



Moccasin Trail

ONERAHTOKHA / APRIL 2023

Points of Interest:

- Easter Egg Hunt 4/6/23 at 11:00 am
- Billiards Tournament
- Geese Go Marching Craft April 19th @ 12:45 pm
- March for Meals winners
- Line dancing schedule
- Poker Walk 4/19/23
- Easter Egg Decorating Contest 4/6/23 at 10:30 am



Photography class trip: Jackie Tarbell, Debbie Cook-Jacobs, Katie Boots-Lazore, Dorothy Cole, Catherine Cook, Marcus Gray, Brenda LaFrance and Ray Cooke. More on page 3

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**We will be
Closed on:**

Friday, April 7th: Family Day
Friday, April 28th: Planning Day





Akwesasne Senior Club



Membership Annual fee is \$5.00 US.

Checks made payable to SRM Senior Citizens Club

and can be mailed to:

PO Box 1106
Hogansburg, NY
13655

If you have any questions or concerns, call the office at (518) 358-2963 between 11– 4:00 pm.

ANYONE 55 and older can join the senior club!



Nia:wen Kowa!

The Akwesasne Senior Club and its membership along with our community seniors say Nia:wen Kowa to Amber McDonald who generously paid for the band “Crosswinds” for the Senior Centers St. Patrick’s Day celebrations. The Club also thanks Jake Adams, John Francis and Terry Terrance for providing our seniors with awesome entertainment.



Congratulations DJ!

The Akwesasne Senior Club congratulated D.J. Lazore on winning the March Joker Board for St. Patrick’s Day. D.J. won \$265 dollars!

2023 Club Dues

If you are not receiving your newsletter in the mail, please come in during our office hours listed and pay for your 2023 membership. Cost is \$5.

Happy Easter



Senior Club Meeting
Wednesday, April 12th
At 1:00 pm
Senior Center Sunroom
All members are welcome!

Senior Club Hours

Monday 11:00 am– 3:00 pm
Tuesday 11:00 am– 4:00 pm
Wed. 11:00 am– 1:00 pm
Thursday 11:00 am– 4:00 pm
Friday 11:00 am– 1:00 pm

Volunteer Bingo Schedule

April 3

Nancy Jacobs
Rose Jacobs
Debbie Thomas
Rosie LaFrance
Theresa Martin

April 10

Barbara Lazore
Vicki Phillips
Lynn LaFrance
Rosie LaFrance
Theresa Martin

April 17

Dorothy Shatlaw
Darlene Chubb
Elizabeth Tarbell
Rosie LaFrance
Theresa Martin

April 24

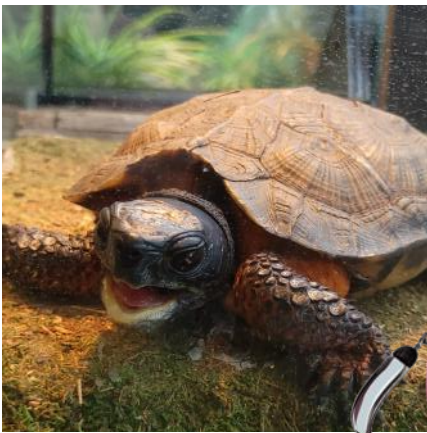
Iona Castagnier
Leona Delorimier
Rosie LaFrance
Theresa Martin

If you cannot make the dates scheduled, please let Iris know ahead of time

Photography Class Trip

Back in December 2022, volunteers Ray Cooke and Jackie Tarbell instructed beginner photographers in a 3 week class. They had a great response of students who were eager to learn. We had an end of the class trip to Nicandri Nature Center in Massena. The venue was so nice, as soon as we arrived there were about 7 deer in the back of the building. The staff was very helpful and friendly. The deer stared at us as if we were the fish in the fishbowl. We also saw wild turkeys and turtles. We were a little discouraged that it began to snow, but it just made our pictures and videos even more beautiful. It was a very nice afternoon, we all enjoyed it very much.

The photo of the deer was captured by Jackie and the 3 photos bellow were captured by Katie Boots-Lazore.



Easter EGG HUNT

Thursday, April 6, 2023
11:00 AM

Lunch: Ham, Mashed Potatoes, Broccoli,
Corn, Cookie, Fresh Fruit

Reserve lunch before 9:30 am.
(518) 358-2963



Akwesasne Cultural Center Classes

The Akwesasne Cultural Center Library is hosting cultural crafts this year. The senior center is offering to pay for 2 seniors to attend the classes each month. These are some classes coming up:

- Painting class with Kit Thomas
- Basket making
- Bookmark making
- Beaded earrings
- Ribbon shirts and dresses
- Painting with Tammy King
- Moccasin Making with Dodie Thompson



With the senior center paying for 2 local elders each class; our only requirement is that each senior attends one class of their choosing so that we can have more seniors have the same opportunity. The schedule will come out monthly and if you are interested in a specific class, please let Katie know, then when we get the schedule of details we will call you.

The library is also hosting a new event 'Bring Your Own Craft Night'- which will be Wednesday from 5:00 pm to 8:00 pm. Enjoy the company of other craft people. For more information, call the library at (518) 358-2240.



Pool Tournament

Our March 3rd tournament Peter Back took 1st place. Our March 24th tournament, Abe Gray took 1st and Peter Back Sr. took 2nd. They were both small tournaments with only 4 participants. We are hoping with the warmer weather, that more people will come and play.

Our pool sharks could use more competition!

For the month of April, our tournaments will be:

Friday, April 14th
Friday, April 21st

It is important to let us know you are joining us and that you arrive on time. Every tournament starts at 10:30 am. Speak with Katie or Joy for more information or to register to play.

Senior Poker Walk



We will be celebrating National Walking Day on **Wednesday, April 19th** at the Tewatahita walking trail with a poker walk! You do not need to know how to play poker to come for a walk. You can stop by anytime between **10:30 am and 11:30 am.** for chances to win some prizes.

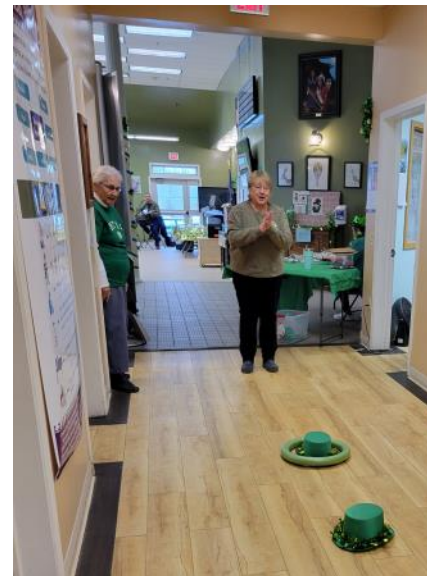


How it works:

When you begin, you will pick 3 random cards. Each lap you take you will get 1 more card which will give you more chances to get a good hand. You can do as many laps as possible. Once you complete your laps, you will fill out a score sheet. We will score the hands and report 1st and 2nd then have a participation draw. Prizes are awarded on the poker hand, not on speed. We want participants to have fun, be safe; it is not a race. Hope to see you there!



We had a very fun and relaxing St. Patrick's Day party. The senior club received a donation from Amber McDonald to pay for our entertainment-the Crosswinds band. Thank you, Amber! We were jigging and enjoyed every minute of Jake Adams, John Francis and Terry Terrance. We played hat toss with leprechaun top hats, a coin game, and St. Patrick's Day trivia. That was a lot of fun. The trivia was a table group game with 10 questions. We had 2 tables tie for first with 7 questions correct about the Irish holiday. Everyone had a fun afternoon and delicious corn beef lunch with green poke cake.




EASTER EGG DECORATING CONTEST!



Get creative with decorating a hard boiled egg. You can color it however you'd like with whatever you'd like. Categories are most creative, most colorful, and prettiest. They will be voted on by everyone who attends the Easter Egg hunt on Thursday, April 6th. We will have eggs and supplies available Wednesday morning. Eggs need to be handed in by 10:30 am on April 6th. Call Katie or Joy for more information.

Onerah tokha/ April 2023

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahí:khaton
2 6:00 Ace to King	3 Beef Stir Fry Noodles Mandarin Oranges Roll Vanilla Pudding Activity: 10:00 Exercise DVD 1:00 Bingo	4 Turkey Rice Soup Biscuit Veggie Sticks Peach Cobbler Activity: 10:00 Chair Yoga 1:00 Line Dancing Class	5 Strawberry Spinach Salad Cheese Bread Sticks Fruit Cocktail Activity: 10:00 Exercise DVD 12:30 Mohawk Language Class	6 EASTER MEAL Ham Mashed Potatoes Broccoli, Corn Cookie Fresh Fruit Activity: 10:00 Chair Yoga <i>Legal Aid</i> 	7 CLOSED Family day 	8 6:00 Ace to King
9 6:00 Ace to King 	10 Cream of Broccoli Soup Ham Sandwich Apple Activity: 10:00 Exercise DVD 1:00 Bingo <i>National Golfers Day</i>	11 Chef Salad Breadstick Banana Pudding Activity: 10:00 Chair Yoga 1:00 Line Dancing Class	12 Picante Chicken Mexican Rice Broccoli & Cauliflower Salad Roll, Pears Activity: 10:00 Exercise DVD in Lounge 10:00 Senior Club Meeting in Sunroom 12:30 Mohawk Class	13 Baked Ziti Garlic Bread Green Beans Carrot & Celery Sticks Chocolate Pudding Fresh Fruit Activity: 10:00 Chair Yoga 11:00 Box Lunch Bingo at Iakhihsotha	14 Baked Chicken Coleslaw Baked Beans French Fries Fresh Fruit Activity: 12:30 Mohawk Language Class	15 6:00 Ace to King
16 6:00 Ace to King	17 Shake-N-Bake Pork Chops	18 Liver & Onions Boiled Potato	19 Pancakes Sausage Patties	20 Adirondack Salad, Cheese Bread	21 Fish on a Bun Potato Wedges	22 6:00 Ace to King

<p>23 6:00 Ace to King</p>	<p>24 BBQ Ribs Rice, Carrots Roll Cranberry Applesauce Activity: 10:00 Exercise DVD 1:00 Bingo <i>National Go Fly a Kite Day</i></p>	<p>25 Chicken Broccoli Alfredo, Roll Carrot & Celery Sticks Pineapple Chunks Activity: 10:00 Chair Yoga 1:00 Line Dancing Class <i>National Pinata Day</i></p>	<p>Scrambled Eggs Melon Slices Apple Juice Activity: 10:00 Exercise DVD 12:45 Craft Class 12:30 Mohawk Language Class POKER WALK!</p>	<p>Cookie Banana Activity: 10:00 Chair Yoga</p>	<p>Fruit Salad Yogurt Parfait Activity: 12:30 Mohawk Language Class <i>National Jelly Bean Day</i></p>	<p>29 6:00 Ace to King</p>
<p>28 6:00 Ace to King</p>	<p>27 Corn Soup Biscuit Cookie Orange Activity: 10:00 Chair Yoga <i>Legal Aid</i> <i>Babe Ruth Day</i></p>	<p>26 BIRTHDAY MEAL Roast Beef Mashed Potatoes, Baby Carrots, Roll Black forest Cake Activity: 10:00 Exercise Class with DVD 12:30 Mohawk Language Class</p>	<p>28 CLOSED Planning Day </p>	<p>29 6:00 Ace to King</p>	<p>30 6:00 Ace to King</p>	<p>30 6:00 Ace to King</p>



Coloring Contest Winners

Congratulations Cecelia Thomas and Catherine Cook on winning our March coloring contest! The April coloring pages will be available April 3rd and the contest will end Tuesday, April 12th at 10:00 a.m. sharp.



Senior Center Craft Classes



Catherine Cook's Birdhouse



Brenda LaFrance's Birdhouse



Iris Herne



Alice Thompson



Deborah Terrance

Our last class we put together Bird Houses on pedestals and they came out amazing. We even had a new participant and this was her first time crafting, she did amazing, they all did. We enjoyed the afternoon and the company. Plenty of supplies left if anyone would like to book a class or stop in and make one.



April Craft



**The April craft will be "The Geese Go Marching"
On Wednesday, April 19, 2023 at 12:45 pm**

Joy has been busy in the shop cutting out the Geese for this project, she is even breaking things. HA,HA! Sign up for this class and you will enjoy some company while you paint and decorate your little friends. Once finished you will leave them at the center to be sealed for outdoor use. You then can pick them up and place them anywhere you would like at your home. As always, you will be able to put your own spin on the craft. We will have plenty of supplies here but if you're inspired to bring and add anything, you may do so! Class is limited to 6, so please call soon. **518-358-2963 ask for Joy or Katie**

Working Full Time While Being a Caregiver

These simple tips will help ease that stress:

Talk to Your Employer Honestly: Tell your supervisor about your caregiving demands at home. Make an appointment to discuss this at a time when you are better rested and feeling your strongest so you can state the situation in a professional, emotionally-controlled manner. Don't offer excuses, but instead reasons for changes he or she may note in your attendance, work schedule, or attitude. Explain why you may need to decline additional hours, a promotion, or transfer. Reassure him or her that you are committed to the company and its peak performance and will remain accountable to your duties.

Ask For What You Need: Once you've reinforced the above commitment, your employers will be more receptive to ideas to make the workplace and schedule more manageable for you. Come prepared with suggestions that will help-- for example, coming to work early, staying late, working from home, or taking longer lunch hours to check on your loved one, make personal phone calls, (or take a nap!) Brainstorm with him or her about other workable options. Often employers allow flexibility in the use of comp time, sick days and vacations. In many organizations fellow employees are allowed to donate accrued time off to help a caregiver during a crisis period.

Take Care of Yourself: Caregivers have higher than normal incidents of illness--those taking care of someone with a chronic illness have a 63% chance of dying early; another 63% say depression is their most common emotion. Caregivers often become so depleted they cannot maintain the stamina to continue caring for another. Therefore, you must take time daily to nurture yourself physically, mentally and spiritually.

Physically: Eat well-balanced meals on a regular schedule. Take a daily multivitamin. Exercise regularly, even if it's simply taking a walk. As difficult as it may be, strive for a minimum of seven to eight hours of sleep a night and nap when possible. Get regular medical checkups and treatments of aches and pains before they turn into something more serious.

Mentally: Pay attention to your own feelings and emotions and seek counseling if needed. While it's impossible to always leave the stress and heartache in the parking lot, try to keep emotions in check at work. Vent feelings to trusted family members or friends, not coworkers. Schedule time for yourself. Use relaxation or stress management techniques, such as meditation, visualization, biofeedback and yoga. Stay actively involved with friends and hobbies. Create a support network and/or join a support group.

Spiritually: Take time, even as little as 15 minutes per day, for prayer or meditation. Read or subscribe to inspirational magazines or books to uplift your spirits. Seek the counsel of a minister or religious leader you trust and respect.

Seek Support: Ask for help. Friends, family, and church groups are often eager to assist and are only waiting to be asked and directed. Find respite care so you can regularly take time out for yourself. There are countless community, state and national resources to support you not only at work, but at home. Most cities have programs to offer assistance to the caregiver. Another great resource is your local Area Agency on Aging. With the passage of the National Family Caregiver Support Program in 2000, all AAAs have a mandate to address the needs of family caregivers. Finally, if needed, you may be able to utilize The Family Medical Leave Act (FMLA), a national policy that guarantees covered employees 12 weeks of unpaid leave each year to care for a newborn baby, a newly adopted child, a seriously ill family member, or to recover from their own serious health condition while ensuring their job security. Each state has different regulations. To learn about yours, call your state legislator.

Following these tips will help you better tend to your job, your loved one, and yes, yourself.

April is National Stress Awareness Month

Stress is a common problem. Our bodies react to all types of stress via the same mechanism, which occurs regardless if the stress arises from a real or perceived event. Acute and chronic stress repeatedly trigger the fight-or-flight response causing a persistent elevation of hormones, leading to a risk of health problems such as digestive issues, weight gain, elevated blood pressure, chest pain, heart disease, muscular pain, sleep disruption, anxiety and depression.

Chronic stress can also affect the body's use of calories and nutrients in various ways. It raises the body's metabolic needs and increases the use and excretion of many nutrients. If one does not eat a nutritious diet, a deficiency may occur.

Tips to Help Control Stress

Healthy diet. A balanced diet can support a healthy immune system and the repair of damaged cells. It provides the extra energy needed to cope with stressful events.

Mindful eating. When we "stress-eat," we eat quickly without noticing what or how much we're eating, which can lead to weight gain. Mindful eating practices counteract stress by encouraging deep breaths, making thoughtful food choices, focusing attention on the meal, and chewing food slowly and thoroughly. This increases enjoyment of the meal and improves digestion. Mindful eating can also help us realize when we are eating not because of physiological hunger but because of psychological turbulence, which may lead us to eat more as a coping mechanism

Regular exercise. Physical activity will help to lower blood pressure and stress hormone levels. Aerobic exercise like walking increases breathing and heart rate so that more oxygen reaches cells throughout the body. This reduces tension in muscles, including the heart.

Meditation or deep breathing techniques. Fast, shallow breathing and erratic thoughts occur in response to stress. Therefore, take slow deep breaths to reduce muscular tension, lower the heart rate, and calm the mind. Whenever you feel stressed, breathe slowly, focusing on each in- and out-breath. Research has also found that meditation training may lower the risk of age-related dementia and cardiovascular disease.

Schedule fun activities or hobbies at least once a week. Gardening, reading, enjoying music, hiking in nature, and cooking a favorite recipe are examples of welcome stress relievers.

Good sleep hygiene. Stress can cause a heightened sense of alertness, which delays the onset of sleep as well as cause interrupted sleep throughout the night. This can prevent one from entering the deeper sleep stages in which the body repairs and grows tissue and supports a healthy immune system.



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|---------------------|----------------------|------------------------------------|
| 1- Lilly Swamp | 9- Phyllis LaMay | 21- Gladys White |
| Helen Jones | Marion Shelton | 22- Isabelle McDonald |
| 2- Sally Hamelin | 10- Beverly Ray | 25- Gail M. White |
| Nancy Jacobs | 11- Nelson Leaf | 27- Marvin Ward |
| 3- Ellen Savage | 12- Michael Jr David | Diane Connors |
| Bettie Jacobs | 13- William Loran | 28- Irene Ward |
| Mamie David | 14- Pat Tarbell | 29- Linda McElwain |
| 6- Raymond Cooke | Janice M. Brown | |
| Angela Mapes | Ann Marie Laughing | |
| 7- Cecelia LaFrance | 17- John Oakes | Bold are Saint Regis Mohawk |
| Felicia Jock | 18- Giselle Cook | Senior Club Members |
| Joan Mitchell | Erica Barnes | |
| Lil Singleton | 19- Paulette Reid | |
| 8- Karen Speer | Stacey Thomas | |

March for Meals Week

The week was filled with a lot of fun and facts about nutrition. Monday was Meatless Monday where we gave out information on meatless products and what to look for, like salt sodium content. On Tuesday, Nina Rourke from Mohawk Food Pantry, Melanie Connors from Food Distribution, and Alison Cook from OFA Snap benefits all spoke about their programs, how they run and the guidelines to apply for their services. Wednesday was our open house, we didn't get many people but we had a couple new faces which was nice. Thursday, unfortunately, our nutritionist Lisa couldn't make it so our director Lora Lee gave a great presentation about what Lisa does and the participants received an extra ballot for asking questions for the nutritionist. Lisa will be coming to the center soon to answer those questions. On the last day, the kitchen set out the parfait bar with yogurt, strawberries, blueberries, shaved almonds, dried banana, granola and pecans. It was all fresh and delicious! While we ate our parfaits we played nutrition bingo with Krystal Peters from health services. Nutrition bingo will now become a monthly event, every 3rd Wednesday of the month.



Donnie White on the Beautiful Air Fryer



Margaret Montour won the Beautiful Juicer



Clark Lazore won the \$100 gift card to Price Chopper



Carol Lazore and Jackie Mitchell won Heart to Heart Fitness Center 1 month memberships



St. Regis Mohawk Office for the Aging
71 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

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 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](http://www.srmt-nsn.gov/office_for_the_aging)

Or Facebook:

Office for the Aging Saint
 Regis Mohawk Senior
 Center

**We're Here to
 Serve You!**

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- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Craft Kits**
- **Socialization**
- **Information & Assist..**