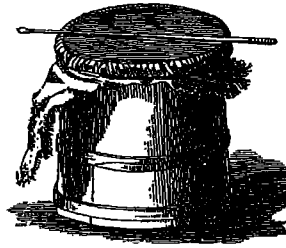


# DRUMS ACROSS ONEIDA

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



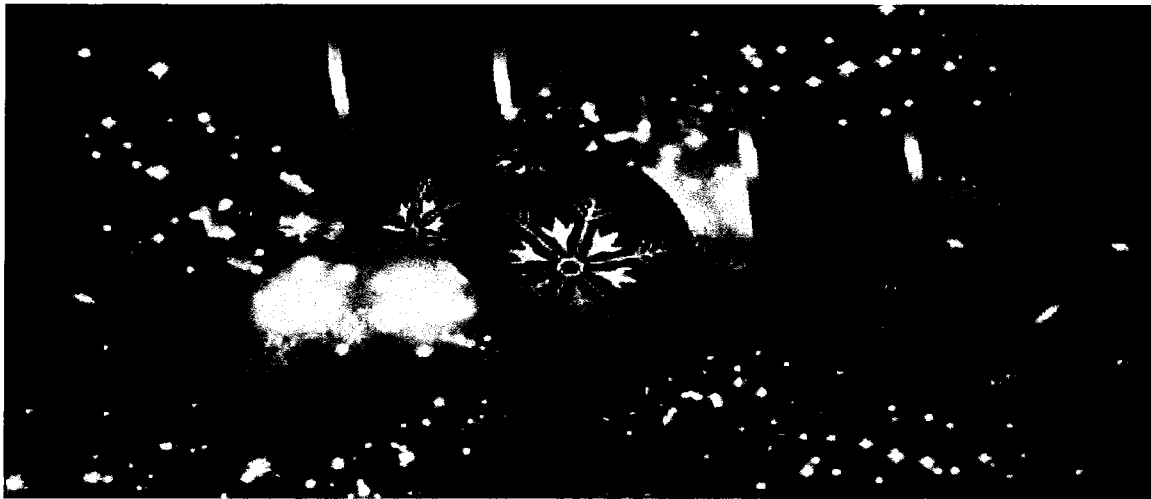
Elder Services Congregate  
Meal Site  
2901 S. Overland  
Oneida, WI 54155  
Phone: 920-869-1551

Drums articles can also be viewed at [Oneida-nsn.gov/elderservices.org](http://Oneida-nsn.gov/elderservices.org) and on our  
Facebook page: Oneida Tribe of Wisconsin Elder Services

Wahsu'tés Wahní'tale?

Long Night moon

December 2015



## 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\***



## DECEMBER 2015 MENU





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE. Lunch is served Monday-Friday from 12:00-1:00p.m. Breakfast is served from 9:00-10:00 a.m. on posted days.	1 Roast Beef Mashed Potatoes Carrots	2 Ham Scalloped Potatoes Green Beans	3 Swedish Meatballs Noodles Squash Cucumbers Corn Muffins	4 Honey Dipped Chicken Wild Rice Pilaf California Blend Veggies
7 Liver & Onions Mashed Potatoes Carrots	8 Spaghetti/Meat Sauce Italian Vegetables Cheesy Mascot Bread	9 Swiss Steak Baked Potatoes Brussels Sprouts	10 Beef Stew Cheesy Garlic Bread Raw Vegetables	11 Baked Fish Oven Roasted Potatoes Asparagus
Cookies	Fruit	Fruit Cocktail	Fruit	Fruit
14 Baked Ziti Mixed Vegetables Bread Sticks Parmesan Cheese	15 Homemade Chicken Soup Sandwich Lettuce Salad	16 Roast Turkey Mashed Potatoes Wax Beans Cranberry Sauce Corn Muffins	17 Beef Stroganoff Noodles Brussels Sprouts Fruit	18 Salmon Loaf Creamed Pea Sauce Boiled Potatoes
Fresh Fruit	Jell-O	Fruit	Ice Cream	Fruited Jell-O
21 Chicken Al A King Carrots Lettuce	22 Meat Loaf Cheesy Potatoes Green Beans	23 Sloppy Joe Corn On The Cob Chips	24 CHRISTMAS EVE 1/2 DAY BREAKFAST Boiled Egg Oatmeal Muffin Hash Browns	25  CLOSED IN OBSERVANCE OF CHRISTMAS DAY
Fruit	Fruit	Fruit	Fruit	
28 Barbequed Chicken Broccoli Cole Slaw	29 Ring Bologna Boiled Potatoes Squash	30 Roast Turkey Dressing Mixed Vegetables Raw Vegetables Cranberry Sauce	31 BIRTHDAYDAY Chili 1/2 Deli Meat Sandwich Lettuce Salad	All meals are served with coffee, juice, milk, tea, or water.
Fruit	Fruit	Pudding	Cake	



# DECEMBER 2015 ACTIVITIES



Monday	Tuesday	Wednesday		Friday
<p>* Please sign up 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><b>1</b>  <b>Crafts</b> 9:30 – 11:00 E.S. Meal-site</p>	<p><b>2</b> <b>Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30</p>	<p><b>3</b> <b>Christian Thrift</b> De Pere 9:30 <b>Chair Yoga</b> E.S. Meal-site 1:30</p>	<p><b>4</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p><b>7 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</p>	<p><b>8 Zumba</b> Activity room 11:30 <b>Karaoke</b> E.S. Meal-site 12:30 <b>Tai Chi</b> E.S. Meal-site 1:30 – 2:30</p>	<p><b>9 Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30</p>	<p><b>10</b> <b>Christmas Shop</b> Fox River Mall Appleton 9:30 (Lunch on your own) No Transportation for lunch this day.</p>	<p><b>11</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p><b>14 Journaling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Movie</b> E.S. Meal-site 1:10</p>	<p><b>15</b>  <b>Crafts</b> 9:30 – 11:00 E.S. Meal-site</p>	<p><b>16 Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30</p>	<p><b>17</b> <b>Christmas Bingo</b> 3 Sisters Center 10:00 <b>Chair Yoga</b> E.S. Meal-site 1:30</p>	<p><b>18</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p><b>21 Talking Circle</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> Bring new wrapped \$2.00 gift E.S. Meal-site 1:00</p>	<p><b>22</b> <b>Tai Chi</b> (Light stretch &amp; balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30</p>	<p><b>23</b> <b>Banks, Shopping</b> 9:00 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. building 1:30</p>	<p><b>24</b> <b>½ day In</b> <b>Observance of</b> <b>Christmas Eve</b> <b>No Activities</b></p>	<p><b>25 OFF</b> <b>In Observance of</b> <b>Christmas Day</b> </p>
<p><b>28 Journaling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Dominos</b> E.S. Meal-site 1:15</p>	<p><b>29</b>  <b>Share</b> <b>Photo &amp; Memories</b> 9:30 – 11:00 E.S. Meal-site</p>	<p><b>30 Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Yahzee Game</b> E.S. Meal-site 1:15</p>	<p><b>31</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day. <b>Birthday Lunch 12:00</b></p>	<p>Is this the Month of your Birthday? You must sign up in the Birthday Book at the E.S. Meal-site. *Must be present at B-day Lunch to receive your gift <b>HAPPY BIRTHDAY!</b></p>

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

# Holiday Tunes

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

**WINTER WONDERLAND    THE FIRST NOEL    SILVER BELLS**  
**SILENT NIGHT    LET IT SNOW    RUDOLPH    SANTA BABY**  
**AWAY IN THE MANGER    LITTLE DRUMMER BOY    SNOW**  
**JINGLE BELLS    O HOLY NIGHT    JINGLE BELLS    GIFTS**  
**SANTA BABY    MISTLETOE    LIGHTS    ORNAMENTS**

*Wishing Everyone Merry Christmas from Elder Services*

**Results of Fundraiser/Raffle**  
**for Elder Services Alzheimer's Support Group**  
Drawing Was Held: October 23, 2015 at Elder Services

The family of Irv Thompson donated 5 baskets of product to be raffled. The proceeds are to benefit the Alzheimer's Support Group through Elder Services. The baskets were filled with items that an elder might use such as: toiletries, light bulbs, batteries, back scrubber, etc. Thank you to the Irv Thompson family.

The raffle raised \$332.00. The winners of the baskets of goodies were: Sue Potthier, Arlie Doxtator, Charlette Walchinski (Char won two) and Leon Webster. We deeply thank everyone for participating in purchasing tickets and also to those who sold tickets.



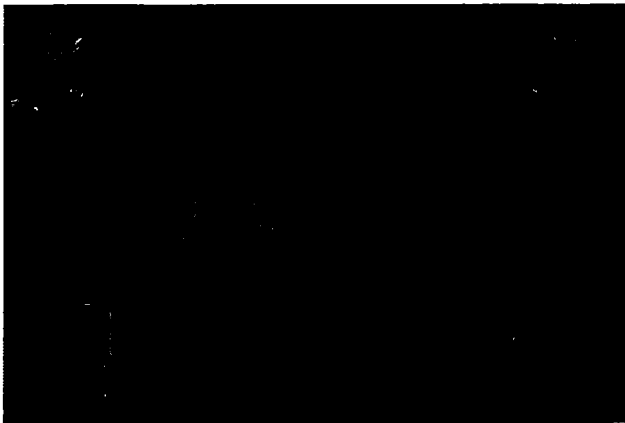
Pictured are Florence Petri and Maryann Kruckenburg during the final drawing. Baskets are shown in the background and pictured below are a few more.



Feel free to contact Carol Bogda at 920-869-2448 for more information about the support group. This group is in coordination with the Native American Family Caregiver program and held the fourth Thursday of every month at Elder Services, 2907 S. Overland.

## Oneida Tribal Aging & Disability Resources (ADR) Open House

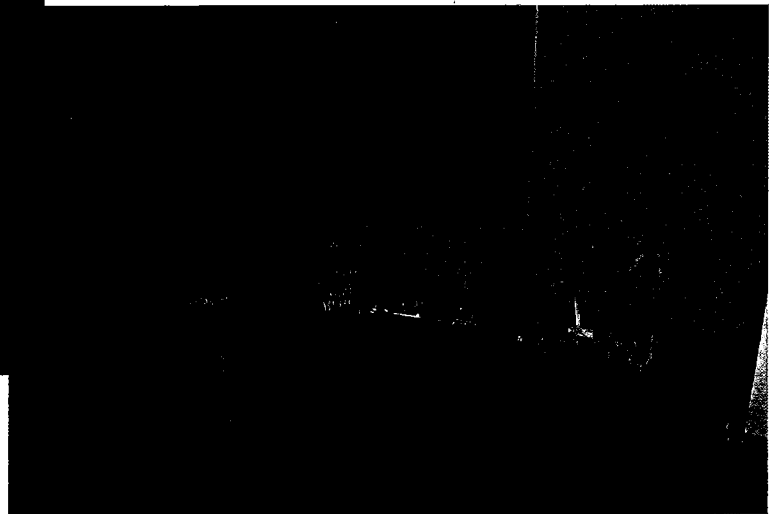
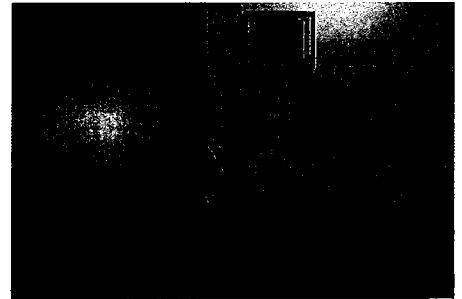
Hosted by Elder Services, October 23, 2015 in Elder Services Conference Room and Atrium



Special thank you goes out to the representatives who spoke and shared their time and expertise at our ADRS Open House. We are also very grateful to those who attended and also participated in the discussions after the speakers.

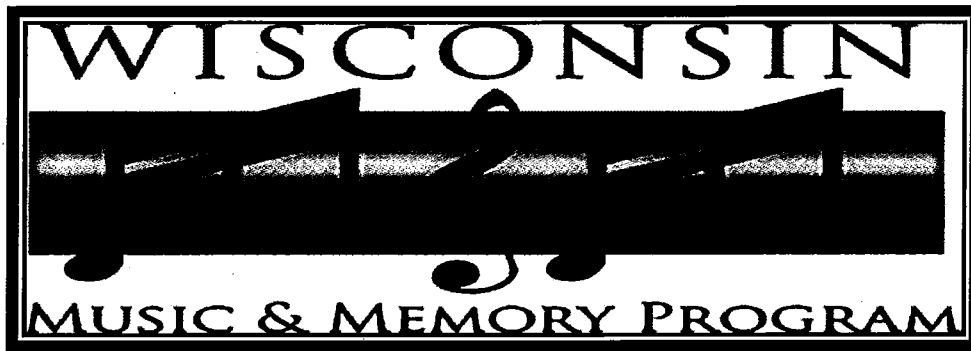
Finally, we want to thank Debra Morning Star for playing the flute

during our event and to all those who help get ready for this amazing event.



REMINDER: ADR Specialist Mallory Patton is open for business as of Nov 2, 2015. Please give Mallory a call for more information on long term care services and programs at 920-869-6830. We sincerely appreciate all the participation at the open house and in the future. **Yawá'kó**

**Speakers Present:** Oneida Tribal Chair, Tina Danforth, Oneida Vice Chair, Melinda Danforth, Oneida Nation Commission on Aging Chair, Wes Martin, Great Lakes InterTribal Council, Wendell Holt, Greater Wis Area Agency on Aging, Bob Kellerman and State Office on Aging, Neal Minogue.



Segoli~

Elder Services is working with the Alzheimer Association's Music & Memory program and are asking for volunteers from those families that are caring for a member who has a diagnosis of a form of *dementia* and who will want participate with us in this program.

The Wisconsin Music & Memory Program has been designed to help people with Alzheimer's and related dementias, find renewed meaning and connection in their lives through the gift of personalized music.

The selected individuals with their caregivers will receive an iPod with a downloaded playlist of music, which has the capacity to transform the quality of life for people struggling with a wide range of physical and cognitive impairments.

For more information please call Elder Service and ask for;

The Music & Memory Volunteers; Marlene Summers, Shirley Barber or Mallory Patton

(920) 869-2448

**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  
Phone: 1-800-746-2486

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.

This is the Christmas meeting so you may bring a gift to exchange - ladies for ladies and men for men. Sign in on the Christmas exchange form and keep the gifts with you.

Please remember raffle items and the pie contest. Questions about GLNAEA call Fran at 1-715-297-4239

**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 Tribe Elder Services

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## TRIBAL AGING & DISABILITY RESOURCE SPECIALIST

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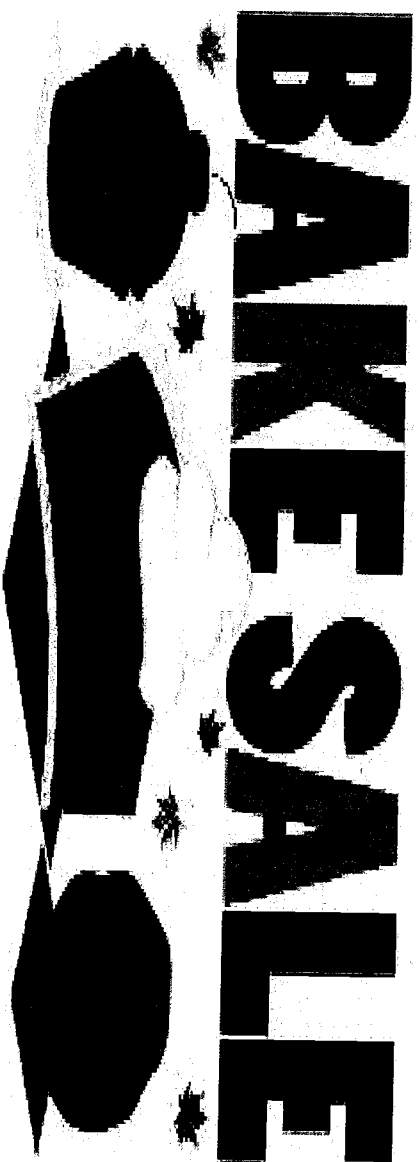
Beginning November 2, 2015, our Tribal ADRS will be available to provide Information and Assistance on all the publically funded long-term care programs that are available through Oneida Health Center, Brown and Outagamie Countie's Aging & Disability Resource Centers.

You will receive information on all long-term care programs available, so you will be able to make a more informed choice on services that will best fit your needs.

We serve the frail elders, adults with physical or developmental disabilities and youth with disabilities who are transitioning on to the adult long-term care programs. Eligibility for adult long-term care begins at the age of 17 years and 6 months.

If you have any questions or concerns, please call Mallory Patton, Aging & Disability Resource Specialist (ADRS), at (920) 869-6830.





## ~ AND RAFFLES ~

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**Foster Grandparent & Senior Companion Programs**

*"Making Independence A Reality"*

## ***VOLUNTEERS & BAKED GOODS NEEDED***

**DATE:** Saturday, December 5, 2015

**PLACE:** Oneida Bingo Hall

**TIME:** Morning, Evening & Night Owl Sessions  
(9 am to Noon)      (4 pm to 8 pm)      (8 pm to 10 pm)

**CONTACT:** Linda Dallas, Benefit Specialist (920) 869-2448

- Cakes & Pies
- Other Baked Goods
- 50/50 Raffles
- Bingo Passes