



Moccasin Trail

ENNISKO, WA / MARCH 2021

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*

2021

The Building is CLOSED to the Public until Further Notice

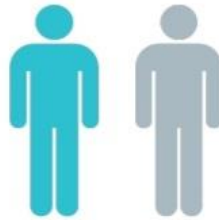
1 in 2 New Yorkers 75+ at High Risk of Getting COVID-19

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!**

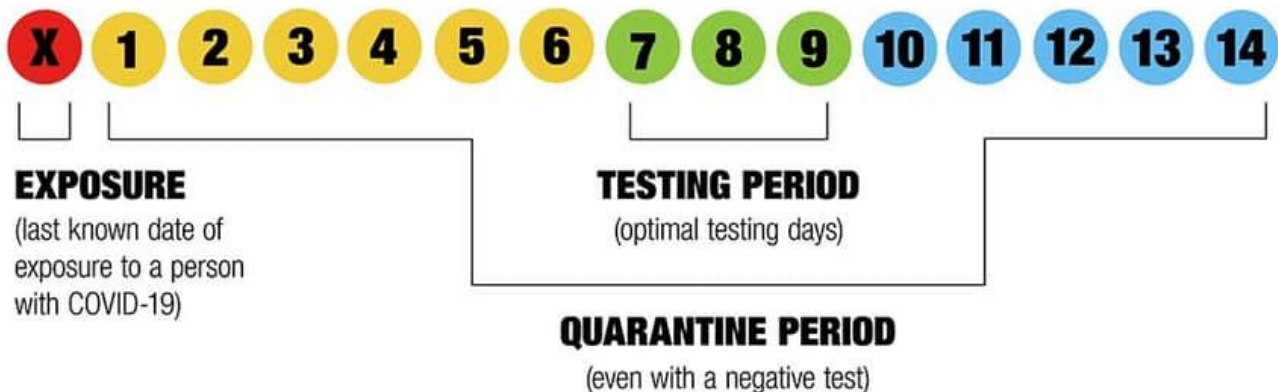
- Make sure that everyone you know takes steps to avoid getting infected before they are vaccinated.
- Go to newyork.cv19checkup.org for a free, confidential report on your COVID-related risks and how to reduce them.

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.



Legal Aid is Back!

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.

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



Iris Herne



Lilly Swamp

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.

Enniskowa/March 2021

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wískhaton</i>
1 Spaghetti & Meatballs Garlic Bread w/ Cheese Cookie	2 Chicken Cordon Bleu Potato Mixed Veggies Roll Pears	3 Sweet & Sour Pork over Rice Stir Fry Veggies Roll Vanilla Pudding	4 Meatloaf Mash Potatoes Carrots Roll Apple Cobbler	5 Lemon Baked Fish Mac & Cheese Stewed Tomatoes Cookie
8 Goulash Green Beans Roll Fig Newton	9 Sweet Potato Soup Biscuit Melon Cup	10 Salisbury Steak Mashed Potato Corn Roll Fresh Fruit	11 Baked Ziti Garlic Bread Broccoli Chocolate Pudding Legal Aid	12 Bean Soup Egg Sandwich Pineapple Chunks
15 Cheeseburger Sweet Potato Fries Coleslaw Peaches	16 Cold Cut Buffet Mac Salad 3 Bean Salad Mandarin Oranges	17 Corn Beef Dinner Roll Green Poke Cake 	18 Tomato Mac Soup Tuna Sandwich Banana Pudding	19 Potato Crusted Cod Wild Rice Peas & Carrots Butterscotch Pudding
22 BBQ Chicken Buttered Noodles Asparagus Pears	23 Beef Stroganoff Egg Noodles Green Beans Roll Fig Newton	24 Scrambled Eggs Bacon Homefries OJ Banana	25 Chef Salad Garlic Bread Citrus Cup Legal Aid	26 CLOSED Planning Day 
29 Mac & Cheese Stewed Tomatoes Brussel Sprouts Roll Pears	30 Pork Chops with Mushroom Sauce Rice Pilaf Wax Beans Fruited Jell-O	31 Turkey Dinner Wild Rice Cranberry Sauce Squash, Roll Birthday Cake 	Call the Center if you will not be home for your Home Delivered Meal at 518-358-2963 <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> NOTE: Our freezer is currently out of order so the Menu is subject to change more frequently this Month. Sorry for any inconvenience. </div>	





March CRAFT KITS



**Tree of Life
Sun Catcher**
Hang in a
Sun filled
window to
make it shine

5 available



5 available

**St Patrick's
Day wreath**
We are all a
little Irish on
St Patrick's
Day



**Flower
String
Light Kit**

8 available

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!**



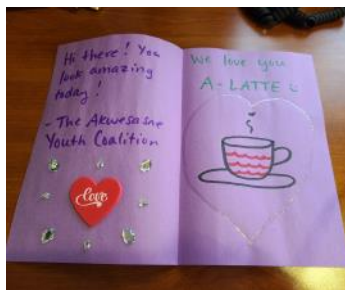
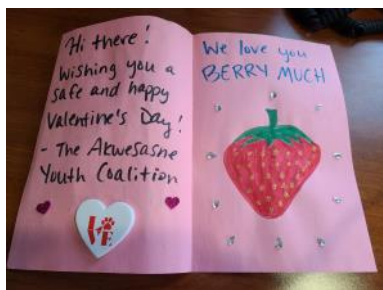
Valentine's Day Surprise!



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 home-made 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



L	G	H	N	L	E	E	U	L	A	N	L	M	R
R	H	R	L	R	A	L	M	C	D	B	A	A	E
E	O	C	D	G	M	C	M	U	E	N	I	G	R
L	E	M	L	A	O	A	P	V	E	N	B	I	R
E	M	E	D	O	G	L	G	L	B	I	N	R	R
S	E	L	L	I	V	I	D	O	E	L	M	E	S
A	R	N	C	E	G	E	W	E	O	L	C	L	H
P	A	A	N	L	S	E	R	R	N	L	S	A	A
A	L	N	L	A	L	D	A	I	A	K	B	N	M
R	D	S	G	N	I	S	S	E	L	B	E	D	R
A	S	B	E	C	C	O	L	E	W	I	E	H	O
D	R	O	N	U	A	H	C	E	R	P	E	L	C
E	A	C	N	E	G	L	L	S	A	M	R	D	K
A	R	B	O	A	R	K	C	G	L	I	G	R	A



IRELAND
RAINBOW
MAGICAL
BLESSING
LEPRECHAUN

GOLDEN
PARADE
SHAMROCK
CLOVER
EMERALD



Beware of Social Security Phone Scams



Securing today
and tomorrow

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](https://oig.ssa.gov)**



What to look out for



The caller says there is a **problem** with your Social Security number or account.



Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.



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**.



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

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.

**Register by Tuesday,
March 2, 2021
Register before
March 3rd and pick
up a Water Bottle!**

Benefits of Drinking Water

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

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

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

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|------------------------|----------------------------|---------------------|
| 1- Laura Jandrew | 15- Alan Beeson | 26- Carol Coughlin |
| 2- Annette Armstrong | Barb Smoke | 27- Ruth Ghostlaw |
| Dolores Stanfield | 16- Barbara Derouchie | Judi Sprague |
| 3- Thomas G. Cooke | 17- Patricia Benedict | 28- Irene Gambill |
| 4- Sandra Fox | 18- Darlene O'Brien | 29- Cathy Colburn |
| 5- Elizabeth Smith | Beverly Papineau | 31- M. Maxine Stone |
| 7- Frank Scott | 19- Catherine Tarbell Cook | Larry Gauthier |
| Janine Cook | Grace Roundpoint | |
| 9- Marie Casey | 20- Barbara Hillyard | |
| Barbara Namias | Florence Patterson | |
| Louise Ingle | 21- Marion Campbell | |
| 11- Esther Jock | 22- Judy Hampton | |
| Joanne Reyome | 23- Peter Cree | |
| 13- Winnifred Mitchell | Christie Horn | |
| 14- Rosemary Bonaparte | 24- Randy Bigtree | |
| | 25- Marilyn White | |

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

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.



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

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

- 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..