DRUMS

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



ACROSS

Senior Center-Meal Site 134 Riverdale Dr. Oneida, WI 54155 Phone: 920-869-1551

Fax: 920-869-1526

Tsi? Nihuto·láts WAhní·tale?

Hunting moon

November 2013



Happy Thanksgiving

Congregate Meal Site. Menu

Activities

New Meal site check in procedures / Attention All Meal Site Participants

Nutrition Information

Yawáko

Thanksgiving Puzzle

Transportation

How will Per Capita affect your Benefits?

Gift Shop

Family Caregiver Info.

Aroma Therapy / Wisconsin Judicare

Benefit Specialist / Volunteering

Fall Home Maintenance Checklist

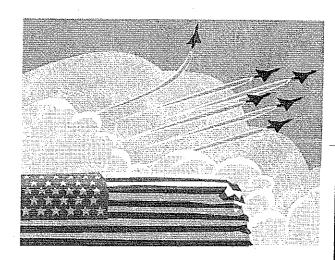
GLNAEA

Medication Reviews

Affordable Care Act

Service Request Information

In order to maintain Service Efficiency



Veterans Day

	1							
2013 PHONE: 1(920)869-1551	Friday	1 BREAKFAST Boiled Eggs Ham Muffins Juice Fresh Fruit	8 Salmon Loaf w/Pea Sauce Parsley Buttered Potato Fruit		15 Baked Fish California Blend Vegetables Fruit	22 Baked Fish Roasted Potatoes Roasted Vegetables Fruit	CLOSED IN OBSERVANCE OF INDIAN DAY	
SER ONEIDA, WI 54155 PHO			7 Beef Stroganoff Brussels Sprouts Fruit		14 Boiled Dinner Fresh Bread Fruit	21 BIRTHDAY DAY Chili Cucumber Salad Cake	CLOSED IN OBSERVANCE OF THANKSGIVING DAY	HOURS: 8:00 a.m 4:30 p.m. Lunch is Served Monday - Friday 12:00 p.m 1: 00 p.m.
	1		6 Turkey w/Gravy Sweet Potatoes Wax Beans Fruit		13 Chicken Tetrazinni Squash Fruit	20 Turkey & Gravy Homemade Dressing Mixed Vegetables Fruit	27 Taco Salad Tortilla Chips Fruit	BIRTH STONE: TOPAZ FLOWER: CHRYSANTHEMUM
MENU NOVEM CONGREGATE MEAL SITE: 2901 S Overland Rd,	Tuesday		5 Spanish Rice Peas Fruit MANDATORY ALL	STAFF WEELING	12 Meat Loaf Cheesy Potato Green Bean Casserole Fruit	19 Ring Bologna Parsley Buttered Potatoes Squash Fruit	26 Roast Beef Mashed Potatoes Gravy Carrots Fruit	Menu is subject to change.
MENU CONGREGATE	Monday		4 Baked Ziti Mixed Vegetables Fruit		CLOSED IN OBSERVANCE OF VETERAN'S DAY	18 Baked Chicken Potato Salad Broccoli Fruit		All meals are served with coffee, milk, juice, tea or water.

SHENIEDA STOR

ay Friday	Banks, Shopping	& Lunch Out	(On your own)	10:00 – 3:00	No Transportation for lunch	this day.	∞	oga Banks, Shopping				1:00 No Tra	15			-		No Tra	this day.	22	Store Banks, Shopping		ch 12:00 (On your own)	•	No Tra	29		N THO N	08		
Inursday	The state of the s			に入りう			7	Chair Yoga	Oneida Fitness Center	10:00	Wii Bowling	AJRCCC	14	Thanksgiving Bingo	3 Sisters Center	Green Bay 10:00	Movie	AJRCCC 1:00		21	Good Will Store	Green Bay 9:30	Birthday Lunch 12:00	Wii Bowling	AJRCCC 1:00	28	NO ACTIVITIES	OFF IN	OBSERVANCE OF	THANKSGIVING	
							6 Oneida Language	AJRCCC 9:30	Exercise	AJRCCC 11:00	Bingo	Cliff Webster Build 1:30	13 Pass the Popcorn	AJRCCC 9:30	Exercise	AJRCCC 11:00	Bingo	Cliff Webster Build 1:30		20 Oneida Language	AJRCCC 9:30	Exercise	AJRCCC 11:00	Bingo	Cliff Webster Build 1:30	27	Banks, Shop	& Lunch	00:6	Bingo	
luesday	*Is this your Birthday Month?	You must sign up in the	A IPCC Must be	present at B-day I inch	to receive your gift card		ъ.		Crafts	10:00 11:30	AJRCCC		12		Crafts	9;30 – 11:30	AJRCCC			19		Crafts	9:30 - 11:30	AJRCCC		26		Crafts	9:30 - 11:30	AJRCCC	_
 Wonday	* Please sign up for trips at the AJRCCC.	All Irips leave	* Activities subject	to change			4 UNO Game	AJRCCC 9:30	Exercise	AJRCCC 11:00	Bingo	Site II 1:00	- Committee of the comm	NO ACTIVITIES	OFFIN	OBSERVANCE OF	VETERANS DAY			18 Yahtzee Game	AJRCCC 9:30	Exercise	AJRCCC 11:00	ರಾ	Site II 1:00	25 Scruples Game	AJRCCC 9:30	Exercise	AJRCCC 11:00	Bingo	

**If you have any questions Please call Michelle at 869 - 2448 **

Elder Services

New Congregate Meal Site Doors Open November 4, 2013

Check-in Procedure:

- Participants will come in the front door.
- Stop at the front reception desk and pick up your ID card and enter the dining room area.
- If you do not have an ID card you will be directed to the office where you will have your picture taken and an ID card made. Proceed to the dining room area.
- You may sit at any table (**NO RESERVING SEATS**) until it is time for lunch to be served.
- Lunch is served from 12:00 p.m. 1:00 p.m.
- Each participant will take their tray and proceed through the food line, when you get to the cash register; the cashier will take your card; swipe the card and then keep it.
- The cards will then be given back to the front reception desk person to be put back in alphabetical order, and ready for the next day.
- If assistance is needed, it will be provided by the available dining room staff.
- Donation box will be available for your use at the reception desk.

** Please remember to call (920) 869-1551 by 4:00 p.m. to reserve or cancel your meals **

Any questions please feel free to call Loretta Mencheski, Meal Site Supervisor



ATTENTION ALL MEAL SITE PARTICIPANTS

Effective January 2, 2012, the Meal Site will maintain a reservation system due to the high cost of meals.

We are asking all participants who plan on eating at the Meal Site to **PLEASE CALL** by 4:00 p.m. to reserve or cancel your reservation for the following day, week, or month.

Please call (920) 869-1551 to reserve or cancel your meals.

Thank You!

Nutrition Information

Contact: Loretta Mencheski (920) 869-1551



Effective Immediately: to receive a bingo pass you must sign-up before the 10th of each month. Questions contact: Loretta Mencheski, Meal Site Supervisor

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 Loretta (920) 869-1551, or you can stop by the 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 meal site will maintain a reservation system for participants who eat at the meal site. Participants who eat at the 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:

Where: AJRCCC Meal Site

When: 3rd Friday of the Month at 1:00 p.m.

Attention All Participants of the Meal Site:

Effective June 17, 2013 the meal cost for ages 55 & under will increase to \$8.00. During the transitioning phase from the old meal site into Anna John Residential Care Community Center (AJRCCC) meal site, the daily menus are subject to change without notice.

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

Yawλko

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):

George Greendeer

Nice Comments....

Doreen Perrote stated she appreciated the crew who came out in the pouring rain to complete service request. Everyone was friendly and professional.

Victor Doxtator would like to thank everyone at Elder Services for their assistance.

Sharon Sarnowski (09/27/13) wanted Elder Services to know that she is very thankful and appreciative for everything they do for the elders. She specifically recognized Lloyd Davis for his wonderful job of cutting her grass.

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

Thanksgiving

B P A H Q Z H W C G R E E N B E A N S M K J G O LZXTGPXJIRRENHSAUQSLXOOH LJCUGNGVTVAGCHERRYPIEV ASTPXYBLNVWNCGIFTSZ Ρ NX MIHKPONHRXANBBSF DRZAS IGSKNAHTLEYAXYTW INGNQDDAJTRBLIN PXGAT UBGLTCRJFJRVELE S ΙΧQ SVEVKFDEZNE IESE Ζ INA TTABFYEXKSACPEOMT OIGBGVPRASCNJMSIRUSUO F RRCHEL I D S ITMEXEIIGRZGUB YBRQBLJNKFOQ ΙE ${
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m T}$ U D FINBDVLEGODPS R Ρ F OTHGWCMJXKAYTTTXP V O R H A D Z L A C O R N U C O P I A K E J X Z O V C A G K Z N Q P C O O K I N G K Q M N F EAHBYSMURENNIDNMEBRDLNO OESOF MKQKHRGMASHEDPOTAT Ι Η Τ \mathbf{E} N O S F PVVQC GUPDWA NQDUSHOPPINGAYM Р G W K P M U P V S L L O R S D H P I Ν I SEVRAHONUTXMVBWLL Y Τ ANROCOYVARGEFALLKOWRVKTY

Fall

Family
Gifts
Gravy
Green beans
Harvest
Holiday
Leaves
Leftovers
Mall
Mashed potatoes
Naps
Native Americans

November
Pilgrims
Pumpkins
Rolls
Sales
Shopping
Snow
Squash
Stuffing
Thanksgiving
Travel
Turkey

Oneida Elder Services

Provides free transportation to all Elder Services Activities

See the Activity Calendar in Drums Across Oneida and

Play Bingo every other Monday during the Fall/Winter/Spring months.

Plan your day, including lunch (Mon - Thurs) at the Meal Site

Door to Door Service!!

For more information please contact:

Michelle Cottrell, Activity Specialist or Joyce Ann Hoes, Transportation Supervisor (920) **869-2448** RIDE the BUS!!



Elder Services Senior Transportation



We have Oneida Public Transit & Green Bay Metro 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!

For more information please contact:

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

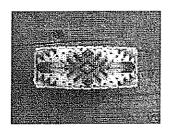
How will the Per Capita affect your Benefits?

The Oneida Nation Per Capita has been distributed and will affect your SSI and Medicaid health care benefits (including QMB, SLMB and SLMB+). SSI and Medicaid eligibility are based on an individual or family's monthly income and assets. The Oneida per cap is considered income during the month you receive it and an asset anytime following and thus may affect your benefits.

- The Per Capita is considered income the month that it is received and will likely put most people over income for SSI and Medicaid. This means that you will not be eligible for SSI and Medicaid. The only way to become eligible again is to spend the money down until you are within the eligibility guidelines.
- After one month, any remaining Per Capita that you have not spent is now considered an asset, not income. Once you have spent down your Per Capita and are within the SSI and Medicaid assets limits, you will be eligible for SSI and Medicaid again. The maximum asset limit is \$2,000 for an individual and \$3,000 for a couple.
- You can always spend you Per Capita on home repairs, furniture, pay rent ahead of schedule, etc. to help meet the necessary asset limit.

If you have questions or need assistance determining if the Per Capita will affect you, or reapplying for SSI or Medicaid, contact:

Angela Ortiz, Elderly Benefit Specialist, at (920) 869-2448 or (800) 867-1551



Oneida Elder Services

Gift Shop

Located inside the Elder Services Complex at 2907 South Overland Rd. Oneida, WI

Open Monday – Friday

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

Check out our shop!

Meet our friendly elder employees.

Buy gifts and crafts all handmade by Oneida elders.

Beadwork, jewelry, birdhouses, ribbon-shirts,

Coasters, t-shirts, hoodies, and baskets

Fresh popcorn, soda, and water

No consignment fees for Oneida elders, age 55 and

Older to display and sell your arts and crafts.

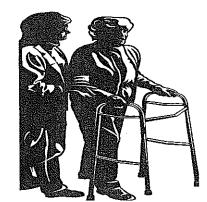
For more information you may contact:

Barb Skenandore at 920-869-2448

Oneida Elder Services Native American Family Caregiver Information

Oneida Elder Services would like to introduce the "Native American Family

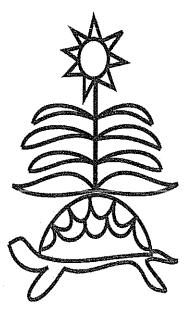
Caregiver Voucher/Stipend Program". It is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 4 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, 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 4th Wednesday of the Month 1:30 PM – 3:30 PM

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

Presentation:

AROMA THERAPY

Elder Meal Site 2901 S Overland Rd, Oneida WI 54155 Tuesday, November 5, 2013 @ 12:00 p.m.

Wilma Skenandore will be on hand to present and demonstrate the Therapeutic advantages of Aroma Therapy

Please contact: Barb Silva, Native American Family Caregiver (NAFCG) at (920) 869-2448 or (800) 867-1551 if you have any questions.



Wisconsin Judicare, Inc.

Elder Congregate Meal Site 2901 S Overland Rd, Oneida WI 54155 12:00 p.m. Wednesday, November 20, 2013

Matthew Austin will be there to discuss Power of Attorney for Health, Finances, and Wisconsin (5) Wishes document.

Any questions call: **Angela Ortiz, Elder Benefit Specialist** at (920) **869-2448** or (800) **867-1551**



BENEFIT SPECIALIST AT ELDER 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 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!

Fall Home-Maintenance Checklist

By Anne Erickson of MSN Real Estate

With fall in full swing, now's the time to get your home and yard ready for winter.

October is the first full month of fall; by the end of this month, most of your winterization should be completed. Falling leaves and dwindling daylight signal a final opportunity to do some outdoor organizing before winter settles in.

Fire fluency

If you didn't clean your chimney at the end of the heating season, do it now — especially if you burn soft woods, which release more creosote. Preventive maintenance is important.

Detect deadly gas

If you heat your home with wood heat or a gas heater, a carbon-monoxide detector is a must. These devices look and sound like smoke detectors, but they detect carbon-monoxide gas instead. Units that plug into an outlet are also available.

Check batteries in smoke detectors

Daylight saving time ends Nov. 2. Get into the habit of checking smoke-detector batteries when you "fall back" and "spring ahead."

Close seasonal air conditioners

If you live in a place where air conditioners are used, this is a good month to close them down. Switch off power, make sure the condensate drain is clear, and clean condenser coils and filters (a vacuum will do). Either remove window units or cover them, to protect your home from drafts and the units from inclement weather.

Store outdoor furniture

Wash and store outdoor furniture; even furniture designed to stay out year-round will last longer if protected from extreme cold and wet. Empty and store large planters — clay or terra-cotta units will crack if left out to freeze and thaw. Clean and store your gardening tools, but don't put them completely out of reach — shovels are useful year-round.

Winterize external plumbing systems

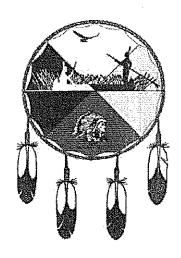
This is the most important job of fall. The simple fact that water expands upon freezing has caused countless homeowners innumerable woes. Ignore this job and flooding, water damage and thousands of dollars' worth of plumbing bills will be your constant winter companions.

Drain exterior water pipes and any pipes that run through unheated areas (such as a garage, crawl space or unheated porch). If draining these pipes isn't possible, wrap them with foam insulation or heat tape.

Drain and store garden hoses. Leave one hose and nozzle somewhere that's easily accessible; you'll need it for gutter cleaning and car washing.







Great Lakes Native American Elders Association

Sponsored by Sokaogon Chippewa Tribe

December 5 & 6, 2013

Mole Lake Casino/Hotel 3084 State Hwy 55 Crandon, WI 54520 1(800)236-9466

Agenda: Thursday, December 5, 2013

5:30 p.m. Elder Abuse Task Force Meeting

Friday, December 6, 2013

7:30 a.m. Breakfast

9:00 a.m. GLNAEA meeting starts

Oneida Elder Services will/not providing transportation to this month's GLNAEA meeting. We hope you are still able to attend and have a great event experience.

Next Meetings: May be subject to change.

March 6 & 7, 2014 – Lac Du Flambeau

June 5 & 6, 2014 – Carter (Potawatomi)

Medication Reviews with OCHC Pharmacist Jim Poels

Have you ever had questions about your medication(s) but were afraid to ask? Well here's your chance to bring your medications and speak one on one with a pharmacist.

Jim Poels, Director of the Oneida Community Health Center Pharmacy, will be available to review medications with Oneida Elders 55 and over.

WHEN: Wednesday, November 6, 2013 OR Wednesday, November 13, 2013

TIME: 10-11:00 AM

WHERE: Elder Services, Pod A

IN ORDER TO PARTICIPATE, YOU MUST REGISTER!! TO REGISTER OR IF YOU HAVE QUESTIONS, CALL JENNIFER JORDAN, INJURY PREVENTION COORDINATOR AT 869-4520

All registered participants will receive a Medication Lock Box

All registered participants who participate in the Elder Incentive Program will received <u>25</u> bonus points.

10 Important Things to Know about the Affordable Care Act

On October 1, 2013, state- and federal- run Marketplaces opened across the United States. As individuals begin to explore what the Marketplace may offer them, there are several things everyone should know about the Marketplace and the Affordable Care Act (ACA). Below are ten key facts.

- 1. Effective January 1, 2014, all individuals are required to have health insurance unless they qualify for an exemption.
- 2. Most individuals who currently have health insurance will not be required to obtain other health insurance. Examples of sufficient health insurance include the following:
 - a. Medicare,
 - b. BadgerCare (if eligible in 2014),
 - c. Other forms of Medicaid,
 - d. Tricare and those who participate in the Veteran's Health Program,
 - e. Employer provided health insurance, and
 - f. State-approved and privately purchased health insurance.
- 3. Individuals may receive an exemption for several reasons which include, if they are a member of a federally recognized Indian tribe, qualify for religious conscience exemption, or have no affordable insurance is available.
- 4. Those who do not have sufficient health care may purchase health insurance through the Marketplace. In Wisconsin, the Marketplace is the federally-run forum selling qualified health insurance plans to the public.
- 5. All qualified health plans must include the following health care services:
 - a. •Ambulatory patient services (outpatient care you get without being admitted to a hospital);
 - b. •Emergency services;
 - c. •Hospitalization (such as surgery);
 - d. •Maternity and newborn care (care before and after your baby is born);
 - e. •Mental health and substance use disorder services, including behavioral health treatment (this includes counseling and psychotherapy);

- f. •Prescription drugs;
- g. •Rehabilitative and habilitative services and devices (services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills);
- h. •Laboratory services;
- i. •Preventive and wellness services and chronic disease management; and
- i. •Pediatric services.
- 6. Individuals may enter the Marketplace in a variety of ways. They may enter by phone, through the web, by mail, or with the help of designated persons allowed to assist with enrollment. While individuals will be required to pay for their health premiums and other health care costs, there is no fee to enroll in the Marketplace.
- 7. Those wishing to purchase Marketplace insurance must do so from October 1, 2013, to March 31, 2014. To have health insurance on January 1, 2014, health insurance must be purchased by December 15, 2013. Once this first enrollment period ends, Marketplace insurance will not be available until October 1, 2014, unless an individual experiences a qualifying life event like a divorce, death, a birth, or a marriage.
- 8. Several types of financial assistance (or subsidies) are available for those whose incomes fall within certain economic guideline, which may lower one's premiums, reduce out-of-pocket costs, or limit yearly out-of-pocket costs.
- 9. Those who have Medicare will not qualify for the subsidies. Also, it is prohibited to sell someone with Medicare Marketplace insurance.
- 10. More information may be found at www.healthcare.gov, http://www.dhs.wisconsin.gov/health-care/training/index.htm; and http://oci.wi.gov/healthcare_reform.htm.

Oneida Elder Services 2907 S Overland Rd Oneida, WI 54155 Open Monday through Friday 8:00 a.m. to 4:30 p.m.

Service Request Information

For ALL service requests during normal business hours, please contact the service specialist at (920) 869-2448. We also have a 24 hour answering service available, for any emergency service requests that may occur during non-business hours or holidays, you may call (920) 869-2448 to reach this service. If you are not sure what it is that you need or if you just want more information about our services, do not hesitate to contact us by phone, by e-mail, or by stopping in.

All services provided by Elder Services must be deemed a health and safety concern, this will be determined by management. Our priority for service is for elders age 70 and older, as well as those ages 55-69, who are disabled. Documentation of disability will be requested. Assessments are completed to determine eligibility and are requested to be updated annually to maintain service efficiency.

Services provided to elders ages 55-69, without disability, must be considered an immediate emergency and deemed a health and safety concern. Eligibility will be determined and approved by the supervisor. Every effort will be made to meet the needs of those in this age category.

Please note that all referrals for repairs must be approved and made by the supervisor (prior to any repairs being completed), before payment will be made.

Kristine Hughes

Service Specialist (920) 869-2448 (800) 867-1551

khughes@oneidanation.org website: oneidanation.org

In order to maintain service efficiency, we are requesting that all elders living within the reservation boundaries please inform Elder Services of any changes to their contact information. This request only applies to those who have recently moved or changed phone numbers/email addresses. You may call or email the service specialist to update your information.

Kristine Hughes, Service Specialist (920) 869-2448 (800) 867-1551 khughes@oneidanation.org