

# 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



Elder Services Congregate  
 Meal Site  
 2901 S. Overland  
 Oneida, WI 54155  
 Phone: 920-869-1551  
 Drums Contact: Carissa Metoxen  
 Email: cmetoxen@oneidanation.org

**Speak to live operator at this phone number 24/7**

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-#s W<hn\$tae> Long Night Moon December 2016



## Happy Holidays!



**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 October we had **147** missed meals at a total cost of **\$1,176**.

**\*No participant will be denied**



### Upcoming Meetings and Presentations

<b>GLNAEA</b>	December 7-8, 2016		Carter Potawatomi
<b>Memory Café'</b>	December 6 <sup>th</sup> , 2016	1:30 PM-3:30 PM	Elder Services Pod A
<b>ONCOA Meeting</b>	December 13 <sup>th</sup> & 27 <sup>th</sup> , 2016	1 PM-4:30PM	Elder Services Conference Room

# DECEMBER 2016 ACTIVITIES






Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Please <b>sign up</b> for trips at the E.S. Meal-site.                      *Activities <b>need 5 Elders to go.</b>                      *Activities subject to change.</p>	<p>Is this the Month of your Birthday? You <b>must sign up in the Birthday Book</b> at the E.S. Meal-site. *Must be <b>present at B-day Lunch</b> to receive your gift card</p> 		<p><b>1</b>  <b>Christmas bingo</b>                      3 sisters center 10:00</p> <p><b>Chair Yoga</b>                      E.S. Meal-site 1:30</p>	<p><b>2</b>  <b>Banks, Shopping &amp; Lunch Out</b>                      (On your own)                      10:00 – 3:00                      No Transportation for lunch this day.</p>
<p><b>5 Scrabble Game</b>                      E.S. Meal-site 9:30 – 11:00</p> <p><b>Exercise</b>                      E.S. Meal-site 11:00</p> <p><b>Bingo</b>                      E.S. Meal-site 1:00</p>	<p><b>6</b></p>  <p><b>Tai Chi</b>                      E.S. Meal-site 1:30</p>	<p><b>7</b>  <b>Book Club</b>                      E.S. Meal-site 9:30</p> <p><b>Exercise</b>                      E.S. Meal-site 11:00</p> <p><b>Bingo</b>                      C.W. Build/H 1:30</p>	<p><b>8</b>  <b>Christmas Shop</b>  <b>Fox River Mall</b>                      Appleton 9:30                      (Lunch on your own)                      No Transportation for lunch this day.</p>	<p><b>9</b>  <b>Banks, Shopping &amp; Lunch Out</b>                      (On your own)                      10:00 – 3:00                      No Transportation for lunch this day.</p>
<p><b>12 Card Games</b>                      E.S. Meal-site 9:30 – 11:00</p> <p><b>Exercise</b>                      E.S. Meal-site 11:00</p> <p><b>Movie</b>                      E.S. Meal-site 1:00</p>	<p><b>13</b>  <b>Crafts</b>                      9:30 – 11:00                      E.S. Meal-site</p>	<p><b>14 Book Club</b>                      E.S. Meal-site 9:30</p> <p><b>Exercise</b>                      E.S. Meal-site 11:00</p> <p><b>Bingo</b>                      C.W. Build/H 1:30</p>	<p><b>15</b>  <b>Simon's Cheese</b>  <b>Little Chute 9:30</b></p> <p><b>Chair Yoga</b>                      E.S. Meal-site 1:30</p>	<p><b>16</b>  <b>Banks, Shopping &amp; Lunch Out</b>                      (On your own)                      10:00 – 3:00                      No Transportation for lunch this day.</p>
<p><b>19 Toss the Pigs</b>                      E.S. Meal-site 9:30 – 11:00</p> <p><b>Exercise</b>                      E.S. Meal-site 11:00</p> <p><b>Bingo</b>                      (Bring \$2.00 wrapped gift)                      E.S. Meal-site 1:00</p>	<p><b>20</b></p>  <p><b>Tai Chi</b>                      E.S. Meal - site 1:30</p>	<p><b>21</b>  <b>Book Club</b>                      E.S. Meal-site 9:30</p> <p><b>Exercise</b>                      E.S. Meal-site 11:00</p> <p><b>Bingo</b>                      C.W. Build/H 1:30</p>	<p><b>22</b>  <b>Banks, Shopping &amp; Lunch Out</b>                      (On your own)                      10:00 – 3:00                      No Transportation for lunch this day.</p>	<p><b>23</b>                      ½ DAY  <b>IN OBSERVANCE OF GOOD FRIDAY</b>    <b>NO ACTIVITIES</b></p>
<p><b>26</b>    <b>OFF</b>  <b>IN OBSERVANCE OF CHRISTMAS DAY</b></p>	<p><b>27</b>    <b>Crafts</b>                      9:30 – 11:00                      E.S. Meal-site</p>	<p><b>28</b>  <b>Book Club</b>                      E.S. Meal-site 9:30</p> <p><b>Exercise</b>                      E.S. Meal-site 11:00</p> <p><b>Yahtzee Game</b>                      E.S. Meal-site 1:15</p>	<p><b>29</b>  <b>Adult Coloring</b>                      E.S. Meal-site 9:30-11:30</p> <p><b>Birthday Lunch 12:00</b>  <b>Goal Planning</b>                      E.S. Meal-site 1:15</p>	<p><b>30</b>  <b>Banks, Shopping &amp; Lunch Out</b>                      (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\*\***

December 2016

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

Mon	Tue	Wed	Thu	Fri
			1 Beef Stroganoff over Buttered Noodles Brussel Sprouts Fruit Cake	2 Cream Pea Sauce over Salmon Loaf Buttered Parsley Potatoes Rye Bread Fruited Gelatin
5 Chicken A'La King Homemade Biscuits Lettuce Salad w/dressing Carrot Coins Fresh Fruit	6 Home-style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice w/butter Fruit	7 Sloppy Joe on Whole Grain Bun Baked Chips Corn on the Cob Gelatin	8 Boiled Dinner- Lettuce Salad w/dressing Dinner Roll w/butter Homemade Apple Crisp	9 Potato Crusted Cod California Blend Vegetables Dinner Roll w/butter Fruit Cake w/frosting
12 Barbecue Chicken Broccoli Spears Cole slaw Dinner Roll w/butter Fresh Fruit	13 Oneida Round Steak– Ring Bologna Buttered Parsley Potatoes Squash Bread slice w/butter / Fruit	14 Roast Turkey w/Gravy Bread Dressing Mixed Vegetables Cranberry Sauce Raw Vegetables w/Dip Pudding	15 Chili w/ crackers 1/2 Deli Meat Sand. Lettuce Salad w/Dressing Fruit	16 Pork Chop Long Grain and Wild Rice Mix Green Beans Dinner Roll / Fruit
19 Oneida Corn Soup w/crackers Deli Meat Sub Sandwich Raw Vegetables w/dip Gelatin Fruit	20 Sliced Roast Beef w/ gravy Mashed Potatoes Buttered Carrots Sliced Bread w/butter Fruit	21 Baked Ham Scalloped Potatoes Buttered Green Beans Fresh Dinner Roll w/butter Applesauce	22 Swedish Meatballs over Buttered noodles Acorn Squash Sliced Cucumbers Corn Muffin / Fruit	23 Oatmeal Muffin Boiled Hashbrown Fruit
Closed	27 Spaghetti w/Meat Sauce Over Noodles Italian Blend Vegetables Cheesy Mascot Bread Fresh Fruit	28 Swiss Steak Mashed Potatoes Brussel Sprouts Fruit Cocktail Dinner Roll w/butter	29 Beef Stew 1/2 Turkey Sandwich Fresh Fruit Raw Veggies w/dip BIRTHDAY CAKE 	30 Baked Fish Filet w/Lemon Oven Roasted Potatoes Asparagus Rye Bread w/butter Orange Slices



Menu's are subject to change based on Availability



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

BELLS

CHRISTMAS

EGGNOG

FESTIVE

FROSTY

GIFTS

HANUKKAH

KWANZAA

LIGHTS

RAMADAN

REINDEER

SANTA

SLEIGH

SNOW

STOCKING

TREE

**Debbie Miller Dementia Care Specialist**

**920 869 6835**

**12/6/16 @ 1:30-3:30PM Elder Services Pod A**



## **Oneida Nation Elder Services Memory Café**

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*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 Debra Miller

Oneida Dementia Care Specialist

920 869 6835



## Volunteers Wanted

### **FOR MEMORY CAFÉ**

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.

Meet 1st Tuesday of each month from 1:30- 3:30 @ Elder Services

#### **Possible duties for volunteers:**

- **Check people into the memory café and distribute name tags**
- **Offer refreshments**
- **Facilitate conversations**
- **Help with programs**
- **Remain alert to anyone experiencing some kind of challenge (e.g. finding the rest room)**

#### **Each volunteer will need to**

- **Complete a background check**
- **Sign a confidentiality agreement**
- **Complete 20 minute online dementia course**

**MEMORY SCREENS AVAILABLE  
CONTACT : DEBRA MILLER DCS  
ONEIDA ELDER SERVICES  
920 869 6835**

**Early detection; key to better quality of life**

*Get immediate results.*

*Early detection is important.*

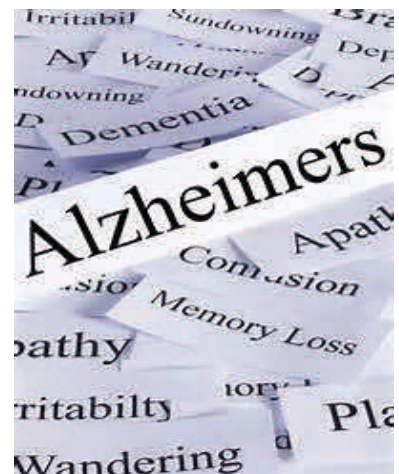
*Treatment is possible; some types of dementia are reversible like those from infections, depressions vitamin deficiencies and more.*

*Knowledge means more control; dementias that are not reversible can often be treated with medications that could slow down the process and give quality of life for a longer period.*

**Free Screens**

**Takes 10 minutes**

**Call today**



# 2016 Meal Site Presentation



**December 8, 2016**

**12:00-1:00 pm**

*Debra Miller: Dementia Care Specialist*

## **Know the 10 Signs**

### **EARLY DETECTION MATTERS**

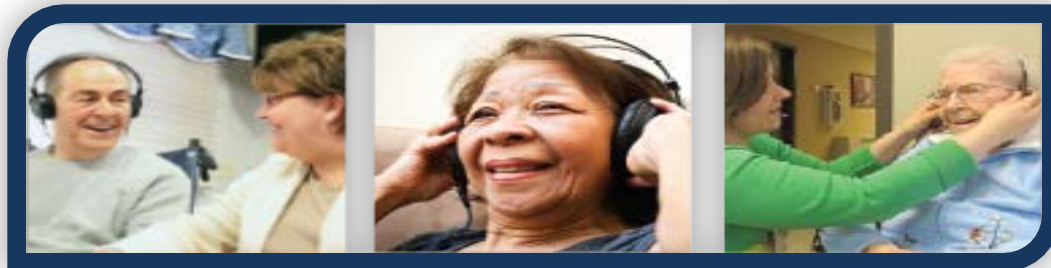
- **Memory loss that disrupts daily life**
- **Challenges in planning or solving problems**
- **Difficulty completing familiar tasks at home, at work or at leisure**
- **Confusion with time or place**
- **Trouble understanding visual images and spatial relationships**
- **New problems with words in speaking or writing**
- **Misplacing things and losing the ability to retrace steps**
- **Decreased or poor judgment**
- **Withdrawn from work or social activities**
- **Changes in mood and personality**

Contact: Carol Bogda NAFCG

**Oneida Elder Service**

**(920) 869-2448**





Shekoli~

The Tribal Aging & Disability Resource Specialist located at Oneida Elder Services, has been working in partnership with the Alzheimer Association in introducing the Wisconsin Dept. of Health Services Music & Memory Pilot Program to the Oneida Tribal community and their families.

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*. Music has the capacity to transform the quality of life for people struggling with a wide range of physical and cognitive impairments.

We are looking for volunteers from Oneida Tribal families that are caring for a member who have been diagnosed with of a form of *dementia and living at home*, to participate with us in this project which is completely free!

The selected individuals along with their caregivers will receive a *free iPod*, with a downloaded playlist of music that the individual enjoys listening to.

- ***A current tribal caregiver has already reported; "I cannot believe the difference the music has already made in his life and in mine!"***
- ***Another reported; "the music makes such a difference when he becomes anxious. He really lights up when the music begins playing!"***

For more information please call Elder Services and ask for The Music & Memory Volunteer: **Mallory-ADRS- (920) 869-6830**



# NORTH AMERICAN LOCAL

(FREE GOVERNMENT PHONE)

North American Local representative, Holly Eisch will be at the congregate meal site every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month

WALK-INS

at the Oneida Congregate Meal Site will be served on first come, first serve basis



**Appointments: Contact Holly at (920)490-3972 or (715) 444-1420 or [hollye@northamericanlocal.com](mailto:hollye@northamericanlocal.com)**



## **Reiki Presentation**

**Where: Elder Services Congregate Mealsite**

**2901 S Overland Rd, Oneida**

**When: December 14, 2016**

**January 11, 2017 & February 8, 2017**

**Time: 12:15 – 1:00 pm**

## **What is Reiki?**

**Definition: Hands on energy healing method using universal life-force energy promoting a feeling of well being**

**Mind – Body – Spiritual**

(Brochures will be available at presentation)

Come and see what it's all about

Reiki Practitioner Sarah Phillips from Health Promotions

Oneida Community Health Center

Contact: Joyce Hoes

Supportive Services Supervisor

869-2448

