



Moccasin Trail

OHIARIHKO:WA/JULY 2020

Points of Interest:

- Parking Lot BINGO
- Contribution Update
- Fathers Day Coloring Contest Winner
- July Menu
- Cancer Services Program
- Farmers Market Coupons



Our NEW Grab n Go!



Seven elders took advantage of the first day of "Grab and Go Meals". We had three elders take advantage of the beautiful weather to eat outside. Meals must be preordered by calling the center by 9:30 am. Meals are available for pickup between 11:30 am and 12:30 pm. Call the Center at 518-358-2963 to

preorder your Grab and Go meal. Please wear a mask when picking up your meal. Nia:wen!



The Building is CLOSED to the Public until Further Notice

PARKING LOT



Senior Club Outdoor BINGO!

(Weather Permitting)

Starting July 13, Monday Bingo will resume at the OFA . Due to COVID –19, Bingo will be outside in the parking lot. Anything is better than nothing, am I right? 🤗
We will have 20 parking spots available and you must call to reserve.

Here are the rules for safety:

1. You must leave a space empty between vehicles, this follows the 6ft apart rule.
2. One person per vehicle or 2 allowed if quarantined together, if not quarantined then one person in the front and one in the back.
3. MASKS are MANDATORY AT ALL TIMES if there is more than one person in the car.

BINGO Boxes will be handed out that will include your cards, water, snacks, wipes and tissue. The boxes you will be able to keep and use to dab your cards on. You must supply your own dabber. The next time you join a refill bag will be available.

Games will take place from 1:00 pm-2:00 pm. the parking lot will be open at 12:30 pm.

This will be our first run through to see how it goes and where improvements need to be made. We welcome your input.

To reserve your spot , please call Joy at 518-358-2963 ext. 3310

Farmers Market Coupons 2020

The Farmers Market Check Program promotes the increased use of locally grown fruits and vegetables and supports local farmers. You will receive a booklet of 5 checks worth \$4 each for a total of \$20.00 if you are eligible.

Distribution of checks will begin the second week of July until all are gone. Call the Senior Center for more information.

(518)358-2963



Congratulations!

FLORENCE COOK & CATHERINE COOK



Winner's of our Father's Day Coloring Contest!

Catherine and Florence both win a free lunch on us from one of our local restaurants of their choice. We had a great turn out with 21 entries total! All of the staff voted and chose 2 of their favorites of both coloring pages. The next Coloring Contest will be distributed on Friday, July 3rd and they need to be back to us by Monday, July 13th 12:00 pm at the latest. The second winner of May's contest was Bea White. Any senior can participate in these contests! Give us a call and we will get one to you.



COVID



COMEDY



I just dumped a pack of M&M's into my mask at work and am slowly eating them like a horse.



4 stages of quarantine.



Just back from our cruise. Had a great time.



Ohia:rihko:wa / July

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wískhaton</i>
<p>Call the Center if you will not be home for your Home Delivered Meal at 358-2963</p> <p>Menu is subject to change do to the availability of produce</p>		<p>1</p> <p>Hamburger Gravy Boiled Potato Corn Roll Fresh Fruit</p>	<p>2</p> <p>Fish on Bun Coleslaw Fries Peaches</p>	<p>3</p> <p>CLOSED</p> 
<p>6</p> <p>BBQ Ribs Wax Beans Harvest Rice Roll Mandarin Oranges</p>	<p>7</p> <p>Chef Salad Cheese Bread Chocolate Pudding</p>	<p>8</p> <p>Cheese Burger Sweet Potato Fries Veggie Sticks Italian Ice</p>	<p>9</p> <p>Chicken Cordon Bleu Broccoli Butter Noodles Roll Melon Cup</p>	<p>10</p> <p>Chili Johnny Cake Apple Slices</p>
<p>13</p> <p>Pasta Primavera With Chicken Cookie</p>	<p>14</p> <p>Toss Salad Italian Bread Vanilla Pudding</p>	<p>15</p> <p>Bake Fish Brussel Sprout Linguine Salad Roll Jell-O</p>	<p>16</p> <p>Open Face Turkey Mix Veggies Pickle Yogurt</p>	<p>17</p> <p>CLOSED Planning Day</p> 
<p>20</p> <p>Chuck Wagon Chips Pickle Cottage Cheese Peaches</p>	<p>21</p> <p>Salisbury Steak With Mushrooms Rice Pilaf Fruit Cocktail</p>	<p>22</p> <p>Chicken Broccoli Alfredo Roll Fresh Fruit</p>	<p>23</p> <p>Scramble Eggs Bacon Hash Browns Mandarin Oranges</p>	<p>24</p> <p>Sweet Potato Soup Garlic Bread Yogurt</p>
<p>27</p> <p>Potato Crusted Cod Brown Rice String Beans Roll Pears</p>	<p>28</p> <p>BBQ Pork on Bun Coleslaw Corn Tapioca Pudding</p>	<p>29</p> <p>HAPPY BIRTHDAY!</p>  <p>Spaghetti & Meatballs Toss Salad Garlic Bread, Cake</p>	<p>30</p> <p>Chicken Caesar Salad Garlic Toast Macadamia Cookie</p>	<p>31</p> <p>CLOSED Family Day (Also Closed Mon. Aug. 3rd)</p> 

SRMT Office for the Aging Update June 8, 2020

As of June 15, 2020, the Office for the Aging is resuming collection of voluntary contributions for services provided to the elders. Collections were suspended in March due to COVID-19 and social distancing. As with many of our services, collection has been changed to “no-touch”. Contributions are no longer accepted at the front window or by any of the drivers. Contributions can be made or placed in the contribution drop box.

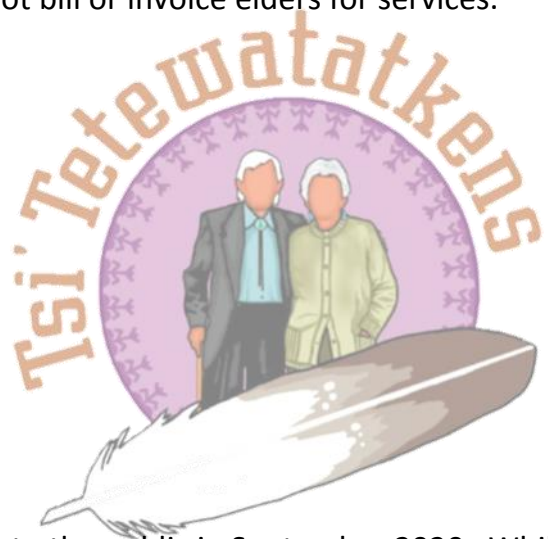
You can mail in a check or money order to: SRMT Office for the Aging, 71 Margaret Terrance Memorial Drive, Akwesasne, NY 13655. Must be US funds. Checks and money orders should be made out to “SRMT Office for the Aging”. In the memo line, please enter the services you are contributing to. If requested, we will mail a receipt back to you.

There is also a contribution drop box placed across from the front entrance. Envelopes are provided for you to place your contribution into and to select which program you are contributing too. Contributions made in the drop box are anonymous, you do not need to write your name on the envelope.

Contributions for elder services are voluntary. Suggested contribution amounts are provided as a guide. Elders can contribute any amount they wish. Elders cannot be denied services for an inability or unwillingness to contribute. Contributions are used to support and expand programs and services. The Office for the Aging will not bill or invoice elders for services.

Suggested Contribution Amounts

Home Delivered Meals	\$3.00 per meal
Grab and Go Meals	\$3.00 per meal
Shopping Assistance	\$10 per trip
Food Boxes	\$10.00 per trip
Weekly Food Boxes	\$5.00 per week
Bus Shopping	\$2.00 per trip
Medical/Assisted Transportation	\$2.00 per trip
Lawn Care	\$5.00 per mow
Air Conditioner Lending Program	\$5.00 per season



The Senior Center is tentatively scheduled to re-open to the public in September 2020. While we are in a hurry to see all our elders, we also need to ensure their health, safety, and comfort. It will take us some time to meet all the requirements to re-open. In the meantime, keep an eye out for our new “Grab and Go” lunches and many other summer activities. For questions or for more information, contact the Office for the Aging at (518) 358-2963.

Letter of Appreciation

I am writing this letter to give appreciation and gratitude to the Senior Center staff. I started by attending some of the exercise programs that the center provides. There I met Nancy Vosbrink the Caregiver Coordinator at the time, who little did I know, became a life line to me and my family. Before I knew it, my sister and mother started to attend the center and participated in activities. You see before this time, my sister and I were not close. Before we knew it, we were attending classes to together, going on trips and working closely with Nancy to address our concerns of our mothers aging process and learning how to support her. Today, we call each other more often and enjoy our time together, I give the Senior Center full credit for this! The staff is creative, supportive, caring, fun and knows how to cook great meals! So I encourage young and old seniors to attend the center, even if it is for lunch which is very affordable, you will find old friends, memories, new friends, laughter and great discussions around the table!

- Diane Boots



Cancer Services Program (CSP) of Northeastern NY is here to HELP!

Cancer Services Program helps uninsured and underinsured eligible men and women who live in Clinton, Essex, and Franklin counties to offer FREE breast, cervical and colorectal cancer screenings. **CSP will pay, in full, for mammograms, pap/pelvic exams, HPV testing, colonoscopies, and FIT kits (at home colon screening kit). We also cover diagnostic follow up, if needed.** That just scratches the surface of what this program provides. We also give presentations to groups of men and women, ages 50-64, about each of these cancers. We talk about what each type of cancer is, symptoms, prevention, screenings, follow up, etc. This is a great opportunity to teach the community about these three cancers and to help spread the word about this wonderful program. We also carry the patient all the way through the screening process. We have a Case Manager who can help with any barriers that may come up. We have built great relationships with community resources who will help anyone in need.

So to summarize:

CSP of Northeastern NY

- Educates on breast, cervical, and colorectal cancer
- Provides **FREE** screenings
- Helps with any barriers to care
- **ALL SERVICES ARE FREE**



For more information or to sign up for the program, please call 518-324-7671.

*****Ask about our Medicaid Cancer Treatment Program*****

alzheimer's association®

NORTHEASTERN NEW YORK JULY & AUGUST VIRTUAL PROGRAMS

No one should face Alzheimer's alone.

Register for one of our free virtual programs for information and resources about Alzheimer's and other dementias from the safety of your own home.

View all listings at
alz.org/events

Meaningful Engagement, Activities at Home

- July 13, 2020 at 2:00 pm
- August 19, 2020 at 12:30 pm

Understanding Alzheimer's and Dementia

- July 14, 2020 at 12:30 pm
- August 6, 2020 at Noon

Understanding Dementia Related Behaviors

- July 28, 2020 at 12:30 pm
- August 20, 2020 at 4:00 pm

Coffee with a Consultant: 1:1 Conversation

- July 24, 2020 at 9:00 am
- August 19, 2020 at 10:00 am

Know the 10 Warning Signs

- July 21, 2020 at 5:00 pm
- August 14, 2020 at Noon

Recognizing and Coping with Caregiver Stress

- August 17, 2020 at 2:00 pm

Effective Communication Strategies

- July 21, 2020 at 12:30 pm
- August 13, 2020 at 2:00 pm

Understanding & Responding to Dementia Related Behaviors

- July 28, 2020 at 12:30 pm
- August 20, 2020 at 4:00 pm

Healthy Living for Your Brain and Body: Practical Strategies to Live Well

- August 11, 2020 at 11:15 am

Legal and Financial Planning

- August 24, 2020 at 5:00 pm

Research Update & Understanding Alzheimer's Disease

- August 27, 2020 at 6:00 pm



Registration is Required

You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at alz.org/CRF, via our 24/7 Helpline at 800.272.3900, or by contacting Jon Weaver at 518-675-7216

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

How to Get Your Home Organized While You're Self-Quarantined



If you find yourself stuck indoors more than usual in an effort to help stop the spread of coronavirus, it's easy to start to feel boxed in and claustrophobic. Even more so when your home is disorganized and cluttered. Open up your space and increase your productivity at home by utilizing these simple storage and organization tips.

Take One Room at a Time

Even though the coronavirus might have you on edge, resist the urge to tear through your house, finding all the clutter and flaws in every room. Instead, start with one room and go from there. Decide which space to tackle first by determining how much time you spend in it.

If your living room is too disorganized to function efficiently, start there. Look for organization solutions that fit within your style and budget. Storage ottomans can double as foot rests and extra seating but offer compact storage for throw blankets. Or if your kitchen is so cluttered you end up burning your food because you can't find a spatula, bring in drawer organizers. If you've stocked up on pantry essentials to get you through the next couple of weeks, consider pantry organizers to help you better visualize your food inventory so you don't end up wasting anything.

If every room is equally in need of organization, consider starting with your favorite room so you have a place that you love to retreat while you're working your way around the house. Look for multifunctional storage options that can add to the look and functionality of your space while concealing your stuff. Lift-top coffee tables, decorative baskets, and ladder bookshelves are low-profile storage options that make organizing your stuff easy and stylish. For specific room organization tips, read our guides for decluttering your Living Room, Bathroom, Kitchen, Home Office, Craft Room, and Garage.

Sort your Belongings into Keep, Store, and Toss

Consider the items taking up space in each room and think about the last time you used or enjoyed them, then decide which should be kept on hand, which should be tucked away, and which should go. Give yourself permission to throw away or donate items that no longer have a place in your home or bring you a sense of contentment and happiness. Less clutter means less places for germs to gather and more mental clarity. Win, win!

Use Storage Bins and Containers for Seasonal Items

Self-quarantine means you're home a lot more than you were before, so it's a great time to go through your home and decide which items you want to keep and which can be packed away until another season. Thick blankets that serve you well during the winter just become clutter when spring comes, so stack them in a linen closet or storage bench.

Once you've decided what items you're keeping out year round, sort items marked for storage into seasons so you know where everything belongs. Then, neatly sort them into categories such as clothing, blankets, and decor, and place them into durable storage bins. Storage bins are an affordable and reusable option that are designed to protect your items from dust, age, and moisture. Check out our guide to Home Storage Solutions for more container ideas.



Use Shelves and Double-Duty Furniture

Organize the items you want to keep on hand by adding shelves and cabinets to empty walls. Not only do shelves and cupboards allow you to have items such as books, toys, mementos, and craft items easily within reach, they immediately lend themselves to organization.

Multifunctional furniture like storage ottomans, end tables, and coffee tables also provide clutter-free organization while adding to the comfort and style of your space. Item-specific storage, like desk organizers, makeup cases, or coat racks can also keep you accountable for putting things where they belong. If you don't have the space or budget for multiple storage containers place summer items in storage when winter items are in use, and vice versa.

Maximize Your Closet Space

Don't let limited space stop you from utilizing your closets to their fullest potential. A few simple adjustments can expand your storage options, while keeping your closet neat and functional. Tiered hangers and hanging shoe organizers allow you to take full advantage of vertical space, while extra shelves to the sides or above the hanging rod are ideal for storing boxes and seasonal clothing. Closet organizers are a great option for keeping clothes, shoes, and accessories tidy. But if you don't have a built in closet, consider an armoire or wardrobe to stow your fashions.

Article information from: <https://www.overstock.com/guides/6-tips-for-organizing-your-home>

July Craft Class 2019

We made Fourth of July wreaths last July using wire wreaths, clothes pins and paint. We encourage you to use your imagination and

come up with your own craft (going to Pinterest.com always helps too!). If you need to borrow any kind of material from us, please let Katie or Joy know at 358-2963 extension 3309.



Lynn LaFrance



Sandy Swanger, Phyllis Jacobs, Glenda Snyder



Roger Caldwell

5¹⁰ Ingredient Weekday Dinners



BBQ Chicken Bake

Preparation:

1. Preheat oven to 400°F (200°C).
2. Place chicken breast in a baking dish. Season chicken with salt and pepper, to taste.
3. Spread BBQ sauce on each chicken breast.
4. Layer onions on top of the chicken.
5. Bake for 40 minutes.

Ingredients (4 servings)

- 3 chicken breasts
- salt, to taste
- pepper, to taste
- 6 tablespoons BBQ sauce
- ½ onion, sliced



Calories **241**, Fat **4g**, Carbs **13g**, Fiber **0g**, Sugar **9g**, Protein **35g**
Estimated values based on one serving size.

Pesto Pasta

Preparation:

1. Separate the head of broccoli into individual florets, coat in olive oil, salt, and pepper, then roast for 20 minutes at 350°F.
2. Cook the rigatoni in boiling salted water for 8-10 minutes until al dente, then drain, saving some of the pasta water.
3. Place the pasta back in the pot with about 50ml (¼ cup) of the pasta water.
4. On a low heat, add the tomatoes, broccoli, pesto, and parmesan, and stir until combined and the cheese has melted.

Ingredients (4 servings)

- 1 head broccoli
- 3 ½ cups rigatoni
- 2 cups sun-dried tomato
- ¾ cup fresh pesto
- ½ cup grated parmesan cheese
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste



Calories **1030**, Fat **37g**, Carbs **147g**, Fiber **16g**, Sugar **36g**, Protein **38g**

Zucchini Noodles with Spicy Peanut Sauce

Preparation:

1. In a large bowl, combine the peanut butter, Sriracha, lime juice, and water. Use a fork or whisk to mix until smooth.
2. Using a vegetable peeler, shave the zucchini into wide ribbons. You should have about 8 cups (990 grams) of zucchini ribbons total.
3. Add the zucchini ribbons and light parts of the green onions to the sauce and toss until coated. The sauce may seem thick at first, but the zucchini will release some water and thin the sauce a bit. Season with salt to taste.
4. Divide the noodles between serving bowls. Garnish with the dark scallion parts.

Ingredients (2 servings)

- ½ cup peanut butter, chunky
- 1 tablespoon sriracha, to taste, plus more for serving
- ½ lime, juiced
- ¼ cup water
- 4 medium zucchinis, or 2 large
- 4 green onions, chopped, light and dark parts divided
- kosher salt, to taste



Calories **515**, Fat **37g**, Carbs **36g**, Fiber **10g**, Sugar **15g**, Protein **21g**

Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- Clara Margosian
Richard Phillips
- 2- Freida Schmenkle
Gerald McElwain
- 3- Anna Boots
Mona Via
- 5- Gloria Arquette
- 6- Sidney Armstrong
Dennis White
Adam White
- 7- Karilyn Phillips
- 8- Leslie Thompson
Dorothy Benedict
- 9- Shirley Gray

- 11- Elaine Cook
Geraldine Jacobs
Caroline Bigtree
- 12- Katherine White
Angie Sunday
- 14- Joan Carvel
- 16- Mike Oakes
- 18- Gary Burnham
Hubert Jock
Timothy Jock
- 19- Jack Leaf
Barbara LaDue
- 20- Ella Louise Cook
Doris Benedict
- 23- Joanne Jackson

- 24- Carol K. White
Mary Frego
Louis Conners
- 26- Agnes Terrance
Karen White
- 28- Debbie Thomas
Betty Ransom
- 29- Stella Jesmer
Grace Barnes
- 31- Carole Ross
James Montour

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



CRAFT KITS!

I hope everyone is doing good and staying active as best as they can. We miss you all! In the upcoming weeks we will be handing out some craft kits for Seniors to do at home. We have been busy trying to put the kits together and we are still waiting on some supplies to come in. Here is a list of the crafts that we will have available in the near future. If you would like to receive a kit, please call Joy at 518-358-2963 ext. 3310 and we will get a kit to you as soon as we can. We have a limited supply of kits, so call and reserve yours today!

- Tea Cup Pin Cushions (16)
- Large Birdhouse to paint (3)
- Ceramic water cans to Paint (2)
- Paint by Number 'Dancer' Canvas (3)

- Ombre Macrame (5)
- Small Birdhouses to paint (4)
- Paint by Number 'Cat' Canvas (5)





St. Regis Mohawk Office for the Aging
29 Margaret Terrance Memorial Way
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/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..**