

# 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](mailto:hdoxtato@oneidanation.org)

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

Otsi'khé'ta? Wáhní'tal Maple Sugar Moon March 2015

March Menu

March Activities

Nutrition

Come play Cribbage

Meeting Calendar

Yawá?Kó

Puzzle

Native American Family

Caregiver/Elder Exercises

Alzheimers & NAFCG/Conservation updates

Benefit Specialist/Foster Grand Parents & senior companion

Red Cross/Donations/Tai-Chi

Transportation

What causes Window Condensation?

AARP Free Tax Sites

Blood Pressure Screening

Oneida Elder Apartment Waiting List

Oneida Elder Gift Shop

GLNAEA& GLNAEA Agenda

Elevator Notice

Baby Boomers & % Map

Wisconsin Judicare & Columbia Law School –Wills

Drums Across Oneida Newsletter Changes

Financial Exploitation

Powerful Tools for Caregivers Workshop




**Daylight Savings  
Time Begins March 9**

**Remember to set your  
clocks forward one hour.**



## MARCH 2015 MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe Sweet Potato Corn On The Cob  Cookie	3 <b>STAFF MEETING</b> Spaghetti W/Meat Sauce Italian Vegetable Cheesy Mascot Bread  Fruit	4 Swiss Steak Baked Potato Brussels Sprouts  Fruit	5 Beef stew Garlic Cheese Biscuit Raw Vegetables  Fruit	6 Baked Fish Oven Roasted Potato Asparagus  Fruit
9 Baked Ziti Mixed Vegetables Bread Sticks  Fruit	10 Chicken Soup Sandwich Lettuce Salad  Jell-O	11 Roast Turkey Sweet Potato Wax Beans Corn Bread Cranberries  Fruit	12 Beef Stroganoff Noodles Brussels Sprouts Fruit  Ice Cream	13 Salmon Loaf Cream Pea Sauce Parsley Buttered Potato  Molded Jell-O
16 Chicken Al A King Carrots Lettuce Salad  Fruit	17 Meat Loaf Cheesy Potato Green Beans  Fruit	18 Chicken Tetrazinni Squash Fruit  Jell-O	19 Boiled Dinner Salad  Fruit	20 Potato Crusted Cod California Blend Fruit  Cake
23 Barbecued Chicken Oven Browned Potato Broccoli  Fruit	24 Ring Bologna Boiled Potato Squash  Fruit	25 Roast Turkey Dressing Mixed Vegetable Lettuce Cranberries  Pudding	26 <b>BIRTHDAY DAY</b> Chili Raw Vegetables  Cake	27 Baked Fish Potato Salad Cole Slaw Green Beans  Fruit
30 Corn Soup Meat Sandwich Raw Vegetables  Jell-O	31 Oven Roasted Beef Mashed Potatoes Carrots  Fruit		All meals are served with Coffee, tea, juice, milk, 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.





# MARCH 2015 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Ice It Game</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>3</b> <b>Crafts</b> (Wire Bracelets) 9:30 – 11:00 E.S. Meal-site	<b>4</b> <b>Wii - Golf</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> Cliff Webster Build 1:30	<b>5</b> <b>Cooking</b> E.S. Meal-site 9:30  <b>Chair Yoga</b> E.S. Meal-site 1:30 – 2:30	<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>Scatergories</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Elder/ONHS student Interview Video</b> E.S. Meal-site 1:15	<b>10</b> <b>Tai Chi</b> (Light stretch & balance) E.S. Meal-site 1:30 – 2:30	<b>11</b> <b>Wii - Bowling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> Cliff Webster Build 1:30	<b>12</b> <b>Salvation Army</b> Green Bay 10:00  <b>Bowling</b> Ashw. Lanes 1:30	<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>UNO Game</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>17</b>  <b>Crafts</b> 9:30 – 11:00 (St. Patrick's craft) E.S. Meal-site	<b>18</b> <b>Wii - Golf</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> Cliff Webster Build 1:30	<b>19</b> <b>Michael's Craft or Burlington Coat Store</b> Green Bay 10:00 <b>Chair Yoga</b> E.S. Meal-site 1:30 – 2:30	<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>What's yours like</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Cribbage Game</b> E.S. Meal-site 1:15	<b>24</b> <b>Tai Chi</b> (Light stretch & balance) E.S. Meal-site 1:30 – 2:30	<b>25</b> <b>Wii - Bowling</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Bingo</b> Cliff Webster Build 1:30	<b>26</b> <b>Seroogies</b> <b>Chocolate Store</b> DePere 9:30 <b>Birthday lunch 12:00</b> <b>Bowling</b> Ashw. Lanes 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>Kings Corners</b> E.S. Meal-site 9:30 <b>Exercise</b> E.S. Meal-site 11:00 <b>Movie</b> E.S. Meal-site 1:15	<b>31</b> <b>Crafts</b> (Easter Craft) 9:30 – 11:00 E.S. Meal-site		* Please sign up for trips at the E.S. Meal-site. * All Trips leave from E.S. Meal-site * Activities subject to change.	<b>Is this the Month of your Birthday? You must sign up in the Birthday Book at the E.S. Meal-site.</b> *Must be present at B-day Lunch to receive your gift card.

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

# **NOTICE\*\*NOTICE\*\*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\***

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### **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

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**To Reserve or Cancel your meals please call (920) 869-1551**

**For more information contact: Loretta Mencheski,**

**Meal Site Supervisor**



# COME OUT AND PLAY CRIBBAGE



**CALLING ALL ELDERS!**

**COME JOIN CHAZ WHELOCK TO PLAY CRIBBAGE IN  
REMEMBRANCE OF THE LATE BILL SUMMERS.**

**WHEN: MONDAY, APRIL 13, 2015**

**WHERE: Elder Service Meal-site**


**TIME: 1:15 – 3:00**

**For more information call Michelle Cottrell at 869 - 1551**



***DOOR PRIZES!!!***

## March 2015 Meeting Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Listening and communication 9-12- Pod A	<b>3</b>	<b>4</b> GLNAEA-Carter 9am	<b>5</b> GLNAEA –Carter-9am	<b>6</b>
<b>9</b> 9am Elder Exercises Listening and Communication 9-12 Pod A	<b>10</b> ONCOA 1-4 Regular meeting Conference Room	<b>11</b>	<b>12</b>	<b>13</b>
<b>16</b> Listening and communication 9-12 Pod A	<b>17</b> Foster/Grandparent Meeting 12:30-3:00 Pod A	<b>18</b> 	<b>19</b>	<b>20</b> Nutrition Advisory Council meeting 1pm-3:30pm mealsite
<b>23</b> Listening and communication 9-12 Pod A	<b>24</b> ONCOA 1-4 Special meeting Conference Room	<b>25</b>	<b>26</b> NAFCG Support Group 1:30-3 Pod A	<b>27</b>
<b>30</b> Listening and Communication 9-12 Pod A ***** Tenant meeting 1:30-3 Conf Room	<b>31</b>			

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.



## YawÁʔkó

In the Oneida language, **YawÁʔkó** 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

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## YawÁʔkó for donating:

Thank you to Isabel Parker - Three Sisters Center for donating Britannica Encyclopedias to elder Services.

Thank you to Robert Steffes for donating video's to elder services.

## Good Words from clients:

"Very Good job completed" - - - Pete, Geno, Gerald & Gerry  
Ms. Johnson has a friendly way of getting to know you, very informative, she is great. - - - -Joyce Johnson, Denise Johnson

"Client is Very Happy with home repair work! - Jeremy Jourdan  
Good Job! - - - - - Doug & Gerald  
Very Satisfied with work and workers!- - - Gerald & Doug  
Excellent Job completing all the work - - - Geno, Gerald & Pete  
Very good, my house smells so clean- - - Beatrice

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## Foot Clinic @ Elder Services, 2907 S Overland

For appointments call Carol @ (920)869-4840

Monday, Mar. 2, 12:30 pm – 3:30 pm

Monday Mar. 9, 9:00 am– 12:00 pm

Thursday, Mar 12, 12:30 pm – 3:30 pm

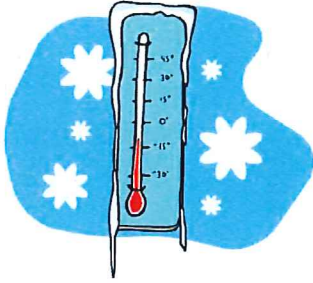
Monday, Mar. 16, 12:30 pm– 3:30 pm

Monday, Feb. 23, 9:00 am – 12:00 pm

Thursday, Mar. 26, 12:30 pm – 3:30 pm

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





# Winter Word Search

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

snowflake    blizzard    snowstorm    hot chocolate    mittens

ice skates    icicles    slippery    frigid    football

holidays    drift    frost    shovel    boots    sled    plow

scarf    snowmobile    fireplace    tow truck    apple cider



***Oneida Elder Services  
Native American Family Caregiver  
For more information contact: Service Specialist (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\*\***



## **Elder Friendly Exercises Presentation**

March 9, 2015

12:00 PM

Elder Meal Site

2901 S. Overland Rd.

Oneida, WI 54155



Come and find out some helpful exercises that you can start doing to gear up for spring. An instructor from Oneida Fitness Center will be present to show you the moves. If you have any questions please call Angela Ortiz, Elder Benefit Specialist, at (920) 869-2448.

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

In March, Virginia Riggs, a Community Health Registered Nurse from Oneida Health Center, will be here to discuss Alzheimer's and Dementia. People often have questions with a distinction of the two topics. Please come to learn, share and become enlightened to know the facts of your loved one's condition. Information shared will remain confidential and will give participants the opportunity to share their own obstacles and ideas.

It's important to take time for yourself as a Caregiver. Sharing will help support others as well!

Thursday March 26th, 2015  
Elder Services Complex-Pod A  
2907 S Overland Rd, Oneida WI 54155  
1:30 – 3:30 PM

For More information, contact Barb Webster/Native American Family Caregiver Coordinator at 920-869-2448



What's Going on in the Community? Environmental/Conservation Updates

Daniel Brooks/Oneida Conservation Department

Wednesday April 15 – Oneida Meal Site – Noon

2901 S. Overland Road, Oneida WI

Come and learn about the different projects that our own Oneida Conservation Department is involved in. Daniel Brooks, Manager Forestry and Trails, EHS Natural Resource will give updated information and be available to answer your questions and address your concerns. If you have any questions please feel free to contact Barbara Webster at Oneida Elder Services at (920) 869-2448.



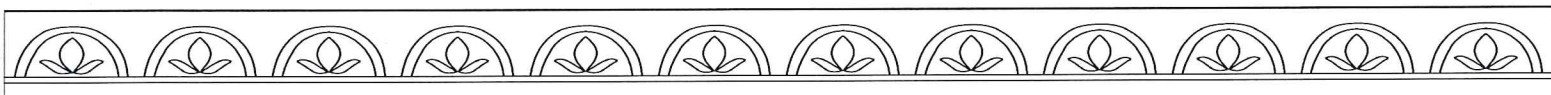


## BENEFIT SPECIALIST AT ELDER SERVICES CONGREGATE MEAL SITE



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!**

**Coming Soon!**

## **Red Cross Emergency Preparedness Presentation**

**Wednesday April 22, 2015**

**Elder Services Meal Site**

**Encouraging elders to have Emergency Preparedness**

**Plans in place in the event of an emergency or disaster**

**For more information please contact:**

**Joyce A. Hoes, Transportation Supervisor**

**(920)869-2448**



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### **Your Donations Are Appreciated**

**Oneida Elder Services is accepting donations of the following:**

**Good, working wheel chairs, walkers with seats & brakes**

**Shower benches, Shower stools & Toilet seat risers**

**Pick-up is available**

**For more information please contact:**

**Joyce A. Hoes, Transportation Supervisor**

**(920)869-2448**



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### **Oneida Elder Services**

#### **'Tai Chi'**

**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**

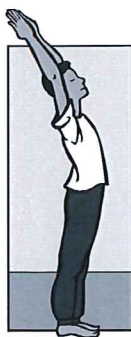
**Sponsored by Oneida Total Integrated Enterprises (OTIE)**

**Classes focus on light Stretching & Balance**

**Any questions please contact:**

**Contact: Michelle Cottrell, Activity Specialist / 869-1551**

**Joyce A. Hoes, Transportation Supervisor / 869-2448**





# 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

## What Causes Window Condensation

By Todd Fratzel on Air Conditioning, Windows

Each winter I'm asked repeatedly why new energy efficient windows have condensation on them. I thought it was worth reviewing the issues because it seems to be so common today in newer homes.

Window condensation is due in large part because of how your home is built and not really a result of faulty windows. Each year homes are being built better with improved insulation, better vapor barriers and overall improved

air infiltration. However this has resulted in very "tight" homes. "Tight" homes are great for helping us reduce how much energy it takes to heat and cool them however it makes it much harder to remove water laden air.

The number one reason you see condensation on your windows is because you have a high amount of moisture (humidity) in the air. Humidity is a measure

of how much moisture is in the air. We produce water vapor in all kinds of ways. We all create water vapor when we breathe and sweat. Plants and pets all produce water vapor in our homes. On top of that we create water vapor from showering, bathing, cooking, washing the laundry and cleaning the dishes.



Condensation is the process in which water vapor comes in contact with a cool surface (such as a window) and converts back to the liquid state of water. In order for condensation to form on a window the temperature of the glass

must be at or below the dew point of the air touching the glass. So if the dew point in your home is 60 F and the glass temperature hits 50 F then you'll see condensation on the windows. Even with great new energy efficient windows the glass temperature can be slightly lower than the dew point causing condensation on windows.



Older homes don't seem to have as big of a problem with window condensation. The reason this is true is because older homes are much draftier. Air leakage helps keep the home "breathing" and therefore allows excess moisture to leave the home and it also reduces the dew point. However, older homes typically have windows that are far less energy efficient and therefore have colder glass that is more prone to condensation problems due to colder glass temperatures.



### **How to Reduce Window Condensation:**

If you're having condensation problems in your home start by testing the relative humidity in your home. You can use a dehumidifier in conjunction with good ventilation to reduce the humidity in your home. Ideally you'll want to make sure your home is around 40% relative humidity. If your home is higher than that then you really need to evaluate your exhaust systems.

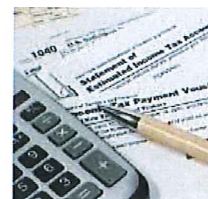
Once you properly exhaust the moisture from your home the condensation problems should stop. Understanding what causes condensation will save you time and money. So stop blaming window manufactures and solve the problem by controlling moisture.

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**Notice:** Effective October 1, 2015 to receive and/or continue receiving snow plowing or grass cutting services you must have proof of home ownership on file.

Oneida Elder Services – (920) 869-2448





## AARP Free Tax Sites Green Bay / Appleton Area

Volunteers will complete your 2014 federal and state taxes. Bring your W-2s, 1099s, and a copy of your 2013 taxes to your appointment.

De Pere Community Center  
600 Grant St.  
De Pere, WI 54115  
(920) 494-2828  
Wed 9:00AM-12:00PM  
Fri 9:00AM-12:00PM  
Appointment Required

Green Bay Community Church  
600 Cardinal Ln.  
Green Bay, WI 54313  
(920) 497-8374  
Mon 12:30PM-3:30PM  
Appointment Required

Ashwaubenon Community Center  
936 Anderson Dr.  
Green Bay, WI 54304  
(920) 494-2828  
Wed 12:30PM-3:30PM  
Appointment Required

Brown County Aging and Disability Resource Center (ADRC)  
300 S. Adams St.  
Green Bay, WI 54301  
(920) 448-4300  
Tue 12:30PM-3:30PM  
Appointment Required

Allouez Village Hall  
1900 Libal St.  
Green Bay, WI 54301  
(920) 497-8374  
Thu 10:00AM-1:00PM  
Appointment Required

Marinette Stephenson Library  
1900 Hall Ave.  
Marinette, WI 54143  
(715) 735-7570  
Thu 1:00PM-4:30PM  
Sat 9:15AM-12:00PM  
Appointment Required

Little Chute Community Center  
625 Grand Ave.  
Little Chute, WI 54140  
(920) 215-1040  
Fri 8:30AM-12:00PM  
Appointment Required

Appleton Public Library  
225 N. Oneida St.  
Appleton, WI 54911  
(920) 215-1040  
Tue 9:00AM-4:00PM  
Appointment Required

Kaukauna First Merit Bank  
205 4th Street Plaza  
Kaukauna, WI 54130  
(920) 215-1040  
Wed 12:30PM-4:00PM  
Appointment Required

Appleton Ridgeview Highlands  
640 Ridgeview Circle  
Appleton, WI 54911  
(920) 215-1040  
Mon 8:30AM-12:00PM  
Appointment Required

Thank you to Angela Ortiz, Oneida Elder Service Benefit Specialist for getting this list together. If you have any questions about this list please contact a Service Specialist at (920) 869-2448 or email [Khughes@oneidanation.org](mailto:Khughes@oneidanation.org) or [tbarberb@oneidanation.org](mailto:tbarberb@oneidanation.org).

# Blood Pressure Screening

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

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



# 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!**





## ***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**





**Great Lakes Native American Elders Association (GLNAEA)**

Sponsored by Carter Potawatomi

March 4 & 5, 2015 – Carter WI

Potawatomi Carter Casino/Hotel

618 State Hwy 32, Wabeno, WI 54566-9193

1(715) 473-2021 or 1(800) 487-9522

Oneida Elder Services will not be providing Transportation or scheduling hotels for this month's GLNAEA meeting. 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:  
Potawatomi Carter Casino/Hotel – 1(715) 473-2021 or 1(800) 487-9522

Next Meeting information:

June 4 & 5 - St. Croix      Sept. 3 & 4 - Red Cliff      Dec. 3 & 4 - Ho-Chunk



**GREAT LAKES NATIVE AMERICAN ELDER ASSOCIATION-AGENDA**

**FOREST COUNTY POTAWATOMI CASINO/HOTEL**

**CARTER- WISCONSIN**

**MARCH 4 (WED) & 5 (THUR), 2015- 9:00 A.M.**

**Breakfast 7:30 AM**

- 1. Meeting call open By: Wes Martin-GLNAEA Chair**
- 2. Presenting of Colors: FOREST CO. POTAWATOMI- Veterans**
- 3. Flag Song BY: FOREST CO. POTAWATOMI- Drum Group**
- 4. Open Pray BY: FOREST CO. POTAWATOMI-Tribal Representative**
- 5. Veterans Song and Retirement of Colors: FOREST CO. POTAWATOMI- Honor Guard**
- 6. Welcoming by FOREST CO. POTAWATOMI- Tribal Council Member**
- 7. Recognizing invite guests:**
- 8. Roll Call of Officers BY: Frances Little wolf-Vice-Chair**
- 9. Mission Statement By: Arlie Doxtator- Secretary**
- 10. Roll Call of Tribal Membership By: Frances Little Wolf- Vice-Chairman**
- 11. Roll-Call birthdays BY: GLNAEA Board Members**
- 12. Approval of Agenda BY: \_\_\_\_\_**
- 13. Statement BY: Wes Martin-GLNAEA Chair**
- 14. Secretary Report-Arlie Doxtator- Secretary**
- 15. Treasure Report BY: Arlene Shegonee- Treasure**
- 16. Task Force Report BY: Richard Baird-Chair of Committee**
- 17. Old Business-Judicare Updates.**
- 18. Any other business that needs attention.**
- 19. Raffle, Drawings, 50/50, etc. BY: Al Mcgeshick-1<sup>st</sup> Alternated**
- 20. Adjournment Motion BY: \_\_\_\_\_ Second BY \_\_\_\_\_**

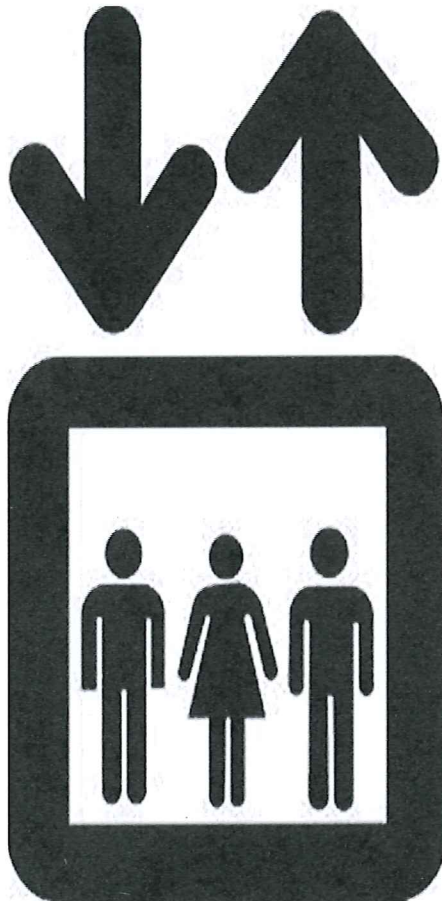
**MOTEL INFO/REGISTRATION 1-800-777-1640 or 715-473-6300 ASK FOR GLNAEA ROOMS and your Tribal Group Name : EDLER ABUSE TASK FORCE MEETING ON March 4 (wed), 2014 at 5:00 PM SUBJECT/CORRECTIONS CHANGES- : Wes 715-851-4748 : 2015 GLNAEA MTGS – March 4(Wed) & 5 (Thurs), Carter, June 4 & 5, St. Croix, Sept. 3 & 4, Red Cliff and Dec. 3 & 4 Ho-Chunk**



# **\*\* NOTICE \*\***

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The elevator at the Norbert Hill Center (NHC) will be out of service from **February 16 until mid-April** due to replacement. Please make prior arrangements with staff at NHC if needed.



Please call Jacque Boyle at Oneida DPW with any questions at (920) 869-1059.

# **BABY BOOMERS**

by Marlene Summers (ONCOA Board secretary)- (920) 869-2448

I guess as you read this, you are probably wondering why I chose this topic. It's because I have a concern for future services provided for our elders. We recently had a 12% cut across the board within the Oneida Tribal Departments. Elderly Services alone had \$109,125.00 cut from the budget.

I want you to read a little history about Baby Boomers and maybe you can understand my concern.

Baby Boomers were born between 1946 - 1964. More babies were born in 1946 than ever before. It was considered back to normalcy after 16 years of depression and war. It was then at the end of WW II birth rates spiked. Explosion of new infants became known as the Baby Boom. During the Boom it is estimated 77 million babies were born in the U.S. alone. The increase in population became a substantial rise in demand for consumer goods stimulating the post-war economy.

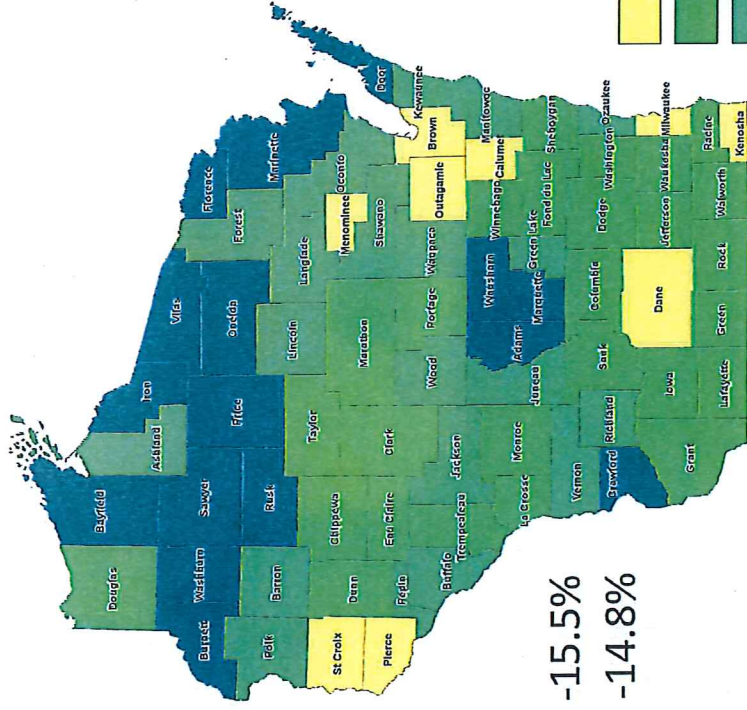
Today the oldest Baby Boomers are already in their 60's. By 2030 about 1 in 5 Americans will be older than 65. Experts believe that the aging of the population will place strain on social welfare systems.

This is my concern. Are we going to be able to have services for our upcoming Baby Boomers? If we can't provide our Elders with the services that are needed now, what will happen to those upcoming baby boomers? Are you a Baby Boomer? If you are the age of 49 – 67 you are a Baby Boomer. I fit in that range and am an Elder and I don't yet need services, but what if I do. Will there be services I can count on?

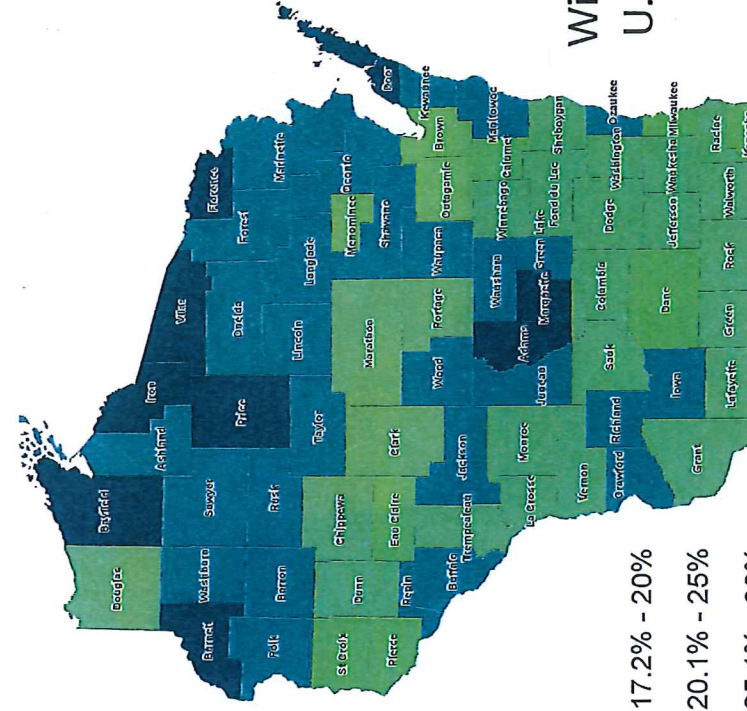


# Percent of Population Age 60+

2015



2025



Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections



# Wisconsin Judicare and Columbia Law School

Present:

## The 2015 Indian Wills Caravan

Judicare staff and Columbia Law School & U.W. Law School students will be visiting the following tribal communities to assist **ANYONE** who wants to draft a will, a power of attorney, or other basic estate planning documents. This service is **free** of charge and there is no income limit eligibility.

**March 17<sup>th</sup>, Red Cliff – 9:30 a.m. to 4:30 p.m.**

**March 18<sup>th</sup>, Odanah – 9:30 a.m. to 4:30 p.m.**

**March 19<sup>th</sup>, Hayward – 9:30 a.m. to 4:00 p.m.**

**March 20<sup>th</sup>, Black River Falls – 9:30 a.m. to 4:30 p.m.**

**March 30<sup>th</sup>, Crandon – 9:30 a.m. to 4:30 p.m.**

**March 31<sup>st</sup>, Stockbridge-Munsee – 9:30 a.m. to 4:30 p.m.**

**April 1<sup>st</sup>, Lac Du Flambeau – 9:30 a.m. to 4:00 p.m.**

Space is limited. Please contact the Indian Law Office of Wisconsin Judicare at **1-800-472-1638** to make your appointment today.

This program is made possible by funding from the Stockbridge-Munsee Band of Mohican Indians. This is a collaborative project of Wisconsin Judicare Inc, Columbia Law School, and the University of Wisconsin Law School.

## 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, and 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 - <https://www.facebook.com/OneidaElderServices> - 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, contacts are below:

- Helen Doxtator @ [hdoxtato@oneidanation.org](mailto:hdoxtato@oneidanation.org) or
- Claudia Skenandore @ [cskenan2@oneidanation.org](mailto:cskenan2@oneidanation.org) or
- Call at 920-869-2448 and ask for Helen, DRUMS Editor or Claudia, Office Manager

Thank you for your understanding and patience.



Elder Abuse  
Joyce Johnson  
Elder Abuse Prevention Coordinator  
Oneida Elderly Services

Elder Abuse is a term that makes us cringe and pull back in disbelief. Unfortunately it is a glaring reality in our existence as Tribal people in today's society.

In 2014 the Wisconsin's statistics on reports of elder abuse show that Elder-at-Risk reports received throughout the state were 5,316 cases of suspected abuse, neglect or financial exploitation. It is estimated that 2/3 of elder abuse perpetrators are family members. Of the reports received and substantiated 28 were related to death and a total of 371 incidents were life threatening.

There are more reports of financial exploitation than any other elder abuse category. As people age they may depend on their adult relatives as caregivers and those caregivers may view using an elder's finances (financial exploitation) without their direct permission or against their wishes as an exchange for their future inheritance. In today's economic downturn the loss of an elder's home may contribute to a situation where an elder's finances can be easily exploited because the elder may become more dependent on the provision of shelter by relatives.

Chapter 46.90 of Wisconsin State Statutes defines Financial Exploitation as obtaining 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.

If you suspect that an elder is being abused in any way please contact the Oneida Elder Abuse Prevention Coordinator at (920) 869-2448 X 6833; 8:00 A.M. – 4:30 P.M.; Weekdays: Monday – Friday or 1-800-867-1551; 24 hr. service. If the situation is an emergency and an immediate safety issue please call the Oneida Police Department @ (920)869-2339 or 911.



## 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 six (6 week) evidence-based workshop that meets once week and has been shown to improve: **self-care behaviors, emotional management, utilization of community resources and increase confidence in the caregiver role.**

Oneida Elder Services will be offering this workshop beginning Thursday, June 25, 2015, from 9:30 a.m. to noon and can accommodate the first 12 people. There will be a \$20.00 gift card drawing for the highest attendee.

Please contact Barbara Webster or Sandra Summers at (920)869-2448 to reserve your spot.