



Moccasin Trail

FEBRUARY 2018

POINTS OF INTEREST:

- * SRMT Outreach Visits
- * Beauty and the Beast Musical coming up
- * Alzheimer's Association Education Program
- * February is Heart Healthy Month!
- * Winter Carnival 2018

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Monday, February 19th— President's Day
Friday, February 23rd— 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:

February 13: Club Meeting
March 2018: Deer Valley Trip
April 8-11th: Trip to Atlantic City

Our condolences to the
families of Orlo Ransom and
Laura McDonald

2018 Club Dues!

Beginning January 1, 2018, Membership
dues are \$5.00 per person for the year.

Volunteer BINGO Schedule:

February 5th

Betty Kelly, Dorothy Shatlaw &
Debbie Thomas

February 12th

Melanie Jacobs & Minerva White

February 19th

No Bingo— President's Day

February 26th

Vicki Phillips & Lucille Peters

Please make arrangements to switch with someone if
you cannot make it on your scheduled date.

New Members:

Trudy Putnam
John Putnam
Sandra Burnette

Atlantic City Details:

Sunday, April 8th-Wednesday, April 11th
\$290.00 Double Occupancy
Includes 4 Meal Tickets and
\$30.00 Free Play
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.

Winter Carnival
Ace to King Tournament
Saturday, Feb. 10th @ Seniors
Ask Lois Thomas,
Leona Thompson-David or
Lynn LaFrance for Details!

February is Heart Healthy Month!

Every Tuesday for the Month of February from 10:00 am-12:00 pm, the Saint Regis Mohawk Outreach Program will be sending over a nurse to set up an information table and do blood pressure checks! No appointment needed.

Green Food Bag

Deadline to order is
Friday, February 2nd by 2:00pm
Please mark your calendars to pick up
your orders between
**12:00pm and 4:45pm on
Tuesday, February 20th.**
Cost is \$10.00 per bag in
American OR Canadian Funds



What a Difference 40 Years Makes 1978 vs 2018

- * Long hair vs
Longing for hair
- * Acid rock vs
Acid reflux
- * Moving to California because it's cool vs
Moving to Arizona because it's warm
- * Eating seeds and stems vs
Eating fiber
- * Going to a new, hip joint vs
Receiving a new hip joint
- * Rolling Stones vs
Kidney stones
- * Screw the system vs
Upgrade the system
- * Passing the driver's test vs
Passing the vision test



Aultsville Theatre in Cornwall
Sunday, February 18th
Leave Center @ 11:30 am for lunch in Cornwall
Show begins at 1:30 pm
Tickets are \$21.00 CAN

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But, time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

**For more details and to sign up,
contact Emily Tarbell @ 518-358-2963 ext: 3310**

Niawen:kowa

Thank you Sandra Burnette for your
donation of puzzles!

"Thank you everyone who attended/gave gifts at my Baby Shower! It was a very thoughtful surprise! I will come in for lunch and bring her to visit as often as I can. I will miss you all while I am off on maternity leave." -Katie Boots



Heart Healthy Shopping Tips for Seniors

Eating better is one of the Heart Association's "Simple 7" factors for improved heart health. When you maintain a healthy diet along with regular physical exercise and other good habits, you'll not only feel better, but you'll live longer — and of course we want our senior loved ones to stay healthy and vital for as long as possible, too. Here are some tips on what to eat, what not to eat, and how to succeed when the going gets tough.

1. Buy colorful fruits and vegetables.

Low in calories, high in vitamins, minerals and fiber — adults should get at least five servings per day of these nutrition powerhouses.

2. Avoid buying high fat dairy or meat.

Look for skinless cuts of lean meat with the least amount of visible fat. Cuts that say "loin" after them, like sirloin and tenderloin, are often leaner cuts. Ground meats should have less than 20% fat, whether it's chicken, turkey, pork or beef. Yogurt, milk, cheese and other dairy products should also be low in fat — 2% "reduced fat" or less.

3. Buy plenty of nuts and high fiber foods.

Fiber can help lower blood cholesterol, and it keeps you full, which helps you maintain a healthy weight. You can find fiber in fruits, veggies, beans and whole-grain breads and cereals, as well as in nuts. Almonds and walnuts also have plenty of other valuable nutrients and have been shown in recent studies to have a significant impact on heart health.

4. Avoid buying butter.

We all know these are the culprits of poor dietary health, but this is particularly important advice for seniors. Avoiding these three can help lower cholesterol. A few easy tips to remember: try to eat less than 300 milligrams of cholesterol per day, avoid foods containing partially hydrogenated vegetable oils and follow the tips above for consuming lean protein and dairy.

5. Read nutrition labels.

Replacing sugary drinks like soda or fruit juice with herbal teas is a great way to eliminate some sugar from your diet, but what about sodium? It's easy for salt to sneak in, especially with prepared foods, so be sure to read the nutrition label.

6. Consider frozen or canned fruits and veggies.

Making sure the kitchen is well-stocked with healthy items — and low on tempting junk food — will help your loved ones get the right nutrition.

7. Avoid rushing into major changes.

Eating for heart health can seem overwhelming, but don't get discouraged. Start with small steps, and soon the whole family will be eating better — these dietary guidelines are great for everyone, not just seniors.

Compliments of: aplaceformom.com



27th Annual Winter Carnival!

Saint Regis Mohawk Office for the Aging Events
on Friday, February 9th, 2018

10:00 am– 12:00 pm * Virtual Bowling & Shuffleboard

1:00 pm– 4:00 pm * Board Games/Puzzles

5:00 pm– 7:00 pm * Senior Dance 'Kati and the Biscuits'

*The handicap for the virtual bowling will be your age

*You will receive a ballot for the Winter Carnival

Grand Prize Drawing for each event

*You will receive a free congregate lunch certificate for bowling

* Snacks and Prizes!



alzheimer's
association

Effective
Communication
Strategies

DATE: Thursday, February 15, 2018

TIME: 1:00 pm

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




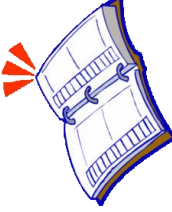

An education program by the Alzheimer's Association

Communication is more than just talking and listening– it's also about sending and receiving messages through attitude, tone of voice, expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**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

Foriska/February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p> <p>Menu is subject to change at Cook's discretion.</p>				<p>1</p> <p>Open Face Turkey Cauliflower & Broccoli</p> <p>Mandarin Oranges</p> <p>Activity:</p> <p>10:00-11:00 Go4Life Program</p> <p>1:00 Shopping</p> <p>1:00 Aquatic Program @ Diabetes Center</p>	<p>2</p> <p>Beef Barley Soup</p> <p>Biscuit</p> <p>Oatmeal Cookie</p> <p>Activity:</p> <p>10:30 Virtual Bowling</p> <p>1:00 Visit at Saint Regis Nursing Home</p> <p></p> <p>2:00 Green Food Bag Order Deadline</p>	<p>3</p> <p>Activity:</p> <p>6:00pm Ace to King</p>
<p>4</p> <p>Activity:</p> <p>6:00pm Ace to King</p>	<p>5</p> <p>Minestrone Soup</p> <p>Biscuits</p> <p>Yogurt Parfait</p> <p>Activity:</p> <p>10-11:00 Go4Life</p> <p>10:30 Virtual Bowling</p> <p>1:00 Bingo (Iakhihsohta coming)</p>	<p>6</p> <p>Goulash</p> <p>Toss Salad</p> <p>Italian Bread</p> <p>Jell-O</p> <p>Activity:</p> <p>8:20 Massage</p> <p>10:00-11:00 Chair Yoga with Catherine</p> <p>Cook Begins</p> <p>10:00 Senior Club Meeting</p> <p>1:00 Shopping</p> <p>1:00Aquatic Program @ Diabetes Center</p>	<p>7</p> <p>Sweet & Spicy Picante Chicken</p> <p>Harvest Rice</p> <p>Green Beans</p> <p>Roll, Cinnamon Apple Slices</p> <p>Activity:</p> <p>10:30-11:30 Eat Healthy, Be Active</p>	<p>8</p> <p>Cream of Broccoli Soup</p> <p>Ham Sandwich</p> <p>Mix Berries w/ Topping</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:30 Saranac Lake: Winter Carnival Trip</p> <p>1:00 Shopping</p> <p>1:00 Aquatic Program @ Diabetes Center</p> <p>LAST CLASS</p> <p>1:30 Legal Aid</p>	<p>9</p> <p>Chicken Burger</p> <p>Brown Rice</p> <p>Wax Beans</p> <p>Roll</p> <p>Chocolate Pudding</p> <p>Activity:</p> <p>Winter Carnival</p> <p>Seniors Schedule:</p> <p>10-12:00 Virtual Bowling Tournament & Shuffleboard</p> <p>1-4:00 Board Games</p> <p>5-7:00 Senior Dance!</p> <p>← Akwesasne Winter Carnival →</p>	<p>10</p> <p>Activity:</p> <p>Senior Club: Winter Carnival Ace to King Tournament</p>
11	12	13	14	15	16	17

Activity: 6:00pm Ace to King	Sausage Alfredo Asparagus Roll Raspberry Cookie Activity: 10-11:00 Go4Life 10:30 Virtual Bowling 1:00 Bingo	Cheese Burgers Coleslaw Chocolate Pudding Activity: 10:00 Chair Yoga 11:30 Box Lunch Bingo @ Iakhihsohta 1:00 Shopping	<i>Valentine's Day!</i> Potato Crusted Cod Sweet Potato Fries Turnips, Roll Red Velvet Cup Cakes Activity: 8:00 Lori Oakes DSS 10:30-11:30 Eat Healthy, Be Active	Pork Chops with Stuffing Rice Pilaf Apple Sauce Activity: 10:00 Chair Yoga 12:30 5 Pin Bowling in Cornwall 1:00 Alzheimer's Association Education Program 1:00 Shopping	Mac & Cheese Stewed Tomatoes Brussels Sprouts Roll Pears Activity: 10:30 Virtual Bowling 12:30 Billiards at Tsionkwanonhsote 1:00 Tina's Painting	Activity: 6:00pm Ace to King
18 Activity: 11:30 "Beauty and the Beast" Musical in Cornwall 6:00 Ace to King	19 Closed President's Day/ Family Day (CDN) 	20 Hamburger Gravy Boiled Potatoes Peas Roll Tapioca Pudding Activity: 10:00 Chair Yoga 10:30 Taste Testing 1:00 Shopping 12-4:45 Green Food Bag Pickup	21 Baked Chicken Sweet Potato Fries Corn Fresh Fruit Activity: 10:30-11:30 Eat Healthy, Be Active 11:00 Guitar Day with AMS and Dave Mitchell	22 Cheese Manicotti Caesar Salad Garlic Bread Peaches Activity: 10:00 Chair Yoga 1:00 Shopping 1:00 Making Dog Biscuits for Shelter 1:30 Legal Aid	23 Closed Planning Day 	24 Activity: 6:00pm Ace to King
25 Activity: 6:00 Ace to King	26 Chili Corn Bread Fruit Ambrosia Activity: 10-11:00 Go4Life 10:30 Virtual Bowling 1:00 Bingo (Iakhihsohta coming)	27 Turkey Rice Soup Cheese Sandwich Mandarin Oranges Activity: 8:20 Massage 10:00 Chair Yoga 11:00 Pharmacist Brian Bond Presentation 12:30 Craft Class: Mittens 1:00 Shopping	28  Birthday Meal Roast Beef Baked Potato Carrots Roll Poke Cake Activity: 10:30 Vitals 10:30-11:30 Eat Healthy, Be Active 12:30 Visit Kathi J. in Ogdensburg			

Understanding Your Grief Support Group

When someone you love dies, it can be hard to understand your often complex—and painful—thoughts and feelings. This compassionate group, developed by one of North America's leading grief educators, will help you understand the normal and necessary journey we call grief.

Understanding Your Grief describes ten touchstones that are essential physical, emotional, cognitive, social, and spiritual actions for you to take to help yourself heal. It is a nine-week grief education support group for adults. Past participants have said the experience was worthwhile and helped them through the loss of the loved one, whether it was recent or from years past.

Support Group will begin with one-on-one screenings. This 9-week series will be held every Wednesday from March 14 to May 9 from 3:00 to 5:00 p.m. in the Senior Center Sunroom. Registration is required.

Powerful Tools FOR Caregivers

Self Care & Importance Reducing Personal Stress
Communicating Feelings
Learning from Emotions Rediscovering Joy

Powerful Tools for Caregivers is a series dedicated to helping the family caregiver practice self-care. When you take care of yourself, everyone benefits!

This workshop will benefit you if you are a:

- ♦ Spouse or partner, adult child, close friend or other family member of an adult with chronic health problems
- ♦ Long-distance caregiver
- ♦ Parent of an adult child with special health and behavioral needs
- ♦ Grandparent raising a grandchild with special needs

Every Thursday
(6 weeks)

Mar. 15 to Apr. 19
4:00 to 6:30 p.m.
Sunroom



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 (7 weeks)
April 3 to May 15
9:45—11:45 a.m. (lunch provided at noon)
Senior Center Sunroom
Transportation will be available and must be scheduled ahead of time.

Total Control Platinum®

More than a "Kegel class", Total Control is a fitness and education program for pelvic health, which can help with bladder control issues. This class is designed for older adults and uses the Total Control Platinum curriculum, which includes chair-based exercises. Pelvic Pyramid contains powerful muscles that support and stabilize the lower spine and pelvis, support the organs contained within the pelvis, and help to optimize their function. First, you will learn to isolate and engage your Pelvic Pyramid, bringing awareness to it first, then energy and elevation.

Class begins March 12th and will be held every Monday and Wednesday from 10:30 to 11:30 a.m. at the Senior Center Sunroom. Please enroll early.



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!** Most health conditions like heart disease, diabetes, arthritis, and lung problems make it hard to join in on everyday activities, like going to that dance class or enjoying a day out of town.

Healthier Living: Managing Ongoing Health Conditions helps you to live a healthy, productive life. The class will increase your confidence. And give you tools to manage your illness that are useful for: *Taking Care of Your Health Condition, Carrying Out Normal Activities, Managing the Changes Brought On by Your Illness.*

Schedule of Classes 12:30 to 3:00 p.m. (weekly) Held at the SRM Senior Center Sunroom

Class #1 Mar. 15	Class #2 Mar. 22	Class #3 Mar. 29	Class #4 Apr. 5	Class #5 Apr. 12	Final Class Apr. 19
Getting a Good Night's Sleep Mind/Body Connection	Problem-Solving Difficult Emotions Physical Activity	Making Decisions Relaxation Techniques Pain/Fatigue	Better Breathing Healthy Eating Communication Skills	Medication Usage Making Informed Treatment Decisions Depression	Working with Professionals Weight Management Planning for the future

Chair Yoga with Catherine Cook

Improve your strength and flexibility. Feel more relaxed and enjoy mental clarity. Enjoy life!

Every Tuesday and Thursday

10:00—11:00 a.m.

Senior Center Sunroom

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.

These workshops are based on the dietary Guidelines for Americans, 2010 and the 2008 Physical Activity Guidelines for Americans. The Dietary Guidelines provide science-based advice for making food choices that promote good health and healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types and level of intensity of physical activity needed to achieve and maintain good health.



**Every Wednesday
10:30-11:30 AM
Jan. 31 to Mar. 01**

Like most people, you've probably heard that physical activity, including exercise, is good for you. If you're already active, keep it up. It may even be time to push yourself a little harder, try a new activity, or find new ways to add exercise to your daily life.

Don't worry if you've never exercised, or if you stopped exercising for some reason. Go4Life: Exercise & Physical Activity will help you create a step-by-step plan for building a healthier lifestyle.



**Every Monday
10:00-11:00 AM
Jan. 29 to Mar. 05**

For all of these workshops and programs:

- Adults over age 55 and younger adults with physical, mental or emotional limitations are welcome.
- You are invited to bring a family member, friend and/or caretaker.
- Transportation is always available, but must be scheduled at least 48 hours ahead of time.

**To enroll in any of these programs, please call
518-358-2963 ext. 3303.**

January Craft Class



Titled Stained Glass Painting Class with Tammy King was a success. The first step was to apply our design using tape, paint around the tape, dry with hair dryer and apply any more colors/layers/glitter we desired. We had 10 participants and Tammy was a great instructor. All of our participants created beautiful and unique works of art.



Happy Birthday!



1- Gordon Ransom
2- Rose Dillon
3- Frank Hutt
Honora Bonaparte
4- **Dawna Arbor**
5- Thomas Jacobs
7- Rita White
Helen Chubb
8- **Doris Robinson**
10- **Emily Thompson**
Arthur Jacobs
William Oakes
Irv MacLaren
11- John Loewen
Lori Thompson
Lucille Peters

12- **Roger Caldwell**
Helen Arno
Mary Wainman
13- **Diane Boots**
14- **Beatrice V. White**
Lucille O'Brien
Leslie Barnes
Linda Printup
15- **Dorothy Cole**
17- **Hazel Bero**
Clark Lazore
18- Barbara Garrow
19- **Paulette Reid**
Joyce Laffin
Phyllis Jacobs
22- **Margaret Montour**

23- Kathi Jock
Iris Oakes-Fravel
24- Charlie Daniels
25- **Shirley Gorrow**
Ken Marlow
Nanci Ransom
27- Jackie Mitchell
28- **Rose Thompson**

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



HOROSCOPE



Aquarius

Jan 21 - Feb 19

If Aquarians can stay calm and level-headed in 2018, they'll be able to achieve a lot. Jupiter, the lucky planet, will be forming a square with the sign of Aquarius through November 8th. During this time, Aquarians will be able to achieve great things, as long as they don't lose their footing and keep their goals realistic. Maintaining a good balance between activity and rest, that's your task for the year!

Saturn and all its energies will be in the background throughout the year. However, even when it returns to a positive aspect you should still expect some uncomfortable karmic topics to cross your path.



Pisces

Feb 20 - March 20

Things look great for Pisces in 2018, the year of Venus. You'll be lucky to experience Jupiter in Scorpio though November 8th, 2018. It will form a favorable trigon, offering improvement and opportunities for growth in every conceivable area of your life. Luck will shine favorably on Pisces during this time, whether it's in your partnership, your job, or your educational aspirations.

Saturn will be supporting Pisces ideally throughout the whole year. Thanks to Saturn, Pisces will be highly resilient in 2018— which makes this time a great time to achieve your goals. An active, performance-oriented Pisces is sure to reap recognition during this time and will experience continued development. Of course, Pisces will also be subject to the influences of some other planets, so we should address them as well.



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**
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- **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..**