

## Featured Programs

Superfund  
Oversight

Akwesasne  
Group Home

Family  
Advocate

Medicaid  
Service  
Coordination

# Kawennì:ios



## First Head Start Graduation - Class of 1979



# Good Words of Welcome



*Shekon Akwesasne:non,*

This month will mark just over one year of being elected to the office of Sub-Chief for the SRMT. During this year, as part of the Council, I have been a part of some milestones for the community of Akwesasne. I'd like to highlight some of these moments that have stuck out in my mind as being indicative of forward momentum for Akwesasne.

Among the referendum questions this year was the question as to whether or not the community would approve the construction of a community center that would house an indoor sports box for lacrosse and the like. In addition to the sporting aspect of the center, there would also be space provided for educational initiatives in the form of classrooms which could be used for any number of educational initiatives. Another dimension of the community center would be the inclusion of a theater which could be used for presentations, meetings, theatric or musical productions to be utilized and enjoyed by the whole community. The activities that can be housed in this facility can focus our youth's attention on the positive aspects and attributes of sports, education and the arts. It is a welcome and much needed project for Akwesasne as a whole.

A major coup was the Natural Resource Damage funds that were received through the support and efforts of the SRMT and its Environment Division. The monies will be utilized to restore many of Akwesasne's natural resources in relation to the damage or negative impact that pollutants have caused to the environment and our way of life. Another exciting aspect of the NRD monies is the cultural restoration/preservation of indigenous knowledge of utilization of the environment, be it for fishing techniques and harvesting or medicinal gathering, preparation and usage to name only a couple.

The Akwesasne Mohawk Casino Resort Bingo, Hotel and Spa was a major project that was completed during my first year on Council and promises to enhance the gaming facility a great deal by offering guests overnight amenities that are a requisite for destination locations. A great deal of work was dedicated to the construction of the facility which utilized many of our own Ironworkers and local tradespeople and highlighted the strengths of those worked in conjunction with one another to accomplish the construction of the hotel. Of course, none of this would have been possible without the consent of you, the community of Akwesasne. I would also be remiss if I failed to acknowledge the work of prior Councils that have focused their time and energy, on behalf of the community, in the pursuance and completion of this endeavor. The completion of the Hotel is the second phase in what a prototypical casino resort destination would comprise. The last component would be a performance center that would provide a venue and be capable of attracting major entertainment acts that are currently only available in the major metropolitan areas located to the north of Akwesasne. In looking to the future I believe that this piece of the puzzle would be very beneficial addition to the Casino and would greatly enhance attraction to our facilities.

In the area of enhancing the services and supporting initiatives that would empower our youth through education we have hired a Director of Education in order to focus all available resources and tools that we have available to us to ensure that our children have the best education possible. Also, that we have fair and adequate representation in regards to our children in the school districts which our children attend. We have also supported the Akwesasne Freedom School in an effort to show support for educational/cultural initiatives that

have a focus on culture and language. In addition to the foregoing, we have also made contributions to the Akwesasne Library, Museum and Cultural Center which provides many resources for our community. The Center provides information to those who would learn more about the cultural underpinnings of Akwesasne, whether in the presentation of our very talented and gifted basket makers, our rich heritage of ironworking or any of the various day to day activities that make us unique as *Akwesasbró:non*.

I would echo the thoughts of Chief Paul Thompson in his words of last month in regards to the recent agreement entered into with the State of New York to maintain exclusivity of the Akwesasne Mohawk Casino Resort and to settle our land claims. Though the exclusivity is very important, I feel that that it is eclipsed by the importance of the settlement of our land claims. The growing numbers of our people reflect the need for a larger land-base through which we can grow. Regaining what was wrongfully taken in the past and restoring our lands through the settlement process is what is paramount in the eyes of Council.

In closing, while the foregoing is no way all inclusive of the initiatives that we have worked on during this past year, it is indicative of the forward momentum that has marked it. There are many important issues that face Akwesasne and it is our job to address those issues with the direction and assistance of you, the community of Akwesasne.

Sub-Chief Eric Thompson

## Directors & Managers

### Community & Family Services

*Jason McDonald, Director*

### Compliance

*Elliott Lazore, Director*

### Division of Social Services

*Amber Montour, Director/Commissioner*

### Education

*Marie Benedict-Cree, Manager*

### Environment

*Ken Jock, Director*

### Finance

*Barbara Montour, Chief Financial Officer*

### Health Services

*Debra Martin, Director*

### Justice

*Andrew Thomas, Chief of Police*

*PJ Herne, Chief Judge*

### Legal

*Michele Mitchell, General Legal Counsel*

### Office for the Aging

*Kallen Martin, Director*

### Planning & Infrastructure

*Ernie Thompson, Director*

### Public Information

*Benjamin Herne, Interim Director*

### Tribal Administration

*Tsiorasa Barreiro, Executive Director*

### On the Cover:

*Top, L-R: Unknown, Unknown, Barbie Arquette, Unknown, Al Jacobs, Unknown*

*2nd: Patrick Gray, Robin Mitchell-Stone, Minn Mitchell, Annie Bero, Wilson Ransom, Unknown*

*3rd: Yvette Cook, Danielle Cole, Michelle Rourke, Amy Derouchie, Rhonda Mitchell, Michael Connors Jr., Tina Connors*

*Bottom: Jason Johnson, Stephanie Johnson, Ann Smoke, Ryan White, Louie Francis, Unknown, Unknown*

*If you or someone you know is not named in this picture, please give the names to the Public Information Office*

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# Superfund Oversight Update

## Environment Division Program Features

### General Motors Remediation

*By Craig Arquette, Environmental Specialist*

As an Environmental Specialist for the Saint Regis Mohawk Tribe Environment Division, my job duties provide oversight and management of the cleanup efforts for the former General Motors (GM) property and how it may impact the community of Akwesasne. I basically keep an eye on the GM site to ensure remediation activities are not negatively impacting our community.

The former GM site is currently owned by Revitalizing Automotive Communities Environmental Response (RACER) Trust.

There are several areas on the GM site that are unfortunately contaminated with PCBs. When one of these areas is selected for cleanup, a remediation work plan is written. The work plan is reviewed along with our office's Environmental Consultant and we then have an opportunity to provide comments directly to the United States Environmental Protection Agency.

In 2011, the GM plant building was demolished down to the concrete slab. In 2012, work began to demolish the concrete slab and to expose the contaminated soils underneath. The contaminated demolition debris and soils were sent off-site to a secure landfill at Model City, N.Y., where the non-hazardous waste soils were sent to Boonville, N.Y. located in Oneida County.

Currently, work is underway to remediate the North Disposal Area (NDA) and the industrial lagoons. The

NDA contains sludges and other contaminated debris. When the Plant was in operation, the lagoons would fill with sludges containing PCBs. In order to maintain the lagoons, these sludges would be transferred to the NDA. During this remediation project, if needed, air emissions will be controlled by foam suppression techniques. This will keep down dust and odors. The contaminated soils will be sent off-site to a secure landfill in Indiana. Non-hazardous waste soils will be sent to the Clinton County landfill. This particular portion of work is expected to be complete by the end of this year.



*Workers from Perras Environmental Control  
Excavate an Industrial Lagoon*

Akwesasne residences within the cleanup area are expected to experience noise from the operation of construction equipment. Community members are encouraged to call the environment office if they smell or see anything unusual.

There are nine air monitoring stations downwind from the work site. Two air monitoring stations are located on residential property in Raquette Point. All air monitoring stations will continue to collect samples now

and till the work is completed. Monitoring results are available online at [http://racertrust.org/News/Massena\\_Community\\_Air\\_Monitoring\\_Plan\\_Reports](http://racertrust.org/News/Massena_Community_Air_Monitoring_Plan_Reports).

In addition to the NDA work this year, the water treatment system will be reconfigured. The water treatment building, the aeration basin and the clarifier building will be taken offline and demolished. The water treatment system will be consolidated to the red shed building near the river.

Two sludge pits in the East Disposal Area will be cleaned up between 2014 and 2015. The edge of the dump will be pulled back 150 feet from the shore of the St. Lawrence River and reservation boundary. The material removed from the Dump to create the 150 foot setback will be consolidated under new EDA/Dump cap. Also during this time period, a ground water control system will be installed. The last of the general site cleanup and restoration activities will occur in 2016.

The SRMT Environment Division and the regulatory agencies will continue to work for this community to try to achieve a more comprehensive cleanup of the property. If you have any questions, please call Craig Arquette at 518-358-5937 ext.120.

## **A**lcoa Grasse River Superfund

*By Jacob Terrance, Alcoa Superfund Oversight Specialist*

The mission of the Saint Regis Mohawk Tribe Environment Division Grasse River Superfund program is to reduce contamination of the fish and other resources in the river to safe and acceptable levels for unlimited consumption. This is achieved by working on a government to government basis with the United States Environmental Protection Agency (USEPA), New York State Department of Environmental Conservation (NYSDEC), New York State Department of Health (NYSDOH), National Oceanic and Atmospheric Administration (NOAA) and Alcoa.

The remedial process is in the beginning stage of the Remedial Design Phase. With the completion and issuance of the April 2013 Record of Decision (ROD) by the USEPA, a goal has been set. The remedial design phase is essentially a road map of how best to reach that goal. The overall plan is to utilize near shore dredging and main channel capping but in this phase, the specifics are discussed and detailed. The remedial design phase is

expected to last for 2 years. The next step in the process will be Project Construction.

As a result of the Tribe's extensive consultation with the USEPA, the development of a Community Involvement Plan (CIP) is underway. The objective of the CIP is to detail what ways the USEPA and the community can interact and communicate effectively. With the help of the Tribe's Public Information Office, the Superfund program hopes to develop a CIP that is tailored to Akwesasne.

Currently, there are no public meetings or notices scheduled regarding the remediation process of the Grasse River. In the future, community members are advised to be on the lookout for anticipated notices for upcoming Grasse River meetings or announcements. For any community member interested in staying up to date with the Grasse River remedial process:

1. Visit the following websites:

- <http://www.epa.gov/region02/superfund/npl/aluminumcompany/>
- [http://www.srmtenv.org/index.php?spec=sf\\_alcoa\\_w](http://www.srmtenv.org/index.php?spec=sf_alcoa_w)

2. Contact:

a. Jacob Terrance,  
SRMT Alcoa Superfund Oversight Specialist  
Phone: 518-358-5937 ext 135 (Monday-Friday 8:00 a.m. to 4:00 p.m.)

Email: [jacob.terrance@srmt-nsn.gov](mailto:jacob.terrance@srmt-nsn.gov)

b. Larisa

Romanowski, USEPA Community Involvement Coordinator  
Phone: 518-747-4389

Email: [Romanowski.larisa@epamail.epa.gov](mailto:Romanowski.larisa@epamail.epa.gov)



*Measuring Ice Thickness on the Grasse River in February*

The remedial process is a long and lengthy course, the core of which relies heavily on public input. If any community member develops questions or has concerns with the Grasse River, please feel free to contact Jacob Terrance, the Alcoa Superfund Oversight Specialist. ♦



# Outreach Chronic Care Nursing

## Health Services Program Feature

By Theresa Gardner FNP, Outreach Chronic Nursing Care Supervisor

The Chronic Care Nursing Department was established in 2008. The mission is "To provide quality professional healthcare with dignity and privacy within the scope of the Chronic Care Nursing Department."

Our program provides many services within the Akwesasne community such as home health aide services, foot care, medical transportation, smoking cessation counseling, wound care and case management. Additional services also include home care for eligible veterans, nursing and provider visits, falls prevention program, as well as an on call 24/7 service for home care patients. Training courses such as CPR and First aid for SRMHS employees are also available through our program. Immunizations, health and wellness screening days, food and safety inspection are also completed within our scope of duty. Lastly, environmental assessments, post-partum and newborn home visits, car seat installations and safety checks.

The Outreach Chronic Care Nursing program has been very successful specializing in wound care. Our success rate is excellent as we care for diabetic wounds, post-op care, and hard to heal wounds. Our foot clinic for diabetics is essential to the well-being of our patients as well. In addition to diabetic patients, nurses are continually assessing the needs of our elders and chronically ill. Patients receive nursing care and provider visits as necessary. The patient may need Home Health Aide Services. This is all managed on a case by case basis. Health and wellness screening days are scheduled

throughout the year. We collaborate with other service agencies to provide the best service possible.

The Outreach Chronic Care Nursing program also works closely with the Office for Aging and Adult Protective Services. In that capacity, we case manage with the local hospitals for discharge planners to help transition the patients to their homes. Medical transportation to patients needing transportation from Syracuse, N.Y. to Burlington, V.T. is provided and we currently have four vehicles to help facilitate these transports. Please note, however that 24 hours' notice is appreciated to make appropriate transportation arrangements.

The program also staffs a smoking cessation counselor that takes clients by appointment. She assists with stop smoking products as necessary.

The chronic care nursing department does accept referrals from outside agencies and medical providers to ensure partnerships within local and regional medical venues. Working with local health agencies and medical providers to provide optimum care for our patients is extremely beneficial and much appreciated by our patients.

The Outreach Chronic Care Nursing program has provided a very important aspect of care that was missing in the community. Our elders were being placed in nursing homes, now they are able to stay home with the benefit of nursing and home health aide services that the Outreach chronic nursing care department offers. ♦



*Diane LaRock, LPN Dresses a Diabetic Patient's Wounds*

# The Akwesasne Group Home

## Division of Social Services Program Feature

By *Michelle Benedict, Administrative Assistant and Stacie Stickney, Case Supervisor*

The Akwesasne Group Home is a behavior modification program designed to meet the needs of at-risk adolescents between the ages of 12 and 18 years. In addition to 24-hour supervision, the Group Home provides various services that are designed to enrich their learning experiences and to help them achieve their fullest potential, as well as maintain optimum health and well-being.

The Group Home ensures that all residents are provided with the proper medical, dental, vision, mental health and substance abuse appointments. Other service providers such as dietitians or nutritionists may also be requested. All Group Home staff members are certified in CPR and First Aid and are trained to handle emergency situations.

Cultural activities, ceremonies, sweats and socials are encouraged at the Group Home. The residents also participate in confidential talking circles with each other, under staff guidance. Residents are taught culturally related crafts such as beadwork, moccasin-making and painting.

While at the Group Home, residents are required to participate in Independent Living Skills. This program helps to prepare them for life on their own as an adult. Some of the skills taught include, but are not limited to, money management and budgeting, check writing, apartment hunting, applying for a job and learning interview skills. Coping skills training is another beneficial program offered through the Group Home. This is a program specifically designed

to assist adolescents in areas such as anger and stress management.

The Group Home provides many opportunities for the residents to participate in recreational and leisure activities outside of the facility. Weekly activities may include hiking, fishing and trips to the beach during the summer and sledding, snowshoeing or ice skating in the winter. The residents often attend local and collegiate athletic events as well as the races at the Mohawk International Raceway and the Franklin County Fair. Some fun day-long trips they have participated in the



*Youth Worker Angeline Green Prepares Students for the Day's Activities*

are appropriate.

Healthy and nutritious meals are planned, cooked and served daily by our full-time cook and with the help of the staff. Residents are allowed and encouraged to be a part of the meal planning and preparation process.

The Akwesasne Group Home strives to help each adolescent reach his or her fullest potential during their limited time here. Their safety, health and well-being are priority and we strive to do our best to ensure each resident has the best care possible. Each student is treated as the individual they are and we hope they learn from their past to walk towards a brighter future.

◇

past have been a day at Six Flags amusement park in Lake George and various museums in Ottawa. Residents are also allowed to participate in school extracurricular activities as long as their grades

# Calendar

## *Seskéha / August 2013*

- 1 - **Breastfeeding Support Walk** - Tewathahita Walking Trail - 11:30 a.m.  
2 - **Staff Appreciation Beach Day** - 11:30 a.m. - Tribal offices and Health Services closed. Transfer station open.  
10 - **Tribal Monthly Meeting** - 10:00 a.m. - Community Building Lobby  
13 - **Social Security Administration** - 1:30 to 3:30 p.m. - Tribal Clerk's office  
16 - **Seniors' Picnic** - 10:00 a.m. to 2:00 p.m. - Office for The Aging Seniors' Center

Tuesdays - Tribal Council Work Sessions - 9:00 a.m. - Tribal Council Boardroom

## New Faces

Eva Adams	Stamp Machine Operator	Compliance
Thomas Barreiro	Health Promotion	Health Services - Let's Get Healthy
Dean Brown	Stamp Machine Operator	Compliance
Timothy Cook	Recreation Coordinator	Johnson O'Malley
Deborah Fent	Dental Hygienist	Health Services - Dental Clinic
Benjamin Herne	Interim Director of Communications	Public Information Office
Kristin J. Jock	Caseworker	Adult/Child Protective Services
Michael P. Markham	Advocate	Intensive Preventive Program
Chastity Shova	Medical Liaison	Family Support
Lauren Smith	Nutrition Coordinator	Health Services - Nutrition
Margie Tatlock	Night Security	Three Sisters
Dawn Thompson	Budget Analyst	Finance Division

## Donations

Funerals - \$ 3,000

## Jobs

**Custodian** - Maintenance

**Head Start Teacher** - Early Childhood Development

**Education Specialist** - Johnson O'Malley

**Resident Aide** - Partridge House

Current tribal job postings at [www.srmt-nsn.gov](http://www.srmt-nsn.gov)

Akwesasne Mohawk Casino Resort positions are posted at [www.mohawkcasino.com](http://www.mohawkcasino.com)

Akwesasne and surrounding area positions are posted at [www.myaerc.org](http://www.myaerc.org)



# Family Advocate

## Tribal Administration Program Feature

*By Jade White, Family Advocate*

Among the Tribe's constant efforts to focus and orient our community of members, employees and elected officials with the mission to "Build A Better Tomorrow," the Tribe conducts ongoing assessments of the tribal Programs. The purpose of the assessment is to gauge how the Tribe can meet the needs of the community in order to support a healthy future. One example in which the Tribe has sought to enhance available services and ultimately "Empowering Our Families To Be Our Tomorrow," is through the creation of a two-year pilot position called the Family Advocate.

The role of the Family Advocate is to expand the scope of services and support available to families that have experienced trauma. Working independently, the Family Advocate assists families in specific situations that do not otherwise meet the criteria for services offered within Saint Regis Mohawk Tribal Programs. The position is intended to prevent our families from "falling through the cracks."

Families will be empowered by ensuring that their services are family-centered and family-led. It is important that the uniqueness of a family's needs is recognized and work with the family to develop a service plan that best fits their situation. Education, support and advocacy is provided to families who are navigating other agencies, such as social services, health service and the

criminal justice system. While there is not a specific service plan that will apply for all families, the approach will always be trauma-sensitive, just and genuine.

### **Family Advocacy is...**

- Available in planned and crisis situations
- Confidential
- An independent tribal service
- Unbiased and nonjudgmental
- The family's choice
- Strength-based
- Collaborative

### **Family Advocacy is NOT...**

- A substitute for SRMT DSS case management
- A substitute for grievance/complaint procedures
- Financial assistance
- Mandatory

The Family Advocate Program supports the Saint Regis Mohawk Tribe's commitment to continuous development. Family Advocate services are available for members of the Saint Regis Mohawk Tribe. Referrals can be made in person at the Tribal Community Building, via email at [family.advocate@srmt-nsn.gov](mailto:family.advocate@srmt-nsn.gov) or after-hours, weekends and holidays at (518) 521-4788. For further information regarding services, please contact Jade White, Family Advocate, at (518) 358-2272 ext. 402. ♦



*Jade White, Family Advocate*

*Mission: To complement  
Saint Regis Mohawk  
Tribal Programs in meeting  
the needs of families and  
supporting their journey  
to healing through family-  
centered advocacy.*

# Head Start

## Education Program Feature

*By Barbara Bucksbot-Jock, ECDP and Missy Conners, Home Based Coordinator*

In 1964, President Lyndon B. Johnson declared The War on Poverty in his State of the Union Speech. In the summers of 1965 and 1966, the Office of Economic Opportunity launched an eight-week Project Head Start.

Head Start is a federal program that promotes the whole child and school readiness of children ages three to five from low-income families by enhancing their physical, cognitive, creative, social and emotional development. Head Start programs provide comprehensive services to enrolled children and their families, which include health, nutrition, social services and other services determined to be necessary by family assessments and family goals, in addition to education and cognitive development services.

In 1978, the Saint Regis Mohawk Tribe operated the first Head Start program out of a classroom at Salmon River Central. In 1979, twenty-six children graduated from the program, proving there was a need in Akwesasne. A building grant was received and the program moved to the Tribe, where they continued with two classrooms but offered both a morning and afternoon program. The need for a larger building was evident so another building grant was completed and awarded. The Head Start program moved into its current location, 25 Library Road, in 1995. At present day, Head Start offers both a half day and full day program. There are four classrooms with 16 children in each room.

In 2007, Head Start was re-authorized to strengthen the quality of the program. These changes included alignment of Head Start school readiness goals with

state early learning standards, higher qualifications for the Head Start teachers, and increased program monitoring, including a review of child outcomes and annual financial audits. Our program here incorporates school readiness into the curriculum. Children learn basic concepts that then lead to beginning reading, math and science skills. The children are in a classroom setting and are interacting with peers on a social level which prepares them for bigger groups later.



*Tota Linda Merrywether*

In 2011, the new kitchen and dining room opened. The dining room offers a cafeteria style experience for the children, preparing them for the “big school”. The dining room is used for numerous functions from meetings to social gatherings and trainings. The dining room is the perfect place for the Family Services program to hold events for families such as reading nights, sewing classes, budgeting classes, etc. Since it opened in 2011 it has also been the location for the graduation ceremony. Each year the parent committee puts many hours into raising money to be able to buy the decorations and gifts for the children to enjoy.

Head Start is a family oriented program. Throughout the school year there are many activities that welcome and encourage families to participate in. Even the curriculum incorporates the family and culture because the focus is and will always be on the whole child. Family is important, for without families there would be no program.

Another interesting fact is that Head Start has recently re-started the Foster Grandparent program. This program is funded by a Catholic Charity out of





## Class of 2013



Tupper Lake, N.Y. Past Totas from the community who have given their precious time and knowledge to the children in the program are still remembered to this day. Most have passed on, but their memories live on through stories and pictures. In research for this piece, there were many stories and each ended with a smile and “Oh, I miss her!”

Foster Grandparents (Totas) are a special part of the Head Start program today. Unfortunately, not all children have a Tota in their life, so this program was reestablished to give all the children the opportunity to have a Tota to rock with, read stories with, and just be loved by! It warms the heart to hear the children all yell “hi Tota” when they are seen in the hall or classroom.

Totas who are fluent in the Mohawk language are also encouraged to speak it in the classroom with the children. The program also allows our Totas to use their other “skills” to help when needed. At the present time, there is only one Tota left with the program. This program is open to any Elder in the community, so if you have some extra love to share with some sweet young children please call the Early Childhood Development Program at 518-358-2988 for more information.

On June 17, 2013, the Early Childhood Development Program (ECDP) held its graduation ceremony for the 64 children enrolled in this past school year. This year marks Head Start’s 35th graduation ceremony. Applications are still being taken for the class of 2014, stop in or call 518-358-2988 for more information. ♦





# 2012 Annual Drinking Water Quality Report

*Saint Regis Mohawk Tribe - Public Water Supply ID # NY 1617071*

## *Introduction*

The Saint Regis Mohawk Tribe will annually provide the community of Akwesasne a report of the drinking water quality to your homes or businesses to comply with federal regulations. The purpose of this report is to raise understanding of drinking water and the need to protect and conserve the drinking water sources. Last year, tap water met drinking water health standards. We continue to assess and improve our operations to ensure that we continue to provide drinking water that meets health based standards. Details are provided below in the "Table of Regulated Detectable Contaminants" and in the "Notes" following the table.

### *What's in the Source Water?*

Our drinking water comes from the St. Lawrence River. The sources of drinking water are surface waters such as streams, rivers, lakes or ground water from wells that tap underground aquifers. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and can pick up substances resulting from the presence of animals or from human activity.

A Source Water Protection Plan has been developed to help establish a way to protect any source of contamination to the river from upstream sources.

### *How does the water get to my home?*

Water is pumped from the St. Lawrence River to the water treatment plant on Garrow Road. The water goes through treatment by dual-sand filtration, powdered activated carbon (PAC) chlorination and ultraviolet (UV) disinfection. The treated water is then stored in a clearwell, pumped to the water tower on McGee Road where it is gravity fed to your faucets. It is also stored on State Route 37 for fire protection by way of booster pumps. The system currently supplies water to residents of Akwesasne.

The treatment plant is a dual-sand filtration system

and uses sodium hypochlorite and UV for disinfection. The plant has the capability of producing 1.4 million gallons of treated water per day. We presently have 1,000 connections and produce an average of 500,000 gallons of water per day.

### *How can I get this chlorine taste and smell out of my water?*

The water is treated with chlorine before it leaves the plant to protect public health and prevent microbiological organisms from growing. You can place a carbon filter ( i.e. Brita®) on your faucet to remove the chlorine taste or allow a pitcher of it to sit on the counter before refrigerating. The facility has undergone an upgrade to extend the raw water intake 112 ft. to provide water of greater quality thereby reducing chemical use.

To ensure that tap water is safe to drink, the Environmental Protection Agency provides guidance and prescribes regulations that limit the amount of certain substances in water provided by public water systems.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the SRMT Environment Division or the Environmental Protection Agency Safe Drinking Water Hotline (1-800-426-4791).

### *Do I need to take special precautions?*

Some people may be more vulnerable to certain contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice

about drinking water from their health care providers. EPA and Centers for Disease Control guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Outreach Office at the clinic and at the EPA Safe Drinking Water Hotline (1-800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service

lines and home plumbing. SRMT is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When water has been sitting for several hours, minimize the potential for lead exposure by flushing your tap for 30 seconds to two minutes before using water for drinking or cooking. For concerns about lead in your water, have the water tested. Information on lead in drinking water, testing methods and steps to take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

## Regulated Detected Chemical Parameters

### *Inorganics*

Contaminant	Violation Yes/No	Date of Sample	Level Detected (range)	Unit Measurement	MCLG	Regulatory Limit (MCL, TT, AL)	Likely Source of Contamination
Nitrate (as Nitrogen)	No	08/30/12	0.17	mg/L	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Fluoride	No	08/30/12	0.13	mg/L	4.0	MCL=2.2 NYSDOH standard	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Barium	No	08/30/12	.02	mg/l	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Lead <sup>1</sup>	No	October 2011	0.001 (.001-.003)	mg/l	0	AL= .015 mg/l	Corrosion of household plumbing systems; erosion of natural deposits
Copper <sup>2</sup>	No	October 2011	0.057 (.003-0.47)	mg/l	1.3	1.3	Corrosion of household plumbing systems; erosion of natural deposits
Uranium*	No	2005	2.24	ug/l	0	30	Erosion of natural deposits

\* Uranium determination was made by a radioactivity method. The last result was 1.5 pCi/L. The result was converted to mass (ug/l) by dividing 1.5 pCi/L by 0.67 = 2.24 ug/l.

### *Microbiological Contaminants*

Total coliform	No	Monthly (10/mo)	0	Negative or positive	0	1 positive monthly allowed	Naturally present in environment
Fecal coliform and E.coli	No	Monthly (10/mo)	0	Negative or positive	0	None	Human and animal waste

### *Turbidity*

Turbidity <sup>3</sup>	No	Daily July 2	0.279	NTU	N/A	1 NTU maximum allowed	Soil runoff; stormwater
Turbidity <sup>3</sup>	No	Daily July 12	.00 - 0.279	NTU	N/A	0.3 - 95% of samples - TT	

## Disinfection By-Products

Total Trihalomethanes (TTHM) <sup>4</sup> Water treatment plant - WTP	No	Quarterly <b>See Note</b>	41.6 40.3 37.3 44.6 <b>23 - WTP</b>	ug/L	N/A	80	By-product of drinking water chlorination
Haloacetic Acids (HAA5) <sup>4</sup> WTP	No	Quarterly <b>See Note</b>	25 24.3 25.3 27 22.3 -WTP	ug/L	N/A	60	By-product of drinking water chlorination

## Other Detected Contaminants

Contaminant	Level Detected	Unit Measurement	Guideline
Semi-Volatile Organic Chemicals	Non-detect	mg/l	See Note #5

### Notes:

N/A - means not applicable

1 – The level presented represents the 90th percentile of the 20 sites sampled. A percentile is a value on a scale of 100 that indicates the percent of a distribution that is equal to or below it. The 90th percentile is equal to or greater than 90 % of the lead samples detected at your water system. There were no violations due to the 90th percentile being below the Action Level.

2 – The level presented represents the 90th percentile of the 20 sites sampled. There were no violations due to the 90th percentile being below the Action Level.

3 – Turbidity is a measure of the cloudiness of the water. We test turbidity because it is a good indicator of the effectiveness of our filtration system. We did not have any violations of turbidity in 2011. Original turbidimeters failed in March and were replaced in late April / early May. All numbers were manually logged in to the operator's logbook.

4 – This level represents the local averages calculated from the data collected on a quarterly basis at five sites. Routine flushing and disinfection management has kept the by-products in check.

5 – Organic chemical sampling was done for our three year requirement. EPA method 524.2 POC's, Vinyl Chloride, and MTBE was used.

### Definitions:

**Maximum Contaminant Level Goal (MCLG):** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLG's allow for a margin of safety.

**Maximum Contaminant Level (MCL):** The highest level allowed in drinking water. MCLs are set as close to the MCLG's as feasible using the best available treatment technology.

**Action Level (AL):** The level that, if exceeded, triggers a treatment or other requirement that a water system must follow.

**Treatment Technique (TT):** A required process intended to reduce the level of a contaminant in drinking water.

### Health Effects Language:

**Turbidity:** Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea and associated headaches.

**Total Coliform Bacteria:** Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other potentially harmful bacteria may be present.

**Fecal coliform:** Fecal coliforms and *E. coli* are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.

**Lead:** Infants and young children are typically more vulnerable to lead in drinking water than the general population. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your home's plumbing. Additional information is available from the SRMT Health Services or the Safe Drinking Water Hotline (800-426-4791). ◇



# Medicaid Service Coordination

## Community & Family Services Program Feature

*By Heath R. Kuhn, Medicaid Service Coordination Coordinator*

Medicaid Service Coordinators, Trina Terrance and Calvin Thomas, are providing services to 51 community members; whereas I am overseeing the MCA youth/adults which consists of 12.

The Medicaid Service Coordinators (MSCs) ensure that those they serve receive optimum care. MSC hours are more than an 8:00 a.m. – 5:00 p.m. job. To be a MSC, one must be entirely committed and dedicated to their particular caseload and in some instances, support their colleague's caseload(s) 24 hours, seven days a week, 365 days a year.

If a consumer is having difficulties with their breathing and is escorted to a local hospital, even Fletcher Allen Hospital in Burlington, Vermont, the MSC is there. If a consumer sadly finds him or herself in trouble with law enforcement and is in Town Court at 2:30 a.m.; their MSC is there.

MSCs grow with their consumers in building healthy relationships with friends and family within the community. MSCs ensure that every individual's life is unique and that their (ISP) Individualized Service Plan acknowledges such. The MSCs work is supporting self-reliance but not fostering dependency.

How the relationship viewed between a consumer and MSC is very important. We do not take consumers grocery shopping, but rather we assist in the coordination of the grocery shopping. The MSCs uphold the Person Centered Planning Process, where they capitalize on an individual's gifts and capabilities. The individual with whom the MSC is working with has the opportunity to make choices and express preferences.

One other noteworthy responsibility of MSC is that when working with their consumers it is vital to ensure their choices and decisions have a positive effect on them and are deemed worthwhile in their eyes. For example, a consumer who loves animals may do some type of volunteer work at an animal shelter or pet store.

It is important to note that consumers drive their service. It is essential for the MSC to get to know the consumer's support network and the people within their life. Reaching out to current and past individuals from a consumer's environment can teach us patterns of their life experiences and perhaps assist in developing a plan as to "where" the consumer wants to go or be in the future. The MSC and the consumer may take action, try new things, and work together with other human service professionals, family, friends, and community members to see if the plan is effective. Not all plans flourish; if it doesn't flourish, the consumer in most cases will call for a change in their plan.



*MSCs: Calvin, Trina and Heath*

MSC Floyd "Beaver" Barnes is no longer with the program. He is an incredible man who is respected by many; I know that his consumers as well as colleagues miss him and wish him well in his future endeavors. Calvin and Trina have been phenomenal at providing the appropriate services to their caseload, but also divvying up "Beaver's" caseload to assure those individuals needs are also met.

Should anyone have any questions, concerns, and/or recommendations about MSC, please feel free to contact us via phone and/or email, we would be glad to assist you. ♦

# World Breastfeeding Week 2013

World Breastfeeding Week is a time to celebrate the increase in breastfeeding rates world-wide. It is also a time to look back at accomplishments such as laws supporting breastfeeding mothers of every occupation as they return to work, and promote breastfeeding in our community.

As part of this celebration, the Saint Regis Mohawk Health Services WIC Program and Mohawk Council of Akwesasne's Community Health Program will host the 2nd Annual Breastfeeding Awareness Walk to show support and empower women to commit to breastfeeding as the best start to



August 1, 2013  
Tewathahita "Let's  
Walk" Trail  
11:30 a.m.

a healthy life. Our walk is one of many similar events planned around the world during the first week of August. This year's theme is: Breastfeeding Support: Close to Mothers.

Breastfeeding and expecting mothers, husbands, partners, fathers, family and friends are invited to show support by walking two laps around the Tewathahita Walking Trail. Following the walk, participants will be treated to a picnic lunch. Walkers will receive give-a-ways and have their names entered into a draw for a door prize.

Register by calling Deylin Jacobs at 518-358-3141 or Joyce Leaf at 613-575-2341. ♦



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