



Moccasin Trail

ENNISKÓ:WA / MARCH 2022



Points of Interest:

- March Coloring Contest
Starts Feb. 28th and Ends
March 10th
- March National Holidays
- Legal Aid Appointments
with Paralegal Linda LaRue
- March Craft Classes
- Spinach Orange Salad
Recipe



Happy
St. Patrick's Day

Join us for a St. Patty's Day Party!
Thursday, March 17th at 11:00 a.m.

Lunch Menu:
Corn Beef Dinner, Roll, and Green Poke Cake

We will be:

- *Wearing Green!*
- *Making Shamrock Pins*
- *Eating Green Treats*
- *Playing Themed Games*
- *Most Snazzy Dressed Leprechaun Contest!*

Valentine's Day Games

On Valentine's Day we played Name that Tune and our winning table called themselves "The Jr Seniors" who had the best score of naming 15 love songs that only played for 10 seconds each. We also played a tough game using chop-sticks and candy hearts. Players would race to see who could maneuver the most candy hearts into the bucket under 2 minutes using just chop-sticks. The player with the most candies in the bucket won a valentine's surprise. Carol Thompson won against her buddy Lynn LaFrance and James Montour lost against his wife Margaret Montour. We also gave out swag bags full of chocolate treats that everyone enjoyed. Thank you for those who joined us to celebrate and participate in our holiday games.



Inside this Issue:

| | |
|-------------------------------|-------|
| Senior Club Page | 2 |
| Senior Club Survey | 3 |
| Transportation Program Update | 4 |
| March for Meals | 5 |
| Calendar | 6 & 7 |
| Masks Available | 8 |
| Carbon Monoxide Safety | 9 |
| National Nutrition Month | 10 |
| Birthday's | 11 |

**We will be
Closed on:**

Friday, March 25th: Planning Day





Saint Regis Mohawk Senior Citizens Club



Senior Club Due's

Please renew to receive your Moccasin Trail newsletter in the mail.

You can mail in your membership fee of \$5.00

American to:

PO Box 1106
Hogansburg, NY
13655

Addressed 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.

New Officers

President: Millie Cook

Vice President: Iris Herne

Secretary: Brenda LaFrance

Treasurer: Giselle Cook

Senior Club Meeting

Wednesday, March 9, 2022

10:00 a.m. in the Sunroom
at the Senior Center

NIA:WEN!

Thank you for donating your laminating machine to the Senior Club Doris Burns.
Thank you to the Senior Center for donating a Snack Cart for our Monday Bingo.
We really appreciate your help!

ANNOUNCEMENT

The Senior Club is happy to announce that they are joining the "World of Technology"!!!

They now have an email address: **srmseniorsclub@gmail.com**

This email will be maintained by the Treasurer; Giselle Cook. She is asking that all members (who have an email address) submit their email address at their earliest convenience.

As Giselle is also our Administrative Assistant for the SRMT Office for the Aging... she wears the "Tribal Hat", Monday thru Friday 8:00 a.m. – 4:00 p.m and can not really spend much time with Senior Club issues. She wears the "Senior Club Hat" on her own time.

Outside of Giselle's office on the wall, there is a mail box for Membership Dues. There are also envelopes for anyone to pay membership dues; be sure to fill out the envelope with your name and phone number then be sure to drop into the mailbox all the way. If there are any problems, questions or issues please feel free to reach out to the Senior Club by way of email to the above email address.





Senior Club Survey



Please answer the following questions and cut this page out of the Newsletter and either drop off at the Senior Center to treasurer Giselle Cook or mail to PO Box 1106, Hogansburg NY 13655. We would like to improve our Senior Club and need your help!

Do you come to the Senior Center? **YES NO**

What days do you come to the Senior Center? **MON. TUES. WED. THURS. FRI.**

Please check activities that may interest you:

- | | |
|--|---|
| <input type="checkbox"/> Quilting | <input type="checkbox"/> Salve/Tea Making |
| <input type="checkbox"/> Woodworking | <input type="checkbox"/> Basket making |
| <input type="checkbox"/> Painting (different medias) | <input type="checkbox"/> Clothing/Moccasin Making |
| <input type="checkbox"/> Photography | <input type="checkbox"/> Beading |
| <input type="checkbox"/> Learn computer/tablet/phone | |

What other Senior Club Recreation would you like to see at the Senior Center?

Please check trips/events that you have attended:

- | | |
|--|---|
| <input type="checkbox"/> Lake Placid Center for Arts | <input type="checkbox"/> Atlantic City |
| <input type="checkbox"/> Ogdensburg Theater | <input type="checkbox"/> Turning Stone |
| <input type="checkbox"/> Rideau Carleton Raceway | <input type="checkbox"/> Day Trip to Kahnawake (Lunch & Bingo) |
| <input type="checkbox"/> Lunch at Deer Valley | <input type="checkbox"/> Senior Games |
| <input type="checkbox"/> Weekend Ace to King Games | <input type="checkbox"/> Fall Craft Fair |
| <input type="checkbox"/> Monday Bingo | |

The Club needs volunteers to help with various recreations. We would like to update and maintain an Active Volunteer List for various tasks.

Would you be interested in Volunteering for any of the following:

| | | | | | |
|-----------------|------------|-----------|-------------------|------------|-----------|
| Fall Craft Fair | YES | NO | Monday Bingo | YES | NO |
| Senior Games | YES | NO | Ace to King Games | YES | NO |

If interested, please provide your name and phone number for our Officers to contact you:

Please add any additional comments/suggestions:



PLEASE REMOVE THIS PAGE AND RETURN TO THE SENIOR CLUB AT THE SENIOR CENTER. NIA:WEN!

Transportation Program Update:

Due to limited availability, we are making the following changes to our Transportation program.

All transportation needs to be arranged at least 3 days ahead of time, including shopping and medical transportation. We are not always able to accommodate transports the same day a request is made. The earlier you request a ride, the better we are able to accommodate you.

Please contact Outreach and/or Medical Transportation before calling the Office for the Aging for a ride to a medical appointment. Office for the Aging drivers are only available in the afternoon for all medical transportations.



LOCAL SHOPPING TRIPS:

Due to our bus being out of commission, our transportation drivers are taking appointments throughout the week individually to shop in Massena. Appointments start at 1:00 p.m. Please call Judy or Pam to make an appointment at (518) 358-2963.

February Coloring Contest Winners



Congratulations Donnie White and Dorothy Cole on winning our February coloring contest! They both received a \$15 Walmart gift card.

Our March coloring contest will be starting March 1st and end March 10th by 10:00 a.m.



Please Test Your Personal Emergency Response System



Please be sure to test your PERS (Personal Emergency Response System) monthly. Simply, push your button and report that you are testing the unit. If there are any issues with the unit, contact our office. If you or a family member is in need of a PERS, contact Doris at our office @ (518) 358-2963 to get more information.

CELEBRATING 50 YEARS OF MARCH FOR MEALS NUTRITION PROGRAM

Largest Healthy Eating Program for Older Adults in the Country
Supports New York's Efforts as First Age-Friendly State

The New York State Office for the Aging (NYSOFA), in partnership with area agencies on aging (AAAs) across the state, is highlighting New York's nation-leading efforts in providing the highest quality meals to older adults as part of the national March for Meals campaign, held each year in March during National Nutrition Month.

"Good nutrition is a major component in maintaining health, autonomy, and social connectivity for hundreds of thousands of meal participants annually," said New York State Office for the Aging Acting Director Greg Olsen. "No service has been more important during COVID-19, where counties continue to meet the challenge of the significant increased demand for meals, which has led to millions more meals provided during this pandemic."



The state's aging services network relies on a combination of paid staff and volunteers to prepare meals and deliver them on over 2,400 meal routes and at more than 800 congregate sites throughout the state. During the pandemic, congregate sites have been closed and switched to either home delivery or drive-up grab and go sites. Groceries have also been delivered to individuals staying at home to stop the spread of the virus. In addition to providing a nutritious meal, home delivered meal drivers serve as the eyes and ears for their communities, providing an important health and safety check to at-risk older people. For many older adults, a home delivered meal volunteer may be the only person they see from week to week.

NYSOFA and many AAAs are participating in March for Meals events to raise awareness about the critical nutritional needs of older adults and the importance of healthy meals, nutrition counseling, and education. They are also calling on residents to consider volunteering to deliver meals as well as giving to their local offices for the aging to meet the increases in demand. Counties participate in March for Meals activities throughout the month, and many hold events on March 22 each year to commemorate the date when the national nutrition program for adults 60 and older was established in 1972.





**Saint Regis Mohawk Tribe
Office for the Aging
Meals Distributed 2021**

**Congregate Meals: 998
Home Delivered Meals: 14699**



Enniskó:wa/ March 2022

| Tsiat'ahkhaton | Kiokierénhton | Tekeníhaton | Ahsénhaton | Kaieríhaton | Wískhaton | Iahià:khaton |
|---|---|---|--|--|---|--------------|
|  | Feb. 28 Goulash Italian Bread Carrot and Celery Sticks Peaches <u>Activity:</u> 10:00 Exercise DVD 1:00 Bingo | 1 Chicken Cordon Blue Potato Mixed Veggies Roll Pears <u>Activity:</u> 10:00 Chair Yoga | 2 Tomato Mac Soup Tuna Sandwich Fig Newton Cookie <u>Activity:</u> 10:00 Exercise DVD | 3 Beef Stroganoff Egg Noodles Green Beans Roll Apple <u>Activity:</u> 10:00 Chair Yoga | 4 Lemon Baked Fish Mac-n-Cheese Stewed Tomatoes Cookie Fresh Fruit <u>Activity:</u> 10:30 Virtual Bowling | 5 |
| 6 | 7 Goulash Green Beans Carrot/Celery Sticks Roll Fig Newton <u>Activity:</u> 10:00 Exercise with DVD Class 1:00 Bingo | 8 Sweet Potato Soup Biscuit Cheese Melon Cup <u>Activity:</u> 10:00 Chair Yoga | 9 Salisbury Steak Mashed Potato Corn Roll Fresh Fruit <u>Activity:</u> 10:00 Exercise DVD 10:00 Senior Club Meeting | 10 BBQ Chicken Boiled Potato Asparagus Pears <u>Activity:</u> 10:00 Chair Yoga National Popcorn Lovers Day <i>Legal Aid Linda LaRue Appointments</i> | 11 Bean Soup Egg Sandwich Pineapple Chunks <u>Activity:</u> 10:30 Virtual Bowling | 12 |
| 13 | 14 Cheeseburger Sweet Potato Fries | 15 Spaghetti and Meatballs | 16 Chef Salad Garlic Bread | 17 Corn Beef Dinner Roll | 18 Potato Crusted Cod | 19 |

| | | | | | | |
|------------------|---|---|--|--|--|----|
| | <p>Coleslaw Peaches Activity: 10:00 Exercise DVD 1:00 Bingo</p> | <p>Garlic Bread with Cheese Carrot/Celery Sticks Cookie Activity: 10:00 Chair Yoga</p> | <p>Citrus Cup Activity: 10:00 Exercise Class with DVD</p> | <p>Green Poke Cake Activity: 10:00 Chair Yoga 11:00 Games Start</p>  | <p>Wild Rice Peas & Carrots Butterscotch Pudding Fresh Fruit Activity: 10:30 Virtual Bowling</p> | 7 |
| <p>20</p> | <p>21 Scrambled Eggs Bacon Home Fries Orange Juice Banana Activity: 10:00 Exercise DVD 1:00 Bingo</p> | <p>22 Meatloaf Mashed Potatoes Carrots Roll Activity: 10:00 Chair Yoga</p> <p><i>Legal Aid Linda LaRue Appointments</i></p> | <p>23 Sweet-n-Sour Pork Over Rice Stir Fry Veggies Roll Vanilla Pudding Activity: 10:00 Exercise Class with DVD National Chip & Dip Day</p> | <p>24 Spanish Rice Broccoli Roll Orange Activity: 10:00 Chair Yoga</p> | <p>25 CLOSED Planning Day</p>  | 26 |
| <p>27</p> | <p>28 Mac-n-Cheese Stewed Tomato Brussel Sprouts Roll Yogurt Fresh Fruit Activity: 10:00 Exercise Class with DVD 1:00 Bingo</p> | <p>29 Pork Chops with Mushroom Sauce Rice Pilaf Wax Beans Fruited Jell-O Activity: 10:00 Chair Yoga</p> <p>World Piano Day</p> | <p>30 Birthday Meal Turkey Wild Rice Cranberry Sauce Squash Roll Birthday Cake Activity: 10:00 Exercise DVD</p> | <p>31 Baked Ziti Garlic Bread Broccoli Chocolate Pudding Carrot/Celery Sticks Fresh Fruit Activity: 10:00 Chair Yoga</p> | <p>Due to continuing supply issues, salads are no longer available as a meal alternative.</p> <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.</p> | |

MASKS AVAILABLE AT THE SENIOR CENTER

We have a variety of masks available for pick-up at the senior center. Types available are: KN95, surgical, and cloth. Please call and let us know what type of mask you want and we will have it ready for pick up at the front door. Maximum of two masks per person.

What mask to use is dependent upon your environment.

- KN95 masks are the best when you are in a crowded environment. These masks are extremely form fitting and may not be comfortable for everyone to use.
- If you cannot wear a KN 95 mask, your next best mask is a medical grade surgical mask layered under a cloth mask.
- If you are not in a crowded environment, a surgical or cloth mask is appropriate.

For a mask to provide the maximum level of protection it must be form fitting to your face and not have gaps at the sides or bottom. The mask should have an adjustable metal nose piece so you can maximize fit. It should cover your nose and mouth completely. Follow instructions that come with the mask for proper disposal or cleaning.



March National Holidays

| Date | Holiday |
|------------------|--|
| Thurs. Mar. 10th | Popcorn lover day – We will have different flavors of popcorn for snacks |
| Thurs. Mar. 17th | St Patrick's day – Wear Green for prizes, making shamrock pins, games, festive green snacks, contest for most snazziest leprechaun dressed. |
| Wed. Mar. 23rd | Chip and Dip day – Snack time samples |
| Fri. Mar. 25th | CLOSED – Planning Day |
| Mon. Mar. 28th | International Scribble Day – We will be playing a scribble game using a paper plate |
| Tues. Mar. 29th | World Piano Day – We are hoping to bring in a musician to play for us! |



Legal Aid with Linda LaRue

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 center twice a month.

Thursday, March 10, 2022

Tuesday, March 22, 2022

Craft Class

For our February Craft Class we made coasters using resin, molds, glitter and faux flowers. The participants; Barbara Lazore, Nancy Jacobs, Debbie Thomas, Carol Lazore, and Millie Cook really enjoyed it. We would like to incorporate the resin again but for a different craft for the March class. The February class will be moving on to cutting boards and other items using resin. If you are interested in testing out the resin, we would start you out with the coasters and work your way up. Joy is willing to meet one on one any time you are available, give her a call to prepare the supplies. Our next Craft Class will be Wednesday, March 23rd at 12:45 p.m. Please call Joy at (518) 358-2963 if you are interested in trying this craft (with or without the class).



What is Resin? Resin is a versatile substance that can be used for a multitude of purposes. It is commonly used for making durable castings, arts and crafts, flooring, countertops, and more. Resin can be used to make plastics, and it is an excellent adhesive

Carbon Monoxide Safety

Did you know?

More than 150 people in the U.S. die every year from accidental non fire-related carbon monoxide poisoning.

Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.



Learn what you can do to protect your family from the dangers of CO.

- Install and maintain CO alarms inside your home to provide early warning of CO.
- Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.

Please call the senior center if you would like your CO detector checked or installed (518) 358-2963.

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

March is National Nutrition Month

March is National Nutrition Month and emphasizes the return to the basics of helpful eating and active living. The key to achieving optimal health cannot be found in any one food, drink, pill or medicine, but rather through commitment to healthy lifestyle behaviors, focused on maintainable and enjoyable eating practices and daily physical activity.

Tips to a Healthy Lifestyle

Learn your needs. Age, gender, body type, family history, existing health conditions and daily routines all play a factor in determining which foods to eat more of and which ones to avoid. Knowing which foods contain the nutrients you need is the next step into a healthy lifestyle.

Know the facts. When food selections go beyond whole foods and into packaged foods, the ingredient list and Nutrition Facts Panel can be useful tools to help make more informed choices. The higher and ingredient is on the list, the more of that ingredient is included compared to others. This is a good way to determine if a product is made with whole grains, or has a lot of added sugars. Regardless of nutrition claims on the front of the package, it's important to read the Nutrition Facts Panel to determine how many calories and how much fat, sugar and salt are in the package.

Plan your snacks. Keep a variety of tasty, nutritious, ready-to-eat foods nearby. This will help reduce the temptation to eat less healthy options from vending machines or convenience stores. Healthy snack ideas include fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds and yogurt. Think of snacks as mini-meals to help you eat more fruits, vegetables and whole grains. Remember to snack only when hungry, not out of boredom, stress, or frustration.

Regular physical activity is a must. Daily physical activity is an important part of a healthy lifestyle, but unfortunately most don't include enough movement in daily routines. Regular physical activity strengthens bone and muscles, reduces the risk of chronic illness, and fosters overall well-being, which include stress relief, higher quality sleep and more positive mental outlook.

Spinach-Orange Salad

***Directions:** Place spinach in a bowl. Add orange sections, mushrooms and onion. Toss lightly to mix. Mix oil, vinegar, orange juice, ginger, and pepper well. Pour over spinach mixture.*



2 cups fresh spinach
1 medium orange
1/3 cup fresh sliced mushrooms
1/4 cup sliced red onion
1 tablespoon olive oil
1 tablespoon red wine vinegar
2 tablespoons orange juice
1/4 teaspoon ground ginger (optional)
1/4 teaspoon black pepper

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

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

**What are Seniors worth anyway?
We're worth a fortune!!**

Just For laughs

Remember, old folks are worth a fortune. Silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet, and gas in their stomachs.

Frankly, I have become quite a frivolous old gal. I am seeing five gentlemen every day. As soon as I wake up, Will Power helps me get out of bed. Then I go see John.

Then Charlie Horse comes along, and when he's there he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't stay in one place very long; he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay.



Medical Supplies Available

Our senior center has a supply of donated medical supplies such as; walkers, canes, adult incontinence products, and more. If you or someone you know is in need, please call our offices at (518) 358-2963.



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..**