**POINTS OF INTEREST:**

* Mohawk School Christmas Concert
* Healthier Living: Managing Ongoing Health Conditions
* Go4Life: Exercise and Physical Activity Classes
* Alzheimer’s Support Education Program

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Monday, January 1st - New Years Day
Monday, January 15th – Martin Luther King Day
Friday, January 26th – Planning Day
Any mail for the Saint Regis Mohawk Senior Club can be sent to:
P.O. Box 1106
Hogansburg, NY 13655
Senior Club Hours: Monday-Friday
10:00am-12:30pm

2018 Club Dues!
Beginning January 1, 2018, Membership dues will be $5.00 per person for the year.

Volunteer BINGO Schedule:
January 1st
Closed—New Years Day

January 8th
Vicki Phillips & Lucille Peters

January 15th
Closed—Martin Luther King Day

January 22nd
Judy Cole & Rosemary Bonaparte

Jan 29
Barbara Lazore, Brenda LaFrance & Iona Castagnier

Upcoming Events:
Jan. 9th: Senior Club Meeting
March 2018: Deer Valley Trip
April 8-11th: Trip to Atlantic City

Our condolences to the families of Laura Cree and Mike Benedict Sr.

New Members:
Linda Jackson
Rose Ann Terrance

Atlantic City Details:
Sunday, April 8th-Wednesday, April 11th
$290.00 Double Occupancy
Includes 4 Meal Tickets and $30.00 Free Play
1st Deposit is due January 8, 2018
Full amount due February 20, 2018
Please pay in Club Office

Notice:
If you have sent in your membership dues, please stop by and pick up your receipt and membership card.
Thank you Mary Wainman for your donation of books!
Thank you Betty Ransom for your donation of Christmas Cards!
Thank you Adeline Herne for your donation of magazines!
Thank you Sandra Fox for your donation of magazines and clothes!
Thank you Dolores Thompson for your donation of books!
Thank you Luanne Paquin, Rosemarie Jacobs, Francine Palermo, Sandy Swanger, and Mona Via for helping us assemble the December Newsletter!
Thank you Marion Parker for your donation of puzzles!
Niawenkowa to all the generous Tota’s who donated for the children at ECDP/Headstart and the Boys and Girls Club. In total, we collected 8 pairs of warm socks, 2 hat/mitten/scarf sets, 9 hats, and 27 pairs of mittens!

Mohawk School Christmas Concert

Wednesday, Dec. 20th The St Regis Mohawk School grades 4 & 5 came and performed for us along with Mr. Hahn and Mr. Potter. They played some classic Christmas tunes and some we haven’t heard before. They played and sang beautifully. They definitely succeeded in getting all of us into the Christmas Spirit!

Green Food Bag

Deadline to order is Friday, January 5th by 2:00pm
Please mark your calendars to pick up your orders between 12:00pm and 4:45pm on Tuesday, January 16th.
Cost is $10.00 per bag in
The Senior Center’s Christmas Dinner was held on Friday, December 8th. We had a delicious prime rib dinner. We were lucky enough to have 3 different organizations volunteer to help with coat check, serving, and cleaning up. Niawen to our Legionnaire volunteers, Hogansburg Akwesasne Volunteer Fire Department, and Tribal Police Officers. They were all dressed their best and were very helpful. We played our favorite ‘Left/Right Game’ and someone at every table won a dreamcatcher handmade by Mary Martin. Our entertainment for the night was The Starlights from Massena/Ogdensburg and they were definitely a hoot. They not only sang our favorite Christmas songs with a funny twist, but also gave out random gifts to the audience. That was a very nice surprise!

Gordon Delormier & Elaine Cook

Kathi Jock & Hazel Bero

Millie & Husband Ron Cook

Betty Kelly, Mary Grow & Ben Kelly
An education program by the Alzheimer’s Association

Alzheimer’s disease is not a normal part of aging
If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes, and risk factors, stages of the disease, treatment, and much more.

For more information and to register, contact: Sierra Snoody at 518-867-4999 ext: 207

This program is supported in part by a grant from the New York State Department of Health
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<td>Dec 31</td>
<td>Closed New Years Day</td>
<td>2 Hamburger with the Works Sweet Potatoes Parsley Carrots Vanilla Pudding <strong>Activity:</strong> 10:00 Tai Chi for Arthritis 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00-5:30 Healthier Living #1 @ AHA</td>
<td>3 Cream of Broccoli Soup Ham Sandwich Mix Berries <strong>Activity:</strong> 8:00 Lori Oakes DSS 10:00 Arthritis Exercise Program: CANCELLED</td>
<td>4 Shake &amp; Bake Pork Chops Rice Pilaf Roll Peaches <strong>Activity:</strong> 10:00 Tai Chi for Arthritis 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center</td>
<td>5 Tuna Noodle Casserole Roll Banana Pudding <strong>Activity:</strong> 10:00 Computer Skills 10:30 Virtual Bowling 1:00 St. Regis Nursing Home Visit 2:00 Green Food Bag Order Deadline</td>
<td>6 Activity: 6:00pm Ace to King</td>
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<td>7 Activity: 6:00pm Ace to King</td>
<td>8 Chicken Parmesan Garlic Bread Fruit Cocktail <strong>Activity:</strong> 10:30 Virtual Bowling 1:00 Bingo</td>
<td>9 Fish on a Bun Coleslaw Sweet Potato Fries Cookie <strong>Activity:</strong> 8:20 Massage 10:00 Senior Club Meeting 10:00 Tai Chi 11:30 Box Lunch Bingo at Iakhihsothta 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00-5:30 Healthier Living #1 @ AHA</td>
<td>10 Sweet &amp; Sour Cabbage Casserole Roll Chocolate Pudding <strong>Activity:</strong> 10:30 Nutrition Bingo</td>
<td>11 BBQ Ribs Potato Salad Pears <strong>Activity:</strong> 10:00 Tai Chi for Arthritis: LAST CLASS 10:00 Haircuts 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 1:30 Legal Aid</td>
<td>12 Chef Salad Cheese Filled Bread Sticks Fresh Fruit <strong>Activity:</strong> 10:00 Virtual Bowling</td>
<td>13 Activity: 6:00pm Ace to King</td>
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*Remember to call the center by 9:30 am for lunch. And call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook’s discretion.*
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<th>Date</th>
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<td>16</td>
<td>Chicken Broccoli Brown Rice, Roll Mandarin Oranges</td>
<td>10:00 Exercise Class 11:00 Pharmacist Presentation</td>
<td>Brian Bond 12:30 Craft Class: Painting with Tammy King 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center</td>
<td>3:00–5:30 Healthier Living #3 @ AHA</td>
<td>12:45 Green Food Bag Pickup</td>
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<td>17</td>
<td>Cream of Potato Soup French Bread Pineapple Chunks</td>
<td>8:00 Lori Oakes DSS 10:00 Exercise Class 1:00–3:00 Diagnosed: What’s Next? Dementia Class</td>
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<td>18</td>
<td>Chili Corn Muffin Applesauce</td>
<td>10:00 Exercise Class 1:00 Shopping 11:00 Alzheimer’s Support Group 12:30 5 Pin Bowling Cwall</td>
<td>100 'The Basics' an Education Program by the Alzheimer’s Association</td>
<td>1:00 Aquatic Program @ Diabetes Center</td>
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<td>19</td>
<td>Breakfast Burritos Cantaloupe Orange Juice</td>
<td>10:30 Virtual Bowling 1:00 Tina’s Painting 12:30 Billiards at Tsionkwanonhsote</td>
<td>1:00 Shopping 1:00 Aquatic Program @ Diabetes Center</td>
<td>3:00–5:30 Healthier Living #4 @ AHA</td>
<td>1:30 Legal Aid</td>
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<td>Birthday Meal</td>
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Meet Krista Oakes

Krista Oakes, from Akwesasne, is a SUNY Potsdam student majoring in Community Health. She is a senior working towards obtaining her Bachelor of Science degree in Community Health. The St. Regis Mohawk Office for the Aging is her first internship site as a Health Educator. Learning and experiencing in many different classes within the community health field she is well informed on how important it is to educate the community on different health issues and health topics. She will begin her placement on January 22, 2018 - March 9, 2018.

During her time at the Office for the Aging, she will be involved in conducting in-house activities and educational events for Health Promotion Services and Education/Recreation Department. She will be instructing and leading the Eat Healthy* Be Active Community workshops and coordinate the Go4Life Exercise & Physical Activity classes for the seniors. She will be publishing the Moccasin Trail Newsletters for the Month of February and March. Lastly, she will have an opportunity to help serve on the Planning Committee for the Annual Aging Well Conference at the Oneida Indian Nation.

Her main passion is to inform and empower all generations to make health a priority in an ever-changing world. She enjoys staying active, playing sports and being outdoors. She also loves going to sporting events, traveling, and spending time with her family members and friends.

Upcoming with Krista:

Eat Healthy* Be Active Community Workshops (6)
The Eat Healthy* Be Active Community Workshops Series builds on concepts by providing detailed tips on how to put recommended behaviors into practice. The workshops are designed to move participants from the “thinking” phase to taking desired health actions.

Go4Life: Exercise & Physical Activity Classes
Go4Life is National Institute Association Exercise & Physical Activity Campaign for older adults where they’re encouraging older adults to find and fit regular exercise & physical activity in their everyday lives.

Plans for the workshops are underway. They will begin after January 22nd. Please call her Site Supervisor, Tewentahawih’tha’ Cole, at 518-358-2963 ext. 3303 to be placed on a contact list and for more information.
Take a Stepping On workshop!
Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you’ll learn:
- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you fall
Stepping On has been researched and proven to reduce falls by 30%!

Meet every Wednesday
January 24 to March 7, 2018
9:45—11:45 a.m. (lunch provided at 12:00 p.m.)
Senior Center Sunroom
Transportation will be available and must be scheduled ahead of time. Please call Tewentahawih’tha’ Cole at 518-358-2963 ext. 3303 to learn about how the Senior Center can help you attend.

Healthier Living:
Managing Ongoing Health Conditions

Kick start your NEW YEAR by joining a class full of practical tips, suggestions, and strategies to help you take action for your health and feel good!
Healthier Living: Managing Ongoing Health Conditions helps you to live a healthy, productive life. Call the Senior Center for more information.

<table>
<thead>
<tr>
<th>Class #1 January 2</th>
<th>Class #2 January 9</th>
<th>Class #3 January 16</th>
<th>Class #4 January 23</th>
<th>Class #5 January 30</th>
<th>Final Class February 6</th>
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<td>Introductions</td>
<td>Problem-Solving</td>
<td>Making Decisions</td>
<td>Better Breathing</td>
<td>Medication Usage</td>
<td>Working with Health</td>
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<td>Getting a Good Night’s Sleep</td>
<td>Difficult Emotions</td>
<td>Relaxation Techniques</td>
<td>Healthy Eating</td>
<td>Usage</td>
<td>Professionals</td>
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<td>Mind/Body Connection</td>
<td>Physical Activity</td>
<td>Pain/Fatigue</td>
<td>Communication</td>
<td>Making Informed</td>
<td>Weight Management</td>
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Adults over age 55 and younger adults with physical, mental or emotional limitations are welcome.
Participants are invited to bring a family member, friend and/or caretaker. If you are worried about transportation, call to find out how the Senior Center can help you attend.
For our December Craft Classes, we made Christmas wreaths made from tulle. It was so popular that we needed to host 2 classes! Each class had around 11 participants. The wreaths all turned out very beautiful! Keep an eye out in spring for another tulle wreath making class!

Starting January 16th, Exercise Classes will be held Monday through Thursday in the Sunroom at 10:00am. Details will be posted at the Senior Center.

Is this Your's?

These items were left behind after the Christmas Party on Friday, Dec. 8th. Please let us know if this scarf or cane is yours or someone you may know.

518-358-2963
Our Birthday Buddies for the month of November was Jimmy Arquette and ‘camera shy’ Leona Cook! Niawen you two for coming in for lunch to let us celebrate your birthday!

Thank you to our December Birthday Buddies for braving the cold to come and celebrate with us; Brenda LaFrance who celebrated on Dec. 28th and Marthe Lindgren who celebrated on Dec. 16th.
If you are not the Addressee, please notify us of our mistake.
To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

- Life Line
- In-Home Care
- Case Management
- Legal Aid
- Handyman
- Home Visits
- Housekeeping
- Health Promotion
- Transport Services
- Transportation
- Caregiver Support
- Supper Bags
- Breakfast Bags
- Congregate Meals
- Nutrition Counseling
- Nutritional Education
- Home Delivered Meals
- Referrals
- Weekly Shopping
- Craft Activities
- Socialization
- Information & Assist...