

# DRUMS ACROSS ONEIDA

Oneida Elder Services  
2907 South Overland Rd.  
Oneida, WI 54155  
Ph: 920-869-2448  
Fax: 920-869-1824



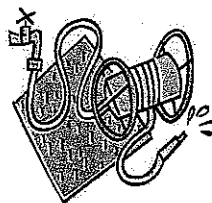
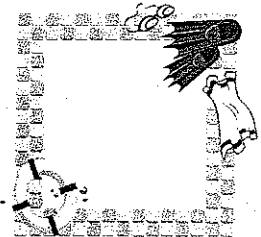
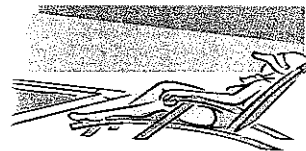
Senior Center-Meal Site  
134 Riverdale Dr.  
Oneida, WI 54155  
Ph: 920-869-1551  
Fax: 920-869-1526

Onástase? Wahní·tá·le?

Green Corn Moon

August 2011

Summer Fun  
Keep Cool!!



**DRUMS CONTACT**  
Linda F. Douglas

Telephone: 920-869-2448 or 1-800-867-1551  
Email [ldouglas@oneidanation.org](mailto:ldouglas@oneidanation.org)

## **The Positive Side of Life:**

How long a minute is—depends on what side of the bathroom door you're on

Birthdays are good for you—the more you have---the longer you live

Happiness comes through doors you—didn't even know you left open

Most of us go to our grave—with our music still inside

If Wal-Mart is lowering prices every day—how come nothing is free yet

You may be only one person in the world—but you may the world to one person

Some mistakes are too much fun—to only make once

Do not cry because it is over—Smile because it happened

“If you do not know where you are going, any road will get you  
there.”

--Lewis Carroll

d	p	d	y	f	i	t	s	e	t	h	o	u	g	h	t	f	u	l	t
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m	m	e	e	t	i	n	g	s	s	m	i	h	b	g	i	o	q	e	l
k	u	s	r	e	t	r	a	u	q	d	a	e	h	s	n	c	r	t	s

Heaven

Ariel	English	Lifeline	Side Effect
Author	Freedom	Major Pini	Teacher
Cleaning	Grateful	Meetings	Testify
Complaints	Grief	Misfortune	The Father
Connected	Headquarters	Officer	Thoughtful
Courageous	Husband	Philippa	Translate
Conquest	Identical	Police	Turin
Defiant	Ignore	Regina	Veteran
Deliberate	Innocent	Romantic	Willpower
Elevator	Italy	Rookie	

## Caregiver Support Group

Presenter: Tsyunhehkwa

Topic: Herbs for your Health

Time: 1:30 P.M.-3:30 P.M.

Date: Friday August 19, 2011

Place: Oneida Elder Services Complex

2907 South Overland Road

Oneida, WI 54155

Contact: Debi J. Melchert, NAFCG -Native American Family Caregiver/Coordinator

Oneida Elder Services

Phone: (920) 869-2448



## Monthly Support Group Alzheimer's Information

Presenter: Debi Melchert, Native American Family Caregiver/Coordinator

Time: Noon (30 min. presentation)

Date: Wednesday August 31, 2011

Place: Oneida Senior Center / Meal Site

134 Riverdale Drive

Oneida, WI 54155

Contact: Debi J. Melchert, NAFCG Native American Family Caregiver/Coordinator

Oneida Elder Services

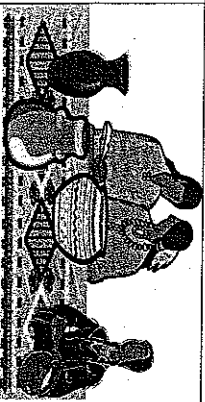
Phone: (920) 869-2448

# MENU

AUGUST

2011

ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WL, 54155 PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti Garlic Bread Salad Vegetables & Dip Ice Cream	2 Corn Soup Fresh Bread Cheese & Crackers Juice Berries	3 Chicken Ala King Rice Biscuits Juice Sherbet	4 Hot Beef Sandwiches Oven Potatoes Green Beans Buns Orange, Pineapple & Apple Rings	5 Fish Cole Slaw Fries Rye Bread Juice Yogurt
8 Chop Suey Rice Vegetables & Dip Juice	9 Ring Bologna Noodles & Tomatoes Green Beans W/W Bread	10 Boiled Dinner Fresh Bread Juice	11 Liver & Onions Potatoes Beets W/W Bread	12 Beef Philly Sandwiches With Peppers & Onions Oven Potatoes Fresh Fruit
Peaches	Cookies	Rice Pudding	Pears	Pudding
15 Swedish Meatballs Noodles Carrots Salad W/W Bread Pineapple Tidbits	16 BBQ Ribs Scalloped Potatoes Mixed Vegetables W/W Bread	17 Wild Rice Soup Fresh Bread Baby Carrots & Dip Juice Pears	18 Turkey Potatoes Mixed Vegetables W/W Bread Applesauce	19 Eggs Bacon Grits Toast Juice Fresh Fruit
22 Polish Sausage Seasoned Red Potatoes Green Beans W/W Bread Melons	23 Beef Tips Noodles California Blend W/W Bread Juice Fresh Fruit	24 Chicken Breast Black Bean & Brown Rice Mixed Vegetables W/W Bread Fresh Fruit Pudding	25 BIRTHDAY DAY Beef Roast Potatoes & Gravy Corn Juice W/W Bread Cake	26 FOUR NATION PICNIC
29 Beef Pasty Gravy Mixed Vegetables Juice Whip & Chill	30 Chili Fresh Bread Juice Fresh Fruit Jell-o	31 Chicken Brie Rice Pilaf Carrots Cranberries W/W Bread Sherbet		
All meals are served with coffee, milk, tea or water	Menu is subject to change.	BIRTH STONE: Peridot FLOWER: Gladiolus	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1:00P.M.	

# Volunteers Wanted

## Oneida Elder Services

- Volunteer must be 55 years or older
- Various services volunteer(s) will work in are:
  - Minor home repairs moving, grass cutting, snow removal
  - In home chore general house keeping and organizing
  - Spending time with the Elder reading or visiting
  - Activities with elders games, cards or cooking
  - Meal Site assistance in the kitchen, customer check in, delivering Meals on Wheels (MOW=meals delivered to homebound elders)
  - Administrative work filing, inventory, computer projects and general office work
- Volunteers may assist in Elder Services special events as requested
- Volunteers may assist in recruitment of new volunteers and promoting the volunteer program
- Volunteers are not approved to handle any money transactions

Supervisor receiving request will:

- Meet with volunteer to discuss if the duties and responsibilities are the best fit for both the supervisor and the volunteer. If supervisor and volunteer agree on responsibilities a Background Information Disclosure (BID) form will be completed and sent for approval.
- Supervisor will complete, with the volunteer, the remaining Volunteer Program forms and the applicable forms from an Elder Services new employee packet.

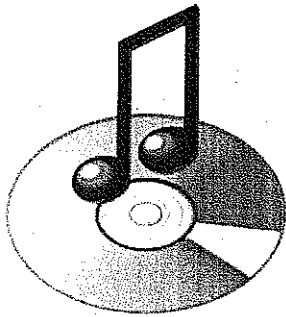
If you would like to volunteer please contact:

Cheryl Ault  
E mail [cault2@oneidanation.org](mailto:cault2@oneidanation.org)  
(920) 869-2448 or 800-867-1551

Cheryl will complete an ICF and forward to the appropriate Supervisor, taking into account any special skills and interests the volunteer might have.

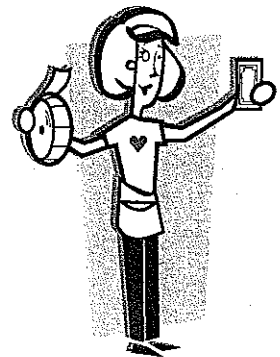


## 4 NATIONS ELDER PICNIC



**MUSIC**

**FOOD**



**RAFFLE**

Friday August 26, 2011

10:00 a.m.—3:00 p.m.

**N7360 Water Circle PI**

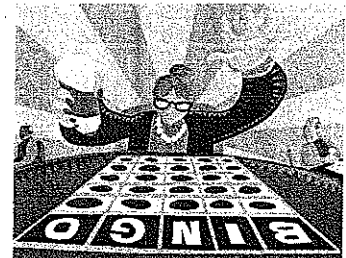
**Oneida, WI 54155**

Former Tower Foods, off Hwy 54, behind Oneida Post  
Office, 1/4 mile West of the One Stop, by the water tower

No children please



**BINGO**



**JIGGING CONTEST**

For more information contact: Florence Petri (920) 869-2448

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>August 2011 ACTIVITIES</h1>				
<p><i>*Activities due to change without notice.</i></p>				
<p><b>1 UNO Game</b> Elder Services 9:30 Pace Exercise Elder Services 11:00 Movie Elder Services 1:00</p>	<p><b>2</b> Crafts Elder Services 10:00 - 11:30</p>	<p><b>3 Qwirkle Game</b> Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p><b>4</b> Big Lots Store Green Bay 9:30 Farmer's Market Oneida 1:15</p>	<p><b>5</b> Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00</p>
<p><b>8 Scattergories Game</b> Elder Services 9:30 Pace Exercise Elder Services 11:00 Wii Bowling Elder Services 1:00</p>	<p><b>9</b> Crafts Elder Services 9:30 - 11:30</p>	<p><b>10 Yahtzee Game</b> Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p><b>11</b> Cherry Picking Stergeon Bay (Bring your own containers &amp; Lunch) 9:30</p>	<p><b>12</b> Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00</p>
<p><b>15</b> Timber Rattlers Baseball Game Appleton 11:00 Must be pre-registered to go</p>	<p><b>16</b> Farmer's Market &amp; Bread Store Depere 9:30</p>	<p><b>17 Oneida Language</b> Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p><b>18</b> Concert In the Park (Blue grass) Jackson Park, GB 10:30 Bring a Bag Lunch</p>	<p><b>19</b> Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00</p>
<p><b>22</b> Family Feud Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Wii Bowling Elder Services 1:00</p>	<p><b>23</b> Crafts Elder Services 9:30 - 11:30</p>	<p><b>24</b> Scrabble Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p><b>25</b> Banks &amp; Shopping 9:30 Birthday Lunch Senior Center 12:00</p>	<p><b>26</b> 4 Nation's Picnic 10:00 - 3:00 At the Former Tower Food's Building</p>
<p><b>29</b> Price is Right Elder Services 9:30 Pace Exercise Elder Services 11:00 Simon's Cheese Little Chute 1:30</p>	<p><b>30</b> Crafts Elder Services 9:30 - 11:30</p>	<p><b>31</b> Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p><i>*Please sign up for trips at Senior Center Main Office.</i>  <i>*All trips leave from Senior Center.</i></p>	<p><i>*Is this your Birthday Month?</i> <i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i> <i>*Must be present to receive your gift card.</i></p>

*\*If you have any questions Please call Michelle at 869 - 2448\*\**



# Oneida Elder Services ANNUAL



**Supports: Roberta Kinzhuma Scholarship**

**Date: September 2, 2011**

**Time: 10 am to 3 pm**

**Location:**

**Senior Center / Meal Site**

(134 Riverdale Dr, across the road from Tsyuhekwa farm)

**Rummage, Car Wash,  
Lunch, 50/50 Raffle**

(Mealsite will serve breakfast only)

**For more information call  
Robert LaGest (920) 869-2448**

# RUMMAGE SALE TIDBITS:

- Elder Service Mealsite will serve breakfast instead of lunch this day so that all can participate in the sale.
- Rummage sale time is a great time for spring cleaning. Have you done yours?
- If you would like to donate, please call us at (920) 869-2448 for drop off location.
- We would greatly appreciate if you could store your items until the rummage.
- Thank you for your continued support to our

*Roberta Kinzhuma Scholarship*

# *Hit the Right Notes for Health*

Wednesday, August 31, 2011

4:00 pm to 7:30 pm

Radisson Conference Center

**Master of Ceremonies**

Tim Moureau, NP, RN

**Community Panel**

Charlie Hill

Francis Huntington

**Guest Speaker**

Darryl Tonemah, PhD, MEd

Powerful Change to Fight Diabetes

**Tickets available at  
Oneida Diabetes Team**

**\$5.00 Cash Only**

**Give-Aways:**

Treadmill (must be over 18 to win)

2 - Theater and Dining Packages

1 - Two Night Stay at Radisson Hotel

**Must be present to win**

Sponsored By: Oneida Comprehensive Health Division and The Special Diabetes Program

\* Free tickets will given to first 20 elders who sign-up at the Mealsite on Riverdale \*

\*\*If you need a ride to the "Diabetes Event" sign-up deadline is August 17, 2011\*\*

\*\*If you have any questions please contact:\*\*

\*\*Joyce Ann Hoes at (920)869-2448 ext 6844\*\*



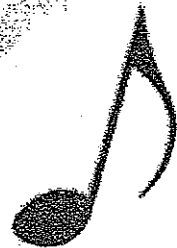
*A1c*



*Stress  
Management*



*Diet  
&  
Activity*



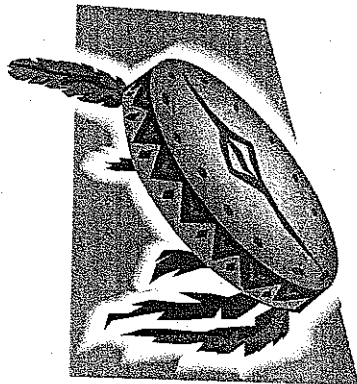
*Blood Sugar*



*Blood  
Pressure*



*Lipids*



# **ATTENTION ALL PARTICIPANTS THE SENIOR CENTER MEAL SITE**

**Policies and procedures specific to the Older  
Americans Act-Funded Nutrition Program**

**Manage costs and quality improvement**

**At our meal site program**

**The meal site maintained a reservation system for all participants who eat at the meal site. All participants that plan on eating at the meal site are asked to call in the day before and reserve their meal for the next day, or for the week. You may also reserve your meal for the next day, week or month by telling the meal check in person.**

**For question call Loretta Mencheski 920-869-1551**

# Emergency Cell Phones

We have numerous "911" EMERGENCY CELL PHONES available at NO charge to you!! This phone is great to have on hand if you have an emergency situation and there's no one around to help you. You just dial "911" and help will be on the way. As long as your phone has reception, you'll be able to call for help where ever you go!! You can take your phone with you to the garden, yard, porch, shopping, your car, visiting you friends & relatives, even babysitting those grandchildren!! With this phone you can feel safe when you're alone. Just give me a call and I'll deliver it right to your home. I'll look forward to hearing from you!!

Yaw^ko Joyce Ann Hoes Transportation Supervisor, Elder Services  
920-869-2448 ext. 6844

## Oneida Farmer's Market Coupons

The Meal site. At 134 Riverdale Drive, Oneida has 60 books of Oneida Farmer's Market coupons available to the first 60 elders. The sign up is at the meal site, if you have received the Green Bay farmers markets coupons you can't get the Oneida coupons sorry about that. Any questions call 920-869-1551 ask for Loretta Mencheski or Marena Pamanet

# Yawá·ko

For your contribution to Home Chore: Carol Spencer ~ George Greendeer

Your treats: Betty Padilla ~ Mindimoye

Jane Salzman thank you for your donation to the 4 Nations Picnic

Florence Petri, Program Director and Staff at Elder Services

# *Powerful Tools for Caregivers (PTC) Program*

*Developed by Legacy Caregiver Services*

Topics we will cover include:

- Taking care of YOU
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs and Concerns
- Communicating in Challenging Situations
- Learning from Emotions
- Mastering Caregiving Decisions

The program is a 2 ½ - hour training session over a 6-week course designed to:  
Teach you, the Caregiver, how to care for yourself while caring for another.

Date: Wednesday, September 21, 2011

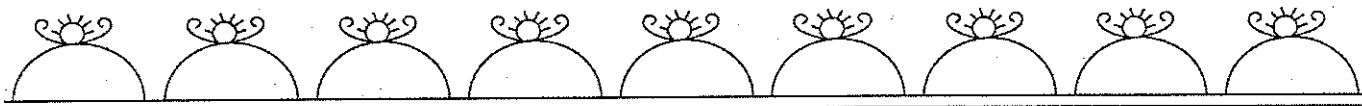
Time: 9:30 AM. – 12:00 P.M.

Place: Oneida Elder Services  
2907 South Overland Road  
Oneida, WI 54155

Lay Leaders: Debi Melchert and Sandra Summers

SIGN UP FOR THE CLASS CALL 920-869-2448

CONTACTS: DEBI AT EXT. 6834 OR SANDRA AT EXT. 6835



## “HELPFUL HINTS FOR ELDER DRIVERS”

Aging takes a toll on drivers. Reaction times slow, Vision is affected, Judgment can be impaired. Here are some helpful hints you may be interested in. Statistics have shown:

- 1: Seniors making left turns are 28 percent more likely to be involved in a vehicle crash.
- 2: Onset of Dementia and Alzheimer's can affect ones driving skills.
- 3: Side effects of medications, especially new ones.
- 4: Natural slowing of reaction time such as frailty, arthritis etc.
- 5: Drifting into oncoming traffic.

Being aware of these statistics will help drivers make good decisions while driving. One way to assist yourself with driving safely is to take the AARP Drivers Safety Class. Elder Services offers it in May & October each year. Some auto insurance companies will give you a discount when taking this class. We must have a minimum of 7 participants sign-up in order to have the class. So please keep this in mind as the fall season approaches this year. I will continue to place articles in the “Drums Across Oneida” each month as a reminder. If you have any questions please feel free to contact me anytime.

Joyce Ann Hoes  
Transportation/Activity Supervisor  
920-869-2448 ext 6844  
jhoes@oneidanation.org



# **WHEEL CHAIR SAFETY TIPS**

## **Brakes**

- Remember to always lock your brakes when around inclines and declines and when you are transferring from your wheelchair to another location, such as a chair or bed. Any sudden unexpected movements during these activities may result in a painful fall that may result in injury.

## **Know Limits**

- Never attempt to navigate steep slopes alone without knowing your capabilities. Practice with a caregiver or healthcare professional to find out if you are strong enough to complete this task.

## **Visibility**

- Do what you can to make the wheelchair more visible to the public, such as decorating the chair with bright colors or using reflectors at night time. This reduces the risk of a possible collision with both people and vehicles.

## **Reaching**

- Never reach for an object if you have to move to the edge of the seat to reach it. In addition to this, do not reach for an object between your legs. These activities may cause you to fall out of your chair and on to the floor. Position your chair beside the object and reach over the side, if possible.

## **Curbs**

- Do not try to maneuver your wheelchair onto a curb or up a stairway. Get another person to help you get over the curb or, if necessary, search for an alternative route, such as a handicap ramp or elevator to get to a higher level.

*Sited sources: E How Health / see Website for more safety tips and Info*



# What is Alzheimer's disease?

Alzheimer's is a disease of the brain that causes a steady decline in memory. This results in dementia – loss of intellectual functions (thinking, remembering, and reasoning) severe enough to interfere with everyday life. When German physician Alois Alzheimer first described the disease in 1907, it was considered rare. Today, Alzheimer's disease is the most common cause of dementia, affecting 10 percent of people 65 years old, and nearly 50 percent of those age 85 or older. An estimated 5.4 million people are living with Alzheimer's, a disease linked to aging: every 69 seconds, someone develops it. Alzheimer's is the sixth-leading cause of death in the USA, and the only one among the top 10 that has no prevention or cure, says William Thies, chief medical and scientific officer of the Alzheimer's Association. Alzheimer's disease usually begins gradually, causing a person to forget recent events and to have difficulty performing familiar tasks. How rapidly the disease advances varies from person to person, causing confusion, personality and behavior changes, and impaired judgment. Communication becomes difficult as the person with Alzheimer's struggles to find words, finish thoughts, or follow directions. Eventually, a person with Alzheimer's become totally unable to care for themselves. Come join me at the Support Group to learn more about the disease of Alzheimer's.

Alzheimer's Support Group

Date: Wednesday September 28, 2011

Time: 1:30-2:30 P.M.

Place: Oneida Elder Services Complex

2907 S. Overland Rd. Oneida, WI 54155

Submitted by: Debi J. Melchert, NAFCG -Native American Family Caregiver/Coordinator

Oneida Elder Services

Phone: 920-869-2448

# ONEIDA ELDER SERVICES

## ENROLLMENT FORM

DATE: \_\_\_/\_\_\_/\_\_\_

NOTE: The State & Federal Governments have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name \_\_\_\_\_ Phone Number ( ) \_\_\_\_\_

Address \_\_\_\_\_ Social Security Number Last four digits \_\_\_\_/\_\_\_\_/\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

OUR PROGRAM POLICY FOR SERVICES is as follows: 1) Elder aged 70 years and older. 2) Elders aged 55-69 years of age that are disabled/handicapped, living alone. 3) Elders aged 55-69 years of age, with health/safety issues. The elders that are listed are our priority.

**Please check the appropriate responses:**

**Marital Status:** \_\_\_\_ Married \_\_\_\_ Single \_\_\_\_ Widowed \_\_\_\_ Divorced

**Maiden Name:** \_\_\_\_\_

**Veteran:** \_\_\_\_ Yes \_\_\_\_ No

**Living Arrangement:** \_\_\_\_ Live Alone \_\_\_\_ Lives with Spouse \_\_\_\_ Lives with others\* \_\_\_\_ How many

**Do you:** \_\_\_\_ Rent \_\_\_\_ Own

**Race:** \_\_\_\_ Native American \_\_\_\_ Caucasian \_\_\_\_ Latino \_\_\_\_ Asian \_\_\_\_ African American

**Tribal Affiliation:** \_\_\_\_\_ **Enrollment Number:** \_\_\_\_\_

**General Health Status:** \_\_\_\_ Excellent \_\_\_\_ Good \_\_\_\_ Fair \_\_\_\_ Poor\*

**\*If Poor Please List Health Condition:** \_\_\_\_\_

**Do You Currently Have Any of the Following?**

Guardianship \_\_\_\_\_ Power of Attorney for Health \_\_\_\_\_ Power of Attorney for Finances \_\_\_\_\_

Representative Payee for Social Security \_\_\_\_\_ Medicare \_\_\_\_\_ Medicaid \_\_\_\_\_

**In Case of an Emergency Contact: Name:** \_\_\_\_\_

Phone Number: ( ) \_\_\_\_\_

Relationship: \_\_\_\_\_

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elder Services.

Please Return: Oneida Elder Services Complex

ATTEN: Service Coordinator

P.O. Box 365

Oneida, WI. 54155