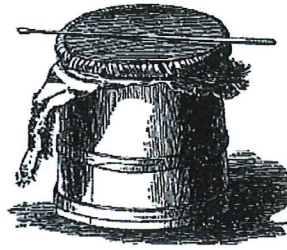


DRUMS ACROSS ONEIDA

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 articles can also be viewed at Oneida-nsn.gov/elderservices.org and on our
Facebook page: Oneida Tribe of Wisconsin Elder Services

Tsha'tekohsélha? Wahní'tale?

Mid-Winter Moon

January 2016

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









Next GLNAEA is scheduled at Lac du Flambeau March 3 & 4, 2016. More information and flyer will be in February DRUMS issue. Lac Du Flambeau hotel phone is: 1-800-258-8784.

JANUARY 2016 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 on posted days.			1 CLOSED IN OBSERVANCE OF NEW YEAR'S DAY
4 Oneida Corn Soup w/ Crackers Raw Vegetables w/Dip Gelatin Fruit	5 STAFF MEETING Sliced Roast Beef w/Gravy Mashed Potatoes Buttered Carrots Sliced Bread w/Butter Fruit	6 Baked Ham Scalloped Potatoes Buttered Green Beans Fresh Dinner Roll w/Butter Applesauce	7 Swedish Meatballs Over Buttered Noodles Acorn Squash Sliced Cucumbers Corn Muffin Fresh Fruit	8 Honey Dipped Chicken Wild Rice Pilaf California Blend Vegetables Fresh Dinner Roll w/Butter Fruit
11 Grilled Liver & Onions w/Gravy Mashed Potatoes Buttered Carrots Dinner Roll Homemade Cookie	12 Spaghetti w/Meat Sauce Italian Blend Vegetables Cheesy Mascot Bread Fresh Fruit	13 Swiss Steak Baked Potato w/Sour Cream Brussels Sprouts Dinner Roll w/Butter Fruit Cocktail	14 Beef Stew 1/2 Turkey Sandwich Raw Veggies w/Dip Fresh Fruit	15 Baked Fish Fillet w/Lemon Oven Roasted Potatoes Asparagus Rye Bread w/Butter Orange Slices
18 Baked Ziti Buttered Mixed Vegetables Fresh Bread Stick Fresh Fruit	19 Homemade Chicken Noodle Soup Deli Meat Sandwich Lettuce Salad w/Dressing Gelatin Cubes	20 Roast Turkey Mashed Potatoes w/Gravy Buttered Wax Beans Cranberry Sauce Corn Muffins Fruit	21 Beef Stroganoff Over Noodles Brussels Sprouts Applesauce Ice Cream Various Flavors	22 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Rye Bread Fruited Gelatin
25 Chicken A La King Homemade Biscuits Lettuce Salad w/Dressing Carrot Coins Fresh Fruit	26 Home-Style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice w/Butter Fruit	27 Sloppy Joe On A Whole Grain Bun Baked Chips Corn On The Cob Gelatin	28 BIRTHDAY DAY Boiled Dinner Lettuce Salad w/Dressing Dinner Roll w/Butter Birthday Cake	29 Potato Crusted Cod California Blend Vegetables Dinner Roll w/Butter Fruit Cake w/Frosting

JANUARY 2016 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Please <u>sign up</u> for trips at the E.S. Meal-site.</p> <p>* All Trips leave from E.S. Meal-site.</p> <p>*Activities need 5 Elders to go.</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>1 OFF</p> <p>In observance of New Years</p> 
<p>4 Wii Bowling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>5 Crafts 9:30 – 11:00 E.S. Meal-site</p> 	<p>6 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>7 Big Lots Store Green Bay 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>8 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>11 Journaling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Valley Popcorn Tour Neenah 1:30</p>	<p>12 Zumba Activity room 11:30</p> <p>Karaoke E.S. Meal-site 12:30</p> <p>Tai Chi E.S. Meal-site 1:30</p>	<p>13 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>14 Cook's Corner & JoAnn Fabric Stores Green Bay 9:30</p> <p>Bowling Ashw. Lanes 1:30</p>	<p>15 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>18 Wii Bowling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>19</p>  <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>20 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>21 Good Will Store Green Bay 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>22 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>25 Journaling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Movie E.S. Meal-site 1:10</p>	<p>26 Tai Chi (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30</p>	<p>27 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>28 Barnes & Noble Book store Green Bay 9:30</p> <p>Birthday Lunch 12:00</p> <p>Bowling Ashw. Lanes 1:30</p>	<p>29 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>

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



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Z	R	J	A	N	U	A	R	Y	L	M	D	R	N	F

Resolution

Party

Confetti

Family

Hope

Calendar

Food

January

Happy New Year

Celebrations

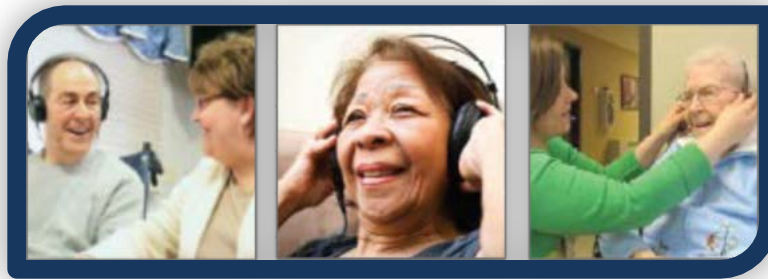
Fireworks

Streamers

Beginning

Parades

Noise Maker



Shekoli~

Elder Services is working with the Alzheimer Association's Music & Memory program, and we're asking for volunteers from families that are caring for a member who has been diagnosed with of a form of *dementia* to participate with us in this program.

The Wisconsin Music & Memory Program has been designed to help people with Alzheimer's and related dementias find renewed meaning and connection in their lives through the gift of personalized music.

The selected individuals with their caregivers will receive an iPod with a downloaded playlist of music which has the capacity to transform the quality of life for people struggling with a wide range of physical and cognitive impairments.

For more information please call Elder Services and ask for The Music & Memory Volunteers: Marlene Summers, Shirley Barber or Mallory Patton

920-869-6830

Wisconsin Home Energy Assistance Program (WHEAP)

Oneida Tribe Economic Support Services is scheduling appointments beginning September 1st for the 2014 heating season.

If you **reside within the Oneida Reservation boundaries** you can call **490-3939** to make a WHEAP appointment. If you reside outside of the Oneida Reservation boundaries you must call your county's WHEAP office (for Brown County **488-6460** and Outagamie County is **800-506-5596**).

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 225,000 Wisconsin households annually.

Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

Heating Assistance

WHEAP assistance is a one-time payment during the heating season (October 1 – May 15). The funding pays a portion of the heating costs, but payment is not intended to cover the entire cost of heating a residence. The amount of energy assistance benefit varies depending on a variety of factors, including the household's size, income and energy costs. In most cases the energy assistance benefit is paid directly to the household's energy supplier.

Electric Assistance

Your household may be eligible to receive a payment for non-heating electric energy costs through funding provided by Wisconsin's Public Benefits.

WHEAP electric (non-heating) assistance is a one-time benefit payment during the heating season (October 1-May 15). The funding pays a portion of the household's electrical (non-heating) costs, but the payment is not intended to cover the entire cost of the non-heating costs.

The amount of the non-heating assistance benefit varies depending on a variety of factors, including the household's size, income, and non-heating costs. In most cases the non-heating assistance benefit is paid directly to the household's energy supplier.

Crisis Assistance

A household may be eligible for *crisis assistance* if you have no heat, have received a disconnect notice from the heating vendor, or are nearly out of fuel and do not have the money to purchase more. Crisis assistance is available through local WHEAP agencies that provide a 24-hour crisis phone number to help with emergencies that occur after business hours. WHEAP crisis assistance provides both emergency and proactive services.

There are also non-emergency or proactive crisis services that include providing information on how to reduce fuel costs, counseling on budgeting and money management, providing payments to a fuel supplier, and co-pay agreements.

Furnace Assistance

WHEAP emergency heating system assistance can provide services to eligible home owners if the furnace or boiler stops operating **during the heating season**. Heating system assistance includes payment for repairs, or in some situations your residence may qualify for a total replacement of a non-operating furnace or boiler. Call the local energy assistance office immediately if you are experiencing a no heat situation.

How to apply

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance.

Income guidelines for the 2013-2014 WHEAP Heating Season
(60% of State Median Income Guidelines)

Household Size	One Month	Three Months	Annual Income
1	2,058.	6,173.	24,692.
2	2,691.	8,073.	32,290.
3	3,324.	9,972.	39,887.
4	3,957.	11,871.	47,485.
5	4,590.	13,771.	55,083.
6	5,223.	15,670.	62,680.
7	5,342.	16,026.	64,105.
8	5,461.	16,382.	65,529.

If you think your household income meets the guidelines, please call **490-3939** to schedule your appointment after September 1st.

Home Improvement Consumer Tips

Tips on hiring contractors

Most contractors involved in home improvements are honest, reliable and skilled, but some are not. Here are suggestions on how to find good contractors:

- Decide in advance what the job will involve. Draw sketches and clip pictures to show to prospective contractors.
- Get more than one estimate. Make sure all contractors are bidding on exactly the same work. Make sure the contractor comes to the job site rather than giving a telephone estimate. Be leery of an extremely low estimate.
- Ask for the names of the contractor's recent customers and call to see if they are satisfied. Did the contractor show up on time, clean up afterward, and follow through with their warranties? Would they hire the contractor again?
- Contact the Bureau of Consumer Protection, (800) 422-7128 or (608) 224-4976, and the Better Business Bureau, (800) 273-1002 or (414) 847-6000, to find out if complaints have been filed against the contractor.

Contractor requirements

A contractor must inform you, before you enter into a home improvement contract, of all required building or construction permits. To get a building permit for one or two family homes built after 1980 (in many municipalities, homes of any age), contractors must be registered with the Department of Safety and Professional Services, (608) 266-2112, showing proof they have paid for worker's compensation, unemployment insurance, and minimum levels of liability or a bond. The liability insurance covers worker and public injuries and damage to property.

If contractors cannot show you a registration card, it may mean trouble if you hire them. Some contracts are written to put the responsibility for building permits and insurance on the homeowner. However, homeowners taking out building permits themselves have no assurance that the contractor has proper insurance.

Consumers may ask any contractor for a certificate of insurance with the homeowner's name and address listed as a certificate holder. This certificate

shows that the contractor has an active policy. As a certificate holder, the homeowner will then be informed if the contractor's insurance policy expires.

Contracts

Do not rely on oral agreements. For the protection of both you and the contractor, it is wise to request a written contract in all situations. The contract serves as a statement that the contractor knows exactly what services you want performed. Do not sign anything until you understand it all. Consult an attorney if you have questions.

Make sure the contract contains:

- The name and address of the salesperson, as well as the company name and address (not just a post office box number).
- A full description of the job. Again, do not rely on oral agreements.
- A detailed list of materials to be used including the name, brand, size, models, performance capacity of the items, and the quantity of materials to be used.
- The total price, plus finance charges.
- A starting and completion date, to prevent the job from going on indefinitely.
- A statement explaining any warranties on materials, labor or services. Be sure you understand any exceptions or limitations.

If any payment is required before the work is done, a written contract is required by the law. The consumer should demand one if the contractor does not offer it. Get all guarantees in writing. Never sign a completion certificate or make final payment until you are satisfied and all work is done as specified.

See full document entitled "Home Improvement Consumer tips" at:

<http://datcp.wi.gov/uploads/Consumer/pdf/Hi-ConsumerTips136WEB.pdf>

This link is also located on our Elder Services Facebook page: Oneida Tribe of Wisconsin Elder Services. Please like our Facebook page for more valuable information, updates and events.

ONEIDA ELDER GIFT SHOP



**LOCATED INSIDE ELDER
SERVICES**

**2907 S. Overland Road
Oneida, WI 54155**

**Open Monday-Thursday
8:00-4:00
Friday 8 till Noon**



Fresh popcorn & drinks



Hand-crafted by local elders

For more information call Barb Skenandore (920) 869-2448