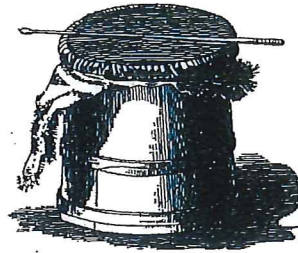


DRUMS ACROSS ONEIDA

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: Tammy Ceyphes
Email:
tammyceyphes@oneidana.org

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

Yutekhwayáhe? Wáhní'tale?

Food Storing moon

October 2015



Drums Across Oneida Distribution discontinuing

As of October 1st 2015 the DRUMS Across Oneida will no longer be distributed to residents. The cost of the Drums across Oneida continues to increase and along with the ever increasing elder population, we need to make this decision.

For your convenience the Drums can be found:

- On the Oneida Elder Services webpage located at Oneida-nsn.gov/elderservices
- In the Kalihwisaks once per month (closest issue on or before the 1st of each month)
- On the Oneida Elder Services Facebook page "Oneida Tribe Elder Services"





If you have questions or comments related to the Drums across Oneida please contact Claudia Skenandore at cskenan2@oneidanation.org or by phone at 920-869-2448 or 1-800-867-1551. Thank you for your understanding. Your comments, as always, are greatly appreciated.

OCTOBER 2015 MENU

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







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals are served with coffee, juice, milk, tea, 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 on posted days.		1 Beef Stew Raw Vegetables Garlic Cheese Bread Fresh Fruit	2 Baked Fish Oven Roasted Potato California Blend Veggies Fresh Fruit
5 Baked Ziti Mixed Vegetable Bread Stick Fresh Fruit	6 STAFF MEETING Chicken Soup Sandwich Lettuce Salad Jell-O	7 Roast Turkey Sweet Potato Wax Beans Cranberry Sauce Johnny Cake Muffins Fresh Fruit	8 Beef Stroganoff Noodles Brussels Sprouts Fruit Ice Cream	9 Salmon Loaf Cream Pea Sauce Parsley Buttered Potato Rye Bread Molded Jell-O
12 Chicken A La King Carrots Lettuce Salad Homemade Biscuits Fresh Fruit	13 Baked Meat Loaf Cheesy Potato Green Beans Fresh Fruit	14 Sloppy Joe Corn On The Cob Fruit Jell-O	15 Boiled Dinner Salad Apple Crisp	16 Potato Crusted Cod California Blend Fruit Cake
19 Barbecued Chicken Broccoli Cole Slaw Fruit	20 Ring Bologna Parsley Buttered Potato Squash Fruit	21 Roast Turkey Dressing Mixed Vegetables Raw Vegetables Cranberry Sauce Pudding	22 Chili Lettuce Salad Fruit	23 Pork Chop Mashed Potatoes Green Beans Fruit
26 Corn Soup 3 Inch Ham Sub Raw Vegetables Fruit	27 Roast Beef Mashed Potatoes Carrots Fruit	28 Ham Scalloped Potatoes Green Beans Fruit	29 BIRTHDAY DAY Swedish Meatballs Noodles Squash Cucumbers Corn Muffins Cake	30 Honey Dipped Chicken Wild Rice Pilaf California Blend Fruit

OCTOBER 2015 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Please sign up for trips at the E.S. Meal-site.</p> <p>* All Trips leave from E.S. Meal-site.</p> <p>*Activities need 5 Elders to go.</p> <p>*Activities subject to change.</p>	<p>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</p> 		<p>1</p> <p>St Vincent de Paul Green Bay 9:30</p> <p>Farmer's Market Oneida 1:15</p>	<p>2</p> <p>Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>5 Talking Circle E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Wii Bowling E.S. Meal-site 1:15</p>	<p>6</p>  <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>7 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>8 Fleet Farm Store Green Bay 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>9 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>12 Story Writing E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>13 Karaoke E.S. Meal-site 12:30 – 1:30</p> <p>Tai Chi (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30</p>	<p>14 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>15 Outlet Mall Oshkosh 10:00 Lunch Out (on your own)</p> <p>No Transportation for lunch this day.</p>	<p>16 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>19 Talking Circle E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Movie (Signs) E.S. Meal-site 1:15</p>	<p>21</p>  <p>Crafts 9:30 – 11:00 E.S. Meal-site</p>	<p>22 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>23 Farmers Market Black Creek 9:30</p> <p>Chair Yoga E.S. Meal-site 1:30</p>	<p>24 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>26 Story Writing E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo E.S. Meal-site 1:00</p>	<p>27 Tai Chi (Light stretch & balance) Good for Arthritis E.S. Meal-site 1:30 – 2:30</p>	<p>28 Book Club E.S. Meal-site 9:30</p> <p>Exercise E.S. Meal-site 11:00</p> <p>Bingo C.W. building 1:30</p>	<p>29 Cards E.S. Meal-site 9:30</p> <p>Birthday Lunch 12:00 <u>HALLOWEEN PARTY/BINGO</u> E.S. Meal-site 1:00</p>	<p>30 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Listening & Communication 9:00 Pod A 	6	7	8	9
12 Listening & Communication 9:00 Pod A ***** Benefit Specialist Meal-Site 11:30-1:00	13 ONCOA 1:00-4:30 Conference Room	14 	15	16 Nutrition Advisory Council meeting 1p.m. Meal- Site (every 3 rd Friday of the month)
19 Listening & Communication 9:00 Pod A 	20 FGP/SCP 12:30-3:00 Pod A	21	22 Caregiver Support Group 1:30-3:00 (every 4 th Thurs of the month)	23
26 Listening & Communication 9:00 Pod A ***** Benefit Specialist Meal-Site 11:30-1:00	27 ONCOA 1:00-4:30 Conference Room	28	29 	30

HALLOWEEN

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

AFRAID APPLE BOBBING BEWARE BROOMSTICK BONE RATTLING

BLOOD CURDLING BEWITCHED CEMETERY COBWEBS COFFIN

CREEPY DEMON DEADLY EERIE EVIL FREAKISH HOWLING

GRIM REAPER JACK O LANTERN NOISES POLTERGEIST ZOMBIES



To apply for energy and weatherization assistance, contact your local agency at:
Oneida Economic Support: Marsha Skenandore PH# 490-3710

ENERGY AND WEATHERIZATION ASSISTANCE 2015 -2016

What is Home Energy Plus???

Home Energy Plus includes the Wisconsin Home Energy Assistance Program (WHEAP) AND Weatherization Assistance Program (WAP). WHEAP provides assistance for heating costs, electric costs, and energy crisis situations. WAP helps renters and homeowners reduce their energy consumption. Operating with federal and state funding, the programs provide energy assistance payments to over 220,000 households and weatherization services to over 7,000 households in Wisconsin each year.

WHO IS ELEGIBLE FOR ENERGY ASSISTANCE AND WEATHERIZATION ASSISTANCE?

Your household may be eligible for the Wisconsin Home Energy Assistance Program (WHEAP) AND Weatherization Assistance Program (WAP) based on a number of factors. If your household gross income is less than the amount shown on the following chart, you may be eligible for a benefit or services. Applications for both programs are accepted at your local WHEAP agency.

Household Size	One Month	Three Month	Annual Income
1	\$2,133	\$6,400	\$25,601
2	\$2,790	\$8,370	\$33,478
3	\$3,446	\$10,339	\$41,355
4	\$4,103	\$12,308	\$49,232
5	\$4,759	\$14,277	\$57,109
6	\$5,416	\$16,247	\$64,986
7	\$5,539	\$16,616	\$66,463
8	\$5,662	\$16,985	\$67,940

(Income for people who are self-employed, farmers, or seasonal workers is based on federal income tax forms for the previous year)

WHAT IS THE WISCONSIN HOME ENERGY ASSISTANCE PROGRAM AND HOW DOES IT WORK?

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, but the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household's energy supplier.

WHAT TYPES OF FUEL ARE ELIBIBLE TO RECEIVE ASSISTANCE? Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, if you qualify, energy assistance is available. Your household may also be eligible to receive a payment for non-heating electric energy costs through funding provided by Wisconsin's Public Benefits Program.

IF YOU CURRENTLY DO NOT HAVE HEAT OR MAY BE DISCONNECTED

Crisis assistance is available if you have no heat, have received a disconnect notice from the vendor, or are nearly out of fuel and are unable to purchase more. WHEAP agencies provide a 24-hour crisis phone number to help with emergencies that occur after business hours. Non-emergency/Proactive crisis services include providing information on how to reduce fuel costs, counseling on budgeting and money management, payments to a fuel supplier, and co-pay agreements.

FURNACE/BOILER REPAIR AND REPLACEMENT

WHEAP emergency heating system assistance can provide services to eligible homeowners if the furnace or boiler stops operating. Heating system assistance includes payment for repairs or in some situations your residence may qualify for a total replacement of a non-operating system. Call your local WHEAP agency immediately if you are experiencing a no heat situation.

WISCONSIN WEATHERIZATION ASSISTANCE PROGRAM

The Weatherization Assistance Program helps homeowners and renters reduce energy consumption while increasing comfort in their homes. Weatherization improvements may also make your home environment healthier and safer. Improvements are installed by the local weatherization agency in your area.

If your residence qualifies for weatherization services, you may receive one or more of the following energy efficiency measures:

Insulation: Adding insulation to the attic, walls, and crawlspace helps reduce energy use and increase comfort.

Sealing Air Leaks: Sealing air leaks reduces cold drafts caused by gaps or cracks in the home's structure and may improve indoor air quality.

Heating System Update: Repairing or replacing an inefficient furnace or boiler will save energy and money.

Energy-Saving Products: Installing water saving faucet aerators and shower heads and ENERGY STAR light bulbs will reduce your energy needs. Replacing an old refrigerator or freezer with a new ENERGY STAR qualifies model will also save energy.

For more information or to locate your local agency call toll free: 1-866- HEATWIL
(432-8947) OR VISIT HOMEENERGYPLUS.WI.GOV

Red Cross Emergency Preparedness Presentation

Wednesday November 18th, 2015

12:30 pm – 1:00 pm

Elder Services Congregate Mealsite

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, Supportive Services Supervisor
(920)869-2448

It's that time of the year to update your Home & Vehicle

Emergency Preparedness Kits:

Check the expiration dates on Food & Medications

Listed below are the recommended items in event of an emergency or disaster:

➤ HOME:

- ✓ Three (3) day supply of medication, portable oxygen tank, & completed "File of Life"
- ✓ Three (3) day supply of non-perishable food: Food you don't have to cook (granola bars, can food, etc.)
- ✓ Manual can opener
- ✓ Three day supply of water (one gallon per person per day)
- ✓ Hygiene & sanitation items: Toilet paper, feminine products, baby wipes, etc.
- ✓ One (1) change of clothing & a pair of shoes
- ✓ Blanket, duct tape, & garbage bags
- ✓ Battery operated or crank powered radio
- ✓ Whistle to attract attention of emergency personnel
- ✓ First aid kit & manual
- ✓ Flashlight with extra batteries & bulbs
- ✓ Matches in a waterproof container & candles
- ✓ Extra set of keys
- ✓ Pet supplies for your pet

✓ Playing cards to bide your time until rescued

➤ **VEHICLE:** Always let someone know when you're traveling, the estimated time of arrival (ETA), & route

✓ Cell phone (any cell phone can be used for 911 providing there is service) 911
Cell phones are available @ Elder Services free of charge

✓ First aid kit, manual, extra supply of medications, & completed

✓ "File of Life"

✓ Shovel & kitty litter

✓ Pair of boots, gloves, hat, & blanket

✓ Non-perishable or pre-packaged foods

✓ Battery operated or crank powered radio

✓ Flashlight, extra batteries, bulbs, & whistle to attract attention of emergency personnel



Meet Mallory Patton

Aging & Disability Resource Specialist

Hello,

I am Mallory Patton and will be working as an Aging & Disability Resource Specialist (ADRS), located at Oneida Elder Services.

My work primarily involves providing information, assistance and referrals on publicly funded long term care programs such as; the Community Options Program, Family Care and IRIS (Include, Respect, I Self Direct). These programs are designed for our frail elders and for those who are disabled, including youths who are transitioning onto the adult long-term care programs.

I assist by explaining the long-term care programs to you, so you can make an informed decision on which program and their services can best meet your needs. Then, depending on your choice in provider, you will be connected to either to the Oneida Health Center, Brown or Outagamie Aging & Disability Resource Centers (ADRC).

I will be working alongside with the Oneida Health Center, Brown and Outagamie County ADRCs (Aging & Disability Resource Centers). Our doors will be opened November 2, 2015.

Elder Services will be hosting and Open House in October and the public is invited. Should you have questions please call (920) 869-2448.

ONEIDA NATION AGING & DISABILITY RESOURCES

★ OPEN HOUSE ★

Friday October 23, 2015

10:00 am - 12:00 pm

The open house will take place at:

Elder Services Atrium

2907 S. Overland Dr., Oneida

*“Information and assistance to meet
your long term care needs.”*

Connecting people to Community Services



For more information please contact

Florence or Mallory at 869-2448



All Participants of the Congregate Meal-site!!!

Participants that eat at the Elder Services Congregate Meal-site must call in to reserve or to cancel their meal before 3:30 the day before. If you reserve a meal and don't show we are still required to pay for that meal. If you show up without a reservation you will have to wait until all reserved meals are served

No participant will be denied a meal

To reserve or cancel your meals please call (920) 869-1551

The meal-site is looking for volunteers, age 55 and older to help in the dining area, and with the delivery of Home Delivered Meals to homebound Elders. Stop in 2901 S. Overland Rd. Oneida or call 869-1551

Contact: Loretta Mencheski, Meal-Site Supervisor



ELDER EXPO THANK YOU

Oneida Elder Services offers our sincere appreciation and warm thanks to Jan Herwald Elder Expo Coordinator; the ONCOA Board; the Business Committee; Vendors and Dept. representatives; and employees who donated prizes, and their time to make the Elder Expo 2015 a success.

Thank You !!!

Oneida Elder Services Meal Site Nutrition Program Operations

Grant Requirements: Title III and Title VI

8.4.7.1 Eligibility for Senior Dining (Congregate) Meals

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

Aged 60 or older (Aged 55 or older for tribes)

- 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), (55 for Tribes) 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 other participants 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.

Guest meals: You are not required to provide guest meals. However, if you do, keep the follow in mind:

Any meal served to a person who is not eligible for nutrition services as a tribal member in the service area is considered a guest meal. Guest meals can only be provided if all the elders will be served. An **Elder** cannot be turned away for a meal if a guest meal is being provided. Elders come first!

- Guest must pay the full cost of the meal, not just the food cost.
- The money collected for guest meals must be used to provide nutrition services.

Continued grant Requirements for Meals:

Congress stated that the purpose of the Title VI is “to promote the delivery of supportive services, including nutrition services to American Indians, Alaskan Natives, and Native Hawaiians that are comparable to services provided under title III. (42 U.S. C 3057) In addition, Congress stated that “older individuals who are Indians, older individuals who are Alaskan Natives and older individuals who are Native Hawaiians are a vital resource entitled to all benefits and services available and that such services and benefits should be provided in a manner that preserves and restores their respective dignity, self-respect, and cultural identities.”

Any questions, please call Loretta Mencheski, Meal-site Supervisor.

Elder Services Service Request
Requires Customer Satisfaction Signature

We request a customer signature of satisfaction for every service request we complete (see below box sample). The comments section is for words of encouragement/thanks and also for constructive comments/concerns. A supervisor reviews each Service Request and concerns will be addressed immediately. Comments of encouragement and thanks will be posted in our DRUMS Across Oneida newsletter. Your comments are greatly appreciated.

Job Completed To Your Satisfaction: Yes _____ No _____	
Comments:	
<hr/>	
<hr/>	
<hr/>	
Customer Signature	Date <u> </u> / <u> </u> / <u> </u>
<i>Customer satisfaction signature will be requested upon completion of work.</i>	

All requests will be responded to within five (5) business days.

Elder Services Activities & Transportation



Free door to door Service for all Tribal Elders going to activities or lunch
Mon. thru Thurs. at the Elder Services Congregate Meal Site

Oneida Public Transit bus passes are available at No Cost !!!!!

- ✓ Must be 55 or older
- ✓ Gainfully Employed
- ✓ Serve on a Board, Committee or Commission that pay a stipend
- ✓ Tribal Member

While supplies last!!!

Plan your day with our Activity Calendar

For more information contact:

Michelle Cottrell, Activity Specialist at 869-1551

Joyce Hoes, Supportive Service Specialist at 869-2448



Sponsored by Oneida Total Integrate Enterprises (OTIE)



Tai chi: A gentle way to fight stress

Tai chi helps reduce stress and anxiety. Also helps increase flexibility and balance

Instructor: **Kevin Schoenebeck**, Oneida Fitness Center

Where: Congregate Mealsite

When: Oct. 13th 2015 & Oct. 27th 2015

Time 1:30-2:30

Contact: **Michell Cottrell**, Activity Specialist at 269-1551

Joyce Hoes: Supportive Service Specialist at 869-2448

Chair Yoga make the mind/body connection! Yoga is a gentle class, in which you learn stretching and breathing techniques

Instructor: Jason Manders, Oneida Family Fitness Center

Where: Congregate Mealsite

When: **Oct 8th 2015 & Oct 23rd 2015**

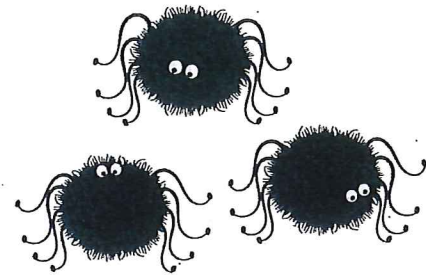
Time 1:30-2:30

Contact: **Michelle Cottrell**, Activity Specialist at **269-1551**

Joyce Hoes: Supportive Service Specialist at 869-2448



JOIN US FOR A
SPOOKTACULAR TIME



At our HALLOWEEN

Costume Contest
& Bingo Party



WHERE: Elder Service Meal-site
WHEN: Thursday, OCTOBER 29th
TIME: 1:00 p.m.

DRESS UP FOR THE COSTUME CONTEST:

***WIN PRIZES for 1st, 2nd and 3rd places. (Judging at 1:15 sharp)**

- * PLAY BINGO**
- * DOOR PRIZES**
- * FUN**



55 and over only

Any questions or concerns please contact Michelle Cottrell at 869-1551.



**Oneida Elder Services is accepting donations of good working wheel chairs, walkers with seats & brakes, shower benches, shower stool & toilet seat risers.
Pick-up is available**

**For more information please contact:
Joyce Hoes, Supportive Service Supervisor at 869-2448**



Effective October 1st 2015



**In order to receive or continue snow plowing, grass cutting or home repair services
you must have proof of home ownership on file.**



Thank you for your cooperation!!!

**Any questions please contact Service Specialist:
Teresa Barber- Buch, Oneida Elder Services @ 920-869-2448**

Firewood Services Provided by Conservation-Forestry & Trails

Background

The goal of the firewood services provided by the Conservation Department is to provide Elders with firewood, and families who need it for funeral ceremonies. Firewood is also available in other limited capacities.

Firewood Service for Elders & Handicapped

Elders and the handicapped may receive wood for home heating November 1st through March 31st. Wood is available on a first come first serve basis until the supply is gone. Each Elder or handicapped customer will receive 1 load (1 face cord) per request.

Firewood for Funeral Services

Forestry & Trails staff will split and deliver up to 2 truckloads of firewood (4 chords) for ceremonial purposes. If a family needs more wood 2 options are:

- Ask family and friends to help collect more wood. Conservation will provide a free woodcutting permit for funeral purposes.
- As its available more uncut wood can be picked up at the conservation Office located at N8047 County Rd U.

Picnic Tables for Funeral Services

A family may have up to 9 picnic tables delivered and free of charge. Additional tables can be rented for \$5.00 each.

Firewood for Tribal Departments

Firewood is available for tribal departments that sponsor various events including: Relay for Life, powwows, school sugar camps, etc.

To Order Firewood or for More Information

Dan Brooks, Tribal Forester, 920-869-6501, 920-869-1450;
dbrooks@oneidanation.org

Firewood

The Conservation Department often has firewood available at our office located at, N 8047 County Road U, however, all hardwood firewood (oak, hickory, maple, ash, birch, etc. is strictly reserved for elderly and handicapped tribal members.

Those needing wood can call in to the Conservation Office at 869-1450 to be added to our "Firewood" list.

Softwood varieties (pine, spruce) and soft hardwood (willow, aspen, box elder, cottonwood, basswood, etc.) is available to any Oneida Tribal member, however processing (sizing, splitting) and delivery services are not provided. This wood is available for pick-up Monday-Friday 8:00am-4:30pm, and every third Saturday of the month 8:00-12:00pm on a first-come-first serve basis until gone. Recipients must report to the office prior to picking up wood.

Our goal is to maximize the use of community waste wood materials and provide processing and delivery services to those most in need. Our primary objective in offering winter firewood is to help subsidize a portion of home heating costs across a wide customer base-not entirely replace other conventional heating sources.

The Conservation Department also authorizes Wood Cutting Permits. Tribal members are permitted to cut and remove down and dead trees from rural tribal properties. Permits can be obtained from our office Monday – Friday 8:00-4:30pm. Permits are \$5.00 each and are valid for 30 days after which they will have to be renewed. The permitting process allows our department to monitor non-destructive tree cutting activities.

Wood obtained through the Conservation Department or via Wood Cutting Permit is for personal use only and cannot be sold or exchanged for goods or services.

For more information contact Daniel Brooks, Forestry & Trails Program Mgr. at Oneida Conservation Department: Office: 920-869-1450; E-mail:

dbrooks@oneidanation.org

Alzheimer's Part II By ONCOA Board Member: Marlene Summers

In my previous Alzheimer's article I mentioned that I'd write about "When to see a doctor?" and in this article I'll explain when it is time to see a doctor. Not only that, there are some true stories that I read about that I thought were necessary to mention due to how some people dealt with a loved one or someone they know getting the disease Alzheimer's.

Angelica's Story

A few months ago, my mother started having trouble remembering things. Sometimes, she couldn't find the right words. Then, she got lost on her way home from the store. I knew something was wrong. I talked with my mom, and we decided to see her doctor.

The doctor asked about the changes we had seen and did a medical exam. He also changed one of Mom's medicines to see if that would make a difference. And, he suggested that she see a specialist who could test her memory and thinking skills. He said it was good that she came in now instead of waiting so we could start figuring out what the problem might be.

When you should see a doctor?

If you or someone in your family thinks your forgetfulness is getting in the way of your normal routine, it's time to see your doctor. Seeing the doctor when you first start having memory problems can help you find out what's causing your forgetfulness. If you have Alzheimer's finding the disease early gives you and your family more time to plan for your treatment and care.

Alzheimer's Part II cont.

Your doctor or a specialist may do the following things to find out if you have Alzheimer's disease:

- Give you a medical check-up
- Ask questions about your family's health
- Ask how well you can do everyday things like driving, shopping for food, and paying bills
- Talk with someone in your family about your memory problems
- Test your memory, problem-solving, counting, and language skills
- Check your blood and urine, and do other medical tests
- Do brain scans that show pictures of your brain

Linda's Story

My neighbor Rose was always very active. She liked gardening and helping out at the local grade school. She and her husband Bob enjoyed dancing and spending time with their grandkids. After Bob passed away 2 years ago, something changed, and Rose began spending a lot of time alone at home. She seemed more and more confused.

What are other causes of memory problems?

Some medical conditions cause confusion and forgetfulness. The signs may look like Alzheimer's disease, but they are caused by other problems. Here are medical conditions that can cause serious memory problems.

- Bad reaction to certain medicines
- Emotional problems such as depression

Alzheimer's part II cont.

- Not eating enough health foods
- Too few vitamins and minerals in your body
- Drinking too much alcohol
- Blood clots or tumors in the brain
- Head injury, such as concussion from a fall or accident
- Kidney, liver, or thyroid problems

These medical conditions are serious and need to be treated. Once you get treatment, your confusion and forgetfulness should go away.

Marlene Summers resources are from the "National Institute on aging" and meetings she personally attended for elders.



Yawá'kó



In the Oneida language, Yawá'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).

Gloria Hawk Robert Steffes Ernie Stevens Dee Sweet

Eddie & Betty Nicholas George Greendeer Pearl McLester



Yawá'kó for donating

A special praise and thank you Teresa Barber-Buch, Service Specialist at Elder Services for her outstanding Customer Service, from Kerry Metoxen Veterans Services and community member.

Note from Elder Services Director Florence Petri: "GREAT JOB and thank you Teresa Barber-Buch for going above and beyond, to please our elders. This is exactly what we talked about yesterday at the ADRC Director meeting. Are we doing all we can to meet the needs of the consumer. Are we looking at the whole person? Some of what they ask for doesn't cost a penny, but giving direction, choices with passion and caring."



Oneida Elder Gift Shop

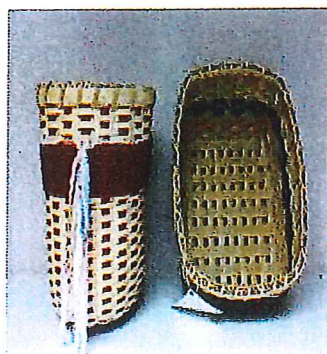
**Located inside the Elder Services Complex
2907 S Overland Rd Oneida, WI**

**Open Monday – Thursday 8:00-4:00
Friday 8:00 to Noon**

**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, & cold beverages

**No consignment fees for Oneida elders (age 55 and older) to display and sell
your arts and crafts. For more information you may contact: Barb Skenandore
(920) 869-2448**



GLNAEA

Great Lakes Native American Elders Association



HO-CHUNK NATION
PEOPLE OF THE BIG VOICE

Sponsored by Ho-Chunk Nation

December 3 & 4, 2015

Ho-Chunk Hotel & Conference Center, Baraboo, WI

S 3214 County Rd. BD

Baraboo, WI 53913

(608) 356-6210

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:

3 miles North of Bayfield, Wisconsin along "Lucky" Highway 13

PH: 1-715-799-3712

Toll free: 1-800-226-8478

Address: P.O. Box 1167 Highway 13 North Bayfield, Wisconsin 54814

ONEIDA ELDER SERVICES
AARP Smart Driver's Safety Program
*****WINTER IS COMING!!!*****

DATE: October 13, 2014

TIME: 8:00 am - 12:00 noon (4 hours total class length)

PLACE: Elder Services 2907 S. Overland Rd. (POD A)

Please sign-up at Elder Services Meal Site by October 9, 2014

Elder Services will pay for the first 10 Elders who sign-up

- Roundabouts • Medication effects on vision • Age related changes • Possible insurance discount

Elder Services will pay for the first 10 Oneida Enrolled Elders that sign-up

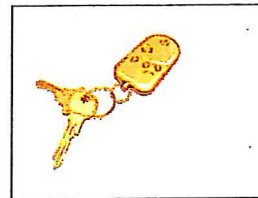
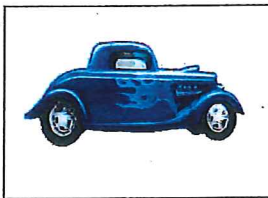
No testing

For more information please contact:

Joyce Hoes

Transportation Supervisor

869-2448



ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Oneida Tribal Elders

2907 S Overland Rd., Oneida, Wisconsin 54155

1-920-869-2448, EXT 6854



Ask for Corinne Robelia-Zhuckkahosee

We are in the process of updating our files. We would greatly appreciate it if you would call us:

- to update your contact information
- if you need an application to be added to the waiting list
- if you would like to be taken off the waiting list

If you would like to continue to be on the waiting list, please update your address and phone number by Dec 1st, 2015.

If I do not receive your updated information by the deadline, your name will be removed from the waiting list.

Thank you for your cooperation in this matter.