

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: tttceyphes@oneidanation.org

Drums articles can also be viewed at Oneida-nsn.gov/elderservices/

On^hstase? Wahní'tale?

Green Corn moon

August 2015

Time of Great Abundance Creation-1617



Code of Handsome Lake

August or September - On^hstase> -Green Corn Ceremony

This ceremony has to do with celebrating the fact that the corn has once again provided us with its life sustaining spirit. When the white corn is at the "sweet corn" stage of growth (late August), a day is set aside to honor the corn. Soup is made from this corn and the various beans and squash are added. Three dances are done, the Great Feather, the Old Woman's Dance, and the Bean Dance.

AUGUST 2015 MENU

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


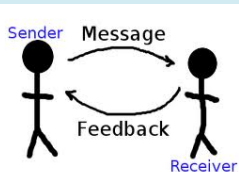
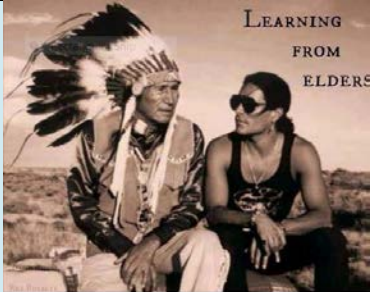


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Al A King Carrots Lettuce Fruit	4 STAFF MEETING Meat Loaf Cheesy Potato Green Bays Fruit	5 Sloppy Joe Corn On The Cob Jell-O	6 Boiled Dinner Salad Apple Crisp	7 Potato Crusted Cod California Blend Fruit Cake
10 Barbequed Chicken Oven Brown Potato Broccoli Fruit	11 Ring Bologna Boiled Potato Squash Fruit	12 Roast Turkey Dressing Mixed Vegetables Lettuce Cranberry Sauce Pudding	13 Chili Fruit	14 Pork Chop Mashed Potato Gravy Green Beans Fruit
17 Corn Soup 3 Inch Sub W/Ham Raw Vegetable Fruit	18 Roast Beef Mashed Potato/Gravy Carrots Fruit	19 Ham Scalloped Potato Green Beans Fruit	20 Swedish Meatballs Noodles Squash Cucumber Salad Corn Muffin Fruit	21 Chicken Roasted Potato California Blend Fruit
24 Liver & Onions Mashed Potato Carrots Fruit Cookie	25 Spaghetti/Meat Sauce Italian Blend Cheesy Mascot Bread Fruit	26 Swiss Steak Baked Potato Brussels Sprouts Fruit	27 BIRTHDAY DAY Beef Stew Raw Vegetables Garlic Cheese Biscuit Cake	28 MEAL SITE CLOSED ELDER EXPO
31 Baked Ziti Mixed Vegetables Bread Stick 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.

AUGUST 2015 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3 Rubber Stamping E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Good Will Store Green Bay 1:15	4 Tai Chi (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30	5 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	6 Cherry Picking Sturgeon Bay 10:00 Lunch Out (on your own) <i>No Transportation for lunch this day</i>	7 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
10 Wii Bowling E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Doc's Harley Davidson Bonduel 1:15	11 Crafts 9:30 – 11:00 E.S. Meal-site Karaoke E.S. Meal-site 12:30 – 1:30	12 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	13 Cooking Activity Room 9:30 Chair Yoga E.S. Meal-site 1:30 – 2:30	14 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
17 Talking Circle E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Movie (Bucket List) E.S. Meal-site 1:15	18 Tai Chi (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30	19 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	20 Concert in the Park (Jazz/Standards/Blues) Whitney Park, Green Bay (Bring your bag lunch) 10:30 – 2:00 No Transportation for lunch	21 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
24 Wii Bowling E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Elder Talent/Show-n-Tell E.S. Meal-site 1:00	25 Crafts 9:30 – 11:00 E.S. Meal-site	26 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	27 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch Birthday Lunch 12:00	28 Elder Expo 10:00 -2:00 Radisson Hotel Lunch 12:00 – 1:00
31 Kings Corners E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Yahtzee Game E.S. Meal-site 1:15			<p>* Please <u>sign up</u> for trips at the E.S. Meal-site. * All Trips leave from E.S. Meal-site. *Activities need 5 Elders to go. *Activities subject to change.</p>	<p>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</p> 

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

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

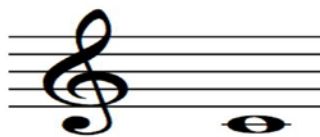
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Listening & Communication 9:00 Pod A	4	5	6	7
10 Listening & Communication 9:00 Pod A ***** Benefit Specialist Meal-site 11:30- 1:00	11 ONCOA 1:00-4:30 Conference Room	12	13	14
17 Listening & Communication 9:00 Pod A 	18 FGP/SCP 12:30-3:00 Pod A	19	20	21 Nutrition Advisory Council meeting 1p.m. Meal- Site (every 3 rd Friday of the month)
24 Listening & Communication 9:00 Pod A ***** Benefit Specialist Meal-Site 11:30-1:00	25 ONCOA 1:00-4:30 Conference Room	26	27 Caregiver Support Group 1:30-3:00 (every 4 th Thurs of the month)	28
31 Listening & Communication 9:00 Pod A 			Farmer's Market Thursdays Open 2-6 	

Country Singers



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

JOHNNY CASH GARTH BROOKS WILLIE NELSON HANK WILLIAMS
DOLLY PARTON TIM MCGRAW GEORGE STRAIT BLAKE SHELTON
PATSY CLINE RANDY TRAVIS RAY PRICE LORETTA LYNN
VINCE GILL KENNY ROGERS TOBY KEITH BUCK OWENS



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:

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”. Two \$500.00 scholarships 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.

Pick up & drop off applications at:

Oneida Elder Services	Oneida Higher Education
2907 S Overland Rd	N7210 Seminary Rd
Oneida WI 54155	Oneida WI 54155

Applications are due August 10th. Winner will be notified via telephone by August 14th. Winners will be presented scholarship award at the 3rd Annual Oneida Elder Expo August 28th @ 1:30 p.m.

If you have any questions, please contact Assistant Director of Oneida Elder Services at (920)869-2448.



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

For more information contact: Loretta Mencheski, Meal-Site Supervisor



**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

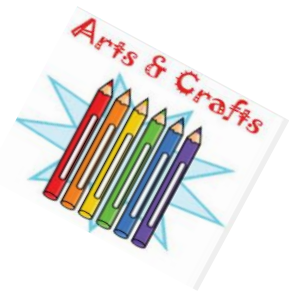


Free door to door Service for all Tribal Elders going to activities or lunch Mon. thru Thurs. at the Elder Services Congregate Meal Site

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:

Joyce Hoes. Supportive Service Specialist at **869-2448**

Michelle Cottrelle, Activity Specialist at **869-1551**

Elder Services Activities & Transportation

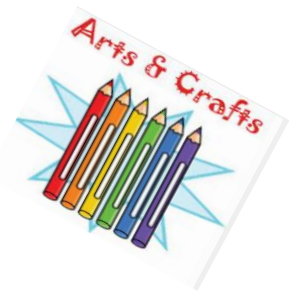


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For more information contact:

Joyce Hoes. Supportive Service Specialist at **869-2448**

Michelle Cottrelle, Activity Specialist at **869-1551**

Sponsored by Oneida Total Integrate Enterprises (OTIE)



Tai chi: A gentle way to fight stress

Tai chi helps reduce stress and anxiety. Also helps increase flexibility and balance

Instructor: **Kevin Schoenebeck**, Oneida Fitness Center

Where: Congregate Mealsite

When: August 11th 2015 & August 25th 2015

(Second and fourth Tuesday of each month)

Contact: **Michell Cottrell**, Activity Specialist at 269-1551

Joyce Hoes: Supportive Service Specialist at 869-2448



Chair Yoga make the mind/body connection! Yoga is a gentle class, in which you learn stretching and breathing techniques

Instructor: Jason Manders, Oneida Family Fitness Center

Where: Congregate Mealsite

When: Aug. 6th 2015 & Aug 20th 2015

(First and third Thursday of each month)

Contact: **Michelle Cottrell**, Activity Specialist at 269-1551

Joyce Hoes: Supportive Service Specialist at 869-2448



Love you to the moon and back!

Annual Diabetes Event

Date: Wednesday, August 26, 2015

Time: 4:00 – 8:00 PM

Place: Radisson Hotel & Conference Center

Sign-up: Oneida Elder Services Congregate Meal Site
2901 S Overland Rd, Oneida WI 54155

Deadline: August 21, 2015

Tickets will be available for pickup on August 24th @ the
Congregate Meal Site for the first 20 elders & transportation
available for 17 elders

Questions please contact:
Joyce Hoes, Supportive Services Supervisor
(920)869-2448

ONEIDA ELDER EXPO & APPRECIATION LUNCHEON

Date: Friday, 8/28/2015

ELDER EXPO

Time: 10:00am – 2:00pm

EXPO ACTIVITIES

- Information Booths
- Door Prizes
- Bucket Auction
- 50/50 Raffle

(Proceeds go to the Roberta Kinzhuma Scholarship Fund)

**PRESENTED BY:
Elder Services
ONCOA Board**

ELDER LUNCHEON

Time: 12:00pm to 1:00pm

- For Oneida Elders 55 and older
- Tribal ID is required at check-in
- Elders must be able to assist themselves, sorry no caregivers
- No children or pets allowed
- Registration begins Mon., July 20 through Fri., Aug. 14
- Please register by calling Elder Services at (920) 869-2448 or 1-800-867-1551

**Sponsored by:
Oneida Business Committee
Elder Services
ONCOA Board**

Both Events will be located at the Radisson Convention Center

What is *special* about the ONEIDA FARMER'S MARKET?

Thursdays 12-6PM from June 25th-October 8th

Located at the Oneida Business Park

N7332 Water Circle Place, Oneida

www.oneidanation.org/ofm



WEEKLY ACTIVITIES

This year the Oneida Farmers Market will try to have events at each of the markets.

Please see our website or facebook for more details.

- **June 25th Oneida Culture Day**
- **July 2nd Red White & Blue Day**
- **July 9th World Culture Day (fair) Polynesian Dancers**
- **July 16th Kids Bash**
- **July 23rd Christmas in July – Ugly shirt contest and maybe a Visit from Santa**
- **July 30th Car Show**
- **August 6th Health & Fitness Day**
- **August 13th Easter with egg hunt and prizes**
- **August 20th Market Bash**
- **August 27th Team Spirit Day (Packers)**
- **September 3rd Friends Day**
- **September 10th Appreciation Day**
- **September 17th Apple fest**
- **September 24th Animal Day**
- **October 1st Harvest Fest**
- **October 8th Halloween**



**Oneida Falling Leaves 4-H brat booth
open from 11:30-5:30pm**

MARKET BASHES • JULY 16 & AUGUST 20

Music, Games, Prizes, Raffles, Contests, Demos

Visit our website for more information at www.oneidanation.org/ofm





Native American Family Care Giver

Hello, I am Carol Bogda the new NAFCG for Elder Services. I look forward to working with the Elders and Caregivers in our community. I've worked with Elders for 15 years, stemming from L'anse MI where I became a Certified Nursing Assistant in the year 2000. I recently received my Associates degree from Menominee College in Liberal Studies/ Social Science. If you have any questions contact me at Elder Services (920) 869-2448.

Voucher/Stipend Program

This program is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 10 hours a month with an hourly wage to the relief caregiver. To qualify for this program you must be Native American, age 55 or older and live within the reservation boundaries. You must be a caregiver, recipient, or grandparent who is legally caring for their grandchild.

(Services are dependent on available funding)

NAFCG/Alzheimer's Support Groups

July 23rd: Outagamie ADRC/Services & Resources (Jan Jansen)
Aug 27th: Hand Massages (Scott Lalonde, Social Services)
Sept 24th: Special Health Promotion (Sarah Philips, Reiki)



GLNAEA

Great Lakes Native American Elders Association

Sponsored by: Red Cliff Band of Chippewa, Red Cliff, WI 54814

September 3rd & 4th, 2015

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.

Location:

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

Contact Info:

Phone: 1 (715) 779-3712

Toll free: 1 (800) 226-8478

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

Next Meeting: December 3rd & 4th, 2015 - Ho Chunk

Yaw^>%

In the Oneida Language, Yaw^>% 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 individuals for their donations.

Mark and Shirley Powless

Jan Frion

Gloria Hawk

Bev Sommers

Francine M Valentino

Cassandra Kopka

Laura Kuehl

Kelli D Yang-Kluge

Once again **Yaw^>%** for donating

Museum - Education - Green Corn Ceremony



It was at the time that Handsome Lake was waiting for the four messengers to show him the two roads, one to the Creator's land and the other to the Punisher's land. It was a day that was different than other days. As the day began, the light was brighter than other days. Handsome Lake dressed in his finest clothes.

While he was waiting, Handsome Lake walked outside and through his garden. He heard a woman's voice from behind him, and felt a hand softly touching his shoulder. The voice asked him to take her along with him to the Creator's land. When Handsome Lake turned to see who was speaking, he saw no one. He turned to continue his walk and again he heard the woman's voice. Again, he turned and saw no one. The third time this happened, he turned and realized it was the corn that was touching his shoulder and it was the corn that was asking him to take her to the Creator's land.

Now this was at the time when there was a great turmoil. It was during the time of the coming of the white man and with him, he brought disruption and alcohol. The Iroquois would plant their gardens, but would not tend to them. They were distracted by other things, such as the use of alcohol and gathering skins, taking them from home and not tending their gardens. This made the plant life very sad, and they felt they were no longer needed here on earth. That is the reason the corn had asked Handsome Lake to be taken away.

Handsome Lake told the corn that it was not his decision to make to take away the plant life --the food-- from the earth. This was a decision only the Creator could make. He also told the corn that the young children suffer along with the elders. There would be a great hunger among the people. The corn then said if indeed the people needed to have the plant life on earth there should be a way the people could show their acceptance and recognition for having them there. The representatives of the plant life would be the corn, beans and squash --Three Sisters. Just as the plant life understands their responsibilities as feeding the people and replenishing, so too do the women understand these to be their responsibilities in feeding, taking care of the children and replenishing.

This is the reason for the Green Corn Ceremony, to be recognized as a woman's ceremony, in recognition of the female side of life. The ceremony will begin with the opening as all ceremonies do. The Feather Dance will be done in recognition of all Creation. There will be a thanksgiving to the Three Sisters and a celebration of all plant life deciding to remain here on earth to feed the people. The Old Woman's Dance will be done by the women to renew the relationship between the women and the plant life or Three Sisters. Words of encouragement will be given to the people to continue their thanksgiving in everyday life and to continue their responsibilities. The Bean Dance will then be done in recognition of the Three Sisters also. The ceremony will be concluded with the feast to include Green Corn soup prepared by each clan. The food should be representative of the Three Sisters

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:

- Angela Ortiz, Elderly Benefit Specialist, at (920) 869-2448 or (800) 867-1551

NOTICE NOTICE NOTICE NOTICE

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 1, 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.