DRUMS ACROSS ONEIDA

Oneida Elderly Service 2907 South Overland Rd. Oneida, WI 54155

Phone: 920-869-2448

Fax: 920-869-1824



Senior Center-Meal Site 134 Riverdale Dr. Oneida, WI 54155

Phone: 920-869-1551

Fax: 920-869-1526

Tsha?tekohsélha? Wahní tale?

Mid-Winter Moon

January 2012



Linda F. Douglas, Retired

It has been four exciting years here at Oneida Elder Services. Since December 2007 my journey has been amazing. It was a new area with new missions on the horizon. Assimilating The Drums Across Oneida has had many rewards. I will cherish all the great memories. My co-workers are the best of the best.

I will look for you around the rez.

Yaw\'ko







How Do You Want to Feel?

It seems for some elders look back to think about their lives in the past.

What was good?

What was bad?

What could have been different?

The stories that made us laugh...that makes us cry.

People who left us but who are still here.

I found myself thinking about the past quite a bit.

But then I brought myself to the present.

I brought myself to right now.

How do I want to feel right now?

Now, is the most important time in my life.

The rest is history and I cannot do anything about it

Except to learn from it and improve on it.

Now, spiritually...I am Oneida and....Life is good!

Submitted by: Hugh Danforth, O.N.O.C.A. Board Member

"Achievement is largely the product of steadily raising one's levels of aspiration and expectation.

-- Jack Nicklaus

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Married by America



Arranged Assigned Bedrooms California Camera Choices Chosen Couples Dates Engaged

Finalists Friends Home Hostess Ideal Interview Marriage Mates

Families Money Fancy Car Nervous New House Playful Pleasant Prospective Ranch Reality Reduced Results

Rings Romance Rules Single Spouse Stipulate **Taping** Unexpected Viewers Villas

Elder Abuse In Later Life

Joyce A. Johnson, Elder Abuse Prevention Coordinator Oneida Elder Services

One of the comments that people sometimes make is "I can't believe that people begin to abuse an older woman and an elder one, that's terrible!" Those comments are interesting especially when they relate to physical abuse of an elder which is often still domestic violence that has continued into the later years of life. Often the abuse in those later years only decreases or ends once the partner or spouse is unable to abuse due to their own physical limitations, non access to the victim, or the abuse is deceased.

Sadly, when an elder sustains physical injuries the healing process takes much longer and the possibility that the elder may not fully recover is greater

We as a community can unite to erase this societal blight that is not a historical part of our culture and should not be acceptable.

If you know of an elder who is the victim of domestic violence please call the Oneida Elder Services, Elder Abuse Prevention Coordinator at (920) 869-2448 x6933 and ask for Joyce Johnson to report. If the violence is occurring and you are observing or hearing it, <u>immediately</u> call 911 or the police report it.

Remember the capable adult has a right to refuse any services that are offered.

XamV.Ko

We want to commend George Greendeer for his donation.

30 Scattergories Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Site II 1:00	23 Qwirkle Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	16 Wii Bowling Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Site II 1:00	9 What's Yours Like Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00	2 No Activities Off New Years	JANUARY
Crafts Elder Services 9:30 - 11:30	Crafts Elder Services 9:30 - 11:30	17 Crafts Elder Services 9:30 - 11:30	10 Crafts Elder Services 9:30- 11:30	3 Crafts Elder Services 10:00 - 11:30	Tuesday Y 2012
	25 Pig Out Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	18 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	11 Fact or False Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	4 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	Wednesday ACTIV
*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.	26 Price is Right Game Elder Services 9:30 Birthday Lunch 12:00 Wii Bowling Hwy H 1:00	19 Simon's cheese Little Chute 10:00 Bowling Ashw. Lanes 1:30	Cooking Elder Services 9:30 Wii Bowling Hwy H 1:00	5 St Vincent De Paul Store Green Bay 10:00 Bowling Ashw. Lanes 1:30	Thursday //T/IES
*Is this your Birthday Month? *You must sign up in the Birthday Book at Senior Center, Main Office. *Must be present to receive your gift card.	Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00	20 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00	13 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00	6 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00	Friday *Activities due to change without notice.

SNOW PLOWING





Oneida Elder Services

Eligibility for snowplowing:

- 1. Must be enrolled Oneida Tribal Member
- 2. Must be located within the Reservation Boundaries
- 3. Must own home and must be primary residence
- 4. Elder on Lifeline
- 5. Age 70 years and older (PRIORITY)
- 6. Age 55 to 69 who are disabled/handicapped, must provide proof of Social Security Disability

Snow plowing starts with the first measurable snow fall of three (3) inches or more. We have three (3) plow trucks and plowing may begin as early as 4:00 a.m. plowing lifeline clients first. Schedules are done by grids within the Reservation Boundaries and each truck has snow plow list and route based on their area. There may be times when the snow plowing staff will clear a path for emergency vehicles and will return later to finish. The Department of Public Works (DPW) is our back up if our trucks breakdown.

If you would like to be added to our snow plow list this year, please contact our Service Coordinator, Cheryl Ault at (920)869-2448. Family participation is greatly appreciated in our efforts to assist our elders in maintaining an independent, healthy, productive and quality lifestyle.

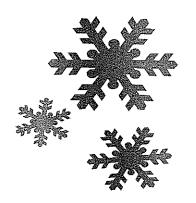
For questions regarding snowplowing feel free to contact:

Maintenance Supervisor Lisa Huff (920) 869-2448

All meals are served with coffee, milk, tea or water	30 Lasagna Garlic Bread Salad, Juice Pears	Juice WW Bread Pudding	23 Tater Tot Casserole	Ice Cream Bars	Fresh Vegetables W/Dip WW Bread	16 Taco Soup Chips	Sherbet	Salad W/W Bread	9 Swedish Meatballs Noodles		CLOSED	2	Monday	MENU ONEIDA SEI
Menu is subject to change.	31 Turkey & Gravy Potatoes Mix Vegetables WW Bread Ice Cream	Oven Potatoes Fresh Fruit Blueberries	24 Beef Philly Sandwich	Cookies	Juice	17 Beef Stew Biscuits	Juice Peaches	Beets W/W Bread	10 Liver & Onions Potatoes	W/W Bread Yogurt	Mixed Vegetables Cranberries	3 Chicken Brie Wild Rice	Tuesday	ONEIDA SENIOR CENTER <> 134 RI
BIRTH STONE: GARNET FLOWER: CARNATION		Fresh Vegetables W/ Dip Juice Peaches	25 Bean Soup Fresh Bread	Mandarin Oranges	Brussels Sprouts WW Bread	18 Chicken Breast Red Bean & Brown Rice	Rice Pudding	Peas & Carrots Buns	11 Hot Beef Mashed Potatoes	Mixed Berries	Fresh Bread Juice	4 Potato Soup Cheese & Crackers		JANUARY 134 RIVERDALE DRIVE, ONEIDA,
HOURS: 8:00A.M4:30P.M. Lunch Is Served Monday-Friday 12:00P.M1: 00P.M.		With Rice Carrots Fresh Fruit Cake	26 BIRTHDAY DAY	Juice, Apple Sauce	Carrots WW Bread	19 Meat Loaf Potatoes	Pineapple Tidbits	Garlic Bread Fresh Vegetables	12 Spaghetti Salad	Pincapple, Apple & Orange Rings	Peas W/W Bread Juice	5 Ham Sweet Potatoes	-	WI, 54155 PHONE: 920-869-1551
New Years		Green Beans Fresh Vegetables Jell-o	27 Chicken Strips Macaroni & Cheese	Yogurt	Potatoes Cole Slaw	20 Fish Oven Brown	Pears	Mixed Vegetables W/W Bread	13 BBQ Ribs Scalloped Potatoes	Juice Jell-o	Cole Slaw Rye Bread	6 Fish Red Potatoes	Friday	2012 69-1551

Winter

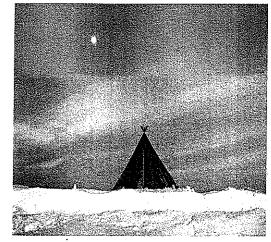
SAFETY TIPS



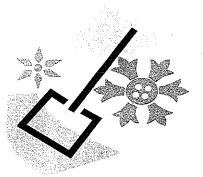
Wednesday
January 4, 2012
12:00 PM
Senior Center / Meal Site
134 Riverdale Drive
Oneida, WI 54155

WHO: Daniel King Oneida Safety

WHAT: General safety tips for the upcoming winter months



Any question please contact:
Angela Ortiz,
Elder Benefit Specialist
(920) 869-2448



Director's Corner

Sagoli Oneida Elders

I would like to wish you all a healthy successful year and peace and joy through the Holidays and into the New Year 2012.

The staff of Elder Services, Title V workers and Elder Helpers deserve kudos for their efforts that made the 2011 year a success, and we look forward to working at having a better year for 2012. Below is a recognition our Tribe received from the National Indian Council on Aging.

Recognition Letter of Older Worker Week

The National Indian Council On Aging Organization recognizes the exemplary work done by the Oneida Nation with the Older Workers for the past year. The Host agencies sites within Oneida Tribal Elder Services has the sincerity and enthusiasm and we recognize that this is the result of work well done during the employment training these past years by your staff. We would like to congratulate and recognize you and your people for the fine job that has been done for the Older Worker week. We are happy to see you receive the Nation Wide recognition you have earned by your years of work with the Older Worker. To it I wish to add my own Congratulations on being the #1 for the outstanding achievements in unsubsidized employment.

National Indian Council on Aging, Inc. (NICOA) is one of the 18 National Sponsors of older workers. NICOA has operated SCSEP since 1989 and is currently operating in 7 states: Arizona, California, Minnesota, New Mexico, Oklahoma, South Dakota and Wisconsin. Although we are an Indian Organization, this program is offered to individuals from all ethnic groups who meet the eligibility criteria.

We like to thank you for completing the surveys as we work on improving customer service in all areas of Elder Services. I will be attaching a copy of our organizational chart, so you have an idea of our operation.

Tribal Aging Directors Association is progressing with meeting on a by-monthly basis. This past July Oneida hosted the Wisconsin Tribal Aging Directors meeting at the Radisson. Wendell Holt Great Lake Inter-Tribal Council Tribal Technical Assistance Center for Title III was in attendance. We did information sharing, each Tribe presented on their Aging programs. The Transportation Initiative of the Governor's Budget and allocation of transportation funds from Gaming dollars was approved. Each tribe receives funding under S85.215 for Tribal Elderly Transportation Assistance Program. Dollars are used to fund transportation of Meals on Wheels deliveries and transporting elder to the meal site and activities.

Tribal Aging Technical Assistance Center hired a Technical Assistance Specialist. Her name is Sarah Quale. She will be working with Wendell Holt out of the Great Lakes office, providing technical assistance to the eleven Tribal Aging offices.

Two mandates for the Title III Grant are an Advisory Board for the program and a Nutrition Advisory Board for our Congregate meal site and Home Delivered Meals. You are welcome to attend the monthly meetings. Meeting time will be published in the DRUMS newsletter. I would like to thank the members of these two Boards for their continued support and leadership in advocating for our elders and the program. They deserve kudos also for participating in trainings, meetings and keeping themselves current with the changes of the Aging Network.

2012 will be a busy year as we start the planning process for the 2013-2015 Tribal Aging Plan. Every three years we submit a plan to the State for Title III dollars. These dollars are used for Food purchases and supportive services. We are required to do a Public Hearing, so watch for upcoming dates. I am happy to report our new meal site and Activities will be located in the new ORCCC (Oneida Resident-Centered Care Community) building. If you drive by Elder Services, you will see the construction happening.

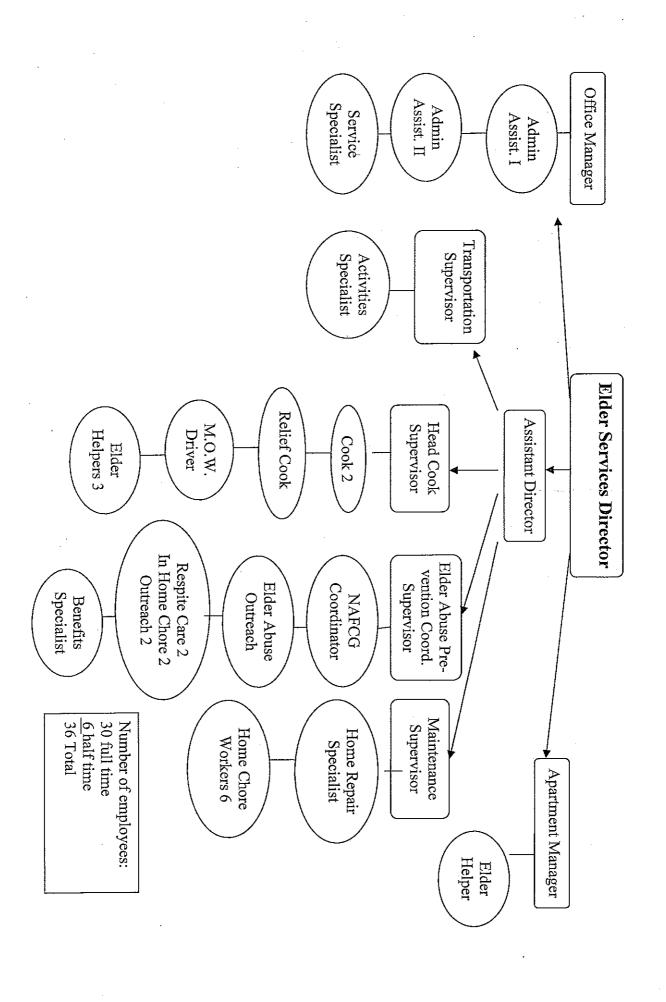
It's this time of year also that we remember all those elders that have passed. We like to thank those Tribal Departments that were strong in advocating for our elders and working with us.

If you should have any questions regarding our services or program, please don't hesitate to give me a call.

Wishing you good times, good friends, and a world of holiday happiness.

Have a Happy Warm and Safe Holiday Season from all the staff at Elder Services.

Ho Yan Florence Petri, Elder Services Program Director





UP CLOSE AND PERSONAL WITH: Robert LaGest

When you were a child, what did you think you would like to be?

World traveler and hunter

Who or what has had the biggest influence in your Life?

My Parents <> My Dad

What do you consider to be your greatest accomplishment?

My family <> All my children

Is there something you have always wished you were great at doing? No, because I am good at everything What is the best advice anyone ever gave you?



Do what makes you happy Be yourself What advice would you give to someone who is about to retire? Stay active and have fun Keep active

Favorite Book: Hunting
Favorite Movie/Movies:
Action <> Western's
Favorite Hobby/Hobbies: Hunting, fishing,
working on cars, riding my bike,
getting tattoos <>Spending time with my kids

Winter Safety Measures

Article from: Wisconsin Division of Quality Assurance

Hypothermia is an unintentional lowering of the body temperature to 95 degrees Fahrenheit (F) or below. Hypothermia is most likely to occur at very cold temperatures; however, it can occur even at cool temperatures (above 40 degrees F) if a person becomes chilled from rain, sweat, or submersion in cold water. Warning signs of hypothermia in adults are shivering, confusion, memory loss, drowsiness, exhaustion, fumbling hands, and slurred speech.

Hypothermia is a medical emergency that needs immediate treatment. During hypothermia, all body systems function in an increasingly sluggish manner. Heart and respiratory rates decrease, reflexes slow, muscles become soft and flaccid, and shivering ceases. Tissue anoxia (deprivation of oxygen) further robs the brain of awareness of the emergency that is occurring, and the individual may not be aware enough to seek warmth and shelter or may not be able to verbalize how they feel.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

The elderly are at greater risk for hypothermia than the general population because the body's ability to produce its own heat declines with age.

Indoor Safety

- Prepare home for the winter season. Prevention plans can include check with local power companies
 or energy assistance programs for tips on safely heating homes and home safety checks, monitoring
 inside temperatures, and devising home emergency plans in case a power failure occurs. If your area
 is prone to long periods of cold temperatures, or if the homes are isolated, plans might also include
 the stocking of additional amounts of food, water and necessary medications.
- Eat well-balanced meals, avoid alcoholic beverages, and drink warm beverages.
- Any heating device shall have safety features to immediately stop the flow of fuel and shut down the equipment in case of either excessive temperatures or ignition failure. Portable space heaters have been the cause of accidental fires and are not recommended.

Outdoor Safety

When the weather is extremely cold, especially if there are high winds, stay indoors or make any trips outside as brief as possible. Prevention plans include:

- Tips on how to dress safely for winter weather always wear several layers of loose-fitting clothing, a hat and scarf to cover one's face and mouth, mittens, and water-resistant coat and shoes.
- Understand wind chill—as the speed of the wind increases, it can carry heat away from the body
 more quickly. When there are high winds, serious weather-related health problems are more likely,
 even when temperatures are only cool.

- Avoid ice many cold-weather injuries result from falls on ice-covered sidewalks, steps, driveways and porches. Keep these areas free of ice.
- Carefully watch for signs of cold-weather health problems such as hypothermia and frostbite for themselves and their neighbors.
- All exit doors shall be checked frequently to ensure that freezing conditions have not caused any exterior concrete, asphalt pads or thresholds to heave up and block the exit door from opening.
- All doors shall be capable of being opened freely and normally to full opening width without sticking in the doorframe.

The federal Centers for Disease Control and Prevention (CDC) offers information entitled, "Extreme Cold: A Prevention Guide to Promote your Personal Health and Safety" at:

http://www.bt.cdc.gov/disasters/winter/guide.asp

Another CDC document entitled "Winter Storm Facts" is available at:

http://www.emergency.cdc.gov/disasters/winter/

Holiday Decoration Safety Precautions

- 1. Combustible decorations are not recommended.
- 2. Do not place furnishings, decorations or other objects so as to obstruct exits, corridors or exit signs.
- 3. Decorative power lighting ensure power circuits do not become overloaded and light strings are in good condition.
- 4. Please be mindful of the tripping hazards associated with electrical cords or other holiday paraphernalia.

See more of this article, related articles and contact information at: http://www.dhs.wisconsin.gov/rl_dsl/Providers/winter.htm

Have a safe winter. You are welcome to come to Elder Services Library to view the above sites.

Florence Petri, Elder Service Director

Last One's a Rotten Egg—or Not?

If you have a carton of eggs past the expiration date, it's a gamble on whether the last one is rotten?

How can you tell without cracking the egg and ruining the cake batter?

Put them in the test!

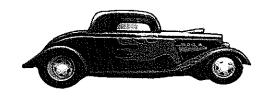
Fill a bowl with cold water and place the egg in the water...

If it sinks to the bottom—the egg is still good...

If it floats, it's a bad egg and needs to be tossed...

If it sinks to the bottom but stands on end—it needs to be used soon...







Oneida Elder Services <u>will</u> be having "AARP Drivers Safety Program" Next spring in May, 2012

"AARP Driver Safety Program" is a refresher driving course designed for older adults. One learns how to make driving safer, more comfortable, and more worry-free for one's self, the family who loves you and others on the road who depend on your driving abilities. The course is provided by AARP and is conducted by certified volunteer instructors.

The class runs for one/ four hour session, focusing on problems unique to older drivers. These include physical changes in eyesight, hearing, and reaction time which normally happen as people age. The instructors lead participants through a review of basic laws and patterns that may have changed since older drivers got their first license.

The goal of the program is to keep older drivers behind the wheel longer and more safely. It is difficult for the average driver to keep up with changes in traffic and related driving situations unless the individual takes a driving improvement course such as this. One example would be the additions of many "Round-Abouts". Some insurance companies <u>may</u> give a discount on insurance premiums for those taking the course. No tests are involved. The course is conducted in a classroom setting and there are no behind the wheel tests.

If you have any questions please feel free to contact:

Joyce Ann Hoes

Transportation Supervisor

869-2448 ext. 6844



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Volunteers Wanted

Oneida Elder Services

- > Volunteer must be 55 years or older
- > Various services volunteer(s) will work in are:
 - Minor home repairs such as moving, grass cutting, snow removal
 - In home chore such as general house keeping and organizing
 - Spending time with the Elder such as reading or visiting
 - Activities with elders such as games, cards or cooking
 - Meal Site assistance such as help in the kitchen, customer check in for meals or delivering Meals on Wheels (MOW=meals delivered to homebound elders).
 - Administrative work such as filing, inventory, computer projects and general office work.
- Volunteers may assist in Elder Services special events as requested.
- > Volunteers may assist in recruitment of new volunteers and promoting the volunteer program.
- Volunteers are not approved to handle any money transactions.

Supervisor receiving request will:

- Meet with volunteer to discuss if the duties and responsibilities are the best fit for both the supervisor and the volunteer. If supervisor and volunteer agree on responsibilities a Background Information Disclosure (BID) form will be completed and sent for approval.
- > Supervisor will complete, with the volunteer, the remaining Volunteer Program forms and the applicable forms from an Elder Services new employee packet.

If you would like to volunteer please contact: Cheryl Ault at 869-2448 or 800-867-1551 Email Cheryl at cault2@oneidanation.org.

Cheryl will complete an ICF and forward to the appropriate Supervisor, taking into account any special skills and interests the volunteer might have.

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"Oneida Elder Services"

We are in need of <u>working</u> Cell Phones For our 911 Emergency Cell Phone

"Focus on Senior Safety" Program

This program is designed to enable our elders to be able to call 911 Emergency when a phone is out of reach, while going for a walk, driving a car, or simply falling down. You don't have to have cell phone service to call for 911 Emergencies. We will erase all your personal information and numbers before we give them out. There is no fee to the elders for the phone. We appreciate all donations for the program. Please donate working cell phones with the charger. If you have any questions please feel free to contact:

Joyce Ann Hoes Transportation Supervisor Oneida Elder Services 2907 S. Overland Rd. Oneida, WI 54155 920-869-2448 ext 6844

Caregiver/Alzheimer's Support Group

Topic: What is Frontotemporal Disorders? The Caregiver Journey

Time: 1:30 P.M. - 3:30 P.M.

Date: Wednesday January 25 2012

Place: Oneida Elder Services Complex

2907 South Overland Road

Oneida, WI 54155

Contact: Debi J. Melchert, NAFCG -Native American Family

Caregiver/Coordinator Oneida Elder Services Phone: (920) 869-2448

ONEIDA ELDER SERVICES ENROLLMENT FORM

DATE: / /

NOTE: The State & Federal Governments have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs. Phone Number () Name Address Social Security Number Last four digits / State Zip Code County DOB / OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elder aged 70 years and older. 2) Elders aged 55-69 years of age that are disabled/handicapped, living alone. 3) Elders aged 55-69 years of age, with health/safety issues. The elders that are listed are our priority. Please check the appropriate responses: Martial Status: ___Married ___Single ___Widowed ___ Divorced Maiden Name: ____Yes ____No Veteran: Living Arrangement: __Live Alone __Lives with Spouse ___Lives with others*__How many Rent Own Do vou: Race: ___Native American ___Caucasian ___Latino ___Asian ___African American Tribal Affiliation: _____Enrollment Number: _____ Excellent Good Fair Poor* General Health Status: *If Poor Please List Health Condition: Do You Currently Have Any of the Following? Guardianship _____Power of Attorney for Health _____Power of Attorney for Finances _____ Representative Payee for Social Security Medicare Medicaid _____ In Case of an Emergency Contact: Name: Name: ______Phone Number: () ______ Relationship: The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elder Services.

> Please Return: Oneida Elder Services Complex ATTEN: Service Coordinator P.O. Box 365