

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 (9th Moon) September 2015



Drums Across Oneida Distribution discontinuing

As of October 1, 2015 the DRUMS Across Oneida will no longer be distributed to residents. The cost of the Drums across Oneida continues to increase and along with the ever increasing elder population, we need to make this decision.

For your convenience the Drums can be found:

- *on the Oneida Elder Services webpage located at Oneida-nsn.gov/elderservices
- *in the Kalihwisaks once per month (closest issue on or before the 1st of each month)
- *on the Oneida Elder Services Facebook page "Oneida Tribe Elder Services"

If you have questions or comments related to the Drums across Oneida please contact Claudia Skenandore at cskenan2@oneidanation.org or by phone at 920-869-2448 or 1-800-867-1551. Thank you for your understanding. Your comments, as always, are greatly appreciated.

SEPTEMBER 2015 MENU

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


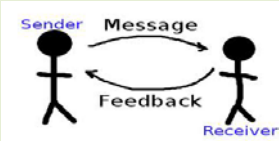


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 STAFF MEETING Beef Soup Lettuce Salad Sandwich Fruit Jell-O	2 Roast Turkey Sweet Potatoes Wax Beans Cranberry Sauce Corn Muffin Fruit	3 Beef Stroganoff Noodles Brussels Sprouts Apple Sauce Vanilla Ice Cream	4 Salmon Cream Pea Sauce Parsley Buttered Potato Molded Fruit Salad
7 CLOSED IN OBSERVANCE OF LABOR DAY	8 Meat Loaf Cheesy Potato Green Beans Fruit	9 Sloppy Joes Corn On The Cob Fruit Jell-O	10 Boiled Dinner Salad Apple Crisp	11 Potato Crusted Cod California Blend Fruit Cocktail Cake
14 Barbequed Chicken Cole Slaw Broccoli Fruit	15 Ring Bologna Boiled Potato Squash Fruit	16 Roast Turkey Dressing Mixed Vegetable Raw Vegetable Cranberry Sauce Pudding	17 Chili Lettuce Salad Fruit	18 Pork Chop Mashed Potato W/Gravy Green Beans Apple Sauce
21 Corn Soup 3 Inch Sub Raw Vegetable Fruit Jell-O	22 Roast Beef Mashed Potato Carrots Fruit	23 Ham Scalloped Potato Green Beans Apple Sauce	24 BIRTHDAY DAY Swedish Meatballs Noodles Squash Cucumber Salad Cake	25 Honey Dipped Chicken Wild Rice Pilaf California Blend Fruit
28 Liver & Onions Mashed Potato Carrots Fruit Cookie	29 Spaghetti W/Meat Sauce Cheesy Mascot Bread Fruit	30 Swiss Steak Baked Potato Brussels Sprouts Fruit	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.

SEPTEMBER 2015 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Crafts 9:30 – 11:00 E.S. Meal-site	2 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	3 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.	4 Senior Day at the New Zoo 10:00 Bring your bag Lunch No Transportation for lunch this day.
7  OFF In Observance of Labor Day No Activities	8 Crafts 9:30 – 11:00 E.S. Meal-site Karaoke E.S. Meal-site 12:30 – 1:30	9 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Movie (Bucket List) E.S. Meal-site 1:15	10 Apple Picking Senior Day 10 - 4 Oneida Apple Orchard Limited to 1 bushel at Half price Chair Yoga E.S. Meal-site 1:30	11 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
14 Story Writing E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	15 Tai Chi (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30	16 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Building 1:30	17 Cooking Activity Room 9:30 Farmer's Market Oneida 1:15	18 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
21 Talking Circle E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Cribbage E.S. Meal-site 1:15	22 Crafts 9:30 – 11:00 E.S. Meal-site	23 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Building 1:30	24 Salvation Army Green Bay 9:30 Birthday Lunch 12:00 Chair Yoga E.S. Meal-site 1:30	25 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
28 Story Writing E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	29 Tai Chi (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30	30 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Building 1:30	* Please <u>sign up</u> for trips at the E.S. Meal-site. * All Trips leave from E.S. Meal-site. *Activities <u>need 5 Elders to go.</u> *Activities subject to change.	Is this the Month of your Birthday? You <u>must sign up</u> 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 

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

Elder Services (ES) September 2015 Meeting Schedule - 869-2448

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7 Closed for Labor Day 	8 ONCOA 1:00-4:30 Conference Room	9	10	11
14 Listening & Communication 9:00 Pod A	15 FGP/SCP 12:30-3:00 Pod A	16	17	18 Nutrition Advisory Council meeting 1p.m. Meal- Site (every 3 rd Friday of the month)
21 Listening & Communication 9:00 Pod A 	22 ONCOA 1:00-4:30 Conference Room	23	24 Caregiver Support Group 1:30-3:00 (every 4 th Thurs of the month)	25
28 Listening & Communication 9:00 Pod A	29	30		

Word associated with Apples



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

CRUMBLE SAUCE STRUDEL CARMEL TOFFEE COMPUTERS

ADAMS APPLE OF MY EYE JUICE CIDER ROTTEN BAD PIE

HONEY CRISP JONATHON FESTIVAL TEACHER ADAM AND EVE

CART RED DELICIOUS GRANNY NORTHERN SPY SHAPED

All Participants of the Congregate Meal-site!!!

Participants that eat at the Elder Services Congregate Meal-site must call in to reserve or to cancel their meal before 3:30 the day before. If you reserve a meal and don't show we are still required to pay for that meal. If you show up without a reservation you will have to wait until all reserved meals are served

No participant will be denied a meal

To reserve or cancel your meals please call (920) 869-1551

The meal-site is looking for volunteers, age 55 and older to help in the dining area, and with the delivery of Home Delivered Meals to homebound Elders. Stop in 2901 S. Overland Rd. Oneida or call 869-1551

Contact: Loretta Mencheski, Meal-Site Supervisor



Oneida Elder Services offers our sincere appreciation and warm thanks to ***Keilani Nishimoto*** and ***Tiana Cornelius*** for the beautiful Tree of Peace statue donation on display at the Elder Congregate meal-site.



Oneida Elder Services Meal Site Nutrition Program Operations
Grant Requirements: Title III and Title VI

8.4.7.1 Eligibility for Senior Dining (Congregate) Meals

Individuals eligible to receive a meal on a contribution basis at a senior dining center are:

Aged 60 or older (Aged 55 or older for tribes)

- Any spouse who attends the dining center with their spouse who is aged 60 or older
- A person with a disability, under age sixty (60), (55 for Tribes) who resides in housing facilities occupied primarily by older individuals at which congregate nutrition services are provided.
- A disabled individual who resides at home with an eligible older individual participating in the program.

Any nutrition services staff, guests and volunteers who meet the criteria above are considered to be eligible persons for purposes of receiving meals. These individuals shall be given the same opportunity as other participants to contribute to the cost of the meal in accordance with usual contribution procedures.

Eligibility criteria for participants of the senior dining program shall be available in writing to all potential participants, referral agencies, physicians, public and private health organizations and institutions, and the general public.

Guest meals: You are not required to provide guest meals. However, if you do, keep the follow in mind:

Any meal served to a person who is not eligible for nutrition services as a tribal member in the service area is considered a guest meal. Guest meals can only be provided if all the elders will be served. An **Elder** cannot be turned away for a meal if a guest meal is being provided. Elders come first!

- Guest must pay the full cost of the meal, not just the food cost.
- The money collected for guest meals must be used to provide nutrition services.

Congress stated that the purpose of the Title VI is “to promote the delivery of supportive services, including nutrition services to American Indians, Alaskan Natives, and Native Hawaiians that are comparable to services provided under title III. (42 U.S. C 3057) In addition, Congress stated that “older individuals who are Indians, older individuals who are Alaskan Natives and older individuals who are Native Hawaiians are a vital resource entitled to all benefits and services available and that such services and benefits should be provided in a manner that preserves and restores their respective dignity, self-respect, and cultural identities.”

Any questions, please call Loretta Mencheski, Meal-site Supervisor.

Elder Services Service Request
Requires Customer Satisfaction Signature

We request a customer signature of satisfaction for every service request we complete (see below box sample). The comments section is for words of encouragement/thanks and also for constructive comments/concerns. A supervisor reviews each Service Request and concerns will be addressed immediately. Comments of encouragement and thanks will be posted in our DRUMS Across Oneida newsletter. Your comments are greatly appreciated.

Job Completed To Your Satisfaction: Yes _____ No _____	
Comments:	
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<hr style="border: none; border-top: 1px solid black;"/>	<hr style="border: none; border-top: 1px solid black;"/>
Customer Signature	Date
<i>Customer satisfaction signature will be requested upon completion of work.</i>	

All requests will be responded to within five (5) business days.



**Oneida Elder Services is accepting donations of good working wheel chairs, walkers with seats & brakes, shower benches, shower stool & toilet seat risers.
Pick-up is available**

**For more information please contact:
Joyce Hoes, Supportive Service Supervisor at 869-2448**



Effective October 1st 2015



**In order to receive or continue snow plowing, grass cutting or home repair services
you must have proof of home ownership on file.**



Thank you for your cooperation!!!

**Any questions please contact Service Specialist:
Teresa Barber- Buch, Oneida Elder Services @ 920-869-2448**

Elder Services Activities & Transportation



Free door to door Service for all Tribal Elders going to activities or lunch
Mon. thru Thurs. at the Elder Services Congregate Meal Site

Oneida Public Transit bus passes are available at No Cost !!!!!

- ✓ Must be 55 or older
- ✓ Gainfully Employed
- ✓ Serve on a Board, Committee or Commission that pay a stipend
- ✓ Tribal Member

While supplies last!!!

Plan your day with our Activity Calendar



For more information contact:

Michelle Cottrell, Activity Specialist at 869-1551

Joyce Hoes, Supportive Service Specialist at 869-2448

How will the Per Capita affect your Benefits?

The Oneida Nation Per Capita will be distributed and will affect your SSI and Medicaid health care benefits (including QMB, SLMB and SLMB+). SSI and Medicaid eligibility are based on an individual or family's monthly income and assets. The Oneida per cap is considered income during the month you receive it and an asset anytime following and thus may affect your benefits.

- The 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 and Medicaid. The only way to become eligible again is to spend the money down until you are within the eligibility guidelines.
- After one month, any remaining Per Capita that you have not spent is now considered an asset, not income. Once you have spent down your Per Capita and are within the SSI and Medicaid assets limits, you will be eligible for SSI and Medicaid again. The maximum asset limit is \$2,000 for an individual and \$3,000 for a couple.
- You can always spend your Per Capita on
 - Home Maintenance
 - Furnace – replacement, tune up and repair
 - Smoke alarms
 - Carbon monoxide detectors
 - Central air tune ups
 - Appliances
 - Water heater
 - Furniture
 - Vehicle repairs and maintenance
 - Pay rent ahead of scheduleto help meet the necessary asset limit.

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

- Linda Dallas, Elderly Benefit Specialist, at (920) 869-2448 or (800) 867-1551

Alzheimer's

By Marlene Summers, ONCOA Board

You hear the word Alzheimer's and for me it's scary. If I forget where my keys are or misplace something my mind goes to "Do I have Alzheimer's?" I would like to write a series of articles to educate our Elders and others. By educating and understanding, my fear level has gone down. It's not as scary anymore. For this article I'm going to 1) Define Alzheimer's 2) Signs of Alzheimer's 3) Mild cognitive impairment.

Alzheimer's disease is an illness of the brain. It causes large numbers of nerve cells in the brain to die. This affects a person's ability to remember things, think clearly, and use good judgment. Doctors don't know what causes the disease. They do know that most of the time it begins after age 60.

Early Signs

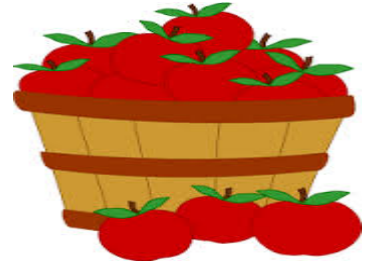
- Finding it hard to remember things
- Asking the same questions over and over
- Having trouble paying bills or solving simple math problems
- Getting lost
- Losing things or putting them in odd places

Later signs

- Forgetting how to brush your teeth or comb your hair
- Being confused about time, people, and places
- Forgetting the names of common things such as a desk, house, or apple
- Wandering away from home.

A lot of my information came from conferences I went to and from the "National Institute on Aging."

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SENIOR DAY AT ONEIDA APPLE ORCHARD

PICK YOUR OWN APPLES!

THURSDAY, SEPTEMBER 10th

10:00 – 4:00

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

***LIMITED TO 1 (ONE) BUSHEL BASKET OF APPLES AT
½ PRICE PER ELDER, 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.

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

*Bring your own Bags/Containers.

Any Questions please call Michelle Cottrell at 869 – 1551.

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

GLNAEA

Great Lakes Native American Elders Association



HO-CHUNK NATION
PEOPLE OF THE BIG VOICE

Sponsored by Ho-Chunk Nation

December 3 & 4, 2015

Ho-Chunk Hotel & Conference Center, Baraboo, WI

S 3214 County Rd. BD

Baraboo, WI 53913

(608) 356-6210

Oneida Elder Services will not be providing Transportation or scheduling hotels for this month's GLNAEA meeting. We hope you are still able to attend and have a great event experience.

If anyone would like to attend here is the hotel & contact information:

3 miles North of Bayfield, Wisconsin along "Lucky" Highway 13

PH: 1-715-799-3712

Toll free: 1-800-226-8478

Address: P.O. Box 1167 Highway 13 North Bayfield, Wisconsin 54814

Yaw^>k%

In the Oneida language, Yaw<k% 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).

Erma Denny

Mark and Shirley Powless

Jean Williquette

Patricia Kottke

Jerald Wilson

Yaw^>k% for donating



Elder Services would like to

acknowledge and thank the following people for their generous acts toward our elders: Francine M Valentino, Cassandra Kopka, Laura Kuehl, and Kelli D Yang-Kluge. We appreciate that you take the time out of your day to come and help out and your tips and donations go to the Wisconsin Indian Veteran Association.

Elder Services would like to send out a huge Thank you to Stephanie Stevens and Lori Becker and the students from the TRAILS Program for the card table and chairs donated to the Congregate Meal-Site.



ONEIDA ELDER SERVICES
AARP Smart Driver's Safety Program
*******WINTER IS COMING!!!*******

DATE: October 13, 2014

TIME: 8:00 am - 12:00 noon (4 hours total class length)

PLACE: Elder Services 2907 S. Overland Rd. (POD A)

Please sign-up at Elder Services Meal Site by October 9, 2014

Elder Services will pay for the first 10 Elders who sign-up

- Roundabouts • Medication effects on vision • Age related changes • Possible insurance discount

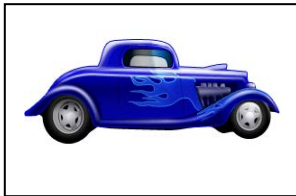
No testing

or more information please contact:

Joyce Hoes

Transportation Supervisor

869-2448



ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Oneida Tribal Elders

2907 S Overland Rd., Oneida, Wisconsin 54155

1-920-869-2448, EXT 6854



[Ask for Corinne Robelia-Zhuckkahosee](#)

We are in the process of updating our files. We would greatly appreciate it if you would call us:

- to update your contact information
- if you need an application to be added to the waiting list
- if you would like to be taken off the waiting list

If you would like to continue to be on the waiting list, please update your address and phone number by June 1st, 2016.

If I do not receive your updated information by the deadline, your name will be removed from the waiting list.

Thank you for your cooperation in this matter.

To apply for energy and weatherization assistance, contact your local agency at:
Oneida Economic Support: Marsha Skenandore PH# 490-3710

ENERGY AND WEATHERIZATION ASSISTANCE 2015 -2016

What is Home Energy Plus???

Home Energy Plus includes the Wisconsin Home Energy Assistance Program (WHEAP) AND Weatherization Assistance Program (WAP). WHEAP provides assistance for heating costs, electric costs, and energy crisis situations. WAP helps renters and homeowners reduce their energy consumption. Operating with federal and state funding, the programs provide energy assistance payments to over 220,000 households and weatherization services to over 7,000 households in Wisconsin each year.

WHO IS ELEGIBLE FOR ENERGY ASSISTANCE AND WEATHERIZATION ASSISTANCE?

Your household may be eligible for the Wisconsin Home Energy Assistance Program (WHEAP) AND Weatherization Assistance Program (WAP) based on a number of factors. If your household gross income is less than the amount shown on the following chart, you may be eligible for a benefit or services. Applications for both programs are accepted at your local WHEAP agency.

Household Size	One Month	Three Month	Annual Income
1	\$2,133	\$6,400	\$25,601
2	\$2,790	\$8,370	\$33,478
3	\$3,446	\$10,339	\$41,355
4	\$4,103	\$12,308	\$49,232
5	\$4,759	\$14,277	\$57,109
6	\$5,416	\$16,247	\$64,986
7	\$5,539	\$16,616	\$66,463
8	\$5,662	\$16,985	\$67,940

(Income for people who are self-employed, farmers, or seasonal workers is based on federal income tax forms for the previous year)

WHAT IS THE WISCONSIN HOME ENERGY ASSISTANCE PROGRAM AND HOW DOES IT WORK?

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, but the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment 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.

WHAT TYPES OF FUEL ARE ELIBIBLE TO RECEIVE ASSISTANCE? Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, if you qualify, energy assistance is available. Your household may also be eligible to receive a payment for non-heating electric energy costs through funding provided by Wisconsin's Public Benefits Program.

IF YOU CURRENTLY DO NOT HAVE HEAT OR MAY BE DISCONNECTED

Crisis assistance is available if you have no heat, have received a disconnect notice from the vendor, or are nearly out of fuel and are unable to purchase more. WHEAP agencies provide a 24-hour crisis phone number to help with emergencies that occur after business hours. Non-emergency/Proactive crisis services include providing information on how to reduce fuel costs, counseling on budgeting and money management, payments to a fuel supplier, and co-pay agreements.

FURNACE/BOILER REPAIR AND REPLACEMENT

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

WISCONSIN WEATHERIZATION ASSISTANCE PROGRAM

The Weatherization Assistance Program helps homeowners and renters reduce energy consumption while increasing comfort in their homes. Weatherization improvements may also make your home environment healthier and safer. Improvements are installed by the local weatherization agency in your area.

If your residence qualifies for weatherization services, you may receive one or more of the following energy efficiency measures:

Insulation: Adding insulation to the attic, walls, and crawlspace helps reduce energy use and increase comfort.

Sealing Air Leaks: Sealing air leaks reduces cold drafts caused by gaps or cracks in the home's structure and may improve indoor air quality.

Heating System Update: Repairing or replacing an inefficient furnace or boiler will save energy and money.

Energy-Saving Products: Installing water saving faucet aerators and shower heads and ENERGY STAR light bulbs will reduce your energy needs. Replacing an old refrigerator or freezer with a new ENERGY STAR qualifies model will also save energy.