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

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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

2019 Club Dues!
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

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.

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

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.
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.

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 is was a big animal.”

-Senior Outlook (Saranac Lake)
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
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<tr>
<th>Date</th>
<th>Activity</th>
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<tr>
<td>1</td>
<td>CLOSED New Years Day</td>
<td>2 Meatloaf</td>
<td>3 Chicken Rice Casserole Roll</td>
<td>4 Bake Fish</td>
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<td>Mash Potatoes Corn, Roll</td>
<td>Tapioca Pudding</td>
<td>Mac &amp; Cheese Stew Tomatoes Roll</td>
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<td>Raspberry Cookie</td>
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<td>Fruited Jell-O</td>
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<td><strong>Activity:</strong> 6:00 Ace to King</td>
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<td>6</td>
<td><strong>Activity:</strong> 6:00 Ace to King</td>
<td>7 Cheeseburger</td>
<td>8 Open Face Turkey California</td>
<td>11 Roast Pork</td>
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<td>Sweet Potato Fries Tomato &amp;</td>
<td>Blend Veggie, Pears</td>
<td>Roast Potatoes Corn, Roll</td>
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<td>Cucumbers Fig Newton</td>
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<td>Cranberry Apple Sauce</td>
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<td><strong>Activity:</strong> 6:00 Ace to King</td>
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Additional Activities:
- Coloring Contest Begins!
- Elvis Presley Birthday!
- Green Food Bag Orders Due by 2:00
- 10:30 Virtual Bowling Tournament!
- 10:00 Judging for Coloring Contest!
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<tr>
<th>Day</th>
<th>Activity:</th>
<th>Lunch:</th>
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<tbody>
<tr>
<td>20</td>
<td>6:00 Ace to King</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>10:00 Exercise Class</td>
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<tr>
<td>21</td>
<td>CLOSED</td>
<td>Chicken Burger, Tater Tots, Carrots &amp; Celery, Fresh Fruit</td>
<td>10:00 Kanien’keha Class, 1:00 Shopping</td>
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<td>22</td>
<td>6:00 Ace to King</td>
<td>Pancakes, Ham, Scrambled Eggs, Yogurt Parfait</td>
<td>10:00 Chair Yoga, 1:00 Kanien’keha Class, 1:00 Shopping</td>
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<td>23</td>
<td>6:00 Ace to King</td>
<td>Bake Chicken, Mix Veggies, Harvest Rice, Roll, Cookie</td>
<td>10:00 Haircuts, 10:00 Chair Yoga, 1:00 Kanien’keha Class, 1:00 Shopping, 1:30 Legal Aid</td>
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<td>24</td>
<td>Closed</td>
<td>Rigatoni w/ Sausage, Bacon Wrap Pork Loin, Sweet Potatoes, Broccoli &amp; Cauliflower, Roll, Mandarin Oranges</td>
<td>10:00 Chair Yoga, 1:00 Kanien’keha Class, 1:00 Shopping, 1:00 Craft Class</td>
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**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 9:00 am. 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
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! Their 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!
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

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..