

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

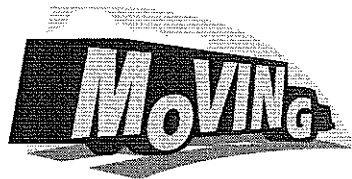
Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Phone: 920-869-1551
Fax: 920-869-1526

Yutekhway/ŋhe? Wahní'tale?

Food Storing moon

October 2013

ATTENTION!! ATTENTION!! ATTENTION!! ATTENTION!!



Senior Center New Mealsite Opening Monday Nov 4, 2013

Last meal at 134 Riverdale Drive, Oneida is Friday Nov 1, 2013

New Mealsite opening Monday, Nov 4, 2013, located inside Anna John Resident Centered Care Community (AJRCC) Building at 2901 S. Overland, Oneida.

Watch for future updates and details. Please contact Loretta Mencheski at 869-1551 or Florence Petri at 869-2448 if you have questions or concerns. Thank you.

Table of Contents for this DRUMS

Oct. Menu
Oct. Activities
Halloween Costume Contest & Bingo
Yawako
Puzzle
Caregiver Flyer
Top Ten Ways to care for yourself
Emergency Preparedness
What's All the Buzz about?

Financial Exploitation
People with Medicare
Nutrition
Produce
Home Fall Prevention Checklist
Release of All Claims Form
Group Fitness Schedule
Senior Transportation

MENU

OCTOBER

2013

ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WL, 54155 PHONE : 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger Patties Potato Salad Beans Buns Ice ream	2 Turkey & Gravy Potatoes Vegetables Melons	3 Pork Roast Wild Rice Mixed Vegetables Peaches	4 Fish Potatoes Cole Slaw Blueberries
7 Boiled Dinner Biscuits Juice	8 Chop Suey Rice	9 Swedish Meatballs Noodles Mixed Vegetables	10 Hot Beef Mashed Potatoes Vegetables Buns	11 Tater Tot Casserole Green Beans Cheese
Jell-O	Cookies	Fresh Fruit	Oranges	Sherbet
14 Macaroni & Cheese Hot Dogs Buns Mixed Vegetables	15 Bean Soup Fresh Bread	16 Chicken Alfredo Noodles Broccoli	17 Meat Loaf Rice Pilaf Vegetables	18 Fish Red Potatoes Cole Slaw
Yogurt	Jell-O	Mandarin Oranges	Strawberries	Apple Sauce
21 Spaghetti Meat Sauce Salad Garlic Bread	22 Beef Stew Biscuits	23 BBQ Ribs Scalloped Potatoes Peas	24 Chicken & Gravy Stuffing Mixed Vegetables Cranberries	25 Vegetable Lasagna Salad Garlic Bread
Mixed Berries	Apple, Orange & Pineapple Rings	Jell-O	Pears	Pudding
28 Ring Bologna Sauerkraut Potatoes	29 Ham Sweet Potatoes Creamed Peas	30 Stuffed Peppers Rice Mixed Vegetables	31 BIRTHDAY DAY Sloppy Joes Macaroni Salad Beans Buns Cake HALLOWEEN	
Peaches	Ice Cream	Yogurt		
All meals are served with coffee, milk , tea or water	Menu is subject to change.	BIRTH STONE: OPAL FLOWER: CALENDULA	HOURS: 8:00 A.M.-4:30 P.M. Lunch Is Served Monday-Friday 12:00 P.M.-1: 00 P.M.	



OCTOBER 2013 ACTIVITIES

Monday	Tuesday	Thursday	Friday
<p>*Is this your Birthday Month? You must sign up in the <u>Birthday Book</u> at the Senior Center. Must be present at B-day Lunch to receive your gift card</p> <p>1 Crafts 10:00 – 11:30 Elder Services</p>	<p>2 Qwirkle Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Cliff Webster Build 1:30</p>	<p>3 Christian Thrift Store De Pere 10:00 Movie Elder Services 1:00</p>	<p>4 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>7 Checkers Elder Services 9:30 Exercise Elder Services 11:00 Bingo Site II 1:00</p>	<p>8 Crafts 9:30 – 11:30 Elder Services</p>	<p>10 Farmer's Market Black Creek 9:30 Wii Bowling Elder Services 1:00</p>	<p>11 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>14 Toss the Pigs Elder Services 9:30 Exercise Elder Service 11:00 Bingo Senior Center 1:00</p>	<p>15 Harvest & Husking Bee Hay Ride Tsyunhenkwa 10:00 – 11:30</p>	<p>17 Burlington Coat Factory Store Green Bay 10:00 1000 Island Nature Center Kaukauna 1:30</p>	<p>18 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>21 Scattergories Elder Services 9:30 Exercise Elder Services 11:00 Bingo Site II 1:00</p>	<p>22 Crafts 9:30 – 11:30 Elder Services</p>	<p>24 Chair Yoga Fitness Center Oneida 10:00 Wii Bowling Elder Services 1:00</p>	<p>25 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.</p>
<p>28 Cards Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00</p>	<p>29 Halloween Bingo 3 sisters center Green Bay 10:00</p>	<p>31 Price is Right Elder Services 9:30 Birthday Lunch 12:00 Elder Halloween Party/Bingo Senior Center 1:00</p>	<p>* Please sign up for trips at the Senior Center. * All Trips leave from Senior Center. * Activities subject to change.</p>

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

**JOIN US FOR A
SPOOKTACULAR TIME
At our HALLOWEEN
Costume Contest
& Bingo**



WHERE: SENIOR CENTER
WHEN: Thursday, OCTOBER 31st
TIME: 1:00

- *DRESS UP FOR OUR ELDER
COSTUME CONTEST.... win prizes for
1st, 2nd and 3rd places. (Judging at 1:15 sharp)**
- * PLAY BINGO**
- * DOOR PRIZES**
- *HAVE FUN & SNACKS!**



Any questions or concerns please contact
Michelle Cottrell at 869 – 2448.

55 and over only

Hope the see you there!

Yaw•ko

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):

Josephine Oudenhoven

Mark & Shirley Powless

Good Words: We would like to Thank Joe Moon for donating several DVD movies for the elders viewing, and thank his nephew Dagon Moon for bringing them to us.

Nice Comments....

Lillian King on 8/16/13, says "Thank you very much" for cutting her grass, "they did a great job" and she is "very Thankful!"

Pearl McLester states worker did wonderful job on her Lawn.

Jim & June Begay, and Arleen Elm expressed gratitude and appreciation for the work that Lloyd & another staff did for them in cutting their lawns. They did a great job.

Thanks to everyone for taking care of our elders. Management appreciates the work of all Home Chore. Great Job!

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ONCOA Meetings:

Second and Fourth Tuesday of every month

1:00 PM – 3:00 PM

Elder Services Conference Room

2907 S Overland Rd

Oneida, WI 54155

Halloween

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

antenna	ears	nose
badge	eyepatch	pinwheel
bandana	fangs	scar
beard	fingernails	sheet
big feet	glasses	slippers
boa	gown	sword
boots	hat	tail
bowtie	helmet	tutu
broom	holster	wand
cape	horns	wart
cauldron	makeup	whiskers
crown	mask	wig
earrings	mustache	wings

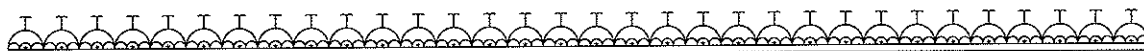
Oneida Elder Services Native American Family Caregiver Information

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.

Top Ten Ways To Care For Yourself

1. Keep a diary. Start today. Describe your fears as well as your hopes, the reality of what each day is like; Don't be afraid to write about the losses, big or small.
2. Stick with your diary. Let yourself record the little victories, go back and review the earlier months and years. Notice the personal, physical, emotional goals and successes you and your loved one have achieved.
3. Create a simple communication network. Think of this as a designated communicator. Choose a friend or relative who will make all the calls and tell all the news when there are calls to make and news to tell, you might want to save the "big successes and wonderful news" sharing for yourself, but you will be worn out if you are constantly on the phone retelling the details of the last days or weeks over and over.
4. Let your friends help you. When someone asks "Can I do anything for you?" give him or her something to do. Let your friend run an errand or stay with your loved one while you take a break and get out on your own.
5. Visit with people you love. You may often have to ask your friends or family to come to your house or keep you company while waiting for your loved one's treatment to be over. You need to be a whole person who has friends and interests and can think about something besides the responsibilities of caregiving. You shouldn't have to reinvent your life when your caregiving responsibilities subside.
6. Stay involved in your loved one's personal life. Be careful that your loved one does not slip from the role of loved one, family member, friend into the role of patient. Don't let yourselves lose the relationship you had prior to the need for caregiving.
7. Talk about it! There are innumerable fears and anxieties associated with any illness or disease, which can and will tear a person apart. Talk to your friends and your loved one about your feelings. The worst thing you can do is build a wall around yourself to protect others.
8. Keep the romance alive. Couples facing caregiving situations are apt to forget to nurture the relationship that brought them together up till this point. These relationships need just as much, if not more attention, now that one of you is ill, than they did before.
9. Include your loved one in your changes. As time passes we all change in small and big ways. If you find a new friend, discover an interest in a new genre of books or music; find a new recipe or a great place to eat, share these as much as possible with your loved one. Introduce your new friends; have them visit, if your loved one cannot easily leave the house. Spend time reading the new books aloud, listen to the new music together.
10. Keep setting goals. Before you were a caregiver, you set personal goals. Your life did not end because you became a caregiver. When the caregiver duties subside, you should not "Return" to your life, you should continue with your life.

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**Oneida Elder Services
Emergency Preparedness**

Guest Speaker: Marty Antone Emergency Management

DATE: October 16th, 2013 TIME: 12:15pm PLACE: Oneida Senior Center

**** REMINDER TO UPDATE YOUR EMERGENCY PREPAREDNESS BACK-PACK ****

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

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

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

These are all timely tips to consider for your own safety in the event there is a disaster, fire, flood, etc... These may be very helpful to you.

Be prepared so you can get by until help arrives.

If you have any questions please contact:

Joyce Ann Hoes
Transportation Supervisor
920-869-2448 ext 6844



Maintenance Corner

Justine Hill, Maintenance Supervisor - 869-2448 Elder Services

What's All the Buzz About?!

Simplestcontrol.com

If you think you have a bee problem, figure out where the bees are living. By knowing this you will be better able to decide whether or not you even need to learn how to get rid of bees. Upon discovering the location of the bee hive or bee nest, if not too close to the house, then determine if bee removal is necessary.

Avoid disturbing the bees. Once you know where they live, they're pretty easy to avoid. Bees usually sting only if it feels threatened or if they believe the hive is threatened. Give the bees a wide amount of distance to maintain your safety and many bee problems will be avoided. This is especially true of Africanized honey bees that have a tendency to swarm and attack when they hear loud noises or feel strong vibrations such as those given off by lawn mowers, tractors, ATVs, etc. Don't spray them or you could contaminate their hive. There are local bee farms that will come remove honey bees at no cost.

Use proper building materials and maintenance procedures. As far as siding goes, use seamless vinyl or aluminum. These options allow bees very little chance to set up shop in your walls. If you must use wood siding, make sure to paint it regularly (at least once every three years). Painted wood is unattractive to carpenter bees.

Fight the urge to plant flowers. As we all know, bees like flowers. If you don't want to have to worry about getting rid of bees, one of the simplest things you can do is to quit planting things that are sure to lure them in.

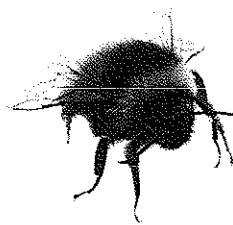
If you need help removing bees, feel free to contact the Service Coordinator for a work request.



Bee



Honey Bee



Bumble Bee



Carpenter Bee

FINANCIAL EXPLOITATION

Joyce A. Johnson

Elder Abuse Prevention Coordinator, Oneida Elder Services

Financial Exploitation continues to be a growing problem for Wisconsin's elder population. According to Wisconsin's Elder Abuse data base there were 970 reports made regarding Financial Exploitation in the 2009 reporting period. In the 2010 reporting period there were 1043 resulting in a 1.6% increase over the previous year. Nationwide this crime is increasing and is the highest number of the elder abuse categories being reported.

Most of these crimes go undetected and reported due to the victim's shame that a family member or caregiver has stolen from them or are afraid of having to testify in court or of losing their independence.

Some of our elders have returned to the Oneida Indian Reservation and their homes of youth. Others may have lived here all their lives but in each case they may own property and other assets. They could be frail or may still be active and socially connected. Others may be isolated and more vulnerable as family moves away, neighbors leave and friends pass on. The fact that they are seniors and have assets makes them a lucrative and easier target for elder financial exploitation.

The same laws and financial tools that a good hearted caregiver or guardian can use to manage and assist an elder with their financial affairs such as Power of Attorney's, Quitclaim Deeds, or Joint bank accounts can be used by an unscrupulous thief to pilfer from the elder. Like a piranha the abuser steps in when no one else can or does.

In cases where a family member is the thief it is sometimes done due to their sense of entitlement and the idea that they are going to get their inheritance before it is spent on nursing home care, etc. For prosecutors and investigators of these crimes sometimes it is hard to determine whether something was an actual gift or involved theft.

For elder who are still able to be "self-determining" state law ensures that the legally competent elder can still make their own financial decisions whether those decisions are good or bad.

To protect yourself as an elder the best thing to do is plan ahead. Talk about your financial matters with more than one family member or friend. Check out anyone who approaches you about holding or using your money. If you are approached with a supposedly good deal check the person out first before considering moving ahead with investments. You may check out a person's criminal history by accessing Wisconsin's automated court reporting system at wcca.wicourts.gov/ Please remember the old expression "It's better to be safe than sorry."

To report suspected crimes of elder Financial Exploitation please call Oneida's Elder Abuse Reporting Lead Agency, Oneida Elder Services (920) 869-2448 x 6833. Ask for Joyce Johnson.



People with Medicare and the Health Insurance Marketplace

Frequently Asked Questions

HOW WILL THE HEALTH INSURANCE MARKETPLACE THAT STARTS IN 2014 AFFECT MY MEDICARE COVERAGE?

The Health Insurance Marketplace is designed to help people who don't have any health insurance. You have health insurance through Medicare. The Marketplace **won't** have any effect on your Medicare coverage.

Your Medicare benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes.

The Marketplace provides new health insurance options for many Americans. If you have family and friends who **don't** have health insurance, tell them to visit HealthCare.gov to learn more about their options.

DO I NEED TO DO ANYTHING WITH MARKETPLACE PLANS DURING MEDICARE OPEN ENROLLMENT (OCTOBER 15 – DECEMBER 7, 2013)?

Medicare's Open Enrollment isn't part of the new Health Insurance Marketplace. It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan.

Medicare Open Enrollment (October 15 – December 7, 2013) is the time when all people with Medicare are encouraged to review their current health and prescription drug coverage, including any changes in costs, coverage and benefits that will take effect next year. If you want to change your coverage for next year, this is the time to do it. If you're satisfied that your current coverage will continue to meet your needs for next year, you don't need to do anything. For more information on Medicare Open Enrollment, visit Medicare.gov or call 1-800-MEDICARE.

NOTE: The Health Insurance Marketplace Open Enrollment period (October 1, 2013 to March 31, 2014) overlaps with the Medicare Open Enrollment period (October 15 – December 7, 2013). Therefore, people with Medicare who are looking to make Medicare coverage changes should make sure that they are reviewing **Medicare plans** and **not Marketplace options**.

WHAT SHOULD I DO IF I'M CONTACTED ABOUT SIGNING UP FOR A HEALTH PLAN?

- The Medicare open enrollment period is a time when there's a higher risk for fraudulent activities.
- It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan.
- **DO NOT** share your Medicare number or other personal information with anyone who knocks on your door or contacts you uninvited to sell you a health plan.
- Senior Medicare Patrol programs are teaching people with Medicare how to detect and report fraud, and protect themselves from fraudulent activity and identity theft.
- To learn more about health care fraud and ways to protect against it, visit StopMedicareFraud.gov or the Senior Medicare Patrol (SMP) program in your area (locate your SMP at SMPresource.org).

This information is provided by the United States Department of Health and Human Services.



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: Loretta Mencheski-Meal Site Supervisor.



Volunteers Wanted: The 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 meal site at 134 Riverdale Dr. 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

- When: 3rd Friday of the Month
 - Time: 1:00 P.M.
 - Where: Oneida Senior Center Meal Site
-

Attention All Participants of the Senior Center Meal Site:

Effective June 17, 2013 the meal cost for ages under 55 will increase to \$8.00. We are asking all participants who plan on eating at the meal site to call in the day before to reserve their meal for the following day, week, or month. We also ask if you have reserved your meal and you cannot make it please call and cancel your reservation.

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



Do you have extra garden produce?

**Please donate it to give elders access to
fresh, healthy, locally-grown produce!**

The Elder Meal Site can accept and distribute donated
fresh garden produce to elders in our community.

Your donations can be dropped off at the
Congregate Meal Site (134 Riverdale Drive).

Call Loretta at (920) 869-1551
with any questions.

Fall Prevention: A Home Fall Prevention Checklist

Centers for Disease Control & Prevention: www.cdc.gov/injury

Making changes in your home to prevent falls: Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2002 more than 12,800 people over age 65 died and 1.6 million were treated in emergency departments because of falls.

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home. The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem.

Floors: Look at the floor in each room.

- When you walk through a room, do you have to walk around furniture? Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor? Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor? Pick up things that are on the floor. Always keep objects off the floor.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)? Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

Stairs & steps: Look at the stairs you use both inside and outside your home.

- Are there papers, shoes, books, or other objects on the stairs? Pick up things on the stairs. Always keep objects off stairs.
- Are some steps broken or uneven? Fix loose or uneven steps.
- Are you missing a light over the stairway? Have an electrician put in an over-head light at the top and bottom of the stairs.
- Do you have only one light switch for your stairs (only at the top or bottom of the stairs)? Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
- Has the stairway light bulb burned out? Have a friend or family member change the light bulb.
- Is the carpet on the steps loose or torn? Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Are the handrails loose or broken? Is there a handrail only one side of the stairs? Fix loose handrails or put in new ones. Make sure handrails are on both sides to the stairs and are as long as the stairs.

Kitchen: Look at your kitchen and eating area.

- Are the things you use often on high shelves? Move items in your cabinets; keep things you use often on lower shelves.
- Is your step stool unsteady? If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Bathrooms: Look at all your bathrooms.

- Is the tub or shower floor slippery? Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Do you need some support when you get in and out of the tub or up from the toilet? Have a carpenter put grab bars inside the tub and next to the toilet.

Bedrooms: Look at all your bedrooms.

- Is the light near the bed hard to reach? Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark? Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other things you can do to prevent falls:

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you see the stairs better. For example, use lighter color paint on dark wood.
- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.

Oneida Elder Services (920-869-2448)

Release of all Claims form (below form) not required

Elder Services will **NOT** be requiring a *Release of All Claims* form be signed and returned to our office before any service requests are completed. We are working with the Law Office and State officials to revisit this form and other possible work standards. We apologize for any inconvenience this may have caused and thank you for your understanding, patience and comments.

If you have questions or comments please contact Florence Petri at (920) 869-2448

ACKNOWLEDGEMENT OF PROVISION OF SERVICES AND RELEASE OF ALL CLAIMS

I _____ hereby acknowledge that I agree to accept certain good(s) and/or service(s) from the Oneida Elder Services Department.

In consideration of my receipt of any good(s) and/or service(s) from the Oneida Elder Services Department, I fully and forever release and discharge the Oneida Tribe of Indians of Wisconsin, the Oneida Elder Services Department and any of their employees, agents, or officers from any and all claims for whatever nature for injuries, losses, or damages arising out of my receipt of the--good(s) and/or service(s) I receive.

I understand and agree that I am prevented from commencing any claim or action in any court of competent jurisdiction or administrative hearing body against the Oneida Tribe of Indians of Wisconsin, the Oneida Elder Services Department and any of their employees, agents, or officers of whatever nature for injuries, losses, or damages arising out of my any good(s) and/or service(s) from the Oneida Elder Services Department.

I further agree to indemnify the Oneida Tribe of Indians of Wisconsin, the Oneida Elder Services Department and any of their employees, agents, or officers from any and all claims, of whatever nature for injuries, losses, or damages arising out of my receipt of any good(s) and/or service(s) from the Oneida Elder Services Department, including claims related to the negligence, gross negligence, or intentional acts of the contractor who provides me service(s).

Signed, dated and notarized.

Signature

Date

Subscribe and sworn to before me:

This ____ day of _____ year _____

Notary Public Signature

County, Wisconsin

My Commission _____

This form is no longer required



Oneida Family Fitness Fall 2013 - Group Fitness Schedule

Effective: Monday, October 7 thru Saturday, January 4, 2013



Instructors are AFAA Certified!

MONDAY	
LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A</i>	
GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>	
SPIN & STRENGTH 12:00PM-1:00PM <i>Studio C/B</i>	
CARDIO KICKBOXING 12:15PM-1:00PM <i>Studio A</i>	
LINE DANCING 4:00PM-4:45PM <i>Studio A</i>	
SPIN 5:00PM-5:30PM <i>Studio C</i>	
CARDIO SCULPT 5:10PM-5:50PM <i>Studio A</i>	
KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-12)</i>	
YOGA 6:15PM-7:00PM <i>Studio B</i>	

TUESDAY	
YOGA 5:45AM-6:45AM <i>Studio B</i>	
STEP W/ STRENGTH 9:00AM-10:00AM <i>Studio A</i>	
SPIN 12:00PM-12:45PM <i>Studio C</i>	
XPLOSION 12:15PM-1:00PM <i>Studio A</i>	
KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-12)</i>	
ROCK BOTTOM 5:00PM-5:30PM <i>Studio A</i>	
SPIN 5:30PM-6:00PM <i>Studio C</i>	
ONEIDA ATHLETES TRAINING 5:45PM-6:15PM <i>Gym/Studios</i>	

WEDNESDAY	
YOGA 5:45AM-6:45AM <i>Studio B</i>	
LIVELY LOW IMPACT 9:15AM-10:00AM <i>Studio A</i>	
GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>	
SPIN & CORE 12:00PM-1:00PM <i>Studio C/B</i>	
KIDS IN MOTION 5:00PM-5:30PM <i>Gym (ages 5-12)</i>	
ZUMBA 5:00-5:30PM <i>Studio A</i>	
GUTS & GLORY 5:30PM-6:00PM <i>Studio A</i>	

THURSDAY	
SPIN 5:35AM-6:15AM <i>Studio C</i>	
CARDIO SCULPT 9:15AM-10:00AM <i>Studio A</i>	
CHAIR YOGA 10:10AM-10:40AM <i>Studio B</i>	
GUTS & GLORY 12:15PM-12:45PM <i>Studio B</i>	
ROCK BOTTOM 12:15PM-12:45PM <i>Studio A</i>	
CARDIO KICKBOXING 5:00PM-5:30PM <i>Studio A</i>	
SPIN 5:30PM-6:00PM <i>Studio C</i>	
ONEIDA ATHLETES TRAINING 5:45PM-6:15PM <i>Gym/Studios</i>	

FRIDAY	
LINE DANCING 8:10AM-8:50AM <i>Studio A</i>	
CARDIO BLAST 9:00AM-9:30AM <i>Studio A</i>	
MORNING STRENGTH 9:30AM-10:00AM <i>Studio A</i>	
GENTLE YOGA 10:10AM-11:00AM <i>Studio B</i>	
SPIN 12:00PM-1:00PM <i>Studio C/B</i>	
BATTLE ROPES 12:15PM-12:45PM <i>Studio A</i>	
SPIN 5:00PM-5:30PM <i>Studio C</i>	
KIDS BOOTCAMP 5:00PM-5:30PM <i>Gym (ages 5-12)</i>	

DROP-IN CHILD CARE HOURS	
<u>Monday-Friday:</u> 8:00am-12:00pm 1:00pm-4:30pm	
<u>Monday & Wednesday:</u> 5:00pm-8:00pm	
*free drop-in child care is for children 6 weeks old—10 years of age. Parent must remain at O.F.F. while child is using child care services. O.F.F. member must first check-in at O.F.F. Front Desk to obtain childcare key pass. Space is based on a First Come First Serve basis.	

JMIO Event Dates @ OFF	
Saturday, October 26: Spooktacular Walk	
Saturday, November 16: Fall Walk	
Saturday, December 21: Jingle Walk	

-
- Group Fitness Classes are for ages 12 and up (with the exception of the kid's classes listed above, please see descriptions). Classes with less than 3 participants for 4 consecutive weeks will be canceled. Changes will be posted at the service desk area. Program schedule subject to change.
-

Incentive Programs: contact 490-3730 for more information

COMMIT TO FIT CLUB

This is a free program offered to all members. The more check-ins you have, the greater your chances to WIN an Oneida Gift Card. Winners drawn each month!

Fitball

This is a Team Challenge. Points are awarded by check-ins. Challenge begins October 7 and ends November 23. Check flyer for details.

Challenge

Holiday Closures: Nov. Closures: 28, 29 & 30 Dec. Closures: 25
 Holiday Hours: 12/24 (5:30am-1:30pm), 12/31 (5:30am-3pm) & 1/1 (8am-1pm)
 (no classes on 1/1)



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

Sponsored by: National Center on Senior Transportation (NCST)



Oneida Elder Services is hosting:

Fall AARP Driver's Safety Class



DATE: October 15th, 2013

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

PLACE: Elderly Services 2907 S. Overland Rd.

Please sign-up at Oneida Senior Center

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

No testing

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

Some of the highlights will be:

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

*Defensive driving techniques *New traffic laws and information regarding RoundABOUTs

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

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

If you have any questions please feel free to contact:

Joyce Ann Hoes / Transportation Supervisor

869-2448

Oneida Elder Services

Provides **free** transportation for **all** Program Activities.

See the **Activity Calendar** in your monthly issue of **Drums Across Oneida**

Plan your day, including **lunch (Mon.-Fri.) at the Meal Site**

Bingo at 1:00 pm every Wed. during the summer months

Door to Door Service!!

For more information Please call

Michelle Cottrell/Activity Specialist

Or **Joyce Ann Hoes**/Transportation Supervisor at:

(920) 869-2448

Ride the BUS !