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

Wata?klokwaskó. Wnhní.tale?

Great Snow Moon

February 2011

Alzheimer's Support Group



Do you play Board Games?

Would you like to share your favorite card game?

We invite you to come to our Support Group!

Monday and Wednesday 9:30 A. M. to 11:30 A. M. Oneida Elder Services 2907 South Overland Drive Oneida, WI 54155



Will you need transportation?

Call 920-869-2448

DRUMS CONTACT Linda F. Douglas

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

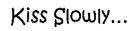
Email <u>ldouglas@oneidanation.org</u>

Life Is Too Short...

Break The Rules

Forgive Quickly...





Laugh Uncontrollably...

Never regret anything...

That made you smile...

Life may not be the party we hoped for ...

But while ...

We are here...

We should dance@

If a man empties his purse into his head no one can take it away.

An investment in knowledge always pays the best interest.

--Benjamin Franklin

All meals are served with coffee, milk or tea.	28 LUNCH Pancakes Bacon Grits Juice Mixed Berries	Pears	Juice	21 Goulash 2 W/W Bread		Buns Office Chips	Beans	Macaroni Salad			7 Chef W/Fresh Veggies, 8				Monday T	MENU ONEIDA SE
Menu is subject to change.		Jell-o	Peas W/W Bread	22 Ham Sweet Potatoes	Pudding	Juice	Fresh Bread	Soup	Whip & Chill		1	Peaches	Juice	dno		ONEIDA SENIOR CENTER, 134 RIVERDALE
BIRTH STONE: AMETHYST FLOWER: VIOLET		Custard	Juice	23 Bean Soup Fresh Bread	Cookies	W/W Bread	Carrots	Noodles	Jell-o	Red Potatoes Cauliflower W/W Bread	9 Polish Sausage	W/W Bread Pears	Peas & Carrots	2 Cube Steak	Wednesday	FEBRUARY DRIVE, ONEIDA,
HOURS: 8:00A.M4:30P.M. Lunch Is Served Monday-Friday 12:00P.M1: 00P.M.		Cake	Potatoes Mixed Vegetables W/W Bread	24 BIRTHDAY DAY Beef Roast	Ice Cream	W/W Bread	Green Beans	17 Baked Chicken Stuffing	Sherbet	Wild Rice Spinach W/W Bread	10 Pork Roast	Pineapple Tidhits	Garlic Bread	3 Spaghetti	Thursday	WI., 54155 PHONE: 1-920-869-1551
		Strawberries	Cole Slaw W/W Bread	25 Fish Red Potatoes	Mandarin Oranges	W/W Bread	Mixed Vegetables	18 Beef Patties Oven Brown Potatoes	Pudding	Macaroni & Cheese Green Beans W/W Bread	11 Chicken Strips	Rye Bread Mixed Berries	Cole Slaw	4 Fish	Friday	2011

Elder Abuse

By Joyce Johnson

Elder Abuse Prevention Supervisor

Oneida Elder Services

Elder Abuse is a term that makes us cringe and pull back in disbelief. Unfortunately it is a glaring reality in our existence as Tribal people in today's society.

In 2009 the Wisconsin's statistics on reports of elder abuse show that Elder-at-Risk reports received throughout the state were 5,316 cases of suspected abuse, neglect or financial exploitation. 28 of these incidents were related to death and a total of 371 incidents were life threatening.

There are more reports of financial exploitation than any other elder abuse category. As people age they may depend on their adult relatives as caregivers and those caregivers may view financial exploitation as an exchange for their future inheritance. And in today's economic downturn the loss of an elder's home may contribute to a situation where an elder's finances can be easily exploited because the elder may become more dependent on the provision of shelter by relatives.

Chapter 46.90 of Wisconsin State Statutes defines Financial Exploitation as obtaining an elder's money or property by deceiving or enticing the individual, or by forcing, compelling, or coercing the individual to give, sell at less than fair market value, or in other ways convey money or property against his or her will without his or her informed consent.

If you suspect that an elder is being abused in any way please contact the Oneida Elder Abuse Prevention Coordinator at (920) 869-2448 X 6833; 8:00 A.M. – 4:30 P.M.; Weekdays: Monday – Friday or 1-800-867-1551; 24 hr. service. If the situation is an emergency and an immediate safety issue please call the Oneida Police Department at (920) 869-2339 or 911.

Н Ε E R Just J Ν 0 H Ρ L C 0 Z R A Μ Μ S G J G N A В 0 Α G 0 G R E U E N Α Е Α D J Kiss Ν S N N S Ε U G 0 L A I D S W R D D

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Mannerism

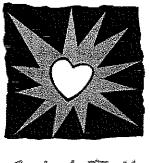
Adventure **Airplane** Andre Animation Bartender Cell Phone Choreographer Colleen Contrived Crash

One Liners Dimension Paula Distract Emotional Personal Peter Halley Photographed Isolated Jessica Project Psychic Kissing Rebecca Lethal Manifest Reinvent

Dialogue

Romance Rotoscope Significant Stunning Style Survive Transmission Undergo **Various** Volunteer





ONEIDA FAITH IN ACTION P. O. BOX 380 ONEIDA, WI 54155 920-788-5474

FAITH IN ACTION

Effective November, 2010, all Faith In Action (FIA) request for services will be directed to Arlie Doxtator. Oneida Faith in Action is no longer under the umbrella of Oneida Elder Services. The official mailing address of the entity is:

Faith in Action – Oneida Area, Inc P.O. Box 380 Oneida, Wisconsin 54155

Contact person:

Arlie Doxtator, Chairman

E-mail: Arliedox@yahoo.com

Telephone: 920-788-5474

Thank You

Florence Petri, Program Director Oneida Tribe Elder Services





ALZHEIMER'S SUPPORT GROUP 2011



Monday Tuesday Wednesday Thursday Friday Activities subject to change with out notice. 2 Oneida Language 9:30 A.M. to 11:00 A.M. PAGE Exercise 11:00 References to the company of the company
1 2 3 3 No Group Oneida Language No Group 9:30 A.M. to 11:00 A.M.
I ACE EXCLUSE 11.00
7 8 9 10 11 Painting 9:30 A.M. to 11:00 A.M. No Group 9:30 A.M. to 11:30 A.M. No Group PACE Exercise 11:00 No Group PACE Exercise 11:00 No Group PACE Exercise 11:00
14 15 16 17 18 Rubber Stamping 9:30 A.M. to 11:00 A.M. b. 11:00 No Group 9:30 A.M. to 11:00 A.M. b. 11:00 A.M. b. 11:00 A.M. b. PACE Exercise 11:00 No Group PACE Exercise 11:00 No Group PACE Exercise 11:00
21 22 23 24 25 Craft 9:30 A.M. to 11:00 A.M. No Group 9:30 A.M. to 11:00 A.M. No Group PACE Exercise 11:00 No Group PACE Exercise 11:00 No Group PACE Exercise 11:00
28 Native American 9:30 A.M. to 11:00 A.M. PACE Exercise 11:00

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

*All activities assist clients to maintain physical and mental health

ONEIDA ELDER SERVICES

GIFT SHOP 2907 South Overland Road

Oneida Elders Presents Handcrafted Items:

Floral Centerpieces
Crib Quilts
Indian Dolls
Beaded Jewelry
Baby Cloths
Teddy Bears
Adult Ribbon Shirts
Towels
Oneida Singers: Tapes and CD's

Native American Greeting Cards Puzzles....Mugs....T Shirts

PRESH POPCORN, WATER AND DIET SODA

Stop In

Open Monday - Friday 8:00A.M. to 12:00P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 2011	RY 201	AC	TIVITIES	*Activities due to change without notice.
	1 Crafts Elder Services	2 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00	3 Seroggies Candy & Bread Store DePere 9:30	4 Banks, Shopping, Lunch Out
	9:30 - 11:30	Bingo Hwy H 1:30	Wii Bowling Elder Services 1:00	(on your own) 10:00 – 3:00
7 Fact or False Game Elder Services 9:30	8	9 Scruples Game Elder Services 9:30	10 Salvation Army	11 Ranks
Pace Exercise Elder Services 11:00	Crafts	Pace Exercise Elder Services 11:00	Salvation Army Store Green Bay 10:00	Banks, Shopping, Lunch Out
Bingo Senior Center 1:00	9:30 - 11:30	Bingo Hwy H 1:30	Movie Elder Services 1:00	(on your own) 10:00 – 3:00
14 Scrabble Game Elder Services 9:30	15	16 Oneida Language Elder Services 9:30	17 Lamers Dairy Store	18 Banks,
Pace Exercise Elder Services 11:00 Valentine's Day Party Senior Center 1:00	Valentine Bingo 3 Sisters Center Green Bay 10:00	Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	Lunch Out (on your own) St. vincent De Paul Store 10:00 Appleton, Wi	Shopping, Lunch Out (on your own) 10:00 – 3:00
21 Yahtzee Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Site II 1:00	Crafts Elder Services 9:30 - 11:30	23 Price Is Right Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	24 Cooking Elder Services 9:30 Birthday Lunch 12:00 Wii Bowling Elder Services 1:00	25 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00
28 Rummikub Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Senior Center 1:00			*Is this your Birthday Month? *You must sign up in the Birthday Book at Senior Center, Main Office. *Must be present to receive your gift card.	*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.

^{**}If you have any questions Please call Michelle at 869 – 2448**

Appetizer Bison Meatballs

2 pounds ground Bison

2 eggs lightly beaten

1 cup Mozzarella cheese

1/2 cup dry breadcrumbs

14 cup chopped onion

2 tablespoon grated parmesan cheese

1 tablespoon ketchup

2 teaspoon Worchester Sauce

1 teaspoon Italian Seasoning

1 teaspoon Basil

1 teaspoon salt (optional)

½ teaspoon pepper



In a bowl combine all ingredients. Shape into 1 inch meatballs. Place on a rack in a shallow roasting pan and bake at 350 degrees for 10-15 minutes. Yields: 8 dozen

Remove the meatballs and rack let drain on paper towel.

Sauce

2 cups ketchup2 tablespoon cornstarch12 oz apple jelly12 oz currant jelly

Combine ketchup and cornstarch in the roasting pan. Stir in jellies. Add the meatballs. Cover and bake at 350 degrees for 20 – 30 minutes. Until heated through.





National Indian Council on Aging (NICOA) Senior Community Service Employment Program (SCSEP)

January 2011 - Newsletter

Announces Important Changes:

Paid Sick Leave New Participant Time Sheet

In accordance with new SCSEP federal regulations the require participants to be offered necessary sick leave, NICOA SCSEP has established a policy allowing paid sick leave which can be used through the end of the grant year (June 30, 2011). The numbers of hours that can be paid are 20 hours of sick leave beginning in January. Sick leave cannot be accumulated or carried over after June 30, 2011. These hours are to be used for necessary sick time only. Notify your supervisor in advance, if possible and at the time of your absence.

Please note: Absences of more than five days for illness require a written release to return to your training assessment.

Your supervisor also will receive the new time sheet from NICOA state program manager. It is revised to include a column for reporting hours of sick leave used. NICOA SCSEP will track hours of leave used through its database system. No more than 20 hours will be paid from January through June 30, 2011; any sick time over 20 hours will be unpaid leave.

Enrollment Adjustments

As you know, NICOA SCSEP is dependent on grant funds; and in some states the rate of spending has exceeded the funds available. We regret that enrollment is being reduced as well as hours in some areas to keep the project operating through June 30, 2011. When funds are available and as remaining participants leave SCSEP for employment or other reasons, those who are being exited for budgetary reasons will have the opportunity to return to SCSEP. All participants need to continue to look for outside employment that will provide better pay and hours than are available through SCSEP work experience training.

NICOA wants to hear from you!

If you have learned something new in your community service assignment or provided exceptional service to the agency where you are assigned or completed a training course on your own, we want to know! Your accomplishments deserve to be applauded. Include the What, When Where, Why and Who benefitted in a written note.

Please share you successes and accomplishments in writing with your NICOA SCSEP program manager. Notes from your training site supervisor are also welcome!

May you gain skills and confidence to succeed in 2011!

The goals of NICOA SCSEP are to assist you to increase your skills, knowledge, confidence, and employability; and ultimately, to help you find a job outside SCSEP and become more secure, independent and economically self-sufficient.

In the face of changes in the economy, budget limits, and challenging situations, NICOA SCSEP encourages you to set your goals, believe in yourself, your wisdom and your dreams; and to continue to work with all parts of the community to help you reach your goals.

Focus on Your Plan

NICOA staff will be focusing more this year on developing with you plans to become self-sufficient. Known as an Individual Employment Plan (IEP), an IEP is your blueprint for action and success; and it is updated with you at least twice a year. You need to set an employment goal in your first IEP; and modify your goal and targets as you accomplish the steps you have outlined for yourself with NICOA staff and the input of your supervisor.

You receive a copy of your IEP so that you can use it to motivate yourself to accomplish your target steps towards your goals. Instead of placing it in a drawer, I suggest you display it somewhere you will see it often so you can check your progress (on your refrigerator door, office wall, or bathroom mirror). NICOA staff will be checking your progress when they conduct an assessment/IEP update interview with you; and helping you to set new targets and timelines.

To be truly successful, each of us must do more than focus on a community service assignment alone. Creating an IEP will help you chart your path. Depending on your sills and interests, you may need to focus on such things as increasing your basic skills; completing a GED (if you did not graduate from high school); accepting training and referrals to job openings; learning or increasing your job seeking and interviewing skills, computer skills, and/or new skills that are needed by employers in your area.

In the words of aging advocate Senator Claude Pepper: "Life is like a bicycle – You don't fall off unless you stop pedaling?"

Your community service assignment is the core of your SCSEP experience because it gives you opportunity to earn a small wage while you practice some new skills or sharpen your existing abilities. Think of a community service assignment as "training

wheels" for the purpose of some stability as you move toward a real job.

Greetings in the New Year from NICOA and the SCSEP Staff!

For further information contact: Aleta Fish 715-799-5309 – e mail afish@nicoa.org

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Have you noticed any of these warning signs?

- 1. Memory Changes that disrupt daily life
- 2. Challenges in planning or solving problems
- 3. Difficulty completing familiar tasks at home, at work or at leisure
- 4. Confusion with time or place
- 5. Trouble understanding visual images and shapes
- 6. New problems with words in speaking or writing
- 7. Misplacing things and losing the ability to retrace steps
- 8. Decreased or poor judgment
- 9. Withdrawal from work or social activities
- 10. Changes in mood and personality

Fact: Alzheimer's Disease is the most common neurodegenerative disorder for individuals aged 65 years or older currently affecting 5.3 million individuals in the United States.

For more information call Linda F. Douglas 920-869-2448

GLNAEA

Great Lakes Native American Elders Association,
Sponsored by Lac Courte Oreilles (LCO)
Band of Ojibway



April 7th & 8th, 2011

<u>LCO Casino, Lodge & Convention Center</u>

3767 W Cty. Rd. B, Hayward, WI 54843-4184

All elders who need a ride to GLNAEA, <u>please sign up and make payment at the Oneida Senior Center (Meal Site)</u> by Monday, March 21, 2011. We have made arrangements for 10 people and will be using our tribal van. Payment must be received at sign-up. 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 LCO Lodge and Convention Center and the cost is \$27.00 per person. We will leave the Senior Center (Meal Site) at 12:30pm on Thursday, April 7th. Any questions please call Oneida Senior Center at (920)869-1551. Thank you.

Next Meetings:

June – to be announced
August – Lac du Flambeau
October – to be announced
December – to be announced

Personal Safety Tips & Drug Awareness Presentation

Presenter: Matthew Ninham, Community Resource Officer, Oneida Police Department

Date: Wednesday, February 9, 2011

Time: 12:00 P.M.

Location: Oneida Senior Center, 134 Riverdale Dr., Oneida, WI 54155

Please join us and learn some important safety tips, and receive Oneida Community gang and drug awareness information.

This presentation will be longer than most but very beneficial to you as an elder community member and well worth your time. It will be approximately 90 minutes.



Caregiver Support Group

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

Topic: Nutrition Tips for Healthy Living, Learn about Stroke and Shingles

Time: 1:30 P.M. to 3:30 P.M. Date: Friday, February 18, 2011 Oneida Elder Services Complex 2907 South Overland Road Oneida, WI 54155

Contact: Debi J. Melchert, N.A.F.C.G.

Oneida Elder Services

Phone: 920-869-2448 Ext. 6834



What is SeniorCare?

SeniorCare is a prescription drug assistance program for Wisconsin residents who are 65 years of age or older who meet the eligibility criteria. The program is designed to help seniors with their prescription drug costs. Those interested may apply at any time. The Department of Health Services (DHS) administers the SeniorCare program. To be eligible for SeniorCare:

- You must be a Wisconsin resident.
- You must be 65 years of age or older.
- You must pay a \$30 annual enrollment fee per person. (Paid by Elder Services)
- Your assets, such as bank accounts, insurance policies, home property, etc., are not counted.
- Your annual income determines the level of coverage.

Wisconsin SeniorCare Income Limits

2011 SeniorCare Income Limits								
Group Size	Level 1 Income at or below – 160% FPL	Level 2a Income between 160% - 200% FPL	Level 2b Income between 200% - 240% FPL	Level 3 Income more than 240% FPL				
Individual	\$17,328	\$17,329 — \$21,660	\$21,661 \$25,992	\$25,993 +				
Couple	\$23,312	\$23,313 — \$29,140	\$29,141 — \$34,968	\$34,969 +				

For sign up or questions please feel free to contact Angela Ortiz, Elder Benefit Specialist at (800) 867-1551 or (920) 869-2448 or the Medical Benefit Specialists at the Oneida Healthcare Center (920) 869-2711.



The inscription reads: Given to the Senior Center in Oneida In Honor and Memory of Our Good Friends Vernon and Joy Ninham By John and Evelyn Fiest, 2010



Yawh-ko

George Greendeer...Laverne Lentz... L. Palm...Donna Skenandore...

Thank You for your donation. ©

Pearl Mc Lester

Thank You for the wonderful donation that will benefit all in our community.

Betty Padilla, we enjoyed those wonderful holiday cookies.

Florence Petri, Program Director and Staff at Elder Services

UP CLOSE AND PERSONAL WITH: Denise Johnson

- 1) When you were a child, what did you think you would like to be?
 A Doctor...But as a middle school student I was invited to tour the
 Wisconsin Medical College and seeing some of the stuff I changed my mind.
- 2) Who or what has had the biggest influence in your Life? My parents and my son have the biggest influence on me. All the good my parents taught and told me never made sense to until I had my own child.
- 3) What do you consider to be your greatest accomplishment? Going back to school at the American Red Cross/Lakeland Chapter and completing my Certified Nurses Assistant Program. I am now state certified.
- 4) Is there something you have always wished you were great at doing? Singing, I wouldn't mind being able to carry a tune
- 5) What is the best advice anyone ever gave you? To stop wishing for what I don't have and to start liking what I have
- 6) What advice would you give to someone who is about to retire?

 Make sure it's really what you would like to do, because keeping your mind and body active it very important
- 7) What is your ideal vacation? Not having to cook clean or do the laundry. Being able to sit and relax with my son and family.
- 8) Favorite Meal: Mexican Food
- 9) Favorite Music: I enjoy all types of music
- 10) Favorite Book: Sopranos Cook book
- 11) Favorite Movie/Movies:

Transformers and Transformers Revenge of the Fallen

12) Favorite Hobby/Hobbies: Spending time with my family



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 Num	iber ()			
Address			Social Secu	rity Number	Last four dig	its /	
City	State	Zip Code	Cou	inty		DOB / /	
	GRAM POLICY FOR SEI abled/handicapped, living alcority.						
Martial S	eck the appropriate restatus:Married	Single	-	Divor	ced		
Veteran: Living A Do you: Race:	Yes rrangement:Live A Rent Native American ffiliation:	_No loneLives wi _Own Caucasian	ith Spouse _Latino _	Asian	African A	merican	
	Health Status: Please List Health Con		· ·				
Guardians	Currently Have Any of ShipPower of A rative Payee for Social S	ttorney for Health				3	
In Case o	f an Emergency Conta	ct: Name: Phone Number Relationship: _	:()				
denial of ser	nformation is correct to the b vices. All of the information of tion form for release of infor	on the enrollment form	is confidential	and will not be	released to any p	ersons unless I have	

Please Return: Oneida Elder Services Complex ATTEN: Service Coordinator P.O. Box 365 Oneida, WI. 54155

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