

# 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

**Speak to live operator at this phone  
number 24/7**



Elder Services Congregate  
Meal Site  
2901 S. Overland  
Oneida, WI 54155  
Phone: 920-869-1551  
Drums Contact: Carissa Metoxen  
Email: cmetoxen@oneidanation.org

Drums articles can also be viewed at [Oneida-nsn.gov/elderservices.org](http://Oneida-nsn.gov/elderservices.org) and on our  
Facebook page: Oneida Tribe of Wisconsin Elder Services

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Great Snow Moon

February 2017



## Happy Valentine's Day!



**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 show up without a reservation you'll have to wait until all reserved meals are served. If you reserve a meal and don't show we're required to pay for that meal. For the month of December we had **109** missed meals at a total cost of **\$872**.







**\*No participant will be denied**

### Upcoming Meetings and Presentations

<b>GLNAEA</b>	<b>TBD</b>		
<b>Memory Café'</b>	February 7 <sup>th</sup> , 2017	1:30PM-3:30PM	Oneida Library 201 Elm St.
<b>ONCOA Meeting</b>	February 14 <sup>th</sup> & 28 <sup>th</sup> , 2017	1 PM-4:30PM	Elder Services Conference Room
<b>Q&amp;A Session with Elder Benefits Specialist</b>	February 20 <sup>th</sup> , 2017	12 PM- 1PM	Congregate Meal Site

# FEBRUARY 2017 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. Build/H 1:30	<b>2</b> <b>Crafts</b> 9:30 E.S. Meal-site <b>Chair Yoga</b> E.S. Meal-site 1:30	<b>3</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>6</b> <b>Puzzles</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> E.S. Meal-site 1:00	<b>7</b>  <b>Tai Chi</b> E.S. Meal-site 1:30	<b>8</b> <b>Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. Build/H 1:30	<b>9</b> <b>Seroogy's Chocolate</b> DePere 9:30 <b>Bowling</b> Ashw. Lanes 1:30	<b>10</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>13</b> <b>Wii Bowling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Movie</b> E.S. Meal-site 1:00	<b>14</b> <b>Elder Valentine Party</b> E.S. Meal-site 1:00	<b>15</b> <b>Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. Build/H 1:30	<b>16</b> <b>Trivial Unit</b> with Experiential E.S. Meal-site 9:30 <b>Chair Yoga</b> E.S. Meal-site 1:30	<b>17</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>20</b> <b>Scrabble Game</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> E.S. Meal-site 1:00	<b>21</b>  <b>Tai Chi</b> E.S. Meal-site 1:30	<b>22</b> <b>Book Club</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> C.W. Build/H 1:30	<b>23</b> <b>Christian Thrift Store</b> De Pere 10:00 <b>Birthday Lunch</b> 12:00 <b>Bowling</b> Ashw. Lanes 1:30	<b>24</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>27</b> <b>Talking Circle w/ Tribal Historian -Loretta</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Snow Shoeing</b> With Experiential E.S. Meal-site 1:15	<b>28</b> <b>Crafts</b> 9:30 – 11:00 E.S. Meal-site		* Please <u>sign up</u> for trips at the E.S. Meal-site. *Activities <u>need 5 Elders</u> to go. *Activities subject to change.	Is this the Month of your Birthday? You <u>must sign up in the Birthday Book</u> at the E.S. Meal-site. * <u>Must be present at B-day Lunch</u> to receive your gift card 

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

## FEBRUARY 2017 MENU

Congregate Meal Site, 2901 S. Overland, Oneida, WI 54155 Phone: 1(920) 869-1551

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Swiss Steak Mashed Potatoes Brussels Sprouts Dinner Roll Fruit Cocktail	2 Beef stew 1/2 Turkey Sandwich Raw Vegetables W/Dip Fresh Fruit	3 Baked Fish Fillet W/Lemon Oven Roasted Potatoes Asparagus Rye Bread Orange Slices
6 Hamburger On A Bun Baked Beans Potato Chips Fresh Fruit	7 <b>STAFF MEETING</b> Beef Vegetable Soup Deli Meat Sandwich Salad W/Dressing Gelatin Cubes	8 Roast Turkey Mashed Potatoes W/Gravy Wax Beans Cranberry Sauce Corn Muffin Fruit	9 Beef Stroganoff / Noodles Brussels Sprouts Fruit Cake	10 Cream Pea Sauce Salmon Loaf Parsley Potatoes Rye Bread Fruited Gelatin
13 Chicken A' La King Homemade Biscuits Salad W/Dressing Carrot Coins Fresh Fruit	14 Home- Style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice Fruit	15 Sloppy Joe On Whole Grain Bun Baked Chips Corn On The Cob Gelatin	16 Boiled Dinner Salad W/Dressing Dinner Roll Homemade Apple Crisp	17 Potato Crusted Cod California Blend Vegetables Dinner Roll Fruit Cake W/Frosting
20 Barbecued Chicken Broccoli Spears Cole Slaw Dinner Roll Fresh Fruit	21 Oneida Round Steak-Ring Bologna Parsley Potatoes Squash Bread Fruit	22 Roast Turkey W/Gravy Bread Dressing Mixed Vegetables Cranberry Sauce Raw Vegetables W/Dip Pudding	23 <b>BIRTHDAY DAY</b> Chili 1/2 Deli Sandwich Salad W/Dressing Birthday Cake	24 Pork Chop Long Grain And Wild Rice Green Beans Dinner Roll Fruit
27 Oneida Corn Soup Deli Sub Raw Vegetables W/Dip Fruit Gelatin	28 Sliced Roast Beef W/Gravy Mashed potatoes Carrots Bread Fruit		All meals are served with coffee, juice, milk, tea, or water.	MENU IS SUBJECT TO CHANGE. Lunch is served Monday-Friday 12:00-1:00 Breakfast when posted 9:00-10:00



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

BE MINE

CANDY

CARDS

CHOCOLATE

CUPID

DATE

FLOWERS

FRIENDS

HEART

HUGS

KISSES

LOVE

PINK

RED

SWEETHEART

VALENTINE



# **Debbie Miller Dementia Care Specialist**

**(920) 869 – 2448**

## **MEMORY CAFÉ**

**1st Tuesday of every Month**

**1:30-3:30pm**

**Oneida Library**

**Social Activities**

**\*\*\*Note New Location \*\*\***



**Over 5 million Americans are living with Alzheimer's disease**



## **MEMORY SCREEN**

**Free**

**Takes 15 minutes**

**Immediate results**

**Call today to schedule**

## **REACH**

**Resources for Enhancing Alzheimer's Caregivers Health**

**4 one on one sessions over a 2-3 month period**

**Caregiver receive supports to help them take care of themselves**

**Caregivers receives techniques to help handle situations with loved ones**

**Helps make it possible for people with dementia to live at home longer**



# 2017 Meal Site Presentation

February 9, 2017

12:00-1:00 p.m.

## WI Silver Alert Program

Presenter: Officer Latsiklanunha Hill

Similar to an Amber Alert, Silver Alerts will go out by email, text message, or fax through the Wisconsin Crime Alert Network to notify the public that an adult with Alzheimer's, dementia, or other permanent cognitive impairment is missing.



According to the Alzheimer's & Dementia Alliance of Wisconsin, at least 116,000 people with dementia reside in Wisconsin, and approximately 60 percent will wander at some point as their condition progresses. In Green Bay this past April, Governor Scott Walker signed Assembly Bill 710, creating the Silver Alert program. The bipartisan legislation was sparked, in part, by the experience of Claire Baeb, who was diagnosed with dementia, and her late husband, Leo. A couple from Green Bay were lost in June of 2013 while on route to see family but were located more than 24 hours later after having traveled several hundred miles.

**For more information contact**

**Carol Bogda NAF CG**

**Oneida Elder Services**

**(920) 869-2448**

# **WISCONSIN JUDICARE, INC. INDIAN LAW OFFICE**

**Will be at  
ONEIDA ELDER SERVICES**

**WEDNESDAY, FEBRUARY 22, 2017**

**To schedule an appointment, please contact:**



**Questions/Applications**

**Contact:**

**Linda S. Dallas  
Elder Benefit Specialist  
(920) 869-2448**

**Michael D. Panlener II**

**Staff Attorney**

**Wisconsin Judicare, Inc.**

**401 N. Fifth Street, Suite 200**

**P.O. Box 6100**

**Wausau, WI 54402-6100**

**Phone: (715) 842-1681**

**Toll Free: (800) 472-1638**

**Fax: (715) 848-1885**





## **Reiki Presentation**

**Where: Elder Services Congregate Meal Site**

**2901 S Overland Rd, Oneida**

**When: February 8, 2017**

**Time: 12:15 – 1:00 pm**

### **What is Reiki?**

**Definition: Hands on energy healing method using universal life-force energy promoting a feeling of well being**

**Mind – Body – Spiritual**

(Brochures will be available at presentation)

Come and see what it's all about

Reiki Practitioner Sarah Phillips from Health Promotions

Oneida Community Health Center

Contact: Joyce Hoes

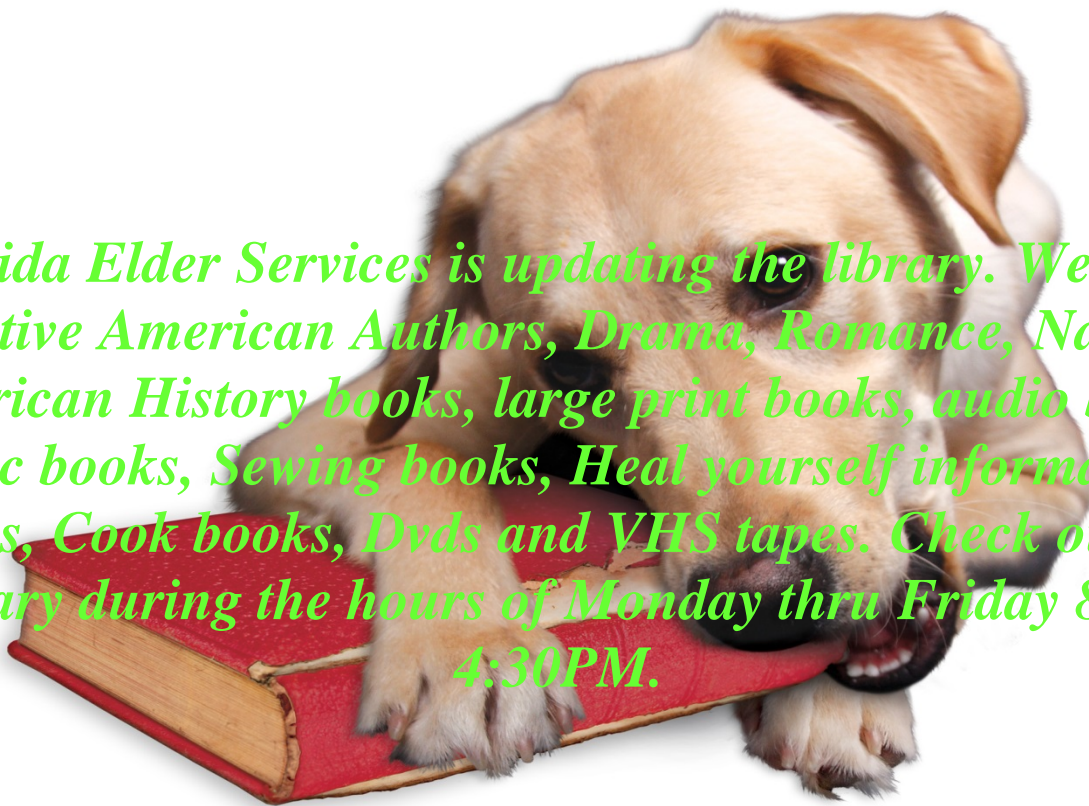
Supportive Services Supervisor

869-2448



## Improving the Elder Services Library

*Oneida Elder Services is updating the library. We have Native American Authors, Drama, Romance, Native American History books, large print books, audio books, Comic books, Sewing books, Heal yourself informational books, Cook books, Dvds and VHS tapes. Check out our library during the hours of Monday thru Friday 8AM-4:30PM.*



**\*\*\*Elder Library: All books & movies must be signed in & out\*\*\***



# ONEIDA ELDER GIFT SHOP



**LOCATED INSIDE ELDER  
SERVICES**

**2907 S. Overland Road  
Oneida, WI 54155**

**Open Monday-Thursday  
8:00-4:00  
Friday 8 till Noon**



**Fresh popcorn & drinks**



**Hand-crafted by local elders**

**For more information call Ruth Wagner (920) 869-2448**