

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: Marena Bridges
Email: mbridges@oneidanation.org

Drums articles can also be viewed at Oneida-nsn.gov/elderservices/ and on Facebook at Oneida Tribe of Wisconsin Elder Services

Kahsakayu·té·se? Wáhní·tale? Thunder Moon April 2016

Attention All Participants of the Elder Services Congregate Meal Site: Please Help!

Participants who eat at the Elder Services Congregate Meal Site must call in to reserve or to cancel their meal before 3:30 p.m. the day before.

If you reserve a meal and don't show we're required to pay for that meal. If you show up without a reservation you'll have to wait until all reserved meals are served.

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



UPCOMING MEETINGS AND PRESENTATIONS

Benefits Specialist	April 11 & 25, 2016	11:30 AM – 1 PM	Elder Meal Site
Caregiver Support Group	April 21, 2016	1:30 PM – 3:30 PM	Elder Services Pod A
GLNAEA	June 1 & 2, 2016		St. Croix Casino Danbury, WI
Monthly Meal Site Presentation	April 14, 2016	12 PM – 1 PM	Elder Meal Site
Nutrition Advisory Council	April 15, 2016	1 PM – 2 PM	Elder Meal Site
ONCOA	April 11 & April 26, 2016	11 AM – 4:30 PM	Elder Services Conference Room

APRIL 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, 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 on posted days.			1 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Rye Bread Fruited Gelatin
4 Chicken A' La King Homemade Biscuits Lettuce Salad W/Dressing Carrot Coins Fresh Fruit	5 STAFF MEETING Home –Style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice W/Butter Fruit	6 Sloppy Joe On Whole Grain Bun Baked Chips Corn On The Cob Gelatin	7 Boiled Dinner Lettuce Salad W/ Dressing Dinner Roll W/Butter Homemade Apple Crisp	8 Potato Crusted Cod California Blend Veggies Dinner Roll W/Butter Fruit Cake W/Frosting
11 Barbecue Chicken Broccoli Spears Cole Slaw Dinner Roll W/Butter Fresh Fruit	12 Oneida Round Steak-Ring Bologna Buttered Parsley Potatoes Squash Bread Slice W/Butter Fruit	13 Turkey Dressing Mixed Vegetables Pudding	14 Chili W/Crackers Lettuce Salad W/Dressing 1/2 Cold Meat Sandwich Pumpkin Pie	15 Pork Chop Long Grain And Wild Rice Mix Green Beans Dinner Roll Fruit
18 Oneida Corn Soup W/Crackers Deli Meat Sub Sandwich Raw Vegetable W/Dip Fruit Gelatin	19 Sliced Roast Beef W/Gravy Mashed Potatoes Buttered Carrots Sliced Bread W/Butter Fruit	20 Baked Ham Scalloped Potatoes Buttered Green Beans Fresh Dinner Roll W/Butter Apple Sauce	21 Swedish Meatballs Over Buttered Noodles Acorn Squash Sliced Cucumbers Corn Muffins Fresh Fruit	22 Honey Dipped Chicken Wild Rice Pilaf California Blend Vegetables Fresh Dinner Roll W/Butter Fruit
25 Grilled Liver & Onions W/Gravy Mashed Potatoes Buttered Carrots Dinner Roll Homemade Cookies	26 Spaghetti W/Meat Sauce Italian Blend Vegetables Cheesy Mascot Bread Fresh Fruit	27 Swiss Steak Baked Potato W/Sour Cream Brussels Sprouts Dinner Roll W/Butter Fruit Cocktail	28 BIRTHDAY DAY Beef Stew 1/2 Turkey Sandwich Raw Veggies W/Dip Fresh Fruit Birthday Cake	29 Baked Fish Fillet W/Lemon Oven Roasted Potatoes Asparagus Rye Bread W/Butter Orange Slices

APRIL 2016 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Please sign up for trips at the E.S. Meal-site.</p> <p>* All Trips leave from E.S. Meal-site.</p> <p>*Activities need 5 Elders to go.</p> <p>*Activities subject to change.</p>	<p>Is this the Month of your Birthday? You <u>must sign up in the Birthday Book</u> at the E.S. Meal-site. *Must be <u>present at B-day Lunch</u> to receive your gift card</p> 			<p>1</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>4 Wii Golf 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>5</p> <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>6 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>7</p> <p>Woodman's Green Bay 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>8</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>11 Wii Bowling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Movie (Crooked Arrows) E.S. Meal-site 1:00</p>	<p>12</p> <p>Karaoke E.S. Meal-site 12:30</p> <p>Tai Chi E.S. Meal-site 1:30</p>	<p>13 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>14</p> <p>Barlow Planetarium Menasha \$4.00 fee</p> <p>Lunch Out (on own) 9:30 No Transportation for lunch this day.</p>	<p>15</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>18 Wii Tennis 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>19</p> <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>20 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>21</p> <p>Simon's Cheese Little Chute 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>22</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>25 Wii Bowling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Movie (My Darling Clementine) E.S. Meal-site 1:00</p>	<p>26</p> <p>Tai Chi E.S. Meal-site 1:30</p>	<p>27 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>28</p> <p>Bethesda Thrift Store Green Bay 9:30</p> <p>Birthday Lunch 12:00 View</p> <p>Sturgeon Spawning Shiocton 1:15</p>	<p>29</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****



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

AIR

BIODEGRADABLE

COMPOST

CONSERVE

CONSUMPTION

EARTH

ECOLOGY

ECOSYSTEM

ENERGY

FUEL

POLLUTION

PRESERVE

RECYCLE

WASTE

WATER

WIND



AARP DRIVER SAFETY JUST GOT SMARTER.

Sign up now for AARP Smart Driver™ — the new and enhanced driving refresher course from AARP Driver Safety.

The AARP Smart Driver Course teaches:

- Defensive driving techniques, new traffic laws and rules of the road
- How to deal with aggressive drivers
- How to safely navigate adverse weather conditions
- Useful information on automobile technology and more

Plus, upon completion you could save money on your car insurance!*

DATE(S)

WEDNESDAY MAY 18TH 2016

TIME

CLASS 8:30 TO 12:30

LOCATION

ONEIDA ELDER SERVICES
2907 S OVERLAND RD
ONEIDA, WI 54155-8959
SIGN-UP AT THE ELDER CONGREGATE MEAL SITE

TO REGISTER

CONTACT JOYCE HOES AT (920)869-2448
COST: \$15.00 AARP MEMBERS
\$20.00 NON AARP MEMBERS
ELDER SERVICES WILL PAY FOR THE FIRST 10 TRIBAL ENROLLED ELDERS

For additional local information or to volunteer,
call TOLL-FREE at **1(888)227-7669** or **1(888)AARP-NOW**
or visit **www.aarp.org/drive**

TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.
*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply.
Consult your agent for details.



SCAM ALERT

BE WARY OF FRAUDULENT IRS PHONE CALLS AND E-MAILS

PHONE SCAMS

Potential victims are threatened with deportation, arrest, having their utilities shut off, or having their driver's license revoked. Callers are frequently insulting or hostile—apparently to scare their potential victims, who may be told either that they are entitled to big refunds or that they owe money that must be paid immediately to the IRS. When unsuccessful the first time, sometimes these phone scammers call back trying a new strategy.

Thieves who run this scam often:

- Use common names and fake IRS badge numbers
- Know the last four digits of the victim's Social Security number
- Make your caller ID appear as if the IRS is indeed calling
- Send bogus IRS e-mails to support the bogus calls
- Make background noise to simulate other calls being conducted, as if from a call site
- Call a second time claiming to be the police or department of motor vehicles (a claim usually also supported by caller ID)

What to Do

The IRS always sends taxpayers a written notification of any tax due via the US mail. More important, the IRS will never ask for credit card, debit card, or prepaid card information over the telephone—so if the contact has asked you for these items, it's a good indication they're part of the scam.

If you get a phone call from someone claiming to be from the IRS, and you think you owe taxes, hang up and call the IRS at (800) 829-1040—or, better yet, call your tax advisor for help. If you don't owe taxes or have no reason to think you owe any taxes, hang up and call to report the incident to the Treasury Inspector General for Tax Administration at (800) 366-4484.

Anyone targeted by this scam should also file a complaint with the Federal Trade Commission using the FTC Complaint Assistant at FTC.gov and adding "IRS telephone scam" to the comments portion of the complaint.

E-MAIL SCAMS

Be on the lookout as well for possible e-mail scams that use the IRS as a lure. The IRS does not initiate contact with taxpayers by e-mail to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels. The IRS also does not ask for PINs, passwords, or similar confidential access information for credit card, bank, or other financial accounts via e-mail or any other means.

If you receive a suspicious e-mail, do not open any attachments or click on any links contained in the message. Instead, forward the e-mail to phishing@irs.gov.

Adapted and excerpted from <http://www.mossadams.com/articles/2015/february/fraudulent-irs-phone-calls>

For more information contact Oneida Elder Services at (920)869-2448 or (800)867-1551.

Allow us to take care of you the right way by scheduling an appointment

Shekoli!

Walk-ins are always welcome at Oneida Elder Services, but to ensure that we can meet your needs in a timely manner, please consider making an appointment. Oneida Elder Services currently serves 1,000+ elders in varying capacities, and we always want our staff to be available to you.



To schedule an appointment, please call Oneida Elder Services and ask for the appropriate staff member. If that staff member is unavailable, feel free to leave a message, and they will get back to you as soon as possible.

Your time is valuable to us, and we continue to appreciate your patience and cooperation.

If you have any questions or concerns or would like to schedule an appointment, you can call us at **920-869-2448** or toll-free at **800-867-1551**.

Elder Services is currently giving away six 27 inch television sets (no remotes included) on a first come, first serve basis. You must be 55+ to receive a TV.

Please stop at Elder Services, 2907 S. Overland Oneida, WI, 54115 to pick up. For more information, please call Claudia Skenandore (Office Manager) at 920-869-2448.











Home fall prevention checklist

The Centers for Disease Control and Prevention provides these tips to help prevent falls for seniors:

Exercise regularly to improve strength, balance and coordination.

Getting up too quickly from a bed or a chair can make you dizzy. Count slowly to five before standing up.	Replace soft, loose slippers and flip-flop sandals with lace-up shoes that stabilize your feet. 	Get rid of throw rugs or use double-sided tape to anchor them to the floor.	Remove books, magazines, towels, shoes, papers and other objects from floors and stairs.
Install a night light or bedside lamp to light the path from your bed to the bathroom. 	Long cords for lamps, telephones and other appliances should be taped to walls, not snaking along the floor where people can trip over them.	Have an electrician put in another outlet to eliminate the need for long extension cords. 	Arrange furniture so there is a clear path through rooms.
Indoor and outdoor stairways should have a light at the top and at the bottom.	All stairs should have sturdy, secure handrails on both sides. 	Never use a chair as a step stool to reach high shelves. If you must use a step stool, get one that has a top bar to grasp.	Move frequently used kitchen cabinet items to lower shelves.
Use a long-handled "grabber" to reach things on high shelves. 	Improve indoor lighting with brighter light bulbs. It's safest to have uniform lighting in a room. Add lamps to dark areas.	Have your doctor or pharmacist review your medicines. Some can make you sleepy or dizzy.	 Have your vision checked at least once a year.

For more information please see the Center for Disease Control's "Check for Safety: A Home Fall Prevention Checklist for Older Adults" booklet at http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/booklet_Eng_desktop-a.pdf

Congregate Nutrition Program Guidelines based on funding

Wisconsin Aging Network Manual of Policies, Procedures & Technical Assistance (Title III)

Purpose of the Nutrition Program

- to reduce hunger and food insecurity
- to promote socialization of older individuals
- to promote the health and well-being of older individuals by assisting such individuals to gain access to nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior

Equal Opportunity to Service Delivery - Basically the laws require taking affirmative action to ensure equal opportunity in service delivery and to overcome the continuing effects of prior discrimination against people of color, women, people with disability and people associated with people with disabilities. Aging units of federal funding shall operate so that, when viewed in its entirety, it is accessible to all older people.

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
- Any spouse who attends the dining center with their spouse who is aged 60 or older.
- A disabled individual who resides at home with an eligible older individual participating in the program.

Administration on Aging Resource Manual (Title VI)

This program was established to meet the unique needs and circumstances of American Indian elders on Indian reservations. Title VI elderly nutrition services provide an opportunity for tribal elders (ages 55+) to access healthy meals, nutrition screening and education, and provide a social outlet for elders to meet with their friends, learn, and remain engaged in their community.

One very important component of keeping elders in their homes and communities is nutrition services. Adequate nutrition is critical to health, functioning, and quality of life. The 2005 Amendments to the OAA identify the purposes of nutrition services as:

- To reduce hunger and food insecurity;
- To promote socialization of older individuals; and
- To promote health and well-being by assisting older individuals to gain access to nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.

For more information please contact Loretta Mencheski at (920) 869-1551 or email at Lmenches@oneidanation.org

Tribal Aging & Disability Resource Specialist

Located at Oneida Elder Services



Connecting People to Community Services

Assisting our frail elders and adults with physical or developmental disabilities. We offer office appointments and home or telephone consultations

The Place for Information and Assistance: The Aging & Disability Resource Specialist is the entry way into publicly funded long-term care programs. You will receive information on all long-term care programs available in Oneida along with Brown and Outagamie counties so that you will be able to make a more informed choice on services that will best fit your needs.

Long-Term Care Options Counseling: Options counseling offers information about the choices that are available to meet your long-term care needs, as there are many factors to consider when making long-term care decisions.

Long-Term Care Programs are offered through: Oneida, Brown County ADRC, and Outagamie ADRC

Music & Memory Project: We are looking for participants who have a diagnosis of a form of Dementia. Loved one will receive an iPod downloaded with music of their choice that may assist in bringing more joy and aliveness back to your loved one through the wonderful powers of music.

Vital Connections: The Aging & Disability Resource Specialist can help you connect to our Benefit Specialists, who can provide you with information and assistance regarding private and/or government programs such as; Medicare, Medicaid, Social Security, Senior Care questions and their application processes.

Youth in Transition: We can assist those youths with disabilities who are of age and able to transition onto the adult long-term care programs.

Contact our Tribal Aging & Disability Resource Specialist at (920)869-6830 or 1(800)867-1551 or stop by at Oneida Elder Services, 2907 S. Overland Road, PO Box 365, Oneida, WI 54155.

HAPPY NEW (VOTING) YEAR!

By Tom Frazier, December 15, 2015

Recently I received an interesting email from an Aging Unit Director from northern Wisconsin who had the City Clerk talk to a group of 18 seniors about the photo ID requirements for voting which are in effect for 2016. Of the 18 older adults, three (17%) did not have a valid photo ID. Fortunately, the next election is not until April 5, 2016 so there is time for them to obtain a “Wisconsin Identification Card” from the Division of Motor Vehicles' service center.

While this was just a random meeting of older people and not a scientific sample, I think the 17% figure could be close to the percentage of older people who may not be able to vote in 2016 unless they get a valid photo ID prior to April 2016. There are approximately one million people in Wisconsin aged 60 and over and even if only 60% of them vote that translates into over 100,000 seniors (17% of 600K) who may not be able to exercise their right to vote in 2016 under existing Wisconsin law.

I urge the Wisconsin Aging Network (three Area Agencies on Aging, 72 County Aging Offices, and 11 Tribal Offices) and every organization that works with older persons to do what this Aging Unit Director did by providing expert, accurate information about the photo ID that is required to vote in 2016. This information is available from many sources, including Common Cause in Wisconsin, League of Women Voters of Wisconsin, Area Agencies on Aging, and County and Tribal Aging Units to name a few. Of course, one meeting is not enough—we need to reach older voters through every possible means, such as media, newsletters, trainings, and having information available wherever older people may be gathering.

Despite my somewhat pessimistic outlook, most people already have the required ID in the form of a valid Wisconsin driver's license, passport, Tribal ID Card, U.S. Military Photo ID Card, Wisconsin Identification Card, or Certificate of Naturalization. If a person does not already have a valid photo ID, then a Wisconsin Identification Card can be obtained for free at a Division of Motor Vehicles service center at locations around the state. To qualify for such a card a person must prove four things: Name and Date of Birth (e.g. a certified Birth Certificate), Proof of Identity (e.g. Social Security Card), Proof of Citizenship (e.g. U. S. Birth Certificate), and Wisconsin Residency (e.g. a Utility Bill). If you do not have all of these items you can still get a photo ID—just check with DMV or Aging Office to see what other options are possible.

I am confident that the Wisconsin Aging Network will do a great job in reaching out to the older adult population to inform them of the photo ID requirement and what needs to be done to obtain the necessary ID. But we will not reach everyone, especially if I am close in terms of the potential numbers that may be impacted by this new voting law. So we need to do one more thing during the April 2016 election—we need to document and draw media attention to those cases where older persons did not have the required ID and were refused the right to vote, even where the person may have been a voter for 50 years or more.

By identifying and making public problems with the photo ID law it will help spread the message about the law so that other people understand what they need in order to vote in the fall elections. And, maybe, just maybe, such examples will be embarrassing enough to persuade the Wisconsin Legislature that some changes in the law may be needed.

More information will be posted as we receive it from the Aging Network.