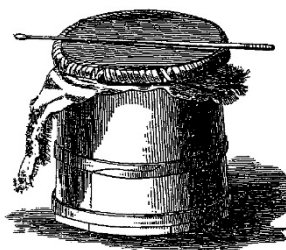


# DRUMS ACROSS ONEIDA

Oneida Elder Services  
Lee McLester II Building  
P.O. Box 365, 2907 S. Overland Rd.  
Oneida, WI 54155  
Phone: 920-869-2448  
1-800-867-1551

Speak to live operator at this phone number 24/7



Elder Services Congregate Meal Site  
2901 S. Overland  
Oneida, WI 54155  
Phone: 920-869-1551  
Drums Contact: Sacheen Lawrence  
Email: slawrenc@oneidanation.org  
Drums can also be viewed  
at Oneida-sn.gov/elderservices/



Visit our Facebook page at <https://www.facebook.com/OneidaElderServices/>

Tsha>tekohs#lha> Wehn\$tae>

Mid-Winter Moon

January 2019

## JANUARY

WISHING YOU  
A VERY HAPPY  
NEW YEAR

|   |  |                        |   |
|---|--|------------------------|---|
| <b>Benefit<br/>Information<br/>Specialist<br/>Meeting</b> | <b>January 21<sup>st</sup><br/>2019</b>  | <b>12:00pm -1:00pm</b> | <b>Elder Meal Site</b>                    |
| <b>Caregiver<br/>Support Group</b>                        | <b>January 17<sup>th</sup>,<br/>2019</b> | <b>1:30pm-3:30pm</b>   | <b>Elder Services<br/>Pod B</b>           |
| <b>GLNAEA</b>   |  | <b>8:00am-4:00pm</b>   |   |
| <b>ONCOA<br/>Meeting</b>                                  |  | <b>1:00pm-4:00pm</b>   | <b>Elder Services<br/>Conference Room</b> |
| <b>Memory Café</b>  | <b>December 4th,<br/>2018</b>            | <b>1:30pm-3:30pm</b>   | <b>Oneida Library</b>                     |
| <b>Nutrition<br/>Advisory Council</b>                     | <b>January 18<sup>th</sup>,<br/>2019</b> | <b>1:00pm-2:00pm</b>   | <b>Elder Meal Site</b>                    |

# New Year's Eve



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






Look for words related to celebrating the New Year. They may be spelled forward, backward, downward, upward, or diagonally.

- |               |              |              |
|---------------|--------------|--------------|
| ■ CELEBRATION | ■ FIREWORKS  | ■ MIDNIGHT   |
| ■ CHAMPAGNE   | ■ HAT        | ■ PARTY      |
| ■ CHEERS      | ■ HOLIDAY    | ■ RESOLUTION |
| ■ CLOCK       | ■ HORNS      | ■ TOAST      |
| ■ CONFETTI    | ■ INVITATION |              |
| ■ COUNTDOWN   | ■ JANUARY    |              |
| ■ FESTIVITIES | ■ KISS       |              |

*celebrate*



# JANUARY ELDER ACTIVITIES

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p>* Please <b>sign up</b> for trips and activities at the E.S. Meal-site.</p> <p><b>*Check for Departure Time</b></p> <p>*Activities subject to change.</p>                                      | <p><b>1</b></p>  <p><b>OFF</b><br/>In observance of<br/>New Year's Day!</p> | <p><b>2</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p>  | <p><b>3</b></p> <p><b>Walking Stick Class</b><br/>E.S. Meal-site 9:00<br/>Limited to 6 new participants<br/>please sign up to attend the class</p> <p><b>Chair Yoga</b><br/>E.S. Meal-site 1:30</p>   | <p><b>4</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b><br/>(On your own)<br/>10:00 – 3:00</p> <p><i>No Transportation for lunch</i></p>   |
| <p><b>7</b></p> <p><b>Oneida Language Class</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>E.S. Meal-site 1:00</p>                           | <p><b>8</b></p>  <p><b>Tai Chi</b><br/>E.S. Meal-site 1:30</p>              | <p><b>9</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p>  | <p><b>10</b></p> <p><b>Walking Stick Class</b><br/>(cont. from class 1)</p> <p>E.S. Meal-site 9:00</p> <p><b>Bowling</b><br/>Ashw. Lanes 1:30</p>   | <p><b>11</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b><br/>(On your own)<br/>10:00 – 3:00</p> <p><i>No Transportation for lunch</i></p>  |
| <p><b>14</b></p> <p><b>Story Writing</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Barnes &amp; Noble</b><br/>Green Bay 1:15</p>                          | <p><b>15</b></p> <p><b>Crafts</b><br/>9:30 – 11:15<br/>E.S. Meal-site</p>   | <p><b>16</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p> | <p><b>17</b></p> <p><b>Craft Class</b><br/>With Adventures (Canoes)<br/>6 openings please sign up to attend the class</p> <p>E.S. Meal-site 9:00</p> <p><b>Chair Yoga</b><br/>E.S. Meal-site 1:30</p> | <p><b>18</b></p> <p><b>Banks, Shopping-(Aldi's) &amp; Lunch Out</b><br/>(On your own)<br/>10:00 – 3:00</p> <p><i>No Transportation for lunch</i></p>   |
| <p><b>21</b></p> <p><b>Oneida Language Class</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>E.S. Meal-site 1:00</p>                          | <p><b>22</b></p>  <p><b>Tai Chi</b><br/>E.S. Meal-site 1:30</p>            | <p><b>23</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p> | <p><b>24</b></p> <p><b>Thrival/SnowShoeing</b><br/>With Adventures<br/>E.S. Meal-site 9:30</p> <p><b>Birthday Lunch 12:00</b></p> <p><b>Bowling</b><br/>Ashw. Lanes 1:30</p>                          | <p><b>25</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b><br/>(On your own)<br/>10:00 – 3:00</p> <p><i>No Transportation for lunch</i></p>  |
| <p><b>28</b></p> <p><b>Story Writing</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Movie</b><br/><b>(Glen Campbell Story)</b><br/>E.S. Meal-site 1:00</p> | <p><b>29</b></p> <p><b>Marcus Theater Movie</b><br/>Green Bay<br/>Time to be determined<br/>(\$5.00 Movie fee)</p>   | <p><b>30</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p> | <p><b>31</b></p> <p><b>Paper Discovery Center</b><br/>\$5.00 fee<br/>Lunch-(on your own)</p> <p><b>Good Will Store</b><br/>10:00 Appleton</p> <p><i>No Transportation for lunch</i></p>               | <p>Is this the Month of your Birthday? You <b>must sign up</b> in the <b>Birthday Book</b> at the E.S. Meal-site. <b>*Must be present at B-day Lunch</b> to receive your gift card</p>  |

**\*\*If you have any questions Please call Michelle Cottrell at 869 -6733\*\***

# JANUARY 2018

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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| 1<br><b>CLOSED IN<br/>OBSERVANCE OF<br/>NEW YEAR'S DAY</b>                   | 2 Cheese Ravioli<br>Cheese Sauce<br>Cheesy Mascot Bread<br><br>Fruit                 | 3 Swiss Steak<br>Noodles<br>Vegetables<br>Bread<br><br>Fruit                                       | 4 Beef Stew<br>Mashed Potatoes<br>Dinner Roll<br><br>Fruit                       | 5 Baked Cod<br>Hash Brown Patty<br>Mixed Vegetables<br>Rye Bread<br><br>Fruit            |
| 8 Hot Dog w/Bun<br>Macaroni & Cheese<br>Peas<br><br>Fruit                    | 9 <b>STAFF MEETING</b><br>Split Pea Soup w/Ham<br>Cold Sandwich<br>Fruit<br><br>Pie  | 10 Roast Turkey<br>Sweet Potatoes<br>Wax Beans<br>Cranberry Sauce<br>Corn Muffin<br>Fruited Jell-O | 11 Beef Stroganoff<br>Noodles<br>Brussels Sprouts<br>Dinner Roll<br><br>Fruit    | 12 Salmon<br>Cream Pea Sauce<br>Potatoes<br>Rye Bread<br><br>Gelatin                     |
| 15 Chicken A' La King<br>Biscuits<br>Carrots<br><br>Pudding                  | 16 Meat Loaf<br>Cheesy Potatoes<br>Green Beans<br>Bread<br><br>Fruit                 | 17 Sloppy Jo+-es/Bun<br>Corn<br>Chips<br>Fruit<br><br>Gelatin                                      | 18 Chicken Wild Rice<br>Casserole<br>Mixed Vegetables<br>Bread<br><br>Fruit      | 19 Tavern Battered Cod<br>Mashed Potatoes<br>California Vegetables<br>Bread<br><br>Fruit |
| 22 Barbecued Chicken<br>Mashed Potatoes<br>Broccoli<br>Coleslaw<br><br>Fruit | 23 Ring Bologna<br>Parsley Boiled Potatoes<br>Carrots<br>Homemade Bread<br><br>Fruit | 24 Country Style Ribs<br>Sauer Kraut<br>Oven Browned Potatoes<br>Squash<br><br>Pudding             | 25 <b>BIRTHDAY LUNCH</b><br>Chili<br>Cold Sandwich<br>Fruit<br><br>Birthday Cake | 26 Pork Chop<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll<br><br>Fruit               |
| 29 Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>Bread<br><br>Fruit      | 30 Corn Soup<br>Cold Sandwich<br>Pumpkin Muffin<br><br>Fruit                         | 31 Oven Roast Beef<br>Mashed Potatoes<br>Carrots<br>Bread<br><br>Fruit                             |  |  |

# JANUARY 2018

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# JANUARY 2018

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| 1<br><b>CLOSED IN<br/>OBSERVANCE OF<br/>NEW YEAR'S DAY</b>                   | 2 Cheese Ravioli<br>Cheese Sauce<br>Cheesy Mascot Bread<br><br>Fruit                 | 3 Swiss Steak<br>Noodles<br>Vegetables<br>Bread<br><br>Fruit                                       | 4 Beef Stew<br>Mashed Potatoes<br>Dinner Roll<br><br>Fruit                       | 5 Baked Cod<br>Hash Brown Patty<br>Mixed Vegetables<br>Rye Bread<br><br>Fruit            |
| 8 Hot Dog w/Bun<br>Macaroni & Cheese<br>Peas<br><br>Fruit                    | 9 <b>STAFF MEETING</b><br>Split Pea Soup w/Ham<br>Cold Sandwich<br>Fruit<br><br>Pie  | 10 Roast Turkey<br>Sweet Potatoes<br>Wax Beans<br>Cranberry Sauce<br>Corn Muffin<br>Fruited Jell-O | 11 Beef Stroganoff<br>Noodles<br>Brussels Sprouts<br>Dinner Roll<br><br>Fruit    | 12 Salmon<br>Cream Pea Sauce<br>Potatoes<br>Rye Bread<br><br>Gelatin                     |
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| 22 Barbecued Chicken<br>Mashed Potatoes<br>Broccoli<br>Coleslaw<br><br>Fruit | 23 Ring Bologna<br>Parsley Boiled Potatoes<br>Carrots<br>Homemade Bread<br><br>Fruit | 24 Country Style Ribs<br>Sauer Kraut<br>Oven Browned Potatoes<br>Squash<br><br>Pudding             | 25 <b>BIRTHDAY LUNCH</b><br>Chili<br>Cold Sandwich<br>Fruit<br><br>Birthday Cake | 26 Pork Chop<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll<br><br>Fruit               |
| 29 Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>Bread<br><br>Fruit      | 30 Corn Soup<br>Cold Sandwich<br>Pumpkin Muffin<br><br>Fruit                         | 31 Oven Roast Beef<br>Mashed Potatoes<br>Carrots<br>Bread<br><br>Fruit                             |  |  |

# JANUARY 2018

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

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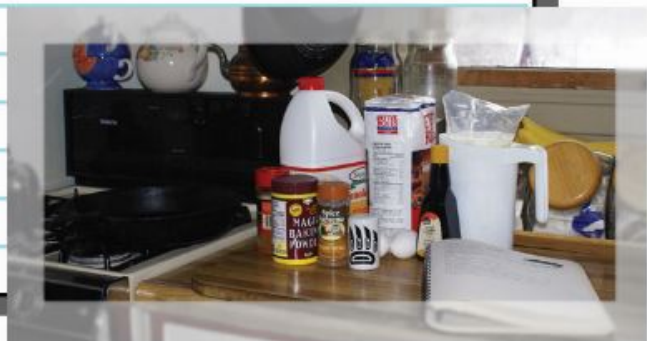


## Hoyan



- 1 cup skatikápslat owiskla onutákeli' *white sugar*
- 4 tbsp kayé: watokwa'tslowá:ná owistohseli' *butter*
- 2 onhúsa *eggs*
- 1 cup skatikápslat onúta' *milk*
- 3 cups Áshá nikatikápslake othé:tsli' *flour*
- 1/2 tsp tshatewatokwatsliyo tyohyó:tsis *salt*
- 3 tsp Áshá ka'niwatokwatsla watu'kwatha' *baking powder*
- 1 tsp úska ka'niwatokwatsla *vanilla*

Mix the first 4 ingredients together. Then in a larger bowl, mix the next (dry) 3 ingredients. Next stir together the wet mixture into the dry mixture. After blended together roll out onto a pasty board, and cut out the hoyan into donuts or other shapes. \*\*Make sure to ask an adult to preheat the cooking oil in the kitchen while cutting out the shapes.\*\*





## A Busy Month at Oneida Elder Services

By: Sacheen Lawrence

Oneida Elder Services, the Oneida Nation Commission on Aging (ONCOA) board, and the Oneida Nation hosted the Great Lakes Native American Elder Association (GLNAEA) meeting that is held quarterly throughout the Tribes in Wisconsin. It was held at the Radisson on December 7<sup>th</sup> in Green Bay. Approximately 200 were in attendance from throughout Wisconsin to discuss issues with elders within the Native American communities. The meeting opened with a prayer by Delora Cornelius, a welcome from OBC member, Kirby Metoxen, a flag song, and a veteran's song by White Pine Drum group (Lunynt Metoxen).

In conjunction with the GLNAEA meeting, Elder Services, Wisconsin Alzheimer's Disease Research Center, Native American Center for Health Professions (NACHP), and Collaborative Center for Health Equity (CCHE) hosted an educational event at the Radisson on December 6<sup>th</sup>. Dr. Blythe Winchester and Dr. Barbara Bendlin were guest speakers who spoke about "Alzheimer's Disease in Indian Country". This event was open to the public and brought in about 83 attendees. There was a lot of positive feedback from the event by the attendees.

November was National Caregivers Month. The month was dedicated to all the family caregivers of the nation and all they do for their loved one. Elder Services has a Native American Family Caregiver program (NAFCG) that is run by Carol Bogda. She hosted an appreciation lunch for the participants of our NAFCG program. Caregivers listened to good words from Bob Brown, received a gift, and listened to a presentation on Elder Abuse from Everett Black Thunder.

Finally, Elder Services and ONCOA decorated a tree for the Community Holiday Tree Lighting. The theme that was chosen was Alzheimer's Awareness. And for the first time, an Elder Giving Tree was created. With it only being in the first year, it was decided to do our Meals on Wheels recipients. We had 35 elders that wanted to participate and the response from the Oneida community and tribal departments have been amazing. We hope to expand the program next year.

From all the staff at Oneida Elder Services, we wish you a Happy Holiday and a Happy New Year.









# Snow Plow Season

Oneida Elder Services encourages everyone to plan for any snow storm and keep safe.






- Our priority is dialysis patients and those with lifeline services.
- If you're already on the snow removal list, there's no need to call & check every snowstorm, as multiple calls may tie up the phone lines
- Snow removal is for snow accumulations of three (3) inches or more.
- **We are short staffed** with 120+ driveways on our lists- so please be patient, workers will get to you as soon as they can!
- Workers will first clear an emergency access path in & out of the driveway- Depending on how bad the weather is They may return the next day to get walkways, ramps, mailboxes, and so forth.
- For worker's safety, workers will not enter roads that have not yet been plowed by their respective municipalities
- We do not pay for snow removal from external businesses
- Consider rescheduling any appointments if your driveway hasn't been cleared as we will not be taking special requests to be plowed first

We ask for your patience and understanding during the upcoming winter months

**We strongly encourage family members to check on their elders and to help elders with snow removal.**



# JANUARY ELDER ACTIVITIES

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p>* Please <b>sign up</b> for trips and activities at the E.S. Meal-site.</p> <p><b>*Check for Departure Time</b></p> <p>*Activities subject to change.</p>                                      | <p><b>1</b></p>  <p><b>OFF</b><br/>In observance of<br/>New Year's Day!</p> | <p><b>2</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p>  | <p><b>3</b></p> <p><b>Walking Stick Class</b><br/>E.S. Meal-site 9:00<br/>Limited to 6 new participants<br/>please sign up to attend the class</p> <p><b>Chair Yoga</b><br/>E.S. Meal-site 1:30</p>   | <p><b>4</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b><br/>(On your own)<br/>10:00 – 3:00</p> <p><i>No Transportation for lunch</i></p>   |
| <p><b>7</b></p> <p><b>Oneida Language Class</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>E.S. Meal-site 1:00</p>                           | <p><b>8</b></p>  <p><b>Tai Chi</b><br/>E.S. Meal-site 1:30</p>              | <p><b>9</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p>  | <p><b>10</b></p> <p><b>Walking Stick Class</b><br/>(cont. from class 1)</p> <p>E.S. Meal-site 9:00</p> <p><b>Bowling</b><br/>Ashw. Lanes 1:30</p>   | <p><b>11</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b><br/>(On your own)<br/>10:00 – 3:00</p> <p><i>No Transportation for lunch</i></p>  |
| <p><b>14</b></p> <p><b>Story Writing</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Barnes &amp; Noble</b><br/>Green Bay 1:15</p>                          | <p><b>15</b></p> <p><b>Crafts</b><br/>9:30 – 11:15<br/>E.S. Meal-site</p>   | <p><b>16</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p> | <p><b>17</b></p> <p><b>Craft Class</b><br/>With Adventures (Canoes)<br/>6 openings please sign up to attend the class</p> <p>E.S. Meal-site 9:00</p> <p><b>Chair Yoga</b><br/>E.S. Meal-site 1:30</p> | <p><b>18</b></p> <p><b>Banks, Shopping-(Aldi's) &amp; Lunch Out</b><br/>(On your own)<br/>10:00 – 3:00</p> <p><i>No Transportation for lunch</i></p>   |
| <p><b>21</b></p> <p><b>Oneida Language Class</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>E.S. Meal-site 1:00</p>                          | <p><b>22</b></p>  <p><b>Tai Chi</b><br/>E.S. Meal-site 1:30</p>            | <p><b>23</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p> | <p><b>24</b></p> <p><b>Thrival/SnowShoeing</b><br/>With Adventures<br/>E.S. Meal-site 9:30</p> <p><b>Birthday Lunch 12:00</b></p> <p><b>Bowling</b><br/>Ashw. Lanes 1:30</p>                          | <p><b>25</b></p> <p><b>Banks, Shopping &amp; Lunch Out</b><br/>(On your own)<br/>10:00 – 3:00</p> <p><i>No Transportation for lunch</i></p>  |
| <p><b>28</b></p> <p><b>Story Writing</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Movie</b><br/><b>(Glen Campbell Story)</b><br/>E.S. Meal-site 1:00</p> | <p><b>29</b></p> <p><b>Marcus Theater Movie</b><br/>Green Bay<br/>Time to be determined<br/>(\$5.00 Movie fee)</p>   | <p><b>30</b></p> <p><b>Book Club</b><br/>E.S. Meal-site 9:30</p> <p><b>Exercise</b><br/>E.S. Meal-site 11:00</p> <p><b>Bingo</b><br/>C.W. Building 1:30</p> | <p><b>31</b></p> <p><b>Paper Discovery Center</b><br/>\$5.00 fee<br/>Lunch-(on your own)</p> <p><b>Good Will Store</b><br/>10:00 Appleton</p> <p><i>No Transportation for lunch</i></p>               | <p>Is this the Month of your Birthday? You <b>must sign up</b> in the <b>Birthday Book</b> at the E.S. Meal-site. <b>*Must be present at B-day Lunch</b> to receive your gift card</p>  |

**\*\*If you have any questions Please call Michelle Cottrell at 869 -6733\*\***