# 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



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

Fax: 920-869-1526

Otsi?khé·ta? W^hní·tale?)

Maple Sugar Moon

March 2014

March Menu

March Activities

Congregate Meal Site Eligibility

**Nutrition Information** 

Caregiver Flyer

Healthy Living with Diabetes

Benefit Specialist at Elder Services Congregate Meal Site

**AARP Free Tax Sites** 

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March Puzzle

Yaw^ko

Elder Physical Abuse

**Blood Pressure Screening** 

Employment Program Prepares Seniors to Return to the

workplace

Oneida Elder Services Gift Shop

Wisconsin Senior Employment Program









# **MARCH 2014 MENU**

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

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Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken	4 Ring Bologna	5 Roast Turkey	6 Chili	7 Fish
Potato Salad	<b>Boiled Potatoes</b>	Dressing	Raw Veggies W/Dip	Oven Brown Potatoes
Broccoli	Squash	Mixed Vegetables	Homemade Bread	Cole Slaw
		Lettuce Salad	Fresh Fruit	
Fresh Fruit		Cranberry Sauce		
	Fresh Fruit	Pear Crisp	Cake	Apple Sauce
10 Corn Soup	12 Roast Beef	12 <b>Ham</b>	13 Swedish Meatballs	14 Honey Dipped Chicken
Meat Sandwich	<b>Mashed Potatoes</b>	<b>Scalloped Potatoes</b>	Noodles	Roasted Potatoes
Raw Veggies W/Dip	Carrots	Green Beans	Squash	Zucchini
Fresh Fruit	Homemade Bread		<b>Cucumber Salad</b>	
			Corn Muffin	
0-lləf	Fresh Fruit	Apple Sauce	Mixed Fruit	Diced Melon
17 Liver & Onions	18 Spaghetti	19 Swiss Steak	20 Beef Stew	21 Baked Fish
<b>Mashed Potatoes</b>	Meat Sauce	<b>Baked Potatoes</b>	Biscuits	Oven Roasted Potatoes
Carrots	Zucchini	<b>Brussels Sprouts</b>	Raw Veggies W/Dip	Asparagus
	Chessy Bread			Rye Bread
Cookie	Fresh Fruit	Fruit Cocktail	Fresh Fruit	Oranges Slices
24 <b>Ziti</b>	25 Beef Vegetable Soup	26 Roast Turkey	27 BIRTHDAY DAY	28 Salmon Loaf
Mixed Vegetables	Sandwich	Sweet Potatoes	Beef Stroganoff	<b>Boiled Potatoes</b>
<b>Bread Sticks</b>	Lettuce Salad	Wax Beans	Noodles	Pea Sauce
		<b>Cranberry Sauce</b>	Mixed Vegetables	Rye Bread
		Corn Bread		
Fresh Fruit	Jell-O	Fresh Fruit	Cake	Molded Fruit Salad
31 Chicken Al A King			All meals are served	Menu is subject to change.
Biscuits			with coffee, tea, juice,	Lunch is served Monday-
Carrots			cocoa, milk, or water.	Friday from 12:00 p.m
Lettuce Salad				1:00p.m.
Strawberries				
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# MARCH 2014 ACTIVITIES

Friday		ss Banks, Shopping	0	(On your own)	10:00 – 3:00	1:30 No Transportation for lunch this day.	14	Banks, Shopping		(On your own)	10:00 – 3:00	1:00 No Transportation for lunch this day.	21 Banks, Shopping		:30 (On your own)	10:00 – 3:00	No Transportation for lunch	1:30 this day.	rift 28	Banks, Shopping	00 & Lunch Out	12:00 (On your own)	10:00 – 3:00	1:00 No Transportation for lunch this day.	ofor *Is this your Birthday			ect to present at b-day Lunch
Thursday	9	Cooking Class	Activity room §		Bowling	Ashw. Lanes 1	13	Chair Yoga	Oneida Family Fitness	10:00	Wii Bowling	C.W. Building 1:00	20	U-Bake Store	Green Bay 9:30		Bowling		27 Christian Thrift	Store	Depere 10:00	Birthday Lunch 12:00	Wii Bowling	C.W. Building 1:00	* Please sign up for	* All Trips leave	from AJRCCC.	Activities subject to
	5 Oneida Language	E.S. Meal-site 9:30	Exercise	E.S. Meal-site 10:30	Bingo	Cliff Webster Build 1:30	12 Apples to Apples	Activity room 9:30	Exercise	E.S. Meal-site 10:30		Cliff Webster Build 1:30	19 Oneida Language	E.S. Meal-site 9:30	Exercise	E.S. Meal-site 10:30	Bingo	Cliff Webster Build 1:30	26 Qwirkle Game	Activity room 9:30	Exercise	E.S. Meal-site 10:30	Bingo	Cliff Webster Build 1:30	Happy			
Tuesday	4		Crafts	10:00 11:30	Activity room	***	7		Crafts	9:30 - 11:30	Activity room	- Libert	18		Crafts	9:30 - 11:30	Activity room		25		Crafts	9:30 – 11:30	Activity room				X X	
Monday	3 Toss the Pigs	Activity room 9:30	Exercise	E.S. Meal-site 10:30	Bingo	E.S. Meal-site 1:00	10 Ice It Game	Activity room 9:30	Exercise	E.S. Meal-site 10:30	Ladder Ball	E.S. Meal-site 1:00	17 Yahtzee Game	Activity room 9:30	Exercise	E.S. Meal-site 10:30	Bingo	E.S. Meal-site 1:00	24 Kings Corners	Activity room 9:30	Exercise	E.S. Meal-site 10:30		Oneida Library 1:00	3 Fact or False Game	d'	E.S. Meal-site 10:30	Movie

# Elder Services Congregate Meal Site – Eligibility for Services

Individuals eligible to receive a meal on a contribution basis at a senior dining center are:

- Aged 60 or older.
- Any spouse who attends the dining center with their spouse who is aged 60 or older.
- A person with a disability, under age sixty (60), who resides in housing facilities occupied primarily by older individuals at which congregate nutrition services are provided.
- A disabled individual who resides at home with an eligible older individual participating in the program.

Any nutrition-services staff, guests and volunteers who meet the criteria above are considered to be eligible persons for purposes of receiving meals. These individuals shall be given the same opportunity as any other participant to contribute to the cost of the meal in accordance with usual contribution procedures.

Eligibility criteria for participants of the senior dining program shall be available in writing to all potential participants, referral agencies, physicians, public and private health organizations and institutions, and the general public.

Meals served to the above eligible participants shall be included in the NSIP meal count.

Any questions contact Loretta Mencheski – Elder Services Congregate Meal Site Supervisor – (920) 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.



**Volunteers Wanted:** The Elder Services Congregate meal site is looking for volunteers, age 55 or older; services needed are assistance in the kitchen and delivering Meals on Wheels 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.

# **Attention All Participants of the Senior Center 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 4:00 p.m. Contact Loretta Mencheski – 920-869-1551

\*No participant will be denied a meal\*

# **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

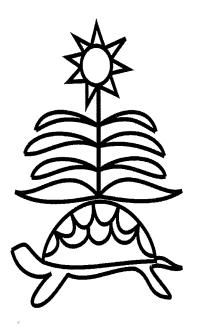


grandchild(ren), Native American, age 55+ and live within the reservation boundaries.

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.

# Healthy Living with Diabetes

6 Week Workshop / March 25 - May 6

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, March 25<sup>th</sup> thru May 6<sup>th</sup>. Workshop is limited to the first 12 people to register.

Please Contact Barb Silva, Native American Family Caregiver to register at Oneida Elder Services (920) 869-2448, ext. 6834.

# Oneida Family Fitness/Ryan Waterstreet

Tuesday, March  $4^{th}$  . 12:00 - 12:30 p.m.

Elder Meal Site - 2901 S. Overland Road, Oneida WI 54155

A Presentation will focus on keeping active, healthy, and fit.

You may contact Barbara Silva at (920) 869-2448 with any questions you may have, Oneida Elder Services Department.



# 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!

### **AARP Free Tax Sites**

Volunteers will complete your 2013 federal and state taxes. Bring your W-2s, 1099s, and a copy of your 2012 taxes to your appointment.

## **Green Bay Area AARP Free Tax Sites**

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

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

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

# Appleton Area AARP Free Tax Sites

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

Kaukauna First Merit Bank 205 4<sup>th</sup> Street Plaza Kaukauna, WI 54130 **(920)215-1040** Wed 12:30 PM-4:00 PM - Appt. Required Green Bay Community Church 600 Cardinal Ln. Green Bay, WI 54313 (920) 497-8374 Mon 12:30PM-3:30 Pm - Appt. Required

Brown County Aging and Disability Resource Center (ADRC) – 300 S. Adams St. Green Bay, WI 54301 **(920) 215-1040** Fri 8:30AM-12:30PM Appt. Required

Marinette Stephenson Library 1900 Hall Ave., Marinette, WI 54143 (715) 735-7570 Thu 1:00 PM-4:30 PM - Appt. Required

Appleton Public Library 225 N. Oneida St., Appleton, WI 54911 (920) 215-1010 Mon 9:00 AM-4:00 PM – Appt. Required

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

These are the Brown & Outagamie County AARP Tax preparation sites for 2014. Any questions call Angela Ortiz – Benefit Specialist (920) 869-2448.

Handicapped Parking at Elder Services and Elder Services Congregate Meal site:







• **Usage:** As the handicap signs indicate, only those with a disability permit are allowed to use the handicap parking spaces. These permits must be obtained from the Department of Motor Vehicles (DMV) and proof must be given of a person's disability. The permit must be hung on the rear view mirror while the vehicle is occupying a handicap parking space.

Some people unfortunately don't think that the blue handicap signs in front of the handicap parking space mean anything and will park in the space even though they are not authorized to do so. Doing this can result in a very hefty fine. In fact, the ADA regulations stipulate that any unauthorized person who uses a handicap parking space that is clearly marked with a handicap sign will be levied with a fine of up to \$250. That fine varies from state to state, but \$250 seems to be the standard. In addition, some states will also tow the unauthorized vehicle which then results in further fines and penalties.

Please display your handicapped Parking permit on your mirror/disabled vets parking/ or a license plate for handicapped parking. You may be asked to move your vehicle or receive a citation or be towed for unauthorized parking. Contact: Florence – Director Elder Services (920) 869-2448

# "HELPFUL HINTS FOR ELDER DRIVERS"

Aging takes a toll on drivers. <u>Reaction</u> times slow, <u>Vision</u> is affected, <u>Judgment</u> can be impaired. Here are some helpful hints you may be interested in.

### Statistics have shown:

- Seniors making <u>left turns</u> are 28 percent more likely to be involved in a vehicle crash.
- Onset of Dementia and Alzheimer's can affect ones driving skills.
- Side effects of medications, especially new ones.
- Natural slowing of reaction time such as frailty, arthritis etc.
- Drifting into oncoming traffic.

Being aware of these statistics will help drivers make good decisions while driving. If you have any questions please feel free to contact me anytime.

Joyce Hoes – Transportation/Activity Supervisor (920) 869-2448

# **Oneida Elder Services Transportation Activities**

Provides **free** transportation to all Elder Services Activities
See the **Activity Calendar** in **Drums Across Oneida**Plan your day, including lunch (Mon – Thurs) at the Elder Services
Congregate Meal Site
Door to Door Service!!
For more information please contact:
Michelle Cottrell, Activity Specialist or
Joyce Hoes, Transportation Supervisor
(920) 869-2448
RIDE the BUS!!



# **Elder Services Senior Transportation**



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.

For more information please contact: Joyce Hoes, Transportation Supervisor (920) 869-2448

# Springtime

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April Breeze Grass Showers Windy

Baseball Butterfly Nest Spring

- Birth Daffodil Rabbit Umbrella

Bloom Flowers Rain Warming

Blossom Green Rainbow Weather

# Yawkko

In the Oneida language, **Yaw^ko** 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):

Shirley Powless

### Nice Comments....

"Thank you," to Joyce Hoes and Husband for the movies they donated to elder services.

I just wanted to send a word of thanks for helping to pave the way for getting assistance out to the family at their time of need. These little acts of kindness go a long way. Thanks again.

Thank you," to Dale Webster for his help with corrections in the Drums.

# **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

# Elder Physical Abuse

# Joyce A. Johnson Elder Abuse Prevention Coordinator



As defined by Wis. Stat. 46.90 (1) (a) Physical Abuse means: The intentional or reckless infliction of physical pain or injury, illness, or any impairment of physical condition.

Physical abuse may take the form of partner abuse but may also be perpetrated by friends, caregivers and other family members. Often emotional and/or financial dependence plays a role in this cycle of violence. Any witness or concerned individual should contact the reporting agency because the victim commonly requires support as they may be stuck in a situation where they do not have knowledge of the resources nor the power to end the violence. The victim initially may be hesitant to report abuse and not want police involvement.

If you witness any form of violence immediately make a 911 emergency call to police. The police may notify the Elder Abuse reporting agency or the reporting agency may notify police when they receive and investigate reports of physical abuse toward elders.

Physical abuse can happen anywhere. It may occur in the elder's home, in facilities such as nursing, assisted living, residential care, adult foster homes, retirement homes or room and board homes.

If you notice a change in an elder's behavior or personality such as being silent or withdrawn you may ask them what is going on.

Some signs of physical abuse could include:

- Cuts, lacerations, punctures or wounds
- Bruises, welts, discolorations or grip marks
- Any injury incompatible with the person's history of unexplained injury
- Any injury that has not been properly care for (sometimes hidden in an area that clothing covers)

(Continue next page)

# Elder Physical Abuse continued.

Some signs of physical abuse could include:

- Poor skin condition or hygiene
- Unexplained weight loss
- Dehydration or malnourishment and non-illness related
- Burns, possibly caused by cigarettes, caustics, acids or friction from ropes or chains
- Soiled clothing or bed linens

If you notice any signs of physical abuse please notify your Oneida Elder Abuse Prevention Coordinator (Joyce Johnson), at Oneida Elder Services (920)869-2448 x 6833. Hours available are 8:00AM-4:30 PM, Monday through Friday. For elder abuse emergencies after hours call (911).

# Abuse Hurts at any age - Report it!



# Blood Pressure Screening

Elder Service Congregate Meal Site 2901 S. Overland Drive Oneida, WI 54155

**April 23,2014** 

**July 23, 2014** 

**October 22, 2014** 



- No cost
- Walk in service

Sponsored by : Oneida Community Health Nursing Department 920-869-4840 January 30, 2014

Deborah Buckley,
Director of Senior Community Service Employment Program (SCSEP)
920.593.3556
dbuckley@newcurative.org
www.newcurative.org

# **Employment Program Prepares Seniors to Return to the Workplace**

It may not be gray hair or wrinkles that prevent an employer from hiring an older worker. Perhaps it's the preconceived idea of what a senior is not capable of doing. Employers should recognize that today's older workers are different from those in the past. Seniors today operate computers, smart phones and go to the gym. Just try to find one that knits like seniors often did 20 years ago. According to the U. S. Department of Labor website, our country's population of those 55+ is expected to hit 97.8 million by 2020. They will make up 28.7 % of our nation's population. Imagine almost one third of the U.S. will be 55 years of age or older.

N.E.W. Curative Rehabilitation's Senior Service Program offers a hands-on approach to learning skills, Funded by the U.S. Department of Labor, nationwide the program is known as the Senior Community Service Employment Program (SCSEP). N.E.W. Curative Rehabilitation, Inc. has been the local sponsor for this program in northeastern Wisconsin since 1977.

SCSEP provides seniors with both community services and work-based training. The seniors provide valuable work for government or non-profit agencies while earning income. Participants work an average of 20 hours a week and are paid minimum wage. Worksites vary by community and could include day care centers, senior centers, pantries, thrift stores, social service agencies and government offices. Such community service training is a bridge to unsubsidized employment opportunities.

Workers who need to update their skills are perfect for this program. For example, a factory worker whose employer moves out of state may need to retrain as a personal caregiver to find new employment opportunities. A former truck driver who developed back problems may now need an office job. Retraining becomes critical.

(Continue next page)

# **Employment Program Prepares Seniors to Return to the Workplace.**

(Continued)

After age 55 there is less of an interest in long term education and training; sometimes just taking a few courses isn't enough to entice an employer into giving these seniors a chance. Our program can give seniors that hands-on experience and current references that will spark the interest of area employers.

**Eligibility:** participants must be at least 55, unemployed, and have a family income of no more than 125% of the federal poverty level. It is important to note that some income is not included in eligibility determination, such as SSDI, SSI, and unemployment compensation.

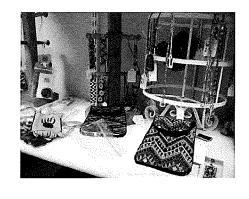
**Grantees:** In Wisconsin we have National Indian Council on Aging (NICOA), Senior Service America, Inc. and Experience Works! There is also the Wisconsin Senior Employment Program (WISE), which is state funded and also serves seniors through SCSEP.

Counties served by N.E.W. Curative's SCSEP include: Brown, Calumet, Door, Kewaunee, Lincoln, Manitowoc, Marathon, Menominee, Outagamie, Ozaukee, Shawano, Sheboygan, Waupaca, and Winnebago.

For more information about the Senior Service Program, please contact N.E.W. Curative at 920-593-3557.







# Oneida Elder Gift Shop

Located inside the Elder Services Complex 2907 South 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

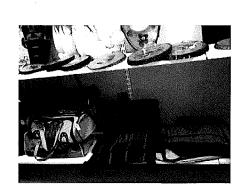


# Fresh popcorn, soda, and water

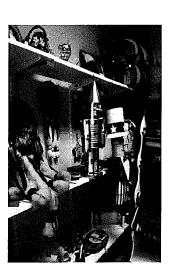
No consignment fees for Oneida elders, age 55 and older to display and sell your arts and crafts.

For more information you may contact:

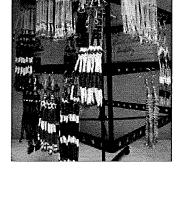
# Barb Skenandore at 920-869-2448











# 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: <u>ehawpetoss@nicoa.org</u> 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

