



# Moccasin Trail

○ N E R A H T O H K O : W A / M A Y 2 0 2 1

## Points of Interest:

- Notary Available
- Legal Aid
- Lois Thomas Memorial Services
- Vaccine Updates
- 10 Ways to Prevent High Blood Pressure
- May is National Osteoporosis Month

After 8 years with us,

## Brenda is Retiring!

That's right! Brenda's last day will be Friday, May 28th.



Brenda, we wish you a new journey of success and happiness in the new page of your life. May you be showered with abundant opportunities to do what your heart desires. Enjoy your freedom and unlimited weekends! Congratulations!

## Parking Lot Is back!

The Senior Club will be starting Parking Lot Bingo again on Monday, May 17th! It will be every Monday at 1:30 p.m. ending approximately at 3:00 p.m.. If the temperature is over 90 degrees or it's raining bingo will be cancelled.

- You don't need to be apart of the Senior Club to play, just 55 years or older
- No need to call in every Monday, just pull up and find a spot. First come first serve
- We are adding a break time to stretch and use the restroom at the half point of games
- \$20.00 American only for 10 games, you can play more than 1 packet
- 7 regular bingo's, 1 little joe, 1 double bingo, 1 cover all
- A table will be set up under the canopy for pull tabs

Please wear a mask and keep 6 feet away from others



*The Building is CLOSED to the Public until Further Notice. The office is open for staff only.*



# NOTARY

Our Administrative Assistance, Giselle Cook is a Notary Public. Giselle has had her Notary License since 2003. Giselle's use of her license has increased since her time here with us.

- DO NOT sign any documents ahead of time. The purpose of a Notary is to sign in front of a Notary. *Documents already signed BEFORE coming will NOT be notarized.*
- Bring any kind of photo ID with a signature
- She cannot notarize any documents that are for another State or Country
- Giselle's hours for notarizing will be Monday thru Friday (except on Planning day) from 9:20 a.m.– 11:30 a.m. and 2:30 p.m.– 5:00 p.m.
- Please call and make an appointment with Giselle at (518) 358-2963

## Farmer's Market 2021

We do expect that senior farmers market coupons will be available again this year, but we do not have the distribution dates. Akwesasne Farmers Market will be open again this year at Generations Park.

## Legal Aid with Linda

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 twice a month.

Thursday, May 6 2021

Thursday, May 20, 2021



## Lois Thomas Memorial Services

Please join us for a memorial service to honor the life of Lois Thomas.

**Monday, May 3, 2021 at 1:00 p.m. at  
Methodist Church on Saint Regis Road**

# You're Fully Vaccinated....Now What?

## You Can



Visit inside a home or private setting without a mask with other fully vaccinated people of any age.



Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness.



Travel domestically without a pre- or post-travel test



Travel domestically without quarantining after travel



Travel internationally without a pre-travel test depending on destination

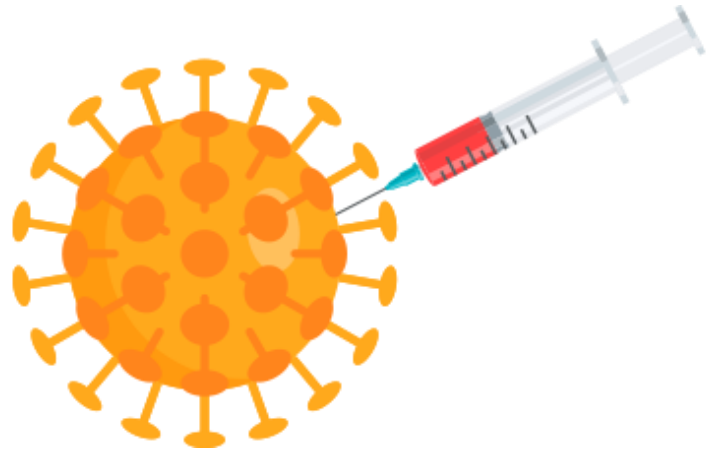
## You Shouldn't



Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19



Attend medium or large gatherings








### **What you should keep doing, if you've been fully Vaccinated:**

You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:

- ⇒ In public
- ⇒ Gathering with unvaccinated people from more than one other household
- ⇒ Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- ⇒ You should still avoid medium or large-sized gatherings

**If you travel, you should still take steps to protect yourself and others.** You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated international travelers arriving in the United States are still required to get tested within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip. You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others. *Source: CDC.gov/coronavirus*

# Onerahtohkova/May 2021

<i><b>Kiokierénhton</b></i>	<i><b>Tekeníhaton</b></i>	<i><b>Ahsénhaton</b></i>	<i><b>Kaieríhaton</b></i>	<i><b>Wískhaton</b></i>
<b>3</b> Hamburger with Tomatoes & Lettuce Chips, Pickle Three Bean Salad Mandarin Oranges	<b>4</b> Open Face Turkey Mixed Veggies Roll Fruit Cocktail	<b>5</b> Chef Salad Garlic Bread Cookie	<b>6</b> Baked Fish Sticks Mashed Potato Pacific Veggies Roll Melon Cup <b>Legal Aid</b>	<b>7</b> Lasagna Toss Salad Roll Apple Pie 
<b>10</b> Cold Cut Buffet Mac Salad 3 Bean Salad Chips Banana Pudding	<b>11</b> Ham Hash Green Beans Roll Jell-O	<b>12</b> Sweet Potato Soup Biscuit Fresh Fruit	<b>13</b> Greek Salad Bread Sticks Chocolate Pudding	<b>14</b> Shake & Bake Chicken Mashed Potatoes Mixed Veggies Roll Pears
<b>17</b> Stuffed Shells Toss Salad Garlic Bread Tapioca Pudding	<b>18</b> Bacon Wrapped Pork Loin Wild Rice Carrots Roll Fresh Apple	<b>19</b> Toss Salad Cheese Bread Cookie	<b>20</b> Chicken Tenders Sweet Potato Fries Celery & Carrot Sticks, Roll Yogurt <b>Legal Aid</b>	<b>21</b> BBQ Pork on a Bun Coleslaw Baked Beans Ice Cream Sandwich
<b>24</b> Shepard's Pie Side of Gravy Roll Apple Crisp	<b>25</b> Tomato Soup Tuna Sandwich Fig Newton	<b>26</b> Chicken Parmesan Caesar Salad Italian Bread Carrot Cake 	<b>27</b> Strawberry Spinach Salad Roll Butterscotch Pudding	<b>28</b> <b>CLOSED</b> Planning Day 
<b>31</b> <b>CLOSED</b> 	<div>  <p>Call the Center if you will not be home for your Home  Delivered Meal at <b>518-358-2963</b></p> <p><b>NOTE:</b> Menu is subject to change due  to availability of Supplies.</p> </div>			



# May Craft Kits

## *Mason Jar Moonlight*

This is a quick easy kit for you to assemble that can add a little light in your life. You can also change out the florals to match any or all seasons. You get one in your kit.



## *Cactus Keeper*

Are you the one who seems to have trouble keeping their plants alive... I sure am! In this kit you will get all materials needed to paint this cute little no water needed cactus "plant"

*For these kits please call Katie or Joy in the  
Activities Department 518-35-2963 extension 3310  
If you missed that one craft whichever month it was, please call and  
we will assemble one for you!*

April "BUNNY GNOME"  
craft kits completed by  
Dorothy Shatlaw and  
Debbie Thompson



# 10 Ways to Prevent and Control High Blood Pressure

Did you know that you can have a high blood pressure and feel fine? But high blood pressure (also called hypertension) can lead to heart disease, stroke, kidney damage and loss of vision. Your blood pressure numbers may be your only warning sign. Here are 10 things you can do to lower your risk and control high blood pressure.

## 1. Know your numbers.

- a. Having your blood pressure checked is fast and painless
- b. You can have your blood pressure checked by your regular health care provider, at health screenings and some drugstores.

## 2. Know your risk factors.

- a. There are things that increase your risk for high blood pressure, and increase your risk for heart attack and stroke if your blood pressure is already high
- b. Risk factors you can change include:
  - i. Eating too much salt (sodium) and not enough potassium
  - ii. Being overweight
  - iii. Being inactive
  - iv. Drinking alcohol
  - v. Smoking
- c. Risk factors you cannot change include:
  - i. Your age
  - ii. Your race/ethnicity- African Americans have higher risk
  - iii. Your family history



## 3. Limit salt and sodium and eat potassium-rich foods.

- a. Use less salt when you cook. Do not add salt to your food at the table
- b. Read food labels when shopping. Don't buy foods high in sodium
- c. Most people should limit sodium to no more than 1,500 mg per day ( $\frac{3}{4}$  teaspoon)
- d. Eating fruits and vegetables and other foods high in potassium can also help bring blood pressure down

## 4. Limit alcohol

- a. If you do drink, only do so in small amounts- no more than two drinks a day for men and one drink a day for women.



5. Follow a heart-healthy eating plan.

- a. Eat plenty of fruits, vegetables and high-fiber whole grains
- b. Switch to low-fat or fat-free dairy products
- c. Choose skinless poultry, lean meats, fish, beans and nuts



6. Maintain a healthy weight.

- a. Lose weight if you need to
- b. The best way to take off and keep off extra pounds is to follow a heart-healthy eating plan, limit portion sizes and get some exercise every day

7. Be more active.

- a. Try for 30 to 60 minutes of moderate exercise every day. If you do not have 30 minutes, you can break up your exercise into two 15-minute or three 10-minute periods
- b. If you don't exercise regularly now, it is best to start slowly and do something you enjoy
- c. Talk to your health care provider about what type of exercise is best for you

8. If you smoke, make a plan to quit.

- a. Quitting smoking is one of the most important things you can do for your health, especially if you have high blood pressure

9. Know about the medications you take.

- a. Some medications can increase your risk for high blood pressure. If you are taking medication to lower your blood pressure, take it exactly the way your doctor tells you to. Never stop treatment on your own
- b. Tell your doctor about any side effects or problems you have with your medication

10. See your healthcare provider.

- a. High blood pressure can be managed with a healthy lifestyle and medications when needed
- b. Talk to your health care provider about how often you should have your blood pressure checked.

*For more information, talk with your health care provider or visit [cdc.gov/bloodpressure](http://cdc.gov/bloodpressure) online.*

<b>Normal Blood Pressure:</b>	less than 120/80 (read as 120 over 80)
<b>At risk for High Blood Pressure (Elevated):</b>	120/80 to 129/80
<b>High Blood Pressure:</b>	130/80 or higher
A single high reading may not mean that you have high blood pressure. But if you get your blood pressure checked at a screening or drugstore and your numbers are high, tell your health care provider.	





# May is National Osteoporosis Month

## Food and Your Bones — Osteoporosis Nutrition Guidelines



Osteoporosis is often called a “silent” disease because people cannot feel their bones getting weaker. Nearly 10 million Americans have osteoporosis and almost 34 million more have low density, putting them at risk for osteoporosis and broken bones. The food that you eat can affect your bones. Learning about the foods that are rich in calcium, vitamin D and other nutrients that are important for your bone health will help you make healthier food choices every day.. If you eat a well balanced diet with plenty of dairy, fish, fruits and vegetables, you should get enough of the nutrients you need everyday, but if you’re not getting the recommended amount from food alone, you may need to complement your diet by taking multivitamins or supplements.



## Good-for-Your-Bones Foods



Dairy products such as milk, yogurt and cheese; canned sardines and salmon (with bones); collard greens, turnip greens, kale, okra, Chinese cabbage, dandelion greens, mustard greens, broccoli; all contain **calcium**.

Fatty fish varieties such as salmon, mackerel, tuna and sardines all contain **vitamin D**. **Calcium and vitamin D** are sometimes added to dairy products, juices, breakfast foods, cereals, and breads.

Spinach, beet greens, okra, tomato products, artichokes, plantains, potatoes, sweet potatoes, collard greens and raisins all contain **magnesium**.

Tomato products, raisins, potatoes, spinach, sweet potatoes, papaya, oranges, bananas, plantains and prunes contain **potassium**.

Red and green peppers, oranges, grapefruit, broccoli, strawberries, Brussel sprouts, papaya and pineapple all contain **vitamin c**.

Dark leafy green vegetables such as kale, collard greens, spinach, mustard greens, turnip greens and Brussel sprouts all contain **vitamin k**.

## Risk Factors:

- Being female
- Older age
- Family history
- Low estrogen in women, low testosterone in men
- Diet low in calcium and vitamin D
- Inactive lifestyle
- Smoking
- Drinking too much alcohol
- Excessive intake of sodium and caffeine
- Medications such as steroids and some anticonvulsants



**Approximately 1 in 2 women and 1 in 4 men over the age of 50 will have an osteoporosis related fracture in their lifetime**



# ELDER ABUSE VIA SOCIAL MEDIA IN AKWESASNE TERRITORY



Date: April 27, 2021

## Elder abuse via social media is:

Writing to or about an elder on a social media platform in a negative fashion in order to; intimidate or harm their creditability or value of self, or to affect their family members is a form of Elder Abuse and it is punishable by law.

## Why do elders use social media?

Elders use social media because they are adapting to the new way that information is sent out into the world. A majority of information and offices are only available online. Many elders join social media platforms to engage with family and friends from afar to keep their social consecutiveness. Our elders aren't aware that there are cyberbullies or what they call "trolls" on those social media platforms that are only there to cause some type of negative mental response.

## The Law

Although many think that just because it happens online, you can't do anything about it. If you are being sent messages or pictures that are harmful to you, tell them to stop. If the person will not stop, law enforcement can warn the person to leave you alone and to not contact you again. If they contact you again, they can be charged with harassment.

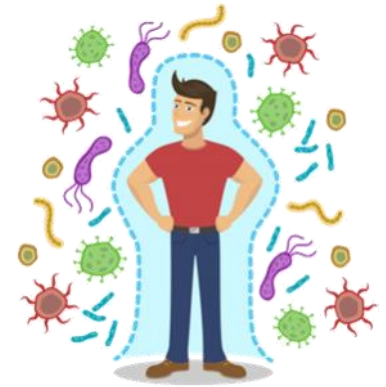
## Prevention

Do not add people you do not know. Have a family member show you how to block and delete on your social media account. Use of social media should be pleasant and resourceful for our elders.

Helen Gray  
Elder Abuse Prevention Coordinator  
Saint Regis Mohawk Tribe  
Office for the Aging  
(518)358-2963



# 8 Ways to Keep yours Immune System Strong!



Your immune system is made of cells, tissues, and organs working together to fight harmful bacteria and viruses. A strong immune system can help prevent you from getting sick, and recover quickly when you do get sick. The immune system works best when you take care of it. Here are the top ways to keep your immune system strong:

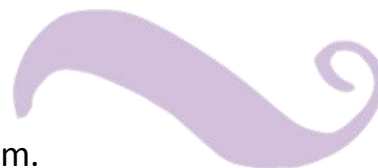
1. Get vaccinated. Vaccines, such as the new COVID-19 vaccines, teach your immune system to fight disease. Some vaccines such as the flu shot you need to receive each year; other vaccines need periodic booster shots to stay effective. Ask your health care provider what vaccine you need.
2. If you smoke, quit. Quitting smoking is one of the best things you can do for your immune system. Talk to your health care provider about ways to quit smoking. Vaping is not a good substitute.
3. Get enough sleep. Sleep helps keep your immune system strong. Aim for about seven to nine hours of sleep. Try to keep a sleep schedule, going to bed and waking around the same time each day.
4. Eat a balanced diet. Aim to eat plenty of fruits and vegetables, lean proteins and whole grains. Choose water over sugary drinks. A healthy diet should be enough to provide your body with the vitamins and minerals your immune system needs. If a balanced diet is difficult to achieve, ask your doctor about using a multivitamin.
5. Stop drinking alcohol, or drink in moderation. Alcohol can be very harmful to your immune system. It is best to stop drinking alcohol. If you choose to drink, you should have no more than one drink per day if you are a woman, or no more than two if you are a man.
6. Reduce stress. Everyone is stressed once in a while. But stress every day for weeks at a time is hard on your immune system. Find ways to reduce stress in your life. Ask for help if you feel overwhelmed. Give yourself time to rest and recharge. Meditation and exercise can also reduce stress.
7. Exercise. Regular exercise helps your immune system by promoting good blood flow throughout the body. Try to exercise for at least half an hour most days of the week.
8. Wash your hands! Hand washing is proven to help keep you healthy. Wash your hands with hot water and soap for at least 20 seconds. Make sure to wash your hands before eating or making food, and after using the bathroom, coughing, sneezing, or blowing your nose.

# Satonhá:ren tsi Saksiéríte

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

1- Ronald Soucy	14- Lou Ann Paquin	28- Edith Rybke
4- Alan LaBaff	15- Crysetta Patterson	Wanda Sharrow
5- <b>Adeline Herne</b>	16- <b>Beverly</b>	Martha Mitchell
7- <b>Patricia A.</b>	<b>Schwardfigure</b>	30- <b>Norman Tarbell</b>
<b>Seymour</b>	19- Cynthia Edwards	Darlene Jacobs
8- John Laughing	20- <b>James Bero</b>	
9- Earl Frego	24- <b>Mike L. Jackson</b>	<b>Bold are Saint Regis</b>
Vanessa Lavare	Brenda Chubb	<b>Mohawk Senior Club</b>
Valorie Good	25- <b>Rosemary Jacobs</b>	<b>Members</b>
11- <b>Kenneth Thompson</b>	26- <b>Wanda Grant</b>	
12- Veronica Thompson	27- Deborah Grant-Herne	
Melly Glass		
Rose Sunday		

## Continued....



Be careful of products that say they help the immune system.

- Some vitamin or herbal supplements can interact with certain medications and cause problems.
- Talk to your doctor before taking any supplement.

Aging and the immune system.

- The immune system gets weaker with age. This means older adults can get sick more easily, and take longer to recover.
- Older adults should talk to their doctor about appropriate vaccines including flu, pneumonia, shingles and tetanus. They should also discuss nutrition.

Some diseases or medications can weaken the immune system.

- Conditions or medications that can weaken the immune system include:
  - Chronic diseases such as diabetes, kidney or liver disease
  - Cancer, HIV and autoimmune disorders
  - Oral steroids and drugs used to treat cancer or organ transplant
- If you are concerned that a medical condition or treatment will affect your immune system, talk to your doctor. Ask about additional steps you can take to protect your health.



**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)

**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..**