

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



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

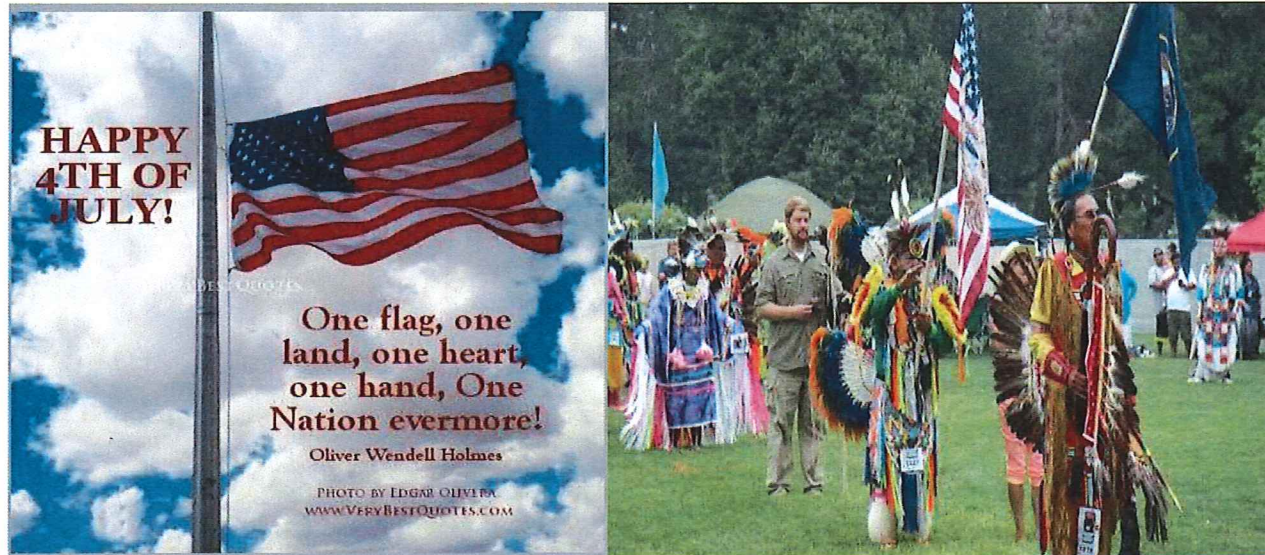
Speak to live operator at this
phone number 24/7

Drums articles can also be viewed at [Oneida-nsn.gov/elder services](http://Oneida-nsn.gov/elder_services).

(O'yhótsli? Wahní'tale?)

Green Bean Moon

July 2015



41st Annual Oneida Powwow Event
July 3rd thru July 5th 2015
Grand Entries
Friday July 3rd 1p.m.
Saturday July 4th 1p.m. & 7p.m.
Sunday July 5th 12:00 Noon

COME AND VISIT OUR ELDER VENDOR TENT
LOCATED ON TOP OF THE HILL

JULY 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 coffee, juice, milk, tea, or water.	Menu is subject to change. Lunch is served Monday-Friday from 12:00-1:00 p.m. Breakfast is served from 9:00-10:00 a.m. on posted days.	1 Sloppy Joe Corn On The Cob Fruit Jell-O	2 Boiled Dinner Salad Fruit	3 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY
6 Barbecued Chicken Roasted Potato Broccoli Fruit	7 Ring Bologna Parsley Buttered Potato Squash Fruit	8 Roast Turkey Dressing Mixed Vegetables Cranberry Sauce Pudding	9 Chili Lettuce Jell-O	10 Pork Chops Mashed Potato Green Beans Fruit
13 Corn Soup 3 Inch Sub Raw Vegetables Fruit	14 Roast Beef Mashed Potato Carrots Fruit	15 Ham Scalloped Potato Green Beans Fruit	16 Swedish Meatballs Noodles Squash Cucumber Salad Corn Muffin Fruit	17 Honey Dipped Chicken Roasted Potato California Blend Fruit
20 Liver & Onions Mashed Potato Carrots Fruit Cookie	21 Spaghetti /Meat Sauce Italian Vegetables Cheesy Mascot Bread Fruit	22 Swiss Steak Baked Potato Brussels Sprouts Fruit	23 Beef Stew Raw Vegetable Garlic Cheese Bread Fruit	24 Baked Fish Oven Roasted Potato Asparagus Fruit
27 Baked Ziti Mixed Vegetables Bread Stick Fruit	28 Chicken Soup Sandwich Lettuce Jell-O	29 Roast Turkey Sweet Potato Wax Beans Cranberry Sauce Johnny Cake Fruit	30 BIRTHDAY DAY Beef Stroganoff Noodles Brussels Sprouts Cake	31 Salmon Loaf Cream Pea Sauce Parsley Buttered Potato Molded Jell-O







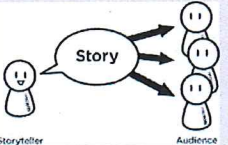

JULY 2015 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Please <u>sign up</u> for trips at the E.S. Meal-site.</p> <p>* All Trips <u>leave from</u> E.S. Meal-site</p> <p>*Activities <u>need 5 Elders to go.</u></p> <p>*Activities subject to change.</p>	<p>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</p> <p>HAPPY BIRTHDAY!</p>	<p>1</p> <p>Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>2</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>	<p>3</p> <p>OFF In Observance of 4th of JULY</p> <p>Happy July 4th</p>
<p>6 Scrabble Game E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Card Games E.S. Meal-site 1:15</p>	<p>7 Timber Rattle Game Must be pre-registered</p> <p>Tai Chi (Light stretch & balance) E.S. Meal-site 1:30 – 2:30</p>	<p>8 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>9 Concert in the Park (Blues/RB/Pop) Whitney Park, Green Bay (Bring your bag lunch) 10:30 – 2:00 No Transportation for lunch</p>	<p>10 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>13 Wii Bowling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Simon's Cheese Little Chute 1:15</p>	<p>14 Crafts 9:30 – 11:00 E.S. Meal-site</p> <p>Karaoke E.S. Meal-site 12:30 – 1:30</p>	<p>15 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>16 Cooking Activity Room 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30 – 2:30</p>	<p>17 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>20 Qwirkle Game E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Dollar Store & Dairy Queen Seymour 1:15</p>	<p>21</p> <p>Tai Chi (Light stretch & balance) E.S. Meal-site 1:30 – 2:30</p>	<p>22 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>23 Shenandoah Book Store Appleton 9:30</p> <p>Farmers Market Oneida 1:15 No Transportation for lunch</p>	<p>24 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>27 Wii Bowling E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Movie (Batteries not Included) E.S. Meal-site 1:15</p>	<p>28</p> <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>29 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>30</p> <p>Gordman's Store Green Bay 9:30</p> <p>Birthday Lunch 12:00</p> <p>Chair Yoga E.S. Meal-site 1:30 – 2:30</p>	<p>31 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>

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

ELDER SERVICES (ES) JULY 2015 MEETING SCHEDULE - 869-2448

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 	3 
6 Listening & Communication 9:00 Pod A	7	8	9	10
13 Listening & Communication 9:00 Pod A ***** Benefit Specialist Meal Site, 11:30 a.m. – 1 p.m.	14 ONCOA 1:00-4:30 Conference Room	15 j	16	17 Nutrition Advisory Council meeting 1p.m. Meal- Site (every 3 rd Friday of the month)
20 Listening & Communication 9:00 Pod A 	21 FGP/SCP 12:30-3:00 Pod A	22 Blood Pressure Screening 12:00-1:00 meal-site	23 Caregiver Support Group 1:30-3:00 (every 4 th Thurs of the month)	24
27 Listening & Communication 9:00 Pod A ***** Benefit Specialist Meal Site, 11:30 a.m. – 1 p.m.	28 ONCOA 1:00-4:30 Conference Room	29	30	31 

BEACH FUN

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

BAY BEACH ATLANTIC OCEAN RESORT TAN PIER

BEACH TOWEL FLIP-FLOPS CARIBBEAN FISHING

MRYITL BEACH SAND CASTLE WISCONSIN DELLS

PAIL SUNGLASSES SUNSCREEN UMBRELLA

LIFE-JACKET

GRILLS



SHELL-FISH

Waves



All Participants of the Congregate Meal-site!!!

Participants that eat at the Elder Services Congregate Meal-site must call in to reserve or to cancel their meal before 3:30 the day before. If you reserve a meal and don't show we are still required to pay for that meal. If you show up without a reservation you will have to wait until all reserved meals are served

No participant will be denied a meal

To reserve or cancel your meals please call (920) 869-1551



The meal-site is looking for volunteers, age 55 and older to help in the dining area, and with the delivery of Home Delivered Meals to homebound Elders. Stop in 2901 S. Overland Rd. Oneida or call 869-1551

For more information contact: Loretta Mencheski, Meal-Site Supervisor



*Sponsored by:
Oneida Business Committee
Elder Services
&
ONCOA Board*

The Oneida Elder Expo and Picnic

August 28th 2015

Details to follow in the next edition of the Drums !!!



*Oneida Elder Services is accepting donations of good working, walkers with seats & brakes, shower benches, shower stools, & toilet seat risers. **Pickup is available***

For more information please contact: Joyce Hoes, Supportive Service Supervisor at 869-2448

BENEFIT SPECIALIST

Have Questions about Medicare, Medicaid, Senior Care and similar programs that are available for Elders?

Angela Ortiz, Oneida Elder Services Benefit Specialist is available
Monday July 13, 2015 Monday July 27th
(The 2nd and 4th Monday of the month)

Time: 11:30 a.m.-1:00 p.m.

Location: Congregate mealsite
2901 S Overland Rd, Oneida, Wi 54155

Contact: **Angela Ortiz, Benefit Specialist at 869-2448**

Make a Difference in your Community **Become a Foster Grandparent or Senior Companion !!!**

Are you a senior, 55 years or older that enjoys sharing your time, knowledge of traditions and culture? 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 that may be homebound, isolated without family support. Senior companions serve clients within Oneida reservation boundaries. Come share with our community, enjoy life, help others and earn tax-free money!

(A completed background check is required to earn a stipend!)
Must be income qualified

For an opportunity in your area contact: **Angela Ortiz, Benefit Specialist at 869-2448**

Elder Services Activities & Transportation



Free door to door Service for all Tribal Elders going to activities or lunch
Mon. thru Thurs. at the Elder Services Congregate Meal Site



Oneida Public Transit bus passes are available at No Cost

- ✓ Must be 55 or older
- ✓ Gainfully Employed
- ✓ Serve on a Board, Committee or Commission that pay a stipend
- ✓ Tribal Member

While supplies last!!!



Plan your day with our Activity Calendar

For more information contact:
Joyce Hoes. Supportive Service Specialist at **869-2448**
Michelle Cottrelle, Activity Specialist at **869-1551**

Sponsored by Oneida Total Integrate Enterprises (OTIE)



Tai chi: A gentle way to fight stress

Tai chi helps reduce stress and anxiety. Also helps increase flexibility and balance

Instructor: **Kevin Schoenebeck**, Oneida Fitness Center

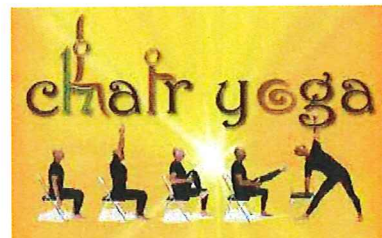
Where: Congregate Mealsite

When: July 14th 2015 & July 28th 2015

(Second and fourth Tuesday of each month)

Contact: **Michell Cottrell**, Activity Specialist at 269-1551

Joyce Hoes: Supportive Service Specialist at 869-2448



Chair Yoga make the mind/body connection! Yoga is a gentle class, in which you learn stretching and breathing techniques

Instructor: Jason Manders, Oneida Family Fitness Center

Where: Congregate Mealsite

When: July 2nd 2015 & July 16th 2015

(First and third Thursday of each month)

Contact: **Michelle Cottrell**, Activity Specialist at 269-1551

Joyce Hoes: Supportive Service Specialist at 869-2448

Blood Pressure Screening

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

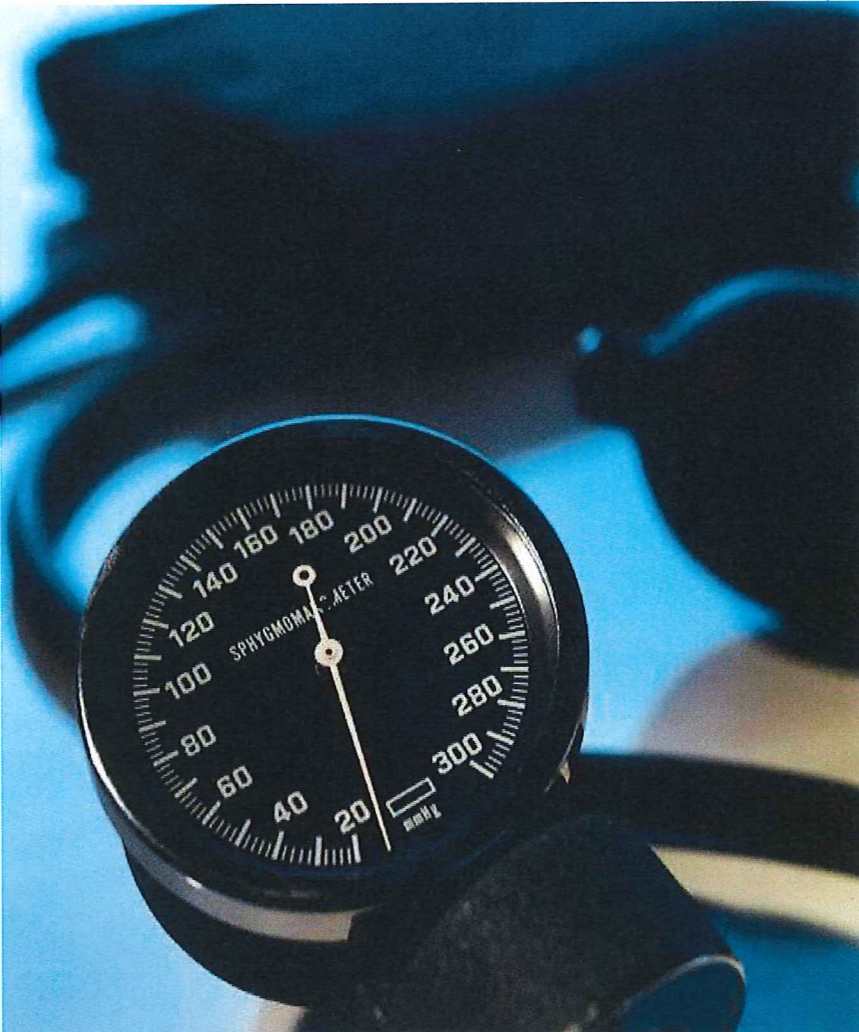
July 22, 2015

October 28, 2015

Time: 12:00 – 1:00

- No Cost
- Walk in services

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



Yawá'kó

In the Oneida language, **Yawá'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):

The Wisconsin Historical Society Press, National Indian Gaming Association and Mike Hoeft for "The Bingo Queens of Oneida" Books that were donated to the Elder Services Activity program for their Book Club.

Gloria Hawk: *for her donation of books and clothes*

Jesus Franco: *for his donation of equipment*

Linda Doxtator: *for your donation of books to the library*

George GreenDeer: *for your donation of money*

Chaz Wheelock and family would like to express their appreciation to Michelle Cottrell at Elder Services, the Oneida Veterans Dept., Oneida Golf and Country Club, Jerry Gillis, Lisa and Butch Summers, Nancy , Deanna and Shelly Stevens; and all those who attended Bill Summers Cribbage Memorial in April.

As Uncle Bill would say "Give a brother a break!"

Yawá'kó for donating:

Thank you,

Notice Effective October 1st 2015*

In order to receive or continue receiving snow plowing, grass cutting, or home repair services, you must have proof of home ownership on file.

Thank You

For any questions Contact Service Specialist: Teresa Barber Buch
(920) 869-2448

What is *special* about the ONEIDA FARMER'S MARKET?

Thursdays 12-6PM from June 25th-October 8th

Located at the Oneida Business Park

N7332 Water Circle Place, Oneida

www.oneidanation.org/ofm



WEEKLY ACTIVITIES

This year the Oneida Farmers Market will try to have events at each of the markets.

Please see our website or facebook for more details.

- **June 25th Oneida Culture Day**
- **July 2nd Red White & Blue Day**
- **July 9th World Culture Day (fair) Polynesian Dancers**
- **July 16th Kids Bash**
- **July 23rd Christmas in July – Ugly shirt contest and maybe a Visit from Santa**
- **July 30th Car Show**
- **August 6th Health & Fitness Day**
- **August 13th Easter with egg hunt and prizes**
- **August 20th Market Bash**
- **August 27th Team Spirit Day (Packers)**
- **September 3rd Friends Day**
- **September 10th Appreciation Day**
- **September 17th Apple fest**
- **September 24th Animal Day**
- **October 1st Harvest Fest**
- **October 8th Halloween**



**Oneida Falling Leaves 4-H brat booth
open from 11:30-5:30pm**

MARKET BASHES • JULY 16 & AUGUST 20

Music, Games, Prizes, Raffles, Contests, Demos

Visit our website for more information at www.oneidanation.org/ofm



Roberta J Kinzhuma Memorial Scholarship Fund

Oneida Elder Services are delighted to announce the availability of the “Roberta J Kinzhuma Memorial Scholarship”. This scholarship is in honor of Roberta Kinzhuma’s dedication and hard work that she put forth towards obtaining her Bachelors Degree.

The Roberta J Kinzhuma Memorial Scholarship Fund is set up for women going back to school to further their education and for their continued efforts in academic achievement. The scholarship funds are generated from fund raising activities of the Oneida Elder Services.

Oneida Women are encouraged to apply for the “Roberta J Kinzhuma Memorial Scholarship”. Two \$500.00 scholarships will be awarded directly to an individual meeting the following criteria:

1. Must be returning to school (**Freshmen are not eligible**)
2. Must be a single mother
3. An enrolled member of Oneida Indians of Wisconsin
4. Must have a 3.0 or B cumulative grade point average
5. Seeking a degree or certificate in an accredited college and/or technical school

Please submit application along with short essay regarding yourself, a copy of your last semester’s grades/transcripts, and a copy of your tribal ID.

Pick up & drop off applications at:

Oneida Elder Services	Oneida Higher Education
2907 S Overland Rd	N7210 Seminary Rd
Oneida WI 54155	Oneida WI 54155

Applications are due August 10th. Winner will be notified via telephone by August 14th. Winners will be presented scholarship award at the 3rd Annual Oneida Elder Expo August 28th @ 1:30 p.m.

If you have any questions, please contact Assistant Director of Oneida Elder Services at (920)869-2448.

Roberta J Kinzhuma Memorial Scholarship Application

General Information:

Name: _____
First Last Middle Initial

Address: _____

Telephone Number: _____ Enrollment Number: _____

Education/Academic Information:

School presently attending: _____

Major/Course/Program enrolled in: _____

Is this an accredited program: _____ Expected Graduation Date: _____

Expected Degree: _____

Accumulative Grade Point: _____
(Please submit a copy of your last semester’s grades/transcripts)

I hereby give permission to Oneida Elder Services Memorial Scholarship Committee to use my name and academic information for public relation purposes only and to verify my academic and enrollment records.

Signature: _____ Date: _____

Please submit this application along with short essay regarding yourself, a copy of your last semester’s grades/transcripts, and a copy of your tribal ID.

Please Do Not Write Below - For Verification Purposes:

Completed Application: Transcript: Essay: Tribal ID:

Importance of Gutters

By Square House

Is your mind in the gutter? Well, it should be if you want to have a house that is in good working order. Rainwater is a natural element that can wreak havoc on a house if it's not controlled by properly installed and maintained rain gutters. In some cases these mistakes are causing damage rather than preventing it.

The Benefits of Gutters

The importance of properly installed and maintained gutters can't be stressed enough. Every house should have gutters. Many municipalities around the country are now requiring gutters on all new residential construction. Here's why rain gutters are so important:



- Foundation problems can be avoided
- Flooding under houses and in basements can be prevented
- Erosion can be prevented and this preserves landscaping and turf
- Water damage to siding can be prevented
- Water staining on brick and stone masonry can be prevented
- Settling and cracking of sidewalks, patios and driveways can be lessened

Gutter Maintenance

The one downside to rain gutters is they require work. Homeowners must be vigilant in keeping them clean and in working order. Here are the problems that clogged gutters cause:

- Water damming occurs which can cause damage to eaves
- Water can leak into the house and cause damage to walls and flooring
- Mosquitoes can breed in the standing water
- Deterioration of gutters occurs which causes leaks and eventual failure

The frequency with which you should clean out gutters depends on your house. Determining factors include proximity of trees to the roof line, the type of trees (deciduous vs. evergreen), and the slope of the roof. Low sloped roofs can require more frequent cleaning.

For houses with trees within ten feet of the roof line, gutters will need to be cleaned out twice a year at a minimum. One myth about gutters is that houses with no trees don't need to be cleaned. Over time shingles lose their granules and these granules make their way into the gutters.

The Six Nations: Oldest Living Participatory Democracy on Earth

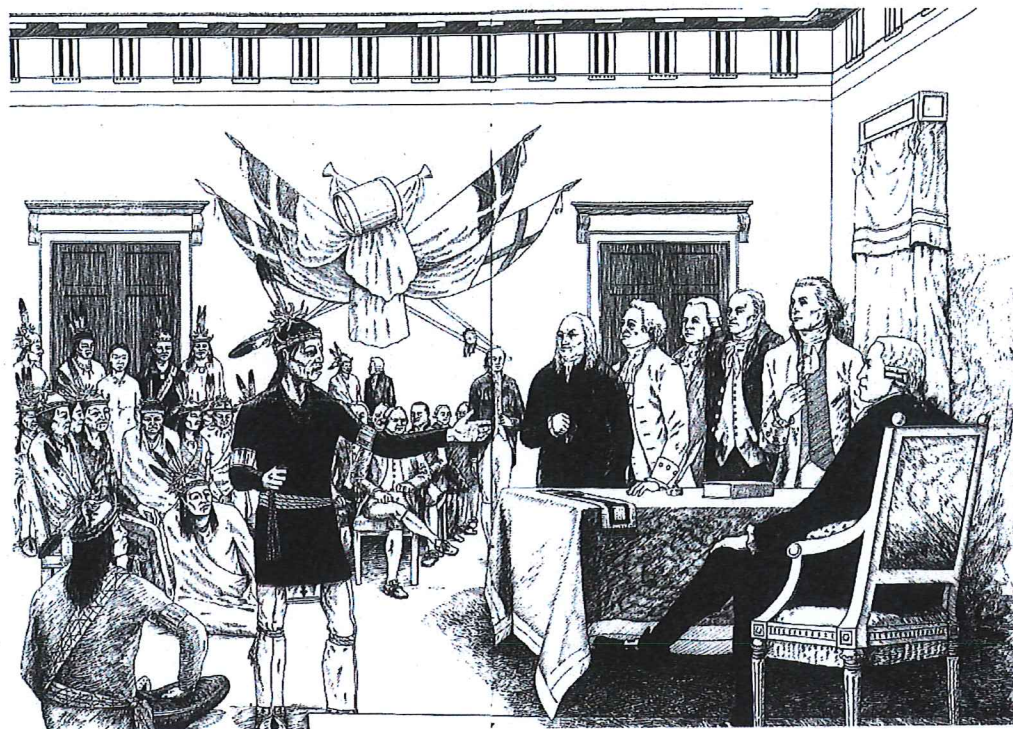
The Tree of Peace

by John Kahionhes Fadden

The people of the Six Nations, also known by the French term, Iroquois [1] Confederacy, call themselves the Haudenosaunee (ho dee noe sho nee) meaning People Building a Long House. Located in the northeastern region of North America, originally the Six Nations was five and included the Mohawks, Oneidas, Onondagas, Cayugas, and Senecas. The sixth nation, the Tuscaroras, migrated into Iroquois country in the early eighteenth century. Together these peoples comprise the oldest living participatory democracy on earth. Their story, and governance truly based on the consent of the governed, contains a great deal of life-promoting intelligence for those of us not familiar with this area of American history. The original United States representative democracy, fashioned by such central authors as Benjamin Franklin and Thomas Jefferson, drew much inspiration from this confederacy of nations. In our present day, we can benefit immensely, in our quest to establish anew a government truly dedicated to all life's liberty and happiness much as has been practiced by the Six Nations for over 800 hundred years.



The Tree of Peace
Copyright (c) 1991, by John Kahionhes Fadden



On June 11 1776, an Onondaga sachem gave John Hancock an Iroquois name at Independence Hall.

Copyright 1991 by John Kahionhes Fadden

On June 11, 1776 while the question of independence was being debated, the visiting Iroquois chiefs were formally invited into the meeting hall of the Continental Congress. There a speech was delivered, in which they were addressed as "Brothers" and told of the delegates' wish that the "friendship" between them would "continue as long as the sun shall shine" and the "waters run." The speech also expressed the hope that the new Americans and the Iroquois act "as one people, and have but one heart." [18] After this speech, an Onondaga chief requested permission to give Hancock an Indian name. The Congress graciously consented, and so the president was renamed "Karanduawn, or the Great Tree." With the Iroquois chiefs inside the halls of Congress on the eve of American Independence, the impact of Iroquois ideas on the founders is unmistakable. History is indebted to Charles Thomson, an adopted Delaware, whose knowledge of and respect for American Indians is reflected in the attention that he gave to this ceremony in the records of the Continental Congress. [19] Artwork by John Kahionhes Fadden.



Oneida Elder Gift Shop

**Located inside the Elder Services Complex
2907 S Overland Rd Oneida, WI**

**Open Monday – Thursday 8:00-4:00
Friday 8:00 to Noon**

**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, & cold beverages

**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
(920) 869-2448**



NOTICE NOTICE NOTICE NOTICE

ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Oneida Tribal Elders

2907 S Overland Rd., Oneida, Wisconsin 54155

1-920-869-2448, EXT 6854

[Ask for Corinne Robelia-Zhuckkahosee](#)

We are in the process of updating our files. 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

If you would like to continue to be on the waiting list, please update your address and phone number by June 1, 2015.

If I do not receive your updated information by the deadline, your name will be removed from the waiting list.

Thank you for your cooperation in this matter.

