

# 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](mailto:hdoxtato@oneidanation.org)



Elder Services Congregate  
Meal Site

2901 S. Overland  
Oneida, WI 54155  
Phone: 920-869-1551  
Fax: 920-869-1526

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

(Awáhihte? Wáhní'tale?)

Strawberry Moon

June 2014



*Happy Father's  
Day*



As of October 1, 2014 the DRUMS will only be distributed to residents of Wisconsin vs. nationwide. The cost of the DRUMS is getting very large along with ever increasing number of elders. For your convenience we have added our DRUMS to the Oneida Elder Services webpage located at [oneidanation-nsn.gov/elderservices](http://oneidanation-nsn.gov/elderservices). DRUMS across Oneida is on the first page and we will keep the three most current months listed.

If you have questions or comments related to the DRUMS please contact Helen Doxtator at [hdoxtato@oneidanation.org](mailto:hdoxtato@oneidanation.org) or Claudia Skenandore at [cskenan2@oneidnation.org](mailto:cskenan2@oneidnation.org). Both can also be reached at 920-869-2448 or 1-800-867-1551. Thank you for your understanding. Your comments, as always, are greatly appreciated.



# JUNE 2014 MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Ziti Mixed Vegetables Bread Sticks  Fresh Fruit	3 STAFF MEETING Chicken Soup Ground Bologna Sandwiches Salad Jell-O	4 Turkey Sweet Potatoes Wax Beans Cranberry Sauce Corn Bread Fresh Fruit	5 Beef Stroganoff Noodles California Blend Vegetables Raspberries Ice Cream	6 Salmon Loaf Creamed Pea Sauce Buttered Potatoes  Molded Fruit Salad
9 Chicken Al A King Homemade Biscuits Salad Carrots	10 Meat Loaf Cheesy Potatoes Green Beans W/Almonds	11 Chicken Tetrazinni Acorn Squash Pears	12 Boiled Dinner Salad	13 Potato Crusted Cod Mixed Vegetables Fruit Cocktail
Strawberries	Fresh Fruit	Jell-O	Fresh Fruit	Cake
16 BBQ Chicken Potato Salad Broccoli	17 Ring Bologna Buttered Potatoes Fresh Squash	18 Turkey Dressing Mixed Vegetables Salad Cranberry Sauce Pear Crisp	19 Chili W/Crackers Raw Vegetable W/Dip Fresh Fruit	20 Baked Fish Potatoes Coleslaw
Fresh Fruit	Fresh Fruit		Jell-O Cake	Apple Sauce
23 Corn Soup Meat Sandwich Raw Vegetable W/Dip Fresh Fruit  Jell-O	24 Roast Beef W/Gravy Mashed Potatoes Carrots  Fresh Fruit	25 Ham Scalloped Potatoes Green Beans  Apple Sauce	<b>26 BIRTHDAY DAY</b> <b>Swedish Meatballs</b> <b>Noodles</b> <b>Butternut Squash</b> <b>Corn Muffin</b> <b>Fresh Fruit</b> <b>Cake</b>	27 Honey Dip Chicken Roasted Potatoes California Blend  Diced Melon
30 Liver & Onions Mashed Potatoes Diced Carrots  Cookie			All meals are served with coffee, tea, juice, cocoa, milk, or water.	Menu is subject to change. Lunch is served Monday-Friday from 12:00 p.m. - 1:00p.m.



# JUNE 2014 ACTIVITIES

Monday	Tuesday		Thursday	Friday
<b>2</b> Dominoes Activity Room 9:30 Exercise E.S. Meal-site 10:30 Rubber Stamping E.S. Meal-site 1:15	<b>3</b> Crafts Mesh T-shirt bag (bring gently used t-shirt) 10:00 – 11:30 E.S. Meal-site	<b>4</b> Trouble Game E.S. Meal-site 9:30 Exercise E.S. Meal-site 10:30 Bingo E.S. Meal Site 1:00	<b>5</b> Cooking Activity Room 9:30 St Vincent De Paul Green Bay 1:30	<b>6</b> Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>9</b> Fact or False Game Activity Room 9:30 Exercise E.S. Meal-site 10:30 Wii Bowling E.S. Meal Site 1:15	<b>10</b> Tai chi (light stretch and balance) E.S. Meal-site 1:30 – 2:30	<b>11</b> 500 Rummy E.S. Meal-site 9:30 Exercise E.S. Meal-site 10:30 Bingo E.S. Meal Site 1:00	<b>12</b> Amish Trip Bonduel Lunch Out (on your own) 10:00 No Transportation for lunch this day.	<b>13</b> Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>16</b> Ice It Game Activity Room 9:30 Exercise E.S. Meal-site 10:30 Oneida Library E.S. Meal-site 1:30	<b>17</b> Crafts (4 <sup>th</sup> of July ) 9:30 – 11:30 E.S. Meal-site	<b>18</b> Scruples Game Activity Room 9:30 Exercise E.S. Meal-site 10:30 Bingo E.S. Meal Site 1:00	<b>19</b> Concert in park Deja'Vu - Folk group Whitney Park 10:30-2:30 Bring bag lunch & lawn chair No Transportation for lunch this day.	<b>20</b> Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>23</b> Qwirkle Game Activity Room 9:30 Exercise E.S. Meal-site 10:30 Wii Bowling E.S. Meal Site 1:15	<b>24</b> Tai chi (light stretch and balance) E.S. Meal-site 1:30 – 2:30	<b>25</b> Toss The Pigs E.S. Meal-site 9:30 Exercise E.S. Meal-site 10:30 Bingo E.S. Meal Site 1:00	<b>26</b> Chair Yoga Oneida Family Fitness 10:00 Birthday Lunch 12:00 Intergenerational Bingo 3 Sisters Center 1:15	<b>27</b> Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
<b>30</b> Pass the Popcorn Activity Room 9:30 Exercise E.S. Meal-site 10:30 Movie E.S. Meal Site 1:00	Happy Father's Day 		* 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.

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

# Nutrition Information

**Contact: Loretta Mencheski – (920) 869-1551**

**Effective Immediately:** to receive a bingo pass you must sign-up before the 10<sup>th</sup> of each month. Questions: Loretta Mencheski, Elder Services Congregate Meal Site Supervisor.

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**Volunteers Wanted:** The Elder Services Congregate meal site is looking for volunteers, age 55 or older; services needed is assistance in the dining room and delivering Home Delivered Meals to homebound elders. If you would like to volunteer, call Loretta (920) 869-1551, or you can stop by the Elder Services Congregate Meal Site at 2901 S Overland Rd, Oneida, 54155.

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## **Attention All Participants of the Elder Services Congregate Meal Site:**

Policies & Procedures Specific to the Older Americans Act – Funded Nutrition Program  
Effective October 1, 2008 the Elder Services Congregate Meal Site will maintain a reservation system for participants who eat at the meal site. Participants who eat at Elder Services Congregate Meal Site are asked to call in the day before to reserve or to cancel their meal for the next day, week, or month before 3:30 p.m. Contact Loretta Mencheski, (920) 869-1551

**\*No participant will be denied a meal\***

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## **Upcoming Nutrition Advisory Council Meetings**

- When: 3<sup>rd</sup> Friday of the Month
- Time: 1:00 P.M.
- Where: Elder Services Congregate Meal Site



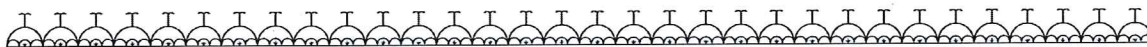
## ***Oneida Elder Services Native American Family Caregiver Information***

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 4 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.



Please contact Barbara Silva/Native American Family Caregiver at (920) 869-2448 for details.

**\*\*Services are dependent on available funds\*\***



Please join us for our Alzheimer's & Native American Family Caregiver Support Group at:

Elder Services Complex – Pod A  
2907 S Overland Rd, Oneida WI 54155  
4<sup>th</sup> Wednesday of the Month  
1:30 PM – 3:30 PM

For more information, contact Barbara Silva/Native American Family Caregiver at (920)869-2448.

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## ELDER SERVICES REQUESTS

Elder Services is happy to be able to assist our community with services that help to maintain the independence of our elders. The following is a short list of our available services: minor home repair, major home repair, home-delivered meals, in-home chore, respite care, home chore, and benefit specialist assistance.

Our priority for service is for elders who are age 70 or older, and for those who are between the ages of 55-69 with a documented disability. All home repair services must be deemed a health and safety concern, and or an immediate emergency; eligibility is determined by the area supervisor. Home repair and home chore services are reserved for those who own and reside in their homes; ownership documentation will be required.

All requests for services can be made by calling the service specialist at (920) 869-2448 during normal business hours, which are 8:00 a.m. – 4:30 p.m.; you may also call this number for after-hours emergency calls. Please keep in mind that Elder Services will not be responsible for payment of any service from an outside vendor without first receiving authorization from Elder Services management.

For more information or to make a request, please call (920) 869-2448. For a complete list of our services please visit the web at <https://oneidan.sn.gov/elderservices/>.

Kristine Hughes  
Service Specialist  
[khughes@oneidanation.org](mailto:khughes@oneidanation.org)



Elder Financial Abuse/Exploitation  
Joyce A. Johnson  
Elder Abuse Prevention Coordinator  
Oneida Elderly Services

Elder Abuse is one subject that many of us do not like to talk about or even think about. Unfortunately it is one of those sad truths that occur daily in our society and tragically even in our Indian Communities.

One form of elder abuse is Financial Exploitation. This means to obtain an elder's money or property by deceiving or enticing the individual, or by forcing, compelling, or coercing the individual to give, sell at less than fair market value, or in other ways convey money or property against his or her will without his or her informed consent.

Our Indian culture and traditions have taught us the importance of respecting and caring for our elders. Once our elders retire or are no longer able to be employed their funds are likely to become very limited. This could mean that they are stretching their incomes in order to provide for their basic needs of food, clothing and shelter. Borrowing money or taking possessions from an elder that they are in need of places them in financial hardship and can have a detrimental emotional effect on them.

If you feel an elder community member is being financially exploited please contact the Oneida Elder Abuse Prevention Coordinator at (920)869-2448.

# HOUSEHOLD *Clean Sweep*

**Large Item & Appliance Pickup at Your Home  
Monday & Tuesday, June 16 & 17, 2014**

**Schedule an appointment with Amy Spears  
to have your appliances and large waste  
items picked up from your home.**

**920-869-4549 or [aspears@oneidanation.org](mailto:aspears@oneidanation.org)**

**Appointments must be made by Thursday, June 5, 2014.**

**ATTENTION**  
**oneida elders**



Visit us on Facebook  
for more information  
and reminders  
[facebook.com/  
OneidaEHSD](https://www.facebook.com/OneidaEHSD)

## **Elderly Services is Recruiting (6) Six Nutrition Advisory Council Members**

### **Nutrition Program Operations**

#### **8.2.7 Nutrition Advisory Council**

The nutrition program of each aging unit shall establish a nutrition advisory Council that is separate from any other advisory group of the aging unit. The nutrition advisory council shall advise the nutrition director on all matters relating to the delivery of nutrition and nutrition-supportive services within the program area. All recommendations and suggestions of the council shall be in accord with federal and state policies and shall take into consideration the nutrition budget.

#### **Functions:**

Program development, Program planning, ideas, suggest presenters, program evaluation, Guidance, Recruitment and retention, participate in public events, promote program in the community. All activities relating to elder nutrition.

Member must have first-hand experience in the council's area of focus. They are people who have the respect and confidence of their associates and fellow meal site participants.

Members represent a specific meal site as well as their community as a whole. It is Important to attend the meetings on a regular basis and actively participate in the work of the council.

**Meetings are held the third Friday of the month.**

Please call **869-1551** to sign up with Loretta Mencheski, Meal site Supervisor. Must complete an application and a backgrounds check from our Human Resource Department. Deadline for applications is May 30<sup>th</sup> 2014.

**Questions, feel free to call Florence Petri, Program Director at 869-2448**



# Happy Fathers Day



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

**Dad   Hugs   Love   Thank-You   Guidance**

**Father   Grandpa   Respect   Good-times**

**Caring   Supportive   Smile   Wonderful**

**Super   Excellent   Listen   Fun   Awesome**

**Grateful   Lucky   Role-model   Wisdom**

# Yaw<sup>^</sup>?kó

In the Oneida language, Yaw<sup>^</sup>?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):

Blanche Powless

George Greendeer

.....

## Nice Comments....

"Thank you," Jonas Metoxen for Donation to Elder Services.

"Thank you," Nori Damrow for donations to Elder Services for bingo prizes.

"Thank you," Ruth Wagner for donating the craft items to elder services.

Reminder: **All** articles in the elder library (book & movies) must be signed in and out.

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**ONCOA Meetings:** Second and Fourth Tuesday of every month

1:00 PM – 3:00 PM, Elder Services Conference Room,

2907 S Overland Rd, Oneida, WI 54155

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## Foot Clinic

Held at Elder Services, 2907 S. Overland Drive  
For appointments call Carol at 869-4840

Monday, June 2nd, 12:30 pm – 3 pm

Monday, June 9th, 9:00 am – 11:30 am

Thursday, June 12<sup>th</sup>, 12:30 pm - 3 pm

Monday, June 16th, 12:30 pm – 3 pm

Monday, June 23<sup>rd</sup>, 9:00 am – 11:30 am

Thursday, June 26th, 12:30 pm – 3 pm





**BENEFIT SPECIALIST AT ELDER SERVICES  
CONGREGATE MEAL SITE**



Starting **November** 2013 on 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.

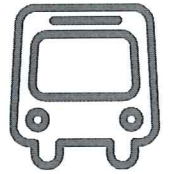
**Come share with our community, enjoy life, help others and earn tax-free money!**

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!**



## Elder Services Transportation Page



For more information please contact:

**Joyce Hoes**, Transportation Supervisor at **(920) 869-2448**

We have Oneida Public Transit bus passes available to  
Elders 55 years or older who are gainfully employed,  
serve on a board, committee or commission that pays stipends.

**While Supplies Last!**

Sponsored by: National Center on Senior Transportation (NCST)



Oneida Elder Services is hosting:

### Spring AARP Driver's Safety Class

(Revised) DATE: June 4, 2014

TIME: 9:00 am - 1:30 pm (total class length 4 ½ hours)

PLACE: **Elder Services 2907 S Overland Rd**

Please sign-up at Elder Services Congregate Meal Site  
Elder Services will pay for the first 10 Tribal Enrolled Elders who sign-up

\*\*\*No testing\*\*\*

**\*\*MUST HAVE A MINIMUM OF 7 ELDERS TO HOLD THE CLASS!\*\***

Some of the highlights will be:

\*Information on aggressive drivers \*Anti-lock brakes \*Cell phone & Text usage while driving

\*Defensive driving techniques \*New traffic laws and information regarding Round Abouts

\*How to adjust your driving to age-related changes in vision, hearing, and reaction time

Some Auto Insurance Companies may give a discount for taking this class

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### Oneida Elder Services

#### 'Tai Chi' Begins June 10, 2014

Sign-up at Elder Services Congregate Meal Site

Held the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month 1:30 pm – 2:30 pm

Instructor Kevin Schoenebeck, Oneida Fitness Center

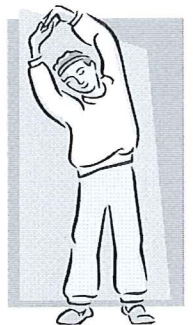
Sponsored by Oneida Total Integrated Enterprises (OTIE)

Classes focus on light **Stretching & Balance**

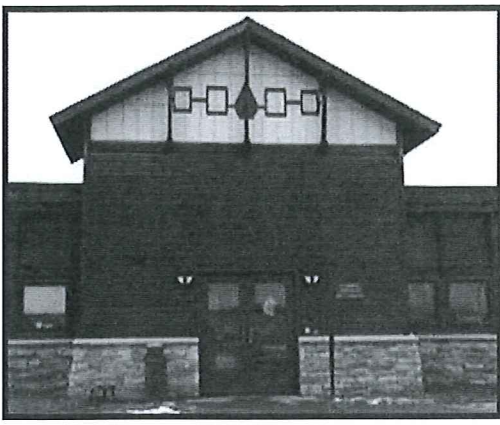
Any questions please contact:

Contact: Michelle Cottrell, Activity Specialist / 869-1551

Joyce A. Hoes, Transportation Supervisor / 869-2448







## ***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**

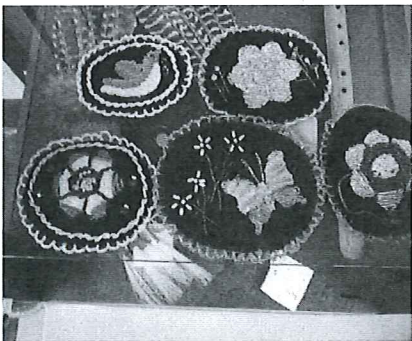
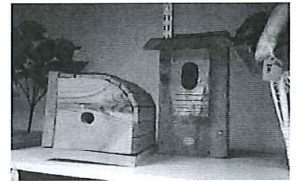
Meet our friendly elder employees

**Beautiful handmade Crafts by Oneida Elders**

Beadwork, jewelry, birdhouses, ribbon-shirts,

Coasters, t-shirts, hoodies, and baskets

Oneida Singers Tapes and CD's

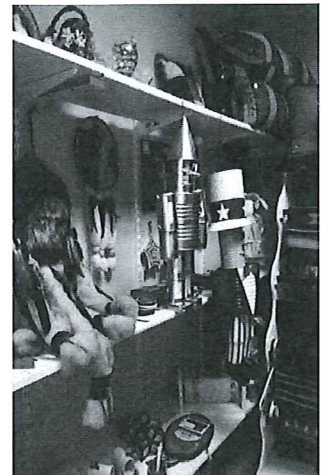
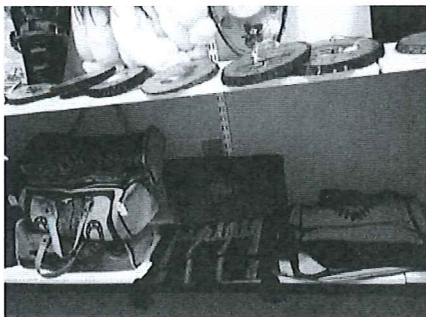


**Fresh popcorn, soda, and water**

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**



# ONEIDA ELDER SERVICES CONGREGATE MEAL SITE

**Figure 8.5.7.1 Meal Pattern When One Meal per Day Is Served**

## State Nutrition Program Guidelines

Meal Component	Minimum # of Servings per Meal	Serving Sizes *
Bread, grain or cereal	1 – 2	1 slice bread, ½ cup cooked, 1 cup dry cereal or equivalent for each serving
Vegetable and/or fruit	2	4 fluid ounces (1/2 cup each) for each serving ❖ <i>A vitamin A-rich (&gt;75% RDA) vegetable/fruit must be served at least <b>two</b> times per week</i> ❖ <i>A vitamin C-rich (&gt;33% RDA) vegetable/fruit must be served at least <b>once</b> per meal</i>
Milk or acceptable substitute	1	8 fluid ounces or equivalent
Meat, poultry, fish or meat alternate	1	3-4 ounces meat, poultry, fish or cheese, 3 eggs, ¾-1 cup dry beans and peas, 3-4 T peanut butter, 1½-2 oz. nuts and seeds, ¾-1 cup cottage cheese
Margarine, oil or butter	1	1 teaspoon served on side or <u>used in cooking</u>
Dessert (fruit encouraged)	1	Generally 4 fluid ounces (1/2 cup)

An invitation for Oneida elders:

### **GTC Prep Discussions**

Prepare for Monday, June 16, 2014 Special GTC meeting. As a Tribal member you have an important responsibility to be prepared for GTC meetings.

GTC Prep discussions provide the opportunity for Oneida Elders to learn more about the June 16 Special GTC meeting.

Discussion for Elders: **Thursday, June 12, 2014 9:30 – 11 am Elder Services Congregate Meal Site**

Elders in need of Transportation call: Joyce Hoes- one day before discussion and say, "Take me to the GTC Prep Discussion." (920) 869-2448

For more information: Tribal Member information Services (TMIS) (920) 869-4458 or (920) 869-4281.

Tribalmemberinfo@oneidanation.org.





# Oneida Elder Services

## EMERGENCY PREPAREDNESS FOR SEVERE WEATHER PRESENTATION

Guest Speaker: Kaylynn Gresham

Hot Topic: **Community Safety**

Severe Weather Awareness & Preparation

Joyce Hoes/Corinne R Zuckkahoossee

**\*When thunder roars go indoors \*Build an Emergency Kit**

**\*Have a plan and practice \*Know your risks**

Elder Services Congregate Meal Site

**RESCHEDULED: July 14, 2014 12:00 p.m.**

Contact: Joyce Hoes, Transportation Supervisor

920-869-2448



### Oneida Elder Services

#### **\*\*Reminder to Update your Emergency Preparedness Back-Pack\*\***

Please check the expiration dates on any food and medications, replace if needed.

Here is a list of things you are recommended to have available in the event of an emergency or disaster:

- |  |   |
|--|---|
| ✓ Three day supply of non-perishable food                        | ✓ Whistle (to attract attention to the emergency personnel) |
| ✓ First aid kit and manual                                       | ✓ One change of clothing and a pair of shoes                |
| ✓ Food that doesn't have to be cooked (granola bars etc.)        | ✓ Manual can opener   |
| ✓ Three day supply of water (one gallon per person per day)      | ✓ Baby wipes  |
| ✓ Battery-operated or crank-powered radio                        | ✓ Pet supplies if you have a pet                            |
| ✓ Flashlight with extra batteries and bulbs                      | ✓ Extra set of keys   |
| ✓ Sanitation and hygiene items (toilet paper, feminine products) | ✓ Plastic garbage bags                                      |
| ✓ Matches in a waterproof container                              | ✓ Blanket   |
|  | ✓ Pack of playing cards to bide your time until rescued     |
|  | ✓ Completed 'File of Life'                                  |

Contact: Joyce Hoes,  
Transportation Supervisor (920)869-2448



# **TIMBER RATTLERS** **BASEBALL GAME**

WHEN: TUESDAY, AUGUST 26th, 2014

WHERE: TIMBER RATTLERS STADIUM,  
APPLETON

WHAT: GAME – STARTS AT 12:00  
FOOD – PICNIC STYLE at 11:00  
Hamburgers, Brats and Hot Dogs  
Potato Salad, Beans, Chips, Cookie and Soda.

WHEN: Bus leaves at 10:30

COST: \$16.00 No Refund after July 31st.

Sign up in person at ELDER SERVICES MEAL-SITE  
MONEY DUE AT TIME OF SIGN UP.

Dead line for sign up is June 20th by 4:00.

Only 16 tickets available. First come, First serve.

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

**\*\*SORRY, NO MILWAUKEE BREWER GAME THIS YEAR\*\***



## **Medicare Outreach**

**June 19, 2014**

Come learn about a topic that suites your situation or you would like more information on. No registration necessary.

Location: Pod A  
Oneida Elder Services  
2907 S. Overland Rd.  
Oneida, WI 54155

### **Topics and agenda:**

10:00 AM – Medicare Saving Program

11:00 AM – Medicare Part D, Low Income Subsidy,  
and Senior Care

1:30 PM – Medicare Screening & Prevention Services

Each session will last approximately one hour and end with a mini game with a small prize for the winner of each game.

Any questions please call Angela Ortiz, Elder Benefit Specialist, at (920) 8692448 or (800) 867-1551.

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### **Healthy Living with Diabetes**

**6 Week Workshop / May 27 – July 1, 2014**

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 ½ hours, 1-3:30 p.m. beginning Tuesday, May 27 thru July 1. 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

# Save the Date!

Friday, August 8, 2014

2<sup>nd</sup> Annual Oneida Elder Expo

Time: 10-2 pm

Place: Radisson Conference Center

Programs and Prizes: (to be announced)

Contact Information: Will be in upcoming Kalihwisaks and Drums

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## Wisconsin Senior Employment Program

Paid Training Positions Available!!

Part-Time training positions for those over 55!!

- ◆ Criteria
- ◆ Must be 55 or older
- ◆ Must not exceed low-income guidelines
- ◆ Must reside in the state you work in
- ◆ Must not have worked in past 7 days



We are looking for elders to participate in this paid training program part-time 20 hours a week. Interested call: Erica Hawpetoss, MN/WI Job Developer

P. O. Box 910

Keshena, WI 54135

Phone: 715-799-5309

E-mail: [ehawpetoss@nicoa.org](mailto:ehawpetoss@nicoa.org)

Oneida Elder Services

Kristine Hughes, Services Specialist

Phone: 920-869-2448 ~ Toll Free 800-867-1551

These positions are paid for and sponsored by National Indian Council on Aging. For more information on NICOA feel free to look at their website. [www.nicoa.org](http://www.nicoa.org)





## The Wooden Bowl

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now.

A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult...Peas rolled off his spoon onto the floor. When he gasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. 'I've had enough of his spilled milk, noisy eating, and food on the floor.' So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded, 'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up.'

The four-year-old smiled and went back to work. The words so struck the parents so that they were speechless. Then tears started to stream down their cheeks.. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

On a positive note, I've learned that, no matter what happens, how bad it seems today, life does go on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles four things: a rainy day, the elderly, lost luggage, and tangled Christmas tree lights.

I've learned that making a 'living' is not the same thing as making a 'life'. I've learned that life sometimes gives you a second chance. I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back sometimes. I've learned that if you pursue happiness, it will elude you. But if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day, you should reach out and touch someone.

People love that human touch – holding hands, a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that you should pass this on to everyone you care about. I just did.



## **Taking reservations for Elder Vendor Tent for 2014 Pow-wow**

**Requirements:** Oneida Tribe Enrolled, 55 Years of age or older

Photo copy of Tribal ID. First 15 Elders to sign-up

Elder Services will provide 1-2, 8 ft. tables & 2 chairs

Vendors please no children or pets at your space.

Space **MUST** be reserved in advance

For more information please contact:

Joyce Hoes, Transportation Supervisor / (920) 869-2448