



# Moccasin Trail

ONERRAHTOKHA / APRIL 2019

## Points of Interest:

- Memory Café & Support Group
- Health Care Decision Day
- Caregiver Training Opportunity
- Lawn Care Services
- Monthly Coloring Contest

## Happy Easter!



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**Sorry We  
Are CLOSED**

Wednesday, April 10th &  
Thursday, April 11th  
Closed for Building Repairs  
Friday, April 19th  
Good Friday

# Senior Club Page

Any mail for the Saint Regis Mohawk  
Senior Club can be sent to:

P.O. Box 1106  
Hogansburg  
NY 13655

## Senior Club Hours:

Monday-Friday  
10:00am-12:30pm



## 2019 Club Dues!

If you are not receiving your Newsletter, you need  
to come in and pay for your 2019  
Club Membership. Cost is \$5.00.

### **New Members**

Delia Cook  
Elizabeth Sunday  
Angie Sunday  
Lawrence Cook  
Janine Cook

## Upcoming Events

Tues. April 8th at 10:00 am-  
Senior Club Meeting

### Volunteer BINGO Schedule:

#### **April 1st**

Melanie Jacobs  
Iona Castagnier

#### **April 8th**

Vicki Phillips  
Lucille Peters

#### **April 15th**

Judy Cole  
Rosemary Bonaparte

#### **April 29**

Betty Kelly  
Dorothy Shatlaw  
Debbie Thomas

**Schedule is subject to change. Please  
make arrangements to switch with  
someone if you cannot make it on  
your scheduled date.**

## *In Loving Memory*

### **Kerry Marie Montour**

September 27, 1961– March 2, 2019

We will all miss your smile, your kind  
conversations, and your super cute  
celebration dances during Wii Bowling!  
Gone from this world, but not from our  
hearts. Our condolences to Kerry's  
family and friends.



### **Three Sisters:**

Three sisters, ages 92, 94, and 96, live in a house together. One  
night, the 96-year-old draws a bath. She puts her foot in, pauses,  
and yells to the other sisters, "Was I getting into or out of the bath?"  
The 94-year-old yells back, "I don't know- I'll come and see!" She  
starts up the stairs, pauses, and calls out, "Was I going up the stairs  
or down?"

The 92-year-old is sitting in the kitchen having tea and listening to  
her sisters. She shakes her head, raps on the table, and says, "Knock  
on wood, I sure hope I never get that forgetful."

Then she yells, "I'll come up and help you both as soon as I see who's  
at the door!"

*-courtesy of L. M. Little Rock, Arkansas*





## Craft Class



Wednesday, March 27th we were ahead of the game and made Easter wreaths by using a wreath form, tulle and Easter accessories. At the end, everyone's was so different and pretty, just in time for Spring! The participants were Hazel Bero, Elaine Cook, Mona Jacobs, Winifred Mitchell, Roseanne Terrance, and Joanne Reyome.

## Niawen:kowa

Thank you Hazel Bero for your donation of books!

Thank you Paula Jacobs for your donation of Tupperware for the Kitchen!

Thank you Mary Terrance for volunteering to substitute teach our Chair Yoga class!

## Monthly Coloring Contests:

March Coloring Contest Winners are Bea White, Lynn LaFrance, and Carol Ann Thompson!

The April Coloring Contest will begin Thurs. April 4th and end Tuesday, April 9th 9:00 am– 11:30 am.

The winners will be chosen by a drawing of all who participate!

## Lawn Care Services

We are starting registration for our lawn care services with Andrew Person. There are limited spots available. Registration applications are at the Office for the Aging front desk.

**For more information call  
Andrew at (518) 358-2963**



## Memory Café & Support Group

Thursday, April 18, 2019

2:00 pm– 4:00 pm



## Green Food Bag

Deadline to order is

**Friday, April 5th by 2:00 pm**

Please mark your calendars to pick up your orders between

**12:00 pm and 4:45 pm on**

**Tuesday, April 16th**

Cost is \$10.00 per bag in American or Canadian funds!



# Oneida Indian Nation Aging Well Conference

May 29 to May 30, 2019



**Travel day from Akwesasne to Turning Stone Resort Casino is May 28, 2019**

It's that time of year again! Mark your calendars for our annual trip to the Oneida Indian Nation. Broaden your mind, meet old friends and make new connections. Room rates are done as a per person price which now includes luggage service for each guest.

The Conference and travel on Charter Bus is free, only paying for hotel stay. These rates are only available to guests who travel as part of the Akwesasne Mohawk group on the Charter bus and have tax exemption:

<b>Single</b>	\$274.00 per person (1 in a room)
<b>Double</b>	\$144.00 per person (2 in a room)
<b>Triple</b>	\$108.00 (3 in a room)

\*The above prices are for 2 night accommodations at Turning Stone Resort Casino. Also each guest who travels with the group on the Charter Bus will receive a Gaming Bonus. The Casino Free Play and Meal Credit will not be available to guests who travel on their own. As part of registration, you will need a valid ID with birthdate and address and Tribal Card.

## Important Dates to Remember:

Final date for room registration: **Tuesday, April 23, 2019**

Final Payment for your room: **Wednesday, May 8, 2019**

Final date for any room changes: **May 19, 2019**

You can begin making payments to Katie Boots in the Activities Office or by calling to let her reserve your spot at (518) 358-2963 extension 3309. No guarantee that registration for the Conference workshops will be ready, but we will keep you updated by phone, Saint Regis Mohawk Tribe Facebook, and CKON radio station. You will receive the Itinerary.

*\*Checks are to be made out to: "Saint Regis Mohawk Tribe"*



# Caregiver Corner

**April 2019**

Did you know that **April 16, 2019 is Healthcare Decisions Day?**

**Advance Care Planning** is often spoken about but not always explained in the easiest of terms. Basically it boils down to; who would you like to speak on your behalf regarding medical decisions if you were unable to make your wishes known?

**Who should start this process?** Anyone over 18 can complete the forms.

**Why as a Caregiver, should you take note?**

**First**, you want to ensure you know the wishes of the person you are caring for. When you know how your care receiver feels about some types of care it becomes easier to make decisions on their behalf.

**Second**, as a Caregiver you should have this form completed for yourself. The unexpected can happen at any time to anyone and being prepared is a great defense against the unexpected.

Now you may be saying it's too soon for these conversations. I would say the sooner the better. It's much easier to talk about in a non-stressful environment and before a crisis. Think home sitting around the kitchen table versus in the middle of an emergency room at 2:00 a.m.

In honor of the April 16<sup>th</sup> Healthcare Decision Day we have given ourselves the **goal of helping 10 people start the process.** Please come and see us on the 16<sup>th</sup> between 9:00 and 11:00 a.m. You can have your questions answered and receive a copy of a form you can use for your Advance Care Planning. Can't come in then? No problem just call and set up a time to stop by. Ask to speak to Nancy Vosbrink 518-358-2963 extension 3318 or email [nancy.vosbrink@srmt-nsn.gov](mailto:nancy.vosbrink@srmt-nsn.gov)



Funding provided by Title III E and OAA Title VI (C)

There's still time to sign up for  
**Caregiver Training!**

It begins

Wednesday, April, 17, 2019

Contact Nancy by April 10, 2019

358-2963 Extension 3318

**alzheimer's**   
**association®**

**Early Stage Education Program**


**Thursday, April 18, 2019**

**1:00 pm**



# Onerahtokha/April

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahia:khaton
<b>Mar. 31</b> <b>Activity:</b> 6:00 Ace to King	<b>1</b> Chicken Cordon Bleu Boiled Potato Green Beans, Roll Fruit Cocktail <b>Activity:</b> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo  <i>April Fools Day!</i>	<b>2</b> BBQ Pork on Bun Corn Butterscotch Pudding <b>Activity:</b> 8:20 Massage 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping	<b>3</b> Beef Stir-Fry Brown Rice Roll Chocolate Pudding <b>Activity:</b> 10:00 Exercise Class 8:00 DSS with Megan McCaffrey	<b>4</b> Bean Soup Egg Salad Sandwich Pineapple Chunks <b>Activity:</b> 10:00 Haircuts 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping  *Coloring Contest Begins*	<b>5</b> Potato Crusted Cod Boiled Potato Carrots, Roll Banana Pudding <b>Activity:</b> 10:30 Virtual Bowling  Green Food Bag Orders Due by 2:00	<b>6</b> <b>Activity:</b> 6:00 Ace to King
<b>7</b> <b>Activity:</b> 6:00 Ace to King	<b>8</b> Pork Chops Mac-n-Cheese Brussel Sprouts Roll Applesauce <b>Activity:</b> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	<b>9</b> Tomato Soup Ham Sandwich Mandarin Oranges <b>Activity:</b> 10:00 Chair Yoga 11:00 Box Lunch Bingo 1:00 Shopping 12:30 Kanien'keha Class 9-11:30 Coloring Contest Judging 1:00 Legal Aid	<b>10</b> <b>11</b> <b>Closed</b>  Building is Closed for Repairs! (Will be Staff Planning Days) All Services including Home Delivered Meals, Congregate Meals, Activities, Shopping & Transportation are all Cancelled/Rescheduled Please Call for more information		<b>12</b> Fish on Bun Coleslaw Sweet Potato Fries Fig Newton Cookie <b>Activity:</b> 9:00 Watertown Shopping 10:30 Virtual Bowling	<b>13</b> <b>Activity:</b> 6:00 Ace to King
<b>14</b> <b>Activity:</b> 6:00 Ace to King	<b>15</b> Chicken Broccoli Alfredo Garlic Bread	<b>16</b> Corn Soup Biscuit Tapioca	<b>17</b> Breakfast Burrito Cantaloupe Slices	<b>18 Easter Meal!</b> Bake Ham Mash Potatoes	<b>19</b>	<b>20</b> <b>Activity:</b> 6:00 Ace to King

6:00 Ace to King	<p>Pears</p> <p><b>Activity:</b></p> <p>10:00 Exercise Class</p> <p>10:30 Virtual Bowling</p> <p>1:00 Bingo</p> <p>(lakhisotha joining)</p>	<p><b>Activity:</b></p> <p>10:00 Tai Chi Begins!</p> <p>12:30 Kanien'keha Class</p> <p>1:00 Shopping</p> <p>12:00-4:45 Pick up Green Food Bag</p>	<p>Orange Juice</p> <p><b>Activity:</b></p> <p>10:00 Exercise Class</p> <p>1:00 Tina's Painting</p>	<p>Bake Veggies, Roll</p> <p>Cottage Cheese with Peaches</p> <p><b>Activity:</b></p> <p>10:00 Tai Chi</p> <p>10:00 Haircuts</p> <p>12:30 Kanien'keha Class</p> <p>1:00 Shopping</p> <p>1:30 Billiards— Kawehnoke</p>	<p><b>Closed</b></p> <p><b>Family Day</b></p> <p><i>good Friday</i></p>	6:00 Ace to King
<p><b>21</b></p> <p><b>Activity:</b></p> <p>6:00 Ace to King</p> <p></p>	<p><b>22</b> Tomato Soup</p> <p>Grill Cheese</p> <p>Sandwich</p> <p>Apple Cobbler</p> <p><b>Activity:</b></p> <p>10:00 Exercise Class</p> <p>10:30 Virtual Bowling</p> <p>1:00 Bingo</p> <p><i>Jelly Bean Day!</i></p>	<p><b>23</b> Sweet-n-Sour</p> <p>Pork over Noodles</p> <p>Oriental Veggies Roll</p> <p>Yogurt &amp; Berries</p> <p><b>Activity:</b></p> <p>10:00 Tai Chi</p> <p>12:30 Kanien'keha Class</p> <p>1:00 Shopping</p>	<p><b>24 Birthday Meal!</b></p> <p>Meat Loaf</p> <p>Mash Potatoes</p> <p>Carrots, Roll</p> <p>Cake</p> <p><b>Activity:</b></p> <p>10:00 Exercise Class</p> <p>10:00 Vitals</p>	<p><b>25</b> Cheese Chicken</p> <p>Rice Caserole</p> <p>Mix Veggies, Roll</p> <p>Vanilla Pudding</p> <p><b>Activity:</b></p> <p>10:00 Tai Chi</p> <p>11:00 Alzheimer's Support Group</p> <p>12:30 Kanien'keha Class</p> <p>1:00 Shopping</p> <p>2-4:00 Memory Café &amp; Support Group</p>	<p><b>26</b> Chef Salad</p> <p>Cheese filled Breadsticks</p> <p>Brownies</p> <p><b>Activity:</b></p> <p>10:30 Virtual Bowling</p>	<p><b>27</b></p> <p><b>Activity:</b></p> <p>6:00 Ace to King</p>
<p><b>28</b></p> <p><b>Activity:</b></p> <p>4:00 Stand by your Man: A Tammy Wynette Story in Ogdensburg</p> <p>6:00 Ace to King</p>	<p><b>29</b> Beef Barley</p> <p>Soup, Biscuit</p> <p>Fig Newton Cookie</p> <p><b>Activity:</b></p> <p>10:00 Exercise Class</p> <p>10:30 Virtual Bowling</p> <p>1:00 Bingo:</p> <p><i>lakhisotha attending</i></p>	<p><b>30</b> Pork Chops</p> <p>Stuffing</p> <p>Brussel Sprouts</p> <p>Apple Cobbler</p> <p><b>Activity:</b></p> <p>8:20 Massage</p> <p>10:00 Tai Chi</p> <p>12:30 Kanien'keha Class</p> <p>1:00 Shopping</p>	<p><b>Remember:</b></p> <p><i>Please call the center at <b>(518) 358-2963</b> by 9:30 am for lunch.</i></p> <p><i>Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am</i></p> <p><i>And call the center if you will not be home for your home delivered meal.</i></p> <p><i>Menu is subject to change at Cook's discretion.</i></p> <p><b>Your cooperation helps us better serve you!</b></p> <p><i>Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding</i></p>			



## **Age Activated Attention Deficit Disorder: AAADD**

### **This is how it Manifests...**

I decided to water the flower garden, as I turn the hose on in the driveway, I look over at my car and decide it needs washing. As I start towards the garage, I notice the mail on the porch table that I brought up from the mailbox earlier. I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk mail in the garbage can under the table and notice the can was full. So, I decide to put the bills back on the table and take out the garbage first.

But, I think, since I'm going to be near the mailbox when I take out the garbage, I may as well pay the bills first. I take my check book off the table and see that there is only one check left. My extra checks are in my desk in the study. So, I go inside the house to my desk where I find the can of Pepsi I'd been drinking. I'm going to look for my checks but first, I need to push the Pepsi aside so that I don't accidentally knock it over. The Pepsi is getting warm and I decide to put it in the fridge to keep it cold.

As I head towards the kitchen with the Pepsi, a vase of flowers on the counter catches my eye; they need water. I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk but first, I'm going to water the flowers. I set my glasses back down on the counter; fill a container with water and suddenly spot the TV remote someone left on the kitchen table. I realize that tonight when we go watch TV, I'll be looking for the remote but won't remember that it is on the kitchen table. So, I decide to put it back in the den where it belongs. But first, I will water the flowers.

I pour some water in the flowers but, quite a bit of it spills on the floor. So, I set the remote back on the table, get some towels and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do...

At the end of the day; the car isn't washed, the bills aren't paid, there is warm Pepsi sitting on the counter, the flowers still need more water, there is still one check in my check book, I can't find my glasses and I don't remember what I did with the car keys. Then when I try to figure out why nothing is done today....I'm really baffled because I was busy all damn day and I'm really tired!

I realize this is a serious problem and I will try to get some help for it, but first, I'll check my email...

Don't laugh...if this isn't you yet, your day is coming!!!







# 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.





# Tai Chi for Arthritis

Dr Paul Lam | A Tai Chi for Health Program

**Sign up with**

**Katie Boots**

**(518) 358-2963 Ext: 3309**

Tai Chi (Tie-chee) is easy, enjoyable and safe for people with arthritis to learn. Medical studies have shown the program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for the older adults. For this reason, arthritis foundations around the world and the Centers for Disease Control and Prevention in America are giving it their full support.

Although especially effective for arthritis, it is a great start for beginners to improve health and wellness. The program is proven to be effective to prevent falls, that is why health departments around the world have utilized it for this purpose.

## How does it work?

Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness.

Increased muscular strength supports and protects joints, which will reducing pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. Stamina or fitness is important for overall health and proper function of your heart, lungs and muscles.

Tai Chi for Arthritis helps people with arthritis to improve all these and more. It improves balance both mentally and physically thus significantly reduces the rate of falls of the older adults. Additional benefits include improving relaxation, vitality, posture, and immunity.

For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.

Activity Coordinator Katie Boots and Volunteer Trainer Catherine Cook are both certified for Tai Chi for Arthritis with the Tai Chi for Health Institute created by Dr. Paul Lam.

## Please Note:

*You do not need to have Arthritis to benefit from this exercise. Your progression through the poses are important. Attending classes from the start is very important. "Drop-ins" may be turned away. Transportation is available. Be sure to wear loose clothing and flat sole shoes.*

*If you have taken this class before, still feel free to sign up. Just be aware it is Level 1 Training.*

**Classes will be twice a week  
for 1 hour for 12 weeks  
Every Tuesday and Thursday at  
10:00 am– 11:00 am  
In the Senior Center Sunroom  
Classes will begin Tuesday, April 16, 2019  
(Please sign up with Katie Boots before then)**

# Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- |                            |                             |                             |
|----------------------------|-----------------------------|-----------------------------|
| 1- Lilly Swamp             | 10- Betty Kelly             | 27- Marvin Ward             |
| 2- Sally Hamelin           | Beverly Ray                 | Diane Conners               |
| Nancy Jacobs               | Grace Frazier               | 28- Irene Ward              |
| 3- Bettie Jacobs           | 11- Nelson Leaf             | 29- Linda McElwain          |
| <b>Ellen Savage</b>        | 12- Michael David           | 30- Louvina Donaldson       |
| Mamie David                | 14- Pat Tarbell             |                             |
| 6- Angela Mapes            | Ann Marie Laughing          | <b>Bold are Saint Regis</b> |
| 7- <b>Cecelia LaFrance</b> | 16- Janice Brown            | <b>Mohawk Senior Club</b>   |
| <b>Felicia Jock</b>        | 17- John Oakes              | <b>Members</b>              |
| <b>Joan Mitchell</b>       | 18- Giselle Cook            |                             |
| Lil Singleton              | 19- Stacey Thomas           |                             |
| 9- <b>Phyllis LaMay</b>    | 21- <b>Gladys White</b>     |                             |
| Marion Shelton             | Arthur Benedict             |                             |
|                            | 22- <b>Isabell McDonald</b> |                             |
|                            | 25- <b>Gail White</b>       |                             |



Aries 2019



Horoscope

The Aries April 2019 monthly horoscope forecasts that you've likely been laboring all winter long towards something, and if that's the case, the first signs of blossoming spring could well appear on the 1st and 2nd. Do you get a phone call from a client? Or an email from that cutie you've been getting to know asking if you want to hit up a matinee show? Either way, it feels good. Keep up the good work!

Some serious emotional work is the order of the day on the 6th and again on the 7th. So give yourself time to go deep into a few unresolved issues and old, stuck feelings. Process them. Feel them. Let them go.

Taurus 2019



Horoscope

The April 2019 Taurus horoscope predicts that you kick off this month seriously on fire! You get what you want and you want what you get and you love being around the people in your life and they love being around you and that great news at work just gives everything an extra boost on the 1st and 2nd. Yes! Be sure to spend a little quality time out of doors to seal the deal on all this wonderfulness. By the super-communicative 6th and 7th, you're really giving yourself a chance to express what's in your heart (and what's been percolating in that brain of yours!). This feels great, so don't reign yourself in.





**St. Regis Mohawk Office for the Aging**

**29 Business Park Road**

**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)

**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..**