

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

Drums contact: Helen Doxtator
Email: hdoxtato@oneidanation.org



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/

Wahsu·tés Wahní·tale?

Long Night moon

December 2014



Seasons Greetings

From Elder Services:

Florence Petri-Elder Services Director
Tina Pospychala-Assistant Director
Joyce Johnson – Elder Abuse Prevent/Sup
Corinne Robelia-Zhuckkahosee – Apt. Mgr.

Bonnie Marlewski – MOW Driver
Fran Brigham – Meal site Title V
Tammy Ceyphes – Admin Assist
Michelle Cottrell – Activities Specialist
Gerald Danforth – Home Chore Worker
Pete Denny – Home Chore Worker
Laneva Hill (Kayo) – Library Title V
Kristine Hughes – Service Specialist
Denise Johnson – Outreach Worker
Angela Ortiz – Benefits Specialist
Doug Skenadore – Home Chore Worker
Barb Skenandore – Gift Shop Elder helper
Sandra Summers – Outreach Worker
Jeanette Teller – Meal site Title V
Barb Webster - NativeAmericanFamilyCareGiver



Claudia Skenandore- Office Manager
Justine Hill – Maintenance Supervisor
Joyce Hoes – Transportation Supervisor
Loretta Mencheski – Meal Site Supervisor

Carol Bogda - Respite Worker
Teresa Barber-Buch - Service Specialist
Joanne Close – In Home Chore Worker
Geno Danforth – Home Chore Worker
Lloyd Davis – Home Chore Worker
Helen Doxtator – Admin Assist
Lisa Huff - Home Chore Worker
Lorleen John – In Home Chore Worker
Jeremy Jourdan – Home Repair
Marena Pamanet – Elder Helper
Ruth Wagner – Title V
Beatrice Skenandore – Respite Worker
Judy Bozeman – MOW Driver
Tracy Smith - Intern



DECEMBER 2014 MENU




CONGREGATE MEAL SITE, 2901 S. OVERLAND, ONEIDA, WI, 54155 PHONE: 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Al A King Carrots Lettuce Salad Strawberries	2 STAFF MEETING Meat Loaf Cheesy Potatoes Green Beans Fruit	3 Chicken Tetrazini Acorn Squash Pears Jell-O	4 Boiled Dinner Salad Fresh Fruit	5 Potato Crusted Cod California Blend Fruit Cocktail Cake
8 BBQ Chicken Oven Brown Potato Broccoli Fruit	9 Ring Bologna Buttered Potatoes Squash Fruit	10 Roast Turkey Dressing Mixed Vegetables Lettuce Salad Cranberry Sauce Pudding	11 Chili Raw Vegetables Fruit	12 Baked Fish Potato Salad Cole Slaw Green Beans Apple Sauce
15 Corn Soup Meat Sandwich Raw Vegetables Jell-O	16 Oven Roast Beef Mashed Potato Carrots Fruit	17 Ham Scalloped Potato Green Beans Apple Sauce	18 BIRTHDAY DAY Swedish Meatballs Noodles Squash Cucumber Salad Cake	19 Honey Dipped Chicken Roasted Potato California Blend Diced Melon
22 Sloppy Joes Oven Roasted Potatoes Corn on the Cob Cookies	23 Spaghetti Meat Sauce Italian Blend Vegetables Fruit	24 Christmas Eve Half Day Breakfast Egg & Sausage On Croissant Hash Brown Patty Grapes	25 CLOSED CHRISTMAS DAY	26 Baked Fish Oven Roasted Potatoes Asparagus Fruit
29 Baked Ziti Mixed Vegetables Bread Stick Fresh Fruit	30 Beef Vegetable Soup Sandwich Lettuce Salad Jell-O	31 Roast Turkey Sweet Potatoes Wax Beans Cranberries Fruit	All meals are served with coffee, tea, juice, milk, or water.	Menu is subject to change. Lunch is served Monday-Friday from 12:00-1:00 p.m.



DECEMBER 2014 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
1 Taboo E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Wii Bowling E.S. Meal-site 1:15	2  Tai Chi E.S. Meal-site 1:30 – 2:30	3 Mexican Train Game E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	4 Cooking Class Activity Room 9:30 Christmas Music Sing Along/Snack Activity Room 1:30	5 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
8 Toss the Pigs E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	9 Crafts (Christmas Table Decoration) 9:30 – 11:00 E.S. Meal-site	10 Pass the Popcorn E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	11 Christmas Shop Fox River Mall Appleton 9:30 (Lunch on your own) No Transportation for lunch this day.	12 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
15 Last word E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Movie (A White Christmas) E.S. Meal-site 1:15	16 Christmas Bingo 3 Sister's Center 10:00 Tai Chi E.S. Meal-site 1:30 – 2:30	17 Mad Gab E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	18 Chair Yoga Oneida Family Fitness 10:00 Birthday lunch 12:00 Simon's Cheese Little Chute 1:30	19 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
22 Fact or False E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00 (bring \$2.00 – wrapped gift)	23 Crafts (Christmas Craft) 9:30 – 11:00 E.S. Meal-site	24 Breakfast only ½ Day No Activities 	25  OFF IN OBSERVANCE OF CHRISTMAS DAY	26 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
29 Kings Corners E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Big Lots Store Green Bay 1:15	30 Share Photos & Memories. E.S. Meal-site 9:30 (Bring in your Pictures)	31 Scrabble Game E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Yahtzee Game E.S. Meal-site 1:15	* Please sign up for trips at the E.S. Meal-site. * All Trips leave from E.S. Meal-site * Activities subject to change.	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 card.

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

NOTICENOTICE**NOTICE**



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

Volunteers Wanted:

The meal site is looking for volunteers, age 55 or older; services needed are assistance in the dining area and delivery of Home Delivered Meals to homebound elders. If you would like to volunteer, call or stop in at the Elder Services Congregate Meal Site: 2901 S Overland Rd, Oneida, 54155

Upcoming Nutrition Advisory Council Meetings:

- When: 3rd Friday of the Month
- Time: 1:00 p.m.
- Where: Elder Services Congregate Meal Site

**To Reserve or Cancel your meals please call (920) 869-1551
For more information contact: Loretta Mencheski,
Meal Site Supervisor**

***Oneida Elder Services
Native American Family Caregiver
For more information contact: Barbara Silva/Native American Family
Caregiver at (920)869-2448***

Oneida Elder Services, "Native American Family Caregiver Voucher/Stipend 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. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.



****Services are dependent on available funds****



Take time out for yourself as a caregiver of a loved one to share experiences, ideas, companionship and support for one another! We offer a variety of guest speakers with the focus on the wellness of you. Join us for our Native American Family Caregiver (NAFCG) & Alzheimer's Support Group at:

Elder Services Complex – Pod A
2907 S Overland Rd, Oneida WI 54155
4th Wednesday of the Month
1:30 PM – 3:30 PM



NOTICENOTICE**NOTICE:**

Beginning in January 2015 the NAFCG/Alzheimer's Support Group day will change from 4th Wednesday to 4th Thursday of the Month.

Dementia and Alzheimer's Disease

Barbara Webster, Native American Family Caregiver, Oneida Elder Services (920) 869-2448

Dementia is not a part of the normal aging process. Dementia can be caused by other reversible problems such as medication, depression, hearing and vision problems, and nutritional deficiencies. There are many questions when facing the initial thought that this disease process is one you or a loved one may be facing. Dementia is a neurological disorder which has a number of different forms. Alzheimer's is only one of them, and also the most common. Presently there is no cure for the disease. It is being researched to determine whether genetics plays into its role. However, what is not commonly known is in regards to research. Early detection signs and symptoms can be found on almost every Alzheimer's disease website. Along with these informational sites are supportive articles which offer guidance and supportive insight.

A prominent Wisconsin website's main goal focuses on the overall spectrum of the disease process. The Wisconsin Alzheimer's Disease Research Center (ADRC), has researchers and investigators who conduct basic, clinical and behavioral research. They search for answers that can lead to improved diagnosis and care of the Alzheimer's patients while concentrating on possibly finding a cure and the possibility of prevention.

This research facility conducts screenings beginning as early as age 45 versus age 60 as in most other screenings. When a person joins their study, they are involved in the core study and then become assessed and screened at regular intervals.

The normal process of diagnosis was at one time only upon the time of autopsy. However, there are now screenings which can begin an early detection and with process of elimination of other factors, a diagnosis can likely be determined earlier.

With facilities such as the ADRC, the spectrum of this unknown disease of dementia may possibly, one day be grasped and understood. For more information their website is: <http://www.adrc.wisc.edu/what-admci>

If you or your loved one has experienced any symptoms such as memory impairment, ongoing forgetfulness, confusion or other questionable or unexplained behavior which causes concern, please contact your physician. This is your first step to begin helping yourself or your loved one.



The Guest speaker Bev Bartlett, an outreach specialist from the Alzheimer's Association presented information to the caregiver support group about healthy aging. The growing group welcomed her with open arms and much information was shared, it was a successful meeting. For the month of December the meeting will be held on the 17th. The theme will be an Ice Cream Social and Christmas Cookie exchange. All caregivers are encouraged to attend. Ice cream and drinks will be provided, don't forget your cookies, a dozen will do. Hope to see you there with your cookies and a smile. Barb Webster, NAFCG – (920) 869-2448

DRUMS Across Oneida newsletter changes: Effective February, 2015 our monthly DRUMS newsletter will be mailed quarterly vs. monthly. We will mail out a February newsletter and every three months after that: Feb, May, Aug, Nov. This change is an effort to be most effective and responsible with budgeting.

We will continue to do the monthly DRUMS and it will be available as follows:

- Webpage - <https://www.oneida-nsn.gov/elderservices>
- Facebook page - <https://www.facebook.com/OneidaElderServices> - page name is Oneida Tribe of Wisconsin Elder Services
- Activity and meal calendars will be available at our meal site and activity site located at 2901 S. Overland and also at the Elder Services site at 2907 S. Overland. Below are some quotes about change. Here is hoping this change is positive.
- When conditions change, the wise change with them. As Matthew Goldfinger said, "Creating a better future requires creativity in the present."
- "The best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing." Theodore Roosevelt
- "I can accept failure, everyone fails at something. But I can't accept not trying." Michael Jordan
- "20 years from now you will be more disappointed by the things you didn't do than by the one's you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." Mark Twain

For more information feel free to email Helen Doxtator - hdoxtato@oneidanation.org or Claudia Skenandore – cskenan2@oneidanation.org or feel free to call at 920-869-2448. Thank you for your understanding and patience.



BENEFIT SPECIALIST AT ELDER SERVICES CONGREGATE MEAL SITE



The **second** and **fourth Monday** of the month Angela Ortiz, Benefit Specialist for Oneida Elder Services will be at the Elder Services Congregate Meal Site located at 2901 S Overland Rd, Oneida, WI 54155 from **11:30 a.m. to 1:00 p.m.** She will be there to answer questions and offer assistance with Medicare, Medicaid, Senior Care, and similar programs that are available for Elders. Please feel free to stop by with questions on those days or contact her in the office.

Any questions please contact: Angela Ortiz, Benefit Specialist at (920) **869-2448**



Make a Difference in your Community become a Foster Grandparent or Senior Companion

Are you a senior, 55 years or older who enjoys spending and/or sharing your time, knowledge of tradition and culture? If income eligible, you can make a difference in your community by volunteering up to 8 hours a day while receiving extra income

Foster Grandparents provide an inter-generational exchange between Elders and youth. Elders can serve as mentors to youth at tribal schools, day care centers, head start, after-school activity groups and youth centers.

Senior Companions provide opportunities for healthy older adults to serve Elders who may be homebound, alone, and/or isolated without family support. Senior Companions may serve clients within reservation boundaries.

Come share with our community, enjoy life, help others and earn tax-free money!

For an opportunity in your area contact:
Angela Ortiz, Benefit Specialist
(920) 869-2448

**You must be a least 55 years of age, complete a background check and meet
Income guidelines to earn a stipend!**

Elder Services Activities & Transportation

For more information contact: Joyce Hoes, Transportation Supervisor or
Michelle Cottrell, Activities Specialist @ (920)869-2448



Ride the Bus for Door to Door Service:

Free transportation to all Elder Services Activities including lunch
(Monday - Thursday) at the Elder Services Congregate Meal Site



See the Activity Calendar to plan your day



Oneida Public Transit bus passes available to
Elders 55 years or older who are gainfully Employed or
Serve on a Board, Committee or Commission that pays stipends

While Supplies Last!

For more information contact:

Joyce Hoes, Transportation Supervisor (920)869-2448

*******WINTERS ON THE WAY*******

****REMINDER TO UPDATE YOUR EMERGENCY PREPAREDNESS BACK-PACK****

Please check the expiration dates on any food and medications. Replace if needed. Here is a list of things you are recommended to have available in the event of an emergency or disaster:

Three day supply of non-perishable food

- ✓ Food that doesn't have to be cooked (granola bars etc.)
- ✓ Three day supply of water (one gallon per person per day)
- ✓ Battery-operated or crank-powered radio
- ✓ Flashlight with extra batteries and bulbs
- ✓ First aid kit and manual • Completed 'File of Life'
- ✓ Sanitation and hygiene items (toilet paper, feminine products)
- ✓ Matches in a waterproof container
- ✓ Whistle (to attract attention to the emergency personnel)
- ✓ One change of clothing and a pair of shoes
- ✓ Blanket • Manual can opener
- ✓ Baby wipes
- ✓ Extra set of keys
- ✓ Roll of Duct tape • Pet supplies if you have a pet
- ✓ Plastic garbage bags
- ✓ Pack of playing cards to bide your time until rescued



In the event you use an oxygen tank, have an extra one available. These are all timely tips to consider for your own safety in the event there is a disaster, fire, flood, etc...

HAVE AVAILABLE IN YOUR VEHICLE in the event of an emergency when traveling:

- ✓ Let someone know: you are traveling alone, when & where you are expecting to arrive, what route you will be taking.
- ✓ Shovel
- ✓ Container of Kitty Litter
- ✓ Flashlight with extra batteries and bulbs
- ✓ First aid kit and manual
- ✓ Pair of boots
- ✓ Blanket
- ✓ Granola bars or other pre-packaged foods.
- ✓ 911 Cell Phone (any cell phone can be used for 911 Emergency calls only if there is service where you are located), 911 Cell Phones are available at Elder Services
- ✓ Completed "File of Life"
- ✓ Battery-operated or crank-powered radio
- ✓ Whistle (to attract attention to emergency personnel)



If you have any questions please call:

Joyce Ann Hoes
Transportation Supervisor
920-869-2448

Yawá'kó

In the Oneida language, **Yawá'kó** 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 individual(s):

Mark & Shirley Powless

“Thank you” for donating:

Craft Donations - Ruth Wagner
Pearl McLester
Jane Salzman



Bingo donations:

Muriel Process	June Begay
Geri Villalobos	Sue Potthier
Ramona Carlson	Rudolph Mauritz
Pat & Harvey Skenandore	
Fran Brigham	Jolene Strzelecki



ONCOA Meetings:

Second and Fourth Tuesday of every month
1:00 PM – 3:00 PM, Elder Services Conference Room,
2907 S Overland Rd, Oneida, WI 54155

Foot Clinic @ Elder Services, 2907 S Overland
For appointments call Carol @ (920)869-4840

Monday, Dec. 1st, 12:30 pm – 3:30 pm
Monday, Dec. 8th, 9:00 am – 12:00 pm
Thursday, Dec. 11th, 12:30 pm – 3:30 pm
Monday, Dec. 15th, 12:30 pm – 3:30 pm
Monday, Dec. 22nd, 9:00 am – 12:00 pm



Note: Currently we are booking a couple months out, since we only have 6 foot clinics each month, and also due to Holidays.



Holiday Tunes

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

Jingle Bells Winter Wonderland The First Noel

Silver Bells Silent Night Rudolph

Jingle Bell Rock Away in a Manger Frosty the Snowman

Holly Jolly Christmas Little Drummer Boy O Holy Night

Santa Baby The Christmas Song

ONCOA NEWS ARTICLE:

The Oneida Nation Commission on Aging has decided to start writing articles for the Drums and Kali-Wisaks. As a board we are so active that we thought it would be nice for the board to share some of the issues that we hear about that pertains to Elders. We also would like to share other meetings that we attend to keep our Elders abreast of other issues that would be of concern to them and keep them knowledgeable of issues around home, state, and our country. Here is the first article we felt Elders should be aware of, Vital Health Readings. I found out there is no normal reading. The explanation for this is that it depends on your current health condition and what your health provider has set up with you. Heart rate or pulse is variable depending on other considerations, example your weight, if your body is at rest, if your exercising, if you have heart disease or any other illness.

VITAL HEALTH READINGS: This is your Lipids (Cholesterol).

Total Cholesterol.....IDEAL LEVEL.....Less than 200.

LDL, which is the bad Cholesterol.....IDEAL LEVEL.....Less than 100
40 or higher for men, 50 or higher for women.

HDL, which is the good Cholesterol.....IDEAL LEVEL.....40 to 60 or higher is
considered protective against heart disease for both men and women.

Triglyceride Levels, this is a type of fat found in your blood.....Less than 150.

BLOOD SUGAR LEVELS: **Fasting**..... normal under 100

Impaired..... 100-125

Diabetes..... over 126 (twice on two different days)

Non-Fasting.... Normal under 140

Impaired 140-199

Diabetes over 200

Blood Pressure Readings: A normal blood pressure is (for a relatively healthy person) 120/80. For someone with diabetes, heart disease is 130/80. If they have a diagnosis of high blood pressure, than it is about 140/90. There are varying levels of “too high”, anything above 140/90 needs watching by the providers.

Thanks to Sandy Schuyler, Director of Nursing, OCHC, also Dr. Kennard for providing information for this article.

Any questions contact Marlene Summers ONCOA Secretary (920) 869-2448.

ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Oneida Tribal Elders

2907 S Overland Rd. Oneida, Wisconsin 54155

1-920-869-2448, 1-800-867-1551

Ask for Corinne Robelia-Zhuckkahosee



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
- To confirm your name and status on the waiting list

When an apartment becomes available we will contact elders in the order they are on our list. If we are unable to reach an elder because contact information is not valid – this elders name will be listed as inactive until contact information is updated.

Independent Living for Elders

- Lease Options: 12 months
- Type of Housing: One bedroom Apartment, Independent living
- Utilities Include: Pest Control, Trash, Hot Water, Heat, Gas, Sewer, Water and Basic Cable

Apartment Features

- ❖ Appliances: Stove, refrigerator and central air
- ❖ Services: Parking, Community Room
- ❖ Must pay own electricity, telephone, and any other cable amenities ordered from Time Warner cable
- ❖ Individual storage space
- ❖ Coin operated washers and dryers on premises
- ❖ Secured building
- ❖ No Pets Allowed
- ❖ Professional Onsite Management
- ❖ 24 Hour Maintenance
- ❖ Elderly Bus/Public Transit

The Elder Services Program of the Oneida Tribe of Indians of Wisconsin 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.

Have a Great Day!

Preventing Frozen Pipes

By State Farm™

In cold climates, pipes freeze for a combination of three central reasons: quick drops in temperature, poor insulation, and thermostats set too low. Both plastic and copper pipes can burst when they freeze, and recovering from frozen pipes is not as simple as calling a plumber.

Here are a few simple tips:

Before The Cold: Remember the three central causes of frozen pipes? Quick drops in temperature, poor insulation, and thermostats set too low. You can prepare by protecting your home during the warmer months.

Here's how: Insulate pipes in your home's crawl spaces and attic, even if you live in a climate where freezing is uncommon. Exposed pipes are most susceptible to freezing. Remember: The more insulation you use, the better protected your pipes will be. Seal leaks that allow cold air inside near where pipes are located. Look for air leaks around electrical wiring, dryer vents, and pipes, and use caulk or insulation to keep the cold out. With severe cold, even a tiny opening can let in enough cold air to cause a pipe to freeze.

Before winter hits, disconnect garden hoses and, if possible, use an indoor valve to shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house.

Maintenance Corner-Justine Hill

Here are a few more steps you can take: A trickle of hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight, preferably from a faucet on an outside wall. Keep your thermostat set at the same temperature during both day and night. You might be in the habit of turning down the heat when you're asleep, but further drops in the temperature – more common overnight – could catch you off guard and freeze your pipes. Open cabinet doors to allow heat to get to un-insulated pipes under sinks and appliances near exterior walls.



First step: Don't panic. Just because they're frozen doesn't mean they've already burst. Here's what you can do: If you turn on your faucets and nothing comes out, leave the faucets turned on and call a plumber. Do not use electrical appliances in

areas of standing water: You could be electrocuted. You may be able to thaw a frozen pipe with the warm air from a hair dryer. Start by warming the pipe as close to the faucet as possible, working toward the coldest section of pipe. If your water pipes have already burst, turn off the water at the main shutoff valve in the house; leave the water faucets turned on. Make sure everyone in your family knows where the water shutoff valve is and how to open and close it.

Call Elder Services for assistance at 869-2448.

Elder Halloween Party



A great time was had by all, so I was told. We started out with the Birthday Lunch at 12:00 with music by Cherry Bounce Band. 102 Elders attended.

We had a great turn out for our costume contest over 20 participated, which made it hard to choose the top 3 winners by the judges that the ONCOA Board decided to up their donation to seven (7) \$20.00 Gift cards. Thank you so much!!!

76 Elders stayed to play bingo, win door prizes and eat snacks. Start looking for your costume ideas for next year. ☺

Thank you to all of the Elders that participated and for the volunteers who help me with the party! I had a great time myself.

Michelle Cottrell,
Elder Services Activity Specialist (209) 869-2448.



GLNAEA



Great Lakes Native American Elders Association
Sponsored by LacCourte Orilles (LCO) Band of Ojibway
December 4 & 5, 2014
LCO Casino, Lodge & Convention Center
1376 W Cty. Rd. B, Hayward, WI 54843-4184

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.

If anyone would like to attend here is the hotel contact information:

LCO Casino Lodge & Convention Center: 1-800-526-2274

Next Meeting information:

March 4 & 5, 2015 – Forest Co. Potawatomi-Carter

June 4 & 5, 2015 – St. Croix



Christmas shopping!!!

Oneida Elder Gift Shop

Located inside the Elder Services Complex

2907 S Overland Rd Oneida, WI

Open Monday – Friday

8:00 To 12:00PM & 12:30PM to 4:30PM

Meet our friendly elder employees

Beautiful handmade Crafts by Oneida Elders

Beadwork, jewelry, birdhouses, ribbon-shirts,

Coasters, t-shirts, hoodies, and baskets

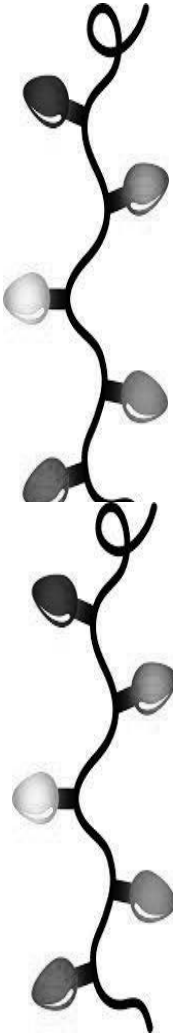
Oneida Singers Tapes and CD's

Fresh popcorn, soda, and water

No consignment fees for Oneida elders, age 55 and older to display
and sell your arts and crafts

For more information you may contact:

Barb Skenandore at (920) 869-2448





Chair Yoga is coming to Elder Services Meal Site!!

Beginning: Thursday, January 8th & 22nd, 2015

1:30 pm-2:30 pm in Main Dining Hall

Instructed by: Jason Manders, Oneida Family Fitness Center

Relaxation with mild stretching while you remain seated

Sponsored by: Oneida Total Integrated Enterprises (OTIE)

Sign-up for classes at Elder Services Meal Site reception desk

For more information please contact: Michelle Cottrell, Activity Specialist: 869-1551

Joyce Hoes, Transportation Supervisor: 869-2448

Elder Abuse: When Should You Report?

People sometimes hold back on reporting what they feel may be elder abuse. If you have a reasonable suspicion that you are witnessing elder abuse please take the time to report. You may be saving an elder from further and ongoing abuse.

Here are some of the signs and symptoms that can help to guide you in your decision to report:

Victim Behavioral Signs

- Fear
- Anger
- Paranoia
- Isolation
- Depression/Anxiety
- Disorientation
- Hesitation to speak openly

Symptoms & Signs

- Unexplained injuries such as bruises, cuts or scrapes
- Weight loss with no medical explanation
- Soiled clothing & unkempt appearance
- Inappropriate clothing for weather conditions
- Broken eyeglasses/Teeth

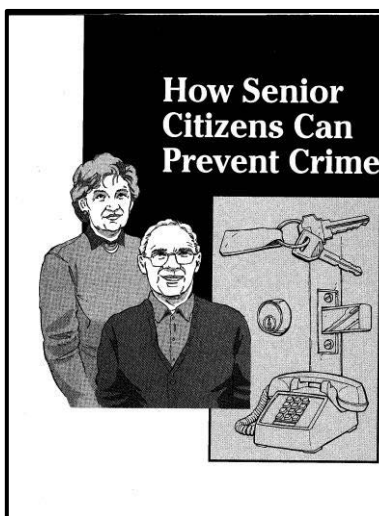


If you are witnessing physical abuse contact your law enforcement immediately to report what is occurring. Within Oneida Reservation boundaries the Oneida Police Department's phone number is: (920) 869-2239. If it is not an immediate emergency please contact Oneida Elder Services, Elder Abuse Prevention Coordinator; Joyce Johnson @869-2448. Your report remains confidential and anonymous.



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

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PAID
ONEIDA WI 54155
PERMIT NO. 4



This educational brochure is available at Oneida Elder Services. We are located at 2907 S. Overland Drive in Oneida. Please stop in and ask our Greeter for a copy if you would like one.

This brochure has information about home, shopping, traveling and various other tips to prevent crime. It even talks about what to do if you become a victim of crime.

The Elder Services Greeter is available to assist in finding this brochure and to help you look through our other brochures. We do our best to keep a brochure for every program in the Oneida Tribe plus valuable other information brochures for elders. Call 869-2448

for more information and ask for the Greeter or Joyce Hoes.