



Moccasin Trail

APRIL 2022

Points of Interest:

- Legal Aid Dates
- April National Holiday's
- Easter Bunny Jokes
- Free COVID home kit tests Available
- Employee Spotlight
- March Coloring Contest Winners



March for Meals Program 50 Year Anniversary!

Thank you everyone who participated in the March for Meals program on March 18th.

A special thank you to LouAnn Paquin for the beautiful flowers in appreciation for our meal services, it was such a nice surprise to the staff. Thank you to our SRMT Nutrition expert Lisa Keyes, RD for coming in to visit and help prepare lunch.



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**We will be
Closed on:**

**Friday, April 15th: Family Day
Friday, April 29th: Planning Day**





Saint Regis Mohawk Senior Citizens Club



Senior Club Due's

Please renew to receive your Moccasin Trail newsletter in the mail.

You can mail in your membership fee of \$5.00

American to:

PO Box 1106
Hogansburg, NY
13655

Addressed to: SRM Senior Citizens Club

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



Nia:wen CAA Management/ Chessie and Erica for donating 24 large print word search books to the senior center.

Nia:wen for bringing in snacks for Monday Bingo Iona Castagnier and Elaine Cook.

It is greatly appreciated!

Senior Club Meeting

Wednesday, April 13, 2022

10:00 a.m. in the Sunroom

at the Senior Center

All club members welcome!



Volunteer Bingo Schedule

April 4th

Lynn LaFrance
Barbara Lazore
Dorothy Shatlaw

April 11th

Leona Delormier
Nancy Jacobs
Theresa Martin

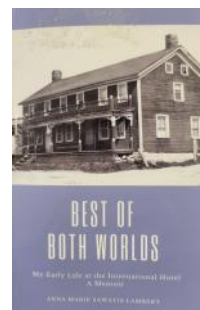
April 18th

Vicky Phillips
Lynn LaFrance
Barbara Lazore

April 25th

Leona Delormier
Nancy Jacobs
Theresa Martin

Anna Marie Sawatis-Lambert of the St. Regis Mohawk Senior Club wrote a book about her time in Akwesasne



Synopsis: Akwesasne artist Anna Marie Sawatis Lambert has expanded her talents by taking pen in hand to bring a forgotten piece of Mohawk history to light in her memoir of life at the historic International Hotel that was managed by her parents. The hotel uniquely sat on the U.S. and Canada border that ran through Akwesasne — St Regis Mohawk land. Alas the hotel exists no longer, it's foundation is erased by time, but Anna Marie resurrects an era of the hotel once owned by Chief Running Deer, grandfather of Princess White Deer, and passes along a memory to be handed down for future generations.

If interested in purchasing a book— please see Giselle at the front desk at the Senior Center



Monday-Friday

8:00 a.m.— 4:00 p.m.

(books are large print, double spaced)

Cost: \$20.00 US or \$25.00 Canadian



SAINT REGIS MOHAWK TRIBE

Office for the Aging

NY Connects & HIICAP



Are you 55-years or older? Do you have a Disability?
We can offer you assistance when applying for the following:

- Social Security Benefits
- Social Security Disability
- Medicare (Part A, B, C, and D)
- Medicare Savings Program
- Medicaid
- Supplemental Nutritional Assistance Program (SNAP)
- Temporary Assistance
- Heating Energy Assistance Program (HEAP)
- Low Income Heating Energy Assistance Program (LIHEAP)
- Emergency Broadband Benefit Program
- Voter Registration

For more information or to set up an appointment, please call (518) 358-2834

DATES TO REMEMBER:

- Deadline to sign up for Medicare Part B ends March 31, 2022
- Emergency HEAP benefit ends April 29, 2022
- 2021-2022 HEAP Cooling Assistance benefit opens May 2, 2022



Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month.

Thursday, April 14, 2022

Thursday, April 28, 2022



April National Holidays



Date	Holiday
April 1st	April fools
April 6th	National Walking Day: Poker walk on the walking trail from 9:30 a.m.– 11:30 a.m.
April 13th	National Scrabble Day: Scrabble Tournament starts at 11:00 a.m.
April 21st	National Tea Day: Tea tasting
April 22nd	National Jelly Bean Day
April 26th	National Pretzel Day: Snack baggies

Craft Class



The March craft class was a success. We had 4 seniors come in to make custom cutting boards using resin and screen printing. The finished products look great. Very unique and colorful for spring time.



Please call and register for the upcoming class and have a great afternoon visiting while getting creative.

At this class, I will explain the process on how I made the flowers for you to use while you will be painting and detailing a wooden frame. There will be other colors to choose from and different flowers too! Our Goal is to get you comfortable with the supplies we have on hand and we would love for people to start coming in to use the craft room, It might seem like it's my office but it is also your room to get creating. I am here to help if needed.

Did you miss a class and want to make it up? Do you have ideas that you would like to share? Do you need a space to get creative by yourself or with friends? Give me a call, so we can arrange something that works for you! 518-358-2963



APRIL CRAFT CLASS: Wednesday, April 20th at 12:45 p.m. in Sunroom
Please call to reserve (518) 358-2963, Joy or Katie

Funny Jokes About the Easter Bunny



What do you call a rabbit with fleas?

Bugs Bunny.

What is the Easter Bunny's favorite kind of music?

Hip-hop!

How does an Easter Bunny keep his fur looking so good?

Hare spray.

How does the Easter Bunny stay in shape?

He eggs-ercises.

Where does the Easter Bunny get his eggs?

From an eggplant.

Why does the Easter Bunny want to win a gold medal?

Because he heard it's 24 carrot.

What kind of bunny can't hop?

A chocolate bunny.

What's the Easter Bunny's favorite sport?

Basket-ball.



As you can see, we had a Great St. Paddy's Day! It was the Senior Center's first full house since pre-pandemic. We served 40 corn beef boiled dinners. Every surface was decked out in green and gold. Our entertainment was bagpipe player Lori McDonald; thank you Millie Cook for connecting her with us, everyone enjoyed her music and even took some 'celebrity' pictures with her.



Activity Assistant Joy made all of the dwarf leprechauns for each table that were given out to the best dressed person at each table after lunch was over. Our best dressed leprechaun was Barbara Lazore who paid attention to every detail including her green striped socks and gold buckle shoes. Barbara won a \$30 gift card. Everyone was so busy visiting we tried not to distract them with so many activities so we handed out DIY shamrock beaded pin kits and played a balancing game table by table using Froot Loop cereal and wooden popsicle sticks. The goal was to stack the most cereal on the stick while keeping it steadily between your teeth and get more than your opponent.

Everyone really enjoyed Joy's healthy green snacks so here are the recipe's:

Healthy Shamrock Shake

- 1 cup coconut milk
- 1 cup of ice
- 1/2 avocado
- 1/2 cup vanilla Greek yogurt
- 1 large handful fresh mint leaves
- Honey (or stevia, maple syrup)

Instructions:

Add all ingredients to the blender and blend until smooth.

Avocado Ranch Dip

- 2/3 cup mashed avocado
- 1/2 cup nonfat plain Greek yogurt
- 3 tablespoons nonfat milk
- 2 teaspoons dried parsley
- 1 1/4 teaspoons white vinegar
- 3/4 teaspoon onion powder
- 1/2-3/4 teaspoon kosher salt
- 1/2 teaspoon dried dill
- 1/4 teaspoon dried garlic powder
- Optional fresh chives for garnish

Instructions: Place all ingredients (except garnish) in a food processor and process until combined. Serve immediately alongside vegetables or whole-grain tortilla chips.

Pistachio Fruit Dip

- 1 container of lite Cool Whip
- 1 box of JELLO Sugar Free Instant Pistachio Pudding mix

Instructions:

Place cool whip into a bowl. Add contents of Pistachio Pudding Mix and mix well. Serve with fruit of your choice and enjoy!



Onerahatókha/April 2022

Tsia't'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahí:khaton
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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**.

Due to continuing supply issues, salads are no longer available as a meal alternative.



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.

3 6:00 Ace to King	4 Beef Stir Fry Noodles Roll Mandarin Oranges Vanilla Pudding Activity: 10:00 Exercise with DVD Class 1:00 Bingo	5 Turkey Rice Soup Biscuit Veggie Sticks Peach Cobbler Activity: 10:00 Chair Yoga	6 Spaghetti with Meatballs Caesar Salad Garlic Bread Yogurt Parfait Activity: 10:00 Exercise DVD 9:30-11:30 am National Walking Day POKER WALK!	7 Strawberry Spinach Salad Cheese Bread Sticks Fruit Cocktail Activity: 10:00 Chair Yoga	8 Fried Walleye Coleslaw Baked Beans French Fries Fresh Fruit Activity: 10:30 Virtual Bowling	9 6:00 Ace to King
10 6:00 Ace to King	11 Cream of Broccoli Soup	12 Picante Chicken Mexican Rice	13 Chef Salad Bread Stick	14 EASTER Meal Ham	15	16 6:00 Ace to King

<p>17</p> <p>6:00 Ace to King</p> 	<p>Ham Sandwich Apple</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>Broccoli & Cauliflower Salad Roll Pears</p> <p>Activity: 10:00 Chair Yoga</p>	<p>Banana Pudding</p> <p>Activity: 10:00 Exercise Class with DVD in lounge 10:00 Senior Club Meeting</p> <p>11:00 National Scrabble Day Tournament</p>	<p>Mashed Potatoes Broccoli, Roll, Cookie Fruit Cup</p> <p>Activity: 10:00 Chair Yoga 11:00 Games Start</p> <p>Legal Aid with Linda by Appointment</p>	<p>CLOSED</p> <p>Family Day</p> 	<p>22 Salisbury Steak with Mushroom Gravy Mashed Potatoes Veggies Roll, Pears</p> <p>Activity: Virtual Bowling</p> <p>National Jelly Bean Day</p> <p>23 6:00 Ace to King</p>
<p>18 Shake-N-Bake Pork Chops Buttered Noodles Mixed Veggies Roll Fresh Fruit</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>19 Liver and Onions Boiled Potato Mixed Veggies Roll, Apple Chocolate Pudding</p> <p>Activity: 10:00 Chair Yoga</p>	<p>20 Pancakes Sausage Patties Scrambled Eggs Melon Slices Apple Juice</p> <p>Activity: 10:00 Exercise Class with DVD 12:45 Craft Class</p>	<p>21 Adirondack Salad Cheese Bread Tapioca Pudding Banana</p> <p>Activity: 10:00 Chair Yoga</p> <p>National Tea Day</p>	<p>28 Corn Soup Biscuit Cookie Orange</p> <p>Activity: Legal Aid with Linda by Appointment</p>	<p>CLOSED</p> <p>Planning Day</p> 	<p>29</p> <p>CLOSED</p> <p>Planning Day</p> <p>30 6:00 Ace to King</p>
<p>24</p> <p>6:00 Ace to King</p>	<p>25 BBQ Ribs Rice Carrots Roll Cranberry Applesauce</p> <p>Activity: 10:00 Exercise Class with DVD 1:00 Bingo</p>	<p>26 Chicken Broccoli Alfredo, Roll Carrot & Celery Sticks Pineapple Chunks</p> <p>Activity:</p> <p>National Pretzel Day</p>	<p>27 Birthday Meal Roast Beef Mashed Potatoes Baby Carrots Roll Black Forrest Cake</p> <p>Activity: 10:00 Exercise DVD</p>			

Seniors Poker Walk

Tewatahita Walking Trail
Wed. April 6th
9:30 am- 11:30 am

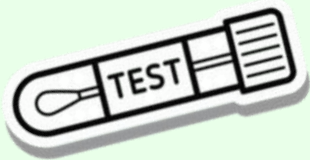


We will be celebrating National Walking Day on Wednesday, April 6th at the Tewatahita walking trail with a poker walk! You do not need to know how to play poker to join us. You can stop by anytime between 9:30 a.m. and 11:30 a.m. for chances to win some prizes.

How it works:

When you start, you will pick 3 random cards. Each lap you take you will get 2 more cards which will give you more chances to win. You can do as many laps as you want. Once you complete your laps, you fill out a score sheet. We will score the sheets and report 1st, 2nd, 3rd place and draw all participants for another prize.

Prizes are awarded on the poker hand rankings, not on speed. We want all participants to have fun and be safe, this is not a race. Hope to see you there!



COVID Take Home Kits Available at the Senior Center

The Office for the Aging has a COVID take home test kits available elders and caregivers. Kits will be distributed with meals to clients on the home delivered program. Elders coming for congregate or grab and go meals can pick up a kit when they come in for their meal. If you are adult caring for an older adult relative or friend, you are also eligible to receive a COVID take home test kit. If you are not participating in the nutrition program, please call the senior center at (518) 358-2963 to arrange for pick of your kit.



Employee Spotlight:

Tenisha Caldwell



"Kwe kwe, my name is Tenisha Caldwell. I was born here in Akwesasne. My great grandparents are the late Abe and Lila Caldwell. This is my first time working in institutional cooking. I've always enjoyed cooking and was taught at a very young age. I enjoy spending time with my family, hiking or anything in the great outdoors. As a former health care worker, I have worked with seniors for most of my life and enjoy doing so. Therefore I am pleased to be here at the senior center."

4 Tips for Seniors to Stay Healthy and Active this Spring



Many people, especially seniors, tend to slow down and stay indoors more during the winter, so when spring finally makes its appearance, it may be difficult to get out of some of those winter habits. Spring is the perfect time to enjoy the outdoors and start a more active lifestyle. Although the key to maintaining good health is to stay active all year round, the cold, snow and ice can make it difficult for the elderly to get out. Getting your body used to a more active lifestyle takes a little preparation, but the following tips will help seniors get active and stay healthy this spring.

1. **Keep Active:** As people age, it is essential that they stay active mentally, physically and socially. It is important to stay active and fit by doing something you enjoy. Finding a hobby or revisiting activities that you once enjoyed will help to maintain your strength, flexibility and balance as well as promote good cardiovascular health. If you have been huddled indoors all winter, now is the time to get out and take advantage of the warm weather. Physical activities will help you maintain a healthy weight, make sleeping easier, control illnesses and reduce stress.
2. **Eat Healthy:** Eating a healthy diet is one of the most important things seniors can do have a healthy, active spring. Winter often makes it difficult to eat the fresh fruits and vegetables that your body craves, but now that spring has finally arrived, it's time to change your eating habits. The combination of physical activity and eating a nutritious diet can help prevent or reduce the risk of a wide range of illnesses, such as high blood pressure and heart disease as well as reduce the symptoms of osteoarthritis. Our caregivers can help prepare nutritious meals if your loved one needs a little extra help in this area. It's important to make it a point to eat plenty of fresh fruits and vegetables this spring.
3. **Preventative Care:** This is the perfect time of the year to schedule all of your routine checkups, including dental, vision and hearing as well as preventative screenings, such as mammograms and prostate cancer screenings. Schedule an appointment with your physician to ensure you are up-to-date on vaccinations, especially pneumonia and flu, which is potential risk all year round. Your physician can also provide you with recommendations for exercise and diet.
4. **Spring Cleaning:** Yes, spring cleaning is a great way to ensure you stay healthy and fit this spring. Enlist the help of family, friends or your home health care aide to help you remove items that may be a fall risk, such as throw rugs or loose carpeting. Spring cleaning is also the perfect time to clean out the refrigerator and pantry, toss all expired foods and restock with fresh, healthy foods. Don't forget the medicine cabinet when spring cleaning; go through all medications to get rid of medicines you no longer take and those that are expired. Opening the windows and letting the fresh spring air circulate through your home will not only help your home smell fresh, but it will help to relieve stress.

Other Tips for Staying Healthy and Active

Getting outdoors as often as possible is one of the best things you can do to stay healthy this spring; it's a great way to get some exercise as well as a healthy dose of vitamin D. Keep in mind, that as people age, their skin becomes thinner, drier and less elastic, so when you venture outside to enjoy the fresh air and sunshine, don't forget to protect your skin from the sun. Apply sunscreen before going outdoors, even on cloudy days and wear a hat to protect your face and skin while working in the garden or taking a walk.

If you need assistance with in-home care or in-home health care, please don't hesitate to contact us - we'd love to help you and your family! (518) 358-2963

How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



Go online to [SSA.gov](https://www.ssa.gov). Our website is the best way for most people to get help.



If you cannot use our website, call our National 800 Number (1-800-772-1213) or your local Social Security office for help.



We will schedule an appointment for you, if necessary, to serve you by phone or in person.

What to Know if You Must Visit an Office:

- **You must have an appointment** to visit an office.
- **Masks are required** for all office visitors and employees, regardless of vaccination status.
- **Visitor capacity is limited** to follow physical distancing requirements. This means you may need to wait outside, so plan for cold or bad weather.
- We ask that **you come alone unless you require help with your visit**. If you need help, we can only permit one person to accompany you.

We appreciate your patience and understanding.

Source: Social Security Administration Publication No. 05-10558, Dec. 2021, SSA.gov

March Coloring Contest Winners



Congratulations Margaret Montour and Carol Ann Thompson on winning our March coloring contest! We had a huge turnout this contest, 25 participants! Great to see more people getting involved. Our April coloring contest will be starting April 1st and end April 12th. We need them by 10:00 a.m. to be displayed.

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

1- **Lilly Swamp**

2- **Sally Hamelin**

Nancy Jacobs

3- Bettie Jacobs

Mamie David

6- **Angela Mapes**

7- **Cecelia LaFrance**

Felicia Jock

Joan Mitchell

Lil Singleton

9- **Phyllis LaMay**

Marion Shelton

10- **Betty Kelly**

Beverly Ray

11- Nelson Leaf

12- **Michael "Jr" David**

13- **William Loran**

14- **Janice M. Brown**

Pat Tarbell

Ann Marie Laughing

17- John Oakes

18- **Giselle Cook**

19- **Paulette Reid**

Stacey Thomas

21- Gladys White

Arthur Benedict

22- **Isabell McDonald**

25- **Gail White**

27- **Marvin Ward**

Diane Conners

28- **Irene Ward**

29- **Linda McElwain**

30- **Louvina Donaldson**

Bold are Saint Regis

Mohawk Senior Club Members

HOROSCOPES

Aries (March 21– April 19)

Are you ready for life to heat up this year, Aries? You should be feeling the heat from your fast-paced, forceful power planet Mars paired up with kindred fire sign Sagittarius, the sign of adventure and optimism, as 2022 begins. You're not a big planner, and the spontaneous adventures you enjoy during this restless time can encourage you to continue to find ways to diversify your experiences for the rest of the year.

You celebrate your solar return as the sun visits your sign from mid-March to mid-April, so happy birthday to the brave warrior within you! By now you'll be able to feel that this year isn't like last year. In 2022, you can take full advantage of the fact that you're a cardinal fire sign who's always ready for whatever challenges life brings. It's your turn to show the world that you're a real power player, so step up to the plate and hit it out of the park!

Taurus (April 20– May 20)

You can learn a lot this year if you pay attention, Taurus. Your lovely ruler Venus, love and money goddess extraordinaire, begins her year retrograde and partnered with fellow earth sign serious and ambitious Capricorn. This inward-seeking energy sends you on an upwardly mobile quest right away, and you'll be in search of the ideal relationship and a fat bank account. Of course, as a patient Bull, you know that these things take time, but if you don't take the first step you'll never get there, and that's where the Goat's focused nature—even in retrograde—gives you the push you need to eventually get to the top of that mountain in 2022. Pay close attention to recurring themes and people who reappear in your life after being absent for a while. When the past comes knocking now, it's best to listen.

You celebrate your solar return between mid-April and the end of May, Taurus, and the celebration will be big this year! You have a lot to look forward to during your birthday month, including a solar eclipse on April 30 that will bring a burst of energy and enthusiasm to your life. This will add to the celebratory feeling you're already experiencing and is a kickoff to the interesting new things on the horizon. Look forward to the increased confidence that comes with this solar event that can help elevate your goals to the next level.



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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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**
- **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..**