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Kawennì:ïos

Thompson Brothers Honored
On June 14, 2014, the Social Services Division of the Saint Regis Mohawk Tribe hosted the “Responsible Native American Fatherhood Day” at Generations Park. The event offered an opportunity to recognize fathers and father figures as well as give fathers and children a day of fun filled activities and games.

Some of the activities enjoyed were a scavenger hunt, dunk tank and tug of war. Each father was given a t-shirt with the logo of the event. Drawings were held for prizes that we felt fathers would appreciate such as fishing gear, car washing supplies, camping equipment, sporting supplies and other similar items.

A poster contest was held in the weeks prior to the event. Princess Porter had the winning poster. She received a day trip for two adults and four children to Calypso Water Park.

HAVFD was kind enough to bring one of their trucks to the park to allow the children to view and speak to the firemen.

Through the combined efforts of the social services division programs, a BBQ lunch was enjoyed by all who attended.

The afternoon closed with a social by local drummers who graciously donated their time.

We also thank Seneca Select and CAA Enterprise for their generous donations that helped make this event a success.

We anticipate that this event will be held yearly on the Saturday before Father’s Day. We thank all of the fathers and father figures who brought their families to celebrate the importance of fatherhood and hope to see you again next year. ◊

Above: Kwiio White from the Akwesasne Group Home Takes A Turn in the Dunk Tank

Left: Joseph White Won the Racing Package

Right: Matthew Benedict and Family All Set for Fishing.

Other Door Prize Winners Not Pictured: Kyle Jacobs – Sports Basket Anthony Tillman – Car Wash Ian Oakes – Gardline Photography
The Office of Economic Development welcomes Christopher Thompson as the new Director. Christopher brings more than a decade of experience to the Saint Regis Mohawk Tribe, most recently from the Mohawk Council of Akwesasne, where he spent the past two years managing the Economic Development Program. He moved home to share his expertise in 2012 after a decade in London, Ontario. His federal experience is vast and includes working with the Federal Economic Development Agency of Ontario (FEDDEV) as an Economic Development Officer, the Federal Economic Development of Northern Ontario (FEDNOR), Human Resources and Skills Development Canada (HRSDC) and Service Canada. Throughout this time, his experience centers around First Nations and rural community development, workforce development, grants and contributions, business services, community economic development and strategic planning. Christopher started with the Tribe on Monday June 9, 2014.

Christopher received his BSc in Psychology from Trent University in 2003 and has studied Economic Development at the University of Waterloo. Christopher is a member of the Akwesasne Area Management Board and fulfills the Director role where he is a strong supporter of workforce development.

Christopher is the son of Jerry and Connie Thompson and brother to both Jordan and Kelly Thompson. He lives with his wife Shannon who is a library consultant.

Christopher will focus on developing a strong and diversified economy in Akwesasne and looks forward to working with Lindsay Tarbell. Two positions will be hired shortly and the Office of Economic Development will strengthen its efforts towards attaining economic self-sufficiency.

On the Cover: The achievements of Lyle and Miles Thompson is not only historic, but deeply personal to Akwesasne. These young men demonstrate leadership, courage and commitment to the world through our game. Our youth have strong, educated role models. It is an honor to recognize our Iroquois Tewaaraton Award winners of 2014.
Office for the Aging
Program Feature

By Allyson Doctor, Communications Department Director

The Saint Regis Mohawk Tribe welcomes the experience and commitment Lora Lee LaFrance brings to her new role as the Director for the Office of the Aging. Lora Lee’s entire career has circled the coordination of benefits for elders. In her position, Lora Lee states she will be “striving to put ‘Seniors First’ and living the mantra, “If it’s good for seniors, it’s good for everybody.”

Lora Lee La France was born and raised in Akwesasne. She is the daughter of George and Lynn La France and the granddaughter of Peter and Elizabeth La France and Mary and Phillip Thompson, all of Akwesasne. Lora Lee is a graduate of Salmon River Central School; she received her Bachelors of Science from Cornell University and her Masters of Business Administration from the University of St. Mary.

Lora Lee has spent the past eight years as a certified HIICAP counselor at the Seniors Center, helping seniors understand and apply for health insurance; additionally, she operates the NY Connects program, helping elders and disabled individuals find and obtain benefits. Previously, she worked at Health Services as a facilitated enrollee, as a patient services coordinator and with First Environment Research Projects as a Research Support Specialist with the Albany Superfund studies.

Lora Lee is very excited to begin her position as Director of the Office for Aging. Her priorities are to fill vacant staff positions to increase the availability and efficiency of services, revise the mission statement to make “Seniors First”, increase collaboration and volunteerism, and increase efforts to attract younger seniors with a new image, programming and services. Please join the Saint Regis Mohawk Tribe in welcoming Lora Lee to her new position.

About the Office for the Aging

The Saint Regis Mohawk Office for the Aging (SRMOFA) provides senior services on the Saint Regis Mohawk Indian Reservation.

The SRMOFA is centrally located in Tsi Tewatatkens building behind the Tribal Police Department. Our services include:

Information and Assistance

The SRMOFA is a central source for accurate, up-to-date information on programs, services and benefits for seniors and caregivers.

Transportation

Seniors can request transportation to and from their home to the seniors’ center for the noon meals and activities. Assisted transportation/escort services are also available for those who need a ride to appointments. Scheduled group trips are also available for shopping, banking and scenic tours and special trips.

In-Home Services

Expanded In-home Services for the Elderly Program (EISEP). Non-medical service that assists people who are not able to meet their personal care needs independently. Services available can help with bathing and housework.
**Caregiver Services**

Caregiver services are for anyone caring for an elderly or disabled person. They include a monthly caregivers newsletter and support group. The services are designed to help those families providing care to a frail senior.

**Nutrition Services**

Nutrition services are intended to promote the health and well-being of older adults. Meals are served at the center or delivered to the participant’s home. Services can reduce the isolation experienced by many older adults. In addition to the home delivered meals, a weekly breakfast box, supper bag meal, weekend frozen meals and shelf stable meals can be provided. Nutrition counseling is provided for seniors.

**Other Services**

A Maintenance Support Worker can help those who do not have friends and/or family who can assist them with minor home maintenance and repairs. SRMOFA can also assist with building improvements and maintenance including accessibility modification, defined as structural adaptations that meet the needs of older individuals who have disabling conditions.

SRMOFA staff assists seniors with referrals by completing applications and gathering required information for various tribal programs such as Home Improvement, Energy Assistance and Food Distribution programs.

The Health Insurance Information, Counseling and Assistance Program (HIICAP) provides free, unbiased, confidential assistance with health care questions and concerns.

Services and activities that foster good health, healthy lifestyles and promote physical and mental health.

Medication management consists of activities that assist older persons to adequately manage the medications they are taking and avoid medication misuse and/or abuse.

Legal assistance is provided by Legal Aid Society of Northeastern New York. The Paralegal provides assistance to seniors with a variety of legal issues.

Being active by participating in various activities may prevent the seniors from feeling depressed and lonely. Activities also sparks the creative talents of seniors.

The Activity Coordinator actively promotes various events including Monday bingo, Ace to King card games, Day trips, etc. Seniors are always encouraged to make suggestions on trips, presentations, crafts and other activities of their interest.

The Saint Regis Mohawk Senior Citizens Club, Inc. is open to all Seniors age 55 and older. Membership in the Seniors Club is not necessary to use SRMOFA Services. The Senior Citizens Club, Inc. is a separate entity that works with the SRMOFA to achieve common goals.

The SRMOFA Advisory Council is a voluntary group of citizens who provide information, guidance, advice and support to the SRMOFA to develop, coordinate and administer services to older persons.

If it’s good for seniors, it’s good for everybody.

Lora Lee LaFrance
Dirty Filter? Clean It Up!
(Read in a British Accent)

By Angela Benedict,
Air Quality Program Manager

Dirty. Now that’s a dirty word, haha! I am not necessarily talking dirt but dirty filters. How many filters do you have in your house? How many filters do you change or clean?

Ok, let's start in the kitchen. How many filters do you have there? I have a water filter, refrigerator filter and a stove vent filter. I change the water filter every six to seven months. The refrigerator and stove vent filter...well, umm. You're supposed to clean those? I haven't ever cleaned or changed them. I never really thought about it until now. Ok, moving on to the living room. Do you have a vacuum? Bagless? Well, they have filters that need to be cleaned regularly. The point I am trying to make is that we all have maintenance that needs to be done in order for things to work correctly and sometimes it can have a negative effect on our health.

Recently, my technician went into a home with an air purifier. When the homeowner was asked about changing or cleaning the filter, it was that deer-in-the-headlight look. Most of the time it's no big deal, but when dealing with a machine that's supposed to filter air, it is a very big deal. Having a dirty filter on your air purifier, air conditioner, furnace, humidifier or dehumidifier can lead to respiratory illness. I think that's defeating the purpose. It also can cost you more money by the unit having work harder.

A dirty filter exposes you to dirty air! So what can you do to be sure everything is good? Change or clean the filters regularly. When dealing with a humidifier, it's a little different. Humidifiers deal with water and what do bacteria like? Moisture. Depending on the type of water you use in a humidifier, you can be exposed to a multiple number of things. It’s best to use distilled or deionized water rather than tap water because tap water can have added chemicals. If the water is from a well, it can contain lots of minerals, iron or have lime or calcium deposits. Whatever the water has in it gets suspended in the air for you to breathe.

No matter what you have in your home for now and for the next seven generations, let’s change out the filters! ◊
When asked about her next stage in life, Juanita’s eyes lit up as she spoke about the time she was going to be able to spend with her ten grandchildren. Throughout her tenure, she has worked tirelessly to create a supportive human resources division focused on employee benefits, payroll and the structure necessary to take care of a growing workforce, while recognizing the impact of her team directly reflects each and every tribal program. Juanita said, “I loved every minute of my time working at the Tribe. I loved watching us grow. It was an absolute honor and a privilege to serve our programs, our program managers and the directors who work so hard every day to help our community.”

Juanita came to the Tribe from Parks Canada after years of experience as the Chief of Compensation and Benefits. Her knowledge and training was the catalyst for her transition to the Tribe. In January of 1995, Alma Ransom hired Juanita as a temporary employee. Juanita shares her decision to leave Parks Canada was very personal and solely revolved around being able to give up the long commute and spend much needed time with her children. With Parks Canada, Juanita started as a Pay and Benefits Clerk, transitioned to a Pay and Verifier Position. She credits the years of training, and investment in her continuing education with her ability to transition to a leadership position with the Tribe.

Juanita reflects on the early years with the Tribe, when there were 250 employees. “We now have almost 700 employees. I love them all. I love that I had the chance to be part of this exceptional team of people. We are an amazing group who come together for our community whenever there is a need”, referring to both the programs run by the Tribe and the people who recognize need and go above and beyond to care for community members through fund raisers and organization. Fond memories shared include the “kidnapping” of Tribal Chief Paul Thompson during a very difficult period of time for both our community and our Tribal employees; Juanita credits Chief Thompson for having the open mind to listen to the needs of those employees who serve our community.

Juanita is thankful for her committed team and specifically recognizes Patti Herne and Margaret Jacobs for their dedication to service. Margaret will be serving as Interim Director, a decision Juanita expresses the height of confidence in.

“I thank Juanita for the opportunity and honor to work with her these last five years. She was more than just my manager; she was my role model and friend. Her knowledge, integrity and words of encouragement will be deeply missed,” stated Interim Director Margaret Jacobs. ◊
The Tewaaraton Foundation awarded University at Albany attackman Lyle Thompson, University at Albany attackman Miles Thompson, and University of Maryland midfielder Taylor Cummings winners of the 14th annual Tewaaraton Award, presented Thursday, May 29, 2014, at the Smithsonian's National Museum of the American Indian in Washington, D.C. The Tewaaraton Award annually honors the top male and top female college lacrosse players in the United States.

A Tewaaraton Award finalist for the second consecutive year, Albany attackman Lyle Thompson led the nation with 77 assists and 128 points. The junior from Onondaga Nation, New York quarterbacked Albany's top-ranked offense to the NCAA quarterfinals. Lyle joined brother Miles as the first brother duo to be named Tewaaraton finalists in the same year.

Part of perhaps the most prolific attack combination in NCAA history, Miles Thompson ranked first in the nation in goals with 82. The senior from Onondaga Nation, New York, played his way to first team All-America East honors for a second consecutive season and earned America East Tournament Most Outstanding Player honors.

This year marks the first time the Tewaaraton Award has been given to two recipients in the same year.

"The Tewaaraton Award is built on a mission to celebrate excellence in the game, recognize the game's Native American heritage and to give back in a meaningful way to the Native American community," said Jeffrey T. Harvey, chairman of the Tewaaraton Foundation. "We are also committed to a set of values that brings honor to the game today and to the heritage of the sport. First and foremost, we are proud to recognize these worthy players, the first Native American recipients of the Award."

“As this is unprecedented, we note that the Selection Committees are made up of the 10 active coaches and are overseen by a chairperson. It was determined by the committee to have these two individuals share the game's top award. Their vote was unanimous. We applaud the committee for their commitment to the true purpose of The Tewaaraton Award as it is profoundly meaningful that these two record-breaking players — teammates, brothers and members of the Onondaga Nation — are symbolic of the game, its heritage and its future.”
Two-way midfielder Taylor Cummings led Maryland with 63 goals, 128 draw controls, 37 ground balls and 30 caused turnovers and ranked second on the Terps’ fourth-ranked offense with 24 assists and 87 points. The sophomore from Ellicott City, Maryland, and U.S. Women’s National Team member earned her second Intercollegiate Women’s Lacrosse Coaches Association (IWLCA) All-America first team and first team All-ACC honors.

“We’re thrilled to honor Taylor as the first sophomore to win the women’s Tewaaraton Award,” said Sarah Aschenbach, executive director of the Tewaaraton Foundation. “The fact that four of the five finalists, including Taylor, competed in the national title game is a testament to the tremendous work of our selection committee and we congratulate all five finalists on their record-setting seasons.”

Each year, the Tewaaraton Award celebrates one of the six tribal nations of the Iroquois Confederacy – the Mohawk, Cayuga, Oneida, Onondaga, Seneca and Tuscarora – and presents scholarships to two students of Iroquois descent.

The 2014 Tewaaraton US Lacrosse Native American Scholarships were awarded to Alie Jimerson and Kason Tarbell.

It is the first time someone from Akwesasne has been awarded the scholarship. Tarbell is a member of the Saint Regis Mohawk Tribe and the son of Tina Tarbell and Will Whelan. He has been playing varsity lacrosse at Salmon River Central School for four years and is team captain. Tarbell recently received a slew of awards including the NYS Section X All American Award, Academic All Northern and Section X All Northern. He also plays lacrosse for the Akwesasne Indians Jr. B team and Sweetlax Lacrosse. Tarbell, who will play at Cornell in the fall, also has a 4.0 grade point average.

Alie Jimerson is a member of the Cayuga Nation, Bear Clan, and a two-time captain at Lake Shore (NY) High School. She will play at Albany in the fall, and has already played for the Haudenosaunee Nation in last fall’s FIL world Cup.

**About The Tewaaraton Foundation**

First presented in 2001, the Tewaaraton Award is recognized as the preeminent lacrosse award, annually honoring the top male and female college lacrosse player in the United States. Endorsed by the Mohawk Nation Council of Elders and US Lacrosse, the Tewaaraton Award symbolizes lacrosse’s centuries-old roots in Native American heritage. The Tewaaraton Foundation ensures the integrity and advances the mission of this award. To learn more about The Tewaaraton Foundation, visit www.tewaaraton.com.

"On behalf of the Saint Regis Mohawk Tribe, congratulations to the Thompson brothers and Kason Tarbell. Our community is honored to recognize their dedication to the Creator’s game and their passion is inspirational and spans beyond the sport of lacrosse. We look forward to recognizing them and other lacrosse legends later this month at the dedication ceremony for the new lacrosse box at Generations Park," offered Tribal Chief Ron LaFrance. ☑
Whether you are on a public sewer collection system or a private septic tank and leach field, the issues remain the same, it really doesn't just go away.

Some residents are connected to the public sewer collection system (sewer line). Some have a gravity line that is connected to the main “sewer line” while others are connected to a pump system. What gets sent down your toilet is important to you, to your home, to our facility and to the environment.

The following should not be flushed or introduced to any sewer, either directly or through a kitchen waste disposal: food, glass, goldfish stone, seafood shells, plastic objects, grease, metal, sanitary napkins or tampons, diapers, socks, rags, cloth or kitty litter.

In addition, you should NEVER introduce these to your system: explosives, flammable material, strong chemicals, gasoline, lubricating oil, grease or hypodermic needles.

If you are on a private septic tank or a D-box/ pump up system to a leach field, the same rules should apply. There are others that may not seem to be all that important but should be well noted.

1. Divert rainwater away from the leach field: A soggy leach field will not drain and absorb liquid waste.

2. Don't overload your system
   • Check faucets and toilets for leaks
   • Use aerators on faucets
   • Reduce water levels for smaller loads of laundry
   • Wait until the dishwasher is full to run it
   • Use a displacer to save the amount of water needed to flush the toilet.

3. If you must use a garbage disposal, use a disposal that grinds food into easier particles for your septic system to digest.

4. Minimize the use of heavy duty cleaners.

5. Do not pour grease down the drain.

6. Do not flush or pour hazardous materials down the drain. They are a hazard to groundwater. Dispose of them properly.

7. Protect your system. Do not drive over the leach field, build structures on them or cover with concrete or pavement.

8. Do plant grass on leach field to minimize soil erosion and keep it mowed to prevent weed growth.

9. Perform regular maintenance. Solids must eventually be pumped from the septic tank. The general rule of thumb is “a family of four with a 1,000 gallon tank should have it pumped after 3-5 years of full-time use”. This should be done by a professional hauler because tanks hold bacteria and dangerous gases. Local haulers can be contracted and is the homeowner’s responsibility to pay for the service.

If you are interested in learning more about caring for our water resources, visit the USEPA’s website: www.epa.gov and select 'Learn the Issues' then 'Water' tabs. There you can find the SepticSmart® and WaterSense® links and many really good publications specifically geared for homeowners.

You can also contact Planning & Infrastructure at 518-358-4205 with specific questions about our local systems.
Medicaid Service Coordination
Community & Family Services Division Program Feature

By Health R. Kuhn, Medicaid Services Supervisor

The Medicaid Service Coordination (MSC) team, consisting of Calvan Thomas, Medicaid Services Coordinator and Heath Kuhn, Medicaid Services Supervisor currently provide services to 51 community members along with six MCA youth.

The MSC team has done an extraordinary job at assuring that those whom we serve receive the optimum of care. An MSC is more than an 8:00 a.m. to 4:00 p.m. job. An MSC is committed and dedicated to their particular caseload and, in some instances, support in their colleagues caseloads, 24 hours a day, seven days a week, 365 days a year. If a consumer is having difficulties with their breathing and is escorted to a local hospital, even Fletcher Allen Hospital in Burlington, Vermont, the MSC is there. If a consumer sadly finds him or herself in trouble with law enforcement and is in Town Court at 2:30 a.m., their MSC is there.

MSC’s lend a hand with their consumers in making healthy relationships with either friends and/or family within the community. MSC’s ensure that every individual’s life is unique and that their Individualized Service Plan (ISP) acknowledges such. An ISP may not believe that a particular activity or future goal is in that person’s best interest on a professional or personal level but that is irrelevant. We provide the consumer what he or she wants, “Nothing about me, without me.” The MSC’s work at supporting self-reliance and not fostering dependency. We do not take consumers grocery shopping, we assist in the coordination of the grocery shopping. The MSC’s uphold a Person Centered Planning Process where we capitalize on an individual’s gifts and capabilities. The individual with whom the MSC is working with has the opportunity to make choices and express preferences.

One other noteworthy responsibility an MSC has is to make certain that people’s lives are having an important effect and are worthwhile to them. For example, an individual who has a love for animals may do some type of volunteer work two times a week at an animal shelter or pet store.

The entire MSC model is driven on the mindset that everything possible is person-centered. The individual receiving services drives their service. With this way of life, it is essential for the MSC to get to know the individuals support network and the people in the individual’s life. An MSC who reaches out to current and past individuals from the consumer’s life can discover patterns of ones life experience and perhaps assist in developing a plan as to where the consumer wants to go. The MSC and the consumer will take action, try new things, and work together and with other human service professionals, family, friends and community members to see if the plan is effective. If the plan is flourishing, magnificent. If not, the consumer, in most cases, will call for a change in their plan. It is important throughout this process to develop constructive system supports. This may require the MSC exploring the community in which the consumer resides as an opportunity for individual growth.

In closing, I feel the MSC Department gives 110% to the consumers they serve at the Saint Regis Mohawk Tribe. They go above-and-beyond to serve their consumers and adhere to Saint Regis Mohawk Tribe and OPWDD policies, to guarantee services can carry on.

Should anyone have any questions, concerns or recommendations about the MSC programming, individuals served or basic questions, please feel free to contact us by phone 518-358-2272 or email heath.kuhn@srmt-nsn.gov or calvan.thomas@srmt-nsn.gov. We would be glad to assist you. ♦
Calendar

Ohiarihko:wa / July 2014

1 - Swearing-In Ceremony - 11:00 a.m. - Former First Americans IGA Building
4 - Independence Day holiday - All tribal offices and transfer station closed
5 - Tribal Monthly Meeting - 10:00 a.m. - Community Building Lobby
8 - Social Security Administration - 1:30 to 3:30 p.m. - Tribal Clerk’s office
9 - Police Commission Monthly Meeting - 3:00 p.m. - Tribal Council Boardroom
24 - Wellness Day - 10:00 a.m. to 5:00 p.m. - Former First Americans IGA Building

New Faces

Joseph D. Bowen  Administrative Assistant  Grants & Contracts
Alison Cooke   Administrative Assistant  Office for the Aging
Louise M. David  Habilitation Aide  Family Support
Debra A. Higginson  Head Start Teacher  Early Childhood Development
Agnes M. Jacobs  Waiver Supervisor  Family Support
Amanda M. Jacobs  Case Manager  Child Support Enforcement Unit
Trudy Lauzon   Outreach Driver  Health Services - Outreach
Daniel Lazore  Teacher Aide/Bus Driver  Early Childhood Development
Marcy JH McDonald  Pharmacy Assistant  Health Services - Pharmacy
Stacey Mitchell  Youth Worker  Akwesasne Group Home
Alyssa Moore  Physician Assistant  Health Services - Medical Clinic
Rolland L. Morris  Solid Waste Worker  Environment
Patricia E. Pierce  Administrative Assistant  Health Services - A/CDP
Karahkwase Richmond  Solid Waste Worker  Environment
Dakota Tarbell   Summer Intern  Environment
Allan F. Terrance  Solid Waste Worker  Health Services - A/CDP
Janet Terrance  Counselor  Health Services - Business Office
Carrie Thompson  Business Office Clerk  Health Services - Business Office

Donations

Sports - $2,500  Community Events - $8,500  Training - $1,000  Funerals - $4,000

Jobs

Director of Human Resources - Administration
Solid Waste Program Manager - Environment
Gaming Inspectors (2) - Tribal Gaming Commission
Land Dispute Tribunal Members (2)
Akwesasne Housing Authority Commissioners (6)
Election Board Members (2)
Te wá tha hón:ni Corporation Board Members (3)

Internal Auditor - Administration
Fiber Splicing Technician - Broadband

View complete job descriptions and the most current tribal job postings at www.srmt-nsn.gov.
Akwesasne Mohawk Casino Resort positions are posted at www.mohawkcasino.com.
Akwesasne and surrounding area positions are posted at www.myaerc.org.
**Agenda**

1. Welcome
   - Reading of Action Items - Tribal Clerk
2. Foster Care Program
3. New Director Introduction
4. Rites of Passage Presentation
5. Akwesasne Housing Authority
6. Land Claims Update
7. New Business
8. Reading of Action Items - Tribal Clerk
9. Adjournment

**Action Items from June Meeting**

1. To revisit the exit agreement with National Grid as it excludes the Hogansburg triangle
2. To have the Compliance Director speak on the sale and display of drug paraphernalia when he meets with the ACSA
3. To have an update of Chief Paul Thompson’s return for July’s meeting

**Follow-up on Action Items from May Meeting**

1. To request from our GIS Tech - copies of maps of the land claims areas available for June’s monthly meeting.

   **Follow-up:** Chief LaFrance is working with the GIS Technician on this issue. ◊
Parents Guide to Higher Education

By Samantha Phillips, Administrative Assistant

High School Senior Year Summer Plan

The summer before senior year is the best time to start planning for college. In order to better prepare yourself and your student, here are some tips:

1. Visit some colleges together. Ask some of the following questions to your student:
   a. What do you like about this college?
   b. Do you feel comfortable here?
   c. What would you like to study here?

   Ask some of the following questions while visiting the college:

   a. What can students do in their free time?
   b. What do the dorms look like?
   c. What kind of scholarships does the school offer?

2. Find out how much the colleges your student is interested in cost. You may use the Net Price Calculator at http://studentnpc.collegeboard.org/ or the SUNY Net Price Calculator https://www.suny.edu/student/paying_calc.cfm to estimate your actual out-of-pocket cost and any financial aid that may be available.

3. Encourage your student to start their applications early. Even if your student can’t decide which school to choose, the amount of paperwork will be less once they decide where they want to go to school.

Heading to College for the First Time

Parents, this summer will be a difficult transition for both you and your student. To help them, and yourself, here is some advice:

1. Go to Orientation
   a. Students will select their courses at this time and meet some of their future classmates.
   b. Students start to see their college as “their college” and will begin to form a sense of identity.
   c. As a parent, you get to see the college from a student perspective and will have the peace of mind that the school is right for your student.

2. Don’t Be Afraid to Feel
   a. There’s a lot of emotions going on right now: excitement, fear, anticipation. Let your students know you support them and it’s normal to feel this way.
   b. You’re also experiencing these emotions along with your student. Don’t be afraid to let your student know that you’re feeling the same way! You’re going through this experience together and it will make you stronger.
   c. Encourage your student to seek advice from others. You’re helping them learn to communicate with someone besides yourself. When your student is at school and an issue arises, you can’t always be right by their side. By having them make “outside the family” connections, you’re helping them to learn to communicate their feelings and trust that they can handle their own problems.
3. Create a Packing List
   a. Start to create a list of the necessities, such as clothes, shoes, toiletries and school supplies.
   b. Get informed about what your student’s college offers for technological services. For example, are there printers available in the library? This way you won’t feel like you have to go out and buy a brand new printer if you know there is one available for your student.
   c. Find out what the roommate is bringing. There’s no need to have two of everything if your student can share.

   Have a wonderful summer with your student!

   Graduate Courses Being Offered for the Fall 2014 Semester

   551: Relationships between Schools and Families - 3 sem. hrs.

   This course will explore family, school and community relationships. It is designed for counselors, teachers and administrators. The course will cover research that addresses different factors influencing family involvement and teaching practices that encourage parent involvement. Students will be exposed to examining partnerships from a systemic framework and to communicating with diverse types of families. The text will outline six different types of involvement for creating partnerships between schools and families, as well as ways to involve the community. Finally, students will discuss proper strategies and techniques for improving relationships between different types of families and the schools, and they will explore the partnerships that can be formed. Taught by Mr. Lawrence Casey.

   566: Leadership and School Violence - 3 sem. hrs.

   We live in a world of violence and a percentage of it is directed at our schools. School violence remains a continuing theme where some form of crisis intervention has become a part of being an effective leader. However, crisis intervention may not be enough to meet these growing concerns. This class also will focus on crisis prevention by discussions of themes such as; zero tolerance, bullying, harassment (horizontal violence), Safe Schools Act, security issues (guns, drugs, locker and searching of school premises by law enforcement), sexual abuse and copy-cat suicide. Furthermore, it is important to recognize the importance of involving parents and community members when looking for strategies and solutions for this critical issue. Current literature and a panel of guest speakers from the fields of education, courts, and law enforcement will be included in the course. Taught by Dr. Kyle Blanchfield.

   Fall 2014 Semester Funding Deadline - July 15, 2014

   • For the Mohawk Higher Education Program, Roderick Cook at 518-358-2272

   • For New York State Indian Aid contact Adrian Cooke at 518-474-0537

   • For the Akwesasne Board of Education contact Norma Sunday at 613-933-0409

   If you have any questions, would like to register for one of the graduate courses or want to make an appointment with the Higher Education Program, please call 518-358-2272. Our office hours are 8:30 a.m. to 5:00 p.m. or after hours by appointment only. ◊
No need to search for treasure. Find it at the Health Promotions/Disease Prevention Committee's 24th Annual Wellness Day or walk the plank!

- Browse informational tables and collect lots of loot
- Guest speakers will present health topics throughout the day
- Kids can get their faces painted by Belly Buttons the Clown
- CKON will broadcast live from the event
- Feast on a BBQ lunch provided by the Akwesasne Mohawk Casino Resort and the Office for the Aging

Your adventure awaits on July 24, 2014 from 10:00 a.m. to 5:00 p.m. at the former First Americans IGA building, 850 State Route 37, Akwesasne.