DRUMS ACROSS ONEIDA

Oneida Elderly Service 2907 South Overland Rd. Oneida, WI 54155 Ph: 920-869-2448

Fax: 920-869-1824



Senior Center-Meal Site 134 Riverdale Dr. Oneida, WI 54155 Ph: 920-869-1551

Fax: 920-869-1526

Wahsu tés Wahni tale?

Long Night Moon

December, 2008



Florence Petri, Program Director

Tina Pospychala, Assistant Program Director

Joyce Johnson, Elder Abuse Prevention/ Coordinator/Supervisor

Brenda Jorgenson, Supervisor / Cook

Robert La Gest, Maintenance Supervisor

Claudia Skenandore, Office Manager

Pat Beilke... Lisa Huff... Debi Melchert...Hank Jourdan... Joanne Close...Jeff Webster Angela Ortiz...Alfreida Grignon...Barbara Skenandore...Betty Jorgenson Cecil Rennells...Sandra Summers...Cheryl Ault...Rochelle Powless...Evadna Agen Cliff Cornelius...Corinne Robelia-Zhuckkahosee...Dale Webster...

Don Bogda...Donna Ineguez...Geno Danforth...Glory La Flex...

Hillary Lewis-Reimers...James Smith...Jean Denny...Jeannine La Rock...

Judy Cornelius...Leslie Cornette...Linda Douglas...Lloyd Davis...Lois Strong

Loretta Mencheski...Lorleen John...Marena Pamanet...Marty Braeger...Michelle Cottrell

Richard Dodge...Richard Summers...Rickie House...Wayne Mc Reynolds

Merry Christmas And A Healthy and Happy New Year

ELDERS AND EVERYONE – DRUMS CONTACT

From the desk of: Linda F. Douglas

I am with Elderly Services and will be the main contact for the DRUMS Across Oneida newsletter. Please contact me with any comments, suggestions, concerns, complaints, etc. Thank you for your attention. My phone number: 920-869-2448 email ldouglas@oneidanation.org

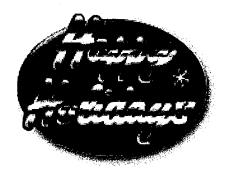


Elder's Meditation

"Spiritual Values are an Attitude." Leonard George, Chief Councilor

Attitude is a direction which we follow. If you have a positive attitude, it means you will lean towards a positive direction. If you have a negative attitude, it means you will lean away from the Spirit. Therefore, if we lean toward spiritual values, then our actions will become significant and important. If we lean away from spiritual values, our actions will become insignificant or unimportant. For example, it we love, we will lean towards it; we will prefer to express and embrace it.

Great Spirit, teach me the significance of spiritual values.



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Cards Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Site II 1:00	Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Christmas Sing- a-long and Bingo (bring wrapped gift) Elderly Services 1:00	15 Scrabble Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Site II 1:00	8 Board Games Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Crafts Elderly Services 1:30	1 Puzzles Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Site II 1:00	Monday December
Cards Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Site II 1:00 31 Rum Rham Rham Rham Rham Rham Rham Rham Rha	23 Banks Shopping Lunch Out (on your own) 10:00 – 3:00	16 Christmas Bingo Three Sisters Building 9:30 – 11:15	9 SHOPPING Goodwill and Fox River Mall, Appleton Lunch in Food Court (on your own) 10:00	2 Crafts Elderly Services 9:30 – 11:30	Tuesday er 2008
Rummikub Game Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	24 Breakfast Only 9:00 ½ Day – Christmas Eve	Oneida Language Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	10 Rubber Stamping Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	3 Oneida Language Elderly Services 9:30 PACE Exercise Elderly Services 11:00 Bingo Hwy H 1:30	wednesday ACTIVI
*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.	OFF Observance of CHRISTMAS DAY	Cooking Elderly Services 9:30 Bowling Ashw. Lanes 1:30	11 Banks Shopping 9:30 - 11:30 Lunch at Senior Center Floor Shuffle Board Hwy H 1:30	4 Price is Right Elderly Services 9:30 Bowling Ashw. Lanes 1:30	Thursday //TIES
*Is this your Birthday month? *You must sign up in the Birthday Book at Senior Center, Main Office, Must be present at the Birthday lunch to receive your gift card.	Ice It Game Elderly Services 9:30 Movie Elderly Services 1:00	Banks Shopping Lunch Out (on your own) 10:00 – 3:00	12 Elderly Christmas Party Radisson 10:00 – 2:30	5 Banks Shopping Lunch Out (on your own) 10:00 – 3:00	Friday *Activities due to change without notice.

^{*} If you have any questions or concerns Please call Michelle at 869 -2448.

Effective January 1, 2009

Oneida Elderly Services...

WILL NO LONGER...

Rent space for private parties...

At the Senior Center Mealsite...

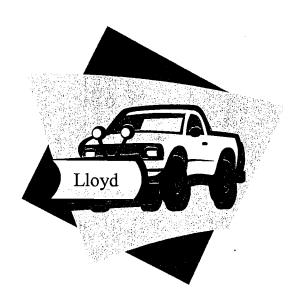
Any concerns please call

Florence Petri at 920-869-2448

Brenda Jorgenson at 920-869-869-1551

Thank you.





SNOW PLOWING

Those on Lifeline – 70 years old and older
To get on the list for Snow Removal.
Call Elderly Services at 920-869-2448
Ask for Cheryl Ault

Oneida Pow Wow series will continue next issue. Yawako



ONEIDA PUBLIC TRANSIT

Oneida Public Transit has a staff of 10 - drivers, 2 - dispatchers, 1 - office administrator, 2 - shift leaders, and 1 - director. We are under Governmental Services with Don White as the Division Director.

Telephone numbers to reach the shift leaders, drivers, or the dispatchers is 833-1658 or 833-1659. If you need to talk to Carol Prendiville, Office Administrator call 833-1415. To reach the Cliff Webster, Director call 833-9827.

Our first priority is the <u>Medical needs</u> and with the <u>people going to their place of</u> <u>employment</u>. The weekly hours are Mondays through Fridays: 1 bus on the road at 5:00 A.M. and then we have busses out from 6:00 A.M. until 9:00 P.M. We will make arrangements if something does come up and people need to be transported over the weekends. We would like to have a least one weeks notice in advance.

Our department is not restricted to the reservation boundaries. For medical needs we will take or attempt to get you to your appointments no matter where they are. We have taken a few people to **Milwaukee** and to **Madison** for the medical needs that they could not receive here.

We appreciate when you give us advance notice when you have to go places besides our Oneida Health Center. It is very hard to meet some of the request when they call in the morning and ask us to take them to St. Vincent's or Bellin by 10:30. The other major item is that if your appointment has been cancelled or changed, we would like to know ahead of time. There have been times when we have scheduled a vehicle for the east side of Green Bay and when our driver gets to the place to pick them up no one comes out.

Here is a list of the prices that we charge:

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Within the Reservation boundaries
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Children 6 years and under = = = = FREE when with an ADULT

Children 7 to 18 = = = = \$1.00 one way Adults 19 to 54 = = = = \$1.50 one way

Elders 55 and up ==== \$ 1.00 one way or \$1.50 round trip Handicap/Disable ==== \$ 1.00 one way or \$1.50 round trip

OFF RESERVATION BOUNDARIES

Children 6 years and under = = = = FREE when with an ADULT

Children 7 to 18 = = = \$ 2.00 one way Adults 19 to 54 = = = \$ 2.50 one way Elders 55 & up Handicap/Disabled = = = = \$ 2.00 one way or \$3.00 round trip = = = = \$ 2.00 one way or \$3.00 round trip

East side of Green Bay to the hospitals or medical facilities: Everyone will be \$ 3.50 for one way or \$ 6.00 for round trip

If you need to talk to me, the Director, please feel free to call or if you are in the area stop in. We can have a soda or coffee over-our discussion. My door is always open to our community members. Cliff Webster, Oneida Transit Director.

I have a saying that my entire staff must have heard at least 100 times. "The customers might not be right 100% of the time BUT don't forget they are the customers and if it wasn't for them, than none of us would have a job or be needed."















ALZHEIMER'S

DISCOVERY GROUP

We meet on Monday and Wednesday 9:30 A. M. to 11:30 A.M. If you need a ride call Elderly Services at 920-869-2448 ask for Transportation.

All meals are served with Menu is su coffee, milk or tea.	29 Spaghetti & Meat Balls Salad Cheese Soup Garlic Bread Peaches Juice Jell-o W/Fruit	22 Country Gravy & 23 Tomato Soup Biscuits Egg Salad & Bologna Sanc Juice Peaches Mixed Berries	Salisbury Steak Macaroni & Tomatoes Beans W/W Bread Pears	8 Ham 9 Potato Soup Sweet Potatoes Fresh Bread Peas Cranberries Juice W/W Bread Peaches & C	MondayTuesday1 Chicken Ala King2 Boiled DinnerRiceFresh BreadBiscuitsJuicePeachesMelons	ONEIDA SENIOR CENTER,
Menu is subject to change.		Ground lwiches		Team		NTER, 134 RIVERDALE
BIRTH STONE: TURQUOISE FLOWER: NARCISSUS	31 NEW YEAR'S EVE Eggs, Ham, Cheese Muffins Fresh Fruit Juice BREAKFAST 9:00-10:00 a.m.	24 CHRISTMAS EVE ½ Day S.O.S., Toast, Eggs Juice Fruit BREAKFAST 9:00-10:00 a.m.	Beef Pasties Gravy Mixed Vegetables W/W Bread Jell-o	10 Barbeque Pork Sandwiches Beans Chips Mandarin Oranges	teak tes es ls Sprouts Bread s	DALE DRIVE, ONEIDA, WI.,
HOURS: 8:00A.M4:30P.M. Lunch Is Served Monday-Friday 12:00P.M1: 00P.M.		25 CHRISTMAS DAY	Chicken Long Grain & Wild Rice Green Beans W/W Bread Strawberry Short Cake	11 Garlic & Herb Pasta Chicken Mixed Vegetables W/W Bread Pears	Thursday 4 Chef Salad, Ham, Turkey, Eggs, Cheese, Tomatoes Cottage Cheese Pineapple Tidbits	., 54155 PHONE : 1-920-869-1551
		26 Hamburgers Seasoned Potatoes Buns Beans Pickles Pudding	19 Shredded Pork Carnita Burritos Avocados, Tomatoes, Lettuce Sherbet	12 CLOSED ELDER CHRISTMAS PARTY	Friday 5 Cheese Ravioli Salad Garlic Bread Juice Custard	69-1551

Eldercare Locator

Oneida Elderly Services Title VI Program & Eldercare Locator Working together to service Native American Elders

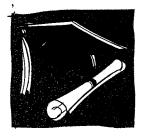
Eldercare Locator is...

- A national public service of the US Administration on Aging (AoA) and the first step to finding resources for older adults in any US Community.
- A connector for elder and their care-givers to health and community based resources that enable elders to remain independent in their homes for as long as possible.
- A website <u>www.eldercare.gov</u> and telephone service 1(800)677-1116 with trained Information Specialists available Monday Friday 9am to 8pm (EST).
- A database of information provided by Area Agencies on Aging, State Units on Aging and Tribal Aging Title VI Programs.
- A valuable resource that annually receives over 135,000 calls and 243,000 website visits.
- A free service administered by the National Association of Area Agencies on Aging (n4a) in cooperation with the National Association of State Units on Aging.

How the Eldercare Locator Works...

- We provide information on resources and the Eldercare Locator is one more national resource.
- Any person from any tribe looking for services for Native Elders can call the Eldercare Locator or access the website and receive:
- Referral to information and resources in their local community including information for listed Tribal Aging Title VI Programs.
- Referral to information about other services tribal elder might be eligible to receive.
- Referral to information about services in other areas of the country if an elder is planning to move.
- Referral to information for a family care-giver who is seeking care for an elder in another location.

Any questions feel free to contact Tina Pospychala at 920-869-2448



Roberta J Kinzhuma Memorial Scholarship Fund

Oneida Elderly Services are delighted to announce the availability of the "Roberta J Kinzhuma Memorial Scholarship". This scholarship is in honor of Roberta Kinshasa'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 Elderly Services.

Oneida Women are encouraged to apply for the "Roberta J Kinzhuma Memorial Scholarship". A \$300.00 scholarship 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

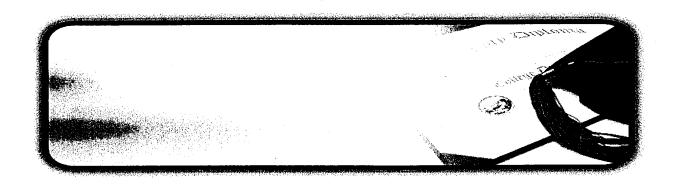
Please submit application along with short essay regarding yourself, a copy of your last semester's grades/transcripts, and a copy of your tribal ID.

Applications can be pick up at:

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

Applications are due January 10th. Winner will be announced via telephone and tribal groupwise one week before the AMVETS Community Service Award Banquet. Presentation will be at the AMVETS Community Service Awards Banquet.

If you have any questions, please contact Assistant Director of Oneida Elderly Services at 869-2448.



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 Elderly 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. Marko Dalvo Vario Selava - Fat Verification for the cas Completed Application: Transcript: Essay: Tribal ID:

ELDERLY SERVICE GIFT SHOP

We invite you to visit us!

Hours: 8:00 A. M.-12:00 P. M. 12:30 P. M. - 4:30 P. M. Monday through Friday

We Have Fresh Popcorn Daily

Diet Soda and Water

FLORAL ARRANGEMENTS
GREETING CARDS
NATIVE AMERICAN DOLLS
Handmade & Beaded Jewelry
PILLOWS, Crib Quilts
ONEIDA SINGERS TAPES
MANY OTHER ASSORTED ITEMS

We are located in the Elderly Services Complex at 2907 S. Overland Road, directly across from the Oneida Health Center Elders: come display your arts and crafts at no cost or commission



Attention all participants at the Senior Center Mealsite

Policies and procedures to the Older American Act-funded Nutrition Program.

We are looking to manage costs and quality improvement in our meal site program.

Effective October 1st, 2008, the meal site will maintain a reservation system for all those that eat at the meal site. All elders that plan on eating at the meal site will be asked to call in the day before and reserve their meal for the next day.

Your assurance is needed in helping us to meet our state requirements and assist us in minimizing leftovers and insure adequate meals served.

State requirement: 8.4.27.7 Meal Reservation and Participant Registration. Systems

Programs should maintain an accurate and well-organized system so staff will know how many meals to order or plan for. Many programs find a registration system to be helpful for estimating meal orders for dining centers. This system should include follow-up of absent participants. The program may not "change" an individual for a meal that is reserved and not eaten.

Mealsite Program Objectives:

- Meet state funded requirements
- Monitor all waste carefully
- Train staff on policies and procedures, including food safety and sanitation practices.
- Check and recheck portion control. Use the proper size of scoops, ladles and pans.
- Each program shall implement procedures to minimize waste of food, including leftovers and uneaten meals.

Please call 920-869-1551 to reserve your meal for the day you are plan on eating at the meal site.

We ask for your patience as we and you adjust to this new change.

For questions, please call Brenda Jorgenson at 920-869-1551.













Forward Card Change

If you receive benefits from any of the State programs such as Medicaid (usually received due to SSI benefits), Senior Care, Wisconsin Chronic Disease Program, Wisconsin Well Woman Program, or Badger Care Plus you will soon be receiving a new membership identification card. This is in order to replace using your Social Security Number for identification purposes. For Medicaid, Badger Care Plus, and Wisconsin Chronic Disease Program a white Forward Health Card will replace the blue Forward Card. For Senior Care you will receive another Senior Care card only with your new identification number. For Wisconsin Well Woman Program you will also receive the same card with a new identification number. Remember these changes are for your benefit and improvements to the system. Keep in mind there is no change in benefit with this switch only a new card with a new identification number. Any further questions can be addressed to Angela Ortiz, Elderly Benefit Specialist at (920) 869-2448.















Diabetic Luncheon

Time: 10:00 AM- 12:00 PM Place: Parish Hall

Date: December 18, 2008

Come and learn about a diabetes related topic, do a gentle Fitness activity, and enjoy a great lunch!

Limited to the first 40 who sign up!

Call the WIC office at 869-4829 by December 17, 2008

Oneida Elderly Christmas Party Elders age 55 and older only

Where:

Radisson Hotel and Convention Center

Three Clans Room

When:

Friday, December 12, 2008

Time:

10:00 A.M. – 2:30 P.M.

Cost:

Elders age 70 and older free

All others \$10.00

Lunch
Live Entertainment
Door Prizes
Jigging Contest
50/50 Raffle

Must register/sign-up:

Please call Oneida Elderly Services at (920)869-2448 or the Senior Center at (920)869-1551

between the hours of 8:00 A.M. - 4:30 P.M.

Registration and payment due by Friday, December 5, 2008 there will be no exceptions and no children please.



Winter Weather Awareness

Presenter: Amy Spears, Injury Prevention Coordinator of Environmental Services Date: Wednesday, December 10, 2008

Time: 12:00 P. M.

Place: Oneida Senior Center

134 Riverdale Drive

Oneida, WI 54115

Contact: Deborah J. Melchert, NAFCC Oneida Elderly Services 920-869-2448 ext 6834

ELDER'S HALLOWEEN PARTY

Rumor has it; the Elders had a lot of fun at their Halloween Party. They had their little treat bags with a five dollar Match Play in, listened to the music group called "Classic Memories", carved pumpkins, ate snacks and had a Costume Contest.

We would like to thank the Business Committee members for taking time out of their schedule to come and spend time with our Elders and for judging the Costume Contest. Our first place winner was, Jane Salzmann. Our second place winner was, Faith Thornton and our third place winner was Noel Cleven. We would like to thank everyone else for competing, that's one of the aspects that make our Halloween Party such a success.

At the pumpkin carving contest, the table of winners received, Walmart gift certificates. Elderly Services would like to thank the Orchard for the donation of the pumpkins for this event. We would also like to thank the ONCOA board for the donation of the Walmart cards, for the winners of our pumpkin contest.

Last but never least the Elderly Services Program would like to thank the Casino staff for the donation of the Match plays that were in the treat bags.

Elderly Services would also like to thank the group at the Meal site for preparing the food, decorating and getting the band to play for the Halloween party. Thanks for all the hard work and going the extra mile.



Recipes wanted!

Looking for authentic Oneida recipes to make into a cookbook.

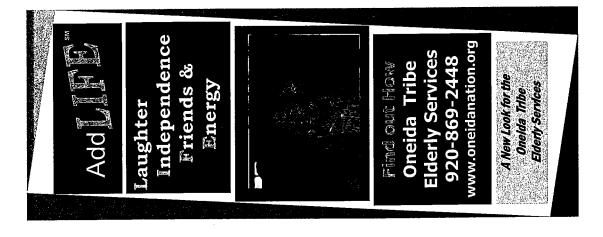
It can be desserts, breakfast, breads, anything!
I'm Hillary Lewis-Reimers, V.I.S.T.A.,
I'm working with Elderly Services.

Feel free to contact me at 869*2448 ext 6853
hlewis@oneidanation.org

Enhance Vour Life
& the Lives of Others!

Our mission is to assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

We look forward to hearing from you soon!



AddLIFE

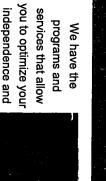
Oneida Tribe Elderly Services 2907 S. Overland Oneida, WI 54155

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We all want to do the things that laugh. Laughter makes you feel bring us pleasure and make us alive and truly is the "best medicine".

which is the basis of health." "Happiness gives us energy, of love and laughter. The saying All of us deserve an abundance laugh or cry can apply to many laughter! This will give us the inner strength to adapt to the situations, we must choose Henri-Frederic Amiel



We know how much you value your freedom and we offer you many age in place.

"Good things come to those who make own terms.

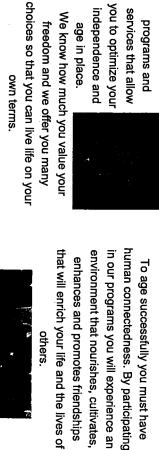
that threaten your independence, let us it happen." Don't be afraid of things help you overcome those obstacles.

Opportunities to give back

volunteer opportunities for you to share community, we offer several unique someone's life and give back to the If you want to make a difference in your gifts and talents.

seldom come, but small ones surround "Great opportunities to help others us daily." Sally Koch

curves that life can throw at us



others.



"A friend is someone who can sing you the song of your heart when you've forgotten it."

engaged. It is a well established fact that social engagement is a key relationships and stay socially We offer opportunities to build element of successful aging.

> vitality are within your reach. We Enhanced health and increased services that will energize you offer several programs and and increase your vitality!

meal, story telling and reminiscing Please join us for a delicious about the good old days.

It's the only place you have to We offer a variety of exercise programs including; strength "Take care of your body. live." Jim Rohn

training, flexibility, endurance

your body & your interest classes that balance & & enrich will peak mental fitness soul.

COLUMBO

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Audience Beat Up Bumbler Case Clever Clues Columbo Crimes	Episode Excessive Guilty Hopeless Identity Incredulous Lull Measures	Offend Old Car Original Peter Falk Police Polite Popular Returned	Shrewd Solve Superficial Suspects Trench Coat Typecast Unlikely Witness
		<u> </u>	•

I work with an individual who plugged her power strip back into itself and for the sake of her life, she could not understand why her computer system would not turn on.

KELNKU SEKAICE KEÓNESLED

Oneida Tribe of Indians of Wisconsin P.O. Box 365 Oneida, WI 54155-0365

