



Moccasin Trail

JANUARY 2018

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

SENIOR CLUB PAGE

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



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.

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

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.



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!



Niawen:kowa

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!

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



Christmas Dinner

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



Rose & William Oakes



The Starlights



Paulette Reid, Leona Cook & Frank Hutt



Phyllis Jacobs & Florence Cook



Our Volunteers

alzheimer's
association

The
Basics

memory loss, dementia and alzheimer's disease

DATE: Thursday, January 18, 2018

TIME: 1:00 pm

LOCATION: St. Regis Mohawk Senior Center
29 Business Park Road, Hogsburg NY



An education program by the Alzheimer's Association


Alzheimer's disease is not a normal part of aging


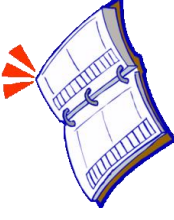

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes, and risk factors, stages of the disease, treatment, and much more.

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

This program is supported in part by a grant from the New York State Department of Health

Tsiothorko:wa/January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec- 31 <i>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.</i>	1 Closed New Years Day 	2 Hamburger with the Works Sweet Potatoes Parsley Carrots Vanilla Pudding <u>Activity:</u> 10:00 Tai Chi for Arthritis 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00-5:30 Healthier Living #1 @ AHA	3 Cream of Broccoli Soup Ham Sandwich Mix Berries <u>Activity:</u> 8:00 Lori Oakes DSS 10:00 Arthritis Exercise Program: CANCELLED	4 Shake & Bake Pork Chops Rice Pilaf Roll Peaches <u>Activity:</u> 10:00 Tai Chi for Arthritis 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center	5 Tuna Noodle Casserole Roll Banana Pudding <u>Activity:</u> 10:00 Computer Skills 10:30 Virtual Bowling 1:00 St. Regis Nursing Home Visit 2:00 Green Food Bag Order Deadline	6 <u>Activity:</u> 6:00pm Ace to King
7 <u>Activity:</u> 6:00pm Ace to King	8 Chicken Parmesan Garlic Bread Fruit Cocktail <u>Activity:</u> 10:30 Virtual Bowling 1:00 Bingo	9 Fish on a Bun Coleslaw Sweet Potato Fries Cookie <u>Activity:</u> 8:20 Massage 10:00 Senior Club Meeting 10:00 Tai Chi 11:30 Box Lunch Bingo at Iakhishotha 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00-5:30 Healthier Living #2 @ AHA	10 Sweet & Sour Cabbage Casserole Roll Chocolate Pudding <u>Activity:</u> 10:30 Nutrition Bingo	11 BBQ Ribs Potato Salad Pears <u>Activity:</u> 10:00 Tai Chi for Arthritis: LAST CLASS 10:00 Haircuts 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 1:30 Legal Aid	12 Chef Salad Cheese Filled Bread Sticks Fresh Fruit <u>Activity:</u> 10:00 Virtual Bowling	13 <u>Activity:</u> 6:00pm Ace to King

14 Activity: 6:00pm Ace to King	15 Closed Martin Luther King Jr Day 	16 Chicken Broccoli Brown Rice, Roll Mandarin Oranges Activity: 10:00 Exercise Class 11:00 Pharmacist Presentation: Brian Bond 12:30 Craft Class: Painting with Tammy King 1:00 Shopping 1:00Aquatic Program @ Diabetes Center 3:00– 5:30 Healthier Living #3 @ AHA 12-4:45 Green Food Bag Pickup	17 Cream of Potato Soup French Bread Pineapple Chunks Activity: 8:00 Lori Oakes DSS 10:00 Exercise Class 1:00-3:00 Diagnosed: What's Next? Dementia Class	18 Chili Corn Muffin Applesauce Activity: 10:00 Exercise Class 1:00 Shopping 11:00 Alzheimer's Support Group 12:30 5 Pin Bowling Cwall 1:00 'The Basics' an Education Program by the Alzheimer's Association 1:00 Aquatic Program @ Diabetes Center	19 Breakfast Burritos Cantaloupe Orange Juice Activity: 10:30 Virtual Bowling 1:00 Tina's Painting 12:30 Billiards at Tsionkwanonhsote	20 Activity: 6:00pm Ace to King
21 Activity: 6:00 Ace to King	22 Chicken Cordon Bleu Mix Veggies Roll Peanut Butter Cookie Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	23 Shepherd's Pie California Blend Roll Peaches Activity: 8:20 Massage 10:00 Exercise Class 1:00 Shopping 1:00Aquatic Program @ Diabetes Center 3:00-5:30 Healthier Living #4 @ AHA	24 Corn Soup Biscuit Vanilla Pudding Activity: 9:45-11:45 Stepping On Begins!	25 Creamy Ranch Chicken Peas, Roll Jell-O Activity: 10:00 Haircuts 10:00 Exercise Class 11:00 Alzheimer's Support Group 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 1:30 Legal Aid	26 Closed Planning Day 	27 Activity: 6:00pm Ace to King
28 Activity: 6:00 Ace to King	29 Goulash Italian Bread Asparagus Butterscotch Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	30 Chicken Tenders Bake Fries Fig Newton Cookies Activity: 10:00 Exercise Class 1:00 Shopping 1:00Aquatic Program @ Diabetes Center 3:00– 5:30 Healthier Living #5 @ AHA Training Center	31 Birthday Meal Bacon Wrap Pork Loin Broccoli & Cauliflower German Apple Cake Activity: 9:45-11:45 Stepping On 10:30 Vitals 			



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 GoforLife 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.

(518) 358-2963 Ext. 3303

Winter 2018 Schedule of Classes

Held at Akwesasne Housing Authority Training Center

3:00 p.m. to 5:30 p.m. (each week)

Class #1 January 2	Class #2 January 9	Class #3 January 16	Class #4 January 23	Class #5 January 30	Final Class February 6
Introductions Getting a Good Night's Sleep Mind/Body Connection	Problem- Solving Difficult Emotions Physical Ac- tivity	Making Decisions Relaxation Techniques Pain/Fatigue Management	Better Breathing Healthy Eating Communication Skills	Medication Usage Making Informed Treatment Decisions Depression	Working with Health Professionals Weight Management Planning for the Future

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.

December Craft Classes



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!

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

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.

Happy Birthday!



- 1- Alan White
- 3- Frank Hutt
- Shirley Arquette
- 6- Annie McDonald
- 7- Elizabeth Russell
- 9- Larry White
- 10- Caroline Tarbell
- 13- Richard A. Herne
- 14- Sally Benedict
- 15- Jake LaFrance
- 16- Marlene McGregor
- 17- Jeffra Montroy
- Keith Edwards
- 18- Cheryl Holmes
- Robin Miller
- 19- Bessie Mitchell
- 20- Kerney Cole

- 21- Randall Cook
- Nancy Arquette
- 22- Rose Reid
- 28- Lucy White
- Janice Olszewski
- 29- Leona Benedict
- 31- Hilda Herne
- Marion Parker
- Ernestine Oaks
- Rosalie Jacobs
- Darlene Sunday

**Bold are Saint Regis
Mohawk Senior Club
Members**



November Birthdays



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!

December Birthdays



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.



St. Regis Mohawk Office for the Aging

29 Business Park Road

Akwesasne, NY 13655

***Newsletters may also be received by e-mail**

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

Presorted Standard
US Postage Paid
Akwesasne, NY
PERMIT # 4

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

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:

[www.srmt-nsn.gov/
division/
office_for_the_aging](http://www.srmt-nsn.gov/division/office_for_the_aging)

**We're Here to
Serve You!**

- **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..**