



Moccasin Trail

ENNÍSKA / FEBRUARY 2024

Points of Interest:

- Craft Class 2/22/24
- Iakhihsotha Sweet Heart Bingo 2/15/24 from 2-4:00 pm
- Box Lunch Bingo 2/22
- 10 Tips for Adults Nutrition Education Workshop Series B Starts Feb. 6th (join anytime)
- Coloring Contest Ends Thurs. Feb 15th at 10am



Pool Tournaments at the Senior Center

The winners from our Jan. 19th tournament were Ron Thomas (1st) and Abe Gray (2nd). Our next Pool Tournament will be held Fri. February 19th at 10:30 am. We will be having a Winter Carnival Senior Pool Tournament on Saturday, Feb. 17th at 1:00 pm. Hope to see you there! Please call to sign up for all tournaments with Katie 518-358-2963.

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We will be Closed on:

Monday, February 19th: Indigenous Peoples Resiliency Recognition Day
Friday, February 23rd: Planning Day



Akwesasne Senior Club



Attention Club Members

If you have not received your monthly Moccasin Trail newsletter it may be because you have not renewed your 2024 Club membership. Another reason may be that your address has changed, and you have not notified the Club of your change in address. If you would like to receive the monthly Moccasin Trail newsletter you must be a member of the Akwesasne Senior Club. Club membership dues for 2024 are \$10 for January through to December. Stop in today and renew or start your Akwesasne Senior Club membership. For more information you may call the office at 518-358-2963 ext. 3316.

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



Bake Sale!

Valentine's Day,
 Wed. Feb. 14th from
 10:00 am– all is sold
 Sign up sheet to donate
 is on the Senior Club
 bulletin board.



The Akwesasne Senior Club is selling tickets for the "Leap into Money" raffle

The tickets are \$5 each and give six separate ways to win. The first draw is on Ground Hog Day, February 2, 2024, for \$100 and again for Valentine's Day on February 14, 2024, for another \$100. The winners' names will be returned to the pot for the final draw will be on Leap Year Day, February 29, 2024, where you can win the following: 1st Place = \$800, 2nd Place = \$600, 3rd Place = \$400 and 2nd Place = \$200. You can stop at the Akwesasne Club office at the Tribal Senior Center to purchase tickets. Some Club members are also selling tickets.



Senior Club Meeting

Wednesday, February 15, 2024
 12:30 pm– 1:30 pm
 Senior Center Sunroom
 All members are welcome!

Vice-President Steps Down

It is with regret that we inform you the current Vice-President of the Senior Club, Iris Herne, has decided to step down from her position as Vice-President for the Akwesasne Senior Club effective February 17, 2024. Iris has been Vice-President for over two-years. She has worked tirelessly on making the weekly Club bingo a success by ordering bingo supplies, preparing the bingo packages, and working at the bingo. Iris enjoys mingling with our seniors and participating in Club activities. She is well known within the community and was a long-time employee with the Headstart Program under the Tribe. Iris has a smile for everyone, and our seniors will miss seeing her around the Office for the Aging center. The Akwesasne Senior Club and all the members wish Iris every success with her future endeavors.

Volunteer Bingo Schedule

February 5

Theresa Martin
 Rose LaFrance
 Nancy Jacobs
 Lynn LaFrance
 Ruth Bell

February 12

Theresa Martin
 Rose LaFrance
 Barbara Lazore
 Vicki Phillips
 Lynn LaFrance

February 19

CLOSED

February 26

Theresa Martin
 Rose LaFrance
 Dorothy Shatlaw
 Darlene Chubb
 Valarie Garrow

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**

If you are concerned about your risk for RSV, talk to your doctor.

Please Test Your Personal Emergency Response System



Please be sure to test your PERS (Personal Emergency Response System) monthly. Simply, push your button and report that you are testing the unit. If there are any issues with the unit, contact our office. If you or a family member is in need of a PERS, contact Doris at our office @ (518) 358-2963 to get more information.



February Craft Class

We will be making 'Welcome Signs' on Thursday, February 22nd at 1:00 pm in the sunroom. Please call to sign up right away, we have limited space due to supplies. You can call and sign up with Tenisha at 518-358-2963.

How the Bear Clan Became the Medicine People

Storytelling is an essential part of Onkwehonwe/Original People/Indigenous culture. More than just an entertaining pastime, storytelling has preserved historical and traditional teachings for generations. For the Haudenosaunee, oral history is especially sacred, as Iroquoian languages were not written until the late 1800's. Please enjoy a version of the Haudenosaunee story — How the Bear Clan Became the Medicine People.

In a far distant time, an old man came upon a Haudenosaunee village. The old man was dressed in rags, and looked tired and hungry. As he walked through the village, he looked over the doors of the long houses. Over each door was an image of each clan: Bear, Wolf, Turtle, Heron, Hawk, Snipe, Beaver and Eel.

The ragged old man first approached the longhouse with the Turtle emblem. Poking his head inside the blanketed door, he asked for food and shelter against the night. After seeing his appearance, the people of the longhouse shooed the old man away. The next long house he encountered had a snipe over its door. Again, when he asked for help, his pleas were denied.

From clan to clan he stumbled along, looking for sustenance and shelter. The wolf, beaver, deer, eel, heron, and eagle clans all turned him away. Nearing the end of the village, the old man decided to try the last house, a small home with a bear clan symbol on the door.

An elderly bear clan came out of the house. She saw how tired the stranger was and invited him in to share whatever she had, as simple as it may be. The old woman was a gracious host, giving the man food to eat and a furs to rest on.

When the old man awoke the next day, he was ill with a fever. He told the old woman to go into the forest and find a particular plant. After she found the plant, she returned to her home. The old man instructed the woman on how to prepare the plant, making it into a medicine. After he took the medicine, the old man was cured.

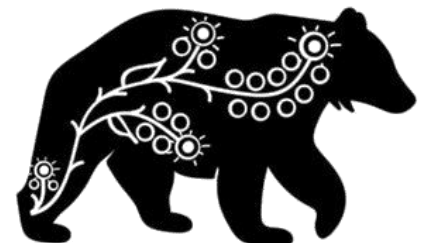
Several times during his stay, he became ill again. Each time it was a different type of illness, and each time he sent the old woman into the forest for a different herb to use as a remedy. The old man instructed the woman on the proper preparation of the herbs to cure each particular ailment. When he drank the medicine, his condition improved.

When the woman returned home one day, she saw a bright light coming from within her home. When she approached the door, she was surprised to come face to face with a handsome young man whose face shone like the sun.

The young man calmed the woman, saying, "Do not be afraid. I am the Creator. I came to the lodges of the Haudenosaunee as an old man.

At each clan's lodge, I asked for food and shelter and was turned away. You, good woman of the Bear Clan, were the only one to offer me assistance. Because you showed me compassion, I have taught you cures for all the illnesses which afflict the Onkwehonwe. Each time I became ill, I instructed you on the proper herbs to prepare to make me well.

You have shown me kindness when others did not. For this reason, I have given you the gift of knowledge to cure illnesses. From this day forward, medicine men and women will be of the Bear Clan. The Bear Clan shall always be the Keepers of the Medicine."



Cold Road

Wednesday, February 7, 2024

Port Theater in Cornwall

Starts at 1:30 pm, Leave Center at 12:45 pm

Sponsored by the Akwesasne Senior Club

1 Hour, 40 Minutes

Thriller

**Call to sign up with Katie or Tenisha at
518-358-2963**



A woman and her dog are on the frozen highway to Hell in the trailer for the new thriller Cold Road. The feature debut of director Kelvin Redvers, the film features an Indigenous cast and crew. Roseanne Supernault (Acting Good) stars as Tracy, who braves a barren stretch of highway accompanied only by her dog Pretzel en route to her dying mother's bedside. Along the way, in a scenario straight out of Steven Spielberg's debut feature Duel, she runs afoul of a mysterious trucker who hunts her across the desolate tundra. Unable to retreat, Tracy has to summon all her courage and fight back. Says Redvers, "Cold Road is the answer to so many of the questions raised in the wake of Killers of the Flower Moon. This is a film produced, written and directed by an Indigenous director, with Indigenous leads, about an Indigenous story – and it was made for a mainstream audience."

February 2024 Horoscopes

Aquarius: Jan. 20– Feb. 19






Haters will say you're emotionally unavailable, but when you love someone you have the tendency to go all in. And if you're currently coupled, you could be visualizing your own together-forever with your special someone. The important thing to remember at this time is that **this** is your story and that you have all the creative freedom you need. Revise the rules of engagement in a way that supports your vision for the future as you remember that love and freedom can co-exist beautifully. When it comes to your creative explorations, give yourself the permission to ditch the dated script and step boldly into the wilderness. At the same time, become aware of the fellow unicorns you feel that creative chemistry with. The current cosmic collaboration is supporting you to come together with your tribe, weave magic into the tapestry of life and plant the seeds of change in the collective consciousness.

Pisces: Feb. 20– March 20

Love is in the air for you this month, Pisces. Corny, we know! But, we have a feeling that corny is not something you're going to be complaining about. On the cards: an invitation to dive deeper into the ocean of intimacy with your special someone. An invitation to practice honesty, to express your wants and your needs with clarity and to build the foundation of a steady relationship. If you've been a part of the Lonely Hearts Club, enlist the support of your soul crew. Their extraordinary ability to play Cupid is likely to surprise you in the best possible way. That said, if you've been feeling the feels for somebody in your inner circle, now is the time to let your guard down. In the realm of work, delays and difficulties may be a constant. If this is true in your case, adopt discretion as your superpower so you're able to recognize when Spirit is saying "not now" and when Spirit is saying "not this". Learning to trust your instinct will prove to be a game-changer and enable you to find the stability you've been working towards in a consistent manner.

Enniska/February 2024

Tsia'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahia:khaton
<p>Call the Center by 9:30 am for lunch. Call the senior center if you will not be home for your Home Delivered Meal (518) 358-2963.</p> <p>Grab-n-Go Pickup is from 11-12 pm</p> <p><u>Did you know?</u></p> <p>The Senior Center makes approximately 50 Home Delivered Meals, 12 Grab-n-Go meals and 15 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>						
4 6:00 Ace to King	5 Chicken Burger Sweet Potato Fries Wax Beans Carrots Fresh Fruit <u>Activity:</u> 10:00 Exercise DVD 1:00 Bingo	6 Pork Chops Buttered Noodles Mixed Vegetables Fresh Fruit <u>Activity:</u> 9:30-11:30 Haircuts 10:00 Chair Yoga 11:00 Caregiver Support Group 1:00 10 Tips for Adults Workshop	7 Italian Wedding Soup Toss Salad Mandarin Oranges <u>Activity:</u> 10:00 Exercise DVD 12:45 Port Theater movie "Cold Road"	8 Mac n Cheese Stewed Tomatoes Brussel Sprouts Roll, Pears <u>Activity:</u> 10:00 Chair Yoga 1:00 10 Tips for Adults Workshop <i>Legal Aid Apt. Linda L</i>	9 Meatloaf Mashed Potatoes with Gravy, Roll Broccoli Fruit Cocktail <u>Activity:</u> 10:30 Pool Tournament <i>National Pizza Day</i>	10 6:00 Ace to King
11	12 Chicken & Dump- lings with Green	13 Tomato Soup Roast Beef Sandwich	14 Valentine's Day Entertainment & Senior Club Bake Sale	15 Hamburger Sweet Potato Fries	16 Potato Crusted Cod, Roll	17 12-3:00
				1 Baked Fish Rice Mixed Vegetables Roll Cherry Crisp <u>Activity:</u> 10:00 Chair Yoga	2 Open Face Turkey Cauliflower & Broccoli Mandarin Oranges <u>Activity:</u>	3 6:00 Ace to King

	Beans, Carrots Fresh Fruit Activity: 10:00 Exercise DVD 1:00 Bingo	Pears Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 11:00 Caregiver Support Group 1:00 10 Tips for Adults Workshop Series B	Senior Club Bake Sale! Chili Johnny Cake Carrot & Celery Sticks Fruit Ambrosia Activity: 10:00 Exercise DVD Ash Wednesday	Coleslaw, Fresh Fruit Activity: 10:00 Chair Yoga 10:00 Coloring Pages Due for voting 10:00 10 Tips for Adults Series B 2-4 pm Sweetheart Bingo	Macaroni Salad Green Beans Fresh Fruit, Cookie Activity: 11:00 Winter Carnival King and Queen Crowned	Newspaper Fashion Show 1:00 Senior Pool Tournament
18 6:00 Ace to King	19 CLOSED Indigenous Peoples Resiliency Recognition Day 	20 Baked Chicken Wild Rice Asparagus Fresh Fruit Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing	21 Pancakes Sausage Patties Scrambled Eggs Apple Juice Melon Slices Activity: 10:00 Exercise DVD	22 Cream of Mushroom Soup Turkey Sandwich Butterscotch Pudding Fresh Fruit Activity: 10:00 Chair Yoga 11:30 Box Lunch Bingo at Iakhihsohtha Legal Aid Apt. Linda L	23 CLOSED Planning Day 	24 6:00 Ace to King
25 6:00 Ace to King 	26 Salisbury Steak with Mushroom Gravy, Roll Mashed Potatoes Vegetable Pears Activity: 10:00 Exercise DVD 1:00 Bingo	27 Ham Hash Broccoli Roll Fruited Jell-O Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing National Strawberry day	28 BIRTHDAY MEAL Roast Beef, Gravy Mashed Potatoes Mixed Beans, Roll Black Forrest Cake Activity: 10:00 Exercise DVD	29 Goulash Italian Bread Carrot & Celery Sticks Peaches Activity: 10:00 Chair Yoga		

General Tips for Healthy Dining Out and Take-Out

- ✓ Be aware of the foods high in calories, total fat, and saturated fat.
- ✓ Review the menu online beforehand so you have an idea of what you would like/any questions you have
- ✓ Ask questions– Your server will be able to tell you how foods are prepared or suggested substitutions on the menu.
 - Serve fat-free (skim) milk rather than whole milk or cream
 - Reveal the type of cooking oil used
 - Trim visible fat off poultry or meat
 - Leave butter, gravy or cream sauces off the side dish or entrée
 - Serve salad dressing on the side
- ✓ To reduce portion sizes, try ordering a low-fat appetizer as your main meal, or share an entrée with a friend or family member.

Look for terms such as:	
Baked	Lightly Salted
Boiled (In wine or lemon juice)	Poached
Broiled	Roasted
Grilled	Steamed in it's own juice (au jus)

Watch out for terms such as:		
Alfredo	Buttery	Escalloped
Au Fromage	Casserole	Fried
Au Gratin	Cheese Sauce	Gravy
Basted	Creamed	Hollandaise
Bearnaise	Crispy	In Cream or Cream Sauce
Breaded	Crusted	Pastry Crust
Butter Sauce	Deep Fried	Pot Pie

Upcoming 10 Tips for Adult Workshop

Senior Health Improvement and Nutrition Education Workshop

Series B Topics Covered:

Workshop 1- Eating Better on a Budget

Workshop 2- Plan Meals Ahead

Workshop 3- Purchasing Vegetables and Fruits at the Best Price

Workshop 4- Prepare Healthy Food and Beverages for an Active Lifestyle

When: Tuesday, February 6th, Thursday 2/8, Tuesday 2/13 and Thursday 2/15 at 1:00 pm– 2:00 pm

Where: Office for the Aging Saint Regis Mohawk Tribe Senior Center Sunroom

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP)

This institution is an equal opportunity provider and employer.

If you have any questions or concerns, please contact Alexandra Hooker MS RD

At (518) 481-1532 or by email at alexandra.hooker@franklincountyny.gov



Friendly February 2024



MONDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

WEDNESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

29 Acknowledge someone's problem or pain rather than trying to fix it

FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them



SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



ACTION FOR HAPPINESS

Happier · Kinder · Together

February is Heart Health Awareness Month

February is American Heart Month. Heart attacks kill an estimated 630,000 Americans each year. In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure. While genetic factors do play a part in cardiovascular disease, the good news is 80 percent of cardiovascular diseases may be preventable with education and action. Simple lifestyle changes can make a big impact when it comes to heart health. Show your heart some love with these tips.

~ Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States, and smokers have a higher risk of developing many chronic disorders, including atherosclerosis, or the buildup of fatty substances in the arteries. When combined with other heart disease risk factors, smoking increases the risks associated with those factors

~ Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart. While there are standard guidelines for blood pressure and cholesterol, ideal weight goals are individual to each person.

~ Untreated diabetes can lead to heart disease, among many other complications. Diabetes can be easily detected through a simple blood test and managed a variety of ways under the care of a physician.

~ A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart “superfoods” that may help reduce the risk of atherosclerosis. Dark chocolate is also on the list and is a great way to satisfy a sweet tooth (in moderation).

~ To reap the full benefits of a heart-healthy diet, it’s important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health. These foods, when eaten in excess, can cause weight gain, raise blood pressure and clog arteries, which are all risk factors for heart disease.

~ Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30 minute moderate exercise sessions each week. While this may seem daunting, it is important to note that these sessions can be broken up into two or three 10 or 15-minute segments throughout the day. Walking, jogging, biking and swimming are all great forms of exercise.

~ Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy program. Stress can also decrease overall happiness and increase the risk for anxiety and depression.



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

2- Rose Dillon
3- **Frank Hutt**
Honora Benedict
4- **Troy Lazore**
Becky Bero
Dawna Arbor
8- **Doris P. Robinson**
10- William Oakes
11- Lori Thompson
Lucille Peters
12- Mary Wainman
Helen Arno
13- Diane Boots

14- Linda Printup
15- Lorene Jackson
16- Dorothy Cole
17- Cecelia Thomas
Hazel Bero
Everette Hampton
Clark Lazore
19- Phyllis Jacobs
Paulette Reid
Joyce Laffin
20- Josephine Carney
22- Margaret Montour
23- Kathi Jock

24- Nanci Ransom
27- **Scott Jock**
Jackie Mitchell
28- **Rose Thompson**
Lucy A. White

Bold is Akwesasne Senior Club Members



Coloring Contest Winners for January:

Congratulations Brenda Arquette & Ron Thomas, our January coloring contest winners!
The February coloring pages are available now
and the contest will end
Thursday, February 15th 10:00 a.m.



Office for the Aging Transportation Requirements



These requirements are not new. If you need transportation please call Katie or Judy at (518) 358-2963 and they 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
- Must reside in Akwesasne and be over the age of 55
- \$5.00 Voluntary contribution per trip



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

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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)

Or Facebook:

Office for the Aging Saint
 Regis Mohawk Senior
 Center

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

- **Life Line**
- **In-Home Care**
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- **Handyman**
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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**
- **Craft Kits**
- **Socialization**
- **Information & Assist..**