



Moccasin Trail

SESKÉHA / AUGUST 2020

Points of Interest:

- Garden Pride
- Coloring Contest
- Craft Kits
- Farmers Market
- OFA Reopening Survey
- 10 Steps for Healthy Aging
- Recipe Corner

TREAT YOUR MASK LIKE YOUR UNDERWEAR!

1. Do not touch or adjust (especially in public).
2. Do not borrow or lend.
3. Make sure fit is tight but comfortable.
4. Make sure it is CLEAN.
5. Wear it the Right side Out.
6. If it is damp, change it.
7. Don't keep it in your pocket.
8. Don't go COMMANDO!



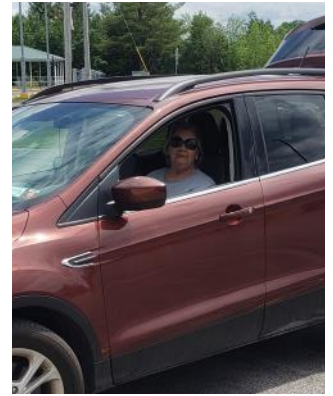
Parking Lot **BINGO** was a SUCCESS!!!

Monday July 13th the Senior Center hosted Akwesasne's First Parking Lot Bingo. Reen Cook called out the numbers over the microphone as elders dabbed bingo cards and munched on snacks provided by OFA. Cash prizes were sponsored by the Senior Club, and players each received a \$20.00 gift certificate for CKON Radio Bingo cards just for joining in the fun. For upcoming games, look on page 2 the Senior Clubs page...



**The Building is CLOSED to the Public
until Further Notice**

Parking Lot Bingo Continued... The participants were told to stay in their vehicles. The OFA staff handed out packages with the bingo cards on clip boards, water, snacks and a little candy. It was a beautiful afternoon and was great seeing everyone safely. The Senior Club has decided to continue Parking Lot Bingo! The cost is now \$20.00 a card American or Canadian. We will host every other week for the rest of the summer, from there we will reevaluate with the possibility of the building reopening. We allow more than one person in the vehicle if they wear masks (if not living in the same household) and the passenger sits in the backseat. Games begin at 1:00 pm. Please call Joy to reserve your parking spot if you would like to play at 358-2963. Upcoming games will be held on August 10th and August 24th.



Garden Pride



With staying home a lot, many of us have been making home improvements and taking the time to work on our green thumbs! More and more yards this year have nice big gardens. Peter Back has been growing everything from corn, cabbage, cucumbers, tomatoes to zucchini. Vicki and Richard Phillips also have been growing almost every kind of vegetable you could imagine (bottom photo). Diane and Paul Boots created their first ever garden and made their very own

compost from their home, like potato shavings, egg shells, left over vegetables; the smellier the better! They believe the compost is the reason why their gardens are doing so great, all natural soil. Pete, Richard and Diane made sure Joy and Katie got samples too. Niawen! Our cucumbers, zucchini, cabbage, basil, and asparagus beans were all fresh and delicious! We are always open to samples!



Pete Back with his garden



Diane & Paul Boots (left) with their little dogs standing in front of their home made natural compost for their garden. Diane (above) showing off her garden and asparagus beans.



Vicki & Richard Phillips garden



Congratulations!

LEONA DAVID & DEAN MARTIN

Winners of our July Coloring Contest!



Leona and Dean both win a free lunch on us from one of our local restaurants of their choice. We only had 12 participants this month. All of the staff voted and chose 2 of their favorites of both coloring pages. The next Coloring Contest will be distributed on Tuesday, August 4th and they need to be back to us by Friday, August 14th 12:00 pm at the latest. Any senior can participate in these contests! Give Katie or Joy a call and we will get one to you and pick up! (518) 358-2963.



alzheimer's association®

LIVING WITH ALZHEIMER'S FOR CAREGIVERS VIRTUAL PROGRAM SERIES

Visit alz.org/CRF to explore additional education programs in your area.

Registration is Required. You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at alz.org/CRF, via our 24/7 Helpline at 800.272.3900, or by contacting Jon Weaver at 518.675.7216

This program is supported in part by a grant from the New York State Department of Health.

Early Stage Part 1-3 was held in July

Middle Stage Part 1

Wednesday, August 12 at 2:30 pm– 4:00 pm

Middle Stage Part 2

Wednesday, August 19, 2:30 pm– 4:00 pm

Middle Stage Part 3

Wednesday, August 26, 2:30 pm– 4:00 pm

Late Stage Part 1

Wednesday, September 16, 2:30 pm– 4:00 pm

Late Stage Part 2

Wednesday, September 23, 2:30 pm– 4:00 pm

Back in the Good Ol' Days!

Senior Picnic August 2019



Iona & Sandy






Margaret & James M.



Lilly & Phyllis

Seskeha/August

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wískhaton</i>
3 Closed Tribe Family Day 	4 Sweet Potato Soup Biscuit Mandarin Oranges	5 Spanish Rice Buttered Turnips Roll Cantaloupe Slices	6 Cold Cut Buffet Mandarin Salad Chips, Pickles Fruited Jell-O	7 Maple Dijon Chicken Wild Rice Beets, Roll Fruit Cocktail
10 Goulash Wax Beans Cheesy Garlic Bread Chocolate Pudding	11 Shake-n-Bake Chicken Sweet Potato Mixed Veggies Roll	12 Shepherd's Pie Peas Yogurt Parfait Cup	13 Chef Salad Breadsticks Cookie	14 <u>SENIOR PICNIC</u> Cheeseburger Pork-N-Beans Veggie Sticks Italian Ice
17 Liver & Onions w/ Bacon Boiled Potato Corn, Roll Yogurt & Berries	18 Open Face Roast Beef Brown Rice String Beans Roll Peaches	19 Strawberry Spinach Salad w/ Chicken Cheese Sticks Italian Ice	20 French Toast Sausage Fresh Fruit	21 Bake Pork Chops Sweet Potatoes Wax Beans Roll Lemon Fluff
24 Hot Chuck Wagon Cucumber Salad Italian Ice	25 Mac & Cheese Stewed Tomatoes Roll Melon Cup	26 <u>BIRTHDAY MEAL</u> Ham Mashed Potatoes Glaze Carrots, Roll Strawberry Shortcake	27 Potato Crusted Cod Wild Rice Mix Veggies Roll Ice Cream Sandwich	28 Closed Planning Day 
31 BBQ Ribs Rice Peas, Roll Yogurt & Berries	<p>Call the Center if you will not be home for your Home Delivered Meal at 358-2963</p> <p>Menu is subject to change do to the availability of produce</p> 			



CRAFT KITS!



Our first round of Craft Kits came out and we are getting very positive feedback. Iris Herne sent us the pictures above of her adorable Tea Cup Pin Cushion (5 mini left). We took a picture of Vicki Phillips' beautiful garden and her painted birdhouse craft that fit right in.



Vicki Phillip's painted birdhouse



Bea White's
Ombre Macrame



Barbara Lazore's Painted Birdhouse



9 Wooden
Mermaid Kits
Available



Driftwood Boat



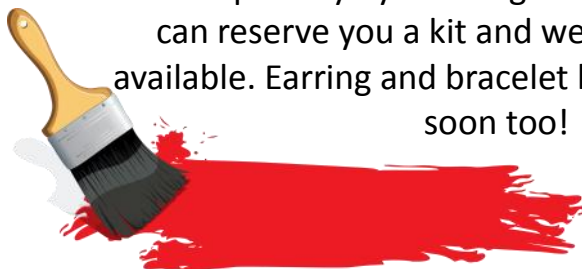
Sailboat



Seashell Wreath



The Craft kits shown above will be available in a limited quantity by mid August. You can call and we can reserve you a kit and we will notify when available. Earring and bracelet kits will be available soon too!



4 Peace sign pillow kits
Available

Farmers' Market Nutrition Program

On July 6th, Tsi' Tetewatkins Senior Center began distribution of Senior Farmers' Market Nutrition Program Coupons. We are very appreciative of our eligible elders who followed our guidance to safely exchange information during our drive thru application process this year. Our staff distributed the coupons from 1 PM to 4 PM Monday through Friday until July 24, 2020. We were able to successfully distribute all 260 booklets which included:

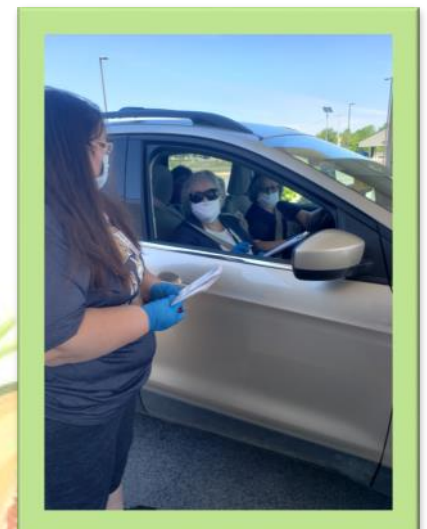
- 5 - \$4.00 Farmers' Market Coupon Checks (\$20.00 per booklet)
- pocket folder
- authorized FMNP Market Schedule

**Our HIICAP and NY Connects program included a free pen for signatures, and the Senior Center donated NYS Clean hand sanitizer individual spray bottles.*



If you received Farmers' Market Coupons remember:

- Must use checks at market between June 1 and November 30.
- Must only use checks with participating FMNP farmers and at authorized markets.
- Must not use old FMNP checks. This will affect the farmer's ability to get reimbursed.
- Will not receive cash change. Customers may not exchange an FMNP check for any amount of cash.
- If the transaction includes both cash and FMNP checks, customers may receive change for the cash portion only.
- May combine two or more FMNP checks to pay for foods.
- Should treat the checks like cash in order to avoid loss or theft.
- May select a proxy to use their check on their behalf.



What is the New York State Farmers' Market Nutrition Program (FMNP) ?

The purpose of the FMNP is to foster healthy communities through the consumption of locally grown, fresh fruits, vegetables, and to promote local farmers by expanding their sales at farmers' markets and farm stands. Those who are eligible for these programs are provided checks to redeem for fresh, local fruits and vegetables at participating farmers' markets and farm stands.

The SFMNP Check

NEW YORK STATE OF OPPORTUNITY Farmers' Market Nutrition Program 196716901

CHECK MUST BE USED BY NOVEMBER 30, 2020 AT AUTHORIZED FARMERS MARKETS AND FARM STANDS ONLY. NO CHANGE. EL CONTROL DEBE UTILIZARSE ANTES DEL 30 DE NOVIEMBRE DE 2020 EN EL MERCADO DE AGRICULTORES AUTOCITIVO. NO CAMBIO.

PAY TO: NYS FARMERS MARKET NUTRITION PROGRAM AUTHORIZED FARMER. FOUR AND NO/100.....DOLLARS **\$4.00**

GOOD ONLY FOR LOCALLY GROWN FRESH FRUITS AND VEGETABLES.
Not good at supermarkets or grocery stores.
New York State Department of Agriculture and Markets
108 Airline Drive Albany, NY 12235
Andrew M. Cuomo, Governor

2020 NO PAYMENT WITHOUT OFFICIAL STAMP

Customers may:
Use this check to buy locally grown fruits and vegetables from farmers at authorized farmers markets and farm stands in your community. Buy only from farmers who display this sign. If you need more information on farmers market locations, call the WIC Hotline 1-800-522-5006 or Senior Hotline 1-800-342-9871 or by going online www.agriculture.ny.gov. This check cannot be used at supermarkets or grocery stores.

Use este cheque para comprar frutas y vegetales frescos cultivados localmente en los Mercados de Agricultores autorizados en su comunidad. Compre solamente de agricultores que muestren este rotulo. Si necesita ayuda adicional, o más información sobre los mercados, llame a la línea directa de WIC 1-800-522-5006 o la línea directa de Personas Mayores 1-800-342-9871 o al ir en línea www.agriculture.ny.gov. Este cheque no se puede usar en ningún otro lugar en donde venden frutas y hortalizas.

The New York State Farmers' Market Nutrition Program is sponsored by:
NYS Department of Agriculture and Markets
USDA Food and Nutrition Service
NYS Office for the Aging

NYS Department of Health
Cornell Cooperative Extension

Coupon Redemption:
Coupons must be postmarked by December 15, 2020.
Farmers can redeem coupons by mailing to:
Farmers' Market Federation of New York
109 Twin Oaks Dr. Suite U2 - U4
Syracuse, NY 13206

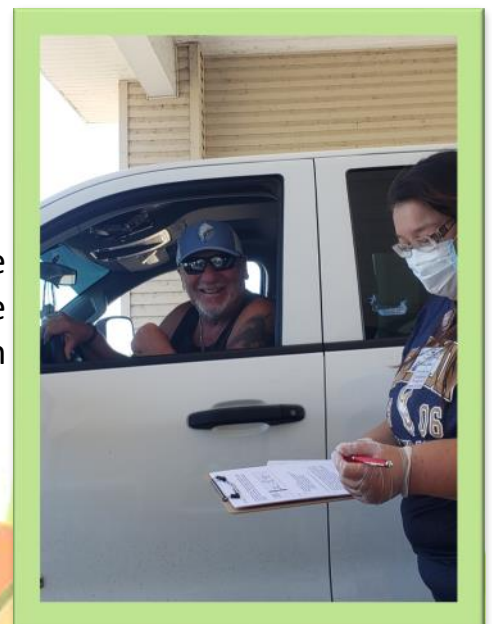
NO SIGNATURE REQUIRED.



Eligibility requirements are:

- Must be a New York State resident
- 60 years and above
- Be within Federal Income Guidelines

If you feel you missed out on the opportunity to receive Farmers' Market Coupons, or believe you are eligible, we encourage you to please call us at (518)358-2963 and we can add you to our waiting list for our next distribution.



SRMT Office for the Aging Senior Center Re-opening Survey



We are looking forward to welcoming you back as soon as it's safe to do so. This survey is to help us understand how you feel about visiting the Senior Center and what actions we can take to make sure you have a safe and enjoyable experience. These are not the final plans. These are steps we are considering as part of the opening plan and we would like your input as we move forward. Please remember that re-opening the senior center does not mean that the risk of COVID infection is gone. The senior center and how we do business is going to be different when we re-open.

1. How soon do you think it will be before you visit the Senior Center?

- a. As soon as it opens
- b. I will wait and see for a short while after it opens
- c. I am unlikely to visit until next year
- d. I am unlikely to visit until there is a vaccine

2. When we open the senior center, there will be various measures put in place to help make you feel safe. How comfortable would each of them make you feel? Please mark your response in the appropriate box.

	Much more comfortable	A little more comfortable	Would make no difference	Less comfortable	Don't know
Limiting the number of elders in the center at any one time					
Posted notices about handwashing, cleaning, social distancing,					
Hand sanitizing stations					
Congregate lunch two days a week to allow for cleaning between meals					
Social distancing, staying 6 feet apart					
No touch contribution collection					
Single use disposable utensils, condiments, etc					
Staff in the dining room to serve coffee and snacks					
Allowing only elders from local area to attend					
Visitors under age 55 not allowed in building					
Limiting Face to Face interactions					
Applications by phone					
Wearing a mask when walking into and around the center or riding the bus					
Restricting use of Sunroom for Senior Center activities only					

3. Which of the following would you feel uncomfortable about using when we open?

- a. Bathrooms
- b. Door handles
- c. Coffee Pot, creamers, sugar, and sweeteners, teas
- d. Exercise Equipment and Wii
- e. Bingo cards, dabbers, playing cards
- f. Pencils and Pens
- g. newspapers

4. Are there any changes you would like to see that would encourage you to visit?

5. While we have been closed, what activities have you taken part in?

- a. Home Delivered Meals
- b. Shopping assistance
- c. Grab and Go meals
- d. Supplemental Food boxes
- e. Activity packets, Art packets
- f. Copy of the Indian Time newspaper
- g. Application by phone

7. If these services are offered after re-opening, would you continue to use them?

YES NO

8. Are there any needs (medical, social, recreational) that were not met during the State of Emergency?

Comments on anything not covered in the survey:

Niá:wen/Thank You for completing the survey. You can return your survey by dropping it in the box at the front door or by mailing it in the enclosed envelope. We will be including your feedback in our plans as we move toward re-opening. We are tentatively scheduled to re-open the senior center on Sept. 1, 2020. This is dependent upon a number of factors and is subject to change. If you have any concerns or questions, please contact the Office for the Aging at (518) 358-2963.

10 Steps for Healthy Aging

Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections – also can help promote brain health and wellness. Here are 10 steps for successful aging:

1. Eat Well

Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt and sugar. In general, foods that are “heart healthy” are also “brain healthy.”

2. Stay Active

Physical activity increases blood flow to the brain and can also help improve mood and overall wellbeing. Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.

3. Learn New Things

Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you haven’t done before. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine.

4. Get Enough Sleep

Getting a consistent sleep every night is key; at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.



5. Mind Your Meds

Medication can affect everyone differently, especially as you age. When getting a new medication or something you haven’t taken in a while (whether over the counter or prescription), talk to your doctor or local pharmacist.

6. Stop Smoking and Limit Alcohol

Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

7. Stay Connected

Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation and mood. Invite friends and family over for a meal, board games, or just to hang out. Engaging in your community and participating in group activities is also beneficial.

8. Know Your Blood Pressure

Blood pressure can impact your cognitive functioning. Visit your physician regularly to check your blood pressure and make sure it is in normal range.

9. See Your Doctor

Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact brain health. Speak with your physician about any concerns or questions you have about your health.

10. Get a Memory Screening

Our brains need regular checkups, just as other parts of our bodies do. A memory screening is a quick, easy, non-invasive exam for our brains. Talk to your doctor about getting a screening as part of your annual wellness exam or call the Alzheimer’s Foundation of America at 866-232-8484.

Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- Cecil M. Garrow
- 2- Margaret Revier
Donna Mae Dumville
Beverly Cook
- 3- Iris Herne
Ronald Garrow
- 4- Nancy Raville
Iona Castagnier
- 5- Valerie Garrow
Linda Montour
- 6- Ben Tarbell
Donna Delormier
- 7- Gerald Ghostlaw
- 8- Alice Jock
- 9- Carol Ann Thompson
- 10- Krystal Hallman

- Patricia D. Rubado
- Debbie Cook-Jacobs
Carol Francis
- 11- Sylvia Beeson
Shirley Brown
- 12- Brian Thomas
Elizabeth Clary
- 13- Susan M. Herne
- 18- Gary Dumville
Dorothy Shatlaw
Harvey Thompson
- 20- Karmen Miller
Cocoa D'Agostino
Ronald 'Punchy' Cook
- 21- Shirley Mainville
- 21- Bernice Lazore

- Barbara Lizette
Dorothy Costello
- 23- Cynthia P. Phillips
- 24- Polly Mulvana
- 25- Mary J. Francis
Patricia White
- 27- Patricia Oakes
Francine Palermo
- 30- Joyce Kelso
- 31- Rebecca Massic
Elaine Scott
Phoebe Curran
- Bold are Saint Regis
Mohawk Senior Club
Members**



Healthy Banana Cookies

Ingredients

3 ripe bananas, 2 cups rolled oats, 1 cup dates, pitted and chopped, 1/3 cup vegetable oil, 1 teaspoon vanilla extract.

Directions

Preheat oven to 350 degrees F (175 degrees C). In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonful's onto an ungreased cookie sheet. Bake for 20 minutes in the preheated oven, or until lightly brown.

Calories: 56 cal.; Fat: 2.4 g; Carbs: 8.4g; Protein: 0.8 g; Cholesterol: 0 mg; Sodium: < 1 mg

Crustless Spinach Quiche

Ingredients

1 table vegetable oil, 1 onion (chopped), 1 (10 ounce) package frozen chopped spinach, thawed and drained, 5 eggs (beaten), 3 cups shredded muenster cheese, 1/4 teaspoon salt, 1/8 teaspoon ground black pepper.

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

309.5 calories; 20.4 g protein; 4.8 g carbohydrates; 209.2 mg cholesterol; 545.6 mg sodium.

Source: <http://allrecipes.com>





St. Regis Mohawk Office for the Aging
29 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

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

- **Life Line**
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- **Case Management**
- **Legal Aid**
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- **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..**