



Moccasin Trail

TSIOTHÓHRHA / DECEMBER 2022

Points of Interest:

- Digital Photography Class for Beginners
- Shopping Trips to Plattsburgh and Watertown
- Box Lunch Bingo at Iakhihsotha 12/7/22
- Christmas Wrapping Party
- Pool Tournament winners from November



Congratulations our smarty-pants Scrabble Tournament winners:
2nd place: Lynn LaFrance and 1st place: Millie Cook

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We will be Closed on:

Monday, December 26th: Christmas
Friday, December 23rd: Staff Development Day
Friday, December 30th: Planning Day





Saint Regis Mohawk Senior Citizens Club



Don't Miss Out on Your January 2023 Newsletter Renew your 2023 Membership Now

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 mail-in your dues, please include a self addressed stamped envelope so we can send your membership card and receipt.

Membership includes: monthly Moccasin Trail Newsletter and Senior Club trips. If you come to renew and no one is in the office, at the front desk of the senior center is a drop box. Take an envelope, fill out your name, mailing address and phone number. If you have any questions or concerns, call the office at (518) 358-2963 between 11:00 am– 1:00 pm.

Senior Club Hours

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

Senior Club Meeting

Wednesday, December 14th
10:00 a.m. in the Sunroom
at the Senior Center. All club
members welcome!



Volunteer Bingo Schedule

December 5th

Nancy Jacobs
Debbie Thomas
Darleen Chubb
Caller: Reen Cook

December 12th

Lynn LaFrance
Barbara Lazore
Dorothy Shatlaw
Caller: Reen Cook

December 19th

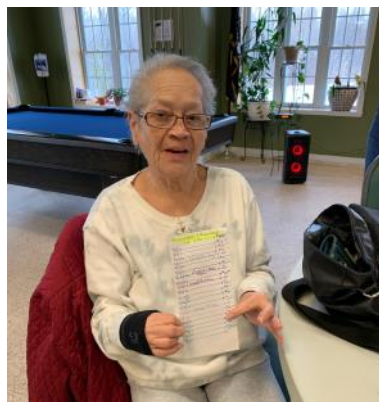
Vicky Phillips
Leona Delormier
Iona Castagnier
Caller: Iris

December 26th

CLOSED
Christmas Day



Senior Club Painting Class
Held on November 17th the club hired Tracy Gray to instruct an acrylic painting class. Participants were Lorene Herne, Carol Lee Lazore, Ernestine Oakes, Ron Cook, and Edith Adams. We are working on getting more classes for the 2023 new year. Keep an eye out in the newsletter and on Facebook.



Congratulations our
Progressive Jackpot Winner:
Caroline Tarbell on Nov. 21st



Senior Club Officers: Iris Herne, Millie Cook, Diane McDonald and Giselle Cook

December Holiday Activities

Date	Holiday
Friday, December 2nd	Plattsburgh Shopping Trip: Call Joy to reserve your seat. Leaving at 9:00 am and returning before 4:00 pm
Wednesday, December 7th	Box Lunch Bingo at Iakihsohtha: Leave the center at 11:30 am to eat lunch and play bingo with the residents. For safety of the facility we must have negative COVID tests the day we go.
Friday, December 9th	Watertown Shopping Trip: Call Joy to reserve your seat. Please only sign up for one shopping trip to make room for others. Leaving at 8:30 am and returning before 4:00 pm.
Monday, December 12th	National Gingerbread Decorating Day: Starting at 10:00 am we will decorate gingerbread houses then vote for prizes at 1:00 pm
Tuesday, December 13th	National Cocoa Day: Hot cocoa will be available at snack time.
Wednesday, December 14th	Craft Class: painting hanging wooden bird and heart. Two spots available
Friday, December 16th	National Ugly Sweater Day: Wear your ugliest sweater when you pick up your Grab-n-Go meal to be put into a draw for a Christmas blow up prize
Monday, December 19th	Christmas Pictionary Game: We will play Christmas Pictionary at 11:15 am sharp! Call to sign up to make sure we have enough players for both teams.
Tuesday, December 20th	Christmas Story Left/Right Game: Sit in a circle and pass gifts around with instruction from the story and hopefully be the final person holding the gift to win! Game will start at 11:30 am.
Wednesday, December 21st	Name That Christmas Song: Christmas song trivia game will start at 11:15 am. (we will be in teams)
Thursday, December 22nd	Christmas Wrapping Party: 12:30 pm we will help you wrap your gifts, turn on a Christmas movie and eat some popcorn!



Christmas Enchantment

The Activities Department took 4 seniors to the Snye Recreation to see the beautiful Christmas Tree's. It was such good medicine to be back in the van, laughing and making plans for lunch. We even made plans for December shopping trips! Call Joy if you are interested in joining us next time at (518) 358-2963.



Senior Food Box Giveaway



The staff at the Office for the Aging braved the frigid air and successfully gave out 250 food boxes to seniors! Vehicles lined up all the way down Margret Terrance Memorial Way right onto McGee Rd. patiently waiting to receive their own boxes full of veggies, bread, milk, canned goods and more. It was just lovely to see everyone's smiling faces as they drove up and the rosy cheeked pit crew (staff and volunteers) loaded up their back seats and trunks with speed and dedication. The line moved fairly steady with help from Tribal PD, the Executive Director's Office, and the Office of Emergency Management and Safety. We apologize for not having enough but if you did not get one, you can call the senior center and give them your name, phone number and Tribal ID number and they will try to make it happen sometime soon. Thank you to our volunteers Debbie Cook-Jacobs and Shakoianihsaks Mitchell for braving the cold with us. Thank you for your patience on that chilly day, we hope you enjoyed your food boxes.





Cold Weather Safety for Older Adults



If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:



- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.




You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters.

Bundle up on windy, cold days

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Tsiathákuha/December 2022

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahí:khaton
4 6:00 Ace to King	5 Sweet-n-Sour Pork over Rice Broccoli Roll Fresh Fruit Activity: 10:00 Exercise DVD 1:00 Bingo	6 Fish Burger Fries Peas & Carrots Fruit Butterscotch Pudding Activity: 10:00 Chair Yoga 1:00 Digital Photography Class	7 Chicken Corn Chowder Wheat Roll Carrot & Celery Sticks Pineapple Chunks Activity: 10:00 Exercise DVD 11:30 Box Lunch Bingo at Iakhihsotha	8 Salisbury Steak with Mushroom Gravy, Mashed Potatoes, Mixed Veggies, Banana Activity: 10:00 Chair Yoga 1:00 Digital Photography Class Legal Aid Appointments	9 Country Style Ribs Baked Potato Mix Veggies Roll Fruit Cup Activity: 8:30 Watertown Shopping Trip	10 6:00 Ace to King
	11 6:00 Ace to King	12 Spaghetti with Sausage	13 Baked Chicken Wild Rice	14 Liver with Onions	15 Sloppy Joe Coleslaw	16 
<p>Call the Center if you will not be home for your Home Delivered Meal. Or to reserve your Grab-N-Go or Congregate meal at 518-358-2963.</p> <p>NOTE: Only 4 to a table in congregate lunch. Mask wearing is now Optional but encouraged if you are not feeling well or are unvaccinated.</p> 				1 Caesar Salad with Chicken Garlic Bread Banana Pudding with Banana Slices Activity: 10:00 Chair Yoga	2 Pea Soup Ham Sandwich Pears Activity: 9:00 Plattsburgh Shopping Trip	3 6:00 Ace to King

<p>18</p> <p>6:00 Ace to King</p>	<p>19 Chili</p> <p>Carrots & Celery Sticks</p> <p>Johnny Cake</p> <p>Melon Slices</p> <p>Activity:</p> <p>10:00 Exercise DVD</p> <p>11:15 Christmas</p> <p>Pictionary Starts</p> <p>1:00 Bingo</p>	<p>Roll</p> <p>Cauliflower</p> <p>Fresh Apple</p> <p>Activity:</p> <p>10:00 Exercise DVD</p> <p>10:00 Gingerbread</p> <p>house making</p> <p>1:00 Bingo</p>	<p>Mixed Beans</p> <p>Wheat Roll, Fruit Cup</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>10:00 Coloring</p> <p>Contest Ends</p> <p>1:00 Digital</p> <p>Photography Class</p> <p>National Cocoa Day</p>	<p>Boiled Potato</p> <p>Green Beans</p> <p>Roll</p> <p>Fig Newton</p> <p>Activity:</p> <p>10:00 Exercise DVD</p> <p>1:00 Craft Class</p>	<p>Green Beans</p> <p>Peaches</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>1:00 Digital</p> <p>Photography Class</p>	<p>Christmas Meal</p> <p>Roast Beef, Gravy</p> <p>Sweet Potato</p> <p>Casserole, Squash,</p> <p>GreenR Beans, Wild</p> <p>Rice, Roll</p> <p>Lemon Meringue Pie</p> <p>(Grab-n-Go Only)</p>	<p>25</p>	<p>26</p> <p>CLOSED</p> <p>Christmas</p> 	<p>27 Pancakes</p> <p>Ham</p> <p>Boiled Egg</p> <p>Baked Beans</p> <p>Fresh Fruit</p> <p>Activity:</p> <p>10:00 Chair Yoga</p>	<p>20 BBQ Pork on a Bun</p> <p>Coleslaw</p> <p>Baked Beans</p> <p>Fresh Fruit</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:30 Xmas left/right gift game</p> <p>1:00 Digital</p> <p>Photography Class</p>	<p>21 Baked Potato</p> <p>Soup</p> <p>Turkey Sandwich</p> <p>Fresh Fruit</p> <p>Activity:</p> <p>10:00 Exercise Class with DVD</p> <p>11:15 Name that Christmas Song Game</p>	<p>22 Chicken Cordon Bleu, Mashed Potatoes, Wax Beans</p> <p>Apple Crisp with whip</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>1:00 Digital Photo Class</p> <p>Legal Aid</p> <p>12:30 Wrapping Party</p>	<p>23</p> <p>CLOSED</p> <p>Staff Development Day</p> 	<p>24</p> <p>6:00 Ace to King</p>	<p>30</p> <p>CLOSED</p> <p>Planning Day</p> 	<p>29 Corn Soup</p> <p>Fried Bread</p> <p>Fresh Fruit</p> <p>Vanilla Pudding</p> <p>Activity:</p> <p>10:00 Chair Yoga</p>	<p>31</p>
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December Crafts

Feeling crafty? For the month of December we will have a limited supply of kits available to make while you visit the center. Pick a craft to make and take it home, or stay and make it in the dining room with Joy before lunch. No need to call and reserve, just come in and the craft kits will be available in the dining room.

Our November craft class was a smashing hit. The full class enjoyed it so much, we decided to have the same class again on Wednesday, December 14th at 1:00 p.m. in the sunroom. We have 2 spots available then we will be starting a waiting list.



November Craft: Charlene Sunday, Barbara Lazore, Diane McDonald, Carol Lee Lazore, Dorothy Cole & Catherine Cook

November Coloring Contest Winners



Congratulations Dorothy Cole and Ernestine Oakes on winning our November coloring contest! We will be taking a break and will not be having a January coloring contest. We will give an update in the January newsletter for the following month.



What is a Caregiver?

As indigenous people, we don't see ourselves as caregivers. Taking care of our elders is just what we do!

Often, the things that define being a caregiver, such as helping a parent purchase and organize their medications or taking a friend to their doctor's appointments, just seems like simply doing what needs to be done when someone needs help. In simple terms, a caregiver is a person who tends to the needs or concerns of a person with short or long-term limitations due to illness, injury or disability. The term "family caregiver" describes individuals who are for members of their family of origin, but also refers to those who care for their family of choice. This could be members of their neighborhood or close friends. Family caregivers play a significant role in health care, as they are often the main source of valuable information about the patient.

"There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who need caregivers. Caregiving is universal." - Rosalynn Carter, Former First Lady of the United States

Quiz: Are You a Caregiver?

A family caregiver can be someone caring for a spouse or parent, an extended family member, or even a friend or neighbor. Do you provide someone help with:

- ☐ Transportation to medical appointments?
- ☐ Purchasing or organizing medications?
- ☐ Monitoring their medical condition?
- ☐ Communicating with health care professionals?
- ☐ Advocating on their behalf with providers or agencies?
- ☐ Getting in and out of beds and chairs?
- ☐ Getting dressed?
- ☐ Bathing or showering?
- ☐ Grocery or other shopping?
- ☐ Housework?
- ☐ Preparing meals?
- ☐ Managing finances?

If you checked any of these boxes, you are a Caregiver! For more information or if you are stressed and need help, you can call our new **Caregiver Support Worker Jonilee Toulouse at (518) 358-2963.**



December is National Pear Month

Many fruits are out of season during the winter months, but pears are available nearly year-round, which makes them a great addition to any meal. They come in a variety of shapes, sizes and skin colors, including green, golden, yellow and red. Pears can be eaten raw or cooked. They are great as a quick snack, to chop and add to fruit salads, and can also be baked, broiled or grilled. Check out the following tips and information on buying, storing, and adding pears to a healthful eating plan

Tips for Selection, Storage, and Preparation

Nutrition and health. Pears are an excellent source of dietary fiber. A medium-sized pear has 24 percent of the recommended daily allowance. Pears also have potassium; a medium-sized pear has about 190 milligrams. They have no saturated fat, sodium, or cholesterol and are a good source of vitamin C. A medium pear has about 100 calories.

How do you know when a pear is ripe? Bartlett pears change from green to yellow as they ripen. Non-Bartlett pears (Anjou, Bosc, Comice, Concorde, Seckel and Forelle) don't drastically change color when ripening. Pears ripen from the inside out, so check for ripeness by "checking the neck." Gently press near the stem with your thumb. When it gives to gentle pressure it is ripe and ready to eat. When the pear is soft around the middle it is overripe.

Selection and storage. Choose pears that are firm to the touch and free from bruises and blemishes. If pears are ripe, they can be used immediately or refrigerated to slow down further ripening. If pears need to ripen, leave them out at room temperature for 7 to 10 days. Putting pears in a paper bag will help them ripen faster, but remember to check them daily so they don't get overripe.

Cleaning and preparing. Wash pears under running water before eating. When pears are cut up for dishes, browning is a natural process that occurs when they are exposed to the air. A mild solution of half water and half lemon juice can be brushed on cut pears to slow this process. Lightly poaching pears will also slow the browning process and is a good way to prepare them for use in salads.

Pear varieties and uses. Firmer varieties such as Bosc, Anjou, or Concorde are best for poaching, baking, and grilling. They have denser flesh, hold their shape better, and keep their flavor. Pears not ideal for heating are Yellow Bartlett, Red Bartlett, Starkrimson, and Comice, as their flavor and texture are at best when ripe and fresh. When heated, the consistency may over soften and have reduced flavor.

Great additions to meals and side dishes. Pears are perfect for snacks, as salad toppings, additions to ice cream or yogurt, and as a side dish. Pears are also great baked, poached, sautéed, roasted, or grilled. They can be used in baked goods and made into preserves, jams, and chutneys. Overripe pears are still tasty, just not great for serving whole or sliced. They can be used in smoothies, sauces, or as a thickening agent for soups, stocks or stews



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|-----------------------------|--------------------------|----------------------------|
| 2- Rose Dillon | 16- Vernie Herne | 26- H. John Bero |
| 3- Dave Mitchell | Karen Lalonde | Ellen K. Planty |
| James Lazore | 17- Inez N. Cook | Selena Smoke |
| Cecilia Reid | Emily Bradshaw | 27- Katherine Foley |
| 4- Mona Jacobs | 18- Marilyn Gale | 28- Brenda LaFrance |
| Ruth Campbell | 19- Greg Cole | 29- Gloria Lazore |
| 6- Beatrice H. White | 20- Debbie Cooke | Charlene Spieler |
| Dennis Phillips | 21- Ward Cook | 30- Debbie Cree |
| 7- John 'Tony' Swamp | Dawn Boice | 31- Gerald Thompson |
| 10- Elouise Laughing | 22- Ernest Samphier | Mary O. Burnham |
| 11- Carol Lee Lazore | 23- Debbie Thompson | |
| Margaret Hamelin | Judith Vankennan | |
| 12- Phyllis Mossow | Judith Printup | |
| Kerry Mitchel | 24- Minerva White | |
| 13- Carol LaDue | 25- Richard LaDue | |
| Lois Jordan | Mabel White | |
| 14- Sylvia Bero | | |

Bold are Saint Regis Mohawk Senior Club Members

Digital Photography for Beginners

Starting Tuesday, December 6th at 12:30 p.m.

2 days a week for 3 weeks
(1 hour per class)

Instructors are Jackie Tarbell
and Ray Cook

Bring your own camera or smart phone
and learn about composition, types of
camera's, post-processing, and lighting!
Experience needed in smart phone or
computer.

We have 6 spots available as of 11/22/22

Register now

With Joy or Katie (518) 358-2963



Donation

Thank you Jessica Terrance for the donation of a framed painting in memory of Sandra Terrance.
It is beautiful and is displayed in our sunroom at the center.



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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 US Postage Paid
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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](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!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
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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..**