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 Drums contact: Helen Doxtator Email: hdoxtato@oneidanation.org



Elder Services Congregate Meal Site 2901 S. Overland Oneida, WI 54155 Phone: 920-869-1551

Drums articles can also be viewed at Oneida-nsn.gov/elderservices/

Tsha[?]tekohsélha[?] W∧hní[·]tal<u>e[?]</u> Mid-Winter Moon January 2015

DRUMS Across Oneida newsletter changes:

Effective February, 2015 our monthly DRUMS newsletter will be mailed quarterly vs. monthly. We will mail out a February newsletter and every three months after that: Feb, May, Aug, Nov. This change is an effort to be most effective and responsible with budgeting. We will continue to do the monthly DRUMS and it will be available as follows: Webpage - https://www.oneida-nsn.gov/elderservices

- Facebook page <u>https://www.facebook.com/OneidaElderServices</u> page name is
 - Oneida Tribe of Wisconsin Elder Services
- Activity and meal calendars will be available at our meal site and activity site located at 2901 S. Overland and also at the Elder Services site at 2907 S. Overland.

Below are some quotes about change. Here is hoping this change is positive.

When conditions change, the wise change with them. As Matthew Goldfinger said, "Creating a better future requires creativity in the present."

- "The best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing." Theodore Roosevelt
- "I can accept failure, everyone fails at something. But I can't accept not trying." Michael Jordan
- "20 years from now you will be more disappointed by the things you didn't do than by the one's you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." Mark Twain

For more information feel free to email Helen Doxtator - hdoxtato@oneidanation.org or Claudia Skenandore – cskenan2@oneidanation.org or feel free to call at 920-869-2448. Thank you for your understanding and patience.

JANUARY 2015 MENU

CONGREGATE MEAL SITE, 2901 S. OVERLAND, ONEIDA, WI, 54155 PHONE: 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with	Menu is subject to change.		1	2 Potato Crusted Cod
coffee, tea, juice, milk, or	Lunch is served Monday-			California Vegetable
water.	Friday from 12:00-1:00p.m.		CLOSED	Fruit Cocktail
			NEW YEARS DAY	
			HOYAN	
5 BBQ Chicker	C Ding Delegne	7 Depet Turkey	9 Chili	Cake 9 Baked Fish
5 BBQ Chicken	6 Ring Bologna	7 Roast Turkey	8 Chili	
Oven Browned Potato	Boiled Potato	Dressing	Raw Vegetables	Potato Salad
Broccoli	Squash	Mixed Vegetables		Cole Slaw
		Lettuce Salad		Green Beans
		Cranberry Sauce		
Fruit	Fruit	Pudding	Fruit	Apple Sauce
12 Corn Soup	13 Roast Beef	14 Ham	15 Swedish Meatballs	16 Honey Dipped Chicken
Meat Sandwich	Mashed Potatoes	Scalloped Potato	Noodles	Roasted Potato
Raw Vegetables	Carrots	Green Beans	Squash	California Vegetable
			Cucumber Salad	
Jell-O	Fruit	Apple Sauce	Fruit	Melon
19 Sloppy Joes	20 Spaghetti	21 Swiss Steak	22 Beef Stew	23 Baked Fish
Oven Roasted Potato	Meat Sauce	Baked Potato	Garlic Cheese Biscuit	Oven Roasted Potato
Corn On The Cob	Italian Blend	Brussels Sprouts	Raw Vegetables	Asparagus
Cookie	Fruit	Fruit Cocktail	Fresh Fruit	Fruit
26 Baked Ziti	27 Chicken Soup	28 Roast Turkey	29 BIRTHDAY DAY	30 Salmon Loaf
	Sandwich	Sweet Potato		Pea Sauce
Mixed Vegetables Bread Stick	Lettuce Salad	Wax Beans	Beef Stroganoff Noodles	Boiled Potato
		Cranberries	Brussels Sprouts	
Fresh Fruit	Jell-O	Fruit	Chilled Raspberries Cake	Jell-O Salad
	JEII-O		Care	Jeli-O Salau

JANUARY 2015 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
 * Please sign up for trips at the E.S. Meal-site. * All Trips leave from E.S. Meal-site * Activities subject to change. 	Is this the Month of your Birthday? You must sign up in the Birthday Book at the E.S. Meal-site. *Must be present at B-day Lunch to receive your gift card.	ALPPARENCE R	1 OFF in Observance of New Year's Day	2 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
5 Checkers E.S. Meal-site 9:30	6 Crafts	7 Scruples E.S. Meal-site 9:30	8 Cooking Class	9 Banka Shanning
E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	(Knitting Scarves) 9:30 – 11:00 E.S. Meal-site	E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	Cooking Class Activity Room 9:30 Chair Yoga E.S. Meal-site 1:30 – 2:30	Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
12 500 Rummy	13	14 Dominoes	15	16
E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Movie E.S. Meal-site 1:15	Tai Chi (Light stretch & balance) E.S. Meal-site 1:30 – 2:30	E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	Christian Thrift DePere 10:00 Bowling Ashw. Lanes 1:30	Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
19 Quiddler	20	21 Rummikub	22	23
E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00	Crafts (Knitting Scarves cont.) 9:30 – 11:00 E.S. Meal-site	E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	Seymour Museum 10:00 donation fee Chair Yoga E.S. Meal-site 1:30 – 2:30	Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
26 Trouble	27	28 Yahtzee	29	30
E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Elder Talent Show 1:00 E.S. Meal-site Participant deadline 12/19	Tai Chi (Light stretch & balance) E.S. Meal-site 1:30 – 2:30	E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	Wii Bowling E.S. Meal-site 9:30 Birthday lunch 12:00 Bowling Ashw. Lanes 1:30	Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.

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

ELDER SERVICES JANUARY MEETING SCHEDULE - 869-2448

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Years -closed	2
5 Listening & Communication 9a.m. Pod A	6	7	8	9
 12 Listening & Communication 9a.m. Pod A ************************************	13 ONCOA Mtg. 1p.m 4:30p.m. Conference Room	14	15 Tribal Budget Update Meal- Site 10a.m. – 11a.m. Learn about the FY15 Tribal budget from our Tribal Treasurer & staff. For more Info. call 869-1196.	16 Nutrition Advisory Council meeting 1p.m. Meal- Site
Site at 12:00p.m. 19 Listening & Communication 9a.m. Pod A	20 Foster Grandparent Senior Companion meeting 12:30p.m3p.m. Pod A	21	22 Caregiver Support Group 1:30pm Pod A	23
 26 Listening & Communication 9a.m. Pod A ************************************	27 ONCOA Special Mtg. 1:00pm -4:30p.m. Conference Room	28 Blood Pressure Screening Meal Site 12:00p.m.	29 Stepping On Workshop 9:30am – 12:00p.m. Conference Room	30

*Elder Services Benefit Specialist Angela Ortiz at the Elder Services Congregate Meal Site located at 2901 S. Overland Road, the second and fourth Monday of every month. She will answer questions and offer assistance with Medicare, Medicaid, Senior Care, and similar programs. Please feel free to stop by with questions or contact Angela at 920-869-2448.

NOTICENOTICE**NOTICE**

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 reserve a meal and don't show we're required to pay for that meal. If you show up without a reservation you'll have to wait until all reserved meals are served.

No participant will be denied a meal

Volunteers Wanted:

The meal site is looking for volunteers, age 55 or older; services needed are assistance in the dining area and delivery of Home Delivered Meals to homebound elders. If you would like to volunteer, call or stop in at the Elder Services Congregate Meal Site: 2901 S Overland Rd, Oneida, 54155

To Reserve or Cancel your meals please call (920) 869-1551 For more information contact: Loretta Mencheski, Meal Site Supervisor

Oneida Elder Services Native American Family Caregiver For more information contact: Barbara Webster/Native American Family Caregiver at (920)869-2448

Oneida Elder Services, "Native American Family Caregiver Voucher/Stipend Program", is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 10 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild (ren), Native American, age 55+ and live within the reservation boundaries.



Services are dependent on available funds

"STEPPING ON" - FALLS PREVENTION WORKSHOP

"Falls are the leading cause of injury and death among those ages: 65 and older. In 2008, 2.1 million non-fatal fall injuries among older adults were treated in emergency departments resulting in more than 559,000 patients being hospitalized. ..Even if no injuries occur after a fall, many people develop a fear of falling, which in turn often causes them to limit their activities. This can result in reduced mobility and loss of physical conditioning, increasing their risk of falling". (Fact Sheet, Stepping On Program 2014)

Would you like to build Confidence and Learn to Reduce Falls in Older Adults? Oneida Elder Services will be presenting a 7 week "**STEPPING ON**" workshop which will help empower older adults to learn and carry out health behaviors that reduce the risks of falls.

The first of this 7 week workshop will begin on **Thursday January 29**th, meeting once a week, at **9:30 a.m. to 12 noon**. Please contact Barbara Webster or Sandra Summers at 920-869-2448 Oneida Elder Services, to reserve your spot for this program. We will accommodate the first 12 people.

There will be a gift card awarded at the conclusion of the workshop. The person with the highest attendance will be the winner. If a tie there will be a drawing.

NOTICE**NOTICE**NOTICE:

Beginning in January 2015 the **NAFCG/Alzheimer's Support Group** day will change from 4th Wednesday to the **4th Thursday of the Month**.

Caregiving Stress: Understanding Stress and Its' Effect on your Health

Barbara J. Webster, Native American Family Caregiver Coordinator Oneida Elder Services - (920)869-2448

Caregivers, due to the stressful nature of their role, have an increased risk of various diseases. As a caregiver, the recipient is the priority as they can no longer, or may need assistance to perform their activities of daily living tasks. "Daily" is a key word as the caregiver must perform not only their own activities of daily living but also do this for their loved one, ongoing.

Although they would not think of doing anything less, stress becomes an issue for the caregiver. Stressors release certain hormones which our bodies create naturally to encounter and deal with stress. It is usually referred to as the hormones in the "fight or flight" reaction. These chemicals in turn cause the following to occur:

- -Increased heart rate and heart contractions
- -Dilation of coronary arteries
- -Dilation of bronchial tubes
- -Increased anxiety
- -Increase in rate and depth of respiration
- -Decrease in Salivation (dry mouth)
- -Increase in gastrointestinal motility

The physical problems related to chronic stress include the lowering of the immune response, chronic muscle tension, and increased blood pressure. The physical effects on our health from these responses include:

• diarrhea		high blood pressure
 nausea indigestion spastic colon irritable bowel syndrome 	 colds and sinus infections vaginal yeast infection bladder infections fiber myalgia 	 heart disease hyperventilation asthma headaches
constipation	• arthritis	• migraines

With this array of negative effects of stress, it is essential to understand the importance of efficiently controlling or handling stress in our lives. There has also been research which proves that chronic stress can actually change the structure of and damage our DNA, which increase odds to a shorter life span. Researchers from the Ohio State University published in the Journal of Immunology, their study spanning a nearly three decade program stating that, "The chronic stress those spouses and children develop while caring for Alzheimer's disease patients may shorten the caregivers' lives by as much as four to eight years..." (http://researchnews.osu.edu/archive/telomeres.htm.

It is of great importance to keep ourselves as healthy and strong as possible. There are many ways to help you manage stress; exercise, healthy diet, socializing, finding time for yourself. These are only a few ideas to help you begin to take care of yourself. Many people seek the help of professional counselors or attend stress management classes. There are also medications available for stress and anxiety, of which you should contact your physician for more information. We often put ourselves last but with the research shown, it is vital to begin with ourselves to continue being productive and healthy caregivers.



Make a Difference in your Community become a

Foster Grandparent or Senior Companion

Are you a senior, 55 years or older who enjoys spending and/or sharing your time, knowledge of tradition and culture? If income eligible, you can make a difference in your community by volunteering up to 8 hours a day while receiving extra income

Foster Grandparents provide an inter-generational exchange between Elders and youth. Elders can serve as mentors to youth at tribal schools, day care centers, head start, after-school activity groups and youth centers.

Senior Companions provide opportunities for healthy older adults to serve Elders who may be homebound, alone, and/or isolated without family support. Senior Companions may serve clients within reservation boundaries.

Come share with our community, enjoy life, help others and earn tax-free money!

For an opportunity in your area contact: Angela Ortiz, Benefit Specialist (920) 869-2448

You must be a least 55 years of age, complete a background check and meet Income guidelines to earn a stipend!

Community Support & Energy Assistance January 12, 2015 12:00 P.M.

> Elder Meal Site 2901 S. Overland Rd. Oneida, WI 54155

Learn what issues Community Support Program assist with and about the Energy Assistance Program. Community Support Program now assists with specific catastrophic issues, come out and learn what they are.

If you have any questions feel free to contact Angela Ortiz at (920) 869-2448.



Healthy Living with Diabetes

6 Week Workshop / April 1st – May 6, 2015 Oneida Elder Services 2907 S. Overland Road Oneida, WI 54155



Healthy Living with Diabetes is an evidence-based workshop based on the theory that people with type 2 diabetes have similar concerns and problems. There is no charge to attend. The workshop will meet once a week for 2 hours, 2:30-4:30 p.m. beginning Wednesday, April 1 thru May 6. Workshop is limited to the first 12 people to register.

Please contact Barb Silva, Denise Johnson, or Sandra Summers to register at Oneida Elder Services (920) 869-2448.

Dear Oneida Tribal Elders:

You're invited to aCommunity Discussion for Elders Tribal Budget Update Elder Services Congregate Meal site Thursday, January 15, 2015 10 - 11 a.m.

You have the opportunity to learn more about the FY15 Tribal Budget from our Tribal Treasurer and staff.

Elders in need of Transportation contact: Joyce Hoes at (920) 869-2448 Please give one (1) day notice For more information contact: The Tribal Treasurer's office by calling: (920) 869-4496

Red Cross Fire Safety Presentation

Wednesday February 25, 2014 12:00 pm at Elder Services Meal Site

Encouraging elders to practice fire safety Will be offering **free** smoke alarms and batteries Plus **free** installation by Red Cross volunteers Please contact:

Flease contact.

Joyce A. Hoes, Transportation Supervisor @ (920)869-2448

Elder Services Activities & Transportation

For more information contact: Joyce Hoes, Transportation Supervisor or Michelle Cottrell, Activities Specialist @ (920)869-2448



Ride the Bus for Door to Door Service:

Free transportation to all Elder Services Activities including lunch (Monday - Thursday) at the Elder Services Congregate Meal Site



See the Activity Calendar to plan your day

Oneida Public Transit bus passes available to Elders 55 years or older who are gainfully Employed or Serve on a Board, Committee or Commission that pays stipends While Supplies Last! For more information contact: Joyce Hoes, Transportation Supervisor (920)869-2448



Chair Yoga is coming to Elder Services Meal Site!!

Beginning: Thursday, January 8th & 22nd, 2015

1:30 pm-2:30 pm in Main Dining Hall

Instructed by: Jason Manders, Oneida Family Fitness Center

Relaxation with mild stretching while you remain seated

Sponsored by: Oneida Total Integrated Enterprises (OTIE)

Sign-up for classes at Elder Services Meal Site reception desk

For more information please contact: Michelle Cottrell, Activity Specialist: 869-1551

Joyce Hoes, Transportation Supervisor: 869-2448

FINANCIAL EXPLOITATION

Joyce A. Johnson Elder Abuse Prevention Coordinator, Oneida Elder Services

Financial Exploitation continues to be a growing problem for Wisconsin's elder population. According to Wisconsin's Elder Abuse data base in 2010 there were 1043 reports made regarding Financial Exploitation resulting in a 1.6% increase over the previous year. Nationwide this crime is increasing and is the highest number of the elder abuse categories being reported.

Most of these crimes go undetected and reported due to the victim's shame that a family member or caregiver has stolen from them or are afraid of having to testify in court or of losing their independence.

Some of our elders have returned to their homeland of youth. Others may have lived here all their lives but in each case they may own property and other assets. They could be frail or still active and socially connected. Others may be isolated and more vulnerable as family moves away, neighbors leave and friends pass on. The fact that they are seniors and have assets makes them a lucrative and easier target to be taken advantage of and financially exploited.

The same laws and financial tools that a good hearted caregiver or guardian can use to manage and assist an elder with their financial affairs such as Power of Attorney's, Quitclaim Deeds, or Joint bank accounts can be used by an unscrupulous thief who is on the watch for these situations.

In cases where a family member is the thief it is sometimes done due to their sense of entitlement and the idea that they are going to get their inheritance before it is spent on nursing home care, etc. For prosecutors and investigators of these crimes sometimes it is hard to determine whether something was an actual gift or involved theft.

For elder who are still able to be "self-determining" state law ensures that the legally competent elder can still make their own financial decisions whether those decisions are good or bad.

To protect your-self as an elder the best thing to do is plan ahead. Talk about your financial matters with more than one family member or friend. Do a background check on anyone who approaches you about holding or using your money. If you are approached with a supposedly good deal check the person out first before considering moving ahead with investments. You may check out a person's criminal history by accessing Wisconsin's automated court reporting system at wcca.wicourts.gov/ Please remember the old expression "It's better to be safe than sorry."

To report suspected crimes of elder Financial Exploitation please call Oneida's Elder Abuse Reporting Lead Agency, Oneida Elder Services (920) 869-2448. Ask for Joyce Johnson. ALL REPORTS ARE HELD IN STRICT CONFIDENCE.

Yawá?kó

In the Oneida language, Yaw^?kó means *Thank You!* During these hard economic times, the generosity of our community members means so much, which is why Oneida Elder Services would like to send a very special thank you to the following individual(s): Pearl McLester George Greendeer

"Thank you" for donating:

Video's to Elder Services Library –"In Memory of Alice Torres" by her family.

Very nice, very much appreciated. Elder Services Staff is great!

Weldon (Ted) Hawk "All of your staff are the best. Thank you!



Glory Laflex – Thank you for coming to play guitar and sing with our Christmas sing- a- long.

Bingo donations: Jeanet Mittag – bingo/door prizes Thank you Nori Damrow – for Donating gifts and a number of very nice items to be used for events or however needed.

I would like to say thank-you to everyone for all the patience and learning experience that I was given here at Elder Services. I had a wonderful time learning and doing what I can do for whoever needed help- Laneva H.

Thank you to Matt Ninham, (CRO)-Community Resource Officer at Oneida Police Dept. for Blankets for Elder Services.

Foot Clinic @ Elder Services, 2907 S Overland For appointments call Carol @ (920)869-4840

Monday, Jan. 5, 12:30 pm – 3:30 pm Thursday, Jan. 8, 12:30 pm – 3:30 pm Monday, Jan. 12, 9:00 am – 12:00 pm Monday, Jan. 19, 12:30 pm – 3:30 pm Thursday, Jan. 22, 12:30 pm – 3:30 pm Monday, Jan. 26, 9:00 am – 12:00 pm



Note: Currently we are booking a couple months out, since we only have 6 foot clinics each month, and also due to Holidays.



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A	Q	Р	E	R	A	Q	0	P	Y	U	H	J	K	L	С	N	R	E	Q
S	W	0	W	Т	U	R	T	L	E	V	F	Q	W	E	R	0	M	W	W
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С	Z	S	Q	W	W	R	Т	G	V	B	A	S	D	F	G	T	R	E	W

Ceremony	Dance	Pow-Wow	Deerskin
Tribe	Pottery	beadwork	Moccasins
Beans	Corn	Squash	Council
Village	Cradleboard	l Turtle	Longhouse
Wam	pum Cla	n Bear	Wolf

NEWS FLASH CANCEL GLNAEA MEETING

RE-SCHEDULE GLNAEA MEETING This GLNAEA meeting will be a Xmas Gift **Exchange** mark gift for female/male. The December 4 & 5, 2014 GLNAEA Meeting has been re-schedule again for February 5 & 6, 2015 at the Lac Courte Oreilles Hotel/Casino. GROUP # 020515. 800-526-5634/or 715-634-8574 and Cutoff date is Jan. 23, 2015 Please inform the Elders in your respective communities or programs. I had received calls that most elders have limited funds at the end of the month and it would be better if we held this GLNAEA the same as our other meeting times and dates of 1st Thursday and Friday. HOPE TO SEE MORE ELDERS AT GLNAEA MAY **EVERYONE HAVE A MERRY XMAS AND HAPPY NEW**

YEARS.

Questions: Wes Martin-Chairman ONCOA (715) 851-4748/or (920) 544-9709



Part-Time work for those over 55!!

We are looking for elders to work 20 hours a week. A few locations on the reservation are available, including Elder Services.

Criteria

- Must be 55 or older
- Must meet income guidelines
- Must be unemployed

The Senior Community Service Employment (SCSEP) and Training Program provide PAID on-the-job training. Your skills and interests are matched to local non-profit or government worksites. Currently, there is a need for your help at Elder Services. SCSEP is operated by the agencies listed. Please contact them directly for more information.

SPONSORS LISTED BELOW



National Indian Council on Aging 1-715-799-5309



WISE Program 1-920-469-8858



N.E.W. Curative Senior Service Program 1-920-593-3557

ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Oneida Tribal Elders 2907 S Overland Rd. Oneida, Wisconsin 54155 **1-920-869-2448, 1-800-867-1551** Ask for Corinne Robelia-Zhuckkahosee

We would greatly appreciate it if you would call us:

- To update your contact information
- If you need an application to be added to the waiting list
- If you would like to be taken off the waiting list
- To confirm your name and status on the waiting list



When an apartment becomes available we will contact elders in the order they are on our list. If we are unable to reach an elder because contact information is not valid – this elders name will be listed as inactive until contact information is updated.

Independent Living for Elders

- Lease Options: 12 months
- Type of Housing: One bedroom Apartment, Independent living
- Utilities Include: Pest Control, Trash, Hot Water, Heat, Gas, Sewer, Water and Basic Cable

Apartment Features

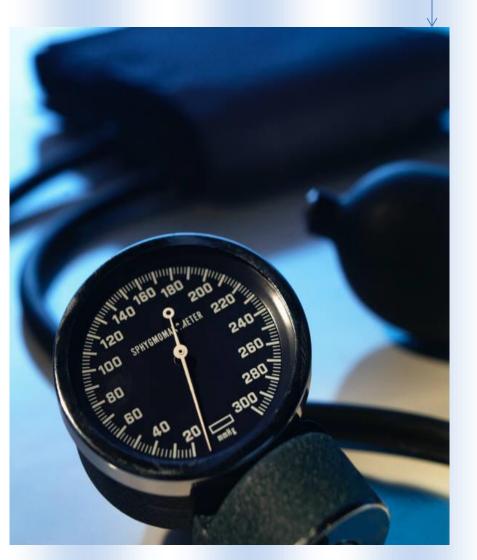
- Appliances: Stove, refrigerator and central air
- Services: Parking, Community Room
- Must pay own electricity, telephone, and any other cable amenities ordered from Time Warner cable
- Individual storage space
- Coin operated washers and dryers on premises
- Secured building
- No Pets Allowed
- Professional Onsite Management
- 24 Hour Maintenance
- Elderly Bus/Public Transit

The Elder Services Program of the Oneida Tribe of Indians of Wisconsin mission is to assist our Elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

Have a Great Day!

Blood Pressure Screening

Elder Services Congregate Meal site 2901 S. Overland Drive Oneida, WI 54155



January 28, 2015

April 22, 2015

July 22, 2015

October 28, 2015

Time: 12:00 – 1:00

No Cost

• Walk in services

Sponsored by: Oneida Community Health Nursing Department (920) 869-4840



Donations to Elder Services are greatly appreciated!

Information from our Aging Network Manual: Participants must be given the opportunity to voluntarily contribute toward the cost of the service. Participants must be allowed confidentiality of their donation.

Programs, with the advice and consent of the Commission on Aging, may opt to:

- set a suggested donation
- set a range of donation levels based on participant income
- provide participant with total costs

Elder Services has Cash Handling Standard Operating Procedures approved. All donations are greatly appreciated.

Actual cost Elder Services pays for each below service:

- Congregate and Home Delivered Meals: \$8.00/meal
- In Home Emergency Response System: \$26.00/month

Elder Services list of additional services offered:

Minor Home Repair	Native American Family Caregiver			
DRUMS newsletter	Loan Closet			
Benefit Specialist	Respite Care & Homemakers			
Activities	Transportation Coordination			
Home Chore (grass cutting, snow plowing and more)				

If you would like to donate by check please make check payable to **Oneida Elder Services**. Cash is also accepted at any time. You will receive a receipt either at the time you donate or by mail and this will include a thank you letter.

This is another best effort to continue carrying out our mission which is to assist elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide. Thank you for your understanding.

Oneida Elder Services, 2907 S. Overland, Oneida, WI 54155 Phone: 1-920-869-2448 or 1-800-867-1551 Website: <u>https://www.oneida-nsn.gov/elderservices/</u>

Up Close and personal with: Mallory Patton - Aging & Disability Resource Specialist (ADRS)

When you were a child, what did you think you would like to be? While growing up I wanted to be a Nurse, stewardess (Flight attendant) or a comedic actor and have achieved all three.

Who or what has had the biggest influence in your Life? Outside of "Life" being my greatest teacher my mother had the greatest influence on me.

What do you consider to be your greatest accomplishment? At this stage in my life my academic studies and learning to become resourceful during tough times.

Is there something you have always wished you were great at doing? I wish I was great at Playing the Piano and guitar.

What is the best advice anyone ever gave you? This too shall pass

What advice would you give to someone who is about to retire? "Wake up every morning with joy in your heart"

What is your ideal vacation? Travel/tour in one month Italy, Amsterdam, and France.

Favorite Meal: Turkey Sandwich

Favorite Music: Rhythm & Blues, Classics

Favorite Book: The course in Miracles

Favorite Movie/Movies: Thor & Night at the Museum-Ben Stiller, anything Humorous

Favorite Hobby/Hobbies: Yoga, tinkering around with things.



Oneida Tribe of Indians of Wisconsin ENROLLMENT DEPARTMENT P.O. Box 365 Oneida, WI 54155-0365 PRSRT STD U S POSTAGE **PAID** ONEIDA WI 54155 PERMIT NO. 4

Oneida Elder Gift Shop



Located inside the Elder Services Complex 2907 S. Overland Rd. Oneida, WI Open Monday – Friday 8:00 to 12:00 pm & 12:30 pm-4:30 pm Meet our friendly elder employees Beautiful handmade Crafts by Oneida Elders Beadwork, Jewelry, birdhouses, ribbon-shirts, Coasters, t-shirts, hoodies, and baskets Oneida Singers Tapes and CD's Fresh Popcorn, Soda, and Water

No consignment fees for Oneida Elders, age 55 and older to display and sell your arts and crafts.

For more information you may contact: Barb Skenandore at (920) 869-2448