



Moccasin Trail

O H I A R I H K O : W A / J U L Y 2 0 2 3


Points of Interest:

- June World Elder Abuse Day Article
- SHINE Program update from Cornell Cooperative Pro.
- Senior Club Joker Board
- Our new lawn mower!
- Strawberry Cucumber Salad Recipe
- Port Theater Matinee: Sound of Freedom 7/18/23

2ND ANNUAL SENIOR

Ice Cream Social

THURSDAY, JULY 27, 2023 | 12:30 PM-3:00 PM



AT THE GENERATIONS PARK LACROSSE BOX

FREE EVENT | ICE CREAM | GAMES | PRIZES | ENTERTAINMENT



'Bones of Crows' Showing

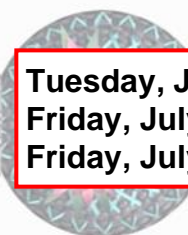
We went to the Port Theater in Cornwall to watch 'Bones of Crows' matinee on June 14th. Not a dry eye in the house! It's about Cree code talker Aline Spears survives her traumatic past in Canada's residential school system to continue her family's generational fight against systemic starvation, racism and sexual abuse. Big Nia:wen to CKON fm radio and LoraLee LaFrance for donating Canadian funds to buy our tickets, popcorn and drinks for 14 of us! It was a nice rainy afternoon well spent.

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We will be Closed on:

Tuesday, July 4th: Independence Day
Friday, July 21st: Planning Day
Friday, July 28th: Staff Beach Day





Akwesasne Senior Club



Membership 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 have any questions or concerns, call the
office at (518) 358-2963 between 11– 4:00 pm.
ANYONE 55 and older can join the senior club!



Senior Club Meeting

**Wednesday, July 12th
12:30 pm– 2:00 pm**

**Senior Center Sunroom
All members are welcome!**

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



July's Joker Board Fundraiser

\$10 a card for a \$265 payout!
Cards can be purchased during
club hours or at Ace to King on
weekends!

Archie's Mini Putt Cornwall Trip

New Date: Tuesday, July 11th

Van will leave at 9:30 am

Please call the senior club if you would like to ride in the
van, driving/carpooling is another option.



Fall Craft Fair Meeting

Reaching out to vendors and volunteer committee members for our
Annual Craft Fair Fundraiser on Saturday, October 7, 2023. We are
planning to meet Tuesday, July 11th at 4:00 pm in the Senior Center
dining room. The senior club needs your help!

Volunteer Bingo Schedule

July 3

Theresa Martin
Rose LaFrance
Nancy Jacobs
Rose Jacobs
Debbie Thomas

July 10

Theresa Martin
Rose LaFrance
Barbara Lazore
Vicki Phillips
Lynn LaFrance

July 17

Theresa Martin
Rose LaFrance
Dorothy Shatlaw
Darlene Chubb
Valarie Garrow

July 24

Theresa Martin
Rose LaFrance
Iona Castagnier
Leona Delormier
Sweets Jacobs

July 31

Barbara Lazore
Lynn LaFrance
Sweets Jacobs
Theresa Martin
Rose LaFrance

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

Can't Dock the Totas 2023



We couldn't of had a more beautiful day on Wednesday, June 21st. We had about 45 elders participate from both Iakhihsoththa and the Senior Center, and 7 pontoons. Thank you to both organizations staff for putting on this event. Thank you the Senior Club for purchasing our t-shirts for the center. Thank you to the captains of the pontoons who were great hosts and happy to help. Thank you to the volunteers who donated their time in assisting the elders on and off safely. Thank you to King's Marina for allowing us to board there and for giving us a great deal on lunch for everyone. All left with a big smile and ready for a nap from all the fresh air! We cannot wait to start planning another pontoon ride!



World Elder Abuse Awareness Day 2023

World Elder Abuse Awareness Day was a lovely day to spend outdoors to spread awareness of elder abuse and to learn about the different resources that the community provides for the older adults.

Thank you to our Presenters, Jerry Manor, Business Development Manager at SeaComm, Leah Delormier and Lori Michaud, SRMT Adult Protection Caseworkers, and Barb McBurnie, President of the North Country Chapter of NY StateWide Senior Action Council. Thanks to all the programs that put together the information tables and to Chief Michael Connors, Sub-Chief Derrick King, Sub-chief Benny Herne, and Chief Ron Lafrance. A special shoutout to Jonathan Lazore of Cheyy's Place for donating his time and the time of his employees to help with grilling and serving the elderly.





Coloring Contest Winners For June:

Congratulations Ron Thomas & Dorothy Cole, our June coloring contest winners! The July coloring pages will be available July 3rd and the contest will end **Friday, July 14th at 10:00 a.m.**



SHINE Program Information from Dan S. & Alexandra H.

Happy July everyone! We hope everyone is enjoying the start of summer! Summer is an excellent time to get your daily doses of vitamin D by enjoying the sunshine. It is also very important to make sure you are well hydrated throughout the day, especially if you are outside in the heat.

Tips to help you stay hydrated:

- Drink about 8 ounces of water upon waking and before bedtime.
- Drink water throughout the day to maintain a healthy balance. Don't wait until you are thirsty to start drinking.
- Coffee and tea provide a significant amount of hydration, despite their diuretic effect due to caffeine content.
- Infuse water with slices of fruit, vegetables, or herbs for a refreshing and tasty boost.
- Use a reusable water bottle so you know how much you are taking in.

Interesting Fact: About 20% of your fluid intake comes from food!

Some of the top foods that have a higher water composition:

- Cucumbers; Celery; Peppers; Cauliflower; Spinach; Radishes; Broccoli; Tomatoes; Watermelon; Strawberries and Grapefruit and many more fruits and vegetables!
- For more information visit <https://diet.mayoclinic.org/us/blog/2022/how-to-stay-hydrated-over-the-summer/>

Our Last Walk with Ease Workshop is Friday, July 14th



This institution is an equal opportunity provider and employer. If you have any questions/concerns please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at Alexandra.hooker@franklincountyny.gov

Financial or Material Elder Abuse



Financial Elder Abuse is the improper, illegal or unethical use of an elder's funds, property, or assets.



- IMPROPER USE OF CONSERVATORSHIP
- CASHING CHECKS WITHOUT PERMISSION
- FORGING A SIGNATURE
- MISUSING OR STEALING MONEY OR POSSESSIONS
- DECIEVNG OR COERCING THE ELDER INTO SIGNING DOCUMENTS (E.G., CONTRACTS OR WILLS)
- USING THE ELDERS ATM/DEBIT CARD WITHOUT KNOWLESGE OR CONSENT.

FINANCIAL EXPLOITATION EXAMPLES

1. Misuse of elderly's monthly check and not paying for food or bills for them.
2. Family/caregiver gambled away the elder's money.
3. Family/caregiver pressured the elder for money.
4. Family/caregiver borrowed money and didn't pay it back
5. Family/caregiver and partner move in and are being supported by the elder.
6. Family/caregiver takes the elder's personal items.
7. Family/caregiver cleaned out the elder's bank account.

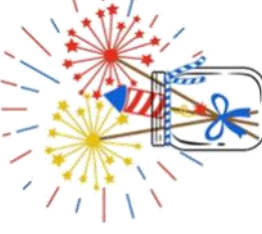
WARNING SIGN CHECKLIST


- Unpaid bills
- Utilities shut off
- Lack of food
- Missing valuables
- New "friend"
- Confusion about finances
- Inability to remember certain transactions
- More frequent ATM transactions
- Questionable banking transactions/loans
- Fear they will be evicted/institutionalized unless money is given to a certain person
- Afraid to answer questions in the presence of a certain person
- Increased isolation by caregiver/family member

If you have any concerns about an elder or would like information, please contact:

Adult Protection Services (APS)	(518) 358-9659
SRMT Police	(518) 358-9200
Office for the Aging (Seniors Center)	(518) 358-2963
Akwesasne Mohawk Police Service	(518) 575-2340

Ohiairihko:wa/July 2023

Tsiat'ahkha-	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahì:khaton
2 6:00 Ace to King	3 Spaghetti with Sausage Cauliflower Wheat Roll Fresh Apple Activity: 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Bingo	4 CLOSED 4th of July 	5 Potato Crusted Cod Rice Mixed Veggies Wheat Roll Pineapple Chunks Activity: 10:00 Exercise DVD 11:00 Walk with Ease	6 Chicken Corn Chowder Wheat Roll Carrot & Celery Sticks Peaches Activity: 10:00 Chair Yoga	7 Cold Cut Buffet Chips Pickle Carrot & Celery Sticks Macaroni Salad Melon Cup Activity: 10:30 Pool Tournament 11:00 Walk with Ease	8 6:00 Ace to King
9 6:00 Ace to King	10 Taco Salad Wheat Roll Apple Activity: 10:00 Exercise DVD 11:00 College Intern Presentation 11:00 Walk with Ease 1:00 Bingo	11 Meatloaf Mashed Potatoes Mixed Beans Wheat Roll Fruit Cup Activity: 10:00 Chair Yoga 10:00 Senior Club Archie's Golf Trip	12 Open Face Turkey with Gravy Stuffing, Wheat Roll Pacific Blend Veggies Fruited Jello Activity: 10:00 Exercise DVD in Lounge 11:00 Walk with Ease 11:00 Nutrition Bingo 12:30 Sr Club Meeting	13 Sweet-n-Sour Pork over Rice Broccoli Wheat Roll Melon Cup Activity: 10:00 Chair Yoga 11:30 Box Lunch Bingo at Iakihsohtha Legal Aid Appointments	14 BBQ Hot Dogs/ Hamburgers Toss Salad Macaroni Salad Chips, Pickle, Orange Ice Cream Cup Activity: 10:00 End of Coloring 10:30 Shuffleboard 11:00 Walk with Ease Workshop: Last day	15 6:00 Ace to King
16 6:00 Ace to King	17 Fish on a Bun Potato Wedges	18 BBQ Ribs Potato Salad	19 Pancakes with Blueberries	20 Mac-N-Cheese Stewed Tomatoes	21	22 6:00 Ace to King

	<div>Toss Salad Orange Activity: 9:00 Healthy Aging and Healing with Alice McClurr 10:00 Exercise DVD 1:00 Bingo</div>	<div>Wheat Roll Strawberries with Cream Activity: 10:00 Chair Yoga 12:45 Port Theater Matinee: Sound of Freedom</div>	<div>Scrambled Eggs Bacon Orange Juice Fruit Cup Activity: 10:00 Exercise DVD 10:30 Scrabble Tournament: National Words with Friends Day</div>	<div>Broccoli Roll Watermelon Chunks Activity: 10:00 Chair Yoga 10:30 Pool Tournament</div>	<div>CLOSED Planning Day </div>	7
<div>23 6:00 Ace to King</div>	<div>24 Goulash Caesar Salad Wheat Roll Mixed Berries with Whip Activity: 9:00 Healthy Aging and Healing 10:00 Exercise DVD 1:00 Bingo</div>	<div>25 Chef Salad Garlic Bread with Cheese Peaches Activity: 10:00 Chair Yoga</div>	<div>26 Birthday Meal Turkey Dinner Mashed Potatoes Mixed Green Beans Wheat Roll Cake with Fruit Topping Activity: 10:00 Exercise DVD</div>	<div>27 Shake-N-Bake Pork Chops Rice Pilaf Green Beans Wheat Roll Muffin Activity: 10:00 Chair Yoga 12:30 Ice Cream Social </div>	<div>28 CLOSED Staff Beach Day </div>	<div>29 6:00 Ace to King</div>
<div>30 6:00 Ace to King</div>	<div>31 Chicken Cordon Bleu Mashed Potatoes Wax Beans Apple Crisp with Whip Activity: 9:00 Healthy Aging and Healing 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Bingo</div>	<div>Did you know? 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. 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 518-358-2963. SALADS ARE NOW AVAILABLE!!! Call before 9:30 am and don't forget to request your salad dressing.</div> <div></div>				

SENIORAMA 2023

Presented by the North Country Chapter of
StateWide Senior Action Council

Free Health & Information Fair

For Older Adults and Caregivers

DOOR PRIZES & RAFFLES!

July 24, 2023

10 AM - 2 PM

Akwesasne Mohawk Casino Resort Bingo Palace
State Route 37, Hogansburg

For more information, contact:

Barb McBurnie

(315) 261-2980



Tournaments at the Senior Center



We hold two pool tournaments a month and we are starting 1 shuffleboard tournament a month. Our June 9th tournament we had 10 competitors. Second place was Mike Jackson and first place was Tim Sunday. All tournaments start at 10:30 am if you would like to join us. Our second pool tournament was held on June Thursday, June 29th. We had 6 participants, Gary took home second and Peter won first!

Our June shuffleboard tournament was held on June 13th. We only had 3 teams of two. Second place winners were Peter Back and Catherine Cook. First place winners were Darlene Chubb and Donna Delormier. Our next pool games for next month is Friday, July 7th and Thursday, July 20th. The next shuffleboard tournament will be Friday, July 14th. Let Katie know if you would like to play!



Thank You Senior Club!!!

With their membership fund, the Akwesasne Senior Club purchased a brand new Cub Cadet mower for the Senior Center Lawn Care program. With this new mower, we were able to add 10 more elders onto our lawn care list. It is greatly appreciated!

Thank You!

Nia:wen Tim Sunday for donating some great condition pool cues for our pool table games!



Quick snap of a snapping turtle outside the senior center that lives at the nearby walking trail. Photo credit to Generations Park Facebook Page

Summer Bus Shuttle in Akwesasne

& Surrounding Area

FREE to ride!

This service provides transportation to and from Generations Park for Farmers Market Shopping. Pickup areas are Akwesasne Mohawk Casino, Mohawk River Village, Iroquois Village, Twinleaf, Massena Price Chopper & St. Regis Nursing Home.

The shuttle will run on the following dates:

Saturday July 8, 2023

Saturday July 15, 2023

Saturday July 22, 2023

Saturday July 29, 2023

The first shuttle to Generations Park on the scheduled dates leaves from Price Chopper at 9:40am, Twinleaf at 10:00am, Casino at 10:10am, Mohawk River Village at 11:29am and St. Regis Nursing Home at 10:50am.

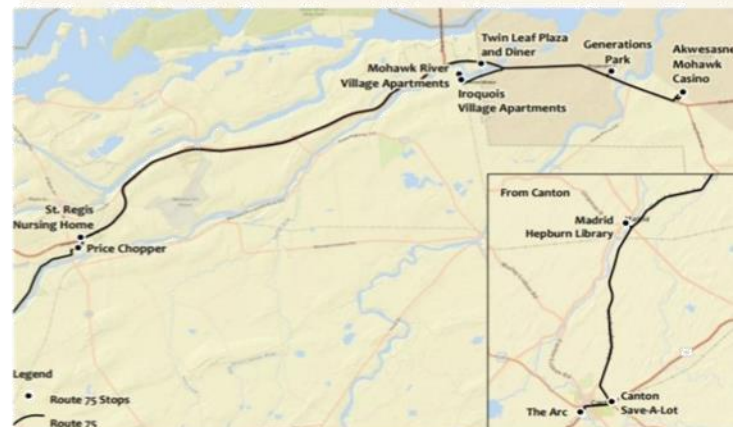


"Route 75"

For full schedule with pickup/drop off areas and times, visit the Office for the Aging's FB Page or visit the front desk for copies



Made possible by a sponsorship with SLC Transport, Akwesasne Travel, and Akwesasne Mohawk Casino Resort.



For more information, contact Public Transit office at 315-386-2600.

If you would like the Bus Schedule print out, they are available at the Senior Center!

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|---|---|--|
| 1- Clara Margosian
Richard Phillips | 9- Shirley Gray
Dorothy Benedict | Doris Benedict |
| 2- Freida Schmenkle
Gerald McElwain | 10- Pat Ransom | 23- Joanne Jackson |
| 3- Anna Boots
Mona Via
Vanessa Lavare | 11- Elaine Cook
Geraldine Jacobs
Caroline Bigtree | 24- Mary Frego
Louis Conners |
| 4- Ava Cole | 12- Katherine White
Angie Sunday | 26- Agnes Terrance
Karen White |
| 5- Gloria Arquette | 14- Joan Carvel | 27- Andrew Andy Jock |
| 6- Sidney Armstrong
Dennis White
Adam White | 16- Mike Oakes | 28- Debbie Thomas
Andy Cook
Betty Ransom |
| 7- Grace Barnes
Karilyn Phillips | 18- Gary Burnham | 29- Stella Jessmer |
| 8- Leslie Thompson | 19- Jack Leaf
Barbara LaDue | 31- Carole Ross
James Montour |
| | 20- Ella Louise Cook | |
| | 22- Lynne Jacobs | |

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

Strawberry Cucumber Salad

This salad is a bright and tasty addition to your next summer meal!

Ingredients

- 2 Tablespoon nonfat or low-fat plain yogurt
- 4 teaspoons apple cider vinegar
- 1 Tablespoon honey or brown sugar (see notes)
- 1/4 teaspoon onion powder
- 1/4 teaspoon prepared mustard
- 1/4 teaspoon salt
- 1 Tablespoon lemon juice
- 1 1/2 teaspoons oil
- 3/4 teaspoon poppy seeds (optional)
- 2 cups sliced strawberries
- 2 1/2 cups thinly sliced cucumber



Directions:

1. Wash hands with soap and water
2. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil and poppy seeds, if desired. Mix well.
3. In a large bowl, add the strawberry and cucumber slices. Pour the dressing over and gently mix until evenly coated.
4. Refrigerate leftovers within 2 hours.



Makes 6 servings. Prep time 20 minutes



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..**