

DRUMS ACROSS ONEIDA

Oneida Elder Services
Lee McLester II Building
P.O. Box 365, 2907 S Overland
Rd.

Oneida, WI 54155
Phone: 920-869-2448
1-800-867-1551

Drums contact: Helen Doxtator
Email: hdoxtato@oneidanation.org



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

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

Yeyathókwas Wahní·tale? Harvest moon (9th Moon) September 2014



September Menu
September Activities
Yawá?Kó
Puzzle
Nutrition
Nutrition Program Operations
Care Giver Flyer
Transportation
Benefit Specialist
FGPSC Raffle
Elder Expo
How will Per Capita Affect your Benefits?
Respect for all Oneida Tribal Members
Strong Today, Falls Free Tomorrow
Fall Prevention Checklist
Elder Expo
Lawn Care Tips for Dry Weather Locations
AARP Smart Driver Safety Program

SEPTEMBER 2014 MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED IN OBSERVANCE OF LABOR DAY	2 Roast Beef Mashed Potatoes Carrots Fruit	3 Ham Scalloped Potatoes Green Beans Cinnamon Applesauce	4 Swedish Meatballs Noodles Squash Cucumber Salad Mixed Fruit	5 Honey Dipped Chicken Roasted Potatoes California Blend Vegies Diced Melon
8 Liver & Onions Mashed Potatoes Carrots Cookies	9 Spaghetti W/Meat Sauce Italian Blend Vegetables Cheesy Bread Fruit	10 Swiss Steak Baked Potato Brussels Sprouts Fruit	11 Beef Stew Raw Vegetables Garlic Cheese Biscuits Fresh Fruit	12 Baked Fish Oven Roasted Potatoes Asparagus Oranges
15 Baked Ziti Mixed Vegetables Bread Sticks Fruit Salad	16 Chicken Soup Lettuce Salad Sandwich Jell-O	17 Roast Turkey Sweet Potato Wax Beans Cranberry Sauce Corn Bread Fruit	18 Beef Stroganoff Noodles Vegetables Raspberries Ice Cream	19 Salmon Loaf Cream Pea Sauce Parsley Buttered Potato Molded Fruit Salad
22 Chicken Al A King Homemade Biscuits Carrots Lettuce Salad Fresh Fruit	23 Meat Loaf Cheesy Potatoes Green Beans Fruit	24 Chicken Tetetrazini Squash Pears Jell-O	25 BIRTHDAY DAY Boiled Dinner Salad Fruit Cake	26 Potato Crusted Cod California Blend Veggie Fruit
29 BBQ Chicken Potato Salad Broccoli Fruit	30 Ring Bologna Parsley Buttered Potato Acorn Squash Fruit		All meals are served with coffee, tea, juice, milk, cocoa or water.	Menu is subject to change. Lunch is served Monday- Friday from 12:00 p.m.-1:00 p.m.



SEPTEMBER 2014 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 OFF In Observance of Labor Day	2 Crafts (decorate bottle) 9:30 – 11:30 E.S. Meal-site	3 Senior Day at the New Zoo 10:00 Bring your bag Lunch No Transportation for lunch this day.	4 Cooking Activity Room 9:30 Wii Bowling E.S. Meal Site 1:15	5 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
8 Pass the Pop Corn Activity Room 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal site 1:00	9 Tai chi (Light stretch & balance) E.S. Meal-site 1:30 – 2:30	10 Fact or False Activity Room 9:30 Exercise E.S. Meal-site 11:00 Barnes n Noble Book Store Green Bay 1:15	11 Lamers Dairy & Thrift Store Appleton 10:00 (Lunch on your own) No Transportation for lunch this day.	12 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
15 Dominoes Activity Room 9:30 Exercise E.S. Meal-site 11:00 U Bake Store Green Bay 1:15	16 Apple Picking Oneida Orchard 10:00 – 5:00 1 day only Elders only ½ off reg. price Elder Bus going @ 10:00	17 Pass the Pigs Activity Room 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	18 Chair Yoga Oneida Family Fitness 10:00 Wii Bowling E.S. Meal site 1:15	19 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
22 Quiddler Activity Room 9:30 Exercise E.S. Meal-site 11:00 Bingo E.S. Meal site 1:00	23 Tai chi (Light stretch & balance) E.S. Meal-site 1:30 – 2:30	24 Scrabble Activity Room 9:30 Exercise E.S. Meal-site 11:00 Bingo Cliff Webster Build 1:30	25 Good Will Store Green Bay 9:30 Birthday Lunch 12:00 Farmer's Market Oneida 1:15	26 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00 No Transportation for lunch this day.
29 Scruples Activity Room 9:30 Exercise E.S. Meal-site 11:00 Wild Life Sanctuary Green Bay 1:15	30 Crafts (Scarecrow decoration) 9:30 – 11:30 E.S. Meal-site		* Please sign up for trips at the E.S. Meal-site * All Trips leave from E.S. Meal-site * Activities subject to change.	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 card.

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

Yawáʔkó

In the Oneida language, **Yawáʔkó** means *Thank You!* During these hard economic times, the generosity of our community members means so much, which is why Oneida Elder Services would like to send a very special thank you to the following individual(s):

George Greendeer

Pearl McLester

Dr. Robert & Linda Powless

Nice Comments....

"Thank you," to Ruth house for donating corn husks for crafts.

"Thank you," to Shirley Wolf for donating books.

"Thank you," to Dorothy Ermenc for clothes donation.

"Thank you," to Linda Doxtator for book donation.

"Thank you," to Shirley Barber magazine donation.

"Thank you," to the home chore staff for taking such good care of Pearl McLester's lawn, she really appreciates all that Elder Services does for her.

Reminder: **All** articles in the elder library (book & movies) must be signed in and out.

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

Foot Clinic

Held at Elder Services, 2907 S. Overland Drive

For appointments call Carol at 869-4840

Monday, Sept. 8th, 9:00am – 12:00 pm

Thursday, Sept. 11th, 12:30 pm – 3:30 pm

Monday, Sept. 15th, 12:30 – 3:30 pm

Monday, Sept. 22nd, 9:00 am – 12:00 pm

Thursday, Sept. 25th, 12:30 pm – 3:30 pm



Labor Day

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

Barbecue Civic Pride Community End of summer

Fair wages Family Federal Holiday Honest work

Labor Day Parade Sales at stores Start of school

Unions

Unity

Worker

NOTICENOTICE**NOTICE**



Attention All Participants of the Elder Services Congregate Meal Site: Please Help!

Participants who eat at the Elder Services Congregate Meal Site must call in to reserve or to cancel their meal before 3:30 p.m. the day before...

If you reserve a meal and don't show we're required to pay for that meal. If you show up without a reservation you'll have to wait until all reserved meals are served.

No participant will be denied a meal

Volunteers Wanted:

The meal site is looking for volunteers, age 55 or older; services needed are assistance in the dining area and delivery of Home Delivered Meals to homebound elders. If you would like to volunteer, call or stop in at the Elder Services Congregate Meal Site: 2901 S Overland Rd, Oneida, 54155

Upcoming Nutrition Advisory Council Meetings:

- When: 3rd Friday of the Month
- Time: 1:00 p.m.
- Where: Elder Services Congregate Meal Site

**To Reserve or Cancel your meals please call (920) 869-1551
For more information contact: Loretta Mencheski,
Meal Site Supervisor**

Chapter 8. Nutrition Program Operations

8.1 Introduction

This chapter of the Wisconsin Aging Network Manual of Policies and Procedures address policy and procedures which are specific to the nutrition program funded by the Older Americans Act. Policies and procedures in other chapters of this manual such as fiscal, planning and personnel also apply to nutrition program administration.

8.1.1 Purpose of the Nutrition Program

- The purpose of the elderly nutrition program is as follows:
- To reduce hunger and food insecurity.
- To promote socialization of older individuals.
- To promote the health and well-being of older individuals by assisting such individuals to gain access to nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.

8.1.2 Objectives of the Program

The objectives of the elderly nutrition programs are as follows:

- To prevent malnutrition and promote good health behaviors through nutrition education, nutrition screening and intervention of participants.
- To serve wholesome, delicious meals that are safe and of good quality, through the promotion and maintenance of high food safety and sanitation standards.
- To promote or maintain coordination with nutrition-related and other supportive services for older individuals.
- To target older adults who have the greatest economic or social need with particular attention to low-income minority and rural individuals.



Pick your own Apples!

At Oneida Apple Orchard

One Day only!

Tuesday, September 16th

10:00 am – 5:00 pm

*** 55 years of age and older only ***

Bring proof of age



* Cost of Apples: ½ off regular price (Excludes already picked apples).

* Bring your own Bags/Containers.

* Please stop in Retail Shed first for directions as to where to pick Apples.

Activities Bus is going at 10:00 am – 11:15 am.

Please sign up by 4:00 on September 15th at Elder Services Meal-Site if you need a ride on the bus. Any questions please call Michelle Cottrell at (920) 869-1551.

Oneida Elder Services Native American Family Caregiver Information

Oneida Elder Services, "Native American Family Caregiver Voucher/Stipend Program", is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 4 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.



Please contact Barbara Silva/Native American Family Caregiver at (920) 869-2448 for details.

****Services are dependent on available funds****



Please join us for our Alzheimer's & Native American Family Caregiver Support Group at:



Take time out for yourself as a caregiver of a loved one to share experiences, ideas, companionship and support for one another! We offer a variety of guest speakers with the focus on the wellness of you.

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.



Elder Services Transportation Page

For more information please contact:

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

We have Oneida Public Transit bus passes available to
Elders 55 years or older who are gainfully employed,
serve on a board, committee or commission that pays stipends



Oneida Elder Services

‘Tai Chi’

Sign-up at Elder Services Congregate Meal Site

Held the **2nd & 4th Tuesday of each month**

1:30 pm – 2:30 pm

Instructor: Kevin Schoenebeck, Oneida Fitness Center
Sponsored by Oneida Total Integrated Enterprises (OTIE)

Classes focus on light **Stretching & Balance**

Any questions please contact:

Contact: Michelle Cottrell, Activity Specialist (920) 869-1551

Joyce A. Hoes, Transportation Supervisor (920) 869-2448



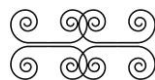
Arthritis Foundation Exercise Program

Time: 11:00 am – 11:30 am

Will continue to be in the Elder Services Meal Site

Please contact Joyce Hoes if you have any questions

869-2448





BENEFIT SPECIALIST AT ELDER SERVICES CONGREGATE MEAL SITE



The **second** and **fourth Monday** of the month Angela Ortiz, Benefit Specialist for Oneida Elder Services will be at the Elder Services Congregate Meal Site located at 2901 S Overland Rd, Oneida, WI 54155 from **11:30 a.m. to 1:00 p.m.** She will be there to answer questions and offer assistance with Medicare, Medicaid, Senior Care, and similar programs that are available for Elders. Please feel free to stop by with questions on those days or contact her in the office.

Any questions please contact: Angela Ortiz, Benefit Specialist at (920) **869-2448**



Make a Difference in your Community become a Foster Grandparent or Senior Companion

Are you a senior, 55 years or older who enjoys spending and/or sharing your time, knowledge of tradition and culture? If income eligible, you can make a difference in your community by volunteering up to 8 hours a day while receiving extra income

Foster Grandparents provide an inter-generational exchange between Elders and youth. Elders can serve as mentors to youth at tribal schools, day care centers, head start, after-school activity groups and youth centers.

Senior Companions provide opportunities for healthy older adults to serve Elders who may be homebound, alone, and/or isolated without family support. Senior Companions may serve clients within reservation boundaries.

Come share with our community, enjoy life, help others and earn tax-free money!

For an opportunity in your area contact:
Angela Ortiz, Benefit Specialist
(920) 869-2448

**You must be a least 55 years of age, complete a background check and meet
Income guidelines to earn a stipend!**



Foster Grandparent Program / Senior Companion Program Raffle

WIN!!!! WIN!!!! WIN!!!! WIN!!!! WIN!!!! WIN!!!! WIN!!!! WIN!!!! WIN!!!! WIN!!!! WIN!!!!

1st Prize- Insignia 39" 1080p LCD TV

2nd Prize- Pendleton Computer Bag

3rd Prize- Rolling Cooler Bag

Ticket prices are only

4 tickets for \$10

Or

10 tickets for \$20

(Sale dates August 1, 2014 - September 30, 2014)



For purchase of tickets contact Angela at (920) 869-2448 or email aortiz@oneidanation.org. This raffle will help the volunteer group raise money to cover the cost of travel and lodging for a semiannual recognition party held in their honor. Name will be pulled and notified by telephone and mail.

Winner must be able to pick up prizes at Oneida Elder Services during regular business hours of, Monday thru Friday from 8:00 AM – 4:30 PM, within 30 days of notification of winning.

How will the Per Capita affect your Benefits?

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

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

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

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

“Attention Elders”

ONCOA is inviting you to meet & express your thoughts on Respect in General Tribal Council (GTC) meetings.

When: Sept. 9, 2014

Where: AJRCC Meal Site

Time: Noon-1:30 pm

Respectfully, Wesley Martin ONCOA Chairman

Any questions Contact: Lois Strong (920) 869-2448

Subject: Respect for all Oneida Tribal Members

From: Oneida Nation Commission on Aging

The Oneida people were renowned in their leadership skills and their oratory as they lead this Nation through dynamic and traumatic times over the last several centuries. The Oneida membership suffered through wars where many young warriors died, bouts with smallpox, measles, tuberculosis and other contagious diseases that wiped out large portions of the Oneida population. Today disrespect, despite this sad history, the Oneida people emerged proud and capable of reawakening and reestablishing their community, both physically and socially.

In the Longhouses, all across the Six Nations in New York, when a person arose to speak, a hush fell on the audience. If the speaker spoke for two or three hours, no one interrupted him. Everyone listened. The words were not written down, but everyone remembered the words.

The ONCOA board as a voice for our Elders, we are asking the members of the General Tribal Council to conduct more efficient and effective meetings and to memorialize our ancestors by adhering to the Code of Ethics rules, speaking only in turn in a courteous manner, refraining from interrupting each other, not booing or otherwise interjecting loud exclamation when others are speaking.

The Elders are respectfully requesting that they be recognized and called on for their comments and participation when they raise their hands.

We are further also respectfully asking that the rule of: "Point of Order," be utilized at a minimum and not just as a matter to seize the microphone.

We are proud to be Oneidas and proud of our heritage. We must conduct ourselves as our Grand Mothers and Fathers have done before us not only as leaders of our families and the Oneida Nation, but as leaders among the other Indian Nations.

According to National Council on Aging (NCOA) – Falls Prevention Awareness Day is Sept. 23, 2014. The 2014 NCOA theme is “*Strong Today, Falls Free® Tomorrow.*”

Falls are the leading cause of injury death for older Americans. Falls threaten seniors’ safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments and community partnerships, the number of falls among seniors can be substantially reduced.

The Challenge: According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ falls each year.
- Every 14 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.4 million injuries treated in emergency departments annually including over 772,000 hospitalizations and more than 21,700 deaths.
- In 2012 the total cost of fall injuries was over \$36 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$59.6 billion by 2020.

Falls with or without injury also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, self-limit activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

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 threads to the stairs.
- Are the handrails loose or broken? Is there a handrail only on 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.

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.

Questions call Joyce Johnson – Elder Abuse Prevention Coordinator, **Oneida Elder Services (920) 869-2448**.

Elder Expo

Our second Elder Expo hosted by Oneida Nation Commission on Aging and Elder Services is over and our vendor and attendee surveys show that the expo was a great success with requests to repeat next year at the Radisson. All the comments from the surveys were carefully read and evaluated to improve the Elder Expo for next year. 435 elders enjoyed 26 tribal vendors that offered valuable resources and information to them. The elders were also given this opportunity to socialize with each other.

One of the highlights of the event was a wall called “Guess who I am?” pictures of elders in their younger years were on display and each picture was identified on a list. The elders really enjoyed and you could hear the chuckles.

A very special “Thank You,” to all the individuals and departments that donated to the bag raffle.

Congratulations to all our bag raffle winners.

Our bag raffle earned almost \$1,000 for the Roberta Kinzhuma Scholarship Fund. This Scholarship fund gives scholarships to single mothers pursuing a higher education.

We have two (2) bag raffle prizes and three (3) survey prizes that have not been claimed: If you have ticket number: 0171931, 0018512, 364142, 364158, or 364174, you may claim your prize by September 10th at Elder Services.

Yawako to everyone that made this Elder Expo a huge success.

Oneida Nation Commission On Aging

Elder Services Director and Staff



Elder Expo 2014

Elder Expo 2014 was held At the Radisson, Green Bay Wisconsin on August 8, 2014. It was quite the gathering, lots of people, vendors, information & services available to elders. We would like to thank all the vendors, all Elder Services staff, ONCOA, and of course all the volunteers who helped make this event possible.





Lawn Care Tips for Dry Weather Locations

Drought can happen in both winter and summer and can be devastating to your lawn. The harmful effects of drought in any season can be reduced, if not eliminated with a proper lawn maintenance program. Healthy turf will withstand times of stress better than grass that is not well established.

The Best Grass

Understanding the best type of grass to plant is essential to maintaining a healthy, vigorous lawn. If you live in a temperate climate it is best to choose a warm season grass such as Bermuda, St. Augustine or zoysia.

Water

For dry weather lawn care, regularly water your lawn and give it a generous amount. If you are concerned about the costs involved with watering your lawn, try using rainwater or waste water from your home such as bath water. In order for lawns to stay green and healthy they need about 1 inch of water per week.

Never water during the hottest parts of the day. Sunlight is magnified through water and can scorch and burn your lawn. The best time to water is in the early morning.

TIP: Be careful not to overwater your lawn as it will have a difficult time setting roots and will encourage the growth of weeds.

Weed Control

A healthy lawn will push weeds out of the way. Apply a pre-emergent weed killer in early spring before the lawn takes off for the season. Organic weed control measures such as gluten cornmeal are safe for pets and children and offer an alternative to toxic products.

Mowing

Most grasses have a recommended mowing height range. Be sure that you know the range for your grass. During times of drought or other stressful conditions, keep on the upper end of the range.

TIP: Always leave your grass clippings on your lawn. They provide valuable nutrients needed for lawn health.

Read more: <http://www.doityourself.com>



Oneida Tribe of Indians of Wisconsin
ENROLLMENT DEPARTMENT
P.O. Box 365
Oneida, WI 54155-0365

PRSRST STD
U.S. POSTAGE
PAID
ONEIDA, WI 54155
PERMIT NO. 4

**ONEIDA ELDER SERVICES
AARP Smart Driver's Safety Program**

*******WINTER IS COMING!!!*******

DATE: October 15, 2014

TIME: 9:00 am - 1:00 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 10, 2014

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

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

*****No testing*****

For more information please contact:

Joyce Hoes

Transportation Supervisor

869-2448

