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: Helen Doxtator Email:

hdoxtato@oneidanation.org

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

(Aw\(\delta\)hinitale?)

Strawberry Moon

June 2015













Powerful Tools for Caregivers Workshop/Alzheimer's & NAFCG Support Group Benefit Specialist/Foster Grandparent or Senior Companion/Assistive Devices Transportation/Chair Yoga

Your Donations are appreciated/Tai Chi Timber Rattlers Baseball Game

Puzzle

Sump Pump Problems

Unacceptable Behavior by a Customer Standard Operating Procedure

Alzheimer's Association

Oneida Elder Gift Shop

Great Lakes Native American Elders Association

Up Close and Personal with Marlene Summers

Oneida Elder Apartment Waiting List



"June in Oneida is referred to as Aw^'hehte Wehni' tele or the Strawberry Moon. The strawberry has been a part of the Oneida culture since the time of creation. Skywoman fell from the skyworld and when she fell she grabbed on to plants and herbs, such as tobacco and the strawberry. Oneida's consider the strawberry to be a medicine and dedicate an annual ceremony to give thanks for them."

JUNE 2015 MENU

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|------------------------|-----------------------------|------------------------------|-----------------------------|
| 1 Barbecued Chicken | 2 STAFF MEETING | 3 Roast Turkey | 4 Chili | 5 Pork Chop |
| Oven Brown Potatoes | Ring Bologna | Dressing | Lettuce | Mashed Potatoes |
| Broccoli | Boiled Potatoes | Mixed Vegetables | - | Gravy |
| 2 | Squash | Lettuce | | Green Beans |
| | | Cranberries | | |
| × | | | | ī . |
| Fruit | Fruit | Pudding | Fruit | Fruit |
| 8 Corn Soup | 9 Roast Beef | 10 Ham | 11 Swedish Meatballs | 12 Honey Chicken |
| 3 Inch Sub W/Sub | Mashed Potatoes | Scalloped potatoes | Noodles | Roasted Potatoes |
| Raw Vegetables | Gravy | Green Beans | Squash | California Blend |
| | Carrots | ar 5 | Cucumber Salad | |
| 49 | | , | Corn Muffin | |
| | | | | |
| Fruit | Fruit | Fruit | Fruit | Fruit |
| 15 Liver & Onions | 16 Spaghetti | 17 Swiss Steak | 18 Beef Stew | 19 Baked Fish |
| Mashed Potatoes | Meat Sauce | Baked Potato | Raw Vegetables | Oven Roasted Potato |
| Carrots | Italian Vegetables | Brussels Sprouts | Garlic Cheese Biscuit | Asparagus |
| Fruit | Cheesy Mascot Bread | | | 6 |
| ¥ | | | | |
| Cookie | Fruit | Fruit | Fruit | Fruit |
| 22 Baked Ziti | 23 Beef Vegetable Soup | 24 Roast Turkey | 25 BIRTHDAY DAY | 26 Salmon Loaf |
| Mixed Vegetable | Sandwich | Sweet Potato | Beef Stroganoff | Cream Pea Sauce |
| Bread Stick | Lettuce Salad | Wax Beans | Noodles | Parsley Buttered |
| | | Cranberries | Brussels Sprouts | Potato |
| | | Corn Bread | Fruit | , |
| Fruit | Jell-O | Fruit | Cake | Molded Jell-O |
| 29 Chicken Al A King | 30 Meat Loaf | | All meals are served with | MENU IS SUBJECT TO |
| Lettuce | Cheesy Potatoes | Happy | coffee, juice, milk, tea, or | CHANGE. Lunch is served |
| Biscuits | Green Beans | Fatheris | water. | Monday-Friday from 12:00- |
| 9 | | Day 🕶 | | 1:00 p.m. Breakfast is |
| | 2 | wer distression on 1976/009 | | served from 9:00-10:00 a.m. |
| Fruit | Fruit | on June 21 st . | 3 | on posted days. |

JUNE 2015 ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday | | | |
|--|--|--|--|--|--|--|--|
| 1 Scruples Game E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Christian Thrift DePere 1:15 | Tai Chi (Light stretch & balance) E.S. Meal-site 1:30 – 2:30 | 3 Book Club (The Bingo Queens) E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00 | Amish Trip Bonduel 10:00 (Lunch On your own) No Transportation for lunch this day. | 5 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day. | | | |
| 8 Garbage Game E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Wii Bowling E.S. Meal-site 1:15 | 9 Crafts 9:30 – 11:00 E.S. Meal-site | 10 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00 | Cooking Activity Room 9:30 Chair Yoga E.S. Meal-site 1:30 – 2:30 | 12 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day. | | | |
| 15 500 Rummy E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Big Lots Store Green Bay 1:15 | Tai Chi (Light stretch & balance) E.S. Meal-site 1:30 – 2:30 | 17 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00 | Concert in the Park Whitney Park, Green Bay (Bring your bag lunch) 10:30 – 2:00 No Transportation for lunch this day. | 19 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day. | | | |
| 22 Rummikub Game E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Intergenerational Bingo 3-Sisters Center 1:00 | 23 Crafts 9:30 – 11:00 E.S. Meal-site | 24 Book Club E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal-site 1:00 | 25 Botanical Gardens 9:30 \$7.00 fee at door Chair Yoga E.S. Meal-site 1:30 – 2:30 | 26 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day. | | | |
| Trouble Game E.S. Meal-site 9:30 Exercise E.S. Meal-site 11:00 Movie E.S. Meal-site 1:15 | Strawberry Picking Sunny Hill Farms 9:30 IES SUMMER! | Happy OF Father's Day. | * Please sign up for trips at the E.S. Mealsite. * All Trips leave from E.S. Mealsite *Activities need 5 Elders to go. *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 | | | |

Elder Services (ES) June 2015 Meeting Schedule - 869-2448

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-----------------------|--|---|
| 1 Listening & Communication 9:00 Pod A | 2 | 3 | 4 | 5 |
| 8 Listening & Communication 9:00 Pod A ******************* *Benefit Specialist Meal Site, 11:30 a.m. – 1 p.m. ******************* Assistive Devices 12:00 P.M. Meal site | 9 ONCOA 11-4:30 Conference Room | 10 | 11 | 12 |
| 15 Listening & Communication 9:00 Pod A | 16 Foster Grandparent/Senior Companion meeting 12:30-3:00 Pod A | 17 | 18 | Nutrition Advisory Council meeting 1p.m. Meal- Site (every 3 rd Friday of the month) |
| 22 Listening & Communication 9:00 Pod A ****************** *Benefit Specialist Meal Site, 11:30 a.m. – 1 p.m. | 23 ONCOA Special Mtg 11-4:30 Conference Room | 24 | Caregiver Support Group 1:30-3:00 (every 4 th Thurs of the month | 26 |
| 29 Listening & Communication 9:00 Pod A | 30 | Sunday 21st June 2015 | THE STATE OF THE S | |

Yawi?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): Mark & Shirley Powless George Greendeer

Yawλ⁹kó for donating:

Thank you, Linda Doxtator – donated books

Marg Stevens – Donated Newspaper articles about Maria Hinton and Anna John Nursing Home Ribbon Cutting Ceremony.

Thank you to William Schuyler for donation of games to Activities.

Bingo donations:

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

Monday, June 1, 12:30 pm – 3:30 pm Monday June 8, 9:00 am – 12:00 pm Thursday, June 11, 12:30 pm – 3:30 pm Monday, June 15, 12:30 pm – 3:30 pm Monday June 22, 9:00 am- 12:00 pm Thursday, June 25, 12:30 pm – 3:30 pm

Note: Currently we are booking first week in July, since we only have 6 foot clinics each month, and also due to Holidays.



NOTICENOTICE**

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

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP



Are you experiencing overwhelming stress and anxiety in your role as a caregiver? Stress can cause various other health concerns and research has shown that caregivers are at a greater risk to suffer these conditions. If you are a caregiver, please consider attending this workshop to help yourself improve coping with the challenges in your role and learn other resources that can help this experience easier.

Powerful Tools for Caregivers is a 6 week, evidence-based workshop which has been shown to improve: self-care behaviors, emotional management, utilization of community resources and increase confidence in the caregiver role.

Oneida Elder Services
June 25th – July 30th (Thursdays)
9:30 a.m. – 12 noon
Pod A – Elder Services Building

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 drawing at the end for the highest attendee.

Support Group

Please join us for our **Alzheimer's & Native American Family Caregiver Support Group**Our guest speaker for May is Kathleen Albert from the Alzheimer's Association. Kathleen will be presenting information about common behaviors associated with Alzheimer's disease.
Take time out for yourself as a caregiver of a loved one to share experiences, ideas, companionship and support for one another!

Thursday June 25th, 2015 Elder Services Complex, Pod A 2907 S. Overland Rd, Oneida WI 54155 1:30 – 3:30 P.M.

For more information, contact Barb Webster/Native American Family Caregiver –coordinator at (920) 869-2448.



BENEFIT SPECIALIST AT ELDER SERVICES CONGREGATE MEAL SITE



The **second** and **fourth Monday** of the month Angela Ortiz, Benefit Specialist for Oneida Elder Services will be at the Elder Services Congregate Meal Site located at 2901 S Overland Rd, Oneida, WI 54155 from **11:30 a.m. to 1:00 p.m.** She will be there to answer questions and offer assistance with Medicare, Medicaid, Senior Care, and similar programs that are available for Elders. Please feel free to stop by with questions on those days or contact her in the office.

Any questions please contact: Angela Ortiz, Benefit Specialist at (920) 869-2448



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!

Assistive Devices
June 8, 2015
12:00 P.M.
Elder Meal Site
2901 S. Overland Rd.
Oneida, WI 54155

Come and find out about assistive devices that may be helpful for everyday living. Calvin Richtig - Assistive Technology Specialist from Options for Independent Living will be showing some examples of devices that may come in handy for now or the future. If you have any questions please call Angela Ortiz, Elder Benefit Specialist at (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 has come to Elder Services Meal Site!!

First & Third Thursday

1:30 - 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)

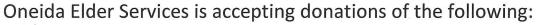
Sign-up for classes at Elder Services Meal Site reception desk

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

Joyce Hoes, Transportation Supervisor: 869-2448



"Your Donations Are Appreciated"





Good, working wheel chairs, walkers with seats & brakes

Shower benches, Shower stools & Toilet seat risers



Pick-up is available

For more information please contact:

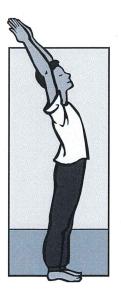




Oneida Elder Services

'Tai Chi'

Elder Services Congregate Meal Site



Held the **2**nd **& 4**th **Tuesday of each month** 1:30 pm – 2:30 pm

Instructor Kevin Schoenebeck, Oneida Fitness Center

Sponsored by Oneida Total Integrated Enterprises (OTIE)

Classes focus on light Stretching & Balance

Any questions please contact:







TIMBER RATTLERS BASEBALL GAME

WHEN: TUESDAY, JULY 7th, 2015

WHERE: TIMBER RATTLERS STADIUM,

APPLETON

WHAT: GAME – STARTS AT 12:00

FOOD - PICNIC STYLE at 11:00

Hamburgers, Brats and Hot Dogs

Pasta Salad, Beans, Chips, Cookie and Drink.

WHEN: Bus leaves at 10:30 Sharp!

COST: \$17.50 No Refund after June 15th.

Sign up in person at ELDER SERVICES MEAL-SITE

MONEY DUE AT TIME OF SIGN UP.

Only16 tickets available. First come, First serve.

Any questions Call Michelle Cottrell – (920) 869-1551

Only Elders 55 years and older and in good health are eligible to travel on this trip. (Those who are oxygen dependent, on medication that causes dizziness, disorientation, or those with high risk of heart attacks are ineligible to travel.)



The Great Lakes

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Corn **Bald Eagle** Cherries **Fishing** Fresh water Lake Erie Lake Michigan Lake Ontario **Lake Superior** Water **Lake Huron Tourism Wood Turtle** Wisconsin **Shoreline Zebra Mussels** Pennsylvania Ohio Ontario Illinois Indiana Minnesota **Sport Fishing Sea Lamprey New York** Muskrat **Plants** Hay



Sump pump failure is the cause of many basement floods. Pumps can run non-stop or too often, regardless of the weather conditions or season. It may be a sign of a few different problems. Here are few you may run into:

Stuck "Float Switch"

Sump pits should have a cover to prevent dirt and debris from getting in.

• The Sump Pit is Too Small or Too Big

Sometimes the sump pump is just not big enough to handle the job, so it keeps running to keep up. Or, the pump may be powerful enough, but the sump pit is small.

• The Check Valve is Missing or Broken

A broken or missing check valve will cause water to flow right back into the sump pit.

• Continually Flooding Sump Pit

There could be a constant flow of water into the sump pit due to high water table or an underground spring.

Power Loss

Check the circuit breaker, it might have tripped and may just need to be reset.

If your sump pump is not running properly, contact our Service Specialists to put in a Service Request and we can find out the problem. Call 869-2448.

Justine Hill
Maintenance Supervisor – (920) 869-2448

Unacceptable Behavior by a customer Standard Operating Procedure

Approved 1-2011 – Gentle reminder Contact Elder Services Supervisor – 920-869-2448

1. **PURPOSE:** Elder Services is committed to providing a high standard of service for all customers fairly and impartially. As part of our service we do not normally limit the contact customers have with us. However we do not expect our staff to tolerate behavior by the customer which is clearly unacceptable (e.g. abusive, offensive or threatening) and will take action to protect our staff from that type of behavior.

2. DEFINITIONS:

- 2.1 Unacceptable behavior: abusive, offensive or threatening
- 2.2 Verbal abuse: Verbal abuse includes bullying, slander, harassing, interrogating, accusing, blaming, insulting, lying, severely scolding, taunting, putting down, threatening, name-calling, swearing, yelling and raging over the phone and hanging up on staff.
- 2.3 Unacceptable behavior has many forms including physical aggression: hitting, kicking, biting, shoving, restraining, throwing objects, or threats also sexual abuse; emotional abuse; controlling or domineering; intimidation; stalking.

3. WORK STANDARDS

- 3.1 No individual may engage in inappropriate conduct on, at or in the facilities of Elder Services. Elder Services established this behavior policy to promote the safety and comfort of the clients and to protect Elder Services facilities and employees to assure a safe, welcoming environment.
- 3.2 Elder Services reserves the right to deny services and entry onto the Nation's property to anyone who is physically and/or verbally abusive, disruptive of tribal services and government operations
- 3.3 Elder Services reserves the right to deny entry onto Tribal properties or access to services to anyone who may be under the influence of alcohol, controlled substances and/or illegal drugs

4. PROCEDURE:

- 4.1 When we consider a customer's behavior is unacceptable we will tell them why the behavior is unacceptable and will ask them to correct the behavior. If the unacceptable behavior continues, action will be taken.
 - 4.1.1 First Instance: Verbal warning, staff reports to supervisor; supervisor gives verbal warning and documents the incident.
 - 4.1.2 Second Instance; A written letter will be initiated by the supervisor of the decision to sign an agreement or restrict access to Elder Services and/ or contact with staff.(See Attached Form)
 - 4.1.3 The decision to (restrict access or contact) to Elder Services will be taken at the Director level. Any restrictions imposed will be appropriate and fair. The options we are most likely to consider are:
 - 4.1.4 Requesting contact in a particular form (for example letters only)
 - 4.1.5 Requiring contact to take place with a named police officer
 - 4.1.6 Asking the customer to enter into an agreement about their conduct
- 4.2 The customer will receive a written letter which will state why their behavior is unacceptable and what action Elder Services is taking and the duration of that action.
- 4.3 When a customer continues to behave in a way which is unacceptable, Elder Services may decide to terminate contact with that customer.
- 4.4 When the behavior is so extreme that it threatens the immediate safety and welfare of the program's staff, Elder Services will consider other options, for example reporting the matter to the Police or taking legal action. In such cases, Elder Services may not give the customer prior warning of that action.

Any questions call Oneida Elder Services – (920) 869-2448



THE BRAINS BEHIND SAVING YOURS.™

Volunteers Needed

To Pilot a program to work in homes of Native Americans diagnosed with Alzheimer's disease

Using Music & Memory Technique



For More Information Contact Vicki Johnson 920-327-8187







Oneida Elder Gift Shop



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

Open Monday – Friday

8:00 to 12:00PM & 12:30PM to 4:30PM

Meet our friendly elder employees





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 (920) 869-2448









Great Lakes Native American Elders Association (GLNAEA)

June 3 & 4, 2015 (Wed. & Thur.)

Sponsored by St. Croix Chippewa

St. Croix Casino & Hotel 777 US.8 Turtle Lake WI 54889

1-800-846-8946 or 1-715-986-4777

Oneida Elder Services will not be providing Transportation or scheduling hotels for this month's GLNAEA.

We hope you are still able to attend and have a great event experience. If anyone would like to attend here is the hotel contact information: St. Croix Casino & Hotel: 1-800-846-8946.

Next Meeting information:

Sept. 3 & 4, 2015 – Red Cliff

Dec. 3 & 4, 2015 - Ho Chunk

UP CLOSE AND PERSONAL WITH:

Marlene Summers – Administrative Assistant - ONCOA

When you were a child, what did you think you would like to be? I wanted to be a Nurse.

Who or what has had the biggest influence in your Life? I had several influences – Bob Brown, Darlene Neconish, Marj Stevens

What do you consider to be your greatest accomplishment? State Certification as an Alcohol and Drug Counselor To be a mother and now Grandma then a Great Grandmother

Is there something you have always wished you were great at doing? Water Color Painting or a great writer of novels.

What is the best advice anyone ever gave you? Don't be afraid of Success

What advice would you give to someone who is about to retire? Don't retire until you have enough projects around to keep you busy and stay involved in your community.

What is your ideal vacation? Rome Italy

Favorite Meal: Pork Steak with mushrooms, baked potatoes, salad, fresh biscuits

Favorite Music: I listen to all kinds but "not heavy metal"

Favorite Book: Tony Hillerman Series, Hector Tobar – "Deep Dawn Dark"

Favorite Movie/Movies: The Twilight Series

Favorite Hobby/Hobbies: Reading, Journaling, Quilt making, flower gardening.

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.