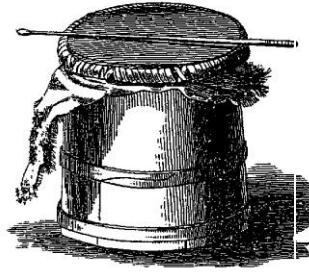


DRUMS ACROSS ONEIDA

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: Claudia Skenandore
Email: cskenan2@oneidanation.org

Drums articles can also be viewed at Oneida-nsn.gov/elderservices/

Onástase? Wahní·tale?

Green Corn Moon

August 2016

Oneida Elder Services Memory Café August 17th, 2016

For people who are living with memory loss and other symptoms of dementia and their caregivers.

- Memory café is a social occasion for people who live with dementia and their caregivers to gather connect with one another and enjoy café hospitality.
- Activities available at each café and may include crafts, socializing, and refreshments.
- Held the third Wednesday of every month @ Elder Service Pod A

**Contact our Tribal Dementia Care Specialist
Debbie Miller at
(920)869-6835 or 1(800)867-1551**

**Stop by at Oneida Nation Elder Services, 2907 S. Overland Road, PO
Box 365, Oneida, WI 54155.**





AUGUST 2016 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Liver & Onions W/Gravy Mashed Potatoes Buttered Carrots Homemade Cookie	2 STAFF MEETING Spaghetti W/Meat Sauce Italian Blend Vegetables Cheesy Mascot Bread Fresh Fruit	3 Swiss Steak Baked Potato W/Sour Cream Brussels Sprouts Fruit Cocktail	4 Beef Stew 1/2 Turkey Sandwich Raw Vegetables W/Dip Fresh Fruit	5 Baked Fish Fillet W/Lemon Oven Roasted Potatoes Asparagus Orange Slices
8 Hamburger On A Bun Baked Beans Potato Chips Fresh Fruit	9 Homemade Chicken Noodle Soup Deli Meat Sandwich Lettuce Salad W/Dressing Gelatin Cubes	10 Roast Turkey Mashed Potatoes W/ Gravy Buttered Wax Beans Cranberry Sauce Corn Muffin Fruit	11 Beef Stroganoff Over Noodles Brussels Sprouts Applesauce Ice Cream – Variety Of Flavors	12 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Fruited Gelatin
15 Chicken A' La King Homemade Biscuits Lettuce Salad W/Dressing Carrot Coins Fresh Fruit	16 Home-Style Meatloaf Cheesy Potatoes Almond Green Beans Fruit	17 Sloppy Joe On A Whole Wheat Bun Baked Chips Corn On The Cob Gelatin	18 Boiled Dinner Lettuce Salad W/ Dressing Birthday Cake	19 Potato Crusted Cod California Blend Vegetables Fruit Cake W/Frosting
22 Barbecued Chicken Broccoli Spears Cole Slaw Fresh Fruit	23 Oneida Round Steak- Ring Bologna Buttered Parsley Potatoes Squash Fruit	24 Roast Turkey W/Gravy Bread Dressing Mixed Vegetables Cranberry Sauce Raw Veggies W/Dip Pudding	25 BIRTHDAY DAY Chili W/Crackers 1/2 Deli Meat Sandwich Lettuce Salad W/Dressing Birthday Cake	26 BREAKFAST Oatmeal Muffins Boiled Eggs Hash Browns Fresh Fruit
29 Oneida Corn Soup W/Crackers Deli Meat Sub Sandwich Raw Vegetables W/Dip Fruit Gelatin	30 Sliced Roast Beef W/ Gravy Mashed Potatoes Buttered Carrots Fruit	31 Baked Ham Scalloped Potatoes Buttered Green Beans Applesauce	All meals are served with Coffee, tea, juice, milk, 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.



AUGUST 2016 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 Puzzle Time E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Hazelwood House Museum \$4.50 with Cookies/Tea Green Bay 1:30	2 Cherry Picking Sturgeon Bay 10:00 Lunch Out <i>Cherries/lunch \$ on your own</i> <i>No Transportation for lunch this day</i>	3 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	4 Big Lots Green Bay 9:30 Chair Yoga E.S. Meal-site 1:30	5 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
8 Trail Walk E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Line Dancing Class E.S. Meal-site 1:30	9  Tai Chi E.S. Meal-site 1:30	10 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	11 Concert in the Park Whitney Park, Green Bay (Bring your bag lunch) 10:30 – 2:00 No Transportation for lunch	12 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
15 Board Games E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Movie E.S. Meal-site 1:00	16 Crafts 9:30 – 11:00 E.S. Meal-site	17 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	18 Botanical Garden Green Bay 9:30 \$7.00 fee Chair Yoga E.S. Meal-site 1:30	19 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
22 Trail Walk E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Line Dancing Class E.S. Meal-site 1:30	23 Marcus Theater Movie Green Bay 1:00 \$5.00 fee	24 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	25 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.	26 Elder Expo 10:00 – 2:00 Radisson
29 Board Games E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Art Therapy E.S. Meal-site 1:00	30 Crafts 9:30 – 11:00 E.S. Meal-site	31 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 ONCOA Bingo E.S. Meal-site 1:00	Is this the Month of your Birthday? You must sign up in the <u>Birthday Book</u> at the E.S. Meal-site. <u>*Must be present at B-day Lunch</u> to receive your gift card 	* Please <u>sign up</u> for trips at the E.S. Meal-site. * <u>Activities need 5 Elders to go.</u> * Activities subject to change.

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



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

AUGUST

BEACH

FUN

HEAT

HUMIDITY

OUTDOORS

PARK

PICNIC

POPSICLE

RECREATION

SANDALS

SHORTS

SUMMER

SUN

SUNSCREEN

VACATION

The Tribal Aging and Disability Resource Specialist

Shall **provide objective, unbiased Information and Assistance (I&A)** to members of the target populations and their families, friends, caregivers, advocates and others who ask for assistance on their behalf.

Information and Assistance may be provided in person, in the office of the ADRS or in the member's home, over the telephone, via e-mail, or through written correspondence.

Information and Assistance is a professional service, which involves: listening to the inquirer, assessing his or her needs, helping the inquirer to connect with service providers or gain information to meet the identified needs, and following up with the inquirer or service provider to determine whether the needs were met. It is important that the ADRS take the time to establish a personal rapport, understand the individual's concerns, and be able to offer potential resources and solutions.

The ADRS shall provide Information and Assistance on a wide variety of topics relating to the needs of elders and people with disabilities, including but not limited to: Wisconsin Department of Health Services 3

- ✓ Living arrangements related to long-term care (e.g. Information and Assistance to people considering a move due to health, disability or frailty);
- ✓ Disability and long-term care related services (e.g. in-home support, care management, respite, equipment, training, transition planning, independent living skills, death and dying issues);
- ✓ Paying for long-term care related services (e.g. public programs, long-term care insurance, other private resources);
- ✓ Health, health promotion, prevention and early intervention (e.g. rehabilitative care, healthy lifestyles, management of chronic conditions, home safety, disease conditions, dementia, medically related care, medical decision making, advance directives);
- ✓ Mental health services and supports;
- ✓ Alcohol and other drug abuse services and supports;
- ✓ Adult protective services, abuse, neglect, domestic violence, and financial exploitation;
- ✓ Employment, training and vocational rehabilitation;
- ✓ Financial and other basic needs (e.g. food, money, shelter, paying for medical care and medications, etc.);
- ✓ Transportation;
- ✓ Nutrition (e.g. congregate meals, home delivered meals, counseling);
- ✓ Home maintenance (e.g. chores, yard work, home safety);
- ✓ Legal issues (e.g. tax laws, power of attorney, guardianship, consumer rights, advocacy, discrimination, complaints and grievances); and
- ✓ Education, recreation, life enhancement, and volunteerism.

Oneida Elder Services | Contact our Tribal ADRS at (920)869-6830

2016 Meal Site Presentation

August 11, 2016, 12:00-1:00 pm

FALLS PREVENTION : Dr. Dave Donarski

Step Up to Stop Falls

Fall-related statistics among the elderly are staggering and have led to several proactive prevention programs in Brown County. . .

- 87% of fall-related deaths and 70% of inpatient hospitalizations are people age 65 or older.
- One-third of people over the age of 65 living in the community fall each year. This increases to 50% by age 80.
- The Green Bay Fire Department responded to 1,088 calls in 2008 due to a fall, 67% leading to injury.
- In Wisconsin, falls cost \$800 million annually in emergency department visits and hospital charges.

Falls Prevention Tips :

- Remove unstable tables
- Remove tripping hazards from floor
- Make sure beds and chairs are easily accessible
- Place colored non-slip strips where floor levels change
- Pad sharp edges with plastic bumpers
- Remove furniture in high traffic areas

For information contact **Carol Bogda NAFCG**

CBOGDA@oneidanation.org

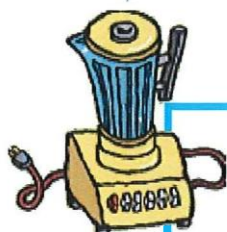
Oneida Elder Services, (920)869-2448

All Elder Services Upcoming Meeting and Presentations			
Falls Prevention: Dr. Donarski	August 11th, 2016	12:00 pm - 1:00 pm	Meal Site Presentation
Memory Café	August 17th, 2016	1:30 pm - 3:30 pm	Elder Services - Pod A
Annual Diabetes Event	August 24th, 2016	4:00 pm - 8:00 pm	Radisson Hotel Conference Center
Elder Expo	August 26th, 2016	10:00 am - 2:00 pm	Radisson - Wolf Room
GLNAEA	September 8-9th, 2016		Mole Lake Tribal Casino



Blending Diabetes & Your Life

Annual Diabetes Event
Wednesday August 24, 2016
4:00-8:00 PM Radisson
Conference Center



Master of Ceremonies

Dr. Michael Flood
Oneida Community Health Center

Community Panel

Ashley Schabow
Todd Thomas
Ellie Doxtator

Guest Speaker

Chance Lee Rush
One Chance Leadership

When: Ticket sign-up August 1, 2016
Where: Congregate Meal Site for first 20 elders

Transportation available for first 17 elders

Questions please contact:
Joyce Hoes, Supportive Services Supervisor
(920)869-2448

A white starburst graphic with a black outline, containing the text "SEE YOU THERE!" in bold, purple, sans-serif capital letters with a blue drop shadow.

**SEE
YOU
THERE!**

ELDER EXPO

Friday August 26th, 2016, 10:00AM to 2:00PM
Radisson – Wolf Room

- ❖ Information
- ❖ Silent Auction
 - ✓ Packer Football autographed by Eddie Lacey
 - ✓ Donations - contact Florence Petri 869-2448
- ❖ 50/50 Raffle

Funds raised benefit the
Roberta Kinzhuma Scholarship Fund

For information call Lois Strong
(920) 869-2448 or Toll Free (800) 867-1551

Presented by Oneida Elder Services, the Oneida Nation
Commission on Aging (ONCOA), Oneida Total Integrated
Enterprises (OTIE) and Oneida Tourism

Roberta J Kinzhuma Memorial Scholarship Fund

Oneida Elder Services are delighted to announce the availability of the “Roberta J Kinzhuma Memorial Scholarship”. This scholarship is in honor of Roberta Kinzhuma’s dedication and hard work that she put forth towards obtaining her Bachelors Degree.

The Roberta J Kinzhuma Memorial Scholarship Fund is set up for women going back to school to further their education and for their continued efforts in academic achievement. The scholarship funds are generated from fund raising activities of the Oneida Elder Services.

Oneida Women are encouraged to apply for the “Roberta J Kinzhuma Memorial Scholarship”. Two \$500.00 scholarships will be awarded directly to an individual meeting the following criteria:

1. Must be returning to school (**Freshmen are not eligible**)
2. Must be a single mother
3. An enrolled member of Oneida Indians of Wisconsin
4. Must have a 3.0 or B cumulative grade point average
5. Seeking a degree or certificate in an accredited college and/or technical school

Please submit application along with short essay regarding yourself, a copy of your last semester’s grades/transcripts, and a copy of your tribal ID.

Pick up & drop off applications at:

Oneida Elder Services	Oneida Higher Education
2907 S Overland Rd	N7210 Seminary Rd
Oneida WI 54155	Oneida WI 54155

Applications are due August 19th. Winner will be notified via telephone by August 23rd. Winners will be presented scholarship award at the 4th Annual Oneida Elder Expo August 26th @ 1:30 p.m.

If you have any questions, please contact Assistant Director of Oneida Elder Services at (920)869-2448.

Roberta J Kinzhuma Memorial Scholarship Application

General Information:

Name: _____
First Last Middle Initial

Address: _____

Telephone Number: _____ Enrollment
Number: _____

Education/Academic Information:

School presently attending: _____

Major/Course/Program enrolled in: _____

Is this an accredited program: _____ Expected Graduation Date: _____

Expected
Degree: _____

Accumulative Grade Point: _____
(Please submit a copy of your last semester's grades/transcripts)

I hereby give permission to Oneida Elder Services Memorial Scholarship Committee to use my name and academic information for public relation purposes only and to verify my academic and enrollment records.

Signature: _____ Date: _____

Please submit this application along with short essay regarding yourself, a copy of your last semester's grades/transcripts, and a copy of your tribal ID.

Please Do Not Write Below - For Verification Purposes:

Completed Application: Transcript: Essay: Tribal ID:

How will the Per Capita affect your Benefits?



The Oneida Nation Elder Per Capita is right around the corner and all elders need to be prepared because the Per Capita payments will affect your SSI and Medicaid health care benefits. SSI and Medicaid eligibility are based on an individual or family's monthly income and assets. **The maximum asset limit is \$2,000 for an individual and \$3,000 for a couple.**

- The Oneida Elder Per Capita is considered income the month that it is received and will likely put most people over income for SSI and Medicaid. This means that you **will not be eligible** for:
 - Social Security Supplemental Income (SSI)
 - QMB, SLMB, SLMB+ (Medicare Buy-In Programs)
 - Needs-based Veterans Benefits
 - Food Share or Commodities
 - W-2 or TANF
 - Medical Assistance
 - Section 8 Housing Voucher Assistance
 - Title V
- To become eligible again you will need to spend the Per Capita money down until you are within the eligibility guidelines.
- You can always spend your Per Capita on home or vehicle repairs, furniture, pay rent ahead of schedule, etc. to help meet the necessary asset limit.
Remember loaning money to family or friends is not eligible.
- **Keep all receipts to prove spend downs.**
- After one month, any remaining Per Capita money that has not been spent will be considered as an asset, not income. Once you have spent down your Per Capita money and are within the SSI and Medicaid assets limits, you will be eligible for SSI and Medicaid again.

If you have any questions or need assistance determining if the Oneida Per Capita will affect you, or reapplying for SSI or Medicaid, contact:

Elder Benefit Specialist
(920) 869-2448 or 1(800)867-1551