Points of Interest:
- COVID-19 Vaccine Effectiveness Timeline
- March Craft Kits
- Valentine’s Day Treats
- St. Patrick’s Day Crossword Puzzle
- Beware Social Security Phone Scams
- Senior Water Challenge

May your troubles be less,
And your blessings be more,
And nothing but happiness,
Come through your door.

Irish Blessing

Senior Club Membership Renewal!

To receive the Newsletter in the mail you must be a Senior Club Member. Club treasurer Karen White will be at the Senior Center on Thursday, March 4th from 11:00 a.m.– 1:00 p.m. to renew your membership. Just drive up to the front door and Karen will be waiting to assist you inside your vehicle.

Or you can mail your membership fee of $5.00 American to the Saint Regis Mohawk Senior Club:
P.O. Box 1106
Hogansburg, NY 13655

If you have any questions, please call Karen White at 518-319-5267

The Building is CLOSED to the Public until Further Notice
1 in 2 New Yorkers 75+ at High Risk of Getting COVID-19

COVID-19 is spreading rapidly nationwide and it will be several months before most people aged 75 and older are vaccinated.

1,432,000 New York population aged 75 and older
All are at serious risk of bad outcomes (hospitalization or death) if they get COVID-19.

1 in 2

More than 1 in 2 are at high risk of getting COVID-19 because:
- 53% underestimate their risk of hospitalization
- 58% engage in unsafe behaviors

Act now to help save thousands of lives!
- Make sure that everyone you know takes steps to avoid getting infected before they are vaccinated.
- Go to newyork.cv19checkup.org for a free, confidential report on your COVID-related risks and how to reduce them.

These statistics are based on responses from 1,282 people aged 75 or older who completed the CV19 CheckUp online survey between Oct. 21 and Dec. 17, 2020.
Copyright 2021 by BellAge, Inc.

OPTIMAL COVID-19 TESTING TIME
If you have symptoms before day 7, seek medical attention immediately.

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**EXPOSURE**
(last known date of exposure to a person with COVID-19)

**TESTING PERIOD**
(optimal testing days)

**QUARANTINE PERIOD**
(even with a negative test)
Congratulations to our February Coloring Contest winners Iris Herne and Lilly Swamp! They will both be getting a free lunch of their choice from a local restaurant delivered by Katie on our Planning Day which is the last Friday of the month.

Thursday, March 11, 2021

Thursday, March 25, 2021

Not Everything is Cancelled

Sunshine is not cancelled
Spring is not cancelled
Love is not cancelled
Relationships are not cancelled
Reading is not cancelled
Naps are not cancelled
Devotion is not cancelled
Music is not cancelled
Dancing is not cancelled
Imagination is not cancelled
Kindness is not cancelled
Conversations are not cancelled
Hope is not cancelled.

Senior Center Coloring Contest

Congratulations to our February Coloring Contest winners Iris Herne and Lilly Swamp! They will both be getting a free lunch of their choice from a local restaurant delivered by Katie on our Planning Day which is the last Friday of the month.

The next contest is available now and will end **Thursday, March 11th by 12:00 p.m.** any senior can participate! You can pick up the coloring page at our building on 29 Margaret Terrance Memorial Way or we can mail it to your home. When your finished, you have the option to drop it off to us any time, just honk your horn at our front door and staff will come out and get it from you. Or you can mail a couple days before the deadline at Attention: Senior Center, Katie Boots-Lazore 71 Margaret Terrance Memorial Way, Akwesasne, NY 13655. Just be sure to call Katie to tell her it’s on the way at (518)358-2963 extension 3309.

Iris Herne

Lilly Swamp

Paralegal Linda LaRue from Canton is back 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 on every 2nd and 4th Thursday of the month.

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**Wednesday, March 17, 2021**

Happy St. Patrick’s Day
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<tr>
<td>Spaghetti &amp; Meatballs</td>
<td>Chicken Cordon Bleu Potato</td>
<td>Sweet &amp; Sour Pork over Rice</td>
<td>Meatloaf Mash Potatoes Carrots Roll Apple Cobbler</td>
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<td>Garlic Bread w/ Cheese Cookie</td>
<td>Mixed Veggies Roll</td>
<td>Stir Fry Veggies Roll</td>
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<td>Lemon Baked Fish Mac &amp; Cheese Stewed Tomatoes Cookie</td>
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<td>Goulash Green Beans Roll Fig Newton</td>
<td>Sweet Potato Soup Biscuit Melon Cup</td>
<td>Salisbury Steak Mashed Potato Corn Roll Fresh Fruit</td>
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<td>Bean Soup Egg Sandwich Pineapple Chunks</td>
<td>Baked Ziti Garlic Bread Broccoli Chocolate Pudding Legal Aid</td>
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<td>Cheeseburger Sweet Potato Fries Coleslaw Peaches</td>
<td>Cold Cut Buffet Mac Salad 3 Bean Salad Mandarin Oranges</td>
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<td>Potato Crusted Cod Wild Rice Peas &amp; Carrots Butterscotch Pudding</td>
<td>Tomato Mac Soup Tuna Sandwich Banana Pudding</td>
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<td>BBQ Chicken Buttered Noodles Asparagus Pears</td>
<td>Beef Stroganoff Egg Noodles Green Beans Roll Fig Newton</td>
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<td>CLOSED Planning Day</td>
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<td>Legal Aid</td>
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Call the Center if you will not be home for your Home Delivered Meal at 518-358-2963

**NOTE:** Our freezer is currently out of order so the Menu is subject to change more frequently this Month. Sorry for any inconvenience.
Lynn Lafrance sent us a picture of a craft she wanted to try, so we put a kit together for her. Great Job, Lynn!! This is something new we will be trying here at the Senior Center—If you have a craft idea you would like to try, just reach out to us and we will gladly put a kit together for you with materials we have or we can shop for you. Call Joy at (518)358-2963.

Dorothy Cole completed a Bird Seed Feeder Kit and already has a visitor.

Bird Watching can reduce stress and lift your spirits. It is also exciting because you never know what you will see next.

Barb George completed this Potpourri kit she received from her sister Debbie Thompson.

We are all In this Together!
We really wanted to make your Valentine’s Day special this year. Everyone definitely could use a good boost! Activity Coordinator Katie sent out a request to the community for homemade Valentine’s Day cards from any local children that wanted to give a card to an anonymous Tota to brighten their Valentine’s day. We received roughly 100 Valentine’s day cards, all unique and beautiful! The Akwesasne Youth Coalition dropped off 19 made anonymously by 6 students. Thank you so much to those who all dropped off a cards in efforts to brighten a seniors day like those students in the Akwesasne Youth Coalition, Joelle Peters and Sahara Fuller. The cards were given to every senior and Caregiver on our Home Delivered Meal list which consists of 65 elders, all of Akwesasne, and 15 elders that pre-ordered a Grab-n-Go lunch that day.

Activities Assistant Joy was happy to make some treats to include in our little gift baggies. She made a chocolate dipped graham cracker with sprinkles and a pretzel with a Hershey kiss and topped with a valentine’s day m&m.

We received great feedback from the home delivery seniors that received them along with their lunches on Friday, February 12th. They said it was a delicious and thoughtful surprise that made their day! That is exactly what we were hoping for.

Here are pictures of some of the cards that were sent out:
ST. PATRICK’S DAY WORD SEARCH

IRELAND
RAINBOW
MAGICAL
BLESSING
LEPRECHAUN
GOLDEN
PARADE
SHAMROCK
CLOVER
EMERALD
Beware of Social Security Phone Scams

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:
1. HANG UP!
2. DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!
3. REPORT THE SCAM AT oig.ssa.gov

What to look out for

- The caller says there is a problem with your Social Security number or account.
- Scammers pretend they’re from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.
- Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.
- Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will never:
- Threaten you
- Suspend your Social Security Number
- Demand immediate payment from you
- Require payment by cash, gift card, pre-paid debit card, or wire transfer

Be Active

Protect yourself and your friends and family!
- If you receive a questionable call, just hang up and report the call at oig.ssa.gov
- Learn more at oig.ssa.gov/scam
- Share this information with others
COVID-19 Vaccine Effectiveness **Timeline**

Day 1: Prime (1st Dose) of Moderna Vaccine. Approximately 60% effective.

Day 28: Boost (2nd Dose) of Moderna Vaccine.

Day 42: Optimal effectiveness of vaccine reached. Approximately 94% effective.

Even after being vaccinated, you should continue to avoid or reduce your exposure to individuals outside of your own household. Universal precautions including social distancing, hand washing, and wearing a face covering should be continued.

*Source: www.odc.gov*

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**Senior Water Challenge!**

Beginning March 3rd  
Ends March 31st

Join our month long water challenge. Participants must submit total ounces of water drank weekly. For every gallon of water (128 ounces) drank, you will be entered into our raffle! Please check with your doctor before drinking too much water if you have any liver or heart issues.

**Benefits of Drinking Water**

- Boosts Energy
- Healthy Skin
- Cures Aches & Pains
- Better Exercise
- Helps Weight Loss
- Body is 65% Water
- Better Digestion
- Kidney Health

Register with Activities Department at (518) 358-2963 or by email katie.boots@srmt-nsn.gov

Register by Tuesday, March 2, 2021  
Register before March 3rd and pick up a Water Bottle!
EVERYONE REACTS DIFFERENTLY TO STRESSFUL SITUATIONS LIKE COVID-19.

With our mental health at the forefront of our minds, remember that prioritizing our health also includes our mental and emotional wellness. Feeling especially nervous or anxious during the global pandemic is common and you are not alone. Here are some tips to cope with stress and anxiety:

Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about pandemic repeatedly can be upsetting.

Make time to unwind. Try to do some activities you enjoy or explore new hobbies.

Take deep breaths, stretch, meditate. There are lots of guided breathing and medication exercises available online and on streaming services like YouTube, Spotify, Amazon Music, and Apple Music.

Try to eat healthy, well-balanced meals.

Exercise regularly.

Get plenty of sleep.

Avoid excessive alcohol or drug use.

Distance socially, not emotionally. Connect with others, talking with people you trust about your concerns and how you are feeling. Communicate with counselors, friends and family virtually or via telephone, and remember that you are loved and supported.

For more information, contact SRMT Mental Health at (518) 358-3141.

St. Patrick's Day Lunch Box Jokes

What kind of bow can’t be tied? ..................................................................................A rainbow
Where can you always find gold? ..................................................................................In the dictionary
Why do frogs like Saint Patrick’s Day? ..........................................................Because they’re always wearing green
When is a potato not an Irish potato? ........................................................................ When it’s a French fry
What did one Irish ghost say to the other? .............................................................Top o’ the moaning to ya
What do you call a fake rock in Ireland? .................................................................A sham-rock
Why did the leprechaun cross the road? ...............................................................To reach the pot of gold faster
**Satonhâ:ren tsi Sahsiérîte**

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

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<tr>
<th>1- Laura Jandrew</th>
<th>15- Alan Beeson</th>
<th>26- Carol Coughlin</th>
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<tr>
<td>2- Annette Armstrong</td>
<td>16- Barbara Derouchie</td>
<td>27- Ruth Ghostlaw</td>
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<td>Dolores Stanfield</td>
<td>17- Patricia Benedict</td>
<td>28- Judi Sprague</td>
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<td>3- Thomas G. Cooke</td>
<td>18- Darlene O’Brien</td>
<td>29- Irene Gambill</td>
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<td>4- Sandra Fox</td>
<td>19- Beverly Papineau</td>
<td>30- Cathy Colburn</td>
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<td>5- Elizabeth Smith</td>
<td>20- Catherine Tarbell Cook</td>
<td>Grace Roundpoint</td>
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<td>7- Frank Scott</td>
<td>21- Barbara Hillyard</td>
<td>31- M. Maxine Stone</td>
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<td>9- Janine Cook</td>
<td>22- Florence Patterson</td>
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<td>9- Marie Casey</td>
<td>23- Marion Campbell</td>
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<td>11- Barbara Namias</td>
<td>24- Judy Hampton</td>
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<td>11- Louise Ingle</td>
<td>25- Peter Cree</td>
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<td>13- Judith Smith</td>
<td>26- Christie Horn</td>
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<td>14- Winnifred Mitchell</td>
<td>27- Randy Bigtree</td>
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<td>14- Rosemary Bonaparte</td>
<td>28- Marilyn White</td>
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**Bold are Saint Regis Mohawk Senior Club Members**

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**Act Now to Save Lives**

1 in 2 New Yorkers 75+ at High Risk of Getting COVID-19

COVID-19 is spreading rapidly nationwide and it will be several months before most people aged 75 and older are vaccinated.

1,436,000
New York population aged 75 and older

All are at serious risk of bad outcomes (hospitalization or death) if they get COVID-19.

More than 1 in 2 are at high risk because:
- 53% underestimate their risk of hospitalization
- 58% engage in unsafe behaviors

Based on responses from 1,282 CV19 CheckUp Users ages 75+.

1. Make sure that everyone you know takes steps to avoid getting infected and gets vaccinated as soon as possible.
2. Go to newyork.cv19checkup.org for a free, confidential report on your COVID-related risks and how to reduce them.
3. To register to get vaccinated go to: covid19vaccine.health.ny.gov or call 1-833-NYS-4-VAX.
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**

- Life Line
- In-Home Care
- Case Management
- Legal Aid
- Handyman
- Home Visits
- Housekeeping
- 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
- Socialization
- Information & Assist.