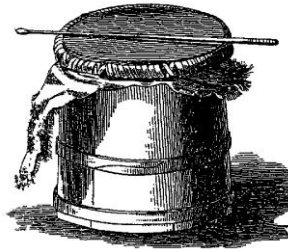


# DRUMS ACROSS ONEIDA

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



Elder Services Congregate  
 Meal Site  
 2901 S. Overland  
 Oneida, WI 54155  
 Phone: 920-869-1551

**Speak to live operator at this  
 phone number 24/7**

Drums contact: Marena Bridges  
 Email:  
 mbridges@oneidanation.org

Drums articles can also be viewed at [Oneida-nsn.gov/elderservices/](http://Oneida-nsn.gov/elderservices/)

**Yeyáthos Wáhní'tale?**

**Planting Moon**

**May 2016**



May is Older Americans Month (OAM) and the 2016 theme is Blaze a Trail. "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

**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\***

**UPCOMING MEETINGS AND PRESENTATIONS**

<b>Benefits Specialist</b>	May 9 & 23, 2016	11:30 AM – 1 PM	Elder Meal Site
<b>Caregiver Support Group</b>	May 19, 2016	1:30 PM – 3:30 PM	Elder Services Pod A
<b>GLNAEA</b>	June 1 & 2, 2016		St. Croix Casino Danbury, WI
<b>Monthly Meal Site Presentation</b>	May 12, 2016	12 PM – 1 PM	Elder Meal Site
<b>Nutrition Advisory Council</b>	May 20, 2016	1 PM – 2 PM	Elder Meal Site
<b>ONCOA</b>	May 10 & 24, 2016	11 AM – 4:30 PM	Elder Services Conference Room

## MAY 2016 MENU

Congregate Meal Site, 2901 S. Overland, Oneida, WI 54155 Phone: 1-920-869-1551

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger On A Bun Baked Beans Potato Chips  Fruit	3 Homemade Chicken Noodle Soup Deli Meat Sandwich Lettuce Salad W/Dressing  Gelatin Cubes	4 Roast Turkey Mashed Potatoes W/Gravy Buttered Wax Beans Cranberry Sauce Corn Muffins Fruit	5 Beef Stroganoff Over Buttered Noodles Brussels Sprouts Fruit  Cake	6 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Rye Bread  Fruited Gelatin
9 Chicken A La King Homemade Biscuits Lettuce Salad W/Dressing Carrot Coins  Fresh Fruit	10 Home-Style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice W/Butter  Fruit	11 Sloppy Joe On Whole Wheat Bun Baked Chips Corn On The Cob  Gelatin	12 Boiled Dinner Lettuce Salad W/Dressing Dinner Roll W/Butter  Homemade Apple Crisp	13 Potato Crusted Cod California Blend Vegetables Dinner Roll W/Butter Fruit Cake W/Frosting
16 Barbecue Chicken Broccoli Spears Cole Slaw Dinner Roll W/Butter  Fresh Fruit	17 Oneida Round Steak- Ring Bologna Buttered Parsley Potatoes Squash Bread Slice W/Butter Fruit	18 Roast Turkey W/Gravy Bread Dressing Mixed Vegetables Cranberry Sauce Raw Vegetables W/Dip  Pudding	19 Homemade Chili W/Noodles 1/2 Deli Meat Sandwich Lettuce Salad W/Dressing  Fruit	20 Honey Dipped Chicken Wild Rice Pilaf California Blend Vegetables Dinner Roll W/Butter  Fruit
23 Oneida Corn Soup W/Crackers Deli Meat Sub Sandwich Raw Vegetables W/Dip Gelatin  Fruit	24 Sliced Roast Beef W/Gravy Mashed Potatoes Sliced Carrots Homemade Bread W/Butter Fresh Fruit	25 Ham & Scalloped Potatoes Whole Green Beans Dinner Roll W/Butter  Fruit	<b>26 BIRTHDAY DAY</b> <b>Swedish Meatballs Over</b> <b>Noodles W/Gravy</b> <b>Squash Cucumber Salad</b> <b>Corn Muffin</b> <b>Birthday Cake</b> <b>W/Frosting</b>	<b>27</b> <b>CLOSED IN</b> <b>OBSERVANCE OF</b> <b>ONEIDA CODE</b> <b>TALKERS DAY</b>
<b>30</b> <b>CLOSED IN</b> <b>OBSERVANCE OF</b> <b>MEMORIAL DAY</b>	31 Spaghetti W/ Meat Sauce Italian Blend Vegetables Cheesy Mascot Bread  Fresh Fruit Cup		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.

# MAY 2016 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Wii Bowling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> E.S. Meal-site 1:00	<b>3 Crafts</b> 9:30 – 11:00 E.S. Meal-site	<b>4 Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30	<b>5 Christian Thrift Store</b> DePere 10:00  <b>Chair Yoga</b> E.S. Meal-site 1:30	<b>6 Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>9 Wii Golf</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Movie</b> (Steel Magnolias) E.S. Meal-site 1:00	<b>10 Karaoke</b> E.S. Meal-site 12:30 <b>Tai Chi</b> E.S. Meal-site 1:30	<b>11 Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30	<b>12 Paint &amp; Pallet Class</b> E.S. Meal-site 9:00 Need to sign up for class (Only 10 openings) <b>Dutch Wind Mill Tour</b> Little Chute 1:15 \$6.00 fee	<b>13 Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>16 Wii Tennis</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> E.S. Meal-site 1:00	<b>17 Crafts</b> 9:30 – 11:00 E.S. Meal-site	<b>18 Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30	<b>19 Fleet Farm Store</b> Green Bay 9:30  <b>Chair Yoga</b> E.S. Meal-site 1:30	<b>20 Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>23 Wii Bowling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Movie</b> (Midway) E.S. Meal-site 1:00	<b>24 Tai Chi</b> E.S. Meal-site 1:30	<b>25 Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30	<b>26 Banks, Shopping &amp; Lunch Out</b> (On your own) No Transportation for lunch this day.  <b>Birthday Lunch 12:00</b>	<b>27 OFF</b> <b>In Observance of Code Talkers Day</b> 
<b>30 OFF</b> <b>In Observance of Memorial Day</b>  <b>THANK YOU !</b>	<b>31 Board Games</b> 9:30 – 11:00 E.S. Meal-site		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 Birthday Lunch</u> to receive your gift card 	* Please <u>sign up</u> for trips at the E.S. Meal-site. * All Trips leave from E.S. Meal-site. * <b>Activities need 5 Elders to go.</b> *Activities subject to change.

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



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

APPRECIATE

CARE

CELEBRATE

DOTING

ENDEARING

FAMILY

GRANDMOTHER

GRATEFUL

HONOR

LOVE

MEMORIES

MOTHER

PARENT

REMEMBER

THANKS

UPBRINGING

# Oneida Nation



Oneidas bringing several hundred bags of corn to Washington's starving army at Valley Forge, after the colonists had consistently refused to aid them.



UGWA DEMOLUM YATEHE  
Because of the help of this Oneida Chief in cementing a friendship between the six nations and the colony of Pennsylvania, a new nation, the United States was made possible.

## BC Resolution # 03-30-16-A Older Americans Month 2016

- WHEREAS,** the Oneida Nation is a federally recognized Indian government and a treaty tribe recognized by the laws of the United States of America; and
- WHEREAS,** the Oneida General Tribal Council is the governing body of the Oneida Nation; and
- WHEREAS,** the Oneida Business Committee has been delegated the authority of Article IV, Section 1, of the Oneida Tribal Constitution by the Oneida General Tribal Council; and
- WHEREAS,** the Oneida Nation includes a community of older Americans who deserve recognition for their contributions to our nation; and
- WHEREAS,** the Oneida Nation recognizes that older adults are trailblazers—advocating for themselves, their peers, and their communities—paving the way for future generations; and
- WHEREAS,** the Oneida Nation is committed to raising awareness about issues facing older Americans and helping all individuals to thrive in communities of their choice for as long as possible; and
- WHEREAS,** we appreciate the value of inclusion and support in helping older adults successfully contribute to and benefit from their communities; and
- WHEREAS,** our community can provide opportunities to enrich the lives of individuals of all ages by:
- Promoting and engaging in activity, wellness, and social involvement.
  - Emphasizing home- and community-based services that support independent living.
  - Ensuring community members can benefit from the contributions and experience of older adults.

APR 05 2016

MB

**NOW THEREFORE BE IT RESOLVED**, we of the Oneida Nation do hereby proclaim May 2016 to be Older Americans Month. We urge every resident to take time this month to acknowledge older adults and the people who serve them as powerful and vital individuals who greatly contribute to our community.

**CERTIFICATION**

I, the undersigned, as Secretary of the Oneida Business Committee, hereby certify that the Oneida Business Committee is composed of 9 members of whom 5 members constitute a quorum; 8 members were present at a meeting duly called, noticed and held on the 30<sup>th</sup> day of March, 2016; that the forgoing resolution was duly adopted at such meeting by a vote of 5 members for, 0 members against, and 2 members not voting; and that said resolution has not been rescinded or amended in any way.

A handwritten signature in cursive script, appearing to read "Lisa Summers", written over a horizontal line.

Lisa Summers, Tribal Secretary  
Oneida Business Committee

\*According to the By-Laws, Article I, Section 1, the Chair votes "only in the case of a tie."

# May 2016

## ACTIVITIES



The 2016 Older Americans Month (OAM) theme is “Blaze a Trail.” Oneida Elder Services invites you to attend the following activities to celebrate with us.

### **12<sup>th</sup> – Wisconsin Estate Recovery Presentation**

12PM. Congregate Meal Site. Wisconsin Judicare Staff Attorney Kristin Holmes will present. The Wisconsin Estate Recovery Program seeks repayment for the cost of certain long term care services paid for on behalf of members. Contact Person: Linda Dallas

### **13<sup>th</sup> – Music from our Culture (MOC) Youth Performance**

Between 12PM – 1PM. Congregate Meal Site. The MOC group, made up of Oneida community children learning about their ancient tribal music, Indian hymnal music, and social dances in the Oneida culture, will do a 20-30 minute performance for elders.

### **18<sup>th</sup> – AARP Driver Safety Class**

8:30AM – 12:30PM. Sign-up at Congregate Meal Site. COST: \$15 AARP members and \$20 non-AARP members. Elder Services will PAY for the first 10 Oneida Tribe Enrolled elders. Contact Person: Joyce Hoes

### **20<sup>th</sup> – Older Americans Month Dance**

1PM – 3:30 PM. Congregate Meal Site. Music by Cherry Bounce. Bring your best dancing shoes for guaranteed fun! Contact person: Claudia Skenandore

### **21<sup>st</sup> – Annual Oneida Youth and Elder Fishing Day**

9AM – 1PM. Osnuhsa (Finger) Lake, Cultural Heritage Area 3703 Hillcrest Dr. Sign up at Congregate meal site (deadline May 17th, 4pm). Lunch and bait provided. Transportation provided to the first 15 elders (plus 2 Wheel Chairs). Contact Person: Joyce Hoes

**Oneida Elder Services | 2907 S. Overland Rd. Oneida, WI 54155 | (920) 869-2448**





**AARP** Real Possibilities

## AARP DRIVER SAFETY JUST GOT SMARTER.

Sign up now for AARP Smart Driver™ — the new and enhanced driving refresher course from AARP Driver Safety.

### The AARP Smart Driver Course teaches:

- Defensive driving techniques, new traffic laws and rules of the road
- How to deal with aggressive drivers
- How to safely navigate adverse weather conditions
- Useful information on automobile technology and more

**Plus, upon completion you could save money on your car insurance!\***

*DATE(S)*

**WEDNESDAY MAY 18TH 2016**

*TIME*

**CLASS 8:30 TO 12:30**

*LOCATION*

**ONEIDA ELDER SERVICES  
2907 S OVERLAND RD  
ONEIDA, WI 54155-8959  
SIGN-UP AT THE ELDER CONGREGATE MEAL SITE**

*TO REGISTER*

**CONTACT JOYCE HOES AT (920)869-2448  
COST: \$15.00 AARP MEMBERS  
\$20.00 NON AARP MEMBERS  
ELDER SERVICES WILL PAY FOR THE FIRST 10 TRIBAL ENROLLED ELDERS**

For additional local information or to volunteer,  
call TOLL-FREE at **1(888)227-7669** or **1(888)AARP-NOW**  
or visit **www.aarp.org/drive**

**TOYOTA** This program is supported by a generous grant from Toyota to AARP Foundation.

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply.  
Consult your agent for details.

C2747(1014)





## REACH COMMUNITY

### Resources for Enhancing Alzheimer's Caregivers Health in Indian Country

The program is delivered over a 2-3 month time period with four sessions with the Caregiver either face to face or by telephone. Reach Community is based on several years of research with hundreds of Caregivers. These Caregivers tried a number of different approaches for caring for loved ones. The most helpful approaches were taken and put into this program. This program is so you can feel confident that you are providing the highest quality of care possible for your loved one while maintaining your physical health and a positive mood.

**REACH** is a program dedicated to people that care for a loved one with Alzheimer's or other dementia at home. The program makes it possible for people with dementia to live in their own homes longer. REACH addresses problems related to caregiver health that often force people to move their loved ones to long term care facilities. If the caregiver is better able to manage the challenges of caregiving, the person he or she cares for will benefit as well.

**REACH** provides caregivers with specialized, one on one education and counseling that allows them to be more effective caregivers. Dementia care specialists work with each client individually to find workable solutions for such problems as caregiver stress, challenging behaviors, home safety, depression, self-care, and social support.

If interested or would like more information contact

**Debra Miller** Dementia Care Specialist/**Carol Bogda** Native American Family Caregiver

Both have completed Interventionist Certification.

Elder Services (920) 869 2488



### Oneida Elders are Invited!!

### 17<sup>th</sup> Annual Oneida Youth & Elder Fishing Day

**Date:** May 21, 2016 (Saturday)

**Time:** 9:00 am – 1:00 pm

**Place:** Osnuhsa (Finger) Lake, Cultural Heritage area 3703 Hillcrest Dr.

**\*Lunch & Bait will be provided\***

Transportation will be provided to the first 15 elders (plus 2 Wheel Chairs)

**Sign-up:** Congregate Meal Site at 2901 S. Overland Rd, Oneida

**Sign-up deadline:** May 17, 4:00 pm

For more info please contact: Joyce Hoes, Supportive Services Supervisor (920) 869-2448

# Wisconsin Estate Recovery

**Presenter:**

*Kristen Holmes - Wisconsin Judicare, Inc.*

**May 12, 2016 at 12:00 PM**

*Congregate Meal Site*

---

**WISCONSIN JUDICARE, INC.  
INDIAN LAW OFFICE**

Will be at ONEIDA ELDER SERVICES  
FREE Legal Services to Low Income Native Americans

**THURSDAY, MAY 12, 2016**

To schedule an appointment, please contact:

Kristin J. Holmes |Staff Attorney

Wisconsin Judicare, Inc.

401 N. Fifth Street, Suite 200

P.O. Box 6100

Wausau, WI 54402-6100

Phone: (715) 842-1681 |Toll Free: (800) 472-1638 | Fax: (715) 848-1885

**Assistance available for Power Of Attorney (Financial & Health) and Wills. Appointments are required.**

---

Information, Questions & Applications Contact:

Linda S. Dallas | Elder Benefit Specialist | (920) 869-2448 ext. 6832