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

INSIDE THIS ISSUE:
Senior Club Page 2
Green Food Bag 3
Information
Heart Healthy 4
Shopping Tips for Seniors
Winter Carnival 5
Activities @ Seniors
Calendar 6&7
Upcoming Health & Exercise Classes 8&9
January Craft Class 10
Birthdays 11

Monday, February 19th – President’s Day
Friday, February 23rd – 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

New Members:
Trudy Putnam
John Putnam
Sandra Burnette

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.

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

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

Wear Red for Women’s Heart Health on Friday, Feb. 2nd, 2018
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*
Effective Communication Strategies

DATE: Thursday, February 15, 2018
TIME: 1:00 pm
LOCATION: St. Regis Mohawk Senior Center
29 Business Park Road, Hogansburg 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 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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<tr>
<th>Sunday</th>
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<tr>
<td>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.</td>
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| 4 Activity: | 6:00pm Ace to King                          | 5 Minestrone Soup Biscuits Yogurt Parfait Activity: 10-11:00 Go4Life 10:30 Virtual Bowling 1:00 Bingo (lakhihsolta coming) |
|-------------|---------------------------------------------|---------------------------------------------|------------------------------------------------|-----------------------------------------------|---------------------------------------------|-------------------------------------|
| 6 Goulash   | 6:20 Massage 10:00-11:00 Chair Yoga with Catherine Cook Begins 10:00 Senior Club Meeting 1:00 Shopping 1:00Aquatic Program @ Diabetes Center |
| 7 Sweet & Spicy Picante Chicken Harvest Rice Green Beans Roll, Cinnamon Apple Slices Activity: 10:30-11:30 Eat Healthy, Be Active |
| 8 Cream of Broccoli Soup Ham Sandwich Mix Berries w/Topping Activity: 10:00 Chair Yoga 11:30 Saranac Lake: Winter Carnival Trip 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center LAST CLASS 1:30 Legal Aid |
| 9 Chicken Burger Brown Rice Wax Beans Roll Chocolate Pudding Activity: Winter Carnival Seniors Schedule: 10-12:00 Virtual Bowling Tournament & Shuffleboard 1-4:00 Board Games 5-7:00 Senior Dance! |
| 10 Activity: Senior Club: Winter Carnival Ace to King Tournament |

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.
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tr>
<td>17</td>
<td>6:00pm Ace to King</td>
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<td>18</td>
<td>11:30 “Beauty and the Beast” Musical in Cornwall</td>
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<td>19</td>
<td>Closed President’s Day/Family Day (CDN)</td>
<td>6:00pm Ace to King</td>
<td>20</td>
<td>Hamburger Gravy</td>
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<td>Closed</td>
<td>21</td>
<td>Baked Chicken</td>
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<td>Planning Day</td>
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<td>Sweet Potato Fries</td>
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<td>22</td>
<td>Closed Planning Day</td>
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<td>23</td>
<td>Cheese Manicotti</td>
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<td>24</td>
<td>Activity: 6:00pm Ace to King</td>
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<td>25</td>
<td>Chili</td>
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<td>26</td>
<td>Chili</td>
<td>Birthday Meal</td>
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<td>Turkey Rice Soup</td>
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<td>Corn Bread</td>
<td>Roast Beef</td>
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<td>Cheese Sandwich</td>
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<td></td>
<td>Fruit Ambrosia</td>
<td>Baked Potato</td>
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<td>Mandarin Oranges</td>
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<td>Activity: 10-11 Go4Life 10:30 Virtual Bowling 1:00 Bingo</td>
<td>Activity: 6:00 Go4Life 10:30 Virtual Bowling 1:00 Bingo</td>
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<td>Roast Beef</td>
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<td>(lakhishohta coming)</td>
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<td>Vegetable Casserole</td>
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<td>Fruit Ambrosia</td>
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<td>12:30 Craft Class: Mittens</td>
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<td>1:00 Shopping</td>
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**Other Activities:**
- Sausage Alfredo, Asparagus, Raspberry Cookie
- Cheese Burgers, Coleslaw, Chocolate Pudding
- Pork Chops with Stuffing, Rice Pilaf, Apple Sauce
- Mac & Cheese, Stewed Tomatoes, Brussels Sprouts, Roll
- Valentine’s Day! Potato Crusted Cod, Sweet Potato Fries, Turnips, Roll, Red Velvet Cupcakes
- Go4Life, Chair Yoga, Virtual Bowling, Bingo
- Box Lunch Bingo @ Lakhishohta
- Virtual Bowling, Chair Yoga, Bowling in Cornwall, Shopping
- Box Lunch Bingo @ Lakhishohta
- Healthy, Be Active
- Eating Healthy, Be Active
- Chair Yoga, Shopping, Taste Testing
- Making Dog Biscuits for Shelter, Legal Aid
- Massage, Chair Yoga, Pharmacist Brian Bond Presentation
- Craft Class: Mittens
- Visit Kathi J. in Ogdensburg
- Birthday Meal: Roast Beef, Baked Potato, Carrots, Roll, Poke Cake
- Vitals, Chair Yoga, Pharmacist Brian Bond Presentation
- 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 being 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.

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.
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.

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

<table>
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<tr>
<th>Class #1</th>
<th>Class #2</th>
<th>Class #3</th>
<th>Class #4</th>
<th>Class #5</th>
<th>Final Class</th>
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<td>Mar. 15</td>
<td>Mar. 22</td>
<td>Mar. 29</td>
<td>Apr. 5</td>
<td>Apr. 12</td>
<td>Apr. 19</td>
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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

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.

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

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.
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.
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.

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, wheather 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

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...

Visit us on our Web Page:
www.srmt-nsn.gov/division/office_for_the_aging

We’re Here to Serve You!