



Moccasin Trail

ONERAHTOKHA / APRIL 2024

Points of Interest:

- March for Meals
- Plattsburgh Shopping Trip
April 19th
- Alzheimer's Association
Support Groups
- Article on April 8th Solar
Eclipse!
- Employee Appreciation Spirit
Week Article
- Check Facebook for the April
movie at the Port Theater



St Patrick's Day Shuffleboard Winners: Mike Jackson, Abe Gray, Theresa Martin and Peter Back Sr

Inside this Issue:

Senior Club Page	2
Lois Thomas Memorial Ace 2 King Tournament	3
Caregiver Support Group	4
Amputee Coalition Article	5
Calendar	6 & 7
Are You Ready for Spring Article	8
World Sparrow Day	9
National Garden Month	10
Birthday's	11

We will be Closed on: Monday, April 8th– Solar Eclipse
Friday, April 26th– Planning Day



Akwesasne Senior Club



Water Color Paint Class

For Students who took the first Water Color Paint Class with Sandra Fox please reach out to the Akwesasne Senior Club on dates when you are available to complete Part 2 of the class at 518-358-2963 ext. 3316. We will need to book the room in advance.

Senior Club Hours

Monday 11:00 am– 3:30 pm
 Tuesday 11:00 am– 4:00 pm
 Wed. 11:00 am– 1:00 pm
 Thursday 11:00 am– 1:00 pm
 Friday 11:00 am– 1:00 pm



The Senior Club held a prize bingo during the St. Patrick's Day celebrations on Friday, March 15, 2024 after everyone enjoyed a delicious corn beef lunch. It was a nice way to wind down the week.



Senior Club Meeting

Thurs. April 11th, 2024
12:30 pm– 1:30 pm
 Senior Center Sunroom
 All members are welcome!

Join the Akwesasne Senior Club in a visit to

Deer Valley Trails

On Thursday, April 18, 2024 the Akwesasne Senior Club will be taking a group of Club Members to visit Deer Valley Trails.

To reserve your seat, stop in the Senior Club office to sign up and deposit \$10. The deposit will be returned to you when you arrive for the trip. Lunch is on your own. Only 17 seats available.

The Office for the Aging bus will depart the Senior Center at 11:30 am. For more information, please contact the Club office at 518-358-2963.



Volunteer Bingo Schedule

April 1st
 Nancy Jacobs
 Debbie Thomas
 Ruth Bell

April 8th
CLOSED

April 15th
 Barbara Lazore
 Vicki Phillips
 Lynn LaFrance

April 22nd
 Dorothy Shatlaw
 Darlene Chubb
 Valarie Garrow

April 29th
 Iona Castagnier
 Leona Delormier
 Sweets Jacobs

*Every Bingo Day Volunteers:
 Rose LaFrance, Kateri Therrien &
 Theresa Martin
 If you cannot make it on the day
 you are scheduled, please call the
 club so they can find a
 replacement.*

ACE 2 KING TOURNAMENT

IN MEMORY OF LOIS THOMAS

**SATURDAY
MAY
4TH
2024**



**\$20
BUY IN**

\$5.00 50/50

POTLUCK- BRING A DISH TO SHARE

DOORS OPEN AT 4:00 PM



Sally Hamelin



Glenn Lazore



Diane McDonald & Barry Thomas



Carol Lazore



Katie Boots-Lazore

MARCH FOR MEALS

March 25th through March 28th we celebrated the National Nutrition Program for seniors. It gave us our Meals on Wheels program that we currently call Home Delivered Meal program. On Monday our director LoraLee LaFrance spoke about our local food distribution programs and funding assistance opportunities. Tuesday we had SRMT Outreach nurse Diane LaRock come over and take vitals. We also played a "Fishing for Nutrition"

game. We used fishing poles to try and catch a plastic fish. The fish had a number on it, each number had a question about nutrition. If they answered correctly they won a prize. Some questions were harder than others so they received 2 prizes. Everyone who came into lunch that day gave it a try and really liked the challenge of catching a fish then the Nutrition Trivia. Prizes were healthy snacks!

Shopping Trip to Plattsburgh!

Friday, April 19, 2024 Katie and Tenisha will be driving to the Champlain Centre Mall and the TJ Maxx Plaza to bring seniors shopping! 9:00 am-4:00 pm Call them at 518-358-2963 to reserve a seat!





Build a support system with people who understand.

Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Akwesasne Alzheimer's/Dementia Caregiver Support Group

Presented by Alzheimer's Association Northeastern New York Chapter

Facilitator: Brooke Dubuque

Date: Second Tuesday of every month

Time: 11:00 am– 12:00 pm

Address: Senior Center Sunroom, 29 Margaret Terrance Memorial Way, Akwesasne NY 13655

For more information call 518.915.3315 or email: bmdubque@alz.org

800.272.3900/ alz.org *This program is supported in part by grant from the New York State Department of Health*

Alzheimer's Association Support Groups

Franklin County Monthly Alzheimer's/Dementia Caregiver Support Groups

Malone Caregiver Support Group

2nd Thursday of the month | 2:00 pm– 3:00 pm | 155 Finney Blvd. Suite 2, Malone NY 12953

Akwesasne Caregiver Support Group

2nd Tuesday of the month | 11:00 am– 12:00 pm | Office for the Aging Sunroom, 29 Margaret Terrance Memorial Way, Akwesasne NY 13655

North Country Virtual Caregiver Support Group

2nd Monday of the month | 10:00 am– 11:00 am | Email: bmdubque@alz.org

For more information or to RSVP contact:
Brooke Dubuque at 518.915.3115 or email bmdubque@alz.org

This program is presented in partnership with the Alzheimer's Disease Caregiver Support Initiative, the Center for Neurobehavioral Health at SUNY Plattsburgh and is supported in part by a grant from the New York State Department of Health





Before Your Amputation: Questions to Ask Your Surgeon

Talking with your surgeon prior to amputation is important. You should meet your surgeon, feel confident in his or her abilities, and have all of your concerns addressed before surgery is scheduled. Listed below are some questions we consider pertinent. You may want answers to all of them or you might choose those most important to you. Your surgeon should be willing to take the time to answer any questions you have.

Questions for Your Surgeon

1. Is amputation the best solution?
2. What experience do you have in this type of surgery?
3. How long is the procedure?
4. What are the major risks of the surgery? What steps will you take to minimize those risks?
5. What kind of pain will I have after the surgery and for how long?
6. How will my pain be managed immediately following the surgery?
7. How will long-term pain be managed?
8. How long will I have to remain in bed?
9. Will I have staples, stitches, or drains? If so, when will they be removed?
10. How long will you supervise my care after surgery?
11. When will I be fitted with my first prosthesis?
12. Will I be able to meet with a prosthetist before the surgery?
13. Should I be able to use a prosthesis? How much functional ability will the prosthesis provide?
14. If I want to talk with someone who has been through a similar amputation, could you refer me?
15. Could you refer me to a support group?


Other Questions: For Your Nurse and Anesthesiologist


1. How long will I be in the recovery room?
2. When will I be able to visit with my family?
3. What kind of anesthesia will be used during surgery? What measures will be taken to reduce reactions to the anesthesia?

Remember: if you are uncertain or uncomfortable with the surgeon or the information you are given, ask for another opinion or a different surgeon.

Resource: amputee-coalition.org/resources/questions-to-ask/

Önerahatokha/April 2024

Tsiai'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahià:khaton
	1 Easter Meal Ham Mashed Potatoes Broccoli Roll Cookie Fruit Cup Activity: 10:00 Exercise DVD 11:30 Egg Hunt 1:00 Bingo	2 Turkey Rice Soup Biscuit Veggie Sticks Peach Cobbler Activity: 10:00 Chair Yoga 1:00 Line Dancing	3 Strawberry Spinach Salad Cheese Bread Sticks Fruit Cocktail Activity: 10:00 Exercise DVD	4 Beef Stir-Fry Noodles Roll Mandarin Oranges Vanilla Pudding Activity: 10:00 Chair Yoga	5 Picante Chicken Mexican Rice Broccoli & Cauliflower Salad Roll Pears Activity: 11:00 Virtual Bowling Tournament	6 6:00 Ace to King
7 6:00 Ace to King	8 CLOSED Solar Eclipse 	9 Baked Ziti Garlic Bread Green Beans Carrot + Celery Sticks Chocolate Pudding Fresh Fruit Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing 1:00 Bingo	10 Chef Salad Breadstick Cookie Peaches Activity: 10:00 Exercise DVD 11:00 Walk with Ease	11 Fish on a Bun Fries, Coleslaw Fruited Jell-O Fresh Pear Activity: 10:00 Chair Yoga 10:00 Coloring Contest Ends 11:30 Box Lunch Bingo at Iakhihsotha 12:30 Senior Club Mt	12 Chili Cornbread Carrot + Celery Stick Banana Pudding Orange Activity: 10:30 Pool Tournament 11:00 Walk with Ease	13 6:00 Ace to King
14 6:00 Ace to King	15 Shake N Bake Pork Chops	16 Liver and Onions Boiled Potato	17 Breakfast Yogurt with Granola	18 Chicken Broccoli Alfredo, Roll	19 Potato Crusted Cod, Mixed Veggies	20 6:00 Ace to King

<p>21 6:00 Ace to King</p>	<p>Buttered Noodles Mixed Veggies, Roll Fresh Fruit Activity: 10:00 Exercise DVD 11:00 Walk with Ease 11:15 Long Term Care Presentation 1:00 Bingo</p>	<p>Mixed Veggies Roll Apple Butterscotch Pudding Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing</p>	<p>and Honey, Bacon, Scrambled Eggs Melon Slices Apple Juice Activity: 10:00 Exercise DVD 11:00 Walk with Ease</p>	<p>Carrot & Celery Sticks Pineapple Chunks Activity: 10:00 Chair Yoga 11:00 Deer Valley Luncheon— Senior Club</p>	<p>Sweet Potato Fries Fruit Salad Yogurt Parfait, Roll Activity: 11:00 Walk with Ease 9:00 Plattsburgh Shopping Trip</p>	<p>7</p>
<p>22 6:00 Ace to King</p>	<p>BBQ Ribs Rice Carrots Roll Cranberry Applesauce Activity: 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Bingo</p>	<p>23 Adirondack Salad, Cheese Bread Cookie Banana Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga</p>	<p>24 BIRTHDAY MEAL Bacon Wrap Pork Loin, Baby Carrots Mashed Potato Green Beans, Roll Black Forrest Cake Activity: 10:00 Exercise DVD 11:00 Walk with Ease</p>	<p>25 Corn Soup Biscuit Cookie Orange Activity: 10:00 Chair Yoga 10:30 Shuffleboard Tournament <i>Legal Aid</i> <i>Appointments</i></p>	<p>26 CLOSED Planning Day  11:00 Walk with Ease</p>	<p>27 6:00 Ace to King</p>
<p>28 6:00 Ace to King</p>	<p>29 Baked Chicken Coleslaw Baked Beans Fresh Fruit Activity: 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Bingo</p>	<p>30 Cream of Broccoli Soup Chicken Salad Sandwich Apple Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing</p>	<p>REMINDER For Home Delivered Meals Recipients When our drivers are delivering food and you are not home, they cannot leave the food outside or with a family member. It is a NYS food safety guideline that we need to follow. If you miss your driver, you cannot pick it up at Grab-n-Go, all meals are counted and divided in the morning. If you know you will miss your driver, call before 9:30 am to cancel your Home Delivered Meal and reserve a Grab-n-Go meal. Please call the Center by 9:30 am for Congregate or Grab-n-Go lunch. We cannot guarantee lunch for walk-in's. Our quantity of food and supplies also goes to Home Delivered Meals and Grab-n-Go recipients. Our numbers are set and food is divided by 9:30 am.</p>			



Are You Ready for Spring?



Spring has finally arrived! There are certain things you can do now to get ready for spring and the warmer weather. Though most suggestions below are for those living in a house, apartment dwellers can take some of the indoor tips and use those to get ready for spring.

What needs to be done outdoors?

Many of us like to start with the outside of our homes or our yards as soon as weather permits.

- Rake up leaves and debris that have collected over the winter months.
- Check the foundation, roof, windows for any repairs that need to be completed. Clean the windows or arrange for a window cleaner.
- Depending on where you live, start preparing your garden for planting in the next month or two
- Store the outdoor snow shovels and salt and get ready for the lawn furniture and any decorations you might use.
- Make a list of any seeds, bulbs, plants and other items related to your garden.
- Don't forget your vehicle, it's now time for a spring check up and removal of winter tires.

What needs to be done indoors?

Getting the inside of our homes ready for spring means different things to each of us.

- Spring is the time to do any painting that needs to be completed indoors, before the weather becomes too humid; be sure to call your handy man.
- Pack away all those winter clothes and blankets and bring out the lighter bed linens and the summer clothes.
- Freshen your house by cleaning drapes, blinds, giving everything a good dusting and polishing.
- Swap out dark colored throws and pillows for lighter and brighter colors.
- If your home is prone to summer insects or spiders, make sure all cracks are filled. Use natural products such as citrus oil to repel spiders and other insects.
- Put away heavy tablecloths and find bright placemats for the table.

Warmer weather means a more carefree way of living for most of us. We want to enjoy the outdoors as much as we can while the days are long. Figure out what works best for you and keep it simple over the warmer months.



March 20th

World Sparrow Day!



We had 5 elders assemble and paint bird feeders for our sparrows spring snack! Thank you Loretta, Elizabeth and Carol for participating!



What's the Big Deal about April 8th?

On April 8th, there will be a total eclipse that can be seen across Mexico, the United States and Canada. Our area is on the path of totality, which means the moon will completely blot out the sun. A total Solar eclipse is not expected to happen again in our area for over 300 years. We in the area of the Adirondacks have a front row seat. For many people this is a once in a lifetime event.

This means a lot of people will be headed this way to view the eclipse. Heavy traffic is expected in the days before and after the eclipse, so expect delays. There are also concerns that gas and food may be in short supply. Cell phone signals may also be disrupted.

Here are ways you can prepare to stay safe and have a fun time viewing the eclipse:

- Make sure you have food and water for a few days. Don't wait until last minute to head to the store.
- Fill up your gas tank.
- Check your medications and call in your refills early.
- Many offices and businesses have closed for the day. Be sure to check if you still have an appointment before heading out.
- Reduce the need to travel. Your house has the best view no need to go anywhere else.
- Safety is the number one concern. You will see lots of signs and police around. They are there to respond to any emergencies and keep traffic moving. Listen to CKON and check the Tribe's Facebook page for any special announcements.

If you have any questions or concerns, call the Senior Center at 518-358-2963.

So, put on your solar glasses and enjoy the show!



¹⁰ April is....National Garden Month

Benefits of Having a Garden:

- Can reduce stress, anxiety, and depression by providing a relaxing and therapeutic activity.
 - Gardening is a great form of exercise.
 - Gardening is good for your respiratory system.
 - Gardening provides relief from stress.
 - Having a garden provides a great source of healthy food.
- ✓ With the weather beginning to warm up, it is the perfect time to start planting your garden. Start it inside and then move outside after the last frost. Small gardens can be planted inside in small containers.
- ✓ Early Summer late Spring the SHINE Program gives out FREE container gardens. They will contain various herbs that you can use to cook with. Remember using herbs is a great substitute for using salt.
- ✓ If you would like more information on the container gardens, please feel free to contact Franklin County Region SHINE Program Alexander Hooker at (518)-4811532, or Jordan Santamore at (518)-481-1103.



Join us for the Walk with Ease Program

Every Monday, Tuesday, and Wednesday from April 10th until May 17th

When: 11:00am

Where: Walking Trail outside

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. If you have any questions or concerns, please contact Alexandra Hooker MS RD at (518) 481-1532 or by email alexandra.hooker@franklincountyny.gov



Employee Appreciation Spirit Week was March 11– March 15th. We were encouraged by the SRMT Health Promotion and Planning to participate every day of the week to be entered to win prizes. The themes were: SRMT Logo Monday, Twinsie Tuesday, Tie-Dye Wednesday, Traditional Thursday, and Green Friday. In first photo for traditional Thursday: Staff Katie, Judy and Alanna. Second photo: Judy and Donny "Twinning", third photo: Katie and Andrew "Twinning". We didn't win anything but it was a fun week!

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Best Wishes on your Birthday and throughout the coming year!

- | | | |
|--------------------|------------------------|-----------------------|
| 1- Lilly Swamp | 7- Cecelia LaFrance | 22- Isabelle McDonald |
| Helen Jones | 9- Helen Sheerwood | 24- Gail McDonald |
| 2- Sally Hamelin | Marion Shelton | 27- Diane Connors |
| Nancy G. Jacobs | 12- Michael David | 28- Nancy David |
| 3- Ellen Savage | 13- William Loran | |
| Mamie David | 14- Ann Marie Laughing | |
| 4- Brenda Arquette | 16- Janice Brown | |
| 6- Philip Lauzon | 17- Rodney L. Herne | |
| Ray Cooke | 18- Erica Barnes | |
| Phyllis LaMay | Giselle Cook | |
| Angela Jock-Mapes | 19- Brue Kelly | |



Coloring Contest Winners for March:

Congratulations Brenda Arquette & Dorothy Cole,
our March coloring contest winners! The April
coloring pages are available April 1st
and the contest will end

Thursday, April 11th 10:00 a.m.



International Women's Day

March 8, 2024 - Happy International Women's Day to all of the amazing women! We celebrated by gifting all the ladies that visited today with an orange rose. Pictured: Lynn LaFrance, Charlene Sunday, Sally Hamelin, Carol Lazore, Lucy Benedict and Diane Boots



For the March trip to the Port Theater, we watched Cabrini. 10 of us went and we LOVED it! Be sure to check that one out! The theater doesn't post upcoming movies until the beginning of the month. Matinee's starts at 1:30 pm, the Senior Club provides the tickets, small popcorn and drink! Be sure to check our Facebook page or flyer's on our senior center bulletin board for April's movie!



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
 Akwesasne, NY
 PERMIT # 4

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

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**
- **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**
- **Craft Kits**
- **Socialization**
- **Information & Assist..**