## DRUMS ACROSS ONEIDA

Oneida Elderly Service 2907 South Overland Rd. Oneida, WI 54155 Phone: 920-869-2448

Fax: 920-869-1824



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

Fax: 920-869-1526

Yeyathókwas Wahni tale?

Harvest Moon

September 2011



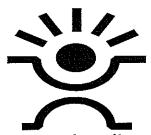
**DRUMS CONTACT**Linda F. Douglas

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

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

## Only in America

Drugstores make sick people walk to the back of the store for prescriptions...healthy people buy cigarettes in the front



People order double cheeseburgers, large fries and a diet

Banks leave vault doors open...chain the pens

Buy hot dogs in packages of ten...buns in packages of eight

Drive-up ATM machines with braille lettering

Why isn't there a mouse flavored cat food?

Enthusiasm is excitement with inspiration, motivation and a pinch of creativity

--Bo Bennett

Hotel

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Actress
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Baffling
Catacombs
Charlee
Circle
Conspiracy
Crew
Delightful
Documentary

Duchess
Enemy
Experiment
Feud
Hotel
Intrigue
Italian
Jonathan
Karvika

Dogma

Manager
Melodrama
Monologue
Nurse
Omar Johnson
Pathways
Peculiar
Production

Road Map

Linger

Satire
Shooting
Sinister
Snapping
Stunning
Superfluous
Tour Guide
Trent
Venice

# 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 (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.

Fresh Fruit  Presh Fruit  Berries  Berries  Berries  Berries  30 Fish  Cole Slaw  French Fries  French Fries  Rye Bread  Cranberries  Mixed Vegetables  W/W Bread  Cake  Jell-o	28 Meat Loaf Rice Pilaf Mixed Vegetables W/W Bread  Yogurt	Cookies	A 11 1
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th Fruit  THDAY DAY  R Roast  shed Potatoes &	getables	TT TT LIACULA	Fresh Vegetables
<b>Υ DAΥ</b> 30		Peas W/W Bread	Beans Buns
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Juice	Vome	Peaches	Fresh Fruit
W/W bread Sausage	W/W Diead	Fresh A egelables	Juico
etables	Juice	Juice	Buns
	Green Beans	Fresh Bread	Macaroni & Cheese
23	21 Tater Tot Casserole 22	20 Bean Soup	19 Hot Dogs
Mandarin Oranges Whip & Chill	Melons	Peaches	Jell-o
	W/W Bread	W/W Bread	Buns
Sprouts	Green Beans	Carrots	Broccoli
		Scalloped Potatoes	
1	ausage 1.	13 Pork Steak	12 Hamburger Patties
Bread Pudding Juice	Juice Pineannle	Sherbet	DAY
W/W Bread Rye Bread	Fresh Vegetables	Dinner Rolls	LABOR
	Garlic Bread I	Cottage Cheese	CLOSED
t Potatoes		Ham, Turkey,	
9	7 Spaghetti 8 I	6 Chef Salad	5
Ice Cream Bars Berries			
Juice Toast			
e Bread			
Poached l			
Thursday Friday	Wednesday	Tuesday	Monday

# 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  $\frac{1}{2}$  - 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.

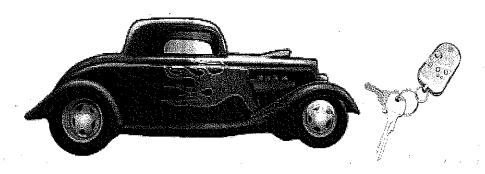
Place: Oneida Elder Services 2907 South Overland Road Oneida, WI 54155

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

					,
Qwirkle Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Site II 1:00	19 Wii Bowling Elder Services 9:30 Pace Exercise Elder Services 11:00 Movie Elder Services 1:00	12 Rummikub Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Site II 1:00	OFFICE CLOSED OBSERVANCE OF LABOR DAY	*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.	Monday SEPTEN
Crafts Elder Services 9:30 - 11:30	Crafts Elder Services 9:30 - 11:30	13 Crafts Elder Services 9:30 - 11:30	6 No Activities Due to Staff In-service		SEPTEMBER 2011
28 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	21 Scruples Game Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	14 Oneida Language Elder Services 9:30 Pace Exercise Elder Services 11:00 Bingo Hwy H 1:30	7 SENIOR DAY AT THE NEW ZOO 10:00	*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.	Wednesday  ACT
29 Price is Right Game Elder Services 9:30 Birthday Lunch Senior Center 12:00 Wii Bowling Hwy H 1:00	Cooking Elder Services 9:30 Bowling Ashw. Lanes 1:30	15 APPLE PICKING Oneida Orchard 10:00 Wii Bowling Hwy H 1:00	8 Salvation Army Green Bay 10:00 ONCOA BINGO Senior Center 1:00	Cards Elder Services 9:30 Farmer's Market Oneida 1:00	Thursday  INITIES
Banks, Shopping, Lunch Out (on your own) 10:00 - 3:00	23 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00	16 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00	9 Banks, Shopping, Lunch Out (on your own) 10:00 – 3:00	2 Banks, Shopping, Lunch at Elder Services Rummage Sale	Friday *Activities due to change without notice.

## ONEIDA ELDER SERVICES "AARP Driver's Safety Program"



#### \*\*\*\*\* WINTER IS COMING!!! \*\*\*\*\*

It's time to polish up those driving skills!

Elder Services has lined up the "AARP Drivers Safety Program"

DATE: October 13, 2011

TIME: 9:00 am - 1:00 noon (4 hours total class length)
PLACE: Elder Services 2907 S. Overland Rd. (POD A)
Please sign-up at the Senior Center
Elder Services will pay for the first 10 Elders who sign-up

#### Some of the highlights will be:

- Information on aggressive drivers
- Anti-lock brakes
- Car phones
- Defensive driving techniques
- New traffic laws
- Get an Insurance Discount (consult your insurance agent)
- How to adjust your driving to <u>age-related changes</u> in vision,
- hearing, and reaction time

Deadline to sign-up is October 6, 2011 at the Senior Center

\*\*\*No testing\*\*\*

If you have any questions please feel free to contact:

Joyce Ann Hoes

Transportation Supervisor

869-2448 ext. 6844





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 week of rummage sale.
- Thank you for your continued support to our

<u>Roberta Kinzhuma Scholarship</u>



## Oneida Elder Services Presentation: EMERGENCY PREPAREDNESS

September 13, 2011 11:45 am – 12:15 pm Meal Site: 134 Riverdale Dr., Oneida Guest Speakers: Marty Antone & Kaylynn Gresham Oneida Emergency Management Team

#### September is National Preparedness Month

Take action now to make sure your family, neighborhood and community are ready for emergencies and disasters of all types:

- Put together an emergency supply kit
- Make a family emergency plan
- Be prepared to help your neighbor
- Work as a team to keep everyone safe

To learn more about how you can prepare for emergencies visit ready.gov or call I-800-BE-READY, TTY I-800-462-7585

A Time to Remember.

A Time to Prepare.

Oneida Elder Services Joyce Ann Hoes (920)869-2448 ext 6844

Oneida Emergency Management Marty Antone/Kaylynn Gresham (920)869-6651/6650

NATIONAL PREPAREDNESS MONTH

September 2011 | ready-gov



## 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. 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

#### **PER-CAPITA TIME**

When Per Capita payments are made some will have to spend the money within the month in order to maintain certain public benefits to keep below the asset limits.

Elder Services' budget does not allow for the purchase of household appliances. The Loan Closet may have some for emergency use only, but that is not a guarantee. Please take a moment to inventory your appliances and or furniture. Take the time now to take stock of your household needs and try to determine beforehand what you might need to purchase. Remember the lifetime expectancy of some items are 10-15 years, perhaps now is the time for replacement.

Some suggested items you may need to purchase for your home:

Appliances:

**Energy Efficient Appliances** 

Water Heater

Stove

**Furnace** 

Refrigerator

Freezer upright or chest

Washer and Dryer

Air Conditioner/Central Air

Water Softener Unit

Humidifier /Dehumidifiers

Sump Pump

Toilet—High

Home Improvements:

Carpet

Windows

Weatherization

Security System

Household Items:

Mattress and Box Spring

Dressers

**Furniture** 

Maintenance:

Lawn Mower or riding mower

**Snow Blower** 

Other Suggestions:

Auto Repairs

Auto Purchase

Clothing—Seasonal

Blankets—Sheets—Pillows

Kitchen Ware

Storage Bins

Light Fixtures

Large print telephones

Coats

Boots—slippers Special Shoes

Medical Aids

If you have any questions regarding the effect of your Per Capita on your public benefits contact

Angela Ortiz ~ Elder Benefit Specialist (920) 869-2448 or (800) 867-1551

## The Effect of Per Capita Distributions On Public Benefits

As many of you are aware the Per Capita for 2011 will be distributed is a short time from now. This payment will generally affect only needs based benefits. Benefits not based on need should not be affected. The affect will be the same as in the past, needs based benefits will be cut off for a general time period (which will be sent in written notice to the recipient) in hopes to spend down cash/checking/savings account to the \$2,000 limit for an individual and \$3,000 for a couple. As in most needs based programs, the program recipient (tribal member receiving the Per Capita) has an obligation to report all changes in income, such as a Per Capita, to their case worker.

#### Programs that should not be affected by a Per Capita distribution:

- Social Security Retirement Benefits
- ❖ Social Security Survivors Benefits
- Social Security Disability Benefits
- ❖ Medicare (Part A, Part B, and Part D)
- ❖ Service-connected Veteran's benefits

These benefits are usually only affected by income earned from wages and <u>not</u> unearned income.

#### Needs-based programs that <u>may be</u> affected by a Per Capita distribution:

- Supplemental Security Income (SSI) based on age
- Supplemental Security Income (SSI) based on disability
- Need- based Veteran's benefits
- ❖ OMB, SLMB, and SLMB +(Medicare Buy-In Programs)
- Food Stamps
- Medical Assistance
- Commodities
- ❖ W-2, TANF
- Section 8 / Housing Assistance Voucher
- ❖ Title V

To those who do receive Supplemental Security Income (SSI) based on age or disability: Spend your money wisely. Only spending your money on necessary items to sustain your household and living conditions will be your way back to getting benefits once your money comes to an allowable amount. <u>Please save all the receipts of your purchases.</u> This is very important.

Any questions contact Angela Ortiz Elder Benefit Specialist (800) 867-1551 or (920) 869-2448

## We Love our Elders

Yethino·lúkhwa? Yukwakwaná·ta?

Oneida Elder Services

Sponsoring an Elder Abuse Educational Event

Date: September 7, 2011

Where: The Radisson Hotel

Iroquois Room South

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

**LUNCH INCLUDED!!** 

We will be hosting an all-day event and will feature speakers from the different areas of abuse, the signs to look for if you suspect abuse of an elder, and how to protect yourself from physical and emotional abuse. Familiarization with the investigative process of abuse will be an additional topic and will help to alleviate some of the fear that elder victims may have about an investigation.

This event is intended for elders, caregivers, and anyone else who wishes to learn more about elder abuse.

We will have speakers
Oneida Police Department Detective, Ronald King Jr.
Elder Abuse Coordinator, Brown County Sexual Assault Center, Bonnie Coonen
A speaker for Domestic Violence
A speaker for Financial Exploitation

This event is open to the first 100 people to register.

Please contact

Dan Borgstrom, Elder Outreach Assistant 920-869-2448 Joyce Johnson, Elder Abuse Prevention Coordinator 920-869-2448

We hope to see you there!!







### Caregiver Support Group

Presenter: Matinee for Caregiver

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

Date: Friday September 16, 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



## Chronic Disease Self-Management

Presenter: Tina Pospychala ~ Assistant Director ~ Oneida Elder Services

Time: Noon (30 min. presentation)

Date: Wednesday October 26, 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



## Alzheimer's Support Group

Date: Wednesday October 26, 2011

Time: 1:30 - 2:30

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

## GLNAEA

### **Great Lakes Native American Elders Association**

Sponsored by Oneida October 13 & 14

Radisson Hotel & Conference Center Green Bay 2040 Airport Drive, Green Bay Wisconsin 54313



### Agenda:

Thursday, October 13, 2011

Elder Abuse Task Force Meeting 6pm

Friday, October 14, 2011

- Continental Breakfast October 14, 2011, 9:00 am
- Reports (Standing Reports and Treasurer's Report)
- Chair Woman's Report/Birthday Announcements
- Guest Speaker
- Raffles, Door prizes, Vendors and Networking

Any questions please call Oneida Senior Center at (920)869-1551. Thank you. Please remember to bring you tribal enrollment card.

#### Elder Financial Abuse/Exploitation By Joyce A. Johnson Elder Abuse Prevention Supervisor Oneida Elder Services

Elder Abuse is one subject that many of us do not like to talk about or even think about. Unfortunately it is one of those sad truths that occur daily in our society and tragically even in our Indian Communities.

One form of elder abuse is Financial Exploitation. This means to obtain 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.

In a few weeks many of our Oneida Tribal members will be receiving Per Capita payments. These Per Capita payments help our membership to purchase many necessities that we may have to go without. Many of our elders will use this extra income to buy furniture, clothing, and other items that their limited incomes may not allow at any other time during the year.

Our Indian culture and traditions have taught us the importance of respecting and caring for our elders. During the few weeks following this monetary disbursement many of us who receive this Per Capita will use the funds to pay bills and purchase some other nice things. For those few who might use this as an opportunity to "borrow" from your elder family members or friends, please respect their right to use their funds for their own needs. All elders have the right to stand firm and refuse to be enticed/coerced into lending funds or property at any time.

If you feel an elder community member is being financially exploited please contact the .Oneida Elder Abuse Prevention Supervisor at (920)869-2448 x 6833

## ONEIDA ELDER SERVICES DEPARTMENT MISSION STATEMENT

The Elder Services Program of the Oneida Nation of Wisconsin To assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

> Cheryl Ault Service Coordinator 920-869-2448 or 800-867-1551

### 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 L	ast four digit	s /
City	State	Zip Code	Cou	nty		DOB / /
OUR PROGRA! that are disabled/lare our priority.	M POLICY FOR SEI handicapped, living ald	RVICES is as follows: one. 3) Elders aged 55-	<ol> <li>Elder aged</li> <li>years of ag</li> </ol>	70 years and old ge, with health/s	der. 2) Elders ag afety issues. T	ged <b>55-69 years</b> of age he elders that are listed
Martial Statu	the appropriate res:Married	Single	_Widowed	Divorc	eđ	
Veteran: Living Arran Do you: Race:N	Yes  gement:Live A  Rent  ative American  tion:	_No AloneLives w _Own Caucasian	ith SpouseLatino	Asian	African Aı	merican
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Guardianship	ently Have Any of Power of A Payee for Social S	Attorney for Health				
In Case of an	Emergency Conta	Phone Number Relationship:	r: ( )			
denial of services	nation is correct to the . All of the information form for release of info	on the enrollment form	i is confidentia	l and will not be r	released to any p	ment form are grounds for ersons unless I have signed lder Services.

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

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