



## FUTURE DRUMS SUGGESTIONS

- We would like to list those who have a **birthday in the month** of the DRUMS publish date. We will not list the date or year. **If you would like to be listed or have a name you would like to be listed, please give us a call or email.**
- Recognitions/Gifts donated
- Posted a list of those who have passed in that month
- Monthly “who am I” posting. We have members answer a list of questions and/or just give us an update of who they are and where they are in their lives. Just a friendly update.
- Fun posts like Word Search, Crossword Puzzle, Find me pictures and more
- Culture, including Oneida language, history and more
- Health, Safety and Wellness
- Aging and Disability services updates
- **Do you have any further requests? Please let us know.**
- **FYI: Total DRUMS sent out for Dec 2024: 1378, Total for Jan 2025: 1384**

## Recent discussions from ONCOA meetings of: Oct 22, Nov 12 & Dec 10 of 2024

### One meeting cancelled in Nov due to weather

- Approve 9 members to attend each of the 2025 GLNAEA meetings (Great Lakes Native American Elder Association). One is held every three months and sponsored by a different Tribe in Wisconsin. Oneida will take their turn to sponsor most likely in 2026.
- Approve donation of six (6) items to the Elder Christmas Party.
- Approve purchase and donation of Christmas gifts to the Nursing Home residents (currently 28 residents).
- Accept Alzheimer’s Dementia Meeting Report pg. 23 Sponsor: Sandra Skenadore, Secretary
- Discussion on DRUMS suggestions.
- Review monthly ONCOA Revenue and Expense summary and General Ledger

## CONTACT INFORMATION:

ONCOA phone: 920-770-8313 (Sandi Skenandore, Secretary)

ONCOA Main email: [oncoa@oneidanation.org](mailto:oncoa@oneidanation.org)

ONCOA website: <https://oneida-nsn.gov/government/boards-committees-and-commissions/elected/#Oneida-Nation-Commission-on-Aging>

Oneida Aging and Disability Services Main and emergency phone number: 920-869-2448

Oneida Aging and Disability website: <https://oneida-nsn.gov/resources/agingdisabilityservices>

Aging and Disability Facebook page: Oneida Aging & Disability Services

# I WANT TO HEAR YOUR VOICE!

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**Please schedule an appointment with me today**

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As the Elder Abuse Prevention Supervisor at Oneida aging and Disability, I am looking for your input on matters of elder abuse. I would like to do a short anonymous interview session with you either in person or over the phone.

I understand it may be hard for some people to make our public meetings, and it may be uncomfortable to speak up in a crowd. But your voice still matters!

I encourage ALL Oneida Enrolled Elders to contact me for a personal interview on what you need from me in my position, whether it be for you directly, a family member, or the community in general. I would love to meet in person at my office or simply give me a chance to listen to you over the phone.

**920.869.6828**



**Jodi Tess-Elder Abuse Prevention Supervisor**  
**Monday-Friday, 8:00 AM THROUGH 4:30 PM**  
**2907 S. Overland Dr., Oneida, WI 54155**  
**Oneida Aging and Disability Service**

## **From the desk of Jodi Tess - Scam awareness for the holidays and tax season:**

Unfortunately, holidays do not bring out the best in everyone. Just like a person dressed up in a Santa suit, Scammers can appear friendly, full of magic, and dreams come true at first glance, but they are just hiding under disguises. It is important not to let your guard down even when your heart is feeling generous. The holidays are a prime time for scammers because everyone is looking for that perfect gift for a loved one, or just wanting to give extra to those who need it, searching for the best deals, or crunched for time and money and are trying to just “get things done.” We can feel rushed, overwhelmed, stressed, generous, giving, and loving, any of which scammers will try to take advantage of.

Tax season is coming up as well. Scammers know that some people get a lump sum of money around early mid-February, and they try to take advantage of those who are trying to file taxes quickly for a fast return or those looking to stretch their dollars further. Again, filing as soon as possible or stretching your dollars further is never a bad thing but we have to be careful about who we are letting help us with those things.

According to the Federal Trade Commission, most holiday scams are aimed at getting the victim’s credit card number and other personal data through: Coupon or gift card Confirmation Emails, Charity scams, Shopping scams, Delivery scams, or Letter from Santa scams.

The FBI recommends some tips on protecting yourself, such as:

1. Practice good cybersecurity hygiene-careful where you click!
2. Know who you're buying from-make sure to research who you're buying from and read the small print!
3. Be careful how you pay-never wire money to a seller, shop with gift cards in store only, use credit card online but monitor bank statements closely!
4. Monitor shipping process-always be sure to get a tracking number for items purchased online!

The IRS warns about tax scams to watch out for: IRS impersonation, Fake refund offers, Pressure tactics, or Personal information requests

Ways to protect yourself are:

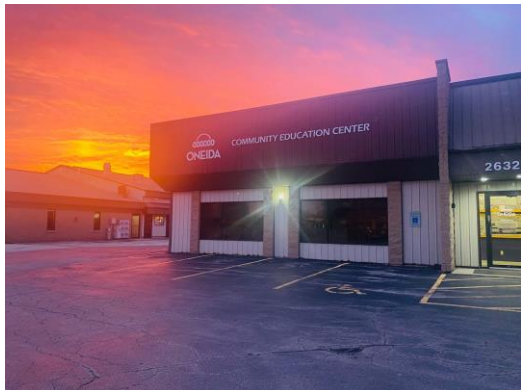
1. Never provide personal information over the phone to someone that calls you, only if you call them.
2. Be wary of unsolicited calls or emails claiming to be from the IRS
3. Do not pay tax debt through wire transfer or gift cards
4. Contact the IRS directly with tax questions

One of the best ways to protect yourself overall is to ask a trusted person in your life if something doesn't feel right. You can reach out to trusted family, friends, community members, any of us at Aging and Disability, or numerous online resources. A question is only bad if it isn't asked!



## Oneida Community Education Center (has been called Career Center) CEC

**Mission Statement:** Provide the Oneida community essential programs and services that promote lifelong learning for self-sufficiency and overall wellbeing of Twahwhatsilay^ (we are all family).



Phone number 920-496-5260, feel free to contact Sean Powless, Manager. Sean's email is [spowles2@oneidanation.org](mailto:spowles2@oneidanation.org), the address is 2632 Packerland Drive, Green Bay, WI 54313. They also have a Facebook page:

<https://www.facebook.com/OneidaNationCEC/>

**Please stop in.** ONCOA has met with Sean and the program is so willing and wanting to work with elders. They will help with faxing, scanning, computer usage, phone usage, notarizing, assisting with documents and more. If you would like some special training, let them know. They are willing to take time individually. Great, knowledgeable and friendly staff. If they don't know they will find out.

**VERY SPECIAL THANK YOU to CEC for their patience and creativity in assisting in creating these DRUMS newsletters.**







**PLEASE NOTE THE NEW DATE  
FOR MEMORY CAFE IS NOW ON  
EVERY 2ND WEDNESDAY OF  
THE MONTH**

## **JANUARY MEMORY CAFE**

**JANUARY 8, 2025  
1:30PM-3:00PM**

### **What to expect**

Memory Cafe is open to anyone with early memory loss and other dementia symptoms. The Memory Cafe is an opportunity to be social in an understanding stigma free setting. Socialization often decreases for people with dementia. Here you can remain connected and engaged.

### **This Month's Activity**

**We will be doing Sensory Bottles**

### **What is Memory Café?**

The memory café provides a fun, comfortable environment where people with memory loss can relax, engage, and enjoy company of others on the same journey. Feel free to bring a spouse, friend, family member, or significant other.



*Memory Café*



**Debra Miller is the Dementia Care Specialist for Oneida Comprehensive Health Division. This Memory Cafe happens the second Wednesday of every month and is posted on their Facebook page and in the Kalihwisaks. Please check at one of those locations for future posts or feel free to call Debra for more information.**

# CWAG (Coalition of Wisconsin Aging and Health Groups)

are dedicated to helping seniors in the community.

Here's what they can do for YOU.

**FINANCIAL EMPOWERMENT**

Protect seniors from financial fraud and abuse and provide direct crime victim services to seniors

**HEALTHY AGING**

Ensure people get the medications they need when they need them

Work to eliminate preventable diseases

Advocate for home and community-based care

Support and protect immunocompromised populations

Support Wisconsin Health and Aging initiatives

**WIAC**

Promote vaccines through education and awareness and Work to eliminate preventable diseases

**ARE YOU A VICTIM OF FINANCIAL ABUSE OR KNOW SOMEONE WHO IS?**

Call 1-800-488-2596 or contact us through our confidential form located at <https://www.cwag.org/contact-form-efep.html>

The Coalition of Wisconsin Aging & Health Groups is a nonprofit, nonpartisan, statewide membership organization that was founded in 1977.	Let's connect online	Coalition of WI Aging & Health Groups 30 West Mifflin Suite 406 Madison, WI 53703 608-224-0606 Toll Free: 1-800-488-2596
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Oneida Aging and Disability Services and Oneida Nation Commission on Aging (ONCOA) both coordinate with CWAG Financial Empowerment project. Please sign up for the CWAG newsletters for additional and important information at: <https://www.cwag.org/subscribe-to-our-newsletter.html>





**DO YOU NEED HELP PAYING YOUR ENERGY BILLS?** ONEIDA ECONOMIC SUPPORT ENERGY ASSISTANCE

manages WHEAP. WHEAP offers heating and electric cost assistance to qualifying residents on the Oneida Reservation. A one-time payment is available annually from October 1 to May 15, covering most fuel types. In no-heat situations, WHEAP can help eligible homeowners with furnace repairs or replacements. Applications can be found on our website.

<https://oneida-nsn.gov/wisconsin-home-energy-assistance-program-w-h-e-a-p/>

Phone 920-490-3939 or email [economic\\_support@oneidanation.org](mailto:economic_support@oneidanation.org)

## January Menu 2025

<b>Monda</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		1 Closed New Year's Day	2 Homemade Chili made with Oneida Beef (10 gm) LS Ham & Cheddar on a WG bun (22 gm) Raw vegetables Applesauce (15 gm) Crackers (8 gram)	3 Chicken Fajitas Green, yellow, and red peppers Garden Salad Spanish Rice (20 gm) Tortilla shell (14 gm) Fresh Fruit (15 gm)
6 Low sodium Ham Slice Creamy Scalloped Potatoes (20 gm) Seasoned Green Beans WG Dinner Roll (10 gm) Diced Peaches (15 gm)	7 Corn Soup (5gm) Ham & Swiss WG bun (22 gm) Coleslaw (3 gm) Fresh Fruit (15 gm) Crackers (8 gm)	8 Sliced Oven Roasted Beef Mashed Potatoes w/gravy (15 gm) Stewed Tomatoes WG Dinner Roll (10 gm) Applesauce (15 gm) SF Pudding (10 gm)	9 Creamy Swedish Meatballs Noodles (20 gm) Herb seasoned Broccoli. Raw vegetables WG Dinner Roll (10 gm) SF Fruit Gelatin (10 gm)	10 Chicken Booyah (7 gm) WG biscuit (27 gm) Chef Salad Fresh Fruit (15 gm)
13 Oneida Beef & Bison Taco WG Tortilla shell (14 gm) Lettuce, tomato, cheese Refried Beans (16 gm) Spanish Rice (12 gm) Mandarin Oranges (15 gm)	14 Homemade Meat Sauce from Oneida Beef Spaghetti noodles (15 gm) Mixed Vegetables (10 gm) Raw vegetables WG Breadstick (10 gm) Fresh Fruit (15 gm)	15 Tomato-seasoned Swiss Steak Noodles (20 gm) Herb-spiced broccoli, cauliflower, and carrots WG Dinner Roll (10 gm) Applesauce (15 gm)	16 Beef Stew (beef tips with potatoes, vegetables, and gravy) (8 gm) Mashed Potatoes (15 gm) Herb Seasoned Carrots WG Dinner Roll (10 gm) Fruit Cup (15 gm)	17 Salmon Loaf w/pea sauce (4 gm) Boiled potatoes (15 gm) Mixed Vegetables (8 gm) Fresh Fruit (15 gm) Rye Bread (15 gram)
20 Beef Hamburger Whole Wheat Bun (22 gm) Baked Beans (20 gm) Seasoned Brussel Sprouts Applesauce (15 gm)	21 Homemade Chicken Vegetable Soup (10 gm) Turkey & Cheddar cheese on Whole grain bun (22 gm) Garden Salad Fresh Fruit (15 gm) Oyster Crackers (8 gm)	22 Oven Roasted Turkey Mashed Potatoes (15 gm) Squash (15 gm) WG Dinner Roll (10 gm) Diced Peaches (15 gm)	23 Stroganoff Beef Tips WG noodles (20 gm) Herb seasoned Broccoli. Pickled Beets Diced Pears (15 gm) WG Dinner Roll (10 gm)	24Lemon Pepper Fish Roasted Red Potatoes(15gm) Chef's choice vegetable Fresh Fruit (15 gm) Rye Bread (15 gm)
27 Homemade Chicken Pot Pie chicken, mixed vegetables, diced potatoes (8 gm) WG Biscuit (27 gm) Seasoned Carrots Applesauce (15 gm) Raw vegetables	28 Homemade Meatloaf from Oneida Beef & Bison Cheesy Potatoes (15 gm) Herb Seasoned Green Beans WG Dinner Roll (10 gm) Fresh Fruit (15 gm)	29 Sloppy Joes made with Oneida Beef WG Bun (22 gm) Herb Seasoned Corn (15 gm) Creamy Sliced Cucumbers SF Fruit Gelatin (10 gm)	30 Italian Sausage w/sauerkraut Boiled Potatoes (15 gm) Herb-spiced broccoli, cauliflower, and carrots Mandarin Oranges (15 gm) WG Dinner Roll (10 gm)	31 Fish Patty on WG Bun (22 gm) Wild Rice Pilaf (15 gm) Seasoned Peas (5 gm) Coleslaw Fresh Fruit (15 gram)

- Choice of low-fat milk (11 gm) or Lactose-free milk (13 gm) for each meal

- Call Oneida Aging & Disability (920) 869- 2448

Monday- Friday 8:00 AM- 4:00 PM to reserve your meal.

**Meals are served 12:00-12:30 PM**

**Menus are subject to change due to availability**

**RESPECT YOUR ELDERS AND THE WORLD WILL RESPECT YOU Treat everyone with kindness and respect, not because they are nice, but because you are nice.**



## JANUARY 2025 ELDER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>New Years Day Closed</b>	2 <b>(Meal Site)</b> 1) Cornhole 1:15pm	3 <b>(Meijer's)</b> (9:45am Start) Shuttle Pickup 10 Max)
6 <b>(Activity Room &amp; Meal site)</b>  1) Crafts: 10:00am  2) Badminton: 1:30pm	7 <b>(Activity Room &amp; Meal Site)</b>  1) Coloring 10:30am  2) Chair Volleyball: 1:30pm	8 <b>(Activity Room)</b>  Susan M. from Oneida  Adventures: 1:30pm	9  <b>No Activities</b>	10 <b>(Woodman's)</b> (9:45am Start Shuttle Pickup 10 Max)
13 <b>(Activity Room &amp; Half Books Store)</b>  1) Activity/Game 9:30 am  2) Book Store Afternoon 1:15pm	14 <b>(Meal Site)</b>  Exercise: 10:45am  <b>ONCOA MEETING 1:00pm</b>	15 <b>(Meal Site)</b>  1) Bingo 1:30pm	16 <b>(UWGB)</b>  Day of activities with Bird m	17 <b>(Festival De Pere)</b> (9:45am Start Shuttle Pickup 10 Max)
20 <b>(Activity Room)</b>  Crafts Day at: 9:30am  & 1:15pm	21 <b>(Meal site &amp; Bay Park Square)</b>  1) Chair Exercise 10:45am 2) Movie Theater Day Afternoon-TBD	22 <b>(Meal Site)</b>  1) Bingo 1:30pm	23 <b>(Activity Room)</b>  Susan M. from Oneida  Adventures: 1:30pm	24 <b>(Walmart De Pere)</b> (9:45am Start Shuttle Pickup 10 Max)
27 <b>(Outing)</b>  Outing to Sheboygan  Discount Warehouse— 8:30am	28 <b>(Ashwaubenon)</b>  1) Bowling Alley— 9:30am  <b>ONCOA MEETING 1:00pm</b>	29 <b>(Meal Site)</b>  1) Bingo 1:30pm	30 <b>(Outing)</b>  Amish store trip 9:30AM	31 <b>(Metro Market)</b> (9:45am Start Shuttle Pickup 10 Max)

**\*\*Activities are subject to change if necessary \*ACTIVITIES FOR ELDERS 55 & OLDER OPEN TO ALL ELDERS\*\***  
**\*\*INFORMATION ABOUT EACH ACTIVITY IS LOCATED IN THE ACTIVITY BINDER FOUND AT THE MEAL SITE OF AJNH\*\***  
**\*\*ALL ONCOA MEETINGS WILL BE HELD IN THE ELDER CONFERENCE ROOM @ Aging & Disability STARTING AT 1:00PM. \*\*\*Contact Luwatiya'takenhas Crystal Danforth If you have any questions: 920-869-2448 Ext: 6831 or [Cdanfo13@oneidanation.org](mailto:Cdanfo13@oneidanation.org)\*\***

## ELDER PROTECTION LAW MEETING NOTES



On Tuesday, November 26th, Members of the Legislative Operating Committee including Jameson Wilson, Jenny Webster, and Kirby Metoxen, along with Legislative Reference Office attorneys, Aging and Disability program manager, Aging and Disability elder abuse prevention supervisor, as well as several community elders attended the gathering at the Congregate Meal site to discuss the development of an elder protection law. Some key notes and points that were shared at the meeting:

- The law could potentially include a section on scams specifically.
- Education is needed in what elder abuse is defined as.
- There is a need for alternative housing options for elders or house guests if the living situation is not working out for the elderly.
- Elder abuse in all forms is under reported, what can we do to increase reporting?
- What is the best form of communication to use to communicate elder abuse definitions, reporting options, and resources to elders, caregivers, professionals, and all community members?
- More input is needed directly from the elderly on what they would feel the law needs to include.
- Other tribes have laws that have a monetary consequence per offense ranging from \$2,000.00 to \$5,000.00, is this something that we would like to see?
- They are still looking for additional public input on this law. Please watch for future meetings to be announced.

If you would like to attend these meetings, please look for announcements on Facebook or contact Jodi Tess at Aging and Disability Services 920-869-2448.



We strongly encourage family members to check on their elders and to help elders with **snow removal**. **Aging and Disability** asks for patience and understanding during these snowplow months. Please stay safe.



**Effective Immediately:** Hwy 54 Oneida One Stop will have winter hours.

Store Hours: 5 AM – 10 PM until March 2, 2025,

Email: [pwisnesk@oneidanation.org](mailto:pwisnesk@oneidanation.org) for more information.





National Indian Council on Aging, Inc.



# WE ARE RECRUITING

## REJOIN THE WORKFORCE

### SCSEP Job Seekers Wanted!

The Senior Community Service Employment Program (SCSEP) is recruiting! SCSEP offers job training opportunities to low-income adults aged 55 and older, helping you gain valuable skills and work experience. Placement is made in community service positions at non-profit organizations or public agencies, where you can enhance your skills and increase the chances of finding permanent employment. If you're passionate about making a difference in your community and looking to re-enter the workforce, SCSEP could be the perfect opportunity for you!

WWW.NICOA.ORG OR  
CALL US AT 505-292-2001

The Senior Community Service Employment Program is funded by a U.S. Dept. of Labor grant



**NICOA is National Indian Council on Aging and is a 501 (c) (3) nonprofit organization**

Facebook page: <https://www.facebook.com/NICOAAGing/>.

Phone number is 505-292-2001

Email is [info@nicoa.org](mailto:info@nicoa.org)

Many programs in Oneida and outside of Oneida have hired elders through this program. If you would like more information about this, please contact NICOA or feel free to contact Elijah Metoxen, Aging and Disability at 920-869-2448 or his email is [emetoxe1@oneidanation.org](mailto:emetoxe1@oneidanation.org).

Wishing you respect and kindness in all endeavors.



## **COLD WEATHER ADVISORY – HERE IS THE LINK FOR LOCAL FORECAST**

<https://forecast.weather.gov/MapClick.php?textField1=44.5192&textField2=-88.0198>

Thank you, Oneida Communications, for this winter safety information

- Do not wait outside for more than a few minutes, make sure you have no exposed skin.
- Let someone know if you are going outside and call when you reach a new destination.
- If you can carry a phone, make sure it is charged.

When you are outside, frostbite and hypothermia are possible, so you need to protect yourself.

- Wear layers of loose-fitting, lightweight, warm clothing.
- Wear a hat. Try to stay dry and out of the wind.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.

More tips and suggestions:

- Let hot and cold-water trickle or drip at night from a faucet.
- Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or near an outer wall.
- Make sure the heat is left on and set no lower than 55 degrees.
- If you plan to be away, have someone check your house daily to make sure the heat is still on to prevent freezing, and/or drain and shut off the water system (except indoor sprinkler systems).
- Install a carbon monoxide detector.
- NEVER run generators indoors.
- Open a window slightly when using a kerosene heater and follow the manufacturer's instructions.
- NEVER use a gas oven to heat your home.
- If your heat goes out, you can keep warm indoors by closing off rooms you do not need, dressing in layers of lightweight clothing, and wearing a cap. Wood-burning stoves, fireplaces and heaters:
  - Always keep a screen around an open flame.
  - NEVER use gasoline to start your fireplace.
  - NEVER burn charcoal indoors.
  - Do not close the damper when ashes are hot.
  - Use only safe sources of alternative heat such as a fireplace, small well-vented wood or coal stove or portable space heaters. Always follow the manufacturer's instructions.

Animal and Pet Safety:

- Please bring pets inside                      Provide shelter and fresh water                      Keep salt away from paws

Vehicle Preparation:

- Check your battery
- Check your fluids (coolant, wiper fluid, oil, etc.)
- Check your tires 4. Have jumper cables
- Pack a blanket

For More information please see: <https://www.weather.gov/safety/cold-wind-chill-chart>  
<http://www.ready.gov/winter-weather> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winterstorm.html>

## **History of the tradition - Oneida doughnuts**

The winter season marks traditions in the community, including ones related to hunting, maple syrup and mid-winter ceremonies. This is a part of our ceremonial cycle. It's time for Mother Earth to rest and renew herself so that in the springtime she will be ready to begin the seasons, and the living things will begin to come again.

**Hoyan** is an **Oneida** word loosely translating to "another", in English. Saying **hoyan** is a way to acknowledge and celebrate another new year. Kids go door to door asking for doughnuts for Hoyan

**Do you participate in HOYAN?**

**Contact Winnefred Thomas 920-869-1150 if you want to go Hoyaning or if you are making donuts and would like Hoyaners to come to your home.**

Hoyan

1 cup skatikápslat owiskla onutákeli' white sugar

4 tbsp kayé: watokwa'tslowá:ná owistohseli' butter

2 onhúsa eggs

1 cup skatikápslat onúta' milk


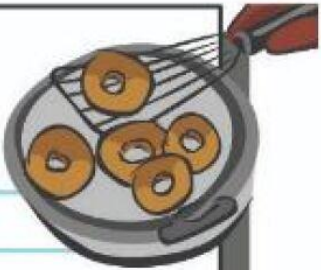
3 cups Ásha nikatikápslake othé:tsli' flour

1/2 tsp tshatewatokwatsliyo tyohyó:tsis salt

3 tsp Ásha 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.\*\*



**Recognition to these two Commissioners for ONCOA.** They recently finished their term, and we recognized them with a Pendleton blanket. These women offer much to ONCOA and the community and they will be dearly missed at our Commission meetings.

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**Please help to wish them well in their next efforts.**

Pictured below is Barbara Cornelius, Commissioner  
and Janice McLester, ONCOA Secretary



FRIENDLY REMINDER, please take care of each other and be careful in the snow. Kindness is like snow – It beautifies everything it covers. Go forth in beauty.