

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

Wahsu'tés Wahní'tale?

Long Night Moon

December 2010

STAFF AT ELDER SERVICES

Florence Petri, Program Director
Tina Pospychala, Assistant Program Director
Joyce Johnson, Elder Abuse Prevention Supervisor
Loretta Mencheski, Supervisor / Cook
Robert La Gest, Maintenance Supervisor
Claudia Skenandore, Office Manager
Joyce A. Hoes, Transportation Supervisor
Corinne Robelia-Zhuckkahosee, Apartment Manager

Pat Beilke... Lisa Huff... Hank Jourdan

Joanne Close... Angela Ortiz... Alfreida Grignon

Rochelle Powless... Barbara Skenandore... K O

Brenda Jorgenson... Roberta Young... Cecil Rennells

Sandra Summers... Cheryl Ault... Evadna Anderson

Lois Strong... Richard Dodge... Burdette Burr

Linda Powless... Henry Baird... Cliff Cornelius

Don Bogda... Rose Cordova... Donna Ineguez... Jeff Webster

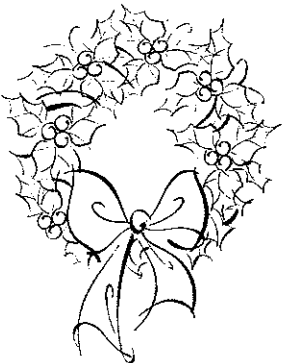
Nancy Torres... Geno Danforth... Carol Bogda

Les Cornette... Linda Douglas... Lloyd Davis

Lorleen John... Marena Pamanet... Beatrice Skenandore

Rickie House... Marty Braeger... Michelle Cottrell

Richard Summers... Debi Melchert... Mae Baxter



MERRY CHRISTMAS

DRUMS CONTACT

Linda F. Douglas

Telephone: 920-869-2448 or 1-800-867-1551

Email ldouglas@oneidanation.org



Facts about the 1500's

Baths consisted of a big tub filled with hot water.

The man of the house had the privilege of the nice clean water....other men and sons....women....children....

Last the babies

By then the water was so dirty you could actually lose someone in it....

Hence the saying,

“Don't throw the baby out with the Bath Water.”



You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits.

When we all help one another, everybody wins.

--Jim Stovall

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Candle	Frost
Candycane	Ho Ho Ho
Cards	Holly
Carol	Ice
Cookies	Jingle bells
Eggnog	Jolly
Elves	Joy
Eve	Lights
Family	Love
Fire	Merry Christmas

Midwinter
Milk
Mistletoe
Ms Clause
Northpole
Peace
Presents
Reindeer
Rudolph
Santa

Shopping
Sleigh
Snow
Snowball
Snowmen
Stockings
Toys
Tree
Wreaths

By Summer VISTA Worker Shakira Stevens



GLNAEA

**Great Lakes Native American Elders Association
Sponsored by Menominee Tribe**



**December 2nd & 3rd, 2010
Menominee Hotel, Highway 47/55,
DuQuain Road, Keshena**

All elders who need a ride to GLNAEA, please sign up and make payment at the Oneida Senior Center (Meal Site) by Wednesday, November 10, 2010. We have made arrangements for 10 people and will be using our tribal van. Payment must be received at sign-up. Cancel date is November 17 in order to receive full refund – no refund after that date. Participants must be independent, (able to help themselves) and be in good health (to prevent spread of health problems). We will be staying at the Menominee Hotel and the cost is \$33.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, December 2nd.

Any questions please call:

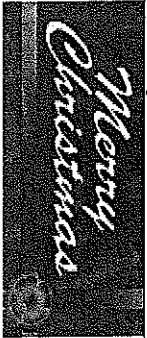
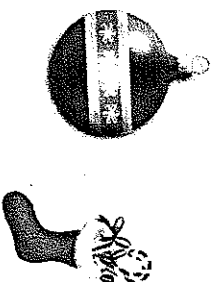
Oneida Elder Services (920)869-2448
Oneida Senior Center/Meal Site (920)869-1551

MENU

DECEMBER

2010

ELDER SERVICES SENIOR CENTER, PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
				
6 Hot Dogs Potato Wedges Carrots Buns Yogurt	7 Spaghetti & Meatballs Lettuce Salad Garlic Bread	8 Boiled Dinner Potatoes, Carrots, Cabbage, Rutabagas Fresh Bread	9 Liver & Onions Potatoes Beets W/W Bread	10 LUNCH Chipped Beef & Gravy Eggs Toast Juice Peaches
13 Chicken Salad Tomatoes, Cucumbers, Lettuce Croissants	14 Chef Salad Ham, Turkey, Eggs, Lettuce, Tomatoes, Cottage Cheese & Rolls	15 California Blend Cheese Soup Fresh Bread Juice	16 B.B.Q. Ribs Scalloped Potatoes Corn W/W Bread	17 CHRISTMAS PARTY Turkey, Potatoes, Gravy, Stuffing, Mixed Veggies, Rolls Cranberries Assorted Pies
Fruit	Pudding	Yogurt	Pears	24 CHRISTMAS EVE ½ DAY BREAKFAST Ham, Cheese, Eggs Muffins Juice
20 Chicken Long Grain & Wild Rice Carrots	21 Beef Stew Biscuits Juice	22 Pork Steak Potato Wedges Peas W/.W Bread	23 Chicken Soup Fresh Bread Juice	31 New Years Eve OFF
Mixed Berries	Jell-o	Cookies	Sherbet	Fresh Fruit
27 OFF	28 Corn Soup Fresh Bread Juice	29 Sloppy Joes Beans Buns Chips Ice Cream	30 BIRTHDAY DAY Pork Roast Oven Brown Potatoes Carrots W/W Bread Cake-Strawberries	OFF
All meals are served with coffee, milk or tea.				
Menu is subject to change.				
BIRTH STONE: TURQUOISE FLOWER: NARCISSUS				
HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1:00P.M.				
				

ONEIDA FOOD PANTRY TO SUSPEND OPERATIONS

Oneida Food Pantry will suspend distribution of food items to the Oneida community effective September 30, 2010. A huge THANK YOU goes out to all sponsors and supporters of the Pantry over the years, including but not limited to Oneida Bingo and Casino, the Packers Organization, the U.S. Postal Service, community churches, various private individuals, Boy Scout troops, and so many more we cannot mention them all. The Pantry is so very grateful for all of the donations and man-hours which made the Pantry a success over the years.

On Monday, October 4, 2010 the Center for Self-Sufficiency (located in the West wing of the Social Services Building) will begin issuing gift cards as a replacement to distributing food. Gift cards will be issued for the entire fiscal year 2011, during the same operating hours as the former Pantry (9am to 11am ... Monday through Friday) at Center for Self-Sufficiency (2640 West Point Rd, Green Bay). Income guidelines for a food gift card is as follows:

Household Size	Monthly Income
1	\$1669.
2	\$2246.
3	\$2822.
4	\$3399.
5	\$3975.
6	\$4552.
Each addt'l person add \$	\$ 312.

Verification (social security cards and dates of birth) of all persons living in the household is required, verification of all income as well as claiming no income is required, and verification of residence and Oneida Tribal enrollment is required. During fiscal year 2011 a group will be working on gathering interest from the Oneida area to operate a food pantry as a non-profit 501c3 entity, independent from the Tribe, for the Oneida community. Non-profit organizations have greater opportunity to obtain large quantities of foods from major food suppliers, and grants from foundations and scholarship organizations.

We hope to have a new food pantry in the Oneida community, up and running by October 2012. Questions about the change in operations, or if you may be interested in creating an independent community food pantry, you may contact the Center for Self-Sufficiency at 490-6800, or toll-free at 1-800-216-3216.

THANK YOU again, to anyone who has been involved in the success of the Pantry.

DECEMBER 2010 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Activities due to change without notice.</i></p>				
<p><u><i>Is this your Birthday Month?</i></u></p> <p><i>*You must sign up in the Birthday Book at Senior Center, Main Office.</i></p> <p><i>*Must be present to receive your gift card.</i></p>	<p><i>*Please sign up for trips at Senior Center Main Office.</i></p> <p><i>*All trips leave from Senior Center.</i></p>	<p>1 Scrabble Game Elder Services 9:30 Pace Exercise Elder Services 11:00</p> <p>Bingo Hwy H 1:30</p>	<p>2 Good Will Store Green Bay 9:30</p> <p>Wii Bowling Elder Services 1:00</p>	<p>3 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00</p>
<p>6 Yahtzee Game Elder Services 9:30 Pace Exercise Elder Services 11:00</p> <p>Bingo Site II 1:00</p>	<p>7 Crafts Elder Services 9:30 - 11:30</p>	<p>8 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00</p> <p>Bingo Hwy H 1:30</p>	<p>9 Shopping Appleton 10:00 – 3:00 Lunch on your own</p>	<p>10 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00</p>
<p>13 Fact or False Game Elder Services 9:30 Pace Exercise Elder Services 11:00</p> <p>Bingo Senior Center 1:00</p>	<p>14 Crafts Elder Services 9:30 - 11:30</p>	<p>15 Rummikub Game Elder Services 9:30 Pace Exercise Elder Services 11:00</p> <p>Bingo Hwy H 1:30</p>	<p>16 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00</p>	<p>17 ELDER CHRISTMAS PARTY 11:00 – 3:00 SENIOR CENTER / MEAL-SITE Must be pre-registered</p>
<p>20 Wii Bowling Elder Services 9:30 Pace Exercise Elder Services 11:00</p> <p>Bingo Site II 1:00</p>	<p>21 Elder Christmas Bingo 3 Sisters Center Green Bay 10:00</p>	<p>22 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00</p> <p>Bingo Hwy H 1:30</p>	<p>23 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00</p>	<p>24 BREAKFAST ONLY 9:00 – 10:00 ½ Day Observance of Christmas Eve</p>
<p>27 OFF OBSERVANCE OF CHRISTMAS DAY</p>	<p>28 Crafts Elder Services 9:30 - 11:30</p>	<p>29 UNO Elder Services 9:30 Pace Exercise Elder Services 11:00</p> <p>Movie Elder Services 1:00</p>	<p>30 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00 Birthday Lunch 12:00</p>	<p>31 OFF OBSERVANCE OF NEW YEARS DAY</p>

If you have any questions Please call Michelle at 869 – 2448

When I am Done!

A man was sick and tired of going to work every day while his wife stayed home. He wanted her to see what he went through so he prayed:

Dear Lord,

I go to work every day and put in 8 hours while my wife merely stays at home.

I want her to know what I go through. So, please allow her body to switch with mine for a day.

God, in his infinite wisdom, granted the man's wish.

The next morning, sure enough, the man awoke as a woman...

He arose, cooked breakfast for his mate,

Awakened the kids....Set out clothes....gave them breakfast....Packed lunches...

Drove them to school....

On the way home he....

Dropped off and picked up dry cleaning...

Went to the bank...grocery shopping....

Drove home put away the groceries....

Paid the bills and balanced the check book....

He cleaned the cat's litter box and bathed the dog....

Then, it was 1:00 P.M.

He hurried to make the beds....

He did the

laundry....vacuum....dust...sweep.... mop kitchen & bathroom floor....

Ran to pick up kids from school...got into an argument

Set out milk and cookies....kids settled and organized to do their homework....

He watched TV while ironing....

At 4:30 he began peeling

potatoes....washing vegetables

for salad....breaded the pork

chops....snapped fresh beans for supper....

After supper, He cleaned the kitchen....ran dishwasher....folded laundry....

Bathed the kids....put them to bed.

At 9:00 P.M. Though his daily chores....were not finished....

He went to bed exhausted....

Where he was expected to....which he managed....without complaint

The next morning, he awoke and immediately knelt by the bed and said:

Lord, I don't know what I was thinking.

I was so wrong to envy my wife's being able to stay home all day.

Please, Oh! Please, let us trade back.

Amen!"

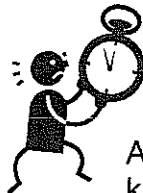
The Lord, in his infinite wisdom, replied:

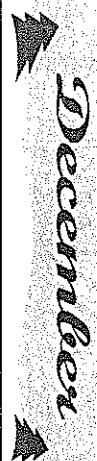
'My son, I feel you have learned your lesson and

I will be happy to change things back to the way they were.


You'll just have to wait nine months, though.

You got pregnant last night.'





ALZHEIMER'S SUPPORT GROUP 2010

Monday	Tuesday	Wednesday	Thursday	Friday
--Activities subject to change with out notice.		1 Puzzles 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	2 No Group	3 No Group
6 Christmas Stories 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	7 No Group	8 Oneida Language 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	9 No Group	10 No Group
13 Christmas Ornaments 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	14 No Group	15 Brain Exercise / Ice Breaker 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	16 No Group	17 No Group
20 Movie ~ Popcorn 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	21 No Group	22 Oneida Language 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	23 No Group	24 No Group
27 Native American Craft 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	28 No Group	29 Games 9:30 A.M. to 11:30 A.M. PACE Exercise 11:00	30	

For More information contact Linda F. Douglas 920-869-2448

*All activities assist clients to maintain physical and mental health

- Identify Colors
- Number Sequences
- Brain Exercise
- Dexterity
- Memory
- Counting
- Socializing
- Identify Shapes
- Eye Hand Coordination
- Native American Culture



ELDER CHRISTMAS PARTY

FRIDAY; DECEMBER 17th, 2010

SENIOR CENTER - MEAL SITE

11:00 – 3:00

No Cost

** For Elders 55 and over; Elder must be able to assist themselves. Sorry no care givers.*

**Limited to the first 90 Elders.*

**Elders will need to sign up in person, for themselves only, at the Senior Cener - meal site.*

** No Children allowed.*

**Sign up will begin on November 8th, 2010 and Deadline is December 10th 2010 at 4:00.*

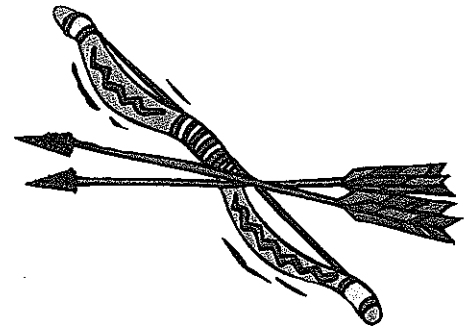
****MUST BE PREREGISTERED, NO WALK INS****

*Any questions or concerns please contact Joyce Hoes or Michelle Cottrell
at 869 – 2448.*





ARROW MEETS BUCK



Several native men went hunting with their bows.

Looking for that 10 Point Buck!

The first day they came close, just a little closer they wanted him to come closer.

But guess what, Yep he got away!

The next day, they got up extra early went back to the tree stand. Watched and waited! As they rested their eyes for a spell, one of them woke up to see that 10 Point Buck!

He blinked once then twice thinking, 'Am I really seeing this buck, you gonna be mine today!' Yea! Reaching for his bow, thinking I do not want to miss this shot.

By this time the others woke up to see what was going on!

He shot the buck!

You got it! You got it! They all shouted.

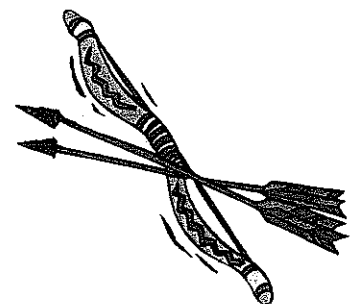
The buck was standing there looking around turning his head from side to side, looking up and around. As if to say, 'What was that?'

What is wrong with the buck! He is crazy!

Someone pulled out the binoculars to take a closer look at the buck.

By that time all the men saw what had happen, everyone was laughing so hard one fell out of the tree stand.

He noticed the ARROW went THROUGH his
ANTLERS!!!!



Caregiver Support Group
Topic: Music Therapy, Learn Self-Hand Massage
Power Tools for Caregivers

Time: 9:30 A. M. - 11:30 A.M.

Date: Thursday, December 9, 2010

Place: Oneida Elder Services Complex

2907 South Overland Road

Oneida, WI 54155

Contact: Debi Melchert, NAFCG
Oneida Elder Services
Telephone: 920-869-2448



Services:

- ♦ Intake
- ♦ Cleaning
- ♦ Roofing
- ♦ Plumbing

To: The Oneida Nation Senior Center

Thank You everyone at the Center for the service's I had the honor of receiving while rehabilitating from surgery. It's good to know we Elders have services available to us and good people serving us.

Yawako!
Marjorie Stevens

Alzheimer's Discovery Group

Some changes in memory are normal as we age, but symptoms of Alzheimer's Disease are more than lapses in memory. People experience increasing difficulties in communicating, learning, thinking, and reasoning—problems severe enough to have an impact on work, social activities and daily life. If you recognize any of these in yourself or a loved one, do not wait until it gets worse—consult a dementia specialist immediately. Early diagnosis is the first step to getting appropriate treatment to slow the progression of the disease and to obtaining the best care and support.

Have you noticed any of these warning signs?

1. Memory changes that disrupt daily life.

One of the most common signs of Alzheimer's especially early, is forgetting recently learned information. Others include forgetting important dates or events; asking the same information over and over; relying on memory aids (reminders notes/electronic devices) or family members for things they used to handle on their own.

Typical: Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems.

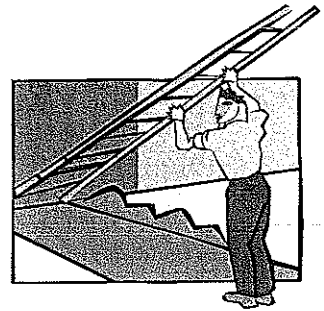
Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

Typical: Making occasional errors when balancing a checkbook.

Attention Elders age 70 & older:

Are you in need of Major Home repairs?

- Roof repair or replacement
- Electrical or plumbing repairs
- Window repair or replacement
- Furnace replacement



Eligibility Requirements:

- Must be enrolled Oneida Tribal Member
- Home must be located within the Oneida Reservation boundaries
- Home must be primary residence
- Must present ownership documentation upon application submission
- Must have home owner insurance
- Must be willing to sign a waiver relieving Oneida Elder Services and/or the Oneida Tribe of Indians of Wisconsin of all liability
- Services for major home repairs are dependent on available funding

**Contact Elder Services Coordinator, Cheryl Ault
at 869-2448 for more information**

Oneida Elder Services Library
2907 South Overland
Oneida, WI
920-869-2448

Stop in and check out the Elder Service Library. Staff is well informed of responsibilities and ready to assist. Customers are our priority and excellent customer service is essential.

Guidelines for the Library:

- Customers are asked to sign in and out at Reception or Greeter desk when using Library services. This is for safety and security purposes.
- Computers for customer use. It is the responsibility of the Library staff to monitor Oneida Tribe of Indians Computer Resources Ordinance is adhered to with all computer access. Ordinance is available in the forms file cabinet upon request and on the Intranet click on Reference Directory and go to MIS.
- Additional Library equipment available for customer use is: copier, fax machine and Aladdin magnifying device. No large copying of data – no bulk copying.

Library staff responsibilities

- Assist customers with borrowing of inventory (books, videos, puzzles, etc). Sign in/out sheet located on shelf in front of the window.
- Assist customers with Computers which are available for elder use only. Four computers are available with Elder login and they are marked Elder1, Elder 2, Elder 3 and Elder 4. Each computer is marked with login name and password. Passwords will not be changed.
- Assist customers with other equipment available.
- Keep updated on the Kaliwhisaks, Drums and Intranet activities for customer requests.
- Keep equipment clean/orderly and supplies replenished in Library area.
- Research and post Oneida words and cultural information when possible. Check the Balance Score Cards for Oneida words that may be posted throughout Elder Services. Include the literal pronunciation and the English translation to assist continuation of the Oneida language.
- Assist in holiday and other decorating throughout the building.

REFERENCES: Oneida Tribe of Indians Computer Resources Ordinance available on the Intranet

A friend is a person with whom I may be sincere. Before him I may thin aloud.

By Ralph Waldo Emerson

Find a friend at the Elder Services Library and bring a book (friend) home with you!

Attention Elders" Your comments and satisfaction is valuable!

Elder Services is doing our best to serve our elders and make sure your needs are being met. In an effort to better ensure customer satisfaction, the bottom portion of the Initial Contact Form (ICF or work order) is set aside for your signature and comments. That bottom portion looks like this:

Job Completed To Your Satisfaction: Yes _____ No _____	
Comments: _____	

_____	____/____/____
Customer Signature	Date

When you call in a request an Initial Contact Form (ICF or work order) is completed and a worker will bring the ICF with them to complete the requested service. The worker will be asking you to check yes or no, make any comments, sign and date the form. In order to get your signature you will receive a phone call to schedule the work and we ask you to be home for that scheduled date and time please.

Please feel free to make any comments and remember to check one of those boxes for customer satisfaction. Your satisfaction and comments are appreciated. If you have any further questions, please feel free to ask the worker or call Cheryl Ault, Service Coordinator for Elder Services. Elder Service phone numbers are 1-920-869-2448 or 1-800-867-1551. Thank you for your time and attention!



Meal Site Presenters: Deborah J. Melchert, Native American Family Caregiver/Coordinator

Topic: Information on Caregiver Group and Training
Powerful Tools for Caregivers Class

Time: Noon for 15 – 30 minutes presentation

Date: Wednesday, December 8, 2010

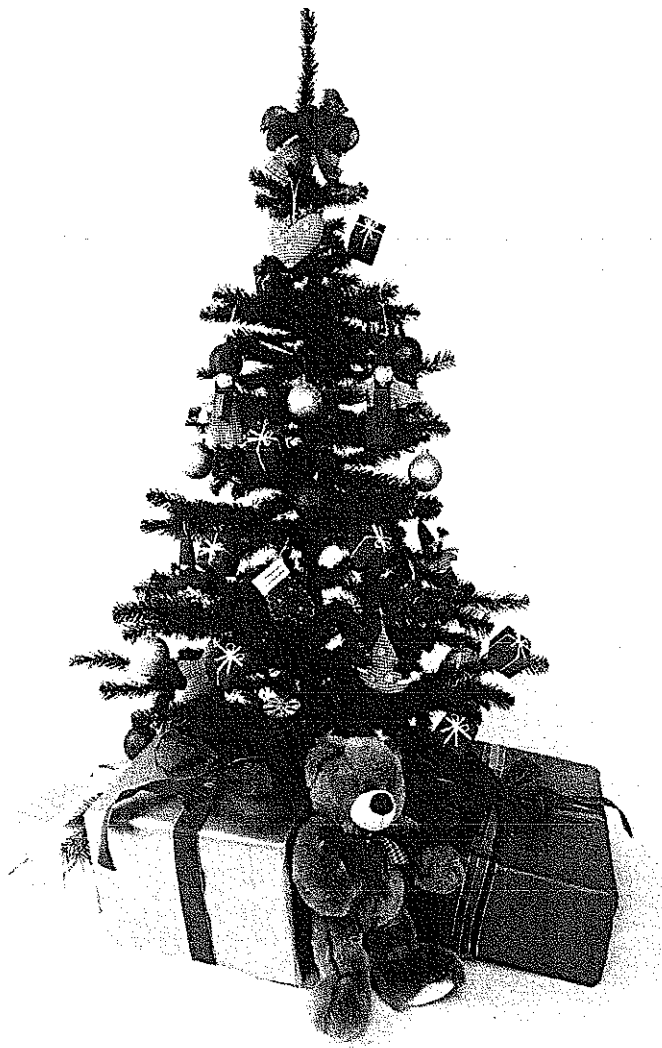
Place: Oneida Senior Center/Meal Site

134 Riverdale Drive, Oneida, WI 54155

Contact: Debi Melchert, NAFCCG
Oneida Elder Services—Telephone 920-869-2448

CHRISTMAS SHOPPING!!!

Come to
ONEIDA ELDER SERVICES
COMPLEX
GIFT SHOP



Hand Crafted Jewelry!

Hand Crafted Wares!

Ribbons Shirts!

Shawls!

Come In!

Browse!

Oneida Singers: Tapes and CD's

Native American Greeting Cards

Puzzles....Mugs....T Shirts

Open Monday - Friday

8:00A.M. to 4:30 P.M.



Falls Prevention

By: Joyce A. Johnson

As people age fear of falling becomes a greater concern for them. They know that falling and the injuries that occur from a fall can have long term effects to their physical health and well being. These same fears may also lead to a decrease in elder's social involvement. Learning to take precautionary measures to prevent falls is helpful for decreasing an elder's fears of falling.

As a preventative measure to lessen the possibility of falling Oneida Elder Services has a yearly training program called *A Matter of Balance*. The training focuses on exercises that will help to maintain flexibility to prevent falls and emphasizes in and out of home safety precaution measures. Information on this training availability and registration will be placed in an upcoming DRUMS publication.

Many falls and accidents do not "just happen," and can be prevented.

Following are some steps that may reduce the likelihood of falling:

- Have your vision checked regularly and corrected if needed.
- Talk to your doctor or pharmacist about the side effects of the medications that you are taking and their effects on balance or coordination.
- Limit the amount of alcohol intake as even small amounts can disturb already impaired balance and reflexes.
- Get up slowly after eating, lying down or resting as low blood pressure when rising may cause dizziness.
- Temperature in your home should be set no lower than 65 degrees as body temperature drops after prolonged exposure to cold and may result in dizziness.
- Use a cane, walking stick, or walker to help maintain balance on uneven surfaces or unfamiliar ground or if you sometimes experience dizziness. And use extra caution when walking on wet or icy pavement.
- Wear supportive rubber soled or low heeled shoes and do not wear smooth soled slippers or socks on stairs or waxed floors.

Please integrate these preventative steps into your personal safety plans and may your upcoming holidays be safe and accident free.

For more information feel free to contact: Joyce Johnson, Elder Abuse Prevention Supervisor at (920)869-248

