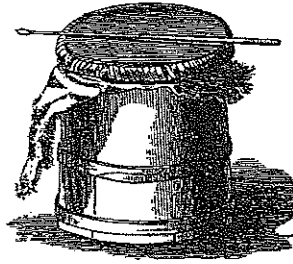


# DRUMS ACROSS ONEIDA

Oneida Elder Services  
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 2013

*"Let this coming year be better than all the others.  
Vow to do some of the things you've always wanted to do but couldn't find the time."  
Ann Landers*

2013

*Happy New Year!*

*May good fortune and prosperity be yours!  
From the Staff of Elder Services*

# JANUARY 2013 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Is this your Birthday Month?</i>  <i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i>  <i>*Must be present to receive your gift card.</i></p>	<p>1  OFF  In Observance of New Years  "Happy New Years!"</p>	<p>2 Oneida Language  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>3  Wii Bowling  Elder Services 9:30  Movie  Elder Service 1:00</p>	<p>4  Banks  Shopping  Lunch Out  (on your own)  10:00 – 3:00</p>
<p>7  Apples to Apples Game  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  S.C. 1:00</p>	<p>8  Crafts  Elder Services  9:30 – 11:30</p>	<p>9 Toss the Pigs Game  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>10  "Green Cleaning Class"  Elder Services 9:30  (must be signed up to attend)  Good Will Store  Green Bay 1:15</p>	<p>11  Banks  Shopping  Lunch Out  (on your own)  10:00 – 3:00</p>
<p>14  Checkers  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Site II 1:00</p>	<p>15  Crafts  Elder Services  9:30 – 11:30</p>	<p>16 Oneida Language  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>17  Cooking Class  Elder Services 9:30  Bowling  Ashw. Lanes 1:30</p>	<p>18  Banks  Shopping  Lunch Out  (on your own)  10:00 – 3:00</p>
<p>21  Wii Bowling  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  S.C. 1:00</p>	<p>22  Crafts  Elder Services  9:30 – 11:30</p>	<p>23 Indoor Horseshoes  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>24  Price is Right Game  Elder Services 9:30  "Green Cleaning Class"  Elder Services 9:30  (must be signed up to attend)</p>	<p>25  Banks  Shopping  Lunch Out  (on your own)  10:00 – 3:00</p>
<p>28  Scraples Game  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Site II 1:00</p>	<p>29  Crafts  Elder Services  9:30 – 11:30</p>	<p>30 Quiddler Game  Elder Services 9:30  Exercise  Elder Services 11:00  Bingo  Hwy H 1:30</p>	<p>31  Big Lots Store  Green Bay 9:30  Birthday Lunch 12:00  Bowling  Ashw. Lanes 1:30</p>	<p>*Please sign up for trips at Senior Center Main Office.    *All trips leave from Senior Center.</p>

**\*\*If you have any questions Please call Michelle at 869 – 2448\*\***

*"Look behind you. See your sons and your daughters.*

*They are your future.*

*Look farther, and see your sons' and your daughters' children  
and their children's children even unto the seventh generation.*

*That's the way we were taught.*

*Think about it: you yourself are a seventh generation."*

*-Tadodaho Leon Shenandoah  
Speaker of the House  
Grand Council of the Six Nations  
Of the Iroquois Confederacy*



# MENU

## JANUARY

2013

ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WL., 54155 PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>NEW YEAR'S DAY</b> <b>HOYAN</b> <b>CLOSED</b>	2 Liver & Onions Potatoes Beets  Donuts	3 Tater Tot Casserole Green Beans Juice  Jell-O W/Fruit	4 Chicken Breast Wild Rice Carrots  Pineapple Tidbits
7 Chicken Al A King Rice Biscuits  Peaches	8 Beef Barley Soup Fresh Bread Fresh Vegetables  Yogurt	9 Tomato Soup Egg Salad Sandwiches Juice  Berries	10 Beef Roast Potatoes Mixed Vegetables  Pudding	11 Fish Red Potatoes Cole Slaw  Jell-O
14 Mastaccoli Salad Garlic Bread	15 Beef Stew Biscuits Juice  Apple Sauce	16 Sub Sandwiches Vegetable Tray Juice  Fresh Fruit	17 Meat Loaf Scalloped Potatoes Peas  Pears	18 Bacon, Eggs, Toast Corn Meal Juice  Yogurt
Pineapple Tidbits  21 Chop Suey Rice  Mandarin Oranges	22 Chili Cucumber Salad Fresh Bread  Sherbet	23 Pork Steak Buttered Noodles Broccoli  Raspberry Whip	24 Lasagna Salad Garlic Bread  Cookies	25 White Fish Fries Cole Slaw  Mixed Berries
28 Ring Bologna Macaroni & Tomatoes Green Beans  Pudding W/Bananas	29 Hot Beef Sandwiches Mixed Vegetables Buns Juice  Apple, Pineapple & Orange Rings	30 Ham Sweet Potatoes Peas Juice  Peaches	31 <b>BIRTHDAY DAY</b> <b>Chicken</b> <b>Potatoes</b> <b>Mixed Vegetables</b>  <b>Cake</b>	
All meals are served with Coffee, milk, or tea.	Menu is subject to change	<b>BIRTH STONE:</b> <b>GARNET</b> <b>FLOWER:</b> <b>CARNATION</b>	<b>HOURS:</b> <b>8:00A.M.-4:30P.M.</b> <b>Lunch Is Served</b> <b>Monday-Friday</b> <b>12:00P.M.-1:00P.M.</b>	

# Green Cleaning for a Healthy Home and a Healthy You!

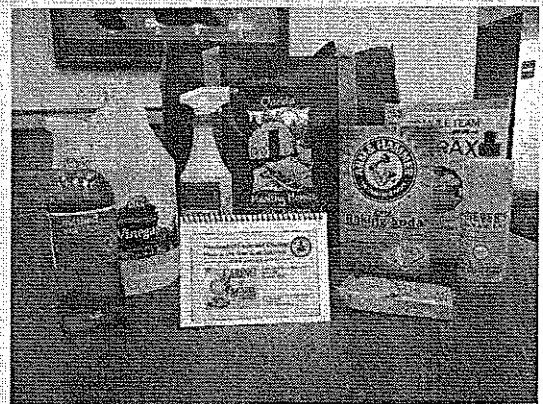
Join Jennifer Jordan, Injury Prevention Coordinator,  
as she teaches you how to make your own house  
hold cleaning products that are cheap, safe for the  
environment, and safe for you!

**When:** Thursday, January 10th, 2013 from 9:30-  
11:30 am **or** Thursday, January 24th, 2013 from  
1:15-3:00 pm

**Where:** The Elder Services Activity Room

**Only 16 spots  
available per  
session!**

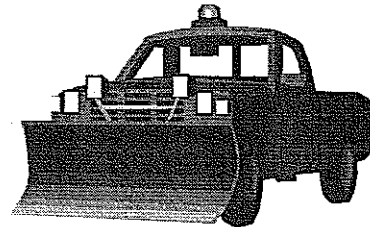
**Sign up with Michelle Cottrell  
by January 4, 2013 at the  
Senior Center/Meal site!**



**Free Green  
Cleaning Bag and  
Supplies!**

Questions? Contact Michelle Cottrell at 869-2448 or  
Jennifer Jordan at 869-4850.

## SNOW PLOWING



### Oneida Elder Services

Snow plowing starts with the first measurable snow fall of three (3) inches or more. Snow plowing teams will make every attempt to be out plowing as early as 5:00a.m. for Oneida elders according to the priorities.

- 1 Elders on Lifeline & Dialysis
- 2 Elders 70 years and older
- 3 Elders aged 55 – 69 who are disabled/handicapped and living alone.
- 4 Elders aged 55 – 69 with serious health/safety issues.

If it snows consecutive days, lifeline and dialysis clients will remain priority due to the high demand and severity of the illness.

There may be times when the plowing teams will come and clear a path for emergency vehicles and will return the next day to finish. If the plows don't return by the next day, please call the office at 869-2448.

We ask for your patience during times of heavy accumulations of snow. Any question, please call the Maintenance Supervisor, Justine at 869-2448.

We thank you for allowing us to serve you.

## **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". A \$500.00 scholarship 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.

Applications can be picked up at:

Oneida Elder Services  
2907 S Overland Rd  
Oneida WI 54155

Oneida Higher Education  
N7210 Seminary Rd  
Oneida WI 54155

Applications are due February 22<sup>nd</sup>. Winner will be notified via telephone on March 1<sup>st</sup>. Winner will be presented scholarship award at the Oneida Nation Commission on Aging (ONCOA) monthly meeting March 12<sup>th</sup>.

If you have any questions, please contact Assistant Director of Oneida Elder Services at 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:



The following information is provided to give our readers information about our Initial Contact Form and processes; the actual Standard Operating Procedure is 3 pages long so the information is being presented in 3 parts. This is the 2<sup>nd</sup> part.

ONEIDA ELDER SERVICES  
Initial Contact Form (ICF)  
Standard Operating Procedures  
Approved February, 2011

**Purpose:**

To ensure Elder Services staff completes and follows-up on all ICF requests for services to be delivered, ensuring customer satisfaction. ICF approval and completion is dependent upon available funding.

**Forms**

1. ICF (3 part form)
2. ICF summary report
3. Letter of denial/referral
4. Elder Services Enrollment form
5. Consent for Release of Information Form
6. Follow-Up Sheet and Client Information form
7. Assessment form for Elder Services

**Work Standards:**

1. Customer Satisfaction is our Primary Concern. Customers will be requested to be home while service is being completed so customer satisfaction signature can be received. Staff will explain to client that this signature is client statement of satisfaction. Client signature includes completing this area:

1.1.1.	Job completed to Your Satisfaction Yes ____ or No ____
1.1.2.	Comments: _____
1.1.3.	_____
1.1.4.	Client Signature _____ Date _____

2. All service(s) requests must be initiated through Elder Services. Referrals are taken and these referrals will need to be confirmed with customer before proceeding.
3. Response to requests will be made as soon as possible and minimally within 5 working days from date of request. If action cannot be taken within 5 working days the supervisor will notify Elder Services Director and document on the ICF.
4. No information will be disclosed without a "Consent for Release of Information form" signed by client or his/her legal representative.
5. Denials are documented and waiting lists are established when applicable.
6. All information will be documented in clients file. "Follow-Up Sheet & Client Information" form is used for additional comments as needed.
7. All new client demographics are entered into SAMS by Service Coordinator. This is for best practices and coordination with accounting needs. No other staff will enter demographics into SAMS.
8. Complete all forms fully, legibly and write hard enough to go through all copies of the form.
9. Donation will be turned in to supervisor the same day accepted and noted on the ICF. Supervisor will send thank you and receipt to client within 3 business days.

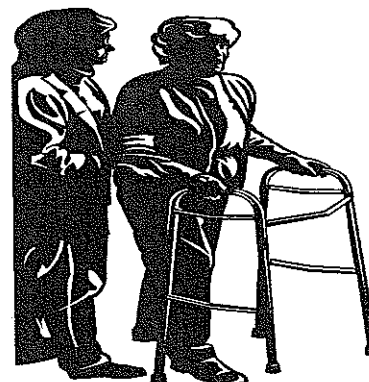
For any questions contact:

Cheryl Ault  
Service Coordinator  
P. O. Box 395  
Oneida, WI 54155  
920-869-2448

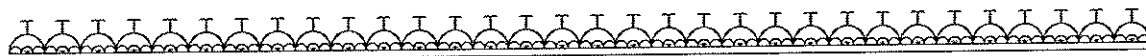
## ***Oneida Elder Services Native American Family Caregiver Information***

Oneida Elder Services would like to introduce the "Native American Family Caregiver Voucher/Stipend Program". It is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 4 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.

Please contact Joyce Johnson/Elder Abuse Prevention Coordinator at (920) 869-2448 for details.



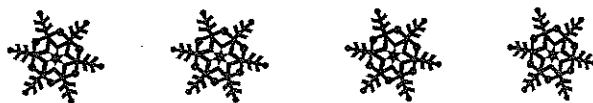
**\*\*Services are dependent on available funds\*\***



Please join us for our Alzheimer's & Native American Family Caregiver Support Group at:

Elder Services Complex – Pod A  
2907 S Overland Rd, Oneida WI 54155  
Wednesday 1/23/13  
1:30 PM – 3:30 PM

For more information, contact Debi Melchert/Native American Family Caregiver Coordinator at (920)869-2448.



## **“WINTER’S ON THE WAY!!”**

### **\*\*Reminder to Update Your Emergency Kit for Your Vehicle\*\***

Here is a list of items recommended to have available in your vehicle in the event of an emergency when traveling:

- Let someone know: you are traveling alone, when & where you are expecting to arrive, what route you will be taking.
- Shovel
- Container of Kitty Litter
- Flashlight with extra batteries and bulbs
- First aid kit and manual
- Pair of boots
- Blanket
- Granola bars or other pre-packaged foods.
- 911 Cell Phone (any cell phone can be used for 911 Emergency calls only if there is cell phone service where you are located)
- 911 Cell Phones are available at Elder Services
- Completed “File of Life”
- Battery-operated or crank-powered radio
- Whistle (to attract attention to emergency personnel)

In the event you have vehicle problems when traveling during the winter, please consider these timely tips for your own safety.

If you have any questions please call:

Joyce Ann Hoes

Transportation Supervisor

920-869-2448 ext 6844

# **Nutrition Information**

## **Volunteers Wanted**

The meal site is looking for volunteers, age 55 or older; services needed are assistance in the kitchen and delivering Meals on Wheels to homebound elders. If you would like to volunteer, please contact: Loretta Mencheski at 869-1551 or you can stop by the meal site at 134 Riverdale Dr. Oneida, 54155.

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## **Attention All Participants of the Senior Center Meal Site:**

### *Policies & Procedures Specific to the Older Americans Act – Funded Nutrition Program*

Effective October 1, 2008 meal sites are required to maintain a reservation system for all participants who eat at the meal site. All participants are asked to make reservations or to cancel their meal before 8:30 A.M. Reservations and or cancellations of meals can be made by the day, week or month by notifying the check person or calling (920) - 869-1551.

**\*No participant will be denied a meal\***

---

## **Upcoming Nutrition Advisory Council Meetings:**

- When: 01/18/13
  - Time: 1:00 P.M.
  - Where: Oneida Senior Center Meal Site
- 



## **Meal Site Presentation – “Cycle Menu” – by Jill Caelwaerts**

- When: 01/21/13
- Time: 12:00 – 12:30

\*For more information contact Loretta Mencheski @ 920-869-1551\*

## Yaw·ko

In the Oneida language, **Yaw·ko** 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

George Greendeer

Elizabeth DeMarr

Mike Hill

Ella Sauer

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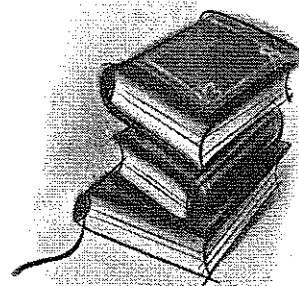
## Just a Reminder...

Elder Services has wide array of books, magazines, music and movies in our library, please stop in and take a look....

We also have 4 elder computers with Internet access for your convenience...

Hours: 8:00 AM – 4:30 PM Monday thru Friday

If you need assistance or more information, please call Laneva Hill at 869-2448 during the following hours, 8:00 AM – 12:00 PM



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## ONCOA Meetings

When: January 8<sup>th</sup> & 22, 2013

Where: Elder Services Conference Room

Time: 1:00 PM – 3:30 PM

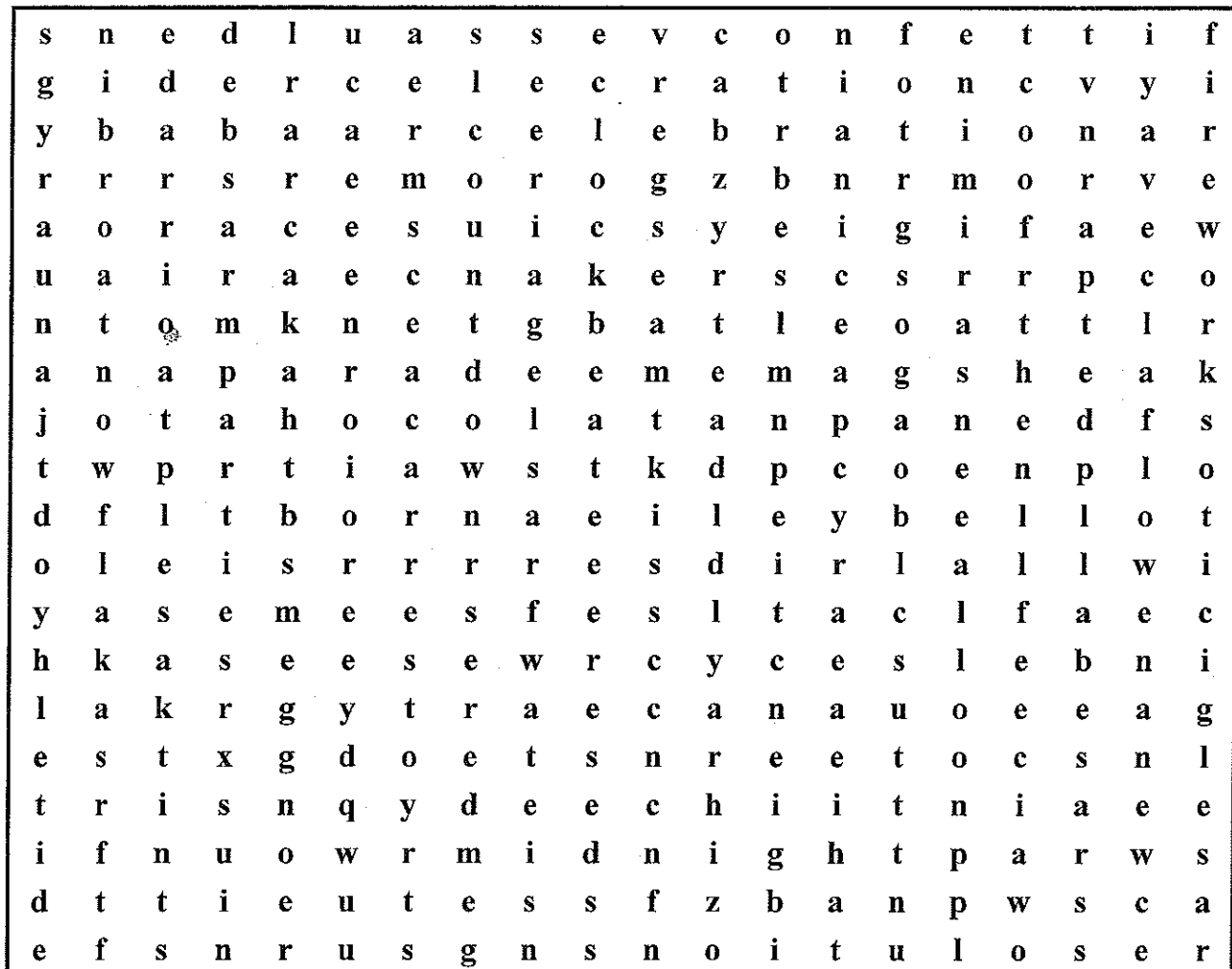
# Thirty Ideas for the New Year - Posted By Frank Sonnenberg

franksonnenbergonline.com

- 1. It's better to bite your tongue than eat your words.*
- 2. Some people grow old before they age.*
- 3. Weighing yourself often doesn't make you lose weight.*
- 4. A great reputation is earned every day.*
- 5. When kids are ready to talk, be ready to listen.*
- 6. For many people, tomorrow is the busiest day of the week.*
- 7. Throw away the bad experience, but save the lesson.*
- 8. Learn how to take a five-minute vacation.*
- 9. A promise should be as binding as a contract.*
- 10. You may not have the control to lengthen your life, but you can do much to deepen it.*
- 11. it's better to wear out than rust out.*
- 12. Instead of complaining there's no wind, get out your oars and row.*
- 13. Don't expect people to look up to you if you look down on them.*
- 14. The two greatest time savers are saying, "I don't know" and "I was wrong."*
- 15. Shop for value not price.*
- 16. The best way to know where your kids are is to invite their friends over.*
- 17. One man's vacation spot is another man's home.*
- 18. Never stop courting your spouse.*
- 19. Closing your eyes to problems doesn't make them disappear.*
- 20. Don't worry about things that you can't do anything about.*
- 21. Poor planning on your part shouldn't constitute an emergency for others.*
- 22. The race isn't over till everyone crosses the finish line.*
- 23. If at first you don't succeed, you're running about average.*
- 24. One win doesn't constitute a winning streak.*
- 25. A gravesite is the last place you should tell someone how much you care.*
- 26. When you compete with yourself, you both win.*
- 27. Where you've come from is less important than where you're going.*
- 28. Question the person who has answers for everything.*
- 29. Behind every good kid are parents who understand the importance of raising him or her that way.*
- 30. Life is filled with "up's and down's," so make the most of the "in between's."*



# Happy New Year!!! January 2013



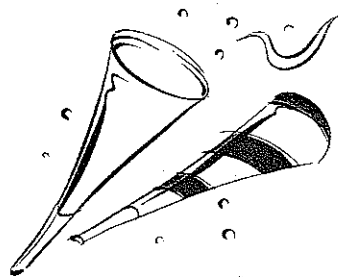
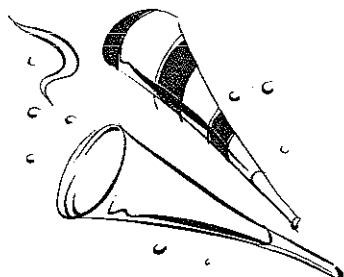
auld  
calendar  
fireworks  
noisemakers

lang  
celebration  
hats  
parade

syne  
clock  
january  
parties

baby  
confetti  
kiss  
resolutions

newyear  
countdown  
midnight  
tiara



DRUMS Contact  
Kristine R Hughes  
920-869-2448 <> 1-800-867-1551  
KHUGHES@oneidanation.org

***Eggplant Parmesan II – by Doery (allrecipes.com)***

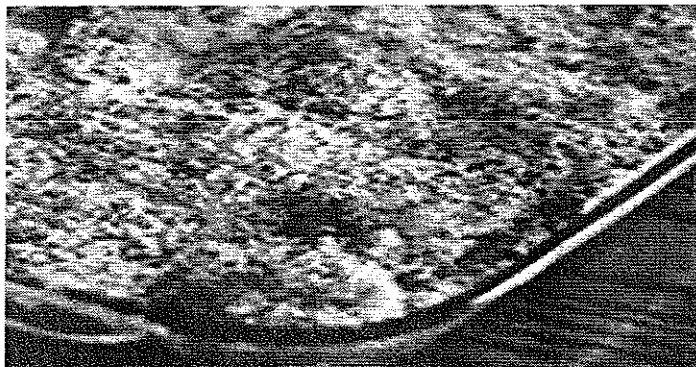
*"Eggplant slices are dipped in egg and bread crumbs and then baked, instead of fried. The slices are layered with spaghetti sauce, mozzarella and Parmesan cheeses."*

***Ingredients:***

<i>3 eggplant, peeled and thinly sliced</i>	<i>1 (16 ounce) package mozzarella cheese</i>
<i>2 eggs, beaten</i>	<i>, shredded and divided</i>
<i>4 cups Italian seasoned bread crumbs</i>	<i>1/2 cup grated Parmesan cheese, divided</i>
<i>6 cups spaghetti sauce, divided</i>	<i>1/2 teaspoon dried basil</i>

***Directions:***

- 1. Preheat oven to 350 degrees F (175 degrees C).*
- 2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.*
- 3. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.*
- 4. Bake in preheated oven for 35 minutes, or until golden brown.*



## ONEIDA ELDER SERVICES ENROLLMENT FORM

NOTE: The State and 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.

Name \_\_\_\_\_ Phone No \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Social Security Number Last four digits: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_ DOB \_\_\_\_\_

Priority for Services: 1. Elders 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.

Marital Status: Married \_\_\_\_\_ Single \_\_\_\_\_ Widowed \_\_\_\_\_ Divorced \_\_\_\_\_ Maiden Name \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Veteran: Yes \_\_\_\_\_ No \_\_\_\_\_ Do You: Rent \_\_\_\_\_ Own \_\_\_\_\_

Living arrangement: Live Alone \_\_\_\_\_ Lives with Spouse \_\_\_\_\_ Lives with others\* \_\_\_\_\_ How many \_\_\_\_\_

Ethnicity: Native American \_\_\_\_\_ Caucasian \_\_\_\_\_ Latino \_\_\_\_\_ Asian \_\_\_\_\_ African American \_\_\_\_\_

Tribal Affiliation: \_\_\_\_\_ Enrollment Number: \_\_\_\_\_

General Health: Excellent \_\_\_\_\_ Good \_\_\_\_\_ Fair \_\_\_\_\_ Poor\* \_\_\_\_\_

\*If Poor Health Please List 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 \_\_\_\_\_ None of the above \_\_\_\_\_

### Low Income:

(1) Person household: is your income below \$931.00 a month equaling \$11,170.00 annually? Yes \_\_\_\_\_ No \_\_\_\_\_

(2) Person household: is your income below \$1,261.00 a month equaling \$15,1300.00 annually? Yes \_\_\_\_\_ No \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_

Phone Number: Home( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_ 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.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_