



Moccasin Trail

OHIA:HA / JUNE 2022

Points of Interest:

- HEAP Cooling Assistance Article
- Vital Checks for June
- May Coloring Contest Winners
- Wellness Week:
Birdhouse Making
Craft Tues. June 14th,
9:00 a.m.
All elders welcome
- Salads now available

Happy Fathers Day!

Our Father's Day meal will be held on
Friday, June 17th.

Only Grab-n-Go will be available.
Please call before 9:30 a.m. to reserve a meal.

The Menu is:
Wall-eye
Potato Wedges
Coleslaw
Roll
Peach
Ice Cream Sandwich



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations.

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation. Contact Lora Lee for more information or any questions at (518) 358-2963.

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**We will be
Closed on:**

**Friday, June 24th: Planning Day
Monday, June 20th: Staff Appreciation**



Saint Regis Mohawk Senior Citizens Club



Senior Club Membership

You can mail in your membership fee of \$5.00

American to:

**PO Box 1106
Hogansburg, NY
13655**



Payable to: SRM Senior Citizens Club

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

Atlantic Tropicana Trip

Tentative Date: September 14-17th

We are making a 'List of Interest' for anyone interested in going to Atlantic City on a coach bus. 40 people are needed (do not need to be a senior or club member to go). Cost to reserve a seat is \$100. The final cost is unknown until we get a set number of participants. Any questions can go to Lynn LaFrance, her email is lynnlafrance2014@gmail.com

Volunteer Bingo Schedule

June 6th

Rose LaFrance
Barbara Lazore
Lynn LaFrance
Theresa Martin
Nancy Jacobs

June 13th

Debbie Thomas
Theresa Martin
Rose LaFrance
Vicky Phillips
Rose Jacobs

June 20th

Theresa Martin
Rose LaFrance
Nancy Jacobs
Iona Castagnier
Barbara Lazore

June 27th

Theresa Martin
Debbie Thomas
Rose LaFrance
Leona Delormier
Rose Jacobs

Senior Club Meeting

Wednesday, June 8, 2022, 10:00 a.m. in the Sunroom at the Senior Center. All club members welcome!

Please Join the RSVP of Franklin and Hamilton County

The Retired and Senior Volunteer Program (RSVP) shows you how you can apply the skills and wisdom you've acquired throughout your life to make a positive difference in the lives of others. Our program focuses on making a tangible difference in your community by placing people age 55 and older in hard to reach and home-bound areas. We hope to get as many volunteers possible, so we can reach anyone and everyone that may need help and could use resources that we can offer. Volunteer Opportunities like: Friendly visiting, meals on wheels, doctors appointments, grocery shopping and picking up prescriptions. For more information, please call Iris Herne at 315-842-0245 or email srmseniorsclub@gmail.com.

Nia:wen/Thank you...

Thank you Lori Collins for your \$20 discount coupon for any service at the Hairitage House Salon (located at 199 E. Orvis Street, Massena NY 13662).

Thank you Alda Herne for donating a Paparazzi Accessories \$60 gift certificate. (located at 271 Beaver Meadow Road, they sell necklaces, bracelets and earrings)

The SRM Senior Citizens Club will be tentatively scheduling a **Craft Fair** event for Saturday, October 8th.

Craft fair meeting is scheduled for Wednesday, June 22nd at 4:00 p.m. Beverages and snacks will be provided!

We Need Your Help

One of the conditions to having the senior center be 'mask optional' is that we continue to ask the screening question.

COVID is still present in Akwesasne. We need your help to keep the senior center open and safe. Everyone entering the senior center for meals, classes, or events needs to stop at the front desk and answer the screening question. Please be patient if the staff person at the front desk is busy. It takes less than a minute and we appreciate your cooperation.

We are doing this for the health and comfort of all elders, staff, and guests at the senior center.

Here are other things you can do to keep our center safe and open. If you don't feel well, stay home and get tested. Get boosted! Nia:wen for your cooperation.



GET COOL, AKWESASNE



HEAP Cooling Assistance Benefit

HEAP Cooling Assistance benefit is now accepting applications for 2022-2023 benefit year. If you are eligible, you may receive one Cooling Assistance benefit per applicant house for the purchase and installation of an air conditioner or a fan to help your home stay cool. Only one air conditioner or fan, not to exceed \$800 with installation, will be provided per applicant household. No additional HEAP cash benefits are available.

You may be eligible for a Cooling Assistance HEAP benefit if:

- Your household's gross monthly income is at or below the HEAP income guidelines for your household size
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), or
- You received a Regular benefit greater than \$21 in the current program year or reside a Regular benefit equal to \$21 during the current program year and reside in a government subsidized housing with heat included in your rent, and
- A member of your house is a United States Citizen or qualified alien, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older, and
- You did not receive a HEAP funded air conditioner within the past 5 years

If you would like to apply for HEAP Cooling or have questions, please call the Saint Regis Mohawk Tribe Office, Office for the Aging, NY Connects and HIICAP Program at 518-358-2834



Craft Class



Our May Class for 2022 we created Resin Coasters. It was a great afternoon of laughs and crafting. I was so happy to have 8 in-class and 2 more will be scheduling another time to work on theirs. If your coaster was feeling a little sticky, you may not have had the correct amount of hardener and resin, they need to be equal parts and then mixed into 1. We also had quite the interest in learning how to make the SWEETGRASS Centers and we hope to offer a class in the near future. **Keep an eye out for an announcement in the upcoming newsletters.**

JUNE CRAFT CLASS: Wednesday, June 2nd at 12:45 p.m.
Please call to sign up (518) 358-2963
Watermelon Placemats →
We will be working with paint in this class



Vitals Checks

A nurse from the Tribe clinic will be coming every last Tuesday of the month and measuring height, weight and blood pressure for your own knowledge. They will be here June 28th from 11:00 am– 12:00 pm



Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month.

Thursday, June 9, 2022

Thursday, June 23, 2022



Don't forget to check out our Facebook page for updates and the weekly menu! Just search: 'Office for the Aging Saint Regis Mohawk Senior Center'

June 2022 National Holidays

Date	Holiday
Thursday, June 2nd	<u>National Rocky Road Day</u> : This day commemorates the iconic flavor of the ice cream and the dessert. Funny enough, this flavor is sold not just in the U.S. and Australia but also in countries like India, China, Japan, South Africa, and many others.
Friday, June 10th	<u>National Iced Tea Day</u> : On June 10, we fill our glasses with iced tea (sweetened or unsweetened—that's your call) and celebrate National Iced Tea Day.
Friday, June 17th	<u>National Wear Blue Day</u> : On June 18, celebrate Wear BLUE Day by sporting a blue outfit and discussing the health issues that plague men across the world. Awareness regarding health issues occurring in the male population is critical since, on average, men live at least five years less than women. This is because men avoid health checkups, and are mostly unaware of the ailments that may take their lives a few years down the line. However, on Wear BLUE Day, we aim to decrease the number of diseases in men by promoting regular checkups and highlighting the health issues men may be facing.
Tuesday, June 21st	<u>National Smoothie Day</u> : June 21, the first day of summer! So celebrate National Smoothie Day by blending together food, family, and fun in the sun as you kick off the first day of summer in style. We will throw in a mix of sweet juices, tangy fruits, fresh vegetables, and delectable surprise ingredients. Smoothies will be available at 11:00 a.m. with snacks.
Thursday, June 30th	<u>National Bomb Pop Day</u> : The Bomb Pop was first invented by D.S. Abernethy and James S. Merritt, of Merritt Foods, on July 30, 1955, in Kansas City, Missouri. This invention occurred at the outset of the Cold War between the U.S. and the Soviet Union (modern-day Russia) when the situation was heating up as the two world powers began to consider a nuclear war. It seems almost poetic that amidst the threat of nuclear warfare, Abernethy and Merritt came up with a frozen treat to cool down temperaments all over the nation



May Coloring Contest



Congratulations Carol Lazore and Linda Montour (bears) on winning our May coloring contest! Our June coloring contest will be starting June 1st and end June 9th. We need them by 10:00 a.m. to be displayed for voting. Please call Katie before then if you need it picked up at 518-358-2963.

June Coloring Contest starts Wed. June 1st and Ends Thursday, June 9th at 10:00 a.m.





Tsial'ahkhaton	Kiokierénhton	Tekeníhathon	Ahsénhathon	Kaieríhathon	Wiskhaton	Wahíahkhaton
<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 518-358-2963.</p> <p>NOTE: Only 4 to a table in congregate lunch. Mask wearing is now Optional but encouraged if you are not feeling well or are unvaccinated.</p> 						
5 6:00 Ace to King	6 Salisbury Steak With Mushroom Sauce Mashed Potato Carrots, Roll, Fruit Activity: 9:00 Mohawk Language Class 10:00 Exercise with DVD Class 1:00 Bingo	7 Sausage with onions and green peppers on a bun Coleslaw Chips Pears Activity: 10:00 Chair Yoga 1:00 Wisdom Warriors Workshop	8 Chicken Tenders Sweet Potato Fries Green Beans Italian Ice Fruit Cocktail Activity: 10:00 Senior Club Meeting in Sunroom 10:00 Exercise DVD	1 Chef Salad Cheese Filled Breadsticks Chocolate Pudding Pie Apple Activity: 10:00 Exercise DVD	2 Chicken Patty on a Bun Veggie Sticks Potato Salad Pickle Cookie Banana Activity: 10:00 Chair Yoga <i>National Rocky Road Day!</i>	3 Spanish Rice Broccoli Roll Orange Ice Cream Sandwich Activity: 11:00 Virtual Bowling
12 6:00 Ace to King	13 Shake-n-Bake Chicken	14 Pork Chops Apple Sauce	15 Ravioli with Sauce	16 Adirondack Salad	10 Baked Ziti Garlic Bread Broccoli Carrot & Celery Sticks Chocolate Pudding Fresh Fruit Activity: 11:00 Virtual Bowling <i>National Iced Tea Day!</i>	11 6:00 Ace to King
17 Father's Day Diner Wall-eye	18 6:00 Ace to King					

	<p>Wild Rice Mixed Veggies, Roll Pineapple Chunks</p> <p>Activity: 9:00 Mohawk Language Class 10:00 Exercise DVD 1:00 Bingo</p>	<p>Stuffing Mixed Veggies Brownie</p> <p>Activity: 9:00 Birdhouse Making: Wellness Week Activity 10:00 Chair Yoga 1:00 Wisdom Warriors Workshop</p>	<p>Loss Salad Garlic Bread Apple Pie</p> <p>Activity: 10:00 Exercise DVD</p>	<p>Cheese Stuffed Breadstick Mandarin Oranges</p> <p>Activity: 10:00 Chair Yoga</p>	<p>Potato Wedges Coleslaw Roll Ice Cream Sandwich Peach</p> <p><i>National Wear Blue Day</i></p>	7
<p>19 6:00 Ace to King</p> <p>HAPPY Father's DAY</p>	<p>20</p> <p>CLOSED</p> <p>Staff Appreciation Day</p> 	<p>21 Mac-N-Cheese Stewed Tomatoes Broccoli Roll Watermelon Chunks</p> <p>Activity: 10:00 Chair Yoga</p> <p><i>National Smoothie Day</i></p>	<p>22 Beef Stroganoff With Noodles Mixed Beans Roll Mixed Berries with Whip</p> <p>Activity: 10:00 Exercise Class with DVD 12:45 Craft Class</p>	<p>23 Chicken Broccoli Alfredo Green Beans Roll Fresh Peaches</p> <p>Activity: 10:00 Chair Yoga</p>	<p>24</p> <p>CLOSED</p> <p>Planning Day</p> 	<p>25 6:00 Ace to King</p>
<p>26 6:00 Ace to King</p>	<p>27 Cheese Chicken Casserole Broccoli Roll Apple Cobbler</p> <p>Activity: 8:45 Mohawk Language Class 10:00 Exercise Class 1:00 Bingo</p>	<p>28 Hamburger Gravy Boiled Potato Peas and Carrots Roll Pineapple Chunks Cookie</p> <p>Activity: 10:00 Chair Yoga 11:00 Vital Checks</p>	<p>29 Birthday Meal Boiled Ham Dinner Roll Cake with Strawberry Chunks and Whip</p> <p>Activity: 10:00 Exercise DVD</p>	<p>30 Baked Fish Fries Mixed Veggies Cherry Crisp</p> <p>Activity: 10:00 Chair Yoga</p> <p><i>National Bomb Pop Day</i></p>	<p>SALADS NOW AVAILABLE!</p> <p>Call in the morning to reserve a salad and salad dressing. First call, first serve of 20 salads a day. They will not be available when salad is included with menu meal. Same suggested donation. (only an option for Congregate and Grab-n-Go)</p>	

Tips to Stay Healthy when it's Hot Outside



The summer months are a time of fun, adventure and relaxation for many, but they can also be a source of stress for older adults and their caregivers. As we age, our physiology changes in ways that boost sensitivity to summer's heat, humidity and sun exposure. In fact, according to research conducted at Duke University, more than 80% of heat-related deaths occur in people over 60. In addition to physiological factors like reduced sensitivity to thirst, poorer circulation and higher incidence of chronic conditions, seniors are especially vulnerable to heat-related illnesses due to social isolation.

Dr. Elaine Healy, medical director and vice president of medical affairs at United Hebrew of New Rochelle, New York, confirms, "Hot weather can make anyone cranky, but it can be especially dangerous for seniors."

Boost your hydration

Seniors are more susceptible to dehydration than younger people because they don't sweat or recognize thirst as effectively as they used to, explains Healy. Plus, many seniors take diuretics, also called water pills, to treat high blood pressure, chronic kidney disease, congestive heart failure and other conditions, which cause the body to lose fluids. Drink plenty of water before heading outdoors and throughout any time spent in the sun. When outside, if you begin sweating excessively or have diarrhea, drink a sports drink like Gatorade or Pedialyte.

Dehydration can cause an imbalance in electrolytes, the essential minerals that are needed to maintain bodily functions like muscle contraction and nervous system signaling. These beverages replenish the body's stores of sodium, potassium and other electrolytes, in addition to providing hydration.

Slather on sunblock and dress for success

The fatty layer below our skin gets thinner with age making seniors more sensitive to the dehydrating effects of sun exposure. To stay safe from sun damage, follow these tips:

- Purchase a sunscreen with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays.
- Gently cover every exposed area with sunblock — including often-forgotten spots like their ears, upper lip, the backs of their hands and the tops of their feet.
- Wear loose, light-colored clothing, which will help you feel cooler and more comfortable, as well as provide additional protection from the sun.
- Put on sunglasses and a hat with a brim to help shield the delicate skin around their eyes.

Know when to stay inside

Exercising outdoors is wonderful: It's proven to boost one's mood, and it's a great way for older adults, who might have suffered from loneliness and isolation during the pandemic, to safely spend time with friends and neighbors. But on very hot days, it's best to limit outdoor time to early in the morning or later in the evening after the sun has set. The sun is strongest from 10 a.m. to 4 p.m., according to the Environmental Protection Agency (EPA), so it's a good idea to spend those hours indoors in air conditioning, if possible.



Keep medications up to date and properly stored

Managing prescriptions may require extra care during the summer, especially if you're planning a vacation. If you take more than a couple of meds, carry a list in their wallet, including dosages and frequency.

Be sure to order refills in advance so you don't run out while you are away, and be aware that sometimes you'll need approval in advance from your insurer, which can take more time.

Another seasonal concern: Many medications degrade at temperatures over 86°F, making them less effective. Consult your doctor or pharmacist for advice if you don't have air conditioning in your home. In general, they may want to avoid storing medication in the bathroom, which can get extra hot and humid.

Prevent trips and falls

People usually think about falls during the winter, when it's icy outside. But in summer, seniors are spending more time outdoors, often in unfamiliar terrain, so we still have to be careful.

Uneven patio pavers, outdoor rugs, slippery pool decks and sandy beaches can all cause you to lose your balance. Plus, some chronic conditions, like low blood pressure, can cause dizziness, leading to falls.

Making the following moves to keep yourself as safe as possible:

- Make sure you stay up to date with anything that helps keep your senses sharp, like eyeglasses, hearing aids and walking devices.
- Keep yard and patio areas well lit.
- Ensure that you have comfortable, well-fitting shoes.

Watch out for telltale hyperthermia symptoms

During the summer, caregivers should watch for a range of symptoms associated with hyperthermia, an umbrella term for heat-related illnesses, says Healy. These include:

- Excessive sweating
- Fatigue.
- Dizziness.
- Intense thirst.
- Cramps in the abdomen, leg or arms.
- Cool, clammy skin.
- Nausea or vomiting.



Heatstroke is a severe form of hyperthermia caused by dehydration and a dramatic rise in body temperature, and it can be fatal if not treated in a timely fashion. The symptoms of heatstroke include:

- No sweating.
- Body temperature greater than 103°F.
- Red, hot, dry skin.
- Throbbing headache
- Confusion.
- Lethargy.
- Fainting.



If you or your loved one starts to feel any of these symptoms, ask for medical help immediately. Lie down in a cool area as soon as possible.

*If you have any questions feel free to contact SRMT Office for the Aging
@ 518-358-2963 Lisa Keyes, RDN*

June is National Fresh Fruit and Vegetable Month

Eating a diet rich in fruits and vegetables can help reduce the risk of many leading causes of illness and death, such as cardiovascular disease, type 2 diabetes, some cancers and obesity. Despite these positive health benefits, few adults meet the recommendations.

Only 9% of adults are eating the recommended amount of vegetables and 12% of adults are eating the recommended amount of fruit, according to the Center for Disease Control (CDC).

Tips to Increase your Fruit and Vegetable Consumption

- Make a point of buying more fruits and vegetables
- Purchase convenience sizes, if this will help you to eat more fruits and vegetables
- If you are on a budget, package fruit or vegetables in snack size servings, such as a handful of cup up carrots or cubed melons or berries and store in an airtight container or baggie
- Make a tray or plate of fresh fruit and/or vegetables and leave in the refrigerator, so you have a healthy snack available while preparing a meal, or sitting in front of the television
- If you don't enjoy all types of fruits and vegetables, experiment to find the ones you enjoy most and incorporate them into your diet
- Include fruit in dishes such as yogurt, salads, cereal, ice cream and other desserts
- Incorporate vegetables in dishes such as soups, stews, pies, wraps and sandwiches

12 Tasty Salad Toppers

Begin with fresh salad greens. Enhance the nutrition of a salad by adding colorful fruits and vegetables. Keep it light by limiting the amount of salad dressing to about 1 tablespoon per 1-1/2 to 2 cups of greens.

- Marinated Artichoke Hearts
- Parmesan Cheese
- Croutons
- Dried Cherries, Cranberries or Raisins
- Fresh Basil, Chives, Dill or Parsley
- Apples or Pears
- Olives
- Toasted Almonds, Walnuts or Sunflower Seeds
- Red Onions
- Oranges
- Radishes



The Senior Center is now offering salads as a daily option. Just call before 9:30 a.m. and choose your salad dressing. We'll do the rest. This includes grab-n-go!

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

1- **Lois Terrance**

Glen Hill

2- Mitchell Sunday

3- Kevin King

Pat Edwards

4- **Dale Cole**

Florence Phillips

6- Glen Lazore

7- Esther Mitchell

10- Rita Cree

Joe Jock

Rose Oakes

Doris Sharpsten

11- Judy Hemlock-Cole

12- Isabelle Parks

13- Janice Tallett

14- Debbie Garrow

Terry Lee Frary

15- Toni Herne

Verda Tarbell

Margaret Snyder

16- Gilbert Ransom

Wanda Jacobs

17- RoseAnn Terrance

Connie Thompson

18- Elizabeth Tarbell

Lynn LaFrance

19- Sharon Thompson

Susan Hayn

20- James R. Lazore

Wilbert Tarbell

Carl Patterson

21- Tina Tarbell

22- Christine Hamelin

Phyllis Point

23- Bernice Lazore

24- 'Jake' Ernest Adams

25- Donald D. Thompson

Alma Ransom

Theresa Martin

26- Shirley Pitts

Mabel Thomas

27- Gerald Jacobs

28- Victoria Connors

29- **Glenda Snyder**

Leona Thompson-David

Peter Angus

Bold are Saint Regis Mohawk Senior Club Members

Protect Yourself From Medicare Scams!

Watch out for people who:

- Ask for your Medicare Number
- Ask for your bank information
- Ask for your Social Security Number
- Pressure you with time limits
- Say they represent Medicare
- Offer you gifts to enroll in their plan
- Make solicited calls, or texts
- Approach you in parking lots or malls

- Threaten that you will lose your Medicare benefits unless you sign up for their plan
- Give you material that looks like they are from official government resources



REMINDER:

- Medicare will not call you
- Do not give out your Social Security number, date of birth, or credit card information over the phone.

If you think you are a victim of a Medicare scam or have questions, please call the Saint Regis Mohawk Tribe Office for the Aging, NY Connects and HIICAP office at (518) 358-2834 or 1-800-MEDICARE (633-4227)



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..**