

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

Yutekhwayáhe? Wáhní-tale?

Food Storing Moon

October 2012

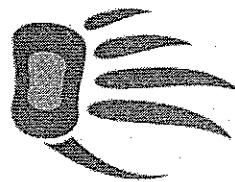
Elder's Meditation

"Words hypnotize and deceive everyone at one time or another, but these hypnotic words cannot last long in the hearts of true warriors."

-- Barney Bush, SHAWNEE

We are a part of an interconnected system. Words in themselves have no meaning. It is the spirit and intent behind the words that really show the meaning. We are connected to each other at the center of the atom which makes up the air and our body. The center of the air's atom system is connected to the center of our body's system. I am connected to you and you are connected to me in the center of our being. If my words have no meaning, you can feel this through the center of your being.

Great Spirit, help me make my word good. Let me do the things I say I will, and let me say the things I will do - and do it



MENU

OCTOBER

2012

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken A La King Rice Juice	2 Boiled Dinner Fresh Bread Juice	3 Liver & Onions Potatoes Beets	4 Tater Tot Casserole Green Beans Juice	5 BREAKFAST MENU FOR LUNCH S.O.S. Eggs Juice Fresh Fruit
Sherbet	Rice Pudding	Pears	Peaches	
8 Beef Tips Noodles Mixed Vegetables	9 Potato Soup Fresh Bread	10 Spaghetti Salad Garlic Bread Fresh Vegetables	11 Baked Chicken Stuffing Mixed Vegetables Juice	12 Fish Red Potatoes Cole Slaw
Ice Cream	Fresh Fruit	Mandarin Oranges	Pineapple Tidbits	Yogurt
15 Turkey & Gravy Potatoes Brussels Sprouts	16 Wild Rice Soup Fresh Bread	17 Sub Sandwiches Turkey, Ham & Cheese Fresh Vegetables Juice	18 Meat Loaf Potatoes Corn	19 Chicken Salad Tomatoes & Cucumbers Cottage Cheese
Orange, Apple & Pineapple Rings	Mixed Berries	Mandarin Oranges	Jell-O	Pudding
22 Goulash Fresh Vegetables Juice	23 Pea Soup Fresh Bread	24 Ring Bologna Macaroni & Tomatoes Green Beans	25 BIRTHDAY DAY Pork Roast Wild Rice Carrots Fresh Fruit Cake	26 Fish Oven Potatoes Cole Slaw
Yogurt	Fresh Fruit	Baked Apple		Mixed Berries
29 Chicken Breast Rice Pilaf Mixed Vegetables Juice	30 Bean Soup Fresh Bread Juice	31 Sloppy Joes Macaroni Salad Beans Buns		
Jell-O W/Bananas	Sherbet	Fresh Fruit		
All meals are served with coffee, milk, tea or water	Menu is subject to change.	BIRTH STONE: OPAL FLOWER: CALENDULA	HOURS: 8:00A.M.-4:30P.M. Lunch Is Served Monday-Friday 12:00P.M.-1: 00P.M.	

GLNAEA

***Great Lakes Native American Elders Association
Sponsored by Menominee Tribe***



***December 6th & 7th, 2012
Menominee Hotel, Highway 47/55,
DuQuain Road, Keshena, WI***

All GLNAEA member elders who want to participate in coordination with Elder Services please sign up at the Oneida Senior Center Meal Site by Wednesday, November 19th, 2012. **Payment must be received at sign-up and membership verification will be requested at time of payment.** We will make arrangements for 8 people and will be using our tribal van, **(please bring no more than 1 carry-on bag per person)**. Participants must be independent, (able to help themselves) and be in good health (to prevent spread of illness). We will be staying at the Menominee Hotel and the cost is \$45.00 per person. We will leave the Senior Center Meal Site at 12:30pm on Thursday, December 6th. If you have any questions please call Oneida Senior Center at (920)869-1551. Thank you.

Next 2013 Meetings: *To be announced*

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER 2012 ACTIVITIES				
1 Scrabble Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	2 Crafts Elder Services 9:30 – 11:30	3 UNO Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	4 Farmer's Market Black Creek 10:00 Bowling Ashw. Lanes 1:30	5 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
8 Wii Bowling Elder Services 9:30 Exercise Elder Services 11:00 Bingo Site II 1:00	9 Crafts Elder Services 9:30 – 11:30	10 Oneida Language Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	11 Besadny Anadromous Fish Hatchery & Park Kewaunee 10:00 – 3:00 Bring bag lunch	12 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
15 Qwirkle Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	16 Crafts Elder Services 9:30 – 11:30	17 Indoor Horseshoes Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	18 St Vincent DePaul Store Green Bay 10:00 Bowling Ashw. Lanes 1:30	19 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
22 Checkers Elder Services 9:30 Exercise Elder Services 11:00 Bingo Site II 1:00	23 Crafts Elder Services 9:30 – 11:30	24 Oneida Language Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	25 Oneida Family Fitness Center 9:30 – 11:30 Birthday Lunch 12:00 Wild Life Sanctuary Green Bay 1:30	26 Banks Shopping Lunch Out (on your own) 10:00 – 3:00
29 Wheel of Fortune Elder Services 9:30 Exercise Elder Services 11:00 Movie Elder Services 1:00	30 Elder Halloween Party/Bingo Senior Center 1:00	31 Yahtzee Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Hwy H 1:30	<i>*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.</i>	<i>*Please sign up for trips at Senior Center Main Office. *All trips leave from Senior Center.</i>

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

How will the Per Capita affect your Benefits?

The Oneida Nation Per Capita that will be distributed 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

PER-CAPITA TIME

When Per Capita payments are made some will have to spend the money within the month in order to maintain certain public benefits to keep below the asset limits.

Some suggested items you may need to purchase for your home:

Energy Efficient Appliances:

Water Heater

Water Softener Unit

Stove

Furnace

Refrigerator

Freezer upright or chest

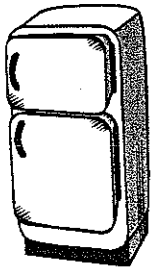
Washer and Dryer

Air Conditioner/Central Air

Humidifier /Dehumidifiers

Sump Pump

Toilet



Home Improvements:

Carpet

Windows

Weatherization

Security System

Household Items:

Mattress and Box Spring

Dressers

Furniture



Other Suggestions:

Auto Repairs

Auto Purchase

Medical Aids

Lawn Mower or riding mower

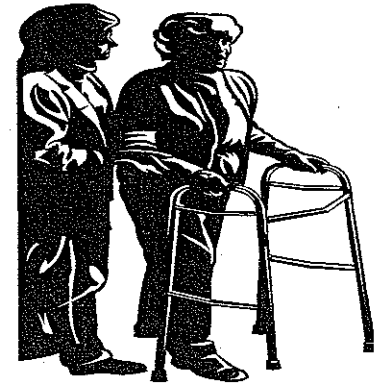
Snow Blower

If you have any questions regarding the effect of your Per Capita on your public benefits contact: Angela Ortiz, Elder Benefit Specialist, (920) 869-2448 or (800) 867-1551.

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 Johnson/ Elder Abuse Prevention Coordinator* 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

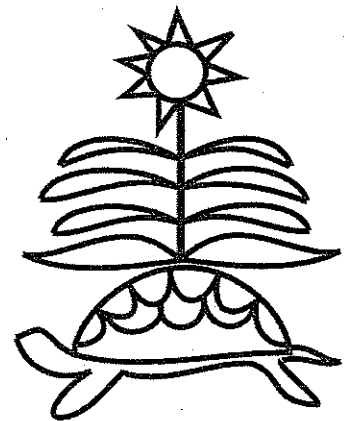
Signs and Symptoms, Memory Loss of Alzheimer's Disease and Dementia

Time: 1:30 PM – 3:30 PM
Date: Wednesday October 24, 2012
Where: Elder Services Complex – Pod A
2907 S Overland Rd, Oneida WI 54155

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Caregiver Program Presentation

Time: 12:00 – 12:30 PM
Date: Tue. Oct. 23, 2012
Place: Oneida Senior Center
134 Riverdale Drive
Oneida, WI 54155

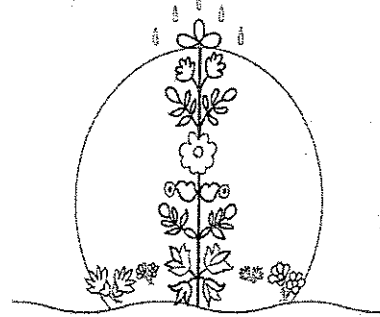


For more information, contact *Debi Melchert/Native American Family Caregiver Coordinator* at (920)869-2448.

POWERFUL TOOLS FOR CAREGIVERS (PTC) TRAINING-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 participants 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 participants registered in order to start class, call now to sign up @ 920-869-2448 contact: Sandra @ ext. 6835 or Debi @ext.6834

Oneida Elder Services Monthly Presentation - October, 2012

Featuring: Kerry Metoxen/Program Director, Oneida Nation Veteran's Department

Topic of Discussion: Elder Veteran's Programs

- When: October 15, 2012
- Time: 12:00 – 12:30
- Where: Oneida Senior Center Meal Site

Back up presenter: Joyce Johnson/Elder Abuse Prevention Coordinator

For more information contact Loretta Mencheski/Meal Site Supervisor at 869-1551

Nutrition Information

Volunteers Wanted

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

Attention All Participants of the Senior Center Meal Site:

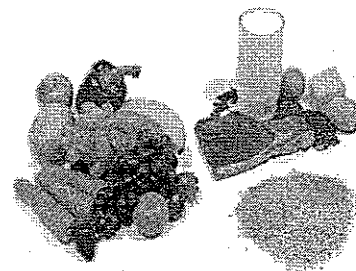
Policies & Procedures Specific to the Older Americans Act – Funded Nutrition Program

Effective October 1, 2008 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. Reservations 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

Upcoming Nutrition Advisory Council Meetings:

- When: October 19, 2012
- Time: 1:00 P.M.
- Where: Oneida Senior Center Meal Site



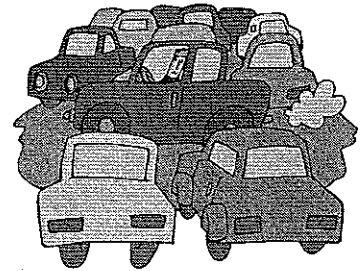
AARP Driver's Safety Program – Winter Is Coming!

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

Transportation

Oneida Elder Services is seeking volunteers, age 55 & older to assist on the activity bus along with other miscellaneous programs/activities.

For information please contact:

Joyce Ann Hoes

Elder Services Transportation/Activities Supervisor

2907 S. Overland, Oneida, WI 54155

920-869-2448 ext. 6844

Sump Pump Problems... Augh!!

BasementSystems.com- Justine Hill/Maintenance Supervisor

Sump pump failure is the cause of many basement floods. Pumps can run non-stop or too often, regardless of the weather conditions or season. It may be a sign of a few different problems. Here are few you may run into:

- **Stuck "Float Switch"**

Sump pits should have a cover to prevent dirt and debris from getting in.

- **The Sump Pit is Too Small or Too Big**

Sometimes the sump pump is just not big enough to handle the job, so it keeps running to keep up. Or, the pump may be powerful enough, but the sump pit is small.

- **The Check Valve is Missing or Broken**

A broken or missing check valve will cause water to flow right back into the sump pit.

- **Continually Flooding Sump Pit**

There could be a constant flow of water into the sump pit due to high water table or an underground spring.

- **Power Loss**

Check the circuit breaker, it might have tripped and may just need to be reset.

If your sump pump is not running properly, contact us and we can find out the problem. Contact our Service Coordinator at 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: _____

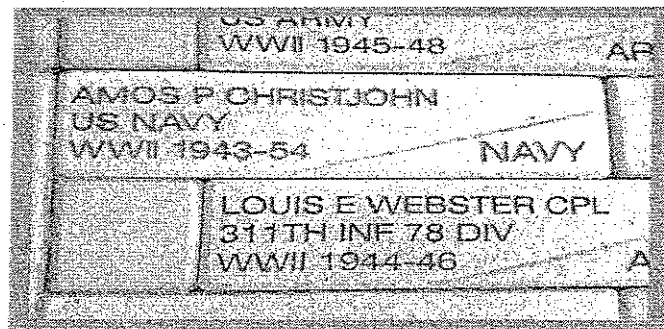
Please provide at least one form of contact. Both email and phone are encouraged.

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.

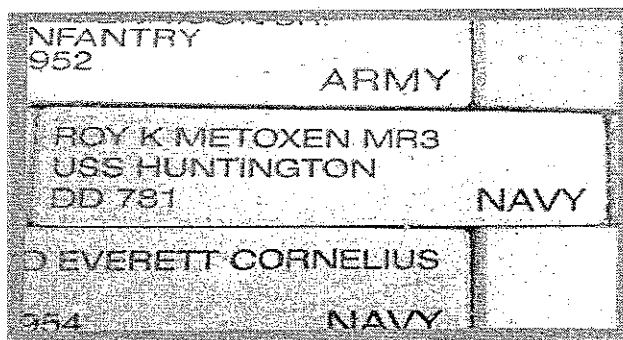
Checks can be made payable to: Oneida Nation Veteran's Department.

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****

GREEN BAY PACKER FOOTBALL RAFFLE

***WIN A TRAMON WILLIAMS SIGNED FOOTBALL WITH A
CERTIFICATE OF AUTHENTICITY***

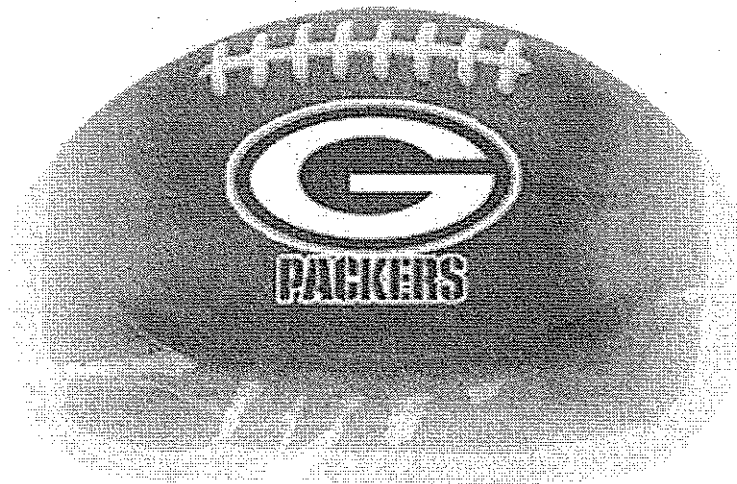
Tickets will be sold beginning October 1st with the drawing being
held December 7th

Tickets - \$1.00 each or 6 for \$5.00

Proceeds will benefit the Elder Services Annual Christmas Party

Purchase your tickets at Oneida Elder Services Complex located at
2907 S Overland Rd, Oneida, WI

For details contact Joyce Ann Hoes/Transportation Supervisor at
869-2448 ext. 6844

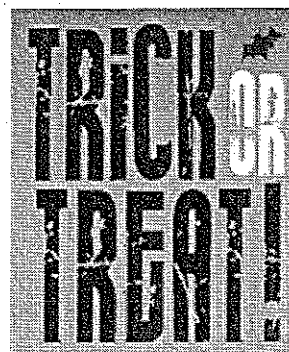


JOIN US FOR A SPOOKY TIME *At our HALLOWEEN* Costume Contest & Bingo



WHERE: SENIOR CENTER
WHEN: Tuesday, OCTOBER 30th
TIME: 1:00

- *DRESS UP FOR OUR ELDER COSTUME CONTEST....** win prizes for 1st, 2nd and 3rd places. (Judging at 1:15 sharp)
- *PUMPKIN DECORATING CONTEST** – please bring in pumpkin decorated and ready to go if interested. (pumpkins will not be provided)
- *PLAY BINGO**
- *HAVE FUN & SNACKS!**



Any questions or concerns please contact Michelle Cottrell at 869 – 2448
55 and over only

Hope the see you there!

Yaw·ko! - In the Oneida language, Yaw·ko means *Thank You!*

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

- ❖ Les Denasha
- ❖ Mark & Shirley Powless
- ❖ Josephine Oudenhoven
- ❖ George Greendeer

Yaw·ko!

Elder Services is so grateful to the following Title V workers for volunteering to continue to provide their help and services during their time off:

- ❖ Laneva Hill
- ❖ Rose Cordova
- ❖ Janice Hall

If you see these wonderful people stop and give them a "high-five" for helping us to continue to achieve our mission which is to assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.

Yaw·ko!

Thank you to those individuals who participated in our monthly survey, we appreciate your comments and are glad you like the newsletter, per your suggestions we have enlarged the font on the word search puzzles, enjoy!

ONCOA Meetings:

October 9th & 23rd
1:00 P.M. – 3:30 P.M.
Elder Services Conference Room

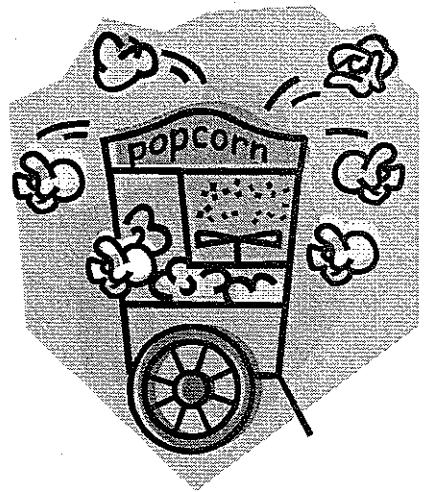
ONEIDA ELDER SERVICES

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.

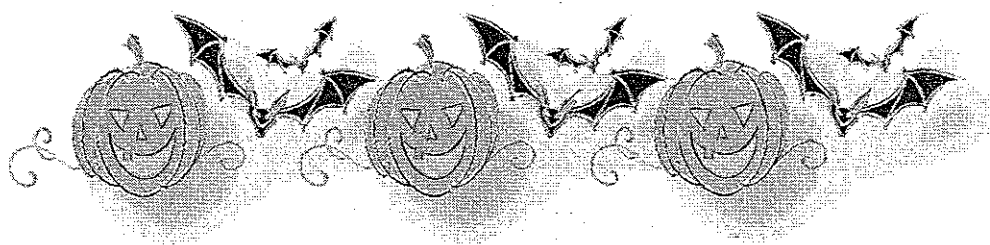
Elders: Inquire to display your art and crafts at no cost or commission

For more information contact Barb Skenandore at 869-2448.

October 2012 Halloween Season

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

Halloween	Haunted House	Bats	Cider
Gourds	Costumes	Pumpkins	Jack-O-Lantern
Caramel Apple	Scare Crow	Bonfire	Foliage
Hayride	Fall	Candy	Trick-or-Treat



Earthbound Farm Corn Chowder-by Abiner Smoothie (food.com)

Ingredients:

- 4 cups corn kernels, fresh or 4 cups corn kernels, frozen
- 3 slices thick-cut bacon, cut in 1/4 inch dice
- 1 medium yellow onion, minced
- 2 celery ribs, minced
- 5 cups chicken broth or 5 cups vegetable broth
- 1 bay leaf
- 1 sprig fresh thyme
- 2 cups yukon gold potatoes, peeled and diced
- 1 1/2 cups half-and-half
- 1 teaspoon salt
- 1/2 teaspoon white pepper



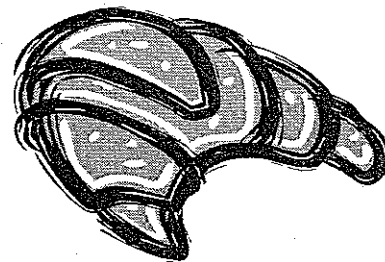
Directions:

1. In a large saucepan, cook the bacon over medium heat until crisp (5-10 minutes) then drain on paper towels.
2. Add the onion and celery to the fat and cook until they are soft for 10 minutes.
3. Add stock, bay leaf, potatoes and thyme to the saucepan and boil over high heat. Reduce and let simmer for 20 minutes until potatoes are tender.
4. Cover and turn off heat. Leave on stove for 20 minutes then discard the bay leaf and thyme sprig. Add the bacon, corn and half-and half. (You can remove 2 cups of the chowder and puree it in a blender and then add that back to the chowder for a thicker consistency).
5. Season with salt and pepper.

Parmesan Crescents-pillsbury.com

Ingredients:

- 1 (8-oz.) can Pillsbury® Refrigerated Crescent Dinner Rolls
- 3 tablespoons grated Parmesan cheese
- 1 egg, beaten



Directions:

1. Heat oven to 375°F. Separate dough into 8 triangles. Sprinkle each with scant 1 teaspoon Parmesan cheese. Roll up each, starting at shortest side of triangle and rolling to opposite point.
 2. Place rolls, point side down, on ungreased cookie sheets; curve each into crescent shape. Brush each with beaten egg; sprinkle with remaining Parmesan cheese.
 3. Bake at 375°F for 10 to 12 minutes or until golden brown. Serve warm.
- Makes 8 servings

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:

Martial 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

ATTEN: Service Coordinator

P.O. Box 365

Oneida, WI. 54155