

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: Carissa Metoxen
Email: cmetoxen@oneidanation.org

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

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Hunting Moon

November 2016



Happy Thanksgiving!

**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 show up without a reservation you'll have to wait until all reserved meals are served. If you reserve a meal and don't show we're required to pay for that meal. For the month of September we had **110** missed meals at a total cost of **\$880.00**.

***No participant will be denied**



Upcoming Meetings and Presentations

GLNAEA	December 7-8, 2016		Carter Potawatomi
Memory Café	November 1 st , 2016	1:30 PM-3:30 PM	Elder Services Pod A
ONCOA Meeting	November 8 th & 22 nd , 2016	1 PM-4:30 PM	Elder Services Conference Room



NOVEMBER 2016 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
* Please <u>sign up</u> for trips at the E.S. Meal-site. *Activities need 5 Elders to go. *Activities subject to change.	1 Crafts 9:30 – 11:00 E.S. Meal-site	2 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Build/H 1:30	3 Green Bay Plaza Green Bay 9:30 Chair Yoga E.S. Meal-site 1:30	4 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
7 Wii Bowling E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Line Dancing E.S. Meal-site 1:30	8 <i>Be Thankful</i>  Tai Chi E.S. Meal-site 1:30	9 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Build/H 1:30	10 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.	11 OFF in observance of 
14 Wii Golf E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	15 Crafts 9:30 – 11:00 E.S. Meal-site	16 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Build/H 1:30	17 Woodman's Grocery Green Bay 9:30 Birthday Lunch 12:00 Chair Yoga E.S. Meal-site 1:30	18 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
21 Wii Tennis E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Line Dancing E.S. Meal-site 1:30	22 <i>Give Thanks!</i>  Tai Chi E.S. Meal - site 1:30	23 Banks/Shopping 9:00 Exercise E.S. Meal-site 11:00 No Transportation for lunch this day. Bingo C.W. Build/H 1:30	24 OFF In Observance of THANKSGIVING	25 OFF In Observance of Indian Day 
28 Wii Bowling E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	29 Movie E.S. Meal-site 1:00	30 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo C.W. Build/H 1:30		Is this the Month of your Birthday? You <u>must sign up</u> in the Birthday Book at the E.S. Meal-site. *Must be present at B-day Lunch to receive your gift card 

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

November 2016

Congregate Meal-site: 2901 S Overland Rd, Oneida WI 54155 Phone: 1(920)869-1551

Mon	Tue	Wed	Thu	Fri
All meals are served with coffee, tea, juice, milk or water	1 Home-style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice w/butter Fruit	2 Sloppy Joe on Whole Grain Bun Baked Chips Corn on the Cob Gelatin	3 <u>Special Meal</u> Spinach and Strawberry Salad with Raspberry Vinaigrette Dressing. Taco Soup Fry Bread & Orchard Apples	4 Potato Crusted Cod California Blend Vegetables Dinner Roll w/butter Fruit Cake w/frosting
7 Barbecue Chicken Broccoli Spears Cole slaw Dinner Roll w/butter Fresh Fruit	8 Oneida Round Steak— Ring Bologna Buttered Parsley Potatoes Squash Bread slice w/butter / Fruit	9 Roast Turkey w/Gravy Bread Dressing Mixed Vegetables Cranberry Sauce Raw Vegetables w/Dip Pudding	10 Chili w/ crackers 1/2 Deli Meat Sand. Lettuce Salad w/Dressing Fruit	11 Closed Veterans Day 
14 Oneida Corn Soup w/crackers Deli Meat Sub Sandwich Raw Vegetables w/dip Gelatin Fruit	15 Sliced Roast Beef w/ gravy Mashed Potatoes Buttered Carrots Sliced Bread w/butter Fruit	16 Baked Ham Scalloped Potatoes Buttered Green Beans Fresh Dinner Roll w/butter Applesauce	17 Birthday Day Swedish Meatballs Buttered noodles Acorn Squash Sliced Cucumbers Corn Muffin / Birthday Cake 	18 Honey Dipped Chicken Wild Rice Pilaf California Blend Vegetables Fresh Dinner Roll w/butter Fruit
21 Grilled Liver and Onions Mashed Potatoes Buttered Carrots Homemade Cookie Dinner Roll	22 Spaghetti w/Meat Sauce Over Noodles Italian Blend Vegetables Cheesy Mascot Bread Fresh Fruit	23 Swiss Steak Baked Potato w/ sour cream Brussel Sprouts Fruit Cocktail Dinner Roll w/butter	24 Closed Thanksgiving 	25 Closed Indian Day 
28 Hamburger on a Bun Baked Beans Potato Chips Fresh Fruit	29 Homemade Vegetable Beef Soup Deli Meat Sandwich Lettuce Salad w/dressing Gelatin Cubes	30 Roast Turkey w/gravy Sweet Potatoes Buttered Wax Beans Cranberry Sauce Corn Muffin / Fruit	Lunch served: Monday—Friday Noon to 1:00 p.m.	Breakfast served on posted days: Monday—Friday 9:00—10:00 a.m.



Menu's are subject to change



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

BUNS

CORNBREAD

CORNUCOPIA

CRANBERRIES

DINNER

EAT

FALL

FOOTBALL

PIE

POTATOES

PUMPKIN

SQUASH

STUFFING

THANKFUL

THANKSGIVING

TURKEY



11/1/16 @ 1:30-3:30PM Elder Services Pod A

Oneida Nation Elder Services Memory Café

Located at Oneida Nation Elder Services

- **For people who are living with memory loss and other symptoms of dementia and their caregivers.**
- **Memory café is a social occasion for people who live with dementia and their caregivers to gather connect with one another and enjoy café hospitality.**
- **Activities available at each café and may include crafts, socializing, and refreshments.**
- **Held the first Tuesday of every month @ Elder Service Pod A**
- **Contact our Tribal Dementia Care Specialist; Debbie Miller at (920)869-6835 or 1(800)867-1551**



Tribal Aging & Disability Resource Specialist

Located at Oneida Elder Services

Mallory Patton- (920)869-6830

Connecting People to Community Services

We can assist adults with physical and developmental disabilities and our frail elderly population. We provide office appointments, home or telephone consultations.

The Place for Information and Assistance: Your connection to resources and services offered through the Oneida Tribal community and through Brown and Outagamie County Aging & Disability Resource Centers (ADRC).

Providing Options: You do have choices available to meet your needs. There are many options to explore.

Long-Term Care Programs: Community Options Program (COP), Family Care, IRIS, and Partnership.

Vital Connections: Can help you connect to our Elder Programs, Medical and Disability Benefit Specialists. Can provide you with information and assistance on programs such as; Medicare, Medicaid, Social Security, SSDI, Senior Care questions and assist with the application process.

Youth in Transition: Assistance and connections for youths with physical or developmental disabilities who are of age (17 ½) and are able to transition onto the adult long-term care programs.

Oneida Nation Elder Services

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

What's in it for me? People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

Workshop Dates & Locations:

- **Times:** 9:30am to 11:30am
- **Dates:** Every Tuesday from October 25th, 2016
thru November 29th, 2016
- **Location:** POD A – Elder Services Building
2907 S. Overland Rd. Oneida, WI

*****Call to sign-up for upcoming classes with
Lisa Huff, Outreach Worker at (920) 869-2448***

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs (e.g., lost wages) of \$2.7 billion (2009 data for Wisconsin).

Check out other healthy living programs by visiting online at:
wihealthyaging.org



A good mind. A good heart. A strong fire.



Reminder:

**Thank you for not smoking on
Elder Services Premises**

Please comply with our Clean Air Policy. No smoking on tribal property and in tribal vehicles. You must be at least 30 feet away from all buildings owned and operated by the tribe.

Article IV. Regulation of Smoking

4-1. except as provided in 4-1(b) (1) and 4-2, no person may smoke:

(a) In any building owned or operated by the Tribe.

(b) Within thirty (30) feet of any building owned or operated by the Tribe. Receptacles for disposing of smoking materials shall be maintained at least thirty (30) feet from the main entrances of the building

Elder Expo 2016 - HUGE THANK YOU!

The Elder Expo hosted by Oneida Elder Services and the Oneida Nation Commission on Aging (ONCOA) was held Friday, August 26, 2016. About 100 people enjoyed 30 tribal and external vendors that offered valuable resources and information. Socialization is a key part of this event. Staying socially active and maintaining interpersonal relationships can help maintain good physical/emotional health and cognitive function. Thank you to all for sharing and enjoying.

- \$1,417 raised for the Roberta Kinzhuma scholarship fund: 50/50 (\$162.00), silent auction (\$1,205) and additional community member donation (\$50.00)
- This scholarship is in honor of Roberta Kinzhuma's dedication and hard work, put forth towards obtaining her Bachelor's Degree. The memorial scholarship fund is for, and devoted to, single mothers going back to school to further their education and for their continued efforts in academic achievement.

Special thank you to:

- Thank you to Michelle Cottrell, Activity Specialist and the elders who participated in the Elder Services Activities Program and made the quilted wall hanging for the silent auction.
- Those who donated items to the silent auction and also to those who bid on the items.
- Everyone for completing the surveys and participating in this year's Elder Expo. Our surveys show that the expo was a great success. All the comments are carefully evaluated to improve the Elder Expo for next year. Survey gift card winners are: Sue G, Patricia M, Connie D and Trina V.
- Additional sponsors: Oneida Total Integrated Enterprises (OTIE), Oneida Tourism, Oneida Joint Marketing (Eddy Lacey autographed football), Gaming (mugs for giveaway with survey) and the Oneida Business Committee. These sponsorships were very helpful in making this event a success this year.
- Vendors who brought their best to share and inform
- Those who worked at the event and to those who stayed back in the office of Elder Services, keeping the services going.
- Oneida Business Committee for assisting with greeting and participating at the event.

Yaw<ko to everyone that made this Elder Expo a huge success.

Up Close and Personal with...

Carissa Metoxen



1. What are your job responsibilities at Elder Services? I'm the Receptionist at the front desk. I answer the telephones, greet every person that comes through the front door, sort mail, and I'm in charge of the monthly DRUMS newsletter as well as the Elder Services Facebook Page.
2. What did you want to be when you were a child? A Pediatrician. I like working with babies and small children.
3. Who or what has influenced you the most? I would have to say my mother Renita has influenced me to go back to school and receive a college degree. My son Chase is my main focus for that because I'm not just doing it for myself but I'm doing it for him.
4. What is your greatest accomplishment? Becoming a mother and being the first to graduate high school in my family.
5. What advice do you have for those about to retire? Travel; spend time with your family, Enjoy It!
6. Favorite Food, Song, Book, Film, TV show? Anything Mexican, R&B music, I like autobiographies, Selena, and Empire.
7. Favorite Hobby/Hobbies? I love to spend time with my son Chase, travel, go to the movies, and listen to music.