Hall Salvation Army Green Bay 1:15 No Transportation for lunch this day.	* Please sign up for Birthday Month? trips at the AJRCCC.
Thu	5 Chai	Oneida Fi 1 Wii Main Dining	Christr Bay Park Main Dini	Simon's C Little Chute Wii Bow Main Dining Ha	26 Share you AJRCCC Birthday Lunc Main Dinin Salvation Green Bay	* Please trips at t
	4 Oneida Language Main Dining Hall 9:30	Exercise Main Dining Hall 11:00 Bingo Cliff Webster Build 1:30	11 Apples to Apples AJRCCC 9:30 Exercise Main Dining Hall 11:00 Bingo Cliff Webster Build 1:30	18 Oneida Language Main Dining Hall 9:30 Exercise Main Dining Hall 11:00 Bingo Cliff Webster Build 1:30	25 NO ACTIVITIES OFF IN OBSERVANCE OF CHRISTMAS DAY	
Tuesday	8	Crafts 10:00 – 11:30 AJRCCC	10 Christmas Bingo 3 Sisters Center Green Bay 10:00	17 Crafts 9:30 – 11:30 AJRCCC	24 No Activities Breakfast only ½ day Christmas Eve	31 Crafts
Monday	Wheel of Fortune AJRCCC 9:30	Exercise Main Dining Hall 11:00 Bingo Site II 1:00	9 Ice it Game AJRCCC 9:30 Exercise Main Dining Hall 11:00 Bingo	16 Fact or False AJRCCC 9:30 Exercise Main Dining Hall 11:00 Bingo	ain laii	30 Toss The Pigs AJRCCC 9:30 Exercise

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

Yawáko

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):

George Greendeer

Mark & Shirley Powless

Nice Comments....

"Thank you", to Helen Johnson for donation of 8 volumes of 500 nations videos to the Elder Services Library.

"Thank you," to Al Fabion for donating several books to the Oneida Elder Services Library.

We would like to Thank all the employees who work for the Oneida Tribe of Indians and elder services for all the work they do to keep everything running in a smooth and orderly fashion to help all the elders in the community.

ONCOA Meetings:

Second and Fourth Tuesday of every month 1:00 PM – 3:00 PM Elder Services Conference Room 2907 S Overland Rd Oneida, WI 54155



What is ONCOA?



ONCOA is Oneida Nation Commission On Aging. A nine (9) member elected board that is instrumental in advising on policy development and pushing advocacy issues on behalf of Oneida Elders.

ONCOA networks with Oneida Elders to increase efforts to effectively advocate for quality services and programs for Oneida Elders.

ONCOA advocates for all services that place **priority** on the well - being of our Oneida Elders.

ONCOA encourages elders to participate in ONCOA meetings to get concerns heard about issues that matter to them.

ONCOA meetings are held on the 2nd and 4th Tuesday of the month at 1pm in the Elder Services 'conference room located at: Lee Mc Lester Bldg. at 2907 Overland Drive Oneida, WI. 54155.

ONCOA Coordinator: Lois Strong is located at Elder Services: Monday-Friday 8am-4:30pm.Telephone no's: (920) 869-2448 or toll free 1-(800) 867-1551

Lois's E-mail: lstrong@oneidanation.org

ONCOA Board eligibility: Enrolled member of Oneida Tribe of Indians of WI. 55 years or older and resides in counties: Brown or Outagamie. Please watch The Drums for future ONCOA updates

Merry Christmas To All from Elder Services

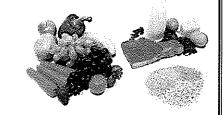


N S W J P K K \mathbf{C} A N D \mathbf{L} \mathbf{E} J G P \mathbf{X} M \mathbf{U} U 1 T J \mathbf{J} G J Ι H A \mathbf{A} S 0 F K W 0 N W L A \mathbf{E} \mathbf{L} M N L Y \mathbf{L} L 0 H \mathbf{Z} S T 0 K I N G I M I S T L \mathbf{E} 0 \mathbf{E} R Y R \mathbf{E} \mathbf{V} L S J N \mathbf{E} D R \mathbf{E} 1 I L \mathbf{H} R \mathbf{C} T \mathbf{T} \mathbf{A} 0 N H B X L \mathbf{T} Y D T W G N 0 À R E \mathbf{T} \mathbf{A} R N B B K U ${f E}$ E \mathbf{E} R 0 H G \mathbf{V} \mathbf{E} R В D \mathbf{E} T \mathbf{E} \mathbf{A} R \mathbf{M} 0 R \mathbf{A} R O \mathbf{S} S L N M R \mathbf{E} \mathbf{W} D R A \mathbf{E} H X \mathbf{L} T \mathbf{W} R \mathbf{E} Y 0 J W \mathbf{E} A A R A S S \mathbf{Z} \mathbf{C} N N W 0 R \mathbf{C} 0 \mathbf{E} \mathbf{W} H T L D R L N \mathbf{Y} Z В H P N \mathbf{Y} N U I \mathbf{T} H \mathbf{F} \mathbf{C} \mathbf{T} \mathbf{C} G \mathbf{H} R \mathbf{M}

Christmas Holly Mistletoe Ornament Green Silver Bells Jingle НоНоНо Red Holiday Stocking Star Santa Merry Card Present Bow Snowflake Gingerbread Wreath Snowman Candle Tree

Nutrition Information

Contact: Loretta Mencheski (920) 869-1551



Effective Immediately: to receive a bingo pass you must sign-up before the 10th of each month. Questions contact: Loretta Mencheski, Meal Site Supervisor

Volunteers Wanted:

The meal site is looking for volunteers, age 55 or older; services needed are assistance in the dining area and delivery of Home Delivered Meals to homebound elders. If you would like to volunteer, call Loretta (920) 869-1551, or you can stop by the meal site at 2901 S Overland Rd, Oneida, 54155

Attention All Participants of the Senior Center Meal Site:

Policies & Procedures Specific to the Older Americans Act – Funded Nutrition Program

Effective October 1, 2008 the meal site will maintain a reservation system for participants who eat at the meal site. Participants who eat at the meal site are asked to call in the day before to reserve or to cancel their meal for the next day, week, or month before 4:00 p.m. Contact: Loretta Mencheski (920) 869-1551

No participant will be denied a meal

Upcoming Nutrition Advisory Council Meetings:

- Where: Elder Service Congregate Meal Site
- When: 3rd Friday of the Month at 1:00 p.m.

Attention All Participants of the Meal Site:

Effective June 17, 2013 the meal cost for ages 55 & under will increase to \$8.00. During the transitioning phase from the old meal site into Anna John Residential Care Community Center (AJRCCC) meal site, the daily menus are subject to change without notice.

To Reserve or Cancel your meals please call (920) 869-1551

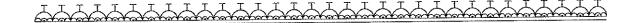
Oneida Elder Services Native American Family Caregiver Information

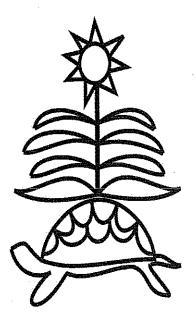
Oneida Elder Services would like to introduce the "Native American Family Caregiver Voucher/Stipend Program". It is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 4 hours a month. It also provides an hourly stipend/wage 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 Barbara Silva/Native American Family Caregiver 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 at:

Elder Services Complex – Pod A 2907 S Overland Rd, Oneida WI 54155 4th Wednesday of the Month 1:30 PM – 3:30 PM

For more information, contact Barbara Silva/Native American Family Caregiver at (920)869-2448.

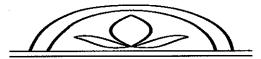


BENEFIT SPECIALIST AT ELDER MEAL SITE

Starting **November** 2013 on the **second** and **fourth Monday** of the month Angela Ortiz, Benefit Specialist for Oneida Elder Services will be at the Elder Meal Site located at 2901 S Overland Rd, Oneida, WI 54155 from **11:30 a.m. to 1:00 p.m.** She will be there to answer questions and offer assistance with Medicare, Medicaid, Senior Care, and similar programs that are available for Elders. Please feel free to stop by with questions on those days or contact her in the office.

Any questions please contact: Angela Ortiz, Benefit Specialist at (920) 869-2448







Make a Difference in your Community become a Foster Grandparent or Senior Companion:

Are you a Senior, 55 years or older who enjoys spending and/or sharing your time, knowledge of tradition and culture? If income eligible, you can make a difference in your community by volunteering up to 8 hours a day while receiving extra income

Foster Grandparents provide an inter-generational exchange between Elders and youth. Elders can serve as mentors to youth at tribal schools, day care centers, head start, after-school activity groups and youth centers.

Senior Companions provide opportunities for healthy older adults to serve Elders who may be homebound, alone, and/or isolated without family support. Senior Companions may serve clients within reservation boundaries.

Come share with our community, enjoy life, help others and earn tax-free money!

For an opportunity in your area contact: Angela Ortiz, Benefit Specialist (920) 869-2448

You must be a least 55 years of age, complete a background check and meet Income guidelines to earn a stipend!

Activity/Bingo temporary change

Due to cost constraints, 12/23/2013 will be the last Bingo game with Elder Service Activities until further notice. Thank you for your understanding and cooperation.

See calendar for other bingo sessions being offered.

Contact: Joyce Hoes and Michelle Cottrell - Elder Services (920) 869-2448.

Oneida Elder Services Transportation Activities

Provides free transportation to all Elder Services Activities

See the Activity Calendar in Drums Across Oneida

Plan your day, including lunch (Mon - Thurs) at the Meal Site

Door to Door Service!!

For more information please contact:
Michelle Cottrell, Activity Specialist or
Joyce Ann Hoes, Transportation Supervisor
(920) 869-2448

RIDE the BUS!!



Elder Services Senior Transportation



We have Oneida Public Transit & Green Bay Metro bus passes available to

Elders 55 years or older who are gainfully employed,

Serve on a board, committee or commission that pays stipends.

While Supplies Last!

For more information please contact:

Joyce Ann Hoes, Transportation Supervisor (920) 869-2448

ATTENTION EFFECTIVE IMMEDIATELY

Home ownership and proof of residency documentation are now required to be submitted to Elder Services before any home repair (including major home repair) or home chore service will be completed. Examples of the requested documentation include:

- Deed/ Title (required)
- ➡ Home owners insurance (required for major home repair)
- Tribal ID (required for major home repair)
- Utility bill
- Tax bill

One or more of the above items may be requested, please be prepared to provide the documentation. Thank you for your cooperation in this matter.

For more information, please call Elder Services Kristine Hughes at (920) 869-2448



Oneida Elder Services



Emergency Preparedness Presentation

Congregate Meal Site 12:00 pm / December 9, 2013

Guest Speaker: Marty Antone

Discussion concerning your own personal safety during an emergency situation. Please see lists of items you should have in your 'To Go Bag' in case there is a storm resulting in power outage, natural disasters and other catastrophic disasters in this Drums issue.

If you have any questions please feel free to contact:

Joyce Ann Hoes, Transportation Supervisor

920-869-2448

*****WINTERS ON THE WAY****

REMINDER TO UPDATE YOUR EMERGENCY PREPAREDNESS BACK-PACK

Please check the expiration dates on any food and medications. Replace if needed. Here is a list of things you are recommended to have available in the event of an emergency or disaster: Three day supply of non-perishable food

- ✓ Food that doesn't have to be cooked (granola bars etc.)
- √ Three day supply of water (one gallon per person per day)
- ✓ Battery-operated or crank-powered radio
- ✓ Flashlight with extra batteries and bulbs
- ✓ First aid kit and manual
 Completed 'File of Life'
- ✓ Sanitation and hygiene items (toilet paper, feminine products)
- ✓ Matches in a waterproof container
- ✓ Whistle (to attract attention to the emergency personnel)
- ✓ One change of clothing and a pair of shoes
- ✓ Blanket Manual can opener
- ✓ Baby wipes
- ✓ Extra set of keys
- ✓ Roll of Duct tape Pet supplies if you have a pet
- ✓ Plastic garbage bags
- ✓ Pack of playing cards to bide your time until rescued

In the event you use an oxygen tank, have an extra one available. These are all timely tips to consider for your own safety in the event there is a disaster, fire, flood, etc...

HAVE AVAILABLE IN YOUR VEHICLE in the event of an emergency when traveling:

- ✓ Let someone know: you are traveling alone, when & where you are expecting to arrive, what route you will be taking.
- ✓ Shovel
- ✓ Container of Kitty Litter
- ✓ Flashlight with extra batteries and bulbs
- ✓ First aid kit and manual
- ✓ Pair of boots
- ✓ Blanket
- ✓ Granola bars or other pre-packaged foods.
- ✓ 911 Cell Phone (any cell phone can be used for 911 Emergency calls <u>only</u> if there is service where you are located), 911 Cell Phones are available at Elder Services
- ✓ Completed "File of Life"
- ✓ Battery-operated or crank-powered radio
- ✓ Whistle (to attract attention to emergency personnel)

If you have any questions please call:
Joyce Ann Hoes
Transportation Supervisor
920-869-2448



Drums Across Oneida Newsletter Information

The DRUMS Across Oneida newsletter is currently formatted to fit within 19.5 pages (cost plays a major role in the "number of pages" limit). One of the major roles of the DRUMS is to help fulfill 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. We do our best to provide information about our services, wellness and safety and fun activities such as our puzzles.

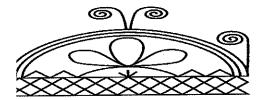
Drums newsletter is mailed to Enrolled Oneida Elders (55 and older) who sign up through the Enrollments Department. Only one DRUMS per household.

To sign up for DRUMS mailing please contact the Enrollment Dept. 920-869-6200, give them your enrollment number, and let them know you would like to get the Drums newsletter. They will mail you an address update form and you will need to check the boxes to receive the News and Tribal mailings. If you no longer want to receive the drums you can write a statement stating you no longer wish to receive those mailings and mail it to Enrollment Office at PO Box 365, Oneida WI 54155, or print the address update form off the website or email enrollments@oneidanation.org.

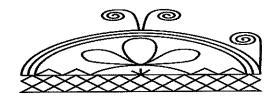
For further information about the DRUMS newsletter or to submit an article please contact:

Helen Doxtator at 869-2448 or email Hdoxtator@oneidanation.org.

As stated above, we are limited to the number of pages we can print, however we will do our best to include any article submitted. We do our best to stay at 14 font and print in black and white so please be aware of this if you are submitting pictures or clipart. Please include a contact name and contact phone or email. We will only put articles in the DRUMS if we have contact information.









Oneida Elder Services

"REMEMBER YOUR **CHRISTMAS SHOPPING**" at the Elder Gift Shop. Beautiful handmade crafts by Oneida Elders.

Located inside the Elder Services Complex at 2907 South Overland Rd. Oneida, WI



8:00 To 12:00PM & 12:30PM to 4:30PM

Meet our friendly elder employees.

Buy gifts and crafts all handmade by Oneida elders.

Beadwork, jewelry, birdhouses, ribbon-shirts,

Coasters, t-shirts, hoodies, and baskets

Fresh popcorn, soda, and water

No consignment fees for Oneida elders, age 55 and

Older to display and sell your arts and crafts.

For more information you may contact:

Barb Skenandore at 920-869-2448



Walking Strong In Oneida Begins December 10, 2013!

- ✓ Do you want to improve your balance?
- ✓ Do you want to feel more confident walking?
- ✓ Do you want to exercise in a fun environment with other cool elders?

If you answered "YES" to any of these questions, then the Walking Strong in Oneida Program is for you!

The Walking Strong in Oneida Program is an exercise program specifically designed for American Indian elders. The program involves walking, along with balance and strength training exercises.

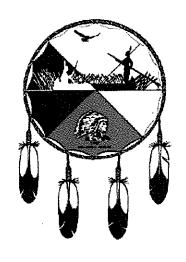
All elders 55 and over are invited to attend.

The Walking Strong in Oneida Program will be held on Tuesdays and Thursdays beginning December 10th from 9:30-10:30 am at the Clifford Webster Building (formerly known as the county H rec center)

Incentives are provided for program participation.

For more information or to sign up, please call Jennifer Jordan, Injury Prevention Coordinator at 920-869-4520.

GLNAEA



Great Lakes Native American Elders Association

Sponsored by Sokaogon Chippewa Tribe

December 5 & 6, 2013

Mole Lake Casino/Hotel

3084 State Hwy 55 Crandon, WI 54520

1-800-236-9466

Agenda:

Thursday, December 5, 2013

5:30 p.m. Elder Abuse Task Force Meeting

Friday, December 6, 2013

7:30 a.m. Breakfast

9:00 a.m. GLNAEA meeting starts

Oneida Elder Services will not be providing transportation to this month's GLNAEA meeting. We hope you are still able to attend and have a great event experience.

Next Meetings: May be subject to change.

March 6 & 7, 2014 – Lac Du Flambeau

June 5 & 6, 2014 – Carter (Potawatomi)



Whose House Do You Belong To?

By: The Oneida Trust and Enrollment Committee Article 5 of 8

This series of articles is designed to inform Oneida citizens about Tribal enrollment and identity issues. The goal is to generate community conversations leading up to and beyond the Sept 7th Sustain Oneida Summit which will explore potential solutions for citizenship and belonging.

The word Longhouse is often used in different ways and misunderstood. There are at least three different meanings of the word. The first is the most basic: Longhouse means the type of home or structure in which Oneida people traditionally lived. The second is an extension of the first: to be a Longhouse person, meaning Haudenosaunee (Iroquois), or a descendent of people who lived in Longhouses. By this definition, all Oneida people are Longhouse people. The third use of the word is in reference to beliefs and living a certain way: to be Longhouse, meaning they go to the Longhouse for ceremonies and follow traditional teachings. A person may identify themselves as a Longhouse person by the second or third definitions (or both). This can lead to confusion.

It is important to note the third definition is often referred to as a religion. Our traditional teachings included spiritual elements, but our government and social rules and expectations were also included in those teachings. It is more accurate to refer to the traditional teachings as a way of life—the Longhouse way of life. Spiritual, social, and political elements were all tied together in the traditional culture. Today we tend to talk about them in separate terms.

Not all Longhouse people (our second definition) follow the Longhouse way of life (our third definition). About 400 years ago, Oneida and other Haudenosaunee people were introduced to the concepts of Christianity by Europeans. Gradually, Christian beliefs and values changed the political, social, and spiritual landscape of the Oneida Nation. Following the American Revolution, a Seneca man named Skanyatali yó (Handsome Lake) had several visions. From the first vision in 1799 until his death in 1815, Skanyatali yó shared a message of revitalization for traditional teachings, getting back to holding the ceremonies, and keeping our culture intact.

About the time that Skanyatali yó's message was spreading to the other Haudenosaunee, the Oneida were losing vast tracts of land and were forced to leave their ancestral homelands in New York. Many Oneida who

came to the reservation on Duck Creek were Christian Oneidas. Over the course of the 1800s, fewer and fewer Oneida in Wisconsin practiced the spiritual components of the Longhouse way of life. Those who did, practiced "underground," or secretly, to avoid persecution by Christian Oneida.

During the 1900s, the effects of assimilation, boarding schools, and acculturation began to take a toll on Oneida in Wisconsin. The Oneida government transitioned from the Chiefs to an elected government, and with that change, the political and social elements of the traditional teachings continued to weaken.

In the very early 1980s the ceremonies began to be re-introduced in Oneida, Wisconsin, including Kalihwi yó, the message shared by Handsome Lake. The Oneida School System and the Language program have contributed significantly to our cultural revitalization. Since then, the spiritual and social aspects of our traditional teachings have been strengthened. We have yet to address the political issues, such as blood quantum and the foreign governing system we currently use.

If we imagine all Oneida people as a landscape, over the course of our history that landscape has diversified and changed in appearance and way of being. However, it has remained unified despite changing belief systems, political systems and social patterns. There is still something that holds us together as a nation, as a people. Could it be our sovereignty? It doesn't matter if you are a traditional Oneida, a Christian Oneida, or any other category of Oneida; we are all still Oneida. Our individual beliefs and ways of life are a part of our identity, but it seems that collectively we share something else in common.

Maybe the blood quantum issue isn't an identity issue after all. If the blood quantum concept were removed as a requirement of tribal citizenship, wouldn't you still be Oneida? It seems our identity is rooted in the same place as our sovereignty. Whatever new definition we develop of what it means to be Oneida should support and strengthen the concepts of our sovereignty.

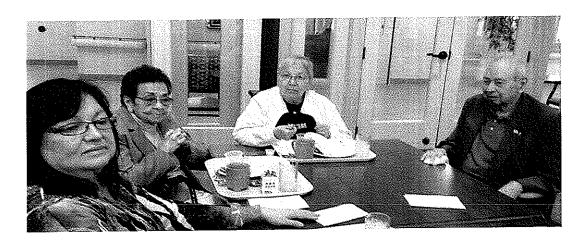
For more information about Sustain Oneida please visit: https://www.facebook.com/OneidaTrust
https://www.oneida-nsn.gov/TrustEnrollmentCommittee.aspx

For comments or questions please email: sustainoneida@oneidanation.org

Oneida Elder Services Congregate Meal Site Opened Thurs. Nov. 4



Richard & Brenda Baird



Lois strong, Pearl McLester, Mary Ann Kruckeberg, Clifford Doxtator – ONCOA



George Graham & Richard Potthier



Thurs. Nov. 4

Oneida Elder Services

Congregate Meal site

Opened

Arleen Elm

Brucelyn Benson