

# 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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Mid-Winter Moon

January 2017



## Happy New Year!



**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 November we had **88** missed meals at a total cost of **\$704.00**.

**\*No participant will be denied**



### Upcoming Meetings and Presentations

<b>GLNAEA</b>			<b>TBD</b>
<b>Memory Café'</b>	January 3 <sup>rd</sup> , 2017	1:30 PM-3:30 PM	Oneida Library
<b>ONCOA Meeting</b>	January 10 <sup>th</sup> & 24 <sup>th</sup> , 2016	1:00 PM-3:30 PM	Elder Services Conference Room

# JANUARY 2017 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>OFF</b> In observance of <b>New Years.</b>	<b>3</b>  <b>Crafts</b> 9:30 – 11:00 E.S. Meal-site	<b>4</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>5</b> <b>Great Harvest Bread</b> DePere 9:30 <b>Chair Yoga</b> E.S. Meal-site 1:30	<b>6</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>9</b> <b>Recording Memories</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>10</b>  <b>Tai Chi</b> E.S. Meal-site 1:30	<b>11</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>12</b> <b>Bethesda Thrift Store</b> Green Bay 9:30  <b>Snow Shoeing</b> Elder service trails 1:15	<b>13</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>16</b> <b>Collages</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>17</b>  <b>Crafts</b> 9:30 – 11:00 E.S. Meal-site	<b>18</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>19</b> <b>Barnes &amp; Noble</b> Green Bay 9:30  <b>Chair Yoga</b> E.S. Meal-site 1:30	<b>20</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>23</b> <b>Rubber Stamping</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>24</b>  <b>Tai Chi</b> E.S. Meal - site 1:30	<b>25</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>26</b> <b>Making Walking Sticks</b> E.S. Meal-site 9:30 <b>Birthday Lunch</b> 12:00 <b>Intergenerational Bingo</b> Site II Building 1:30	<b>27</b> <b>Banks, Shopping &amp; Lunch Out</b> (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>30</b> <b>Ice It Game</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Glamour Day</b> E.S. Meal-site 1:15 (Bring your own nail polish)	<b>31</b>  <b>Marcus Theater Movie</b> Green Bay 1:00 \$5.00 fee		* Please <u>sign up</u> for trips at the E.S. Meal-site. * <b>Activities need 5 Elders to go.</b> *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. * <b>Must be present at B-day Lunch</b> to receive your gift card 

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

# JANUARY 2017 MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>CLOSED IN OBSERVATION OF NEW YEARS</b></p>	<p>3 Homemade Chicken Noodle Soup Deli Meat Sandwich Lettuce Salad W/Dressing</p> <p>Gelatin Cubes</p>	<p>4 Roast Turkey Mashed Potatoes W/Gravy Buttered Wax Beans Cranberry Sauce Corn Muffin Fruit</p>	<p>5 Beef Stroganoff Over Buttered Noodles Brussels Sprouts Fruit</p> <p>Cake</p>	<p>6 Cream Pea Sauce Over Salmon Loaf Buttered Parsley Potatoes Rye Bread</p> <p>Fruited Gelatin</p>
<p>9 Chicken A' La king Homemade Biscuits Carrot Coins Lettuce Salad W/Dressing</p> <p>Fresh Fruit</p>	<p>10 Home-Style Meatloaf Cheesy Potatoes Almond Green Beans Bread Slice W/Butter</p> <p>Fruit</p>	<p>11 Sloppy Joe On A Whole Grain Bun Baked Chips Corn On The Cob</p> <p>Gelatin</p>	<p>12 Boiled Dinner Lettuce Salad W/Dressing Dinner Roll W/Butter</p> <p>Homemade Apple Crisp</p>	<p>13 Potato Crusted Cod California Blend Vegetables Dinner Roll W/Butter Fruit</p> <p>Cake W/Frosting</p>
<p>16 Barbecued Chicken Broccoli Spears Cole Slaw Dinner Roll W/Butter</p> <p>Fresh Fruit</p>	<p>17 Oneida Round Steak-Ring Bologna Buttered Parsley Potatoes Squash Bread Slice W/Butter Fruit</p>	<p>18 Roast Turkey W/Gravy Bread Dressing Mixed Vegetables Raw Vegetables W/Dip Cranberry Sauce Pudding</p>	<p>19 Chili W/Crackers 1/2 Deli Meat Sandwich Lettuce Salad W/Dressing</p> <p>Fruit</p>	<p>20 Pork Chop Long Grain And Wild Rice Mix Green Beans Dinner Roll W/Butter Fruit</p>
<p>23 Oneida Corn Soup W/Crackers Deli Meat Sub Raw Vegetables W/Dip Fruit Gelatin</p>	<p>24 Sliced Roast Beef W/Gravy Mashed Potatoes Buttered Carrots Bread W/Butter</p> <p>Fruit</p>	<p>25 Baked Ham Scalloped Potatoes Buttered Green Beans Fresh Dinner Roll W/Butter</p> <p>Applesauce</p>	<p>26 <b>BIRTHDAY</b> <b>Swedish Meatballs Over</b> <b>Buttered Noodles</b> <b>Acorn Squash</b> <b>Corn Muffin</b> <b>Sliced Cucumbers</b> <b>Birthday Cake</b></p>	<p>27 Honey Dipped Chicken Wild Rice Pilaf California Blend Vegetables Fresh Dinner Roll W/Butter</p> <p>Fruit</p>
<p>30 Grilled Liver &amp; Onions Mashed Potatoes Buttered Carrots Dinner Roll</p> <p>Homemade Cookie</p>	<p>31 Spaghetti W/Meat Sauce Italian Blend Vegetables Cheesy Mascot Bread</p> <p>Fresh Fruit</p>	<p><b>HO YAN</b></p>		
			<p>All meals are served with coffee, tea, juice, milk, or water.</p>	<p>Menu is subject to change. Lunch is served Monday-Friday from 12:00-1:00p.m. Breakfast is served from 9:00-10:00 on posted days.</p>

## **JANUARY 2017 MENU**



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

BOOTS

COAT

COLD

DONUTS

FIREPLACE

FREEZING

GLOVES

GOAL

HAPPY NEW YEAR

HATS

HOYAN

PARTY

RESOLUTION

SCARF

SNOW

WINTER



# **Debbie Miller Dementia Care Specialist**

**(920) 869 – 6835**

**Contact for questions**

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## **MEMORY CAFÉ**

**1st Tuesday of every Month**

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

**Oneida Library**

**Social Activities**



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

**201 Elm St, Oneida, WI 54155**

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

## **MEMORY SCREEN**

**Free**

**Takes 15 minutes**

**Immediate results**

**Call today to schedule**



## **Aging & Disability Resource Specialist (ADRS)**



### **THE DOORWAY TO RESOURCES- SERVICES-ASSISTANCE**

Did you know that nearly 80% of all calls to the ADRS is for Information and Assistance on; Dementia, Medicaid Programs, Personal Care and Social Security Disability (SSDI)?

**The ADRS is an entry point for information and assistance on issues affecting;**

- **Older people**
- **People with disabilities**
- **Family members and caregivers**

### **What services are provided by an ADRS?**

- **Information and assistance**
- **Options for remaining in your home**
- **Provides Connections to:**
  - **Long Term Care Programs & Assessments**
  - **Elder, Disability & Medical Benefit Specialists**
  - **Brown & Outagamie County Supports and Services**



**For more information call the Tribal Aging & Disability Resource Specialist**

**(920) 869-6830**

**Oneida Elder Services  
2907 S. Overland Rd  
Oneida, WI 54155**





**SeniorCare is a prescription drug assistance program for Wisconsin residents who are 65 years of age or older and meet enrollment requirements.**

**SeniorCare is designed to help seniors with their prescription drug costs.**

**To enroll in SeniorCare you must:**

- **Be a Wisconsin resident.**
- **Be a U.S. citizen or have qualifying immigrant status.**
- **Be 65 years of age or older.**

**The earliest you can apply for SeniorCare is during the calendar month of your 65<sup>th</sup> birthday. If you are already age 65 or older, you can apply any time. Your benefits will begin in the month after you apply.**

**Your annual income determines your level of coverage in SeniorCare and how much SeniorCare will cover. See the Annual Income Limit table for out-of-pocket expenses and benefits for each level of participation.**

**Oneida Elder Services will pay the \$30.00 Enrollment Fee for all enrolled Oneidas residing within the State of Wisconsin**

**Questions, Applications & Appointments Contact:  
Linda S. Dallas, Oneida Elder Benefit Specialist  
(920) 869-2448**



## **Reiki Presentation**

**Where: Elder Services Congregate Mealsite**

**2901 S Overland Rd, Oneida**

**When: January 11, 2017 & 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

# 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**

**Up Close and Personal with...**

**Crystal Danforth**



1. What are your job responsibilities at Elder Services? I help with the elders, activities, answer the phone, paperwork, etc.
2. What did you want to be when you were a child? OB-GYN and Vet
3. Who or what has influenced you the most? My grandma Clara and Tracy Williams.
4. What is your greatest accomplishment? Overcoming my past, sobering & cleaning up my life, and bettering myself.
5. What's your secret (or not so secret) talent? Dealing with elders and hustling @ bake sales and raffles.
6. What do you wish you were great at doing? Spending more time with my family and beading.
7. What's the best advice you've ever received? Take 1 day at a time & live each day to the fullest.
8. What advice do you have for those about to retire? Enjoy the days and stay busy.
9. What's your ideal vacation? Redwoods, California.
10. Favorite food, song, book, film, tv show? Wontons and Puerto Rican rice, "Coal Miner's Daughter" & "Lil Suzy", Michael Myers Halloween, Volleyball and Pool.