

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: Tammy Ceyphes
Email: tceyphes@oneidanation.org

Drums articles can also be viewed at [Oneida-nsn.gov/elders Services/](http://Oneida-nsn.gov/elders%20Services/)

Yeyathókwas Wahní·tale?

Harvest Moon

September 2016



Happy Labor Day!



We have recently updated our website where you can find further information on what services are provided.

Website:

<https://oneida-nsn.gov/resources/elderservices/>

You can also find us on Facebook:

<https://www.facebook.com/OneidaElderServices/>

UPCOMING MEETINGS AND PRESENTATIONS

GLNAEA	September 8-9, 2016		Mole Lake Tribal Casino
Memory Café	September 21 st , 2016	1:30 PM – 3:30 PM	Elder Services Pod A
ONCOA Meeting	September 13 & 27, 2016	1PM – 4:30 PM	Elder Services Conference Room



SEPTEMBER 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, 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.		1 Chili W/Crackers 1/2 Deli Meat Sandwich Lettuce Salad Dressing Fruit	2 Pork chop Log Grain and Wild Rice Mix Green Beans Dinner Roll Fruit
5 CLOSED IN OBSERVANCE OF LABOR DAY	6 Sliced Roast Beef W/Gravy Mash Potatoes Buttered Carrots Sliced Brea W/Butter Fruit	7 Baked Ham Scalloped Potatoes Buttered Green Beans Fresh Dinner Roll W/Butter Applesauce	8 Swedish Meatballs Over Buttered Noodles Acorn Squash Sliced Cucumbers Corn Muffin Fruit	9 Honey Dipped Chicken Wild Rice Pilaf California Blend Vegetables Fresh Dinner Roll W/Butter Fruit
12 Grilled Liver & Onions Mashed Potatoes Buttered Carrots Dinner Roll Homemade Cookie	13 Spaghetti W/Meat Sauce Italian Blend Vegetables Cheesy Mascot Bread Fresh Fruit	14 Swiss Steak Baked Potato W/Sour Cream Brussels Sprouts Dinner Roll W/Butter Fruit Cocktail	15 Beef Stew 1/2 Turkey Sandwich Raw Veggies W/Dip Fresh Fruit	16 Baked Fish Filler W/Lemon Oven Roasted Potatoes Asparagus Rye Bread W/Butter Orange Slices
19 Hamburger On A Bun Baked Beans Potato Chips Fresh Fruit	20 Homemade Chicken Noodle Soup Deli Meat Sandwich Lettuce Salad W/Dressing Gelatin Cubes	21 Roast Turkey Mashed Potatoes W/Gravy Buttered Wax Beans Cranberry Sauce Corn Muffin Fruit	22 Beef Stroganoff Over Buttered Noodles Brussels Sprouts Fruit Cake	23 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Rye Bread Fruited Gelatin
26 Chicken A' La King Homemade Biscuits Lettuce Salad W/Dressing Carrot Coins Fresh Fruit	27 Home-Style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice W/Butter Fruit	28 Sloppy Joe On Whole Wheat Bun Baked Chips Corn On The Cob Gelatin	29 BIRTHDAY DAY Boiled Dinner Lettuce Salad W/Dressing Dinner Roll W/Butter Birthday Cake	30 Potato Crusted Cod California Blend Vegetables Dinner Roll W/Butter Fruit Cake W/Frosting

SEPTEMBER 2016 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Is this the Month of your Birthday? You <u>must sign up in the Birthday Book at the E.S. Meal-site.</u> *<u>Must be present at B-day Lunch to receive your gift card</u></p> 	<p>* 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.</p>		<p>1</p> <p>Wild life Sanctuary Green Bay 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>2</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>5</p>  <p>OFF In Observance of Labor Day</p>	<p>6</p> <p>Tai Chi E.S. Meal-site 1:30</p>	<p>7 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. Build/H 1:30</p>	<p>8 Apple Picking Senior Day 10 - 4 Oneida Apple Orchard Limited to 40 lbs at discounted price sign up at mealsite to pick</p> <p>Cribbage Game E.S. Meal-site 1:00</p>	<p>9</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>12 Trail Walk 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>13</p> <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>14 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. Build/H 1:30</p>	<p>15</p> <p>St Vincent De Paul Green Bay 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>16</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>19 Wii Bowling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Movie (True Grit) E.S. Meal-site 1:00</p>	<p>20</p> <p>Tai Chi 1:30 Old Activity Room (Tornado shelter) Elder Services</p>	<p>21 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. Build/H 1:30</p>	<p>22 Oneida Nation Walk of Legends Green Bay 9:30</p> <p>Farmer's Market Oneida 1:15</p>	<p>23</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>26 Adult Coloring 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>27</p>  <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>28 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. Build/H 1:30</p>	<p>29 Duck Creek Miniature Golf 9:30 (\$6.00 fee)</p> <p>Birthday Lunch 12:00</p> <p>Cook's corner & Joanne's Fabric Green Bay 1:15</p>	<p>30</p> <p>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****



B	H	P	P	S	L	E	E	U	J	F	T	Z	D	Y	N
Z	G	Q	O	J	R	E	D	X	O	R	E	R	P	C	X
D	I	O	G	T	Y	E	X	A	F	O	X	A	L	O	F
I	B	D	S	O	X	T	K	I	R	B	G	U	Z	W	N
J	H	J	L	J	J	N	F	R	A	A	G	T	Q	W	N
D	O	P	F	F	S	E	E	N	O	L	P	I	Z	Y	H
B	M	W	O	O	O	G	V	G	O	W	V	V	F	H	G
E	Y	D	W	A	G	E	T	G	O	I	R	I	O	H	V
W	R	E	E	R	I	T	E	R	M	T	T	L	K	U	B
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- | | | | |
|------------------|--------------------|----------------|-----------------|
| BENEFITS | CELEBRATION | COOKOUT | EMPLOYEE |
| HOLIDAY | INDUSTRY | JOB | LABOR |
| NEGOTIATE | PARADE | RETIREE | SALARY |
| VACATION | WAGE | WEEKEND | WORKERS |

9/21/16 @ 1:30-3:30PM Elder Services Pod A



Oneida Nation Elder Services Memory Café

Located at Oneida Nation Elder Services

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



How to Prevent Clogs in Your Drains

Regular cleaning has its merits. To keep drains in your home running freely – and absent of odor.

One of the absolute best ways to prevent slow or clogged drains is to be careful about what you put in them. Cooking grease, coffee grounds, hair and soap scum are four of a drain's biggest enemies. Prevent these four cloggers by following these simple rules:

1. Save cooking grease in an old coffee can or cardboard milk container. Then dispose it in the trash.
2. Throw coffee grounds away in the garbage or add them to your mulch pile.
3. Use a screen or drain-grate to cover the drain's opening and minimize problems



A Clean Drain is a Happy Drain



- Run hot water through the sink after each use.
- Throw a handful of baking soda into the drain and follow it with hot water.
- Pour 1 cup of vinegar down the drain and let it sit for 30 minutes; then chase it down with hot water.

If clogging is a regular problem at your place, try this:

1/2 cup baking soda

1/2 cup salt

1/2 cup vinegar

2 quarts of boiling water

Pour baking soda and salt in drain. Add vinegar, and let foam for 1 minute. Chase with boiling water. Let sink rest over night, and rinse off residue.

Any further questions, please contact Joyce Hoes, Supportive Service Supervisor at 920-869-2448.

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:
 - SSI & Needs-based Veterans Benefits
 - Medicare Buy-In Programs
 - Food Share
 - W-2, TANF, or 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 down your Per Capita to help meet the necessary asset limit on:
 - home repairs (i.e. water heaters, A/C units)
 - vehicle repairs or purchase a vehicle
 - furniture
 - pay rent ahead of schedule

- **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 down will be considered as an asset, not income. Once you 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

Senior Care Renewals

Senior Care provides a **forty-five (45) day notice** for each Renewal Application.

- **EXAMPLE:** Form is mailed 8/15/2016 ~ Application is generally received on or before 10/01/2016.

Applications **received by SeniorCare** in the month of renewal by the last day of the month will be considered timely and there will not be a break in benefits.

- **EXAMPLE:** Form Due By 10/01/2016 ~ Application AND Enrollment Fee must be received by 10/31/2016.

Applications received with required Enrollment Fee **within the month due** will be backdated to the beginning of the month.

- **NOTE:** Need to take into consideration **HOLIDAYS** and the mail system.

Questions or Assistance, please contact:
Elder Benefit Specialist
(920) 869-2448



**SENIOR DAY AT ONEIDA APPLE
ORCHARD
PICK YOUR OWN APPLES!**

THURSDAY, SEPTEMBER 8th

10:00 – 4:00

*** 55 years of age and older only ***

**LIMITED TO 40lbs OF APPLES AT \$.35 (cents) per pound
REST OF APPLES PICKED WILL BE AT REGULAR PRICE.**

(Excludes already picked apples)

Please stop in Retail Shed first for directions as to where to pick Apples.

MUST SIGN UP at Elder Service Meal-Site to pick Apples.

*Bring your own Bags/Containers.

*Activities Bus is going at 10:00 – 11:15.

Any Questions please call Michelle Cottrell at 869 – 1551.

Procedure and Code of Conduct for Program Activities

PURPOSE

Oneida Elder Services encourages all who participate in Elder Activities to create a positive atmosphere for all participants including themselves, other Elders and employees. To maintain the integrity of services delivered by the Elder Services Program to assure health, safety, security and welfare services to all Oneida Elder Services clients, and to ensure the appropriateness of service delivery at all times.

ACTIVITIES - EXPECTED ELDER BEHAVIOR

- Encourage positive behavior; this will be expected and honored.
- Using manners such as: Please, Thank you, Could you, etc. will be practiced.
- Courteous behavior to other Elders and employees is expected.
- Must be independent and able to help one self to the restroom; help from staff, aide or other recognized help is acceptable for on reservation activities.
- Must be in good health when attending the activities to prevent the spread of illness; elder with fever, contagious symptoms such as: pink eye, rash, vomiting, diarrhea, confusion, wheezing and/or difficulty breathing are required to not attend activities.

ACTIVITIES – NEGATIVE ELDER BEHAVIOR- (Will not be tolerated.)

- Interfering - Interrupting or hindering on others conversations and/or using dictating language over others.
- Abusive and Aggressive Language - Swearing constitutes abuse, as well as tone of voice, becoming hostile, yelling, shouting, putting others down, or embarrassing or humiliating others through raging or scornful behavior which is targeted at others.

- Body Language - Using offensive body language such as ignoring, making negative facial or bodily gestures towards others.
- The use of any illegal drugs or alcohol is not permitted in any Tribal or Elder Services facility.
- Smoking by Elders is not permitted in any Tribal or Elder Services facility, or within 30 feet thereof.
- Sexual harassment is impermissible. Prohibited behavior includes, but is not limited to any unwanted verbal or written comments and/or physical contact that is of a sexual nature.
- Threatening, doing bodily harm to people, property of others, stealing, interfering, intimidation, false/malicious statements regarding other Elders.
- Using other Elders financially for self-gain will not be permitted.
Examples:
 - Borrowing others money who may experience mental, physical, or social challenges, taking advantage of others.
 - Personal Hygiene must be maintained daily for the health, comfort, and safety of all participants. (Personal Hygiene - daily bathing, shaving, hair brushing, brushing teeth, use of deodorant and clean fingernails Colognes, Aftershaves and Perfumes should be used in moderation on a clean body.)
 - Violations of this Policy will be addressed by the Elder Services Program on an individual basis.
 - If a person feels that he/she has been treated unfairly or wrongly, an official complaint and/or appeal procedures are available. See section 9 for Complaint Procedure.

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