



# Moccasin Trail

ENNÍSKA / FEBRUARY 2023

## Points of Interest:

- Mohawk Language Class  
Beginning in February
- OFA Transportation  
Requirements
- February Craft Class  
2/15/2023 at 12:45 pm
- Warming Center  
Information
- Legal Aid Appointments  
with Linda LaRue



## **Pool Sharks Strike Again!**

Second place Dennis Lazore and Abe Gray first place! With the storm and power outages on January 6th, It was a busy afternoon with new challengers for the pool tournament. That didn't make these guys weary one bit. Still cleaned the table and they loved playing against new competitors. Our next tournament is Feb. 3rd. 10:30 am sharp. Need to register with Katie/Joy.



## Inside this Issue:

Senior Club Page	2
Employee Spotlight	3
COVID Care Support Worker Update	4
RSV in Older Adults	5
Calendar	6 & 7
Presentation Schedule with Norman King	8
Caregiver Corner	9
American Heart Month	10
Birthdays	11

**We will be Closed on:**

**Monday, February 20th: President's Day**  
**Friday, February 24th: Planning Day**





# Akwesasne Senior Club



## Renew your 2023 Membership Now

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

Membership includes: monthly Moccasin Trail Newsletter and Senior Club trips. If you come to renew and no one is in the office, at the front desk of the senior center is a drop box. Take an envelope, fill out your name, mailing address and phone number. If you have any questions or concerns, call the office at (518) 358-2963 between 11:00 am– 1:00 pm.



## Valentine's Day Bake Sale!

We will be having a bake sale at the Valentine's day dance at the senior center on Tuesday, February 14th from 12:30 pm to 3:00 pm. If you would like to donate a homemade baked good, the proceeds will go to the Akwesasne Senior Club. Please call and let us know what your specialty baked good will be at (518) 358-2963 extension 3316, if no one is in the office, please leave a voicemail with your phone number. Nia:wen.



**NEWSLETTERS: If you are not receiving your monthly newsletter, make sure your membership dues are current.**

## Potential Painting Class with Charlotte King in February:

The date is still pending, please call to sign up with Katie Boots-Lazore at (518) 358-2963.



Art from Charlotte's January painting class

## Senior Club Hours

Monday 11:00 am– 3:00 pm  
Tuesday 11:00 am– 1:00 pm  
Wed. 11:00 am– 1:00 pm  
Thursday 11:00 am– 1:00 pm  
Friday 11:00 am– 1:00 pm

## Senior Club Meeting

**Wednesday, February 8th**  
**10:00 a.m.** in the Sunroom at the Senior Center. All club members welcome!

## Volunteer Bingo Schedule

### February 6th

Nancy Jacobs  
Debbie Thomas  
Darlene Chubb  
Rose LaFrance  
Theresa Martin

### February 13th

Barbara Lazore  
Vicky Phillips  
Lynn LaFrance  
Rosie LaFrance  
Theresa Martin

### February 20th

**CLOSED**

President's Day

### February 27th

Leona Delormier  
Iona Castagnier  
Dorothy Shatlaw  
Rose LaFrance  
Theresa Martin



# EMPLOYEE SPOTLIGHT



"She:kon, my name is Paulina Gray and I am the new part-time meal delivery driver for the senior center. I have lived here in Akwesasne my whole life, my parents are Helen Gray and Shayne King. I have six siblings. I love spending time with my family and I enjoy going to heart to heart fitness center to stay healthy and strong. I'm really excited to start working here at the senior center and I look forward to getting to know everyone."



Every Wednesday & Friday  
**Starting February 8, 2023**

**1:00 pm– 3:30 pm**

**With Grace Mitchell**

Call to register with Katie or  
Joy at 518-358-2963  
She will be teaching basic  
instructions in Mohawk.

## LEGAL AID WITH LINDA LARUE

Paralegal Linda LaRue from Canton is taking appointments in our senior center. Call our Administrative Assistant Giselle to book an appointment at (518) 358-2963. Linda is scheduled to be at the center twice a month. These are the dates for February 2023:

**Wednesday, February 1st**

**Thursday, February 23rd**

## February National Holiday's

<i>Date</i>	<i>Holiday</i>
Friday, Feb. 3rd	National Feed the Birds Day
Thursday, Feb. 9th	National Pizza Day
Tuesday, Feb. 14th	Valentine's Day! Dance from 12:30– 3pm
Friday, Feb. 17th	National Caregivers Day
Tuesday, Feb. 21st	Mardi Gras
Monday, Feb. 27th	National Strawberry Day

## Coloring Contest Winners



Congratulations Carol Lazore and Linda Montour on winning our January coloring contest! The February coloring pages will be available February 1st and the contest will end Fri., February 10th at 10:00 a.m.



## News From OFA's COVID Care Support Worker

- Be on the lookout for a survey in your mailbox in the next few weeks, we need your feedback on how to serve you better! The Survey will be related to COVID-19 and other concerns.
- If you ever need COVID-19 Self Tests, don't hesitate to reach out to our office. They can be picked up or dropped off to your home.
- Don't forget! If you are sick or in quarantine, the COVID Care Support Worker can help with deliveries to your home.

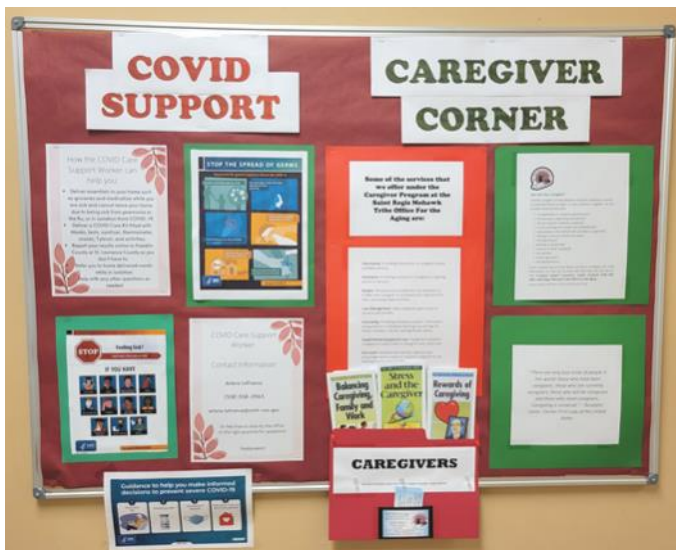
***Call Arlene at 518-358-2963 for any questions.***

## Office for the Aging Transportation Requirements



*These requirements are not new. If you need transportation please call Katie at (518) 358-2963 and she will schedule you with an available driver.*

- Only shopping and pickup/delivery – Medical transports must be with Outreach at SRMT Health Services at (518) 358-3141
- Need name, phone number and address
- NO Transportation available between the hours of 10:00 a.m.-1:00 p.m. do to the Home Delivered Meal deliveries
- Must call to reserve at least 3 days in advance; no guarantee for same day transport do to staffing and vehicle availability
- Must live alone and have no other source of transportation
- Masks are required at all times
- Must reside in Akwesasne
- If you need shopping at Walmart in Massena, we will be driving our big van with other clients every Thursday from now on



## ← **NEW Bulletin Board!**

Our new COVID Care Support worker Arlene LaFrance and our new Caregiver Support Counselor Jonilee Toulouse collaborated and made a bulletin board with all new information about their programs.

It is located between their combined office and Alison Cooke's office. Next time you come to the senior center, educate yourself on what their programs have to offer.



# RSV and Older Adults

Older Adults are at High Risk for Severe RSV Infection Respiratory syncytial virus, or RSV. It is a common virus that affects the lungs and breathing passage. RSV infections can be dangerous for certain adults. When an adult gets RSV infection, they typically have mild cold-like symptoms, but some may develop a lung infection or pneumonia.

## Adults at highest risk for severe RSV infection include:

- Older adults, especially those 65 years and older
- Adults with chronic heart or lung disease
- Adults with weakened immune systems

## How to protect yourself and loved ones:

RSV circulation starts in the fall and peaks in the winter. If you are at high risk for severe RSV infection, or if you interact with an older adult, you should take extra care to stay healthy:



Avoid close contact with sick people



Wash your hands often



Cover your coughs and sneezes



Avoid touching your face with unwashed hands



Clean and disinfect surfaces



If you're sick, stay home

Scientists are working to develop vaccines. There is no vaccine to prevent RSV infection yet, but scientists are working hard to develop one. If you are concerned about your risk for RSV, talk to your doctor. For more information or if you have any questions about how we can help, please call our COVID Care Support worker Arlene LaFrance at (518) 358-2963.

## February Craft Class

Wednesday, February 15, 2023

12:45 pm






Sign up with Katie or Joy to create a Face Planter to get you ready for Spring, it is coming!!  
Class is limited to 6 people so please call 518-358-2963 to reserve your spot!



# Enniska/February 2023

Tsiaŋ'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahià:khaton
<b>5</b> 6:00 Ace to King	<b>6</b> Chicken Burger Sweet Potato Fries Wax Beans Chocolate Pudding Fresh Fruit <b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo	<b>7</b> Pork Chops Potato Mixed Veggie Peaches <b>Activity:</b> 10:00 Chair Yoga	<b>1</b> Tomato Soup Tuna Sandwich Pears <b>Activity:</b> 10:00 Exercise DVD  <i>Legal Aid Apt. with Linda LaRue</i>	<b>2</b> Potato Crusted Cod Sweet Potato Fries Green Beans Roll, Fresh Fruit Cookie <b>Activity:</b> 10:00 Chair Yoga	<b>3</b> Open Face Turkey Cauliflower & Broccoli Mandarin Oranges <b>Activity:</b> 10:30 Prompt Pool Tournament  <i>National Feed the Birds Day</i>	<b>4</b> 6:00 Ace to King
	<b>12</b> 6:00 Ace to King	<b>13</b> Chicken & Dumplings	<b>15</b> Baked Fish Rice	<b>16</b> Hamburger Gravy	<b>17</b> Italian Wedding Soup, Ham Sandwich	<b>18</b> 6:00 Ace to King



	<p>Green Beans Carrots Fresh Fruit</p> <p><b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo</p>	<p>Carrot &amp; Celery Sticks Fruit Ambrosia</p> <p><b>Activity:</b> 10:00 Chair Yoga 12:30– 3:00 DANCE &amp; BAKE SALE!</p> 	<p>Mixed Veggies Roll Cherry Crisp</p> <p><b>Activity:</b> 10:00 Exercise DVD 12:45 Craft Class 1:00 Mohawk Language Class</p>	<p>Boiled Potatoes Peas, Cauliflower Roll, Fresh Fruit Tapioca Pudding</p> <p><b>Activity:</b> 10:00 Chair Yoga</p>	<p>Salad Mandarin Oranges</p> <p><b>Activity:</b> 10:30 Prompt Pool Tournament 1:00 Mohawk Language Class <i>National Caregivers Day</i></p>	7
<p><b>19</b> 6:00 Ace to King</p>	<p><b>20</b></p> <p><b>CLOSED</b></p> <p><b>President's Day</b></p> 	<p><b>21</b> Baked Chicken Wild Rice Corn Asparagus Fresh Fruit</p> <p><b>Activity:</b> 10:00 Chair Yoga</p> <p><i>Mardi Gras</i></p>	<p><b>22 BIRTHDAY MEAL</b> Roast Beef w/ Gravy Mashed Potato Carrots, Roll Black Cherry Cake</p> <p><b>Activity:</b> 10:00 Exercise Class with DVD 1:00 Mohawk Language Class</p>	<p><b>23</b> Cream of Mushroom Soup Roast Beef Sandwich Butterscotch Pudding Fresh Fruit</p> <p><b>Activity:</b> 10:00 Chair Yoga</p> <p><i>Legal Aid Apt. with Linda LaRue</i></p>	<p><b>24</b></p> <p><b>CLOSED</b></p> <p><b>Planning Day</b></p> 	<p><b>25</b> 6:00 Ace to King</p>
<p><b>26</b> 6:00 Ace to King</p>	<p><b>27</b> Goulash Italian Bread Carrots &amp; Celery Sticks Peaches</p> <p><b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo</p> <p><i>National Strawberry Day</i></p>	<p><b>28</b> Ham Hash Broccoli Roll Fruited Jello</p> <p><b>Activity:</b> 10:00 Chair Yoga</p>	<p><b>Did you know?</b> 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>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 <b>518-358-2963</b>.</p>	<p><b>NOTE:</b> Only 4 to a table in congregate lunch. Mask wearing is now optional.</p>		



# PRESENTATIONS FOR Elders & Seniors

The Akwesasne Mohawk Police Services will be hosting a series of informative presentations to educate elders and seniors within the community.

**LOCATION:**  
SRMT Office For the  
Aging Senior Center

## Rescheduled

## Elder Abuse Awareness

### January 30

11:00 a.m.-12:00 p.m.

## Scams

### February 6

11:00 a.m.-12:00 p.m.

## Home Safety

### February 27

11:00 a.m.-12:00 p.m.

## Cannabis Awareness

### March 6

11:00 a.m.-12:00 p.m.

## Vaping Awareness

### March 13

11:00 a.m.-12:00 p.m.

## Opioid Awareness

### March 20

11:00 a.m.-12:00 p.m.

## Naloxone Training



## Are You a Caregiver for a Family Member Aged 60 or Older? Ask About the Caregiver Support Program through the Senior Center!

*Some of the services that we offer under the Caregiving 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. Examples of equipment to loan: rolling walkers, walkers, canes, shower chair/bench, wheel chairs, hospital beds, incontinence products, etc.

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

We also assist with the installation of assistive devices for Care Recipients and minor home repairs. For example, putting up grab rails and fixing loose steps.

***For more information on how our Caregiver Program can help you and your family member or loved one, please call Jonilee Toulouse at (518) 358-2963 ext.3318.***



## February is American Heart Month

Heart disease is less common in the countries that border the Mediterranean Sea than it is here in the United States. Researchers believe that the diet people follow in Greece and southern Italy is key to their health. The Mediterranean diet is more than a “diet”. It is a heart-healthy eating plan. When you follow this eating plan on a regular basis, you lower your risk for cardiovascular disease and stroke, cancer, Alzheimer's disease, Parkinson's disease, Type 2 diabetes and arthritis and may improve the well-being of those with depression.

### The Keys to a Heart-Healthy Diet

The key components of the Mediterranean diet include:

- Eating whole grains, fruits, vegetables and plant-based fats everyday.
- Eating fish, poultry, eggs, beans and legumes weekly.
- Eating only moderate portions of dairy.
- Eating a limited amount of red meat.
- Drinking a sensible amount of red wine.
- Taking part in regular physical activity.
- Drinking water or unsweetened tea every day.
- Using fresh herbs and spices for flavoring



Know what to eat: Fruit and vegetables Incorporating fruits and vegetables into your diet on a regular basis helps you to meet your daily requirements for vitamins, minerals and fiber. Additionally, these foods are excellent sources of antioxidants and phytochemicals.

Seafood Fish and shellfish are excellent sources of protein. Additionally, cold-water fish contain high amounts of heart healthy, anti-inflammatory omega-3 fats. Examples of cold-water fish include albacore tuna, salmon, lake trout, sardines, mackerel and herring.

Poultry Choose white meat or poultry, such as chicken and turkey, without the skin. One serving is 3 ounces, which is about the size of a deck of cards.

Legumes and beans Eat three or more servings per week of legumes or beans. One serving is a half-cup. Some examples of legumes are split peas, lentils. Some examples of beans are red, green, black, lima, kidney, soy and navy.

Grains Whole grains are part of a balanced diet as they provide your body with fiber, vitamins and minerals. Choosing 100% whole grains, instead of white refined products, ensures maximum nutrient content within your foods and helps to regulate blood sugar levels.

Nuts and seeds are excellent sources of a variety of nutrients such as dietary fat, fiber, vitamins and minerals.

Healthy fat The Mediterranean diet focuses on regularly choosing foods high in unsaturated fat. Extra-virgin olive oil and virgin olive oil are the least-processed forms and provide antioxidant benefits.

Dairy can be a good source of protein and calcium. Choose low-fat or non-fat products, such as skim milk or 1% milk, low-fat cottage cheese or sliced cheese, and low-fat or non-fat yogurt.

# Satonhá:ren tsi Sahsiéríte

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

- |                                  |                            |                             |
|----------------------------------|----------------------------|-----------------------------|
| 2- Rose Dillon                   | 12- <b>Mary Wainman</b>    | 22- <b>Margaret Montour</b> |
| 3- <b>Frank Hutt</b>             | Helen Arno                 | 23- <b>Dawn Harm</b>        |
| <b>Honora Benedict</b>           | 13- <b>Diane Boots</b>     | Kathi Jock                  |
| 4- <b>Becky Bero</b>             | 14- <b>Linda Printup</b>   | Iris Oakes-Fravel           |
| Dawna Arbor                      | Lucille O'Brien            | 24- Charlie Daniels         |
| 5- Thomas Jacobs                 | Leslie Barnes              | 25- Shirley Garrow          |
| 7- Rita White                    | 16- <b>Dorothy Cole</b>    | Ken Marlow                  |
| Helen Chubb                      | 17- <b>Jackie Mitchell</b> | Nanci Ransom                |
| 8- <b>Doris P. Robinson</b>      | <b>Hazel Bero</b>          | 27- Jackie Mitchell         |
| 10- <b>Arthur 'Artie' Jacobs</b> | Everette Hampton           | 28- <b>Rose Thompson</b>    |
| Emily Thompson                   | Clark Lazore               | 29- Charlene Spieler        |
| William Oakes                    | 18- <b>Barbara Garrow</b>  |                             |
| Irv MacLaren                     | 19- <b>Phyllis Jacobs</b>  |                             |
| 11- <b>Lori Thompson</b>         | <b>Paulette Reid</b>       |                             |
| <b>Lucille Peters</b>            | <b>Joyce Laffin</b>        |                             |

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

## The Senior Center Warming Center

It would happen in the event of extreme weather or power outages. When we open as a warming center, it will be announced on CKON radio and on our Facebook page along with the Saint Regis Mohawk Tribes page. Everyone is welcome at any age. It is not a shelter, you do not stay overnight. Just come in to get warm, charge any devices, or grab a coffee or food. If you have more serious issues, you can come in and we will help to find the right person or program to help.

We opened as a warming center on December 23 and January 6th. The Saint Regis Mohawk Tribe and the Mohawk Council of Akwesasne worked together to resolve every issue that came up. The Saint Regis Mohawk police offered transportation to and from the center for anyone in need. We had a pool tournament scheduled and we had great participation with anyone who came in. The kitchen made tomato soup and tuna sandwiches. Twin Leaf Akwesasne was very generous and donated a lot of pizza. Next time, feel free to come in to relieve some stress, get warm food and get any help you may need.







**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..**