

DRUMS ACROSS ONEIDA

Oneida Elder Services
2907 South Overland Rd.
Oneida, WI 54155
Phone: 920-869-2448
Fax: 920-869-1824

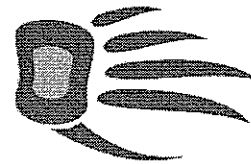


Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Phone: 920-869-1551
Fax: 920-869-1526

(Onástase? Wáhní·tále?)

Green Corn Moon

August 2012



Elder's Meditation

"We forget so we consider ourselves superior. But we are, after all, a mere part of the creation and we must consider to understand where we are and we stand somewhere between the mountain and the Ant. Somewhere and only there is a part and parcel of the creation."

-- Chief Oren Lyons, ONONDAGA

Every human being gathers information from the center of a circle. If we are not careful, we soon think we are the center of all things. Therefore, it is easy to become self-centered. Once we become self centered we start to think we are above all things and therefore superior. But we are really only one part of a great whole. The universe is all connected. Each part is here to do something special and according to its design. We are here to honor and respect the job of each part. We are neither above nor below anything. We need not be ruler over anything, we need only to live in honor and harmony with the system.

My Creator, help me to view and conduct myself in a manner of respect, dignity and honor to all creation. Let me see You in all things.

MENU

AUGUST

2012

ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WL, 54155 PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti Salad Garlic Bread Juice Cookies	2 Pork Roast Red Beans & Brown Rice Brussels Sprouts W/W Bread Mandarin Oranges	3 Fish Red Potatoes Cole Slaw Rye Bread Jell-O
6 Potato Soup Fresh Bread Juice Cheese & Crackers Apple Sauce	7 Tater Tot Casserole Green Beans Juice W/W Bread Berries	8 Beef Tips Noodles Mixed Vegetables W/W Bread Pears	9 Chicken Breast Pasta Salad Mixed Vegetables W/W Bread Pudding With Bananas	10 BREAKFAST French Toast Bacon Boiled Eggs Juice Yogurt RUMMAGE SALE
13 Chicken Salad Croissants Lettuce, Tomatoes, Cucumbers Carrot Sticks Watermelon	14 Goulash Fresh Vegetables W/W Bread Juice Orange & Spiced Apple Rings & Pineapple Tidbits	15 Corn Soup Fresh Bread Juice Cheese & Crackers Pudding	16 Turkey & Gravy Potatoes Mixed Vegetables W/W Bread Pears	17 Fish Oven Potatoes Cole Slaw W/W Bread Mixed Berries
20 Macaroni & Tomatoes Hot Dogs Mixed Vegetables Buns Peaches	21 Chef Salad Ham, Turkey, & Eggs Lettuce, Cottage Cheese Dinner Rolls Sherbet	22 Liver & Onions Potatoes Beets W/W Bread Juice Cookies	23 Meat Loaf Rice Pilaf Carrots W/W Bread Fresh Fruit	24 CLOSED 4 NATION PICNIC
27 Chili Cucumber Salad W/W Bread Fresh Fruit Ice Cream Bars	28 Tuna Salad Croissants Fresh Vegetables Juice Pineapple Tidbits	29 Chicken Alfredo Noodles Broccoli W/W Bread Jell-O With Bananas	30 BIRTHDAY DAY Hot Beef Mashed Potatoes Mixed Vegetables W/W Bread Cake	31 Pork Chops Stuffing Cranberries Green Beans W/W Bread Oranges
All meals are served with coffee, milk , tea or water	Menu is subject to change.	BIRTH STONE: PERIDOT FLOWER: GLADIOLUS	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	

Come to
ONEIDA ELDER SERVICES
GIFT SHOP

*2907 South Overland Rd
Just west of the Health Center*

Oneida Elders showcase their talents with:

Hand Crafted Jewelry & Beadwork
Handcrafted Baskets, Quilts, Solar Lamps,
Floral Centerpieces, Ribbons Shirts, Regalia

Come In! Browse!

Oneida Singers: Tapes and CD's

Native American Greeting Cards

Fresh popcorn, soda and water daily

Open Monday - Friday

8:00A.M. to 4:30 P.M.

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

Contact: Barb Skenandore for more information @ 869-2448.

Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST 2012 ACTIVITIES				
<p><i>*Is this your Birthday Month?</i> <i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i> <i>*Must be present to receive your gift card.</i></p>	<p><i>*Please sign up for trips at Senior Center Main Office.</i> <i>*All trips leave from Senior Center.</i></p>	<p>1 Scrabble Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p>2 Concert in the Park Jackson Square Park Green Bay "New Orleans Jazz" 11:00 – 2:00 Bring a bag lunch</p>	<p>3 Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>6 Wheel of Fortune Elder Services 9:30 Exercise Elder Services 11:00 Wii Bowling Elder Services 1:00</p>	<p>7 Mandatory Staff Meeting No Activities</p>	<p>8 Ladder Ball Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p>9 Cherry Store Gift Shop & Thrift Stores Sturgeon Bay 10:00 Bring bag Lunch</p>	<p>10 Banks Shopping Elder Service Rummage Sale 10:00 – 3:00</p>
<p>13 UNO Game Elder Services 9:30 Exercise Elder Services 11:00 Doc's Harley Davidson Museum/Zoo 1:00</p>	<p>14 Crafts Elder Services 9:30 – 11:30</p>	<p>15 Indoor Horseshoes Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p>16 Cooking Elder Services 9:30 Oneida Farmer's Market 1:00</p>	<p>17 Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>
<p>20 Yahtzee Game Elder Services 9:30 Exercise Elder Services 11:00 Wii Bowling Elder Services 1:00</p>	<p>21 Timber Rattlers Baseball Game Appleton Must be pre-registered</p>	<p>22 Cards Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p>23 Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>	<p>24 4 Nations Picnic In Stockbridge</p>
<p>27 "Ice It" Game Elder Services 9:30 Exercise Elder Services 11:00 Goodwill Store Green Bay 1:00</p>	<p>28 "Picture Day" Bring in pictures. Share your family or memories with others. 9:30 – 11:30</p>	<p>29 Qwirkle Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p>30 Tour Oneida Museum 10:00 Birthday Lunch 12:00 Oneida Family Fitness Center 1:00 - 3:00 Must have membership Free over 70</p>	<p>31 Banks Shopping Lunch Out (on your own) 10:00 – 3:00</p>

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

GLNAEA

Great Lakes Native American Elders Association



HO-CHUNK NATION
PEOPLE OF THE BIG VOICE

Sponsored by Ho-Chunk Nation

September 6 & 7, 2012

Ho-Chunk Hotel & Conference Ctr, Baraboo, WI

All elders who need a ride to GLNAEA, please sign up and make payment at the Oneida Senior Center (Meal Site) by Monday, August 20, 2012.

We have made arrangements for 10 people and will be using our tribal van. Payment must be received at sign-up. Participants must be independent, (able to help themselves) and be in good health (to prevent spread of health problems). We will be staying at the Ho-Chunk Hotel and the cost is \$55.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, September 6th. Any questions please call Oneida Elder Services at (920)869-2448 or Oneida Senior Center at (920)869-1551. Thank you.

Next 2012 Meetings:

December 6 & 7, Menominee Nation

Stockbridge-Munsee Elderly program Cordially invites you to the Four Nations Picnic

Stockbridge-Munsee, Menominee, Oneida & Ho-Chunk Nations

On Friday, August 24th, 2012

Many Trails Banquet Hall-Pine Hills
N9499 Pine Hills Drive, Gresham, WI

10:00 a.m.-3:00 p.m.

Registration will begin at 9:00 a.m.

10 Games of BINGO @ 10:00 a.m.

Please bring your own bingo daubers

Music to follow bingo

Lunch will be served at noon

Jigging contest after lunch

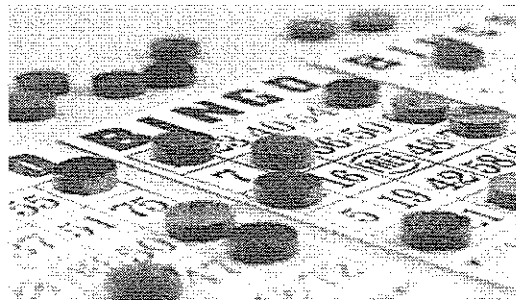
Door Prizes

Oneida Elder Services Transportation for this event

Available to the first 28 Elders - Sign-up at Senior Center

Bus will leave the Senior Center at: 8:30 am

Bus will return to Senior Center at: 4:15 pm



Oneida Elder Services ANNUAL



Supports: Roberta Kinzhuma Scholarship

Date: August 10, 2012

Time: 10 am to 3 pm

Location:

Senior Center / Meal Site

(134 Riverdale Dr, across the road from Tsyuhekwa farm)

**Rummage, Car Wash,
Lunch, 50/50 Raffle**

(Mealsite will serve breakfast only)

**For more information call
Joyce Ann Hoes (920) 869-2448**

RUMMAGE SALE TIDBITS:

- Elder Service Mealsite will serve breakfast instead of lunch this day so that all can participate in the sale.
- Rummage sale time is a great time for spring cleaning. Have you done yours?
- If you would like to donate, please call us at (920) 869-2448 for drop off location.
- We would greatly appreciate if you could store your items until the rummage.
- Thank you for your continued support to our
Roberta Kinzhuma Scholarship



Oneida Elder Services Presents:
**Native American Family Caregiver
Voucher/Stipend Program**

Oneida Elder Services is announcing the "Native American Family Caregiver "Voucher/Stipend" Program". It is designed to give established
"Primary Caregivers"

the opportunity to get a break from their caregiving responsibilities for up to 10 hours a month. The person who does the Relief Respite Caregiving will be paid an hourly stipend.

"Grandparents"

55 years or older, who are raising grandchildren, have legal custody or guardianship, you may qualify for the program.

****Must live within the Oneida Reservation boundaries****



Available services will be dependent on available funds



If you have any questions please feel free to contact:

Debi Melchert/Native American Family Care Giver Coordinator or

Joyce Ann Hoes/Transportation Supervisor

920-869-2448 ext 6834 or 6844



2012 Elder Abuse Education Conference

- By Joyce Johnson, Elder Abuse Prevention Coordinator, Oneida Elder Services

Oneida Elder Services and the Elder Abuse Prevention Program would like to thank all of the participants and presenters that were present for the July 9 & 10, 2012 Elder Abuse Education Conference held at the Radisson Hotel and Conference Center of Green Bay, Wisconsin.

The conference focused on subjects such as identifying elder physical, financial, emotional and sexual abuse. There was some discussion regarding both Financial Power of Attorney and Healthcare Power of Attorney Agents and their roles as Power of Attorneys for an elder. The Guardianship, Restraining order, and Representative Payee process was explained. Other information involved the types of scams that are weaving their way into our elder communities and keys to prevent being scammed. Elders and other attendees received facts and statistics regarding elder abuse that they may have been unaware of previously.

With only two days of education there was a large volume of information shared with the attendees. We hope that all participants received information that they can take back to their jobs and families that will help to alleviate elder abuse and the horrific effects on our communities.

Nutrition Information

Volunteers Wanted

Meal Site is looking for volunteers, must be 55 years young; services needed are

Assistance in the kitchen and delivering Meals on Wheels to homebound elders

If you would like to volunteer, please contact: Loretta Mencheski at 869-1551

Or you can stop by the meal site at 134 Riverdale Dr. Oneida, 54155.

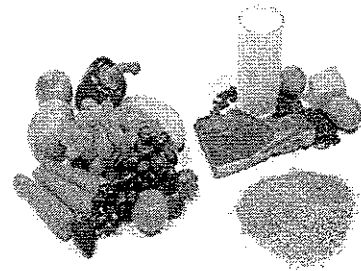
Attention All Participants of the Senior Center Meal Site:

We are looking to manage costs and quality improvement of our Meal Site program; therefore we ask that all participants who plan to come in please call the day before to reserve their meal. Reservations can also be made for the next day, week, or month by telling the meal check in person. For questions and reservations please call Loretta Mencheski at 920-869-1551,

***No participant will be denied a meal**

Upcoming Nutrition Advisory Council Meetings:

- When: August 17, 2012
- Time: 1:00 P.M.
- Where: Oneida Senior Center Meal Site

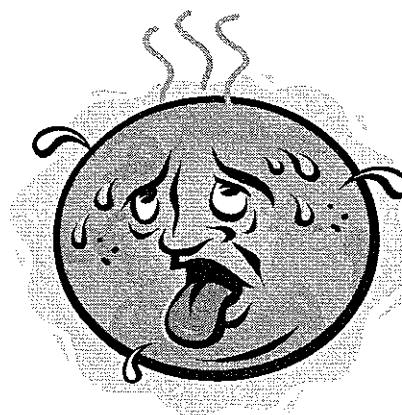


Tips for preventing heat related illness:

- Drink more fluids preferably nonalcoholic, unsweetened, or sugar-free and avoid very cold drinks which can cause stomach cramps. (Consult your physician before consuming more than the recommended amount of fluids while taking water pills)
- Stay indoors in an air-conditioned climate if possible. Shopping malls and libraries are options if your home has no air conditioning. The local health department may have information regarding heat-relief shelters in the area.
- Taking a cool shower or bath will also help to alleviate or prevent heat related illnesses.
- Wearing proper clothing such as lightweight, light-colored or loose-fitting attire helps the body from overheating.
- Never leave pets or people in a closed parked vehicle.
- If at all possible, limit outdoor activity to morning and evening hours and cut down on outside exercise. If you must continue these activities, replenish with sports drinks containing electrolytes which replace the salt and minerals you lose in sweat. (Consult your physician if you are on a low-sodium diet before consuming sports drinks) You should also take breaks in shady areas as often as possible.
- Wear sunscreen containing SPF 15 or higher, sunglasses, and a wide-brimmed hat

Please seek immediate medical attention if you experience any of the following symptoms:

- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting



For more information:

Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333
800-232-4636
TTY: (888) 232-6348
cdcinfo@cdc.gov

AIRS Certification – Cheryl Ault, Oneida Elder Services Specialist certified since Aug, 2002

Cheryl is the initial contact for all requests for services and information from Oneida Elder Services. One requirement in Cheryl's job description is: "CIRS-A certification. Must obtain and maintain CIRS-A within one year of employment." Below find some information regarding this certification starting with an acronym list.

- AIRS=Alliance of Information and Referral Specialists is a credentialing authority operating an Accreditation Program that measures an organization's ability to meet the AIRS Standards, and a Certification Program that evaluates the competence of I&R practitioners.
- CIRS-A= Certification for I&R Specialists in Aging
- I&R=Information & Referral
- I&A/R= Information & Assistance/Referral

Certification is a measurement of documented knowledge in the field of I&R and I&R/A reflecting specific competencies and related performance criteria, which describe the knowledge, skills, attitudes and work-related behaviors needed by I&R practitioners to successfully execute their duties. The AIRS Certification Program is operated in alignment with national standards for credentialing organizations.

AIRS Certification lasts for 2 years from the time you pass the examination. Every two years, you must apply for recertification. You do not need to retake the examination to be recertified but you must submit an application form that documents at least 10 hours of I&R training over that two year period.

Benefits of AIRS Certification

- Builds confidence among staff – skills have been validated by an external body.
- Helps funders and other stakeholders understand and appreciate the professionalism involved in I&R. It shows that there is an emphasis on quality as the competencies of I&R positions have been defined and are being externally tested.
- One of the criteria for securing and maintaining grant funding.
- Training resources (ABCs of I&R, online training) provide a continual enhancement of service.
- Certification includes membership in AIRS with free AIRS newsletter.
- Enhances agency quality assurance and consistency of service levels between different I&Rs.
- Improves customer service. Staff aware of the requirements for quality performance and are more ready and capable of meeting them.

Cheryl proudly displays her certification in her office. Thank you Cheryl for doing what it takes to keep up with this certification.

Oneida Elder Services Vision: We provide quality home and community based programs for elders and are a model for other aging entities.

Oneida Elder Services Mission: To assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

Please feel free to contact Cheryl (920-869-2448 or cault@oneidantion.org) for any elder service or information requests. If Oneida Elder Services does not offer the service we will do our best to offer referral options.

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):

- Al Lopez
- George Greendeer
- Walter Cornelius

ONCOA Meetings:

August 14 & 28
1:00 P.M. – 3:30 P.M.
Elder Services Conference Room

Elder Services Library:

Come check out our books, magazines, movies, audio books in a relaxing, air-conditioned environment. We are open 8:00 AM – 4:30 PM Monday through Friday except holidays. For more information contact Laneva at 869-2448.

CELL PHONE Do Not Call List

Cell phone numbers went public in May and are being released to telemarketing companies. You will be charged on your bill if you receive any of these calls. To prevent receiving these calls and being charged for these solicitations, call 1 888-382-1222 to put your cell phone number on the Do Not Call List. The process only takes a minute to complete and will block your phone number for five years. (You must call from the cell phone you want to have blocked.)

ENGRAVE A PAVER

Oneida Nation Veterans' Memorial Park

Hwy 54 & Pleasant Way, Oneida, WI

Have a concrete paver engraved in a Veteran's honor!

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

ONEIDA NATION VETERAN'S DEPARTMENT

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

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

ORDER FORM

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

Please fill out form completely and print legibly.

Name: _____

Address: _____

City/State/Zip: _____

Day Phone: _____ Email: _____

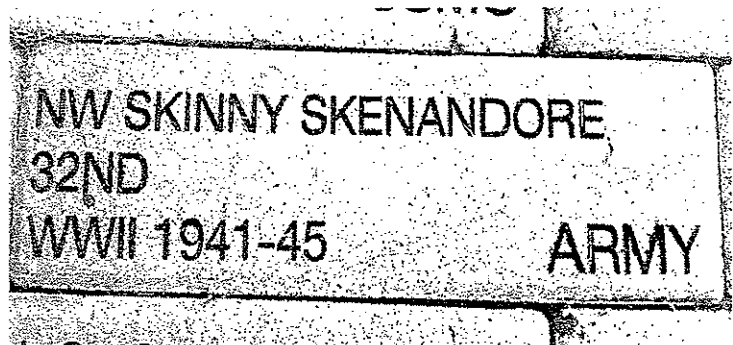
Please provide at least one form of contact. Both email and phone are encouraged.

PAVER – Name to be engraved

Name: _____

Division: _____

War/Years: _____



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

☐ Revolutionary War ☐ War of 1812 ☐ Civil War ☐ Spanish American War

☐ WWI ☐ WWII ☐ Korean War ☐ Vietnam War

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

PAYMENT INFORMATION

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

Checks can be made payable to: Oneida Nation Veteran's Department.

PAVER FEE: \$90.00 ea.

☐ Cash Donation \$ _____

☐ Paver Purchases - # of Pavers _____

☐ Check enclosed for total amount of \$ _____, Check # _____

CHOICES:

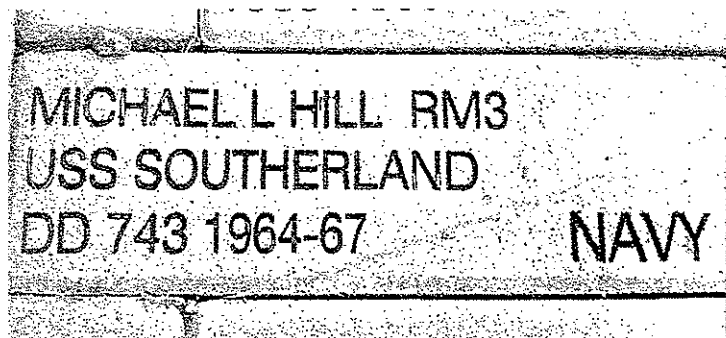
☐ NAVY

☐ USMC

☐ USAF

☐ ARMY

☐ USCG



For more information contact:

Kerry Metoxen – 920-490-3989

Carolyn Miller – 920-490-3988

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

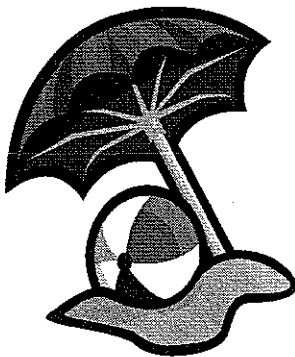
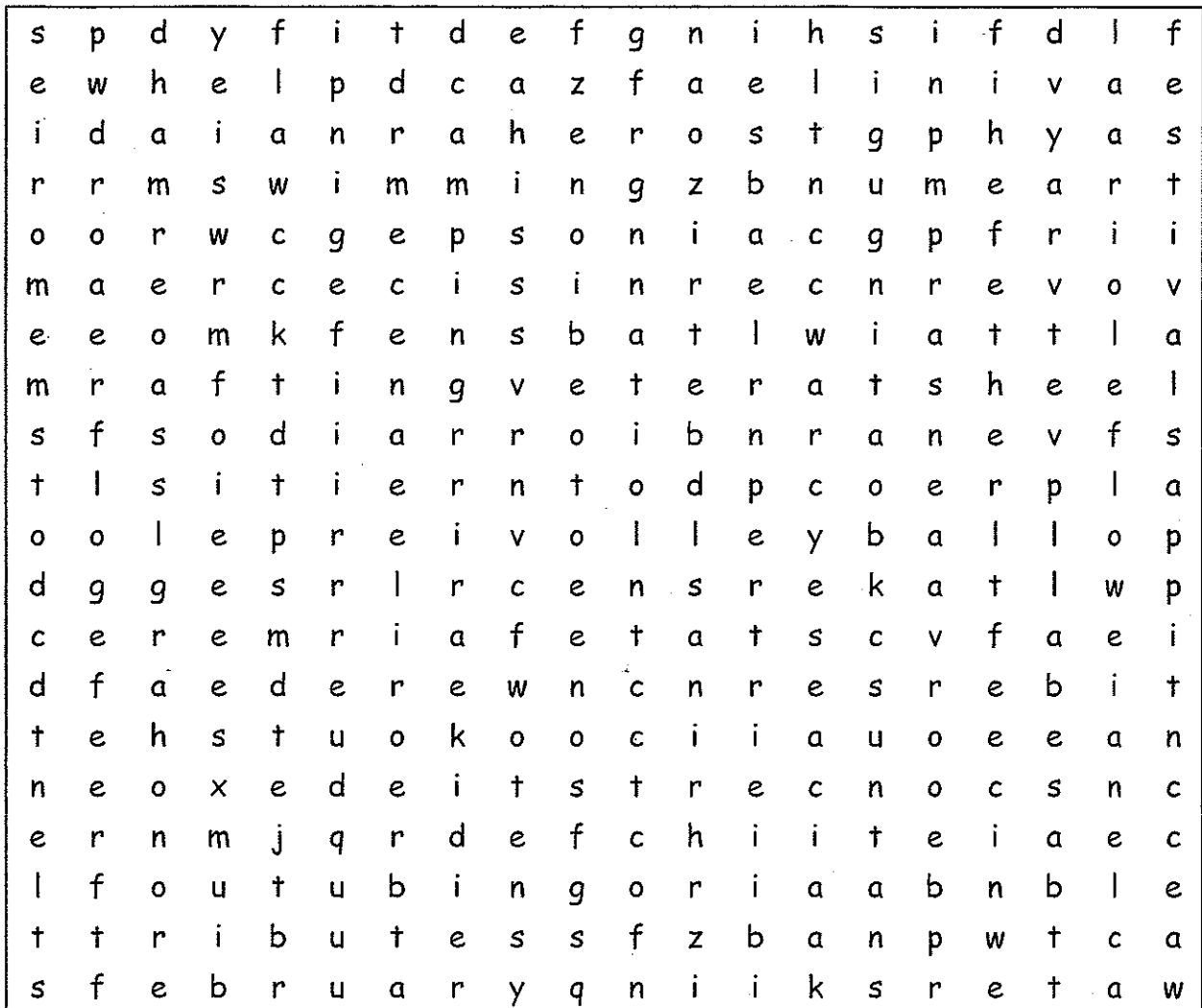
Up Close and Personal With:

Kristine Hughes, Oneida Elder Services Admin Asst. II

- ❖ *When I was a child, I thought I would like to be a Hairstylist or Flight Attendant.*
- ❖ *My parents have had the biggest influence on me; they have supported me through rough times and encouraged me to always keep my head up and to be proud of who I am.*
- ❖ *I consider raising healthy and respectful children to be one of my greatest accomplishments.*
- ❖ *I have always wished I was better at public speaking, I think it would help me be more successful.*
- ❖ *Some of the best advice I received, was "if you can't change it, let it go and move on", this really helps in stressful situations.*
- ❖ *The advice I would offer to someone on the verge of retirement is to try something new every day, whether it's a new route to the grocery store or trying a new food or maybe taking a class.*
- ❖ *My ideal vacation would be going to Ireland or an Alaskan or Canadian fishing trip.*
- ❖ *My favorite meal is homemade lasagna, my mom's was always the best.*
- ❖ *I like a variety of music from Country to Blues and everything in between.*
- ❖ *My favorite book(s) are the Mallory Collection from Johanna Lindsey, which are historical romantic comedy novels.*
- ❖ *My favorite movie is "Something to Talk About" with Julia Roberts and Dennis Quaid, but I like all chick flicks.*
- ❖ *Some of my favorite things to do are, rummaging, fishing, shopping, internet surfing, spending time with my family and playing slots.*



August 2012 Summertime Fun



Boating Tubing Concerts Camping

Cookoout Rafting Volleyball Golf

Waterski Baseball Swimming Festivals

Suntan Icecream Fishing Statefair

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

Awesome Turkey Sandwich

By: FORTUNATEPASS allrecipes.com

Ingredients

- 2 slices whole wheat bread, toasted (optional)
- 1 tablespoon mayonnaise
- 2 teaspoons Dijon-style prepared mustard
- 3 slices smoked turkey breast
- 2 tablespoons guacamole
- 1/2 cup mixed salad greens
- 1/4 cup bean sprouts
- 1/4 avocado - peeled, pitted and sliced
- 3 ounces Colby-Monterey Jack cheese, sliced
- 2 slices tomato

Directions

1. Spread mayonnaise on one slice of toast, then spread mustard on the other. Arrange the sliced turkey on one side. Spread guacamole over the turkey. Pile on the salad greens, bean sprouts, avocado and cheese. Finish with tomato slices, then place the remaining slice of toast on top.

Melon Lime Cooler

By: BIGSIS821 allrecipes.com

Ingredients

- 4 1/2 cups cubed honeydew melon
- 1 1/2 cups lime sherbet
- 2 tablespoons lime juice
- 4 fresh strawberries (optional)

Directions

1. Place honeydew melon in a single layer on a baking sheet. Cover and freeze until firm, about 30 minutes.
2. Transfer frozen melon to a food processor with the sherbet and lime juice. Puree until smooth. Pour mixture evenly into 4 glasses, and garnish each glass with a strawberry. Serve immediately.

**ONEIDA ELDER SERVICES
ENROLLMENT FORM**

DATE: ____/____/____

NOTE: The State & Federal Governments have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name _____ Phone Number () _____

Address _____ Social Security Number Last four digits ____/____/____

City _____ State _____ Zip Code _____ County _____ DOB ____/____/____

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elder aged 70 years and older. 2) Elders aged 55-69 years of age that are disabled/handicapped, living alone. 3) Elders aged 55-69 years of age, with health/safety issues. The elders that are listed are our priority.

Please check the appropriate responses:

Martial Status: ____ Married ____ Single ____ Widowed ____ Divorced

Maiden Name: _____

Gender: ____ Male ____ Female

Veteran: ____ Yes ____ No

Living Arrangement: ____ Live Alone ____ Lives with Spouse ____ Lives with others* ____ How many

Do you: ____ Rent ____ Own

Race: ____ Native American ____ Caucasian ____ Latino ____ Asian ____ African American

Tribal Affiliation: _____ **Enrollment Number:** _____

General Health Status: ____ Excellent ____ Good ____ Fair ____ Poor*

***If Poor Please List Health Condition:** _____

Do You Currently Have Any of the Following?

Guardianship _____ Power of Attorney for Health _____ Power of Attorney for Finances _____

Representative Payee for Social Security _____ Medicare _____ Medicaid _____

In Case of an Emergency Contact: Name: _____

Phone Number: () _____

Relationship: _____

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elder Services.

_____/____/____
Please Return: Oneida Elder Services Complex
ATTEN: Service Coordinator
P.O. Box 365
Oneida, WI. 54155