



# Moccasin Trail

SESKÉHA / AUGUST 2021

## Points of Interest:

- July Coloring Contest
- Farmer's Market
- Legal aid appointment dates
- Chair yoga is back on
- Upcoming Trips
- National Holidays for August
- New Pool Table
- Red Willow Article
- Easy Stuffed Zucchini Boat Recipe



The staff at the Saint Regis Mohawk Tribe's Office for the Aging are excited to announce that the Senior Center (*Tsi Tetewatatkens*) will be resuming congregate meals and activities beginning on Monday, August 9, 2021. To welcome our senior guests back there will be a special menu and the return of Monday Bingo!

As we continue to care about your health, as well as for everyone who visits the Senior Center to feel comfortable, we ask anyone planning to visit the facility to please adhere to the following safety guidelines:

- We ask that any individual who is not feeling well to please stay home and visit the Senior Center another day.
- Please stay home if you have any of the following: *Fever, shortness of breath, chills, cough, muscle aches, runny nose, sore throat, tiredness, or headache*. While preventing COVID is a priority right now, we also need to prevent the spread of other contagious conditions, such as influenza, which can have negative impacts on the health and wellbeing of our elders.
- All unvaccinated individuals are asked to wear a mask while in the Senior Center. All fully vaccinated individuals do not need to wear a mask while in the facility. If wearing a mask makes the individual feel more comfortable while in the center, they are welcome to do so.
- Individuals who would like to attend the Noon (12:00 p.m.) meal must call by 9:30 a.m. and place a reservation. There is a limit of 50 meals per day. At this time, no walk-ins will be accepted.

.....continued on page 2.

## Reopening Guidelines Continued....

- We will continue to offer Grab-and-Go meals as an alternative to the congregate meal for those who are hesitant to return to a group setting. Individuals must call before 9:30 a.m. to reserve their Grab-and-Go meal. There is a limit of 20 meals per day. Meals will be available for pickup at the front door from **11:00 a.m. to 12:00 p.m.** This is half an hour earlier than our usual pickup.
- We will use drop boxes for contribution collection. Envelopes will be provided for elders receiving services at home. Contributions can be dropped off or mailed to the Senior Center. There will also be a drop box available for congregate meal contributions. Contributions are voluntary and an elder cannot be denied a meal or service for an inability or preference not to contribute.
- Pre-registration is required for all activity classes and trips. Please check the newsletter and the Senior Center Facebook page for upcoming events, trips, and classes.
- NY Connects and HIICAP will be meeting with clients in their offices. You may be pre-screened by phone before your meeting. All meetings are by appointment only, no walk-ins. Unvaccinated individuals are requested to wear a mask.
- We are resuming in home repair services. Call the Senior Center and a staff person will contact to you to schedule an appointment for the repair.
- No individuals under the age of 18 years of age will be allowed in the building until further notice. The building is also unavailable for use by outside programs until further notice.

We can't wait to "Welcome Back" everyone back to the Senior Center. If you have questions about the above guidelines or services, please call the Senior Center at (518) 358 2963.

## July Coloring Contest Winners



Congratulations Helena Lamb and Dolores Ransom on winning the July coloring contest!

Our next contest will be from August 1st until August 11th. Since we will be open, the seniors that come in for congregate lunch that day will be voting for the winners! The prizes will also be changing this month.





We will be distributing coupons differently this year. Senior center staff members will be at the center's front door for drive-thru sign up. Please stop in at one of the following times to sign up:

<b>Tuesday's</b>	<b>Wednesday's</b>	<b>Thursday's</b>	<b>Friday's</b>
1:00 p.m.-4:00 p.m.	11:00 a.m.– 2:00 p.m.	1:00 p.m.– 4:00 p.m.	1:00 p.m.– 4:00 p.m.
	<i>Farmer's Market at Generations Park</i>		

*\*Same schedule for the following weeks. No Monday distribution due to Parking Lot Bingo. No exceptions.*

The eligible income guidelines have changed a little for 2021. They are as follows:

\$1,986 - 1 person household  
 \$2,686 - 2 person household  
 \$3,386 - 3 person household  
 (+700 for each additional person.)



## Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton is back 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, the second and fourth Thursday of the month (usually).

Thursday, August 12, 2021

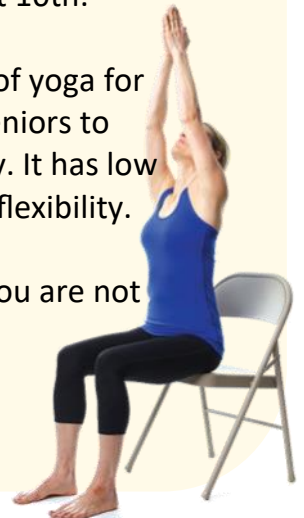
Tuesday, August 31, 2021

## CHAIR YOGA!

Catherine Cook is back to teach Chair Yoga every Tuesday and Thursday at 10:00 a.m. in the Sunroom. Beginning August 10th.

Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury. It has low impact on joints and improves flexibility.

Please wear a mask in class if you are not vaccinated or not comfortable without one.





# Red Willow

Many people in the community may recall stories about Red Willow and its uses. In speaking with some it was an important tool for dealing with obstinate individuals. Some may have even felt the sting or at least the threat of a red willow stick at one point.

Red Willow in these parts is actually Red-osier Dogwood (*Cornus stolonifera*, for those preferring its botanical name). It is very common around here and is identified by bright red twigs. It has brilliant red foliage in the fall. It is considered to be one of the most widespread species, occurring over most of North America. It is a 3-9 feet tall shrub (most seen in this area are short), recognized by flat, umbrella-like clusters of small four or five-petal white flowers and oval leaves with prominent veins that gently curl to trace the shape of a leaf margin. The name red-osier is French, meaning “red willow shoot”. The Mohawk name for red-willow is, Onekwénhtara Niwatahtsherò:ten.

Red-osier dogwood is also categorized as an herbal plant. It has long been used for medicinal purposes by Native American tribes. Although not as much in modern times, it provided a host of treatments for common ailments in humans. Its bark contains an astringent with tonic qualities. It was used both internally and externally for the treatment of pain relief as an analgesic, for fevers, diarrhea, problems with the skin and as a mild stimulant. It has also been used to treat eye conditions such as styes, for colds and coughs, and as a wound dressing using the bark shavings to control bleeding. It can even be eaten as the fruit is edible, although it's a bit on the bitter side.

Some may remember one of our elders, now past, who made “kinnikinnik”, a tobacco substitute. The inner bark of young stems was split and scraped into threads and toasted over a fire before being mixed with real tobacco.

The Tribe has established the Akwesasne Native Plant Nursery (ANPN) located on Blair Road. Its purpose is to reestablish native plants important to the community. If you would like to learn more about the ANPN and help shape its future please contact the Land Resources Program, 518-358-5937 or email [jessica.raspitha@srmt-nsn.gov](mailto:jessica.raspitha@srmt-nsn.gov).

Your plant suggestions are welcome as well as your wisdom and knowledge about our plants.  
Niawen Kowa.



# August Craft Kit

We are so excited to announce that the monthly craft classes will now be held in the craft room at the senior center!

**Date: Wednesday, August 25, 2021**

**Time: 12:45 p.m.**

Limited seating to 6 people, snacks will be provided. Please call Joy to reserve your seat at (518)358-2963. We look forward to seeing and visiting with you!



Bushel Basket Lid Wreath




Previous Craft Kits:

Jute Bee Hive made by Carol Cree  
Memories from the Beach craft  
made by Dorothy Shatlaw



## 1 3 5 **New Pool Table!** 8 9 10

Yes it's true! The senior center was donated a pool table from the SRMT Recovery Center (ACDP program). We put it in the corner of the dining room so it can be played anytime. Starting August 13th, every Friday we will host our pool league. We will play round robin style where everyone plays each other once and process of elimination and score by wins per person or teams depending on how many people would like to play. We will start at 10:30 a.m. and play until we have a winner. Hope to see you Friday!

# Seskehá/August 2021

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahì:khaton
<b>1</b>	<b>2</b> <b>CLOSED</b> Kahwá:tsire Raeonenhnísera (Family Day) 	<b>3</b> Chicken Tenders Fries Mixed Veggies Wheat Roll Banana	<b>4</b> Strawberry Spinach Salad Garlic Bread Watermelon Cup	<b>5</b> Baked Fish Wild Rice Squash Beans Roll Apple	<b>6</b> Ravioli with Sauce Toss Salad Wheat Roll Peach Cobbler	<b>7</b>
<b>8</b>	<b>9 WELCOME BACK!!!</b> Prime Rib Mashed Potatoes Corn Broccoli Apple Pie <b>Activity:</b> 10:30 Virtual Bingo 1:00 Bingo	<b>10</b> Chuck Wagon Linguine Salad Orange <b>Activity:</b> 10:00 Chair Yoga 1:00 Walmart Shopping  <i>National S'mores Day!</i>	<b>11</b> Cabbage Rolls Corn Wheat Roll Cherry Crisp <b>Activity:</b> 12:00 Coloring Contest Ends	<b>12</b> Adirondack Salad Cheese Bread Mandarin Oranges <b>Activity:</b> 10:00 Chair Yoga 1:00 Harte Haven Shopping 12:00 Malone Fair  <b>Legal Aid with Linda</b>	<b>13</b> Beef Barley Soup Egg Salad Sandwich Carrot/Celery Sticks Mixed Berries with Whipped Cream <b>Activity:</b> 10:30 Billiards Games	<b>14</b>
<b>15</b>	<b>16</b> Salisbury Steak with Mushrooms	<b>17</b> Liver with Onions Boiled Potato	<b>18</b> Chicken Caesar Salad	<b>19</b> French Toast Ham, Scrambled Eggs	<b>20</b> Sausage, Onions, Green Peppers on a	<b>21</b>



	<p>Mixed Veggies Roll Yogurt Parfait</p> <p><b>Activity:</b> 1:00 Bingo</p> <p><i>National Tell a Joke Day!</i></p>	<p>Green Beans Wheat Roll Fig Newton</p> <p><b>Activity:</b> 10:00 Chair Yoga 1:00 Walmart Shopping</p>	<p>Italian Bread Apple Crisp</p> <p><b>Activity:</b></p>	<p>Apple Juice Melon Slices</p> <p><b>Activity:</b> 10:00 Chair Yoga 1:00 Harte Haven Shopping</p> <p><i>National Ice Cream Day!</i></p>	<p>Bun, Chips, Pickle, Celery/Carrot Sticks Pears</p> <p><b>Activity:</b> 10:30 Billiards Games 9:00 Rooster Palooza</p> <p><i>National Lemonade Day &amp; Senior Citizens Day!</i></p>	<p>7</p>
<p><b>22</b></p>	<p><b>23</b> Tomato Mac Soup Sandwich Fruit Cocktail</p> <p><b>Activity:</b> 1:00 Bingo</p>	<p><b>24</b> Pulled Pork Sandwich, Fries Coleslaw Peaches</p> <p><b>Activity:</b> 10:00 Chair Yoga 1:00 Walmart Shopping</p> <p><i>National Kobe Bryant Day and National Waffle Day!</i></p>	<p><b>25</b> <i>Birthday Meal</i> Spaghetti &amp; Sausage Caesar Salad Italian Bread Cake</p> <p><b>Activity:</b> 12:45 Craft Class: Bushel Basket Lid Wreath</p>	<p><b>26</b> Chef Salad Garlic Bread Banana Muffin</p> <p><b>Activity:</b> 10:00 Chair Yoga 1:00 Harte Haven Shopping</p>	<p><b>27</b></p> <p><b>CLOSED</b></p> <p><b>Planning Day</b></p> 	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b> Chicken Burger Veggies Cream Cheese Brownie</p> <p><b>Activity:</b> 1:00 Bingo</p>	<p><b>31</b> Ham, Rice Pilaf Carrots, Beans Wheat Roll Applesauce</p> <p><b>Activity:</b> 10:00 Chair Yoga 1:00 Walmart Shopping</p> <p><b>Legal Aid with Linda</b></p>	<p>Call the Center if you will not be home for your Home Delivered Meal at <b>518-358-2963</b></p> <p><b>NOTE:</b> Salads available, limited to 15 callers, first come, first serve.</p> <p>Senior Club activities such as massage, bingo, ace to king are pending until the senior club meeting.</p>	<p><b>NOTE:</b> Salads available, limited to 15 callers, first come, first serve.</p> <p>Senior Club activities such as massage, bingo, ace to king are pending until the senior club meeting.</p>		<p>Sponsor by: NYS OFA Title III, Title VI Native American Funding, Tribal General Funding</p>

# Yay Trips!

## Malone Fair Senior Day!

Thursday, August 12th  
Leave Center at 12:00 p.m.  
\$2.00 Admission 62+

All day— Western Horse Show

1:00 p.m. 4-H Conformation Youth Goat Show



## Rooster Palooza 2021

Friday, August 20th in Plattsburgh  
Leave Center at 9:00 a.m. Return by 3:00 p.m.  
Bag lunch provided

Enjoy a day of browsing many different flea market and antique vendors.

## Watertown Shopping

Wednesday, September 15, 2021  
Leave Center at 8:30 a.m. Return 4:00 p.m.  
Lunch on your own

Stopping at Salmon Run Mall, Target,  
TJ Maxx and Kohl's

Limited seating available  
for each trip. Please call  
Katie or Joy to reserve  
your seat (518)358-2963

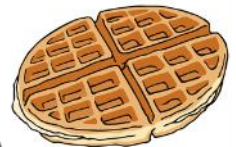
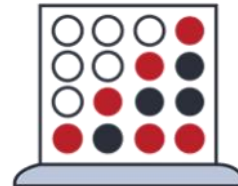




# National Holiday's are Back!

*In our calendar we included national holiday's to brighten up the month.*

Tuesday, August 10, 2021	National S'mores Day: S'mores included in morning snacks
Monday, August 16, 2021	National Tell a Joke Day: We'll have funny jokes to read allowed to your table to get a laugh.
Thursday, August 19, 2021	National Ice Cream Day: Ice cream will be served after lunch
Friday, August 20, 2021	National Senior Citizens Day: We will have games available to play including life size Jenga and Connect Four, Scrabble, Croquet, Cornhole, Frisby Toss, Billiards, or Shuffle Board. National Lemonade Day: A lemonade stand will be set up all afternoon.
Tuesday, August 24, 2021	National Waffle Day: Waffles included in morning snacks National Kobe Bryant Day: Shoot some hoops for prizes
Monday, August 30, 2021	National Beach Day: Beach Party



The Saint Regis Mohawk Tribe's Compliance Department announced that the 2021-2022 Low Income Home Energy Assistance Program (LIHEAP) Module Plan is available and under review for the upcoming program year. The plan is available until August 13, 2021 for comments. Because of the on-going Pandemic state of emergency, please contact the Food Distribution office at (518)358-2272 ext. 2212 or email Melanie Conners @ [melanieconners@srmt-nsn.gov](mailto:melanieconners@srmt-nsn.gov) to arrange for the review of the plan and if needed how to send comments. The LIHEAP Module Plan details how funding for home energy assistance will be allocated during the coming fiscal year to assist eligible low-income households with heating and cooling costs, and bill payment assistance (crisis assistance).

# Summer Food Safety

There is nothing more American than the picnic! The important point is to have safe and healthy food, not food that can cause food borne illness. Always prepare and store food properly. And, as always, **wash hands and work areas before preparing food.**

Plan your menu with an eye to safe food handling. **Cook foods in plenty of time to thoroughly chill them in shallow containers in the refrigerator.**

Have enough coolers with ice or frozen gel packs in which to store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F.

**Pack foods right from the refrigerator into the coolers.** Don't put the cooler in the trunk; **carry it inside an air-conditioned car.** At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.

**Use a separate cooler for drinks** so the one containing the food won't constantly be opened and closed.

If there's no **source of safe drinking water** at your destination, take water for preparation and cleaning or pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces. Cross-contamination during preparation, grilling, and serving food is a prime cause of food borne illness.

**Pack raw meats, poultry, or seafood on the bottom of the cooler.** This will reduce the risk of them dripping on other foods. Pack coolers until they are full. A full cooler will stay cold longer than one that is partially full. If you get takeout foods such as fried chicken, **eat them within an hour of pick up.**

**Do not partially grill extra meat or poultry to use later.** Once you begin, cook until completely done to assure bacteria are destroyed. Grill raw poultry until the juices run clear and there is no pink. Hamburger should not be pink in the center.

When taking food off the grill, **don't put the cooked items on the same platter which held the raw meat** unless you have washed the platter in between uses.

**Two Hour Rule.** Don't leave perishable food un-refrigerated for more than two hours. Put perishable foods back in the cooler or refrigerator as soon as you finish eating. Don't leave them out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on. Chances are, picnic leftovers have been sitting out for more than an hour or two. **Discard these leftovers.** Cold foods that were kept in a cooler that still has ice may be safe. If the ice has melted however, the food should be discarded.



# Satonhá:ren tsi Saksiërite

*Best Wishes on your Birthday and throughout the coming year!*

1- Cecil M. Garrow	10- Krystal Hallman	21- Shirley Mainville
2- Margaret Revier	Patricia D. Rubado	Bernice Lazore
Donna Mae Dumville	Debbie Cook-Jacobs	Barbara Lizette
Beverly Cook	Carol Francis	Dorothy Costello
3- Iris Herne	11- Sylvia Beeson	23- Cynthia P. Phillips
Ronald Garrow	Shirley Brown	24- Polly Mulvana
4- Nancy Raville	12- Brian Thomas	25- Mary J. Francis
Iona Castagnier	Elizabeth Clary	27- Patricia Oakes
5- Valerie Garrow	13- Susan M. Herne	Francine Palermo
Linda Montour	18- Gary Dumville	30- Joyce Kelso
6- Ben Tarbell	Dorothy Shatlaw	31- Rebecca Massic
Donna Delormier	Harvey Thompson	Elaine Scott
7- Gerald Ghostlaw	20- Karmen Miller	Phoebe Curran
8- Alice Jock	Cocoa D'Agostino	
9- Carol Ann Thompson	Ronald 'Punchy' Cook	

**Bold are Saint Regis Mohawk Senior Club Members**

## Easy Stuffed Zucchini Boats

Easy Stuffed Zucchini Boats are the perfect way to enjoy your fresh summer zucchini! Tender zucchini filled with a silky meat sauce, topped with cheese and baked until tender.



### Ingredients:

2 large zucchini, 1 onion, 1 clove of garlic, 1 lb. ground beef, 1 tomato diced, 1 bell pepper diced, 1 cup pasta sauce or marinara divided, 1 1/2 teaspoons Italian seasoning, 1/4 teaspoon of pepper, 1 cup mozzarella cheese divided

### Directions:

1. Preheat oven to 400 degrees F.
2. Brown ground beef, onion and garlic, until no pink remains. Drain any fat. Stir in 1/2 cup pasta sauce, tomato, bell pepper and Italian seasoning. Let simmer 10 minutes. Remove from heat and stir in 1/2 of the cheese.
3. Slice zucchini lengthwise and scoop out the center to create a shell and place in a baking dish. Fill each zucchini with 1/4 of the beef mixture.
4. Spread the remaining 1/2 cup pasta sauce over the zucchini boats and top with remaining cheese.
5. Bake 25 minutes or until zucchini is soft and cheese is bubbly.

**Nutrients:** Calories 444; total Fat 31 g; Saturated Fat 12 g; Cholesterol 102 mg; Sodium 582 mg; total Carbohydrates 12g; Dietary Fiber 3g; total Sugars 7g; Protein 28g

Source: spendwithpennies.com





**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**

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

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

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **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**
- **Socialization**
- **Information & Assist..**