



Moccasin Trail

ENNISKO:WA / MARCH 2023

Points of Interest:

- Coloring Contest Ends Tuesday, March 14th
- Find the Leprechaun Senior Club Fundraiser
- New Line Dancing Class
- File Your 2022 Taxes with Crystal 3/11/2023
- Water Challenge 2023
- March for Meals Activities 3/20/23– 3/24/2023



Rose Jacobs, Debbie Thomas & Marion Parker visiting lakhihsoshta this past February. Next trip is 3/9/2023.

Box Lunch Bingo is Back!

Before the pandemic, we would go once a month to lakhihsoshta for lunch and bingo. They are now open for visitors and we are scheduling a trip every month to go visit, eat and play a couple games of bingo for free! The only catch is a negative COVID test the morning we leave. We go every second Thursday of the month, at 11:30 a.m. and are back by 1:00 p.m.

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We will be Closed on:

Friday, March 13th: Planning 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.

Senior Club Meeting
Wednesday, March 8th
At 10:00 a.m.

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– 4:00 pm
Friday 11:00 am– 1:00 pm

Volunteer Bingo Schedule

March 6

Nancy Jacobs
Rose Jacobs
Debbie Thomas
Rosie LaFrance
Theresa Martin

March 13

Barbara Lazore
Vicki Phillips
Lynn LaFrance
Rosie LaFrance
Theresa Martin

March 20

Dorothy Shatlaw
Darlene Chubb
Leona Delormier
Rosie LaFrance
Theresa Martin

March 27

Iona Castagnier
Sweets Jacobs
Dorothy Shatlaw
Rosie LaFrance
Theresa Martin

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

For March help the leprechaun find the pot of gold! Spots are \$10.00 each.

Pay out is \$265 to the winner.

See officers for a chance to win!

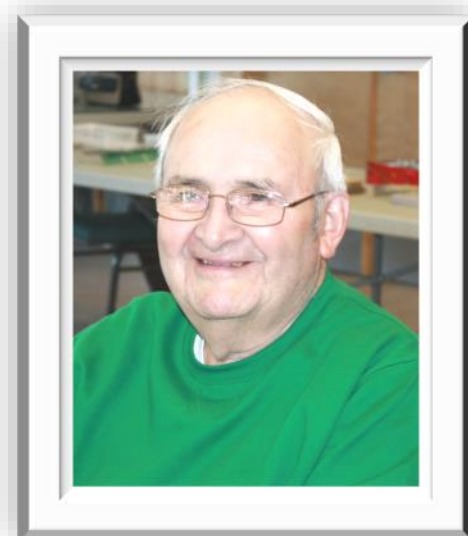


Instructor: Charlotte King on
March 3rd at 10:00 am.

It will be step by step and you can
take home your painting.
Call to sign up at 518-358-2963.

Remembering Ben Kelly

Ben Kelly has long been associated with the Akwesasne Senior Club that was originally called the St. Regis Mohawk Senior Club. Ben was one of the founding members of the club along with others such as Lois Thomas, Sister Christine and others. It was with great sadness that the club learned of Ben's passing. Ben leaves behind a long history of building and supporting the Senior Club. According to records the club was established in 1975. It's purpose is to promote the well-being of those members who are 55 years or older by reaching those who would benefit by being remembered; by helping to spread the word about opportunities and resources available for improving their lives; and by providing and encouraging programs and activities for the enrichment of their social life. Along with Lois, Ben participated in decision-making, establishing goals and activities for the membership. He participated in events along with his wife Betty and was a member of the club right up to his passing having stepped away from the management duties a few years ago. The Akwesasne Senior Club and it's membership offers their sincere condolences to Ben's family and friends. He will be remembered as a great club founder, leader, and overall great friend to our membership.





Larry the Eagle and Debbie Edwards

Senior Center Valentine's Day Dance!

What a great day it turned out to be! Everyone had an awesome time dancing and singing along with our DJ Roger Mitchell. The Senior club received a lot of baked goods to sell for fundraising. Thank you senior club for paying for our entertainment! We had a lot of faces we haven't seen in a while. It was nice to see everyone reconnecting!



Roger Mitchell



Senior Club Vice President Iris Herne



Rare occasion of Jean & Linda McElwain sitting. They enjoyed dancing to almost Every song!



Chief Sweets Jacobs, Leona Cook & Rose Oaks



Selling baked goods: Iris & Club President: Millie Cook



Rose Jacobs & Debbie Thomas

Medicare and Health Insurance Information

NEW Changes To Medicare Savings Programs & MEDICAID in 2023

MSP income limits are higher this year, which means more beneficiaries are eligible to have their Medicare Part B Medical premium paid for by Medicaid. This program will help pay for your Part B premium which is \$164.90 in 2023 and can help alleviate other prescription and medical costs. This also means that you may now qualify for Medicaid. If your GROSS monthly income is around or below the income limit, we encourage you to reach out to our HIICAP office for further information and assistance. Contact the Saint Regis Mohawk Tribe Office for the Aging/Seniors Center to make an appointment at (518)358-2834.

2023 New York gross monthly income limits

2023 New York asset limits

Program	Individuals	Couples	Individuals	Couples
QI	\$2,280	\$3,077	No limit	No limit
QMB	\$1,697	\$2,288	No limit	No limit
Medicaid	\$1,697	\$2,288	\$28,133	\$37,902

These estimates are based on the 2023 federal poverty level (FPL), and include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicaid counselor about whether you can subtract certain expenses from your income.

Information for current MSP and Medicaid recipients

If you are already enrolled in a Medicare Savings Program or you are enrolled in the Medicaid spend-down program, you may receive additional benefits or your benefits may change in 2023. You do not need to do anything except respond to any requests for more information you receive from Medicaid, including the request to recertify your MSP or Medicaid. Individuals currently enrolled in SLMB or QI should be eligible to receive QMB in 2023. Individuals enrolled in QMB may be eligible to receive Medicaid if they also meet the asset requirements. Individuals enrolled in the Medicaid spend-down may be eligible to receive Medicaid without a spend-down if their monthly income falls within the new limits.



For the month of March, every Tuesday and Thursday at 1:00 pm we will be learning how to line dance! We will be in the sunroom learning how from YouTube. Call the Activities Department to sign up with Katie or Joy at (518) 358-2963.





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



March is National Nutrition Month

National Nutrition Month, is celebrated each year during March. It focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life.

Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all of the food groups regularly.

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension and heart disease.
- Choose foods with little to no added sugar, saturated fats, and sodium.
- Focus on the nutrients you need, including **potassium, calcium, vitamin D, dietary fiber, and vit B12.**
- With age, you may lose some of your sense of thirst. Drink water often.
- Maintain a healthy weight or prevent additional weight gain by following healthy dietary pattern and adopting an active lifestyle.

The golden years definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health. Aim for a stable weight as you get older. The right balance of foods and activities can help you maintain strong muscles and bones.

Enjoy the Power of Protein!

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- **Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.
- **Make Your Crackers Count.** Spread peanut butter on whole grain crackers and eat them as snacks alongside soup, chili or salad.
- **Pump Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.
- **Cook with Milk.** Use fat-free or low-fat milk rather than water to make soup or oatmeal.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups, and mashed potatoes.

Enniskowa/March 2023

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahià:khaton
5 6:00 Ace to King	6 Sweet n Sour Pork Over Rice, Roll Stir Fry Vegetables Vanilla Pudding Fresh Fruit Activity: 10:00 Exercise DVD 11:00 Norman King: Vaping Awareness 1:00 Bingo <u>Water Challenge!</u>	7 Chicken Cordon Bleu Potato Mixed Veggies Roll Pears Activity: 10:00 Chair Yoga 1:00 Basic Line Dance	8 Beef Stroganoff Egg Noodles Green Beans Roll, Apple Activity: 10:00 Exercise DVD in Lounge 10:00 Senior Club Meeting in Sunroom 12:30 Mohawk Class	9 Meatloaf Mashed Potatoes Carrots, Roll Cauliflower Apple Cobbler Activity: 10:00 Chair Yoga 11:30 Box Lunch Bingo at Iakihsotha 1:00 Basic Line Dance	10 Bean Soup Egg Sandwich Pineapple Chunks Activity: 12:30 Mohawk Language Class <i>Legal Aid</i> <i>Appointments</i>	11 6:00 Ace to King
12 6:00 Ace to King	13 Spanish Rice Broccoli	14 Chicken Alfredo Garlic Bread with	15 Chef Salad Garlic Bread	16 Cheeseburger Sweet Potato Fries	17 Corn Beef Dinner Roll, Green Poke Cake	18 6:00 Ace to King
<p>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.</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. Mask wearing is now optional.</p>						
			1 Tomato Mac Soup Tuna Sandwich Fig Newton Activity: 10:00 Exercise DVD 12:30 Mohawk Language Class	2 Salisbury Steak Mashed Potato Corn Green Beans Roll Fresh Fruit Activity: 10:00 Chair Yoga 12:30 Nature Center Trip for Photo Class 1:00 Basic Line Dancing	3 Lemon Bake Fish Mac & Cheese Stewed Tomatoes Cookie Fresh Fruit Activity: 10:00 Painting Class with Charlotte King 10:30 Prompt Pool Tournament 12:30 Mohawk Language Class	4 6:00 Ace to King

<p>19</p> <p>6:00 Ace to King</p> <p>MARCH FOR MEALS WEEK!</p> <p></p>	<p>Roll Orange</p> <p>Activity: 10:00 Exercise DVD 11:00 Norman King: Opioid Awareness 1:00 Bingo</p>	<p>Cheese Carrot & Celery Sticks Fresh Fruit</p> <p>Activity: 10:00 Chair Yoga 10:00 Coloring Contest Ends 1:00 Basic Line Dance</p>	<p>Citrus Cup</p> <p>Activity: 10:00 Exercise DVD 12:45 Craft Class 12:30 Mohawk Language Class</p>	<p>Mac Salad Peaches</p> <p>Activity: 10:00 Chair Yoga 1:00 Basic Line Dance</p>	<p>Activity: 12:30 Mohawk Language Class</p> <p></p> <p>7</p>
<p>20</p> <p>Sweet Potato Soup, Biscuit Melon Cup</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo 11:00 Norman King: Naloxone Training</p> <p>Meatless Monday</p>	<p>21</p> <p>Goulash Green Beans Cauliflower, Roll Carrot & Celery Sticks Fig Newton Cookie Fresh Fruit</p> <p>Activity: 10:00 Chair Yoga 11:00 Presentation on Food Distribution 1:00 Basic Line Dance</p>	<p>22</p> <p>Bacon Scrambled Eggs, Home Fries Orang Juice, Banana</p> <p>Activity: 10:00 Exercise Class with DVD 12:30 Mohawk Language Class 10:30 Open House Bring a Friend!</p>	<p>23</p> <p>BBQ Chicken Boiled Potato Asparagus Pears</p> <p>Activity: 10:00 Chair Yoga 11:00 Meet the RD Presentation 1:00 Basic Line Dance</p>	<p>24</p> <p>Potato Crusted Cod, Wild Rice Peas & Carrots Butterscotch Pudding Fresh Fruit</p> <p>Activity: 10:30 Pool Tournament 12:30 Mohawk Language Class 11:00 Parfait Bar & Nutrition Bingo!</p>	<p>25</p> <p>6:00 Ace to King</p>
<p>26</p> <p>6:00 Ace to King</p>	<p>27</p> <p>Mac & Cheese Stewed Tomatoes Brussel Sprouts Roll, Yogurt Fresh Fruit</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>28</p> <p>Pork Chops with Mushroom Sauce Rice Pilaf Wax Beans Fruited Jell-O</p> <p>Activity: 10:00 Chair Yoga 1:00 Basic Line Dance</p>	<p>29 BIRTHDAY MEAL!</p> <p>Turkey Wild Rice Cranberry Sauce Squash Roll, Birthday Cake</p> <p>Activity: 10:00 Exercise Class with DVD 12:30 Mohawk Language Class</p>	<p>30</p> <p>EASTER MEAL Ham Mashed Potatoes Broccoli, Corn, Roll Cookie & Fruit Cup</p> <p>Activity: 10:00 Chair Yoga 1:00 Basic Line Dance Water Challenge Ends! Send in your results by tomorrow! <i>Legal Aid Appointments</i></p>	<p>31</p> <p>CLOSED Planning Day</p> <p></p> <p>12:30 Mohawk Language Class</p> <p></p>

'Eat Healthy, Be Active' In-Person Workshop

Thursday March 9th, 16th, 23rd and 30th at the St. Regis Mohawk Tribe Senior Center
from 1:00 pm to 2:00pm.

Sponsored and instruction by Alexandra Hooker MS/RD SHINE Educator. To find out more about the workshop, call Alexandra at (518) 481-1532.

Spice Mixes to Help Reduce Salt Intake:

Excess salt intake can worsen or increase risk for developing some conditions. Try incorporating spice mixes into cooking to add flavor without adding the extra salt!

<i>Blend Type/Potential Uses</i>	<i>Spices Used</i>
Mixed Herb Blend: Salads, pasta salads, steamed vegetables, vegetable soup, or fish.	¼ cup dried parsley flakes, 2 tablespoons dried tarragon, 1 tablespoon each of dried oregano, dill weed and celery flakes.
Mexican Chili Blend: Chili with beans, enchiladas, tacos, fajitas, chicken, pork and beef.	Blend ¼ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder, and ground red pepper, and ½ teaspoon cinnamon.
Easy Dip Blend: Mix with cottage cheese, yogurt cheese or low-fat sour cream, chicken and fish.	Blend ¼ cup dried dill-weed and 1 tablespoon each of dried chives, garlic powder, dried lemon peel, and dried chervil.
Italian Seasoning:	Blend 2 tablespoons dried basil, 2 tablespoons dried marjoram, 2 tablespoons dried oregano, 1 tablespoon dried thyme, 1 tablespoon dried rosemary and 1 teaspoon hot red pepper flakes.
Taco Seasoning Mix: <i>From: https://snapedny.org/2021/03/spice-up-your-life/</i>	Blend 2 tablespoons chili powder, 2 tablespoons paprika, 1 tablespoon garlic powder, 2 teaspoons ground cumin, 1 teaspoon cayenne pepper or crushed red pepper flakes, 1 teaspoon black pepper and 1 teaspoon oregano.



Taxes with Crystal Stehlin-White for Elders

Saturday, March 11, 2023

Crystal is taking 15 minute appointments

Call the senior center to make an appointment with our administrator Giselle Cook

Do you know that the Caregiver Program has a Loan closet?

The following are what we have available:

- ❖ Wheelchairs
- ❖ Walkers (with or without wheels)
- ❖ Canes
- ❖ Commodes
- ❖ Raised toilet seats
- ❖ Shower benches
- ❖ Incontinence protective pads
- ❖ Shower bars
- ❖ Bed railings
- ❖ Power lift reclining chairs

For more information on how our Caregiver Program can help you and your family member or loved one, please call Jonilee Toulouse at (518) 358-2963 ext.3318

“There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who need caregivers. Caregiving is universal.”
– Rosalynn Carter, Former First Lady of the United States

Coloring Contest Winners



Congratulations Dorothy Cole and Carol Ann Thompson on winning our January coloring contest!

The March coloring pages will be available March 1st and the contest will end Tuesday, March 14th at 10:00 a.m. sharp.



Senior Center Pool Tournaments

Peter Back Sr was the big winner of our Pool Tournament on February 8, 2023. He won a Walmart gift card. His competitors were Emily Tarbell, Diane Boots, and Donnie White. Our next tournaments for March are as follows:

Friday, March 3rd

Friday, March 24th

If you are interested in playing with us, please let our Activities Department know at (518) 358-2963. We always begin at 10:30 a.m. sharp. If you arrive after start time of 10:30 a.m. you will not be able to play.

MARCH FOR MEALS!

March is Nutrition month. Over five decades, NYSOFA and local partners have served more than 1 billion meals to older New Yorkers, leading the nation. To celebrate, the senior center will be having an event every day for the week of March 20th– March 24th. Each activity an elder participates in will get them a ticket for a drawing on Friday. You will get an extra ticket for bringing a friend who is not registered at the seniors center.

Prizes include: Air fryer, Blender/juicer, Heart to Heart gym membership, Gift Card to Price Chopper

MONDAY, MARCH 20TH: MEATLESS MONDAY

Presentation by our Nutritionist Lisa Keys on information about Plant based proteins.

TUESDAY, MARCH 21ST: FOOD RESOURCE DAY

Presentations– Melanie Conners from Food Distribution, Nina Rourke from Mohawk Food Pantry, and Alison Cooke from OFA on SNAP benefits.

WEDNESDAY, MARCH 22ND: LET'S GET FRIENDLY

Bring a friend to lunch who has never been here before and get 2 ballots for the draw! We are having a mini open house to show them everything we offer here at the Office for the Aging.

THURSDAY, MARCH 23RD: MEET THE RD

Nutritionist Lisa Keys will be visiting and open for questions.

FRIDAY, MARCH 24TH: PARFAIT BAR & NUTRITION BINGO!

We will have parfait ingredients, play nutrition bingo and draw the prizes for the week!

Craft Class



The March craft will be
"Spring on a Pedestal"
On Wednesday, March 15, 2023.

Sign up to create a high rise birdhouse or nest. We will be painting, detailing and adding decorations.

Call Activities Dept -Joy or Katie to sign up at 518-358-2963.



February Class



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

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

Bold are Saint Regis Mohawk Senior Club Members

Senior Water Challenge!

**Beginning March 6th
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 Monday,
March 6, 2021
Register before
March 6th 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*



*Find us on Facebook for any updates and the weekly lunch menu.
Office for the Aging Saint Regis Mohawk Senior Center*





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..**