



Moccasin Trail

T S I O T H O R K O : W A / J A N U A R Y 2 0 2 4

Points of Interest:

- Pool Tournaments:
January 5th and 19th
- Senior Club Meeting Jan.
10th at 12:30 pm
- Coloring Contest Ends
Thurs. Jan. 11th
- Box Lunch Bingo at
Iakhihsohtha on Thurs.
Jan. 18th, call to sign up
- 10 Tips for Adults with
SHINE Program

*Ohserā:se
Akwe:kon!*



Marianne Loran, Charlene Sunday, Caroline Bigtree, Tim Sunday
spreading holiday cheer on Christmas Hat Day: December 18, 2023.

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**We will be
Closed on:**

Monday, January 1st: New Years Day
Monday, January 15th: Martin Luther King Jr Day
Friday, January 26th: Planning Day



Akwesasne Senior Club



Farewell to Outgoing President

Regrettably, the Akwesasne Senior Club and its membership must say so long to outgoing Club President Millie Cook as she retires from her position with the club. Millie has served as Club President for two years and has demonstrated positive leadership in taking the club forward. Millie's vibrant personality, and enthusiasm for senior activities have generated so many memorable events and activities for our local seniors to enjoy. Under Millie's leadership the club membership has grown, and more members are participating in the scheduled events. The Akwesasne Senior Club and club members wish Millie all the best in her future endeavors and look forward to her volunteering at the club when she can participate.

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

REMINDER:

\$10 Renewal's are Due for
 2024 Club Membership
 You will not receive a February
 Newsletter if
 membership is not paid

Senior Club Meeting

Wednesday, January 10th
 12:30 pm– 1:30 pm
 Senior Center Sunroom
 All members are welcome!



Nia:wen Senior Club!

7 seniors were treated to a show at Upper Canada Playhouse called "Home for the Holiday's" starring Leisa Way and the Wayward Wind Band. It was a traditional, new fun Yuletide music that put us in the Christmas spirit! The club also surprised us and treated us to dinner at Philo's in Cornwall. It was a wonderful evening!



Welcome New Akwesasne Senior Club President

The Akwesasne Senior Club welcomes new Club President Diane McDonald. Diane has served as Club Secretary for almost two years. Dr. Benson Kelly nominated Diane for Club President and she accepted the nomination. Diane brings a lifetime of experience in research, finance and human resources and overall general management. She assisted in taking the club in a new direction with the development of Club policies and procedures and promotion of all club activities and events in the local media. Diane has established a record of all club initiatives including minutes of all club and finance committee meetings. Join us in welcoming our new Club President. Diane will assume her position January 1, 2024, for a 3-year term.

Volunteer Bingo Schedule

January 1st
 CLOSED: New Years Day

January 8
 Theresa Martin
 Rose LaFrance
 Nancy Jacobs
 Debbie Thomas
 Ruth Bell

January 15th
 CLOSED: MLK Day

January 22nd
 Theresa Martin
 Rose LaFrance
 Barbara Lazore
 Vicki Phillips
 Lynn LaFrance

January 29th
 Theresa Martin
 Rose LaFrance
 Dorothy Shatlaw
 Darlene Chubb
 Valerie Garrow

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

Akwesasne Alzheimer's/Dementia Caregiver Support

alzheimer's  association®



Presented by:
Alzheimer's Association Northeastern New York Chapter

FACILITATOR: Brooke Dubuque

DATE: Second Tuesday of every month

TIME: 11:00am-12:00pm

ADDRESS: Sunroom, 29 Margaret Terrance Memorial Way, Akwesasne, NY 13655.

For more information call 518.915.3115 or email bmdubuque@alz.org.

Build a support system with people who understand.

Alzheimer's Association support groups, conduct by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900

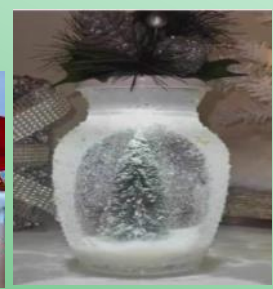
Alz.org

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



December Craft Class

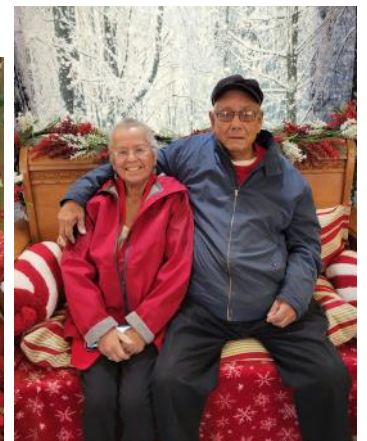
We hosted 2 different Christmas craft classes in December. One class we made the winter centerpiece and Christmas jar, the second class we made snowmen wine glasses and light up tree vases. Both classes we kept the number at 6 people due to supplies and space for doing the 2 classes. We had a lot of fun visiting and talking about what we do for Christmas. We hope these crafts lit up your homes for the holidays!



This Christmas



December 15, 2023 was our annual Christmas dinner. We ate rib eye, sweet potato casserole, green beans, wild rice, and pie. It was very delicious! We played our favorite pass the present game and were surprised by our line dancing class that came up and did a small show to Mariah Carey's 'All I want for Christmas', along with 5 year old Amelia, our Activity Coordinator Katie's daughter. Even Santa showed for a photo "opp"!





Countdown to Christmas!



We had a very fun Countdown to Christmas at the Senior Center. Day 1 was Christmas Hat day and Christmas Pictionary. Day 2 was Reindeer Games where we played unwrap the gift with oven mitts, while blindfolded, we raced to get the most bows into a bowl (even though we had no idea when the spatula had any bows on it!), the third game was bouncing ping pong balls into a cupcake tray to win a prize (some prizes were gift cards!). For our 3rd day was a stocking decorating contest. We received 7 stockings and voted, the winners were Barbara Lazore and Tim Sunday. The 4th day was Grinch day and we also had a Pool Tournament. Anyone who wore green and grinch clothes were entered into a draw. The winner of that draw was Tim Sunday. Thank you all for participating and hope you all enjoyed yourselves and your prizes.

Tsiiothoriko:wa/January 2024					
Tsiat'ahkhaton	Kiokierénhton	Tekeníhato	Ahsénhaton	Kaieríhaton	Wískhaton
					lanìà:khaton

Tsiat'ahkhaton	Kiokierénhton	Tekeníhato	Ahsénhaton	Kaieríhaton	Wískhaton	Iahíá:khaton
	1 	2 Salisbury Steak Rice Mixed Vegetables Roll Peaches <u>Activity:</u> 9:30-11:30 Haircuts 10:00 Chair Yoga	3 Chicken Tenders Fries Broccoli Carrot/ Celery Sticks Fresh Fruit <u>Activity:</u> Exercise DVD	4 Hamburger Gravy Boiled Potatoes Mixed Vegetables Roll Fresh Fruit Tapioca Pudding <u>Activity:</u> 10:00 Chair Yoga	5 Pork Loin Buttered Noodles Mixed Vegetables Roll Mandarin Oranges Vanilla Pudding <u>Activity:</u> 10:30 Pool Tournament	6 6:00 Ace to King
7 6:00 Ace to King	8 Chili Johnny Cake Carrots & Celery Sticks Apple <u>Activity:</u> 10:00 Exercise DVD 1:00 Bingo	9 Chicken Rice Soup Biscuit Chocolate Pudding Fruit <u>Activity:</u> 9:30-11:30 Haircuts 10:00 Chair Yoga 11:00 Caregiver Support Group	10 Pulled Pork on a Bun Coleslaw 3-Bean Salad Mandarin Oranges <u>Activity:</u> 10:00 Exercise DVD 12:30 Senior Club Meeting	11 BBQ Country Style Ribs Mixed Vegetables Potato Salad Corn Bread, Pears <u>Activity:</u> 10:00 Chair Yoga 10:00 Coloring Pages Due for Contest Legal Aid Apt. with Linda LaRue	12 Chunky Beef Stew Biscuit Peaches <u>Activity:</u> 10:30 Virtual Bowling Tournament <i>National Hot Tea Day</i>	13 6:00 Ace to King
14 6:00 Ace to King	15	16 Chicken Cordon Blue	17 Chef Salad Cheese Bread Sticks	18 Tomato Mac Soup	19 Fish on a Bun Carrot & Celery Sticks	20 6:00 Ace to King

	<p>CLOSED</p> <p>Martin Luther King Jr Day</p> 	<p>Potato Mixed Veggies Roll Fresh Fruit Cookie Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga</p>	<p>Fresh Fruit Activity: 10:00 Exercise DVD 1:00 SHINE: 10 Tips for Adults</p>	<p>Tuna Sandwich Mixed Vegetables Activity: 10:00 Chair Yoga 12:40 Box Lunch Bingo at Iakhihsotha</p>	<p>Fruit Activity: 10:30 Pool Tournament 1:00 SHINE: 10 Tips for Adults</p>
<p>21 6:00 Ace to King</p>	<p>22 Beef Stir Fry Rice Mixed Veggies Roll Orange Pudding Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>23 Corn Soup Biscuit Apple Crisp Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 2:00 Powerful Tools for Caregivers</p>	<p>24 Pancakes Sausage Links Scrambled Eggs Hash Browns Orange Juice Melon Cup Activity: 10:00 Exercise DVD 1:00 SHINE: 10 Tips for Adults</p>	<p>25 Chicken Parm Tossed Salad Garlic Bread Fruit Cocktail Activity: 10:00 Chair Yoga</p>	<p>26 CLOSED Planning Day  1:00 SHINE: 10 Tips for Adults</p> <p>27 6:00 Ace to King</p>
<p>28 6:00 Ace to King</p>	<p>29 Liver with Onions Baked Potato Green Beans Roll Fig Newton Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>30 Ham Hash Green Beans Roll Jell-O Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 2:00 Powerful Tools for Caregivers</p>	<p>31 BIRTHDAY MEAL Spaghetti with Meatballs Italian Bread Carrot & Celery Sticks German Apple Cake Activity: 10:00 Exercise DVD Legal Aid Apt. with Linda LaRue</p>	<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>Did you know? 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>	

6 Week Workshop

Powerful Tools for Caregivers

Class Starts January 23, 2024
Every Tuesday at 2:00-3:30 pm
Snacks will be Provided



SRMT- Office for the Aging
29 Margaret Terrance Memorial Way
To Register, Contact Jonilee Toulouse at
(518) 358-2963 or jonilee.toulouse@srmt-nsn.gov



Basket Rims & Handles Workshop

JANUARY 12 & 19, 2024

- Time : 10am - 1pm
- Place: 206 St Rt 37
(Former Bingo Palace)
- 10 participants
- Food Provided
- Free Registration
- Call 518-358-2461
to sign up

Brought to you by:

Akwesasne Task Force on the Environment &
Akwesasne Cultural Center

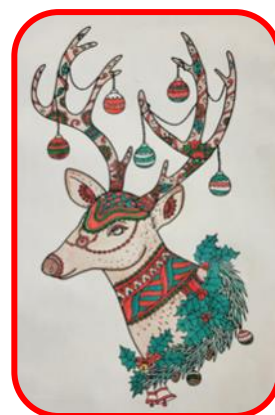


The Senior Center is sponsoring 2 elders to attend this workshop being held at the Akwesasne Cultural Center Museum. Please contact Katie or Lorelee if you are able to commit to both classes.



Coloring Contest Winners for November:

Congratulations Ernestine Oakes & Dorothy Cole, our December coloring contest winners!
The January coloring pages will be available
January 2nd and the contest will end
Thursday, January 11th 10:00 a.m.



Caregiver Corner

Caregiving will likely affect all of us at some point, many caregivers do not identify as a caregiver. Too often we hear caregivers describe themselves as “just” a daughter, husband, friend, or neighbor. If you provide support such as errands and grocery shopping, wound care and prescription management, or cooking, cleaning, and personal care at home – you are a caregiver, and you deserve to be seen and supported.

Unpaid family caregivers are the unsung heroes of this country, they help the community by providing care to their elderly family member, keeping them out of long term care facilities and keeping them in their own home where they are comfortable and surrounded by love.

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.

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.

If you know a caregiver or are a caregiver, please contact Jonilee Toulouse at jonilee.toulouse@srmt-nsn.gov or (518) 358-2963.

“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 caregivers.”

- Rosalynn Carter, Former First Lady of the United States



Caregiver Events

Powerful Tools For Caregivers (6-Week Workshop)

Classes Start on January 23, 2024 at 2:00-3:30pm

Akwesasne Alzheimer's/Dementia Caregiver Support Group

Second Tuesday of every month, 11:00am-12:00pm

National Slow Cooking Month

Benefits of using a slow cooker:

- ⇒ The extended cooking times allow better distribution of flavors in many recipes.
- ⇒ The lower temperatures lessen the chance of scorching foods that tend to stick to the bottom of a pan or burn in an oven.
- ⇒ Less expensive or tough meats are tenderized through the long cooking process. The slow cooker is an excellent choice for cooking many venison dishes.
- ⇒ The slow cooker frees your oven and stove top for other uses
- ⇒ There's no need to scrub several pots and pans. In most cases, you'll only have to wash the slow cooker and maybe a few prep utensils.
- ⇒ Slow cookers use less energy than a standard electric oven.
- ⇒ The slow cooker won't heat the kitchen up the way a large oven will, a real plus on a hot summer day.
- ⇒ Convenience! A slow cooker can usually be left unattended all day for many recipes.

Crockpot Vegetable Brown Rice

Servings: 4

Ingredients:

- 1 ½ cups Uncooked Brown Rice
- 3 cups Vegetable broth (or chicken broth), low sodium
- 2 cloves Garlic, finely chopped (or ¼ tsp garlic powder)
- 8 oz Frozen bell peppers and onions
- 10 oz Frozen vegetables (green beans, carrots, peas, or whatever you like!)
- 1 Tbs olive oil or other vegetable oil of choice
- 1 tsp pepper



Directions:

1. Dump all ingredients into slow cooker and stir to combine
2. Cook on high for 3 hours, or on low for 6 hours

Join is for a "10 Tips for Adults" Nutrition Education Workshop

Series A Topics Cover:

- Workshop 1– Introduction to MyPlate
- Workshop 2– Make Half Your Plate Fruit and Vegetables
- Workshop 3– Make Half Your Grains Whole Grains
- Workshop 4– Vary Your Protein Routine



When: Wednesday, January 17th, Friday January 19th, Wednesday, Jan. 24th, Friday, Jan. 26th at 1:00 pm to 2:00 pm

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

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

3- Leona Barned	14- Sarah Sally Benedict	26- Mary Cooke
4- Michael Barry Thomas	Dean Martin	28- Lucy White
Katsi Cook-Barreiro	17- Hazel Bero	30- Rosalie Jacobs
6- Elizabeth Liz Sunday	Jeffra Montroy	31- Ernestine Oakes
7- Keith Edwards	18- Robin Miller	Marion Parker
8- Thomas Dufresne	19- Bessie Mitchell	Rosalie Jacobs
9- Susan White	21- Nancy Arquette	
10- Alex Garrow	Wanda Patterson	
Caroline Tarbell	Dr Rose (Dolly) McDonald	
13- Richard Herne	23- Karen Adams	

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

Office for the Aging Contribution Policy



The SRMT OFA has determined that the following services are normally charged for in the community and are appropriate for the generation of contributions.

Congregate Meals	Over 60 years of age \$3.00 per meal Under 60 years of age \$5.00 per meal
Home Delivered Meals	\$3.00 per meal
Supplemental Meals	\$3.00 per meal
Home Care	May be subject to cost share
Handy person Services	\$5.00 per service
Legal Assistance	\$5.00 per service
Transportation	\$5.00 per round trip



Services provided thru the EISEP program may be subject to client cost sharing. Clients will be told in advance if they have a cost share.

The OFA has a flat rate suggested contribution policy for all services.

Individuals with self-declared incomes at or above 185 percent of federal poverty line are encouraged to contribute at levels based on actual cost of services. If you can afford to contribute more than what is suggested, you can.

All contributions are voluntary, unless it is determined to be a client cost share.

You cannot be denied a service for an inability or unwillingness to contribute. Clients still need to follow program rules such as calling in for a meal, but contributions are not required to receive the meal. The OFA does not "bill" for services.

Clients may contribute by cash or check. The OFA does not accept Canadian funds. Checks can be made out to; "SRMT Office for the Aging".

The OFA and the Senior Club are separate organizations that work together to serve the elders of Akwesasne.

You do not have to be a Senior Club member to participate in OFA services.



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**
- **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..**