



Moccasin Trail

TSIOTHOKRÓ:WA/JANUARY 2019

Points of Interest:

- Elvis Presley Day
- Horoscopes
- Billiards
- Box Lunch Bingo
- Craft Class
- Coloring Contest
January 2nd– 5th
- National Puzzle Day

Happy
New
Year



Gordon Delormier with Staff Brenda Hathaway & Helen Gray promoting Elder Abuse Awareness back in August 2018

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Sorry We
Are CLOSED

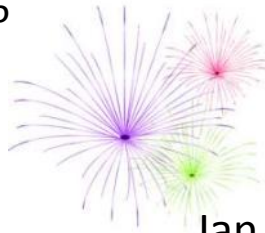
Tuesday, Jan. 1st:
New Year's Day
Monday, Jan. 21st:
Martin Luther King Day
Friday, Jan. 25th:
Planning Day

SENIOR CLUB PAGE

2019 Club Dues!

Any mail for the Saint Regis Mohawk Senior Club can be sent to:

P.O. Box 1106
Hogansburg
NY 13655



We are taking 2019 Membership dues. If your membership is not renewed, you will not receive newsletters beginning in January 2019. Cost is \$5.00.

Upcoming Events

Jan. 8th at 10:00– Senior Club Meeting
April 7-10th 2019– Trip to Atlantic City

Our most sincere condolences go out to the family of Teddy Jacobs

Atlantic City Details:

Sunday, April 7th– Wednesday, April 10th 2019

\$300.00 to attend

Attend Senior Club Meeting for more information

Volunteer BINGO Schedule:

January 7th

Melanie Jacobs &
Iona Castagnier

January 14th

Vicki Phillips & Lucille Peters

January 21st

CLOSED

January 28th

Judy Cole &
Rosemary Bonaparte

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



Another Journey Begins

Beatrice Bero

December 19, 1939– December 16, 2018

The Senior Club and Center are deeply saddened by the loss of long-standing and much adored volunteer Bea Bero. She was always a joy to be around, always smiling, laughing, and willing to give a helping hand. Bea will be greatly missed by all. Our condolences go out to her husband Jimmy and their family in this difficult time.



Drop-In Anytime!

Every Monday & Wednesday

Exercise Class

DVD

10:00– 11:00 a.m.

Every Tuesday & Thursday

Chair Yoga

with Catherine Cook

10:00– 11:00 a.m.

A Little Humor

The Liberal Traveler

A women called to make a reservation. "I want to go from Chicago to Hippopotamus, New York." The agent was at a loss for words. Finally, the agent asked, "Are you sure that's the name of the town?" "Yes, what flights do you have?" replied the customer. After some searching, the agent came back with, "I'm sorry ma'am, I've looked up every airport code in the country and I can't find a Hippopotamus anywhere." The customer retorted, "Oh don't be silly, everyone knows where it is. Check your map!" The agent scoured a map of the state of New York and finally offered, you don't mean Buffalo, do you?" "That's it! I knew it was a big animal."

-Senior Outlook (Saranac Lake)

Niawen:kowa

Cecelia Lafrance, Alice Thompson, Katherine Thompson, Sandy Swanger, Carol Ann Thompson, Joyce Laffin, Brenda LaFrance, Jake LaFrance, Leona Cook, Millie Cook and Mona Via Thank you so much for helping Katie decorate and prepare for our Christmas dinner! From putting up the tree's, to holding the ladder, it was greatly appreciated!

Thank you Christie Horn for donating your Christmas Tree for our Sunroom!

Thank you Marion Campbell and Sylvia Beeson for your donation of puzzles!

Thank you for helping get out the December newsletter Sandy Swanger, Marion Campbell, Bessie Mitchell, Rosemarie Jacobs, Glenda Snyder, and Marion Parker.

Thank you for your donations of decorations Catherine Cook and Katherine Thompson.

Thank you for the fireplace Carol Ann Thompson! It was just what we needed!

Thank you to our Christmas Dinner Volunteers:

Beverly Lazore, Donnie White, Louann Paquin, Beverly Cook, Sweets Jacobs, Dorothy Cole, Frankie Davis, Michael Connors, Carol Ann Thompson, Lynn LaFrance, Gail White, Katherine Thompson, Lori Thompson and Eric Thompson.

Senior Center Green Food Bag

**January 2019-December 2019
Ordering and Pick-Up Schedule
1 Bag= \$10.00 US or CANADIAN**

Deadline to place order is <u>Before 2:00 pm</u> on:	Pick-up your Green Food Bag <u>12:00 pm-4:45 pm</u> <u>at the Senior Center</u>
Friday, January 4th	Tuesday, January 15th
Friday, February 1st	Tuesday, February 12th
Friday, March 1st	Tuesday, March 12th
Friday, April 5th	Tuesday, April 16th
Thursday, May 2nd	Tuesday, May 14th
Friday, June 7th	Tuesday, June 18th
Friday, July 5th	Tuesday, July 16th
Friday, August 9th	Tuesday, August 20th
Friday, September 6th	Tuesday, September 17th
Friday, October 4th	Tuesday, October 15th
Friday, November 1st	Tuesday, November 12th
Friday, December 6th	Tuesday, December 17th

What are the benefits of receiving a Green Food Bag?

- Fresh
- Low cost
- Motivates you to cook more produce
- Convenient
- Saves time
- Teaches your family about nutrition

Can anyone participate?

Yes, the program vision is to provide fresh fruits and vegetables to all households in Akwesasne. We strive to lower obesity rates and decrease the amount of new chronic diseases cases.

What if there is too much?

What can I do with the leftovers?

That is completely your decision. You can cook and save the vegetables for later use, make soups or broths, throw the fruits into a blender and make smoothies, give away the extras to a neighbor, family member, or friend, etc. It totally depends on what you feel comfortable doing.



Kanien'keha

Classes are scheduled to begin on
Tuesday January 15th
with Grace Mitchell.

Every Tuesday & Thursday from
1:00 pm– 2:00 pm in the Sunroom

Caregiver Resolutions for 2019

Think about your health and wellness. Schedule overdue medical checkups now.

Walk when possible and try to fit in a few minutes of stretching into your daily routine. Taking care of your own personal health is the first step towards reducing the stress and strain of the new year ahead.

Sometimes a friend is enough. Identify supportive friends, family members or people from your spiritual community. Using them as a safe sounding board can help alleviate stress. Ask for help and accept help when it is offered. Too often we have a “go it alone policy” and believe we have to handle everything ourselves. Asking friends or family members for help is often the hardest thing to do. Remember most people want to help but don’t know what would be the most helpful.

Schedule routine family conferences. Conversations need to happen regularly. This way everyone has access to the most current information and it reduces the likelihood of misunderstandings. Set ground rules early in the caregiving experience and encourage everyone to speak up. Most importantly, listen to each other.

Keep a journal. It can be a diary or a gratitude list or just positive affirmations. Maybe you just want a place to practice your doodling. Use it as a place to slip away for a few positive moments each day.

Start a hobby that you can do while caregiving. There are lots of hobbies that are rewarding and calming at the same time. Think knitting, sketching, scrapbooking or organizing old photos. How about putting all those old family recipes together in an organized way?

Let go of perfection. Now is not the time to worry about spotless rooms or perfect menu’s. It’s okay to allow yourself some shortcuts. Just make sure the environment is safe and then ease up on the inner voice that tells you there is more to do.

Look for the humor in your day. Laughter is a great tension releaser, pain reducer and elevator of moods. Let’s be honest, lots of things can be funny if we choose to see them that way! Look for a way to smile. You will see your energy level increase.



Consider participating in a Caregiver Education Program or Support Group.

For more information, contact Nancy Vosbrink, Caregiver Coordinator at
518-358-2963 or nancy.vosbrink@srmt-nsn.gov

Tsiot'ohr'ó:wa/January

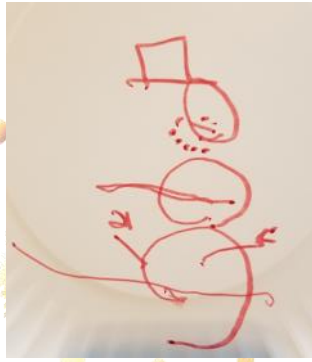
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Tsiat'ahkhaton	Kiokierénhton	Tekeníhathon	Ahsénhathon	Kaieríhathon	Wiskhaton	Iahí:khathon
		1 CLOSED New Years Day 	2 Meatloaf Mash Potatoes Corn, Roll Raspberry Cookie Activity: 8:00 Lori Oakes DSS 10:00 Exercise Class <i>Coloring Contest Begins!</i>	3 Chicken Rice Casserole Roll Tapioca Pudding Activity: 10:00 Chair Yoga 1:00 Shopping	4 Bake Fish Mac & Cheese Stew Tomatoes Roll Fruited Jell-O Activity: 10:30 Virtual Bowling <i>10:00 Judging for Coloring Contest!</i> Green Food Bag Orders Due by 2:00	5 Activity: 6:00 Ace to King
6 Activity: 6:00 Ace to King	7 Cheeseburger Sweet Potato Fries Tomato & Cucumbers Fig Newton Activity: 10:00 Exercise Class 10:30 Virtual Bowling Tournament! 1:00 Bingo	8 Open Face Turkey California Blend Veggie, Pears Activity: 8:20 Massage 10:00 Chair Yoga 10:00 Senior Club Meeting 11:30 Box Lunch Bingo 1:00 Shopping <i>Elvis Presley Birthday!</i>	9 Stuff Shells Garlic Bread String Beans Chocolate Pudding Activity: 10:00 Exercise Class	10 Beef Stew Biscuit Peaches Activity: 10:00 Haircuts 10:00 Chair Yoga 1:00 Shopping 1:30 Legal Aid	11 Roast Pork Roast Potatoes Corn, Roll Cranberry Apple Sauce Activity: 10:30 Virtual Bowling 12:30 Billiards at Tsiionkwahnonhsote	12 Activity: 6:00 Ace to King
13 Activity: 6:00 Ace to King	14 Salisbury Steak Potato Wedges Peas, Roll	15 Tomato Soup Grill Cheese Oatmeal Cookie	16 Goulash Garlic Bread Brussel Sprouts	17 Bake Pork Chops Butter Noodles Peas, Roll	18 BBQ Chicken Wild Rice Asparagus	19 Activity: 6:00 Ace to King

6:00 Ace to King	Yogurt & Berry Parfait Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	Activity: 8:20 Massage 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	Butterscotch Pudding Activity: 8:00 Lori Oakes DSS 10:00 Exercise Class	Applesauce Activity: 10:00 Chair Yoga 11:00 Alzheimer's Support Group 1:00 Kanien'keha Class 1:00 Shopping 5-7:00 Memory Café & Support Group	Roll Prune Whip Activity: 10:30 Virtual Bowling 1:00 Tina's Painting <i>National Popcorn Day!</i>	6:00 Ace to King
20 Activity: 6:00 Ace to King	21 CLOSED Martin Luther King Jr Day 	22 Chicken Burger Tater Tots Carrots & Celery Sticks Fresh Fruit Activity: 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping	23 Pancakes, Ham Scrambled Eggs Yogurt Parfait Activity: 10:00 Exercise Class	24 Bake Chicken Mix Veggies Harvest Rice Roll Cookie Activity: 10:00 Haircuts 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	25 CLOSED Planning Day 	26 Activity: 6:00 Ace to King
27 Activity: 6:00 Ace to King	28 Beef Barley Soup Turkey Sandwich Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	29 Fish on a Bun Fries Mac Salad Peaches Activity: 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping <i>National Puzzle Day!</i>	30 Birthday Meal! Bacon Wrap Pork Loin, Sweet Potatoes Broccoli & Cauliflower, Roll Strawberry Shortcake Activity: 10:00 Exercise Class	31 Rigatoni w/ Sausage Mix Veggies Roll Mandarin Oranges Activity: 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping 1:00 Craft Class	Remember: Please call the center at (518) 358-2963 by 9:30 am for lunch. Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am. And call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook's discretion. Your cooperation helps us better serve you! Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding	



Our Christmas dinner this year took place on Thursday, Dec. 13th and began at 1:00 pm which was a very nice change for everyone. Ham dinner was served to 128 guests and volunteers. We started off the party with appetizers and then played the 'Paper Plate Game' where everyone held a paper plate on top of their heads and step-by-step were instructed to draw a snowman one detail at a time. The winners were Jean Cree for first, Edith Adams in second, and Rose Mary Leblanc in third place. After dinner was served we played the 'Left, Right' game which we play every year. Every table gets 1 gift and as a story about the "Wright" family is told, the gift gets either passed to the left or the right numerous times; no one can ever predict who is going to win the game. Everyone has fun and has a good laugh. Something new we did this year was try to influence donations to the Akwesasne Food Pantry by doing a draw for those that brought in a nonperishable food item. The winner was Betty Ransom. We were able to donate 2 boxes. The entertainment for the evening was back by popular demand, Jim Fitzgerald and the Starlight's; they sang our favorite hits for dancing and Christmas tunes. During their break the Senior Staff had a small relay race with Doris Burns and Tracy Holcomb racing to fill a jar of M&M's with a tea spoon in order to pass on to Nancy Vosbrink and Giselle Cook to jump and shake it to force all of the ping pong balls out of their tissue box belts. The evening was full of laughter and Christmas spirit for sure. Thank you for all who attended and volunteered to make it a special success!



Some artwork from our Paper Plate Game. Lois Thomas creating her work of art



Lou Ann Paquin & Brenda Hathaway



Phyllis Point & Florence Cook



Katie Boots with her Tota Leona Cook



Staff members Doris B. and Tracy H. racing to fill their jar of M&M's to relay to Nancy V. and Giselle C. to jiggle and dance to get the ping pong balls out of their tissue box for the Win!

Our entertainment Jim Fitzgerald and the Starlight's



James & Margaret Montour



Joe Thompson & Joe Caldwell



Sister Christine & Cecilia LaFrance

Mohawk School Christmas Concert



Wednesday, December 19th we were lucky enough to have the Mohawk School Grade 5 come over and play/sing Christmas songs on Birthday meal day! They were about 40 students. They played songs that some of us have never heard before, which was great. We had a great size audience that had so much fun watching and giggling at all of the tricks Mr. Hahn had up his sleeves. Thank you Mohawk School Band and Chorus for including us on your tour!

Hazel Bero & Bessie Mitchell
with mutual Grandson



Grandma Hazel with her 3 Grandchildren

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

1-	Alan White	19-	Bessie Mitchell
3-	Frank Hutt	21-	Randall Cook
	Shirley Arquette		Nancy Arquette
6-	Annie McDonald	22-	Rose Reid
7-	Elizabeth Russell	28-	Lucy White
9-	Larry White		Janice Olszewski
10-	Caroline Tarbell	29-	Leona Benedict
13-	Richard A. Herne	31-	Hilda Herne
14-	Sally Benedict		Marion Parker
15-	Jake LaFrance		Ernestine Oakes
16-	Marlene McGregor		Rosalie Jacobs
17-	Jeffra Montroy		Darlene Sunday
	Keith Edwards		
18-	Cheryl Homes		
	Robin Miller		

Bold are Saint Regis Mohawk Senior Club Members



Capricorn Horoscope 2019 Predictions: You Will Witness Transformation



Get ready as the world will be your oyster, as per Capricorn 2019 horoscope! You will come off with flying colors as you will witness a positive transformation in both, personal and professional life, a whole nine yards, during this phase. The tenth sign of the Zodiac, the Earthy Capricorn, represents that you are an ambitious, determined and helpful person. It is truly said that, it is better to stock up before the winter comes. As you are also a reliable, practical and hardworking person, it is a perfect time to think about your future. And remember that, action speaks better than words. Try to improve yourself, think more rationally and make realistic plans, and keep the eye on the ball, always! For now, keep the worry about your financial investments and savings at bay as there will be better than average results.

Aquarius 2019 Horoscope: You Will Be More Effective



It is said that adopt the pace of nature, her secret is patience. You have shown tremendous patience till now. But now is the time for you to carefully analyze the situations affecting you or asking for your attention and wisely act upon them in a very effective manner. With that said, Aquarius is blessed with tremendous analytical qualities. This particular quality brings out the genius wizard in them who converts the poison into medicine. With their endeavor they can beat any struggle and climb any mountain and convert the tough times into their desired and favorable situations. Aquarians are decision makers; they wield a very strong and effective deciding power. As per Aquarius horoscope 2019, if you have lost your faith in something or are feeling hopeless, the spring is here and the winter has ended. Your faith in your goals, aims and objectives will be rekindled and reaffirmed by no one else but you!



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

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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

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Serve You!**

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- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**