

# DRUMS ACROSS ONEIDA

Oneida Elder Services

2907 South Overland Rd.

Oneida, WI 54155

Phone: 920-869-2448

Fax: 920-869-1824



Senior Center -- Meal Site

134 Riverdale Dr.

Oneida, WI 54155

Phone: 920-869-1551

Fax: 920-869-1526

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Yeyathókwas Wahní'tale?

Harvest Moon

September 2012

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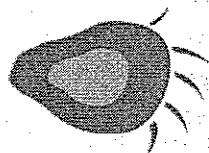
## Elder's Meditation

"It does not require many words to speak the truth."

-- Chief Joseph, NEZ PERCE

The truth shall set you free. This is the truth. When we speak the Truth, we do not need to be defensive. Truth needs no defense. When we speak the truth, we do not need to attack because truth cannot be attacked. It is so easy to want to manipulate or to be deceitful or dishonest. My head tells me I can get away with doing these things, after all everybody does it.

My Creator, today let me know truth. Let me live truth. Let me risk the truth. Let me make the truth sweet. Help me to make my word good. Let your spirit and intent be added to my words. Let my thoughts be truth.



# MENU

SEPTEMBER

2012

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>CLOSED</b> <b>LABOR DAY</b>	4 Chef Salad Ham, Turkey Cottage Cheese Dinner Rolls Sherbet	5 Spaghetti Salad Garlic Bread Fresh Vegetables Applesauce	6 Ham Sweet Potatoes Peas Pudding	7 Fish Potatoes Cole Slaw
10 Hamburger Patties Macaroni Salad Beans Buns Watermelon	11 Pork Steak Scalloped Potatoes Carrots Peaches	12 Beef Potatoes Brussels Sprouts Mandarin Oranges	13 BBQ Ribs Wild Rice Mixed Vegetables Applesauce	14 Tuna Salad Lettuce, Tomatoes, Cucumbers Juice Yogurt
17 Chop Suey Rice Biscuits Orange, Apple & Pineapple Rings	18 Bean Soup Fresh Bread Juice Jell-O W/Fruit	19 Pork Roast Potatoes Mixed Vegetables Fresh Fruit	20 Vegetable Lasagna Salad Garlic Bread Juice Jell-O	21 Salmon Loaf Potatoes Creamed Peas Sherbet
24 Chicken A La King Rice Biscuits Pears	25 Beef Vegetable Soup Fresh Bread Juice Oranges	26 Salisbury Steak Potatoes Mixed Vegetables Yogurt	27 <b>BIRTHDAY DAY</b> Chicken Potatoes Cranberries Mixed Vegetables Cake	28 Fish Red Potatoes Cole Slaw Ice Cream
All meals are served with coffee, milk, tea or water	Menu is subject to change.	<b>BIRTH STONE:</b> SAPPHIRE <b>FLOWER:</b> ASTER	<b>HOURS:</b> 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	



## ***KEEPING ACTIVE***

Elder Activities will be visiting the Oneida Family Fitness Center!

Come along to the fitness center to work out once a month.

This month is September 6<sup>th</sup> between 9:30 – 11:30.

### **Membership needed:**

\*Oneida Tribal Member Elders over 70: are free

\*Oneida Tribal Member Elders 55- 69: \$25.00 Membership fee + \$25.00 Joiner fee

\*Other Tribe Member Elders 55 and up: \$165.00 Membership fee + \$25.00 Joiner fee

\*Non-Tribal Elders 55 and up: \$330.00 Membership fee + \$25.00 Joiner fee  
Monthly fee would be \$30.00.

Please sign up at the Senior Center, meal-site if you are planning to attend. Elder Activity bus will be available for pickup.

Any questions or concerns, please call Michelle Cottrell at 869-2448.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>SEPTEMBER 2012 ACTIVITIES</b>				
3 NO ACTIVITIES OFF OBSERVANCE OF LABOR DAY	4 Crafts Elder Services 9:30 – 11:30	5 Senior Day at the New Zoo 10:00 Bag lunch provided	6 Oneida Family Fitness Center 9:30 – 11:30 Movie Elder Services 1:00	7 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
10 Qwiddler Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Site II 1:00	11 Farmer's Market & Bread Store DePere 9:30	12 Rummikub Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	13 Cooking Elder Services 9:30  Big Lots Store Green Bay 1:15	14 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
17 Scruples Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	18 Crafts Elder Services 9:30 – 11:30	19 Scattergories Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	20 Wii Bowling Elder Services 9:30  Simon's Cheese Factory 1:30	21 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
24 What's yours like Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Site II 1:00	25 Crafts Elder Services 9:30 – 11:30	26 Fact or Crap Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	27 Price is Right Elder Services 9:30 Birthday Lunch 12:00 Oneida Farmer's Market 1:15	28 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
			*Is this your Birthday Month? *You must sign up in the Birthday Book at Senior Center, Main Office. *Must be present to receive your gift card.	*Please sign up for trips at Senior Center Main Office.  *All trips leave from Senior Center.

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

# STATE of WISCONSIN



OFFICE of the GOVERNOR

## Proclamation

*WHEREAS*, one-third of people age 65 and older suffer from falls every year (many of which could be prevented) resulting in doctor visits, hospital admissions, emergency room visits, loss of functional independence and even death, and 90% of the costs are paid by Medicare; and

*WHEREAS*, fall-related hospitalizations and emergency department visits for those age 65 and older result in more than \$500 million in health care costs in Wisconsin annually; and

*WHEREAS*, the state's Aging, Public Health and Fall Prevention research networks are leaders in providing evidence-based, fall-prevention programs to older citizens; and

*WHEREAS*, community-based programs, in combination with public health and private health care practices, reduce the likelihood of falls and support older adults in maintaining their health and staying safe in their homes and communities; and

*WHEREAS*, a reduction in the incidents of disability and death due to falls for older adults is a priority of the State Health Plan – *Healthiest Wisconsin 2020*;

NOW, THEREFORE, I, Scott Walker, Governor of the State of Wisconsin,  
do hereby proclaim the month of September 2012, as

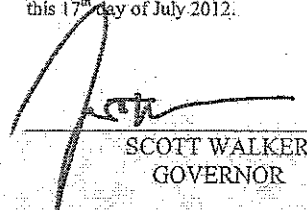
### FALL PREVENTION AWARENESS MONTH

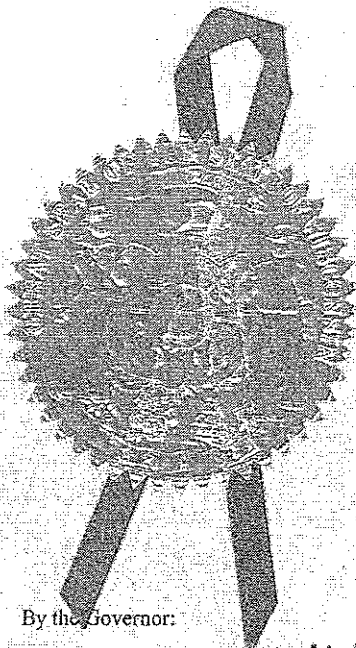
and further proclaim Saturday, September 22, 2012, as

### FALL PREVENTION AWARENESS DAY

throughout the State of Wisconsin, and I commend this observance to all of our citizens.

IN TESTIMONY WHEREOF, I have  
hereunto set my hand and caused the Great  
Seal of the State of Wisconsin to be affixed.  
Done at the Capitol in the City of Madison  
this 17<sup>th</sup> day of July 2012.

  
SCOTT WALKER  
GOVERNOR



By the Governor:

  
DOUGLAS LA FOLLETTE  
Secretary of State

# Fall Prevention: A Home Fall Prevention Checklist

Centers for Disease Control & Prevention: [www.cdc.gov/injury](http://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 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 nigh-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

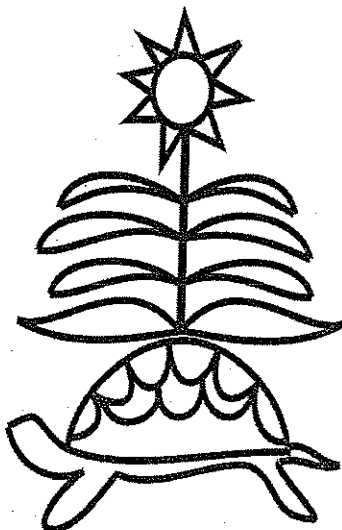
## ***Oneida Elder Services Native American Family Caregiver Information***

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 10 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.



Please contact *Debi Melchert/NAFCG Coordinator* or *Joyce Ann Hoes/Transportation Supervisor* 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, the topic is:

*Self Hand & Arm Massage to Music & Early Stage Alzheimer's Disease*

Date: Wednesday Sept. 26, 2012

Where: Elder Services Complex – Pod A  
2907 S Overland Rd, Oneida WI 54155  
1:30 PM – 3:30 PM

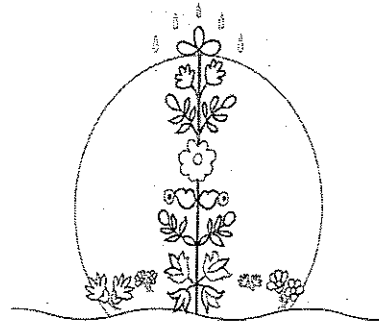
For more information, contact *Debi Melchert/Native American Family Caregiver Coordinator* at (920)869-2448.

# Oneida Elder Services Presents:

## POWERFUL TOOLS FOR CAREGIVERS (PTC) PROGRAM-DEVELOPED BY LEGACY CAREGIVER SERVICES

Topics we will cover include:

- ❖ Taking care of YOU
- ❖ Identifying and Reducing Personal Stress
- ❖ Communicating Feelings, Needs and Concerns
- ❖ Communicating in Challenging Situations
- ❖ Learning from our Emotions



Each session is 2 ½ hours and will be held for 6-weeks; it's designed to teach the caregiver how to care for themselves while caring for another.

LAY LEADERS: **DEBI MELCHERT AND SANDRA SUMMERS**

DATE: WEDNESDAY: OCTOBER 10, 2012

LAST CLASS: TENTATIVELY ON WED. NOVEMBER 14, 2012

TIME: 9:30 – 12:00 P.M.

PLACE: ONEIDA ELDER SERVICES, 2907 SO. OVERLAND RD. ONEIDA, WI 54155

Must register for class and RSVP by WED 10/23/12, must have 6 caregivers registered in order to start class, call now to sign up @ 920-869-2448 contact: Sandra @ ext. 6835 or Debi @ext.6834

*\*For Caregivers Only - No friends or family members allowed\**

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## AARP Driver's Safety Program – Winter Is Coming!

It's time to polish those driving skills and Elder Services has lined up the AARP Driver's Safety Program!

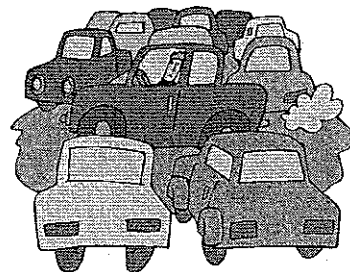
Date: October 16, 2012

Time: 9:00 AM – 1:00 PM

Place: Elder Services 2907 S Overland Rd. (Pod A)

Please sign up at the Senior Center by October 11, 2012. Elder Services will pay for the first 10 Elders who sign-up. Those who attend may receive an insurance discount (consult your insurance agent).

For more information contact Joyce Ann Hoes/Transportation Supervisor @ 920-869-2448 ext. 6844



**\*\*No Testing\*\***

## **Nutrition Information**

### **Volunteers Wanted:**

Meal Site is looking for volunteers, must be 55 years or older; services needed are, assistance in the kitchen and delivering Home Delivered Meals to homebound elders. If you would like to volunteer, please contact: Loretta Mencheski at (920) 869-1551, or stop by the meal site at 134 Riverdale Dr. Oneida, 54155.

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### **Attention All Participants of the Senior Center Meal Site:**

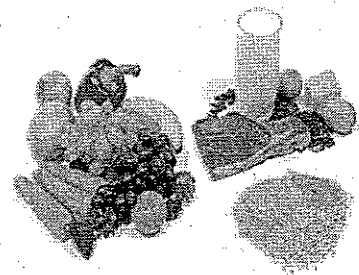
Policies & Procedures specific to the Older Americans Act – Funded Nutrition Program. Effective October 1, 2008 meal sites are required to maintain a reservation system for all participants who eat at the meal site. All participants are asked to make reservations or to cancel their meal before 8:30 A.M. Reservation and or cancellations of meals can be made by the day, week or month by notifying the check person or calling (920) - 869-1551.

**\*No participant will be denied a meal\***

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### **Upcoming Nutrition Advisory Council Meetings:**

- When: September 14, 2012
- Time: 1:00 P.M.
- Where: Oneida Senior Center Meal Site



Come to  
ONEIDA ELDER SERVICES  
GIFT SHOP

*2907 South Overland Rd  
Just west of the Health Center*

Oneida Elders showcase their talents with:

Hand Crafted Jewelry & Beadwork  
Handcrafted Baskets, Quilts, Solar Lamps,  
Floral Centerpieces, Ribbons Shirts, Regalia

Come In! Browse!

Oneida Singers: Tapes and CD's

Native American Greeting Cards

Fresh popcorn, soda and water daily

Open Monday - Friday

8:00A.M. to 4:30 P.M.

**Elders: Inquire to display your art and crafts at no cost or  
commission**

Contact: Barb Skenandore for more information @ 869-2448.

# 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):

- Gloria Kinnee
- Shelly Popp
- George Greendeer
- Maria Hinton
- Al Lopez

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## ONCOA Meetings:

September 11<sup>th</sup> & 25<sup>th</sup>, 2012  
1:00 P.M. – 3:30 P.M.  
Elder Services Conference Room

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## Elder Services Library:

All elders are welcome to visit our library. We have a variety of books, magazines, movies and puzzles available to borrow. We are open 8:00 AM – 4:30 PM Monday through Friday except holidays. For more information contact Laneva at 869-2448.

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## Elder Services Presentation: "Make Homes Safer"

Presenter: Jennifer Jordan, M.Ed., CHES, HHS, Injury Prevention Coordinator of Oneida Environmental Health & Safety

Date: Wed. September 12, 2012  
Time: During Meal @ 12:10 P.M.  
Duration: 30 min.  
Place: Oneida Senior Center, 134 Riverdale Dr. Oneida, WI 54155

For more information please feel free to contact: Debi J. Melchert / NAFCCG  
Native American Family Caregiver Coordinator - Ph. 920-869-2448

# ENGRAVE A PAVER

## Oneida Nation Veterans' Memorial Park

Hwy 54 & Pleasant Way, Oneida, WI

Have a concrete paver engraved in a Veteran's honor!

The Oneida Veterans' Memorial Park memorializes the service of the Oneida Nation of Wisconsin to the United States of America through history. Donations and purchases to the park will assist in providing cultural and social activities that will enrich the Oneida community. If you care to make a cash donation to the park or purchase an engraved paver that will be laid in front of the granite slab at the park, please fill out the form below and mail or bring it to:

### ONEIDA NATION VETERAN'S DEPARTMENT

P.O. Box 365, Oneida, WI 54155 (*mail*)

1240 Packerland Dr, Green Bay, WI 54304 (*bring it in*)

### ORDER FORM

Oneida Nation Veterans' Memorial Park **Engraved Concrete Paver** or Cash Donation

Please fill out form completely and print legibly.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Email: \_\_\_\_\_

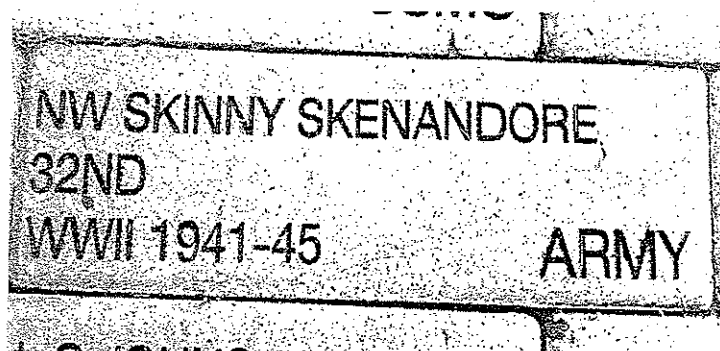
Please provide at least one form of contact. Both email and phone are encouraged.

### PAVER – Name to be engraved

Name: \_\_\_\_\_

Division: \_\_\_\_\_

War/Years: \_\_\_\_\_



**WHICH GRANITE SLAB DO YOU WANT THE NAME TO APPEAR UNDER?**

☐ Revolutionary War ☐ War of 1812 ☐ Civil War ☐ Spanish American War

☐ WWI ☐ WWII ☐ Korean War ☐ Vietnam War

☐ Desert Storm ☐ War in Bosnia ☐ Kosovo War ☐ War on Terror

**PAYMENT INFORMATION**

Mail or bring order form and payment to Oneida Nation Veteran's Department, P.O. Box 365, Oneida, WI 54155; 1240 Packerland Dr, Green Bay, WI 54304.

Checks can be made payable to: Oneida Nation Veteran's Department.

**PAVER FEE: \$90.00 ea.**

☐ Cash Donation \$ \_\_\_\_\_

☐ Paver Purchases - # of Pavers \_\_\_\_\_

☐ Check enclosed for total amount of \$ \_\_\_\_\_, Check # \_\_\_\_\_.

**CHOICES:**

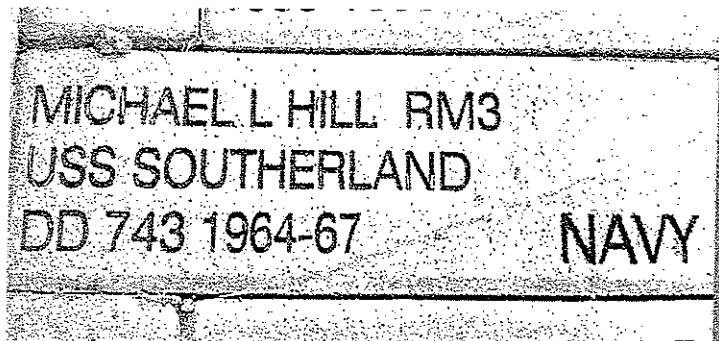
☐ NAVY

☐ USMC

☐ USAF

☐ ARMY

☐ USCG



For more information contact:

Kerry Metoxen – 920-490-3989

Carolyn Miller – 920-490-3988

**\*\*Pavers can be made for ALL military personnel, past or present\*\***

## Grab Bars Are Helpful For People Of All Abilities! – By Justine Hill/Oneida Elder Services Maintenance Supervisor (920) 869-2448

Installing a grab bar is an inexpensive way to make your bathroom safer. There is always room to install grab bars in the bathroom. People of all ages and abilities benefit from using grab bars.

**Where to Install?** - Grab bars should be installed in the bathtub, shower, and near the toilet.

**Will It Hold You?** - A grab bar won't be much use if it doesn't hold you up when you need it most. Don't buy a bar unless it will hold up to 250lbs. that is obtained by adding your weight and the force you apply to the bar. To properly install a grab bar it must be screwed into a wall studs or to blocking in your walls.

**Can You Grab It Easily?** - Your grab bar should have a diameter that is 1¼ inches to 1½ inches. Many bathtub and toilet safety bars aren't designed to support a heavy weight and don't meet safety codes for people with disabilities. Consider those products strictly to assist, do not use them to support your weight.

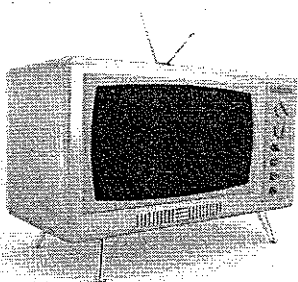
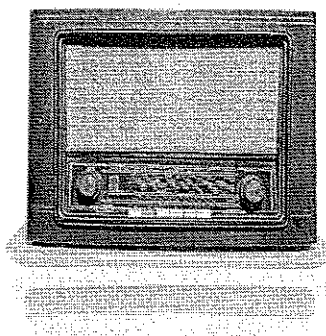
Our Home Repair Coordinator will install your grab bars for you. Simply call our Service Coordinator who will put in a work request at 869-2448.



# Remember When....Submitted by an anonymous

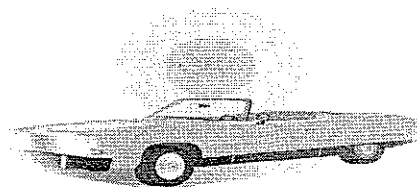
Elder

- When a quarter was a decent allowance and another quarter was a miracle...
- When milk went up one cent and everyone talked about it for weeks...
- When you'd reach into a muddy gutter for a penny...
- When girls neither dated nor kissed until late high school, if then....
- When your mom wore nylons that came in two pieces...
- When all of your male teachers wore neckties and female teachers had their hair done, everyday...
- When you got your windshield cleaned, oil checked, and gas pumped without asking for free every time, and you didn't pay for air.....
- When laundry detergent had free glasses, dishes or towels hidden inside the box...



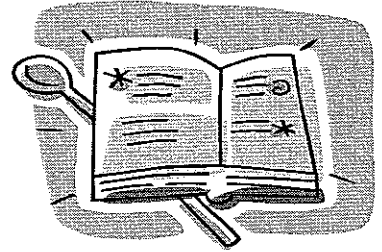
- When any parent could discipline any kid or feed him or use him to carry groceries and nobody, not even the kid thought anything of it...
- When it was considered a great privilege to be taken out to dinner at a real restaurant with your parents...
- When they threatened to keep kids back a grade if they failed, and did...
- When being sent to the principal's office was nothing compared to the fate that awaited a misbehaving student at home...
- Basically we were in fear for our lives but it wasn't because of a drive by shooting, drugs, gangs, etc. our parents and grandparents were a much bigger threat and some of us are still afraid of them...

Didn't it feel good to go back and say yeah I remember that! There's nothing like the good old days, they were good then, and they're good now when we think about them. Share some of these thoughts with a friend who can relate, then share it with someone that missed out on them, one can't be serious all the time, eh?



# Drums Across Oneida

*Drums Across Oneida is asking the community for recipes. If you have a special or unique way of preparing a traditional Native American dish or put your spin on a holiday favorite, we would love to share your recipe with our readers.*



*The Drums is also asking for short articles (light-hearted or funny) from our elders. What stories did your parents or grandparents tell you? What was like when you were younger? For example, I remember a story my dad told me about when he was younger, how he and my mom's dad were hanging out one day, and while dog sitting for a friend, took a ride out in the country. Meanwhile, my mom and grandma decided to catch up with them, when they saw them cruise by with what looked like a woman sitting in the middle. Needless to say, my mom and grandma raced to catch up with them, blowing the horn and*



*waving their hands until my dad noticed and pulled over. Huffing and puffing, my mom and grandma got out of the car, ran over to the other vehicle, and were just about to start yelling, when they noticed the long haired dog sitting in the middle; they were both embarrassed of their suspicious minds and busted out laughing. Moral of the story, don't ride around with a long haired dog sitting in the middle without telling your wife what you're doing!*

*All submissions will be credited to the sender and will be printed in the order received. You may bring your recipe/article to Elder Services (located at 2907 S Overland Rd Oneida WI), mail them to Oneida Elder Services, PO Box 365 Oneida, WI 54155, or email them to [khughes@oneidanation.org](mailto:khughes@oneidanation.org).*

*\*For more information, you may contact Kristine Hughes- Drums Editor at 920-869-2448. \**

# September 2012 Fall Season

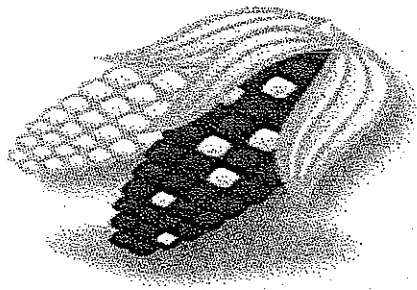
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t	l	p	i	t	i	a	r	n	t	o	d	p	c	o	e	r	p	l	o
d	o	l	a	b	o	r	d	a	y	l	l	e	y	b	f	l	l	o	t
o	g	e	e	s	r	v	r	c	e	e	d	i	r	y	a	h	l	w	b
o	e	s	e	m	r	e	a	f	e	t	a	t	s	c	l	f	a	e	a
r	f	a	e	d	e	s	e	w	n	c	n	r	e	s	l	e	b	i	l
c	h	e	r	r	y	t	r	e	e	c	i	i	a	u	o	e	e	a	l
o	e	o	x	e	d	e	i	t	s	t	r	e	c	n	o	c	s	n	c
u	r	n	m	j	q	r	d	e	f	c	h	i	i	t	e	i	a	e	c
n	f	o	u	t	u	l	o	o	h	c	s	o	t	k	c	a	b	l	e
t	t	r	i	b	u	t	e	s	s	f	z	b	a	n	p	w	t	c	a
y	f	e	b	r	u	a	r	y	q	n	s	n	i	k	p	m	u	p	w

Leaves  
Autumn  
Apples  
Hayride

Cider  
Door County  
Labor Day  
Fall

Harvest  
Pumpkins  
Grey Skies  
Football

Cherry Tree  
Back To School  
Foliage  
Indian Corn

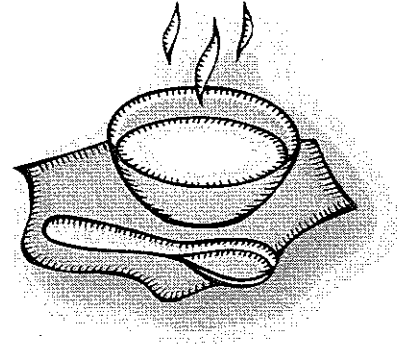


DRUMS CONTACT  
Kristine R. Hughes  
920-869-2448 <> 1-800-867-1551  
[KHUGHES@oneidanation.org](mailto:KHUGHES@oneidanation.org)

## Slow Cooker Pumpkin Steel Cut Oats

### Ingredients

- cooking spray (such as Pam®)
- 6 cups water
- 1 (15 ounce) can pumpkin puree
- 1 1/2 cups steel-cut oats
- 1 cup brown sugar replacement (such as Splenda® Brown Sugar Blend)
- 2 tablespoons ground cinnamon
- 1 tablespoon pumpkin pie spice



### Directions

1. Prepare the crock of your slow cooker with cooking spray.
2. Stir water, pumpkin puree, oats, brown sugar replacement, cinnamon, and pumpkin pie spice together in the prepared slow cooker.
3. Cook on Low for 6 hours. Stir before serving.

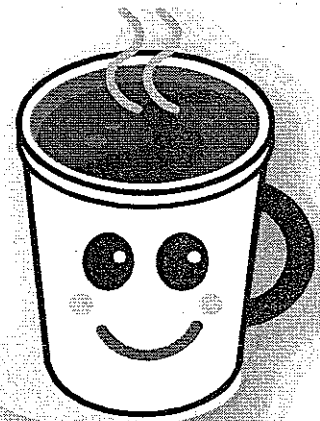
## Gunline Coffee

### Ingredients

- 2 cups powdered non-dairy coffee creamer
- 1 1/2 cups instant hot chocolate mix
- 1 1/2 cups instant coffee granules
- 1 1/2 cups white sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

### Directions

1. In a large bowl, stir together the coffee creamer, hot chocolate mix, instant coffee, sugar, nutmeg and cinnamon. Store in an airtight container at room temperature.
2. To make 1 cup, spoon 2 heaping tablespoons of the mix into a coffee mug, and add 1 cup of boiling water. Stir until dissolved.



**ONEIDA ELDER SERVICES  
ENROLLMENT FORM**

**DATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_

NOTE: The State & Federal Governments have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs.

Name \_\_\_\_\_ Phone Number (     ) \_\_\_\_\_

Address \_\_\_\_\_ Social Security Number Last four digits \_\_\_\_/\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

**OUR PROGRAM POLICY FOR SERVICES** is as follows: 1) Elder aged **70 years** and older. 2) Elders aged **55-69 years** of age that are disabled/handicapped, living alone. 3) Elders aged **55-69 years** of age, with **health/safety issues**. The elders that are listed are our **priority**.

**Please check the appropriate responses:**

**Marital Status:** \_\_\_\_ Married \_\_\_\_ Single \_\_\_\_ Widowed \_\_\_\_ Divorced

**Maiden Name:** \_\_\_\_\_

**Gender:** \_\_\_\_ Male \_\_\_\_ Female

**Veteran:** \_\_\_\_ Yes \_\_\_\_ No

**Living Arrangement:** \_\_\_\_ Live Alone \_\_\_\_ Lives with Spouse \_\_\_\_ *Lives with others\** \_\_\_\_ *How many*

**Do you:** \_\_\_\_ Rent \_\_\_\_ Own

**Race:** \_\_\_\_ Native American \_\_\_\_ Caucasian \_\_\_\_ Latino \_\_\_\_ Asian \_\_\_\_ African American

**Tribal Affiliation:** \_\_\_\_\_ **Enrollment Number:** \_\_\_\_\_

**General Health Status:** \_\_\_\_ Excellent \_\_\_\_ Good \_\_\_\_ Fair \_\_\_\_ Poor\*

**\*If Poor Please List Health Condition:** \_\_\_\_\_

**Do You Currently Have Any of the Following?**

Guardianship \_\_\_\_\_ Power of Attorney for Health \_\_\_\_\_ Power of Attorney for Finances \_\_\_\_\_

Representative Payee for Social Security \_\_\_\_\_ Medicare \_\_\_\_\_ Medicaid \_\_\_\_\_

**In Case of an Emergency Contact: Name:** \_\_\_\_\_

Phone Number: (     ) \_\_\_\_\_

Relationship: \_\_\_\_\_

The above information is correct to the best of my knowledge. Any false statements on any part of the enrollment form are grounds for denial of services. All of the information on the enrollment form is confidential and will not be released to any persons unless I have signed an authorization form for release of information. This enrollment form becomes the property of the Oneida Elder Services.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Please Return: Oneida Elder Services Complex  
ATTN: Service Coordinator  
P.O. Box 365  
Oneida, WI. 54155