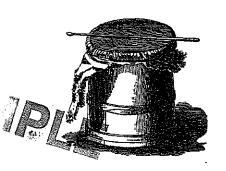
DRUMS ACROSS ONEIDA

Oneida Elder Services Lee McLester II Bldg 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

(Kahsakayu té se? Whní tale?)

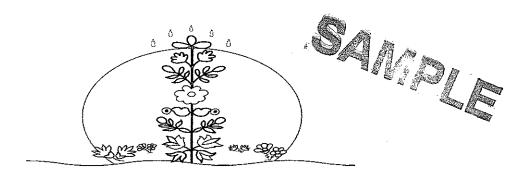
Thunder Moon

April 2013

Elder's Meditation of the Day - whitebison.org

"Behold my brothers, the spring has come; the earth has received the embraces of the sun and we shall soon see the results of that love!"

- Sitting Bull, Sioux



Spring is the season of love. Spring is the season of new life, new relationships. It is the springtime that really reacts to the new position of Father Sun. New life forms all over the planet. Life is abundant. New cycles are created. Mother Earth changes colors, the flowers are abundant. It is the time for humans to observe nature and let nature create within us the feeling of Spring. We should let ourselves renew. We should let go of the feeling of Winter. We should be joyful and energetic.

My Maker, let me today, feel the feelings of Spring

APRIL 2013 ACTIVITIES

i com	ruay	5	Banks	Shoping	fing domi		10:00 – 3:00	12	Banks	Shooning	Lunch Out	(Owo roll own)	10:00 – 3:00	19	Banks	Shopping	Lunch Out	(on vour own)	10:00 – 3:00		26	Banks	Shopping	funch Out	(owo mo)	10.00 = 3.00		C.	riease sign up for trips at Senior Center Main	Office.	*All trips leave from	Senior Center.
Thireday	IIIIIsuay	4	Dollar Store	Seymour 9:30	•	Wii Bowling	Hwy H 1:15	11	Cooking	Elder Services 9:30		Bowling	Ashw. Lanes 1:30	18	Oneida Family	Fitness Center	9:30 -11:30		Wii Bowling	Hwy H 1:15	25	Price is Right Game	Elder Services 9:30	Birthday Lunch 12:00	Bowling	Ashw. Lanes 1:30		*Is this your Birthday Month?	*You must sign up in the	Birthday Book at	*Must be present to	receive your gift card.
Wednesday		3 Oneida Language	Elder Services 9:30	Exercise	Elder Services 11:00	Bingo	Hwy H 1:30	10 Quiddler Game	Elder Services 9:30	Exercise	Elder Services 11:00	Bingo	Hwy H 1:30	17 Oneida Language	Elder Services 9:30	Exercise	Elder Services 11:00	Mrs. Senior Brown	County Pageant	1:00 – 4:00	24	Scattergories	Elder Services 9:30	Exercise	Elder Services 11:00	Bingo	Hwy H 1:30					
Tuesday		7		Crafts	Elder Service	10:00 – 11:30		6		Crafts	Elder Services	9:30- 11:30		16		Crafts	Elder Services	9:30 11:30			23		Crafts	Elder Services	9:30 – 11:30			30	Craffs	Elder Services	9:30 - 11:30	
Monday	-	1 Checkers Game	Elder Services 9:30	Exercise	Elder Services 11:00	Bingo	S.C. 1:00	8 Scruples Game	Elder Services 9:30	Exercise	Elder Services 11:00	Bingo	Site II 1:00	15 Indoor Horseshoes	Elder Services 9:30	Exercise	Elder Services 11:00		Bingo	S.C. 1:00	22 Ice It Game	Elder Services 9:30	Exercise	Elder Services 11:00	Bingo	Site II 1:00		29 Wii Bowling		Elder Services 11:00	Bingo	S.C. 1:00

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

ONEIDA ELDER SERVICES

ELDER MOBILITY GRANT

Free Oneida Transit and Green Bay Metro bus passes from February 1, 2013 through May 31, 2013.

Employed 55 years and older.

ONEIDA ELDER SERVICES

Curtis J. Ninham 2907 S. Overland Rd. Oneida, WI 54155

Phone: (920) 869-2448 Fax: (920) 869-1824

E-mail: cninham2@oneidanation.org

Contact Oneida Elder Services and we can help you with your transportation needs. Free bus passes that allow you to get to your job. Also provided is training on using the Oneida Public Transit and Green Bay Metro systems. Call or come in to see if you are eligible.

2103	Window Friedow	5 Fish	Seaconed Dotatoes	Cole Slaw		Mandarin Oranges	12 SOS	Eggs	Toast	Fresh Fruit	19 Fish	Cole Slaw	Potatoes	, ,	O-TIPE	26 Salmon Loaf	Creamed Feas	Potatoes	Apple, Orange	Turch pro remgs					A A A A A A A A A A A A A A A A A A A			
WI. 54155 PHONE: 1,920,869,1551		4 Hot Beef	Oven Potatoes	Green Beans		Yogurt	11 Salisbury Steak	Rice	Mixed Vegetables	Pears	18 Turkey	Potatoes	Mixed Vegetables	Mived Berries	DIDGE DOLLICS	25 BIKI HDAY DAY	MARIA DES	Wild Rice Carrots	Rirthday Cake					-	HOURS:	8:00A.M4:30P.M. Lunch Is Served	Monday-Friday	T.4.OUL .IVI. TVI .IVI.
APRIL JERDALE DRIVE, ONEIDA, WI.		3 Stuffed Peppers	Mix Vegetables	Juice		Jell-O	10 Beef Tips	Noodles	California Blend	Fresh Fruit	17 Chicken Al A King	Rice	Biscuits Juice	Sherhet	2/ Hom	24 mann Sweet Potatoes	Dass	1 Cd3	Peaches						BIRTH STONE:	DIAMOND FLOWER:	SWEET PEA	
APRIL ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE.	Tuesday	2 Chicken Soup	Fresh Bread	Juice		Pineapple Tidbits	9 Chicken Breast	Wild Rice	Carrots	Mixed Berries	16 Tomato Soup	Egg Salad & Ground	Bologna Sandwiches Juice	Apple Sauce	23 Beef Stew	25 Deci Stew Biscuits	Inice		Pears	30 Sloppy Joes	Pasta Salad	Beans	Runs	Pudding	Menu is subject to change.		ţ	
MENU ONEIDA S	Monday	1 Spaghetti	Salad	Garlic Bread	(Ice Cream	8 Hot Dogs	Macaroni & Tomatoes	Feas	Yogurt	15 Chili	Cucumpers		Ice Cream	22 Tater Tot Casserole	Green Beans			Cookies	29 Chicken Alfredo	Broccoli			Peaches	All meals are served with	correc, mink of tea.		

Financial Exploitation By: Joyce A. Johnson, CSW Oneida Elder Services

Financial Exploitation is one of the most reported elder abuse crimes both nationally and statewide.

In 2011 there were 5,285 elder at risk reports filed in the State of Wisconsin. Of those numbers 17% or approximately 898 involved financial exploitation.

Financial Exploitation causes harm that cannot always be seen physically. The damage does not leave outward and visible scars. Unfortunately it is a culprit that can and does sometimes cause harm to a victims trust, confidence and selfesteem. Added to this damage are the actual monetary effects that it has on elder's finances.

One of the ways to protect your assets is to draw up a Power of Attorney for Finances document (POA-F). This document can be completed while you still have autonomy and the capacity to make your own decisions. The POA-F form gives you the liberty to consider a wide range of options and you are able to choose your own agent who will base their decisions on your pre-determined wants. The Power of Attorney document can be revoked at any time and may also delay or replace the need for a financial guardianship.

There are other ways that you may protect yourself from Financial Exploitation and you may get further information from this website: http://www.dhs.wisconsin.gov/aps/Fin%20Ex/FEIndex.htm

To report suspected cases of Financial Exploitation or any other form of elder abuse involving Oneida Tribal community members please contact the Elder Abuse Prevention Coordinator, Joyce Johnson, 869-2448 x 6833. If it is an immediate life threatening emergency call 911.

SAVE THE DATE

Did you miss your high school prom or just want to re-live that experience again?



Here is your chance now that you are a senior again!

Come and join us for A night of Dinner and Dancing

"STILL, FOREVER YOUNG" SENIOR Sr. PROM

May 18, 2013

\$10.00 per person / \$15.00 per couple

Island Resort and Casino Convention Center

Harris, Michigan

Hotel on site at a discounted rate for our seniors

Must call for reservation

For more information or to RSVP please call Lois 906-553-9119 or Mary Lee 906-639-2697

"You are Invited"

Ms. Senior Brown County Homemaker Pageant

Angelus Village 650 Centennial Centre Blvd., Hobart, WI

(920) 810-7180 April 17, 2013 1pm – 4pm

*Open to the Public *Free Admission *Door Prizes *Complimentary Snacks Sponsored by: Southern Care Hospice

Any Thusius CRS * Phone 920-496-1690

And Angelus Village

For Questions contact Amy Thusis (715)745-4421 or Teri Bradford (920)810-7180



Dear Ms. Brown County Homemaker Candidate:

The following is a list of qualifications needed to be a part of this community event.

- 1. Must be at least 55 years if age
- 2. Must be a Brown County resident
- 3. Register Now! Candidates are limited on a first come first serve basis
- 4. Must be able to multi-task with simple, non-strenuous household tasks -i.e., doing dishes

There will be four stations each candidate completes and will be judged on:

- 1. Prepare your favorite dessert for judging
- 2. Wear your favorite outfit (need not be new) for judging
- 3. Participate on a multi-tasking table
- 4. Answer a simple question

For example: "What do you love about Brown County?"

The WINNER receives the crown, sash and flowers along with wonderful gifts. This Person will enjoy the title of "Ms. Senior Brown County Homemaker" for one full year.

Transportation will be provided to the first 18 to sign-up please contact: Joyce Ann Hoes, Transportation Supervisor 920-869-2448 ext. 6844

MUST HAVE A MINIMUM OF 5 SIGN-UPS TO GO

UP CLOSE AND PERSONAL WITH:

Tammy Ceyphes - Administration I - Reception

When you were a child, what did you think you would like to be? Detective or a Flight Attendant

Who or what has had the biggest influence in your Life?

My parents

What do you consider to be your greatest accomplishment?

Raising my kids & getting an education

Is there something you have always wished you were great at doing?

Artwork of any kind

What is the best advice anyone ever gave you?

Go to college and get divorced

What advice would you give to someone who is about to retire?

Stay active and have fun

What is your ideal vacation?

Warm temperatures, blue water, white beaches - all expense paid

Favorite Meal:

Steak(t-bone), potato, corn, salad w/ mountain dew

Favorite Music:

Old school R & B and smooth grooves

Favorite Book:

2

Favorite Movie/Movies:

Twilight and Powder

Favorite Hobby/Hobbies:

Cooking



April

TRIAD Class Schedule

Offered to OCHC Patients Using Physical Activity & Nutrition to Control Diabetes

Date/Time	Place .
Appl Ath	Oneida Family Fitness
11:00 AM	Center Education
	Room
April 17 th	Oneida Family Fitness
5:00 PM	Center Education
	Room
The state of the s	April 17 th

Jill Caelwaerts, 920-869-2711



Oneida Elder Services is hosting "AARP Driver's Safety Class"

DATES: May 14th, 2013

TIME: 9:00 am - 1:30 pm (total class length 4 ½ hours)
PLACE: Elderly Services 2907 S. Overland Rd.
Please sign-up at Oneida Senior Center
Elder Services will pay for the first 10 Elders who sign-up
No testing

MUST HAVE A <u>MINIMUM</u> OF 7 ELDERS TO HOLD THE CLASS!! Some of the highlights will be:

**Information on aggressive drivers **Anti-lock brakes **Cell phone & Text usage while driving
**Defensive driving techniques **New traffic laws and information regarding <u>Round Abouts</u>

**Get an Insurance Discount (consult your insurance agent)

**How to adjust your driving to <u>age-related changes</u> in vision, hearing, and reaction time

Some Auto Insurance Companies may give a discount for taking this class
If you have any questions please feel free to contact:

Joyce Ann Hoes / Transportation Supervisor

869-2448 ext 6844





"Oneida Elder Services" Elder Craft Vendor Tent

Tables Available at no charge for Pow-wow July 5, 6, 7, 2013

Must be: 55 years or older, Enrolled Oneida Tribal member, pre-registered *Available to first 15 elders*

For more information please contact:

Joyce Ann Hoes

Transportation Supervisor
920-869-2448 ext 6844
jhoes@oneidanation.org

Grandparent Scams – submitted by the Oneida Police Department

In these types of scams, the perpetrator often calls a grandparent or other relative pretending to be their grandchild/niece/nephew, etc. The caller sounds upset and typically states there are only a few moments to talk. The caller may say that they have a cold if you don't quite recognize their voice, or cue-in on feedback from the call to sound even more convincing (scam victims often report being sure they were talking to their actual relative, but it's a clever trick!). Their story generally follows a familiar line: they were traveling in another country with a friend, and after a car accident or legal infraction, they are in jail and need bail money wired to a Western Union account as soon as possible for their quick release.

Sums can vary from several hundred to several thousand dollars, sometimes over the course of two or three calls. In some instances a second scammer calls back later pretending to be a law enforcement official or attorney, to confirm the story or ask for additional money. They may even claim to be an employee of a U.S. embassy or consulate overseas!

Should you be targeted in this type of scam, there are actions you can take to protect yourself. Although the supposed grandchild may plead with you not to tell their family, you should immediately reach out to parents or other relatives to verify the information you receive. In the vast majority of cases, the real relative is safely where they should be at work, school or home.

Another way to determine whether the story is true is to look at the country code or area code of the number they are calling from. A quick check online can confirm if the country or area code is appropriate to the story. For example, we have noticed many of these sophisticated scams originate in Quebec, Canada, which has the area code "914". If your caller has a number beginning with 914, there is a good chance the call is a scam.

When in doubt, and BEFORE YOU SEND ANY MONEY, contact the State Department's Office of Overseas Citizens Services (OCS) at 1-888-407-4747. We will help you verify whether the situation is legitimate or a scam!

You can also report the incident to the Internet Crime Complaint Center (IC3) - a partnership between the Federal Bureau of Investigation (FBI) and the National White Collar Crime Center (NW3C). IC3 was established to receive internet related criminal complaints and to research develop, and refer complaints to federal, state, local, or international law enforcement appropriate.

For more information contact the Oneida Police Department at 920-869-2239







"Oneida Elder Services" APRIL IS SEVERE WEATHER MONTH

Guest Speakers: Marty Antone/Kaylynn Gresham

Hot Topic: Community Safety

Severe Weather Awareness & Preparation
Joyce Ann Hoes/Corinne Robelia-Zuckkahossee

*When it thunders go inside *Build an Emergency Kit *Have a plan and practice *Know your risks

Oneida Senior Center April 17, 2013 12:00 p.m.

Feel Free to Contact: Joyce Ann Hoes, Transportation Supervisor 920-869-2448 ext. 6844, jhoes@oneidanation.org.

Oneida Nation Community Hosts:

10th Anniversary "SHARE THE CARE CANCER CONFERENCE" May 6 – 8, 2013 at Radisson Hotel & Conference Ctr.

Oneida Elder Services will provide transportation all 3 days Must have a minimum of 5 elder sign-ups to go each day Deadline to Sign-up at Senior Center is 5/1/13 by 4:00 pm Riders must be 55 yrs. or older

If you have any questions please feel free to contact: Joyce Ann Hoes, Transportation Supervisor 920-869-2448 ext. 6844 / jhoes@oneidanation.org.

GLNAEA

Great Lakes Native American Elders Association, Sponsored by Forest County Potawatomi,



(CORRECTED DATES) June 5th & 6th, 2013 Potawatomi Carter Casino/Hotel 618 State Hwy 32, Wabeno (Carter), WI

All GNAEA member elders who want to participate in coordination with Elder Services please sign up at the Oneida Senior Center Meal Site by Tuesday May 21, 2013. 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 Potawatomi Carter Casino/Hotel and the cost is \$38.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Wednesday, June 6th, 2013. If you have any questions please call Oneida Senior Center at (920)869-1551. Thank you.

Next meeting information: September 5 & 6, 2013 – Oneida

Maintenance - Justine Hill, Maintenance Supervisor Spring Maintenance for Your Home

By State Farm™

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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.

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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. Change your furnace filter regularly.

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.

Contact: 920-869-2448



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),

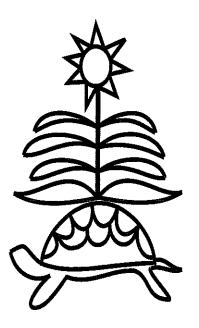


Native American, age 55+ and live within the reservation boundaries.

Please contact 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 at:

Elder Services Complex – Pod A 2907 S Overland Rd, Oneida WI 54155 Wednesday 4/24/13 1:30 PM – 3:30 PM

For more information, contact Joyce Johnson/Elder Abuse Prevention Coordinator at (920)869-2448.

Nutrition Information

Volunteers Wanted

The meal site is looking for volunteers, age 55 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 (920) 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:

<u>Policies & Procedures Specific to the</u> <u>Older Americans Act Funded Nutrition Program</u>

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: 04/19/13 - Time: 1:00 P.M. - Where: Oneida Senior Center Meal Site

Meal Site Presentation

• When: 04/30/13 - Time: 12:00 P.M. - Where: Oneida Senior Center Meal Site

Elder Service Meal Site

During the transitioning phase from the old mealsite at the Anna John Residential Care Community Center, the daily menus are subject to change without notice due to being short staffed or any other unforeseen circumstances. We apologize for any inconvenience this may cause and thank you for your cooperation and understanding.

Menu is subject to change without notice.

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):

- Robert Steffes

A thank you from Don White! "I just wanted to let you know how much you and the staff of Elder Services are appreciated." I know your Department has many challenges and has met most, if not all successfully. Please forward my recognition and appreciation for the good to great work Elder Services Staff continues to do every day.

Make the Most of Your Dr. Visit

Presented by the Oneida Community Health Department Ever go to a doctor visit and forget to ask an important question or feel like nothing at the visit was accomplished? Come and see this presentation, get some ideas and suggestions that can help you get the most out of your doctor's visit. Tuesday, April 23, 2013, 12:00 noon Meal Site, 134 Riverdale Dr., Oneida, WI 54155

Questions contact: Angela Ortiz, Elder Benefit Specialist at (920) 869-2448

Suggestion box

Anonymous: I love your food! ©

ONCOA Meetings:

April 9th & 23rd, 2013 1:00 PM – 3:00 PM Elder Services Conference Room 2907 S Overland Rd Oneida, WI 54155

Spring Renewal



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у	n	p	1	a	W	e	n	e	r	V	c	0	n	S	e	S	c	r	f
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e	f	S	n	r	f	S	g	e	g	m	t	n	е	S	a	v	m	e	r

April Planting Spring Breeze Flowers Baseball Buds Garden Sunshine Puddles Birds Daffodil Grass Rain Tulip Daisy Umbrella Blossom Kite Renewal



DRUMS Contact Natalie Rose 920-869-2448 <> 1-800-867-1551

nrose@oneidanation.org

Sheepherders Breakfast

Courtesy of: Today's Native Dish, Lucinda Long-Webb, www.nativetech.org

Ingredients (Commodity Foods)(serves 2)

1 can of Spam, diced

4 large potatoes and thinly slice or dice

Large eggs (2 to 4 varies to your taste), beaten

Tortillas

1 Toil



Directions

Put oil in pan

Put peeled and thinly sliced or cubed potatoes in skillet

Cook until almost done

Add diced Spam and crack some eggs in potatoes, stir

Cook until done

Spoon unto warm tortillas and roll up burrito

Can be wrapped in paper towel and waxed paper and taken with you

Eat while herding sheep

AF 23 F	276 A 3 166-74		LMENT FORM	
NOTE: The State our services, The	e and Fedéral Govern information may be	nments have reque used to justify con	ested that we collect the national state of the national funding of our parties.	following information on individuals who recei programs.
Name		F	hone No	<u>Email</u>
1 21:				
Address			Social Security	Number Last four digits:
City	State	Zip	County	DOB
disabled/hand Oneida Nation handicapped e	icapped, living al Commission on 1 lders. Older elde	one. 3. Elders a Aging (ONCOA) rs are identified	iged 55-69 years of) took action to estai l as (70) and older (aged 55-69 years of age that are age, with health/safety issues. On 1-11-9 blish priority of serving older and/or identified nationwide as the most in need
				Maiden Name
				Do You: Rent Own
Living arrang	gement: Live Alor	ne Lives wit	th Spouse Lives	with others* How many
				African American
Tribal Affiliat	tion:		Enr	ollment Number:
General Healt	th: Excellent(Good Fair	Poor*	
*If Poor Healt	th Please List Coi	ıdition:		
		·		
Do You Curre	ently Have Any o	f the Following	g?	
Guardianship _	Power of	Attorney for He	ealth Power of	f Attorney for Finances
Representative	Payee for Social	Security	Medicare Med	dicaidNone of the above
Low Income:				
(1) Person hous	sehold: is your inc	come below \$93	31.00 a month equa	uling <u>\$11,170.00</u> annually? Yes No
2) Person hous	sehold: is your inc	come below \$1,	261.00 a month eq	ualing \$15,130.00 annually? Yes No_
Emergency Co	ontact: Name:			
Phone Numbe	r: Home ()	(Cell ()	Relationship
The above information in the lenial of services.	ation is correct to the All of the information	best of my knowle on on the enrollme	edge. Any false statemer ent form is confidential a	nts on any part of the enrollment form are ground and will not be released to any persons unless I comes the property of the Oneida Elder Services.
Signature				Date//
				Revised 3-6-13