



Moccasin Trail

SESKHA / AUGUST 2023

Points of Interest:

- AARP Drivers Safety Course— Oct. 10 & 11
- RoTech/ North Country Medical Presentation on August 14th, 11:15 am
- Port Theater Movie: The Little Mermaid 8/9/23
- Malone Fair Trip 8/10/23
- Healthy Aging and Healing with Alice McClure every Monday at 9:00 am

It's a Luau Senior Picnic!

ALOHA!

Friday, August 11, 2023
10:00 am- 2:00 pm at the Generations Lacrosse Box

Wear your flowered shirts & dresses!

Menu: BBQ Chicken & Salads

No tickets needed and no need to call the morning of!*

Enjoy Retirement Pam!

Friday, July 21st was officially Pam's last day of work as our Home Delivered Meals/Transportation driver. She came in to let us celebrate her on the July Birthday meal. She received her Certificate of Service, a splint basket, cake, and gifts from the senior center staff. Congratulations Pam, you've reached the finish line! Enjoy retirement and your next adventures!



Inside this Issue:

Senior Club Page	2
Coloring Contest 8/10	3
Elders Ice Cream Social 2023	4 & 5
Calendar	6 & 7
What is a Caregiver?	8
Physical Elder Abuse	9
Osteoporosis and a Bone-Healthy Diet	10
Birthdays	11

We will be Closed on:

Monday, August 7th: Family Day
Friday, August 25th: 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!



Senior Club Meeting

**Wednesday, August 9th
12:30 pm– 1:30 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– 1:00 pm

Friday 11:00 am– 1:00 pm



Fall Craft Fair Meeting

Reaching out to vendors and volunteer committee members for our Annual Craft Fair Fundraiser on Tuesday, August 15th at 4:00 pm in the Senior Center dining room. The senior club needs your help!



Haircuts Offered at the Senior Center!

Hairdresser: Katy Tarbell

Elders will pay a small fee and the club will pay the difference. Haircuts will be right in the senior center lounge every 2 weeks from 10:00 am– 1:30 pm. Call to make your appointment with the Senior Club at 518-358-2963. Katy is willing to make house calls for other hair services.



Volunteer Bingo Schedule

August 14th

Theresa Martin
Nancy Jacobs
Rose Jacobs
Debbie Thomas

August 21st

Theresa Martin
Rose LaFrance
Barbara Lazore
Vicki Phillips
Lynn LaFrance

August 28th

Theresa Martin
Rose LaFrance
Dorothy Shatlaw
Darlene Chubb
Valarie Garrow

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

\$10.00 each or 3 for \$20.00

Tickets available for sale after the August Club Meeting, Club members will be selling

8-26-23 Raffle Tickets being sold at fly-in summertime festival Malone airport



Prizes include:

- Dreamcatchers Gift Card
- Wolfpack Gift Card
- Sewing Machine on Wheels
- \$105 Massage Gift Card
- \$100 Price Chopper Gift Card
- Final Touch Detailing: \$140 detail, \$100 ceramic coating
- Tisha Tarbell: Shampooing, cut and shape
- Nia:wen Skin Care Gift Card





Coloring Contest Winners For July:

Congratulations Charlene Sunday & Caroline Bigtree,
our July coloring contest winners! The August
coloring pages will be available August 1st and the
contest will end **Thursday, August 10th at 10:00 a.m.**



AARP Driver Safety Course at Seniors

Wednesday, October 10th and Thursday, October 11th



1:00 pm– 4:30 pm

Instructor: David Stewart

Duration: Two days for 8 hours



Class sessions, slated from 1 to 4:30 p.m. each day, are open to all New York State licensed drivers — regardless of age.

Class size is limited and pre-registration is required by calling Katie at (518) 358-2963 / extension #3303.

Classes this Fall will be conducted in the Senior Center at 29 Margaret Terrance Memorial Way.

Upon completion of the course, participants can earn a three-year insurance discount and become eligible to reduce up to four points on their New York State driver's license.

The fee is \$25 for AARP members and \$30 for non-members. Participants can pay with exact cash or a check payable to AARP at the first class session.

Participants must bring their valid driver's license and a current AARP card (if a member) to each class session.

For the first class session, participants should arrive at least 20 minutes early.

RoTech/North Country Medical Presentation

RoTech/ North Country Medical is located nationwide and able to service all your DME (durable medical equipment) needs. Our north country offices are located at 478 E. Main St, Malone (next to the post office) and 6997 St Route 11 in Potsdam.

We have 24/7 on call support services including Respiratory Therapists and Nurses. We offer state of the art testing and equipment to manage your Chronic Lung conditions including COPD/Emphysema to our Better Living Now division that supports Diabetic testing/ supplies with the convenience of mail order shipping to our Total Wound care Solutions division that offers industry leading wound vacs and over 15,000 wound dressing options!!!

It is our goal to help you navigate your equipment needs. We make it easy!!

We will be giving a presentation at the SRMT Office for the Aging on Monday, August 14th at 11:15 am



Elders Ice Cream Social 2023



Despite the gloomy morning, the weather ended up turning out pretty nice for the Second Annual Elders Ice Cream Social at Generations Park. Community elders were invited to the lacrosse box to enjoy an afternoon of mingling, a comedy set, and a fashion show. Oh yeah, and ice cream!

Nia:wen to the Aboriginal Outlaws and Tina Thompson for providing free entertainment with a comedy set and a mini fashion show. The Outlaws had us all laughing and the models did an awesome job walking the runway in their stunning traditional wear.





This event was made possible by:

SRMT Office for the Aging: Katie Boots-Lazore

SRMT Parks and Recreation Manager: Amberdawn LaFrance

Holistic Health and Wellness: Elder Enrichment Program: Kyle Thompson, Maya Swamp, Wathahonni Mitchell

Akwesasne Housing Authority: Viktoria White



Our sponsors: Stewart's Shops and Akwesasne Sweet Treats

Our Volunteers: Joni Toulouse-Buckshot, Arlene LaFrance, Talynn Wylie, Myranda Collette, Sophie Lauzon, Timothy Jock, Mirabella Lazore, Melissa and Keegan



Seskeha/August 2023

Tsist'ahkha-	Kiokieréhton	Tekeníhton	Ahsénhaton	Kaieríhton	Wiskhaton	Iahí:khaton
<p><u>Did you know?</u> The Senior Center makes approximately 50 Home Delivered Meals, 12 Grab-n-Go meals and 10 Congregate meals each day? It is very important for elders to call before 9:30 am to reserve any meal to make sure we have enough food for all.</p>	<p>1 Fish on a Bun French Fries Beans Wheat Roll Applesauce <u>Activity:</u> 10:00 Chair Yoga</p>	<p>2 Strawberry Spinach Salad Garlic Bread Watermelon Cup <u>Activity:</u> 10:00 Exercise DVD</p>	<p>3 Baked Fish Wild Rice Squash Beans Roll Banana <u>Activity:</u> 10:00 Chair Yoga <i>National Watermelon Day</i></p>	<p>4 Ravioli with Sauce Toss Salad Wheat Roll Peach Cobbler <u>Activity:</u> 10:30 Pool Tournament</p>	<p>5 6:00 Ace to King</p>	
<p>6 6:00 Ace to King</p>	<p>7 CLOSED Family Day </p>	<p>8 Beef Stir-Fry Noodles Roll Mandarin Oranges Vanilla Pudding <u>Activity:</u> 10:00 Chair Yoga</p>	<p>9 Cabbage Rolls Corn Wheat Roll Cherry Crisp <u>Activity:</u> 12:30 Sr Club Meeting 12:45 The Port Theater Movie: The Little Mermaid</p>	<p>10 Adirondack Salad Cheese Bread Mandarin Oranges <u>Activity:</u> 10:00 Chair Yoga 10:00 End of Coloring Contest 10:30 Malone Fair <i>Legal Aid Appointments</i></p>	<p>11 Senior Picnic 10:00 am – 2:00 pm Generations Lax Box BBQ Chicken Salads Dessert </p>	<p>12 6:00 Ace to King</p>
<p>13 6:00 Ace to King</p>	<p>14 Tomato Mac Soup, Tuna Sandwich</p>	<p>15 Chicken Burger Mixed Vegetables</p>	<p>16 Chef Salad Italian Bread</p>	<p>17 French Toast Ham</p>	<p>18 Sausage with Onions and Green</p>	<p>19 6:00 Ace to King</p>

	Fruit Cocktail Activity: 9:00 Healthy Aging and Healing with Alice McClure 10:00 Exercise DVD 11:00 North Country Medical Presentation 1:00 Bingo	3-Bean Salad Wheat Roll Fig Newton Activity: 10:00 Chair Yoga 4:00 Fall Craft Fair Meeting	Peaches Activity: 10:00 Exercise DVD 11:00 Nutrition Bingo	Scrambled Eggs Apple Juice Melon Slices Activity: 10:00 Chair Yoga	Peppers on a Bun Macaroni Salad Carrot and Celery Sticks, Chips, Pickles Pears Activity:	7
20 6:00 Ace to King	21 Salisbury Steak With Mushrooms Rice Mixed Vegetables Wheat Roll Yogurt Parfait Activity: 9:00 Healthy Aging and Healing 10:00 Exercise DVD 1:00 Bingo	22 Pulled Pork Sandwiches Fries Coleslaw Peaches Activity: 10:00 Chair Yoga 1:30 Port Theatre (Pending Movie list)	23 Spaghetti with Sausage Caesar Salad Italian Bread Mandarin Oranges Activity: 10:00 Exercise DVD	24 Chicken Caesar Salad Garlic Bread Banana Muffin Activity: 10:00 Chair Yoga 10:30 Pool Tournament <i>Legal Aid Appointments</i>	25 CLOSED Planning Day 	26 6:00 Ace to King
27 6:00 Ace to King 	28 Liver with Onions Boiled Potato Green Beans Wheat Roll Fig Newton Activity: 9:00 Healthy Aging and Healing 10:00 Exercise DVD 1:00 Bingo	29 Chicken Tenders Fries Mixed Vegetables Wheat Roll Apple Activity: 10:00 Chair Yoga	30 Birthday Meal Country Style BBQ Ribs Sweet Potato Fries Mixed Vegetables Roll Cake with Fruit Topping Activity: 10:00 Exercise DVD	31 Stuffed Peppers Black Bean & Corn Relish Sautéed Cabbage Roll Orange Activity: 10:00 Chair Yoga	<p>SALADS ARE NOW AVAILABLE!!! Call before 9:30 am and don't forget to request your salad dressing.</p> <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>Box Lunch Bingo at Iakihsohtha is still a go. Please call to find out the date!</p>	

What is a Caregiver?

A caregiver can be anyone that helps with basic activities of daily living for someone 60 years or older.



Do you help with rides to the doctor, shopping, meals, bill paying, bathing, grooming, dressing, walking or transferring to a wheelchair, housekeeping, managing medications, or arranging services to be provided by others?

If you provide any of the following services like these, whether or not you live with the person you are helping, you are a caregiver!

Some of the services that we offer under the Caregiver Program at the Saint Regis Mohawk Tribe Office For the Aging are:

Information: Providing information to Caregivers about available services.

Assistance: Providing assistance to Caregivers in gaining access to services.

Respite: Personal Care provided by Care Recipient to enable their Caregiver to be temporarily relieved from their care giving responsibilities.

Case Management: Helps Caregivers gain access to services and benefits.

Counseling: Providing emotional support, information and guidance in individual and/or group settings for family members, friends, and significant others.

Supplemental Equipment Loan: Equipment loaned to Caregivers to assist them in caring for their loved one.

Out-reach: Activities that identify, seek out and encourage hard-to-reach or isolated Caregivers to use existing services and benefits.

"THERE ARE ONLY FOUR KINDS OF PEOPLE IN THE WORLD. THOSE WHO HAVE BEEN CAREGIVERS. THOSE WHO ARE CURRENTLY CAREGIVERS. THOSE WHO WILL BE CAREGIVERS, AND THOSE WHO WILL NEED A CAREGIVER."
— ROSALYN CARTER



CAREGIVING CAN BE A STRESSFUL AND THANKLESS JOB SO IF YOU FIND YOURSELF IN THIS POSITION, PLEASE CONTACT JONILEE TOULOUSE (518) 358-2963 OR BY EMAIL

JONILEE.TOULOUSE@SRMT-NSN.GOV

Physical Elder Abuse

It is any use of physical force that may result in bodily injury, physical pain, or impairment; or any physical injury to the elderly caused by other than accidental means.



RECOGNIZING THE ABUSE

ELDER ABUSE-RELATED INJURIES ARE OFTEN MISSED AS THEY MAY BE THOUGHT TO BE RELATED TO THE AGING PROCESS OR A DISEASE. A FRACTURE MAY BE ATTRIBUTED TO OSTEOPOROSIS RATHER THAN A SHOVE. BRUISING MIGHT BE ATTRIBUTED TO BLOOD THINNING MEDICINES COMMONLY TAKEN BY OLDER ADULTS RATHER THAN A SLAP OR PUNCH.

ELDER PHYSICAL ABUSE CAN OCCUR FOR MANY REASONS

~Mental Health or Substance Abuse Problems, abusers often have mental health or substance abuse problems, and may be violent with others besides the older adult such as other family members.

~ Caretaker Stress, sometimes it occurs for other reasons, such as when a caregiver is stressed out and/or sleepless and frustrated with their care giving role.

~ Dementia-Related Behavioral Problems, sometimes older adults with dementia can themselves develop aggressive or violent behaviors as part of their disease, striking paid and family caregivers who may sometimes retaliate.

Once physical abuse is recognized

Stopping it depends on the specifics of the situation. Abusers with mental health problems need treatment. Those with substance abuse problems need addiction services. Caregivers who become violent because of burnout need education and relief of their caregiving role.

Emotional complications

Taking action is often emotionally complicated. The abuser may be a family member and the victim may resist pursuing legal remedies and arrest against their loved one. Community services such as social workers and adult protective service professionals may be invaluable resources in this situation.

If you have any concerns about an elder or would like information, please contact:

Adult Protection Services (APS)	(518) 358-9659
SRMT Police	(518) 358-9200
Office for the Aging (Seniors Center)	(518) 358-2963
Akwesasne Mohawk Police Service	(518) 575-2340

Osteoporosis and a Bone-Healthy Diet

Osteoporosis is a condition that causes the bones to thin and lose their strength. When bones become weaker, sudden fractures can occur, even with minimal trauma. A calcium-rich diet is important to maintain optimal bone health and prevent osteoporosis. So, too, is vitamin D, which helps the body absorb calcium to deposit it into bones. The amount of calcium and vitamin D needed to optimize bone health increases with age.

Bones need nutrients so they can grow and maintain that growth. A bone-healthy diet can be a good strategy to prevent ongoing bone loss. This diet should be part of an overall healthy lifestyle that includes exercise and optimal calcium and vitamin D levels.

Here are three easy steps to eating well for strong bones:

1. Eat more vegetables, fruits and whole grains.

Studies show that eating more vegetables and fruits will improve bone health. These foods are generally lower in calories and fat, and they are high in fiber and essential vitamins and minerals. They also contain phytochemicals, which are substances that can protect against various diseases, including osteoporosis. Fruits and vegetables are excellent sources of magnesium and potassium, as well as vitamins C, K and A. All play a role in maintaining bone health.

2. Choose Healthy Sources of Protein and Fat.

Protein is important for bone health because it's a major component of bone tissue and plays a role in maintaining bone. The best choices include plant proteins, such as beans and nuts, as well as fish, skinless poultry and lean cuts of meat. Plant proteins are rich in vitamins, minerals and estrogen like plant compounds that help preserve bone. Protein should account for 25% to 35% of your total daily calories. You need some fat in your diet for your body to function properly. The best choices are monounsaturated fats, such as those found in olive oil, nuts and seeds. Cold-water fish also provide essential omega-3 fatty acids. Be mindful to avoid saturated fats, which have been shown to be detrimental to bone health in adults.

3. Get plenty of Calcium.

Calcium is critical to bone health. This mineral is a key building block of bone, and it helps prevent bone loss and osteoporotic fractures in older people. Although the recommended daily intake for adults generally ranges from 1,000 to 1,200 milligrams, the typical diet provides much less. If you're not getting enough calcium, try to increase your consumption of foods that are high in the mineral. Traditional dairy products, such as milk, yogurt and cheese, are the richest food sources. For example, one 8-ounce serving of skim, low-fat or whole milk contains about 300 milligrams of calcium.

Calcium is also found in:

- Plant based milk, including almond, cashew and oat.
- Food sources rich in calcium, including kale and broccoli.
- Calcium-fortified foods, such as juices, cereals and tofu products.



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- 1- Cecil M. Garrow
- 2- Margaret Revier
Donna Mae Dumville
Gail McDonald
Beverly Cook
- 3- Iris Herne
Ronald Garrow
- 4- Iona Castagnier
Nancy Raville
- 5- Valerie Garrow
Linda Montour
- 6- Arvella Thomas
Donna Delormier
- 7- Holly Thomas
- 8- Alice Jock
- 9- Ruth Peters
Carol Ann Thompson

- 10- Debbie Cook-Jacobs
James Ransom
Florabell Anderson
Krystal Hamelin
Carol Francis
- 11- Sylvia Beeson
Shirley Brown
- 12- Ronald Brian Thomas
- 13- Susan M. Herne
- 18- Gary Dumville
Dorothy Shatlaw
Harvey Thompson
- 19- Shirley Jacobs
- 20- Carmen Miller
Ronald 'Punchy' Cook
Virginia Bonaparte

- 21- Bernice Lazore
Dorothy Costello
- 22- Deborah Terrance
- 23- Cynthia P. Phillips
- 25- Mary J. Francis
- 27- Patricia Oakes
Francine Palermo
- 28- Minnie Garrow
Nancy Christie
- 30- Joyce Kelso
Peter Garrow
- 31- Rebecca Massic
Elaine Scott
Phoebe Curran

Bold are Saint Regis Mohawk Senior Club Members

Healthy Aging and Healing with Alice McClure

Join a "round table" discussion about our experiences with Aging, the good and the less good. Please join Alice McClure in sharing our collective wisdom navigating this chapter of the Journey. Guided Imagery, Stress Reduction, and Breathwork. For the month of August, every Monday from 9:00 am– 10:00 am.



Pool Tournaments at the Senior Center

On July 20th Ron Thomas won our Pool Tournament; he won a \$25 gift card to Walmart. Gary Burnham came in second and won 3 lunch certificates for the senior center.

Our next Pool Tournaments are August 4th and August 24th. They begin at 10:30 am. The only requirements is 55 years or older and arrival time is 10:30 for the tournament bracket.



Malone Fair Trip

Senior Day

Thursday, August 10th.

We leave the center at 10:30 am
Provide your own lunch,
Call and sign up with Katie at
518-358-2963.



The Little Mermaid 2023

The youngest of King Triton's daughters, Ariel is a beautiful and spirited young mermaid with a thirst for adventure. Longing to find out more about the world beyond the sea, Ariel visits the surface and falls for the dashing Prince Eric. Following her heart, she makes a deal with the evil sea witch, Ursula, to experience life on land.

**Meeting at Sunrise Acers at 12:45 pm.
Movie Starts at 1:30 pm. Entry fee Free!**





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
 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](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..**