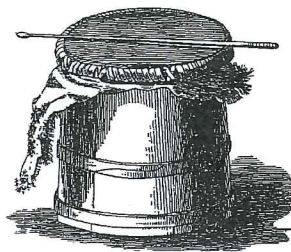


# DRUMS ACROSS ONEIDA

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

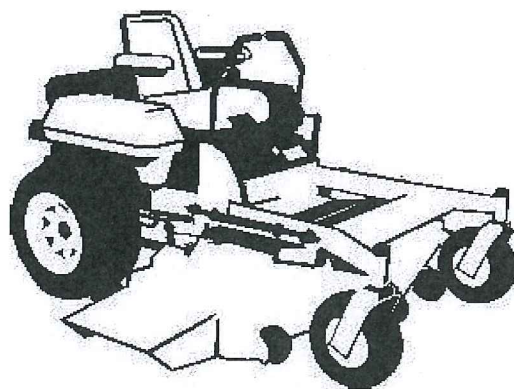
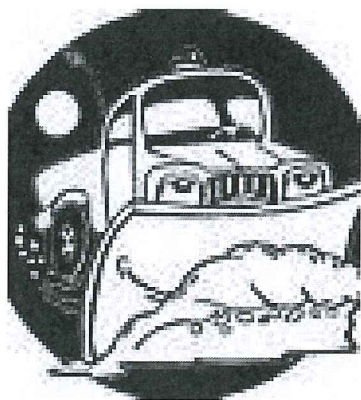
Drums contact: Helen Doxtator  
Email: [hdoxtato@oneidanation.org](mailto:hdoxtato@oneidanation.org)

**Drums articles can also be viewed at [Oneida-nsn.gov/elderservices/](http://Oneida-nsn.gov/elderservices/)  
and on Facebook at Oneida Tribe of Wisconsin Elder Services**

(Kahsakayu·té·se? Wáhní·tale? Thunder Moon April 2015

**Notice:** Effective Oct. 1, 2015, to receive and/or  
continue receiving snow plowing, grass cutting or  
minor home repair services you must have **proof of  
homeownership** on file at Elder Services.

Questions contact: Oneida Elder Service Specialist – (920) 869-2448 or feel free to  
email either Kristine at [khughes@oneidanation.org](mailto:khughes@oneidanation.org) or Teresa at [tbarber-b@oneidanation.org](mailto:tbarber-b@oneidanation.org)





## APRIL 2015 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 a.m. on posted days.	1 Ham Scalloped Potato Green Beans  Fruit	2 Swedish Meatballs Noodles Squash Cucumber Salad Corn Muffin Fruit	3 <b>BREAKFAST HALF DAY</b> Boiled Eggs Hash Brown Patties Muffin Yogurt Fruit
6 Liver & onions Mashed Potato Carrots Fruit  Cookie	7 <b>STAFF MEETING</b> Spaghetti/Meat Sauce Italian Vegetables Cheesy Mascot Bread  Fruit	8 Swiss Steak Baked Potato Brussels Sprouts  Fruit	9 Beef Stew Raw Vegetables Garlic Cheese Biscuit  Fruit	10 Baked Pork Chop Mashed Potato Mushroom Gravy Green Beans  Fruit
13 Baked Ziti Mixed Vegetables Bread Stick  Fruit	14 Beef Vegetable Soup Sandwich Lettuce Salad  Jell-O	15 Roast Turkey Sweet Potato Wax Beans Cranberries Corn Bread  Fruit	16 Beef Stroganoff Noodles Brussels Sprouts Fruit  Ice Cream	17 Salmon Loaf Cream Pea Sauce Parsley Buttered Potato  Molded Jell-O
20 Chicken Al A King Carrots Lettuce  Fruit	21 Meat Loaf Cheesy Potato Green Beans  Fruit	22 Sloppy Joe Corn On The Cob Pears  Jell-O	23 Boiled Dinner Salad  Fruit	24 Potato Crusted Cod California Blend Fruit  Cake
27 Barbecued Chicken Oven Browned Potato Broccoli  Fruit	28 Ring Bologna Boiled Potato Squash  Fruit	29 Roast Turkey Dressing Mixed Vegetable Lettuce Cranberries  Pudding	30 <b>BIRTHDAY DAY</b> <b>Chili</b> <b>Raw Vegetables</b>  <b>Cake</b>	



# APRIL 2015 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Please <u>sign up</u> for trips at the E.S. Meal-site.</p> <p>* All Trips <u>leave from</u> E.S. Meal-site</p> <p>*Activities <u>need 5 Elders to go.</u></p> <p>*Activities subject to change.</p>	<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><b>1</b></p> <p><b>Wii - Golf</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Bingo</b> Cliff Webster Build 1:30</p>	<p><b>2</b></p> <p><b>Banks, Shopping</b> <b>9:30</b></p> <p>No Transportation for lunch this day.</p> <p><b>Chair Yoga</b> E.S. Meal-site 1:30 – 2:30</p>	<p><b>3</b></p>  <p><b>Good Friday</b> No Activity Breakfast only 9:00 – 10:00</p>
<p><b>6</b></p> <p><b>Fact or False Game</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Bingo</b> E.S. Meal-site 1:00</p>	<p><b>7</b></p> <p><b>Tai Chi</b> (Light stretch &amp; balance) E.S. Meal-site 1:30 – 2:30</p>	<p><b>8</b></p> <p><b>Wii - Bowling</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Bingo</b> Cliff Webster Build 1:30</p>	<p><b>9</b></p> <p><b>Looking at old Photos</b> With Loretta Metoxen Cottage 2 Green Bay 10:00</p> <p><b>Bowling</b> Ashw. Lanes 1:30</p>	<p><b>10</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p><b>13</b> <b>Last Word Game</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Cribbage Tournament</b> E.S. Meal-site 1:15</p>	<p><b>14</b></p> <p><b>Crafts</b> 9:30 – 11:00 E.S. Meal-site</p>	<p><b>15</b></p> <p><b>Wii - Tennis</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Bingo</b> Cliff Webster Build 1:30</p>	<p><b>16</b></p> <p><b>Bathesda Thrift Store</b> Green Bay 9:30</p> <p><b>Chair Yoga</b> E.S. Meal-site 1:30</p>	<p><b>17</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p><b>20</b> <b>Pass the Popcorn</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Bingo</b> E.S. Meal-site 1:00</p>	<p><b>21</b></p> <p><b>Tai Chi</b> (Light stretch &amp; balance) E.S. Meal-site 1:30 – 2:30</p>	<p><b>22</b></p> <p><b>Rubber Stamping</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Bingo</b> Cliff Webster Build 1:30</p>	<p><b>23</b></p> <p><b>Cooking</b> Activity Room 9:30</p> <p><b>Bowling</b> Ashw. Lanes 1:30</p>	<p><b>24</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p><b>27</b> <b>Toss the Pigs</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Yahtzee Game</b> E.S. Meal-site 1:15</p>	<p><b>28</b></p> <p><b>Crafts</b> 9:30 – 11:00 E.S. Meal-site</p>	<p><b>29</b> <b>Taboo Game</b> E.S. Meal-site 9:30</p> <p><b>Exercise</b> E.S. Meal-site 11:00</p> <p><b>Bingo</b> Cliff Webster Build 1:30</p>	<p><b>30</b></p> <p><b>Sara Lee Bakery</b> Green Bay 9:30</p> <p><b>Birthday lunch 12:00</b></p> <p><b>Movie</b> E.S. Meal-site 1:15</p>	

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

## Elder Services (ES) April, 2015 Meeting Schedule - 869-2448

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Healthy Living with Diabetes 2:30-4:30 Pod A	2	3 Good Friday (ES closed at Noon)
6 Listening & Communication 9:00 Pod A	7	8 Healthy Living with Diabetes 2:30-4:30 Pod A	9	10
13 Listening & Communication 9:00 Pod A ***** *Benefit Specialist Meal Site, 11:30 a.m. – 1 p.m.	14 ONCOA 11-4:30 Conference Room ***** FGSC Meeting 12:30-3:00 Pod A	15 Healthy Living with Diabetes 2:30-4:30 Pod A ***** Conservation News Meal-Site 12:00	16 	17 Nutrition Advisory Council meeting 1p.m. Meal- Site (every 3 <sup>rd</sup> Friday of the month)
20 Listening & Communication 9:00 Pod A 	21	22 Healthy Living with Diabetes 2:30-4:30 Pod A ***** Blood Pressure Screening- meal-site 12:00-1:00	23 Caregiver Support Group 1:30 p.m. Pod A	24
27 Listening & Communication 9:00 Pod A ***** *Benefit Specialist Meal Site, 11:30 a.m. – 1 p.m.	28 ONCOA Special Mtg 11-4:30 Conference Room	29 Healthy Living with Diabetes 2:30-4:30 Pod A	30	

\*Elder Services Benefit Specialist Angela Ortiz will be at the Elder Services Congregate Meal Site located at 2901 S. Overland Road (2<sup>nd</sup> and 4<sup>th</sup> Mon of each month), to answer questions and offer assistance regarding Medicare, Medicaid, Senior Care, and similar programs. Please feel free to stop by with questions or contact Angela at 920-869-2448.



# **NOTICE\*\*NOTICE\*\*NOTICE**



## **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\***



## **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 or stop in at the Elder Services Congregate Meal Site:

2901 S Overland Rd, Oneida, 54155



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

**For more information contact: Loretta Mencheski,**

**Meal Site Supervisor**

### 7.3 Data Collection and Reporting

The purpose of data collection and subsequent reporting is fairly straightforward. Information is needed for all the following reasons:

- to demonstrate that funds were spent in accordance with all federal, state and local laws, regulations and policies
- to assist in documenting the need for additional programs and services for older people
- to aid in monitoring ongoing services
- to help make improvements to agency operations and services
- to provide agency decision-makers with the information needed in order to determine if established outcomes are being met.

Adequate information is necessary for effective agency operations. Without information, decisions are made in a vacuum.

As a condition of funding, area agencies on aging and aging units are required to comply with all data-collection and reporting requirements of the Bureau of Aging and Disability Resources (BADR).

### 83.7 Funding Source: Voluntary Contributions

In most cases, voluntary contributions by participants make up approximately one-third of the program's income. The collection and use of these contributions is described in this section.

OAA Section 307(a)(13)(C)(i):

"Each project will permit recipients of grants or contracts to solicit voluntary contributions for meals furnished in accordance with guidelines established by the Commission, taking into consideration the income ranges of eligible individuals in local communities and other sources of income of the recipients of a grant or contract; and such voluntary contributions will be used to increase the number of meals served by the project involved, to facilitate access to such meals, and to provide other supportive services directly related to nutrition services."

Since its enactment in 1965, the Older Americans Act has emphasized regard for the dignity of



older persons by requiring that opportunities are provided to older persons to participate not only in the planning and administering of aging programs, but also in the cost of services. Therefore, each provider of Title III services shall provide each older person an opportunity to voluntarily contribute to the cost of service. These contributions shall be used to expand meal services, to maintain the service level, to facilitate access to such services (including transportation), to provide outreach, and to provide nutrition education and dietary counseling.

Contributions collected at individual dining centers and home-delivered-meal participants homes must be returned to the county or tribal aging unit to be used in the planning and budgeting for the countywide or reservation-wide nutrition program. Appropriate procedures must be established to safeguard and account for all contributions.

Programs, with the advice and consent of nutrition advisory groups and the commission on aging, may opt for one or more of the following choices (self-identified means tests may not be used):

- Set a suggested donation
- Set a range of donation levels based on participant income.
- Provide participants with total meal costs.

To maintain integrity of the intention of the Older Americans Act regarding voluntary contributions, programs must do all of the following:

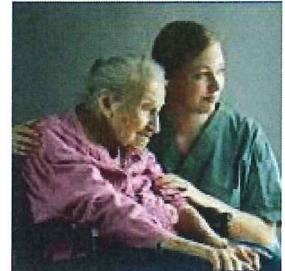
- (1) Provide each older person with an opportunity to voluntarily contribute to the cost of the service.
- (2) Protect the privacy of each older person with respect to his or her contributions.
- (3) Establish appropriate procedures to safeguard and account for all contributions.
- (4) Not deny an older person a service because the older person cannot or will not contribute to the cost of the service.
- (5) Not require a contribution or in any way imply one is required in order to participate.

Any question call Oneida Elder Services – (920) 869-2448

***Oneida Elder Services  
Native American Family Caregiver  
For more information contact: Service Specialist (920)869-2448***

Oneida Elder Services, "Native American Family Caregiver Voucher/Stipend Program", 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.

**\*\*Services are dependent on available funds\*\***



**What's Going on in the Community? Environmental/Conservation Updates**

Daniel Brooks/Oneida Conservation Department

Wednesday April 15 – Oneida Meal Site – Noon

2901 S. Overland Road, Oneida WI

Come and learn about the different projects that our own Oneida Conservation Department is involved in. Daniel Brooks, Manager Forestry and Trails, EHS Natural Resource will give updated information and be available to answer your questions and address your concerns. If you have any questions please feel free to contact Barbara Webster at Oneida Elder Services at (920) 869-2448.





## **BENEFIT SPECIALIST AT ELDER SERVICES CONGREGATE 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 Services Congregate 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**

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### **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!**



## What does Medicare Cover?

May 4, 2015

12:00 PM

Elder Meal Site

2901 S. Overland Rd.

Oneida, WI 54155

Medicare Part A, Part B, Part C & Part D?!?!? Do you know the difference? Come find out which areas of health each part of Medicare covers.

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

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## Medicare Savings Program

May 18, 2015

12:00 PM

Elder Meal Site

2901 S. Overland Rd.

Oneida, WI 54155

Find out if you qualify for assistance with paying for your Medicare Part B premium. Individual appointments can be made prior to this date.

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



## Yawá'kó

In the Oneida language, **Yawá'kó** 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): Nori Damrow      George Greendeer      Pearl McLester

.....

## Yawá'kó for donating:

Thank you, Florence Petri for your donation to Activities.

Thank you, to Ruth KerKer for donating books to Elder Services Library.

Thank You to **all the Elders** that donate to the meal site and the bus for transportation. All donations are deposited each Friday and deposited back into the program to be used for those areas.

### Bingo donations:

Gloria Hawk

Lydia Rembalski

Geri Villalobos

### Donations for Crafts:

ONCOA Board – Mary Vvalther

Thank you to Cindy Mills for donating walkers and stuff to Elder Services.

Thank you to the ladies who get my lunch tray for me. I am disabled and hate to ask for help but to have this assistance offered, with a smile is so appreciated.

.....

## Foot Clinic @ Elder Services, 2907 S Overland

For appointments call Carol @ (920)869-4840

Monday, Apr. 6, 12:30 pm – 3:30 pm

Thursday, Apr. 9, 12:30 pm – 3:30 pm

Monday, Apr. 13, 9:00 am – 12:00 pm

Monday, Apr. 20, 12:30 pm – 3:30 pm

Thursday, Apr. 23, 12:30 pm – 3:30 pm

Monday Apr. 27, 9:00 am – 12:00 pm

Note: Currently we are booking first week in May, since we only have 6 foot clinics each month, and also due to Holidays.





# April Word Search

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

**Jellybean Egg hunt Lily Chocolate Sunday**

**Rabbit Spring Basket Candy Coloring**

**Peeps Search Dinner Hide Church**

**Holiday Bonnet Easter Dresses**



**Coming Soon!**

## **Red Cross Emergency Preparedness Presentation**

**Wednesday April 22, 2015**

**Elder Services Meal Site-12:00 Noon**

**Encouraging elders to have Emergency Preparedness**

**Plans in place in the event of an emergency or disaster**

**For more information please contact:**

**Joyce A. Hoes, Transportation Supervisor**

**(920)869-2448**



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### **Your Donations Are Appreciated**

**Oneida Elder Services is accepting donations of the following:**

**Good, working wheel chairs, walkers with seats & brakes**

**Shower benches, Shower stools & Toilet seat risers**

**Pick-up is available**

**For more information please contact:**

**Joyce A. Hoes, Transportation Supervisor**

**(920)869-2448**



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### **Oneida Elder Services**

#### **'Tai Chi'**

**Elder Services Congregate Meal Site**

**Held the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month 1:30 pm – 2:30 pm**

**Instructor Kevin Schoenebeck, Oneida Fitness Center**

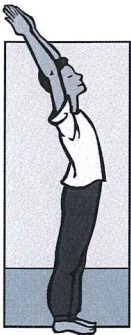
**Sponsored by Oneida Total Integrated Enterprises (OTIE)**

**Classes focus on light Stretching & Balance**

**Any questions please contact:**

**Contact: Michelle Cottrell, Activity Specialist / 869-1551**

**Joyce A. Hoes, Transportation Supervisor / 869-2448**



# Elder Services Activities & Transportation

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



Ride the Bus for Door to Door Service:

Free transportation to all Elder Services Activities including lunch  
(Monday - Thursday) at the Elder Services Congregate Meal Site



See the Activity Calendar to plan your day



Oneida Public Transit bus passes available to  
Elders 55 years or older who are gainfully Employed or  
Serve on a Board, Committee or Commission that pays stipends  
While Supplies Last!

For more information contact:

Joyce Hoes, Transportation Supervisor (920)869-2448



## Chair Yoga has come to Elder Services Meal Site!!

First & Third Thursday

1:30 - 2:30 pm in Main Dining Hall

Instructed by: Jason Manders, Oneida Family Fitness Center

Relaxation with mild stretching while you remain seated

**Sponsored by: Oneida Total Integrated Enterprises (OTIE)**

Sign-up for classes at Elder Services Meal Site reception desk

For more information please contact: Michelle Cottrell, Activity Specialist: 869-1551

Joyce Hoes, Transportation Supervisor: 869-2448



# It's that time of the year to update your Home & Vehicle

## Emergency Preparedness Kits:



Check the expiration dates on Food & Medications



Listed below are the recommended items in event of an emergency or disaster:

### ➤ HOME:

- ✓ Three (3) day supply of medication, portable oxygen tank, & completed "File of Life"
- ✓ Three (3) day supply of non-perishable food:  
Food you don't have to cook (granola bars, can foods, etc.)
- ✓ Manual can opener
- ✓ Three day supply of water (one gallon per person per day)
- ✓ Hygiene & sanitation items:  
Toilet paper, feminine products, baby wipes, etc.
- ✓ One (1) change of clothing & a pair of shoes
- ✓ Blanket, duct tape, & garbage bags
- ✓ Battery operated or crank powered radio
- ✓ Whistle to attract attention of emergency personnel
- ✓ First aid kit & manual
- ✓ Flashlight with extra batteries & bulbs
- ✓ Matches in a waterproof container & candles
- ✓ Extra set of keys
- ✓ Pet supplies for your pet
- ✓ Playing cards to bide your time until rescued

### ➤ VEHICLE: Always let someone know when you're traveling, the estimated time of arrival (ETA), & route

- ✓ Cell phone (any cell phone can be used for 911 providing there is service)  
911 Cell phones are available @ Elder Services free of charge
- ✓ First aid kit, manual, extra supply of medications, & completed "File of Life"
- ✓ Shovel & kitty litter
- ✓ Pair of boots, gloves, hat, & blanket
- ✓ Non-perishable or pre-packaged foods
- ✓ Battery operated or crank powered radio
- ✓ Flashlight, extra batteries, bulbs, & whistle to attract attention of emergency personnel

## **Spring Maintenance for Your Home**

By State Farm™

Once spring has sprung, take some time to give your home a check-up along with its annual spring-cleaning. Adding these home maintenance tips to your routine can help your house operate more efficiently.

### **Outside The House**

#### **Check the A/C**

Have a qualified HVAC contractor –come out to give your air-conditioning system a tune-up. To help lower your energy bills, do this every year to ensure the system is running at its manufacturer-rated efficiency. Also make sure to inspect your system's condensate drain hose, especially if you live in a humid climate. This hose could become clogged with algae and sediment, and your contractor may charge you more to clean it out. Avoid this extra cost by checking the hose periodically yourself. Use a wet-vac to suction any blockage out from it.

#### **Gutters**

Clean out the leaves and other debris that have collected in them. Then check to see if the gutters are safely attached and haven't sprung any leaks. Also, make sure that downspouts direct water away from the house's foundation, to prevent a potential basement flood.

### **Inside The House**

#### **The Water Heater**

Look around the base of your water heater for evidence of leaks. The average lifespan of a water heater is 8-12 years. If your water heater is over 5 years old, it should be checked monthly for any leakage or rusting at the bottom. If water leakage or rust is found, the water heater should be replaced. If you live in an area with particularly hard water, you may need to drain your water heater because of the sediment buildup in the tank.

#### **The Basement**

Check the basement walls, floor, and trim for water stains or any signs of seepage through the foundation. There are a number of flooding causes. While you're down there, keep a close eye on your sump pump, making sure it is still in good working order.





# Blood Pressure Screening

Elder Services  
Congregate Meal site  
2901 S. Overland Drive  
Oneida, WI 54155

April 22, 2015

July 22, 2015

October 28, 2015

Time: 12:00 – 1:00

- No Cost
- Walk in services

Sponsored by:  
Oneida Community Health  
Nursing Department  
(920) 869-4840



# ONEIDA ELDER APARTMENT WAITING LIST

## Independent Living for Oneida Tribal Elders

2907 S Overland Rd. Oneida, Wisconsin 54155

**1-920-869-2448, 1-800-867-1551**

Ask for Corinne Robelia-Zhuckkahosee



We would greatly appreciate it if you would call us:

- **To update your contact information**
- If you need an application to be added to the waiting list
- If you would like to be taken off the waiting list
- To confirm your name and status on the waiting list

When an apartment becomes available we will contact elders in the order they are on our list. If we are unable to reach an elder because contact information is not valid – this elders name will be listed as inactive until contact information is updated.

## Independent Living for Elders

- Lease Options: 12 months
- Type of Housing: One bedroom Apartment, Independent living
- Utilities Include: Pest Control, Trash, Hot Water, Heat, Gas, Sewer, Water and Basic Cable

## Apartment Features

- ❖ Appliances: Stove, refrigerator and central air
- ❖ Services: Parking, Community Room
- ❖ Must pay own electricity, telephone, and any other cable amenities ordered from Time Warner cable
- ❖ Individual storage space
- ❖ Coin operated washers and dryers on premises
- ❖ Secured building
- ❖ No Pets Allowed
- ❖ Professional Onsite Management
- ❖ 24 Hour Maintenance
- ❖ Elderly Bus/Public Transit

The Elder Services Program of the Oneida Tribe of Indians of Wisconsin mission is to assist our Elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

**Have a Great Day!**



# **Unacceptable Behavior by a customer Standard Operating Procedure**

**Approved 1-2011 – Gentle reminder**

**Contact Elder Services Supervisor – 920-869-2448**

1. **PURPOSE:** Elder Services is committed to providing a high standard of service for all customers fairly and impartially. As part of our service we do not normally limit the contact customers have with us. However we do not expect our staff to tolerate behavior by the customer which is clearly unacceptable (e.g. abusive, offensive or threatening) and will take action to protect our staff from that type of behavior.
2. **DEFINITIONS:**
  - 2.1 Unacceptable behavior: abusive, offensive or threatening
  - 2.2 Verbal abuse: Verbal abuse includes bullying, slander, harassing, interrogating, accusing, blaming, insulting, lying, severely scolding, taunting, putting down, threatening, name-calling, swearing, yelling and raging over the phone and hanging up on staff.
  - 2.3 Unacceptable behavior has many forms including physical aggression: hitting, kicking, biting, shoving, restraining, throwing objects, or threats also sexual abuse; emotional abuse; controlling or domineering; intimidation; stalking.
3. **WORK STANDARDS**
  - 3.1 No individual may engage in inappropriate conduct on, at or in the facilities of Elder Services. Elder Services established this behavior policy to promote the safety and comfort of the clients and to protect Elder Services facilities and employees to assure a safe, welcoming environment.
  - 3.2 Elder Services reserves the right to deny services and entry onto the Nation's property to anyone who is physically and/or verbally abusive, disruptive of tribal services and government operations
  - 3.3 Elder Services reserves the right to deny entry onto Tribal properties or access to services to anyone who may be under the influence of alcohol, controlled substances and/or illegal drugs

#### **4. PROCEDURE:**

- 4.1 When we consider a customer's behavior is unacceptable we will tell them why the behavior is unacceptable and will ask them to correct the behavior. If the unacceptable behavior continues, action will be taken.
  - 4.1.1 First Instance: Verbal warning, staff reports to supervisor; supervisor gives verbal warning and documents the incident.
  - 4.1.2 Second Instance; A written letter will be initiated by the supervisor of the decision to sign an agreement or restrict access to Elder Services and/ or contact with staff.(See Attached Form)
  - 4.1.3 The decision to (restrict access or contact) to Elder Services will be taken at the Director level. Any restrictions imposed will be appropriate and fair. The options we are most likely to consider are:
    - 4.1.4 Requesting contact in a particular form (for example letters only)
    - 4.1.5 Requiring contact to take place with a named police officer
    - 4.1.6 Asking the customer to enter into an agreement about their conduct
- 4.2 The customer will receive a written letter which will state why their behavior is unacceptable and what action Elder Services is taking and the duration of that action.
- 4.3 When a customer continues to behave in a way which is unacceptable, Elder Services may decide to terminate contact with that customer.
- 4.4 When the behavior is so extreme that it threatens the immediate safety and welfare of the program's staff, Elder Services will consider other options, for example reporting the matter to the Police or taking legal action. In such cases, Elder Services may not give the customer prior warning of that action.

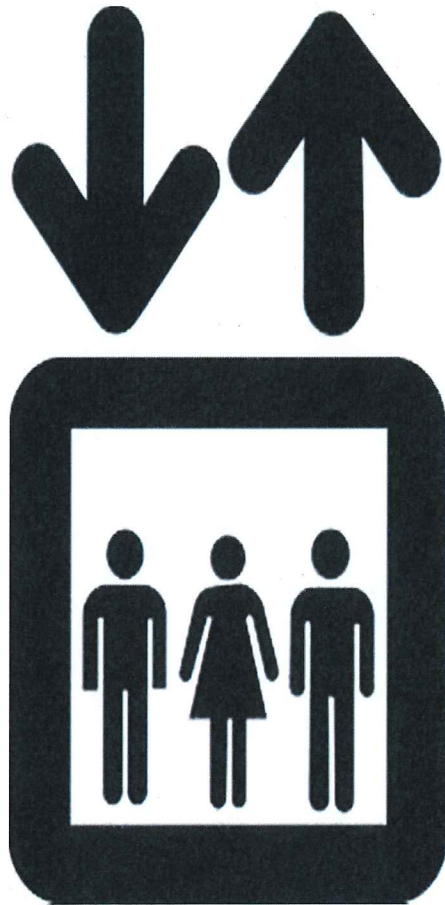
Any questions call Oneida Elder Services – (920) 869-2448



# **\*\* NOTICE \*\***

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The elevator at the Norbert Hill Center (NHC) will be out of service from **February 16 until mid-April** due to replacement. Please make prior arrangements with staff at NHC if needed.



Please call Jacque Boyle at Oneida DPW with any questions at  
(920) 869-1059.



## ***Oneida Elder Gift Shop***

Located inside the Elder Services Complex

2907 S Overland Rd Oneida, WI

**Open Monday – Friday**

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

Meet our friendly elder employees

**Beautiful handmade crafts by Oneida Elders**

Beadwork, jewelry, birdhouses, ribbon-shirts,

Coasters, t-shirts, hoodies, and baskets

Oneida Singers Tapes and CD's

**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 (920) 869-2448**







Great Lakes Native American Elders Association (**GLNAEA**)

Sponsored by LacCourte Orilles (LCO) Band of Ojibway

June 4 & 5, 2015

**LCO Casino Lodge & Convention Center: 1-800-526-2274**

1376 W Cty. Rd. B, Hayward, WI 54843-4184

**Oneida Elder Services will not be providing Transportation or scheduling hotels for this month's GLNAEA meeting.** We hope you are still able to

attend and have a great event experience.

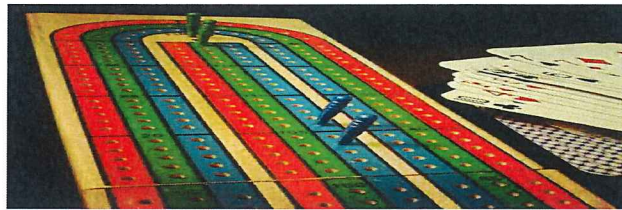
If anyone would like to attend here is the hotel contact information: LCO Casino Lodge & Convention Center: 1-800-526-2274

Next Meeting information:

Sept. 3 & 4, 2015 – Red Cliff

Dec. 3 & 4, 2015 – Ho-Chunk

# COME OUT AND PLAY CRIBBAGE



**CALLING ALL ELDERS!**

**COME JOIN CHAZ WHELOCK TO PLAY CRIBBAGE IN  
REMEMBRANCE OF THE LATE BILL SUMMERS.**

**WHEN: MONDAY, APRIL 13, 2015**

**WHERE: Elder Service Meal-site**

**TIME: 1:15 – 3:00**

**For more information call Michelle Cottrell at 869 - 1551**



***DOOR PRIZES!!!***





## Healthy Living with Diabetes Workshop

This workshop is an evidenced-based program for people with diabetes. During this 6 week class, participants will learn how to maintain active and fulfilling lives while managing their diabetes. Topics such as nutrition, exercise, obstacles in our lives and motivational ideas to continue what was learned, will be presented. Two trainers will facilitate the workshop which is highly participative. The class will meet 2 hours a week for 6 weeks. You will experience support, motivation and confidence to help manage your health condition.

The first class will begin on **Wednesday's April 1, 2015 – May 6, at 2:30 – 4:30 p.m.** at Oneida Elder Services (Pod A). Please contact Barbara Webster or Denise Johnson at 920-869-2448 Oneida Elder Services, to reserve your spot for this program. We will accommodate the first 12 people. There will be a gift card drawing at the end for the highest attendee.

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**YOUTHS + ELDERS = FUN & FISHING !**

**“16<sup>th</sup> Annual Oneida Youth & Elder Fishing Day”**

**Where:** Osnúhsa (Finger) Lake behind Cultural Heritage – 3703 Hillcrest Rd. Green Bay

**When:** Saturday May 30<sup>th</sup> 9:00 am to 1:00 pm (or as late as you want to fish)

Transportation will be provided to the first 15 elders to sign-up at  
Elder Services Congregate Meal Site at 2901 S Overland Rd, Oneida

Sign-up Deadline: May 22, 2015 by 4:00 pm

**\*Lunch will be provided\***

For more information please contact:



# Springtime Elder Scams

Joyce A. Johnson

Oneida Elder Abuse Prevention Coordinator



Now that they have survived the harsh winter weather the scammers have returned to the warmer season with some springtime tricks in their bags. They seem to especially target the more vulnerable elder population. Many elders have savings which can be substantial and they plan on using these nest eggs to tide them over through the golden years. Scammers are wise to that and place their sights upon these unwitting victims.

Some of the scams are driveway repair, landscaping, window washing, trash removal, old furniture removal and hauling, chimney sweeping and repair. If someone you do not know approaches you in person, by mail or telephone with an amazing offer to do services for you and tells you that you need X or Y service, but you must have it done within 24 hours, and they need a down payment or the offer is void this is most likely a scam. If you are in need of this service contact several businesses whose specialty is roof repair, etc. and get several quotes. Use a reputable service provider. Ask friends, neighbors, and family members for names of businesses that they use. You may also check with the State Better Business Bureau to find out whether any complaints have been filed against the business that you are considering contracting with.

Never allow anyone into your home that you did not contact to perform work for you. An honest contractor will be willing to show you his/her badge. During your initial call for services you may request that the contractor call you 5 minutes before they arrive at your home. Do not let anyone wander around your home as a few minutes are all it may take for a thief to go out another door with your jewelry or money. Be wise, beware, and be safe.

If you are the victim of a scam immediately report the crime to your elder abuse agency or to the local police department. Within Oneida Reservation boundaries contact the Elder Abuse Prevention Coordinator at Oneida Elder Services (920) 869-2448 or the Oneida Police Department @ (920) 869-2239.



## Meal changes based on survey results

Based upon the results of the recent three-question menu survey, completed by the Nutritionist, the following menu changes are effective immediately:

- ☐ Liver & Onions will be placed back on the menu (67% of those surveyed agree they want it served again at the meal site).
- ☐ Chicken Tetrzzini will be removed from the menu (56% voted "yes" they want it removed). Sloppy Joes will be served in its place.
- ☐ The #1 voted entrée choice that will be added to the menu is Baked Pork Chop. This will be served on a Friday instead of a fish entrée.

Thank you all for your patience in completing the surveys for the meals program. We appreciate your feedback.

## Home Delivered Meals Surveys – 45 completed February, 2015

Overall. Would you rate your food today as:

	Count	% of 45
1. Terrible	3	7%
2. Just Okay	8	18%
3. Good	17	38%
4. Very Good	15	33%
no mark/undecided	2	4%

### Comments below categorized by comment - yes/no were not asked

Taste (Were there a variety of flavors & seasonings in the right amount?)

	Count	% of 45
yes	35	78%
no	5	11%
no mark/undecided	5	11%

Aroma (Did the food smell good?)

	Count	% of 45
yes	32	71%
no	5	11%
no mark/undecided	8	18%

## Meal changes based on survey results

### Home Delivered Meals Surveys cont. – 45 completed 2-2015

Color (Were there a variety of colors on your plate?)

	Count	% of 45
yes	33	73%
no	6	13%
no mark/undecided	6	13%

Texture (Were there a variety of textures like smooth, crispy, soft, firm?)

	Count	% of 45
yes	32	71%
no	7	16%
no mark/undecided	6	13%

How was our service today?

	Count	% of 45
1. Poor	0	0%
2. Good	16	36%
3. Excellent	22	49%
no mark/undecided	7	16%

### Congregate Meal Surveys – 59 completed February, 2015

Overall. Would you rate your food today as:

	Count	% of 45
1. Terrible	10	17%
2. Just Okay	11	19%
3. Good	19	32%
4. Very Good	15	25%
no mark/undecided	4	7%

Comments below categorized by comment - yes/no were not asked

Taste (Were there a variety of flavors & seasonings in the right amount?)

	Count	% of 45
yes	32	54%
no	19	32%
no mark/undecided	8	14%



## Meal changes based on survey results

### Congregate Meal Surveys cont.— 59 completed February, 2015

Aroma (Did the food smell good?)

	Count	% of 45
yes	38	64%
no	16	27%
no mark/undecided	5	8%

Color (Were there a variety of colors on your plate?)

	Count	% of 45
yes	46	78%
no	11	19%
no mark/undecided	2	3%

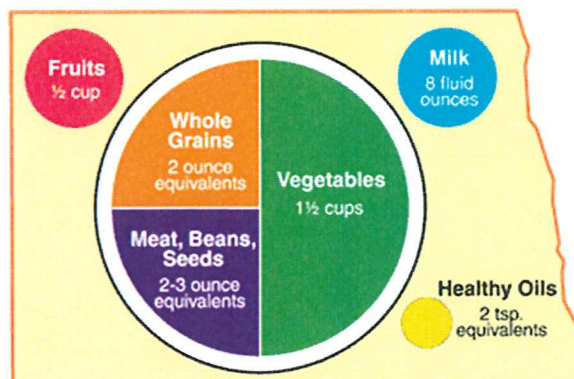
Texture (Were there a variety of textures like smooth, crispy, soft, firm?)

	Count	% of 45
yes	32	54%
no	21	36%
no mark/undecided	6	10%

How was our service today?

	Count	% of 45
1. Poor	5	8%
2. Good	25	42%
3. Excellent	26	44%
no mark/undecided	3	5%

For more information feel free to contact Loretta Mencheski at 869-1551 or email to [lmenches@oneidanation.org](mailto:lmenches@oneidanation.org).



**AARP Free Tax Sites**  
**Green Bay / Appleton Area**

Volunteers will complete your 2014 federal and state taxes. Bring your W-2s, 1099s, and a copy of your 2013 taxes to your appointment.

De Pere Community Center  
600 Grant St.  
De Pere, WI 54115  
(920) 393-3112  
Wed 9:00AM-12:00PM  
Fri 9:00AM-12:00PM  
Appointment Required

Ashwaubenon Community Center  
936 Anderson Dr.  
Green Bay, WI 54304  
(920) 393-3112  
Wed 12:30PM-3:30PM  
Appointment Required

Allouez Village Hall  
1900 Libal St.  
Green Bay, WI 54301  
(920) 393-3112  
Thu 10:00AM-1:00PM  
Appointment Required

Little Chute Community Center  
625 Grand Ave.  
Little Chute, WI 54140  
(920) 215-1040  
Fri 8:30AM-12:00PM  
Appointment Required

Kaukauna First Merit Bank  
205 4th Street Plaza  
Kaukauna, WI 54130  
(920) 215-1040  
Wed 12:30PM-4:00PM  
Appointment Required

Green Bay Community Church  
600 Cardinal Ln.  
Green Bay, WI 54313  
(920) 393-3112  
Mon 12:30PM-3:30PM  
Appointment Required

Brown County Aging and Disability Resource Center (ADRC)  
300 S. Adams St.  
Green Bay, WI 54301  
(920) 393-3112  
Tue 12:30PM-3:30PM  
Appointment Required

Marinette Stephenson Library  
1900 Hall Ave.  
Marinette, WI 54143  
(715) 735-7570  
Thu 1:00PM-4:30PM  
Sat 9:15AM-12:00PM  
Appointment Required

Appleton Public Library  
225 N. Oneida St.  
Appleton, WI 54911  
(920) 215-1040  
Tue 9:00AM-4:00PM  
Appointment Required

Appleton Ridgeview Highlands  
640 Ridgeview Circle  
Appleton, WI 54911  
(920) 215-1040  
Mon 8:30AM-12:00PM  
Appointment Required