

# 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](mailto:tceyphes@oneidanation.org)

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

Yeyathókwas Wahní·tāle? Harvest moon (9<sup>th</sup> 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](http://Oneida-nsn.gov/elderservices)
- \*in the Kalihwisaks once per month (closest issue on or before the 1<sup>st</sup> 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](mailto: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.

## NOVEMBER 2015 MENU




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Liver & Onions Mashed Potatoes Carrots Fruit  Jell-O	3 Spaghetti/Meat Sauce Italian Blend Vegetable Cheesy Mascot Bread  Fruit	4 Swiss Steak Baked Potato Brussels Sprouts  Fruit	5 Beef Stew Raw Vegetables Garlic Cheese Biscuit  Fruit	6 Baked Fish Oven Roasted Potato California Blend  Fresh Fruit
9 Baked Ziti Mixed Vegetable Bread Sticks  Fruit	10 Beef Soup Sandwich Lettuce Salad  Jell-O	<b>11</b>  <b>CLOSED IN OBSERVANCE OF VETERAN'S DAY</b>	12 Beef Stroganoff Noodles Brussels Sprouts Fruit  Ice Cream	13 Salmon Loaf Parsley Buttered Pot. Cream Pea Sauce  Molded Jell-O
16 Chicken A La King Carrots Biscuits Lettuce  Fruit	17 Meat Loaf Cheesy Potato Green Beans  Fruit	18 Sloppy Joe Corn On The Cob Baked Potato Chips  Fruit	<b>19 BIRTHDAY DAY</b> <b>Boiled Dinner</b> <b>Salad</b>  <b>Cake</b>	20 Potato Crusted Cod California Blend Fruit  Cake
23 BBQ Chicken Cole Slaw Broccoli  Fruit	24 Ring Bologna Parsley Buttered Potato Squash  Fruit	25 Chili Sandwich Salad  Fruit	<b>26</b>  <b>CLOSED IN OBSERVANCE OF THANKSGIVING</b>	<b>27</b>  <b>CLOSED IN OBSERVANCE OF INDIAN DAY</b>
30 Corn Soup 3 Inch Sub Raw Vegetable Fruit  Jell-O			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.



# NOVEMBER 2015 ACTIVITIES



Monday	Tuesday	Wednesday		Friday
<b>2</b> <b>Yahtzee Game</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Burlington Store</b> Green Bay 1:15	<b>3</b> <b>Crafts</b> 9:30 – 11:00 E.S. Meal-site	<b>4</b> <b>Wii Bowling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30	<b>5</b> <b>Bathesda Thrift Store</b> Green Bay 10:00 <b>Chair Yoga</b> E.S. Meal-site 1:30	<b>6</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>9</b> <b>Talking Circle</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> E.S. Meal-site 1:00	<b>10</b> <b>Karaoke</b> E.S. Meal-site 12:30 <b>Tai Chi</b> (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30	<b>11</b> <b>OFF</b> <b>In observance of Veteran's Day</b>	<b>12</b> <b>Packer Hall of Fame &amp; Pro Shop</b> \$12.00 (pay at the door) 9:30 <b>Rubber Stamping</b> E.S. Meal-site 1:15	<b>13</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>16</b> <b>Story Writing</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Woodman's Store</b> Green Bay 1:15	<b>17</b> <b>Crafts</b> 9:30 – 11:00 E.S. Meal-site	<b>18</b> <b>Wii Bowling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30	<b>19</b> <b>Thanksgiving Bingo</b> 3 Sisters Center 10:00 <b>Birthday Lunch 12:00</b> <b>Chair Yoga</b> E.S. Meal-site 1:30	<b>20</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>23</b> <b>Talking Circle</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> E.S. Meal-site 1:00	<b>24</b> <b>Tai Chi</b> (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30	<b>25</b> <b>Banks &amp; Shopping 9:00</b> <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30	<b>26</b> <b>OFF</b> <b>In observance of Thanksgiving Day</b>	<b>27</b> <b>OFF</b> <b>In observance of Indian Day</b>
<b>30</b> <b>Story Writing</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Movie</b> E.S. Meal-site 1:15			* Please <u>sign up</u> for trips at the E.S. Meal-site. * All Trips leave from E.S. Meal-site. * <b>Activities need 5 Elders to go.</b> * 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\*\***



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

YAMS    VEGETABLES    THANKSGIVING DAY    SQUASH  
 TABLECLOTH    TOM TURKEY    STUFFING    SWEETCORN  
 ROAST    ROLLS    POTATOES    PUMPKIN PIE    MEAL  
 NOVEMBER    NATIVE AMERICANS    THURSDAY    HAM  
 HARVEST    HOLIDAY    FOOTBALL    NAP    DISHES  
 FAMILY    CARDS    LEFTOVERS    GRAVY    PARADE

## **The Aging Population Growth**

### **The Coming Age Wave**

America and its communities are aging and aging rapidly. How prepared are we in our communities? Do most Americans “age in place”? We need to become more aging friendly. Then thousand Americans turn 65 every day, and this continues for the next 20 years. There’s work to be done and room for improvement. How do you know if you are aging friendly? How do you measure the aging population, life expectancy and how long do they live? Global Aging reports that in the next 5 years 65+ worldwide will be greater than those 5+ and younger.

As the Baby Boomer generation born between 1946 and 1964 reaches retirement age, the number of Americans over the age of 65 is expected to reach 71.5 million by 2030, twice their number in the year 2000. At that point, one out of every five people in the nation will be an older adult. The fastest growing segment of America’s aging population are those people over the age of 85 who are most likely to need the support of family, friends and community to remain living independently.

In the year 2050 there will be 90 million 65 and older. Women live longer than men. In Wisconsin, in 2010 there are 778,000 age 65 and over. That number has grown. There is some degree of urgency for our community to think about the impact. The vast majority of older Americans want to age in their homes and communities for as long as possible. However, the aging of the population will pose new challenges for the delivery of local services such as health care, recreation, housing, transportation, public safety, employment and education. While these services assist a broad segment of the population, they also will have a major impact on the quality of life of older American.

We need to include our older folks and engage them in discussions about what changes to local government services may be needed to enhance our elder’s quality of life and ensure that they can grow old successfully in our community.

*Florence Petri, Program Director*  
Oneida Tribe Elder Services



# ALZHEIMER'S

By Marlene Summers

Here is my last article on Alzheimer's. This article I am covering **"Treatments for Alzheimer's,"** and **"Research on Alzheimer's Disease."** I hope these articles helped put at ease some of the questions in regard to the disease.

**Treatments for Alzheimer's:** First of all I must explain there is no **cure for the disease.** There are medications that can treat the symptoms of the disease. The medications work best for those who are in the early or middle stages of the disease. These medications only help your memory loss from getting worse for a time. You also have to take into consideration that there are side effects and may not work for everyone.

**What about research on Alzheimer's disease?** There are studies being done on people who have different kinds of memory problems. They are also looking to find ways to slow the disease, and reduce its symptoms. People with Alzheimer's or family history can take part in **clinical trials.** It's a type of research study. If you don't have the disease or memory problems, you may also take part in the study. By doing a clinical trial or other research study is a way to help fight Alzheimer's disease. **Right now we are hoping that some of our Tribal Elders will take part of this clinical study as the Wisconsin Alzheimer's Disease Research Center, would like more Native American people to be involved. The reason for this is that they have limited number Native Americans involved in this research.**

You may call Marlene Summers at 920-869-6850 if you have any questions.

**Information taken from "National Institute on Aging."**

Great Lakes Native American Elders Association (GLNAEA)



## 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

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### **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 Dec 1<sup>st</sup>, 2015. 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.

# 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**



**Red Cross Emergency Preparedness Presentation**  
**Wednesday November 18th, 2015, 12:30 pm – 1:00 pm**  
**Elder Services Congregate Mealsite**



Encouraging elders to have Emergency Preparedness Plans in place in the event of an emergency or disaster.

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

It's that time of the year to update your home & vehicle Emergency Preparedness Kits and check the expiration dates on food and Medications

**Listed below are the recommended items in event of an emergency or disaster:**

➤ **HOME:**

- ✓ Three (3) day supply of medication, portable oxygen tank, & completed "File of Life"
- ✓ Three (3) day supply of non-perishable food: Food you don't have to cook (granola bars, can food, etc.)
- ✓ Manual can opener
- ✓ Three day supply of water (one gallon per person per day)
- ✓ Hygiene & sanitation items: Toilet paper, feminine products, baby wipes, etc.
- ✓ One (1) change of clothing & a pair of shoes
- ✓ Blanket, duct tape, & garbage bags
- ✓ Battery operated or crank powered radio
- ✓ Whistle to attract attention of emergency personnel
- ✓ First aid kit & manual
- ✓ Flashlight with extra batteries & bulbs
- ✓ Matches in a waterproof container & candles
- ✓ Extra set of keys
- ✓ Pet supplies for your pet
- ✓ Playing cards to bide your time until rescued

## **Red Cross Emergency Preparedness Presentation con't**

- **VEHICLE:** Always let someone know when you're traveling, the estimated time of arrival (ETA), & route
- ✓ Cell phone (any cell phone can be used for 911 providing there is service) 911  
**Cell phones are available @ Elder Services free of charge**
- ✓ First aid kit, manual, extra supply of medications, & completed
- ✓ "File of Life"
- ✓ Shovel & kitty litter
- ✓ Pair of boots, gloves, hat, & blanket
- ✓ Non-perishable or pre-packaged foods
- ✓ Battery operated or crank powered radio
- ✓ Flashlight, extra batteries, bulbs, & whistle to attract attention of emergency personnel