



Moccasin Trail

ONERAHTOHKÓ:WA / MAY 2023

Points of Interest:

- Pictures from our Easter Egg Hunt
- Star Wars Day– May 4th
- Senior Games May 22-24th
- Pool Tournaments in May:
May 5th and May 24th
- Senator Kirsten Gillibrand
Visits the Senior Center
- Friday, May 19th Shopping
Trip to Plattsburgh, Sign up
with Katie/Joy (518) 358-2963

FRIDAY, MAY 12TH

Mother's day Lunch

TICKETS GO ON SALE
MONDAY, MAY 8TH

TICKETS COST \$5.00 EACH
(NO GIFT CERTIFICATES ACCEPTED)
NO GRAB-N-GO OPTION AVAILABLE

MENU:
CHICKEN PARMESAN
TOSSED SALAD
ROLL & CAKE

AFTERNOON
ENTERTAINMENT:
DJ BUCK "THE WILD
CHILD" COOK

Happy Trails Giselle!



Yes, you heard correct! Our Administrative Assistant Giselle Cook is retiring! On her last Monday before retirement, the staff and senior club presented Giselle with gifts and a speech from our director LoraLee. She received a beautiful sweet grass basket made by Rita McDonald and a planter box/ She:kon sign made by Joy Lazore-Gibson, Andrew Person and Katie Boots-Lazore. (more on pg 4)

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**We will be
Closed on:**

**Monday, May 29th: Memorial Day
Friday, May 26th: 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.

ANYONE 55 and older can join the senior club!



Senior Club Meeting

Wednesday, May 10th

At 10:00 am

Senior Center Sunroom

All members are welcome!

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



Senior Club Representatives Diane McDonald, Millie Cook, Iris Herne and Ben Kelly Jr with NYS Senator Kristin Gillibrand.

Senior Club Office Update

Giselle Cook is retiring as our Treasurer and Rosie LaFrance will be our new Treasurer.

Congratulations and Welcome Rosie and Happy Retirement Giselle!
Thank you for getting us organized!



Volunteer Bingo Schedule

May 1st

Theresa Martin

Nancy Jacobs

Rose Jacobs

Debbie Thomas

Rosie LaFrance

May 8th

Rosie LaFrance

Theresa Martin

Barbara Lazore

Vicki Phillips

Lynn LaFrance

May 15th

Rosie LaFrance

Dorothy Shatlaw

Darlene Chubb

Valerie Garrow

Theresa Martin

May 22nd

Rosie LaFrance

Theresa Martin

Iona Castagnier

Leona Delormier

May 29th

CLOSED: Memorial Day

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



DEER VALLEY TRIP

Lunch was good, everyone enjoyed their meal. A good time was had by all that went. On the way home we stopped at Martin's for pretzels. Thank you Judy and Pam for driving us.



Senior Games 2023

Senior Games are back! Three days of fun for seniors. The games are organized and funded by the Senior Club. All games are held at the senior center. Continental like breakfast will be available every day. Prizes will be given out to the winners for every game and also a participation prizes on the final day. The official schedule will be available May 15th at the senior center. If you would like to volunteer to help organize an activity, please join our meeting on May 10th at 10:00 am. You can call the Senior club at (518) 358-2963 between the hours of 11:00 am and 3:00 pm or leave a message.

Monday, May 22nd

Breakfast

Presentation

Poker Walk

Cornhole/Bean Bag Toss

Special Jackpot BINGO



Tuesday, May 23rd

Breakfast

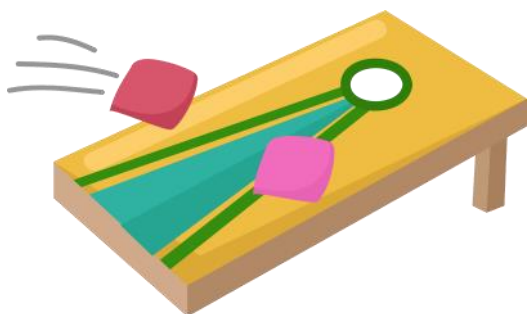
Shuffleboard

Golf Challenge

Scrabble Tournament

Line Dancing

Ace to King Tournament



Wednesday, May 24th

Breakfast

Pictionary

Pool Tournament

Virtual Bowling

Thank you for Taking our COVID Support Survey!



Nia:wen/Thank you to all of those that took the time to complete the COVID Care Support Survey that was mailed out or that was taken online. Your responses and comments were presented to our board members and will be taken into consideration. We had a very good number of surveys returned.

If there are any other comments or suggestions do not hesitate to reach out to our COVID Care Support Worker, Arlene LaFrance. She can be reached at 518-358-2963 EXT 3315, or you can stop by the office near the Sunroom.

happy retirement



"As I make my "Exit" from the Senior Center as the Administrative Assistant for the last 8 years and the last year as the Senior Center Treasurer, it fills me with so many mixed emotions!! First I want to apologize for freezing up on the spot when asked to give a speech... I was unprepared and nervous! I'm not one for wanting the Spot Light on me!!! I DO want everyone to know that I have truly enjoyed my time working here at the Senior Center. Over time it did not feel like a "job"- this became my 2nd home! I loved getting to know all the Elders over the years... all the laughing and joking!! I also feel so lucky to have had a GOOD bunch of co-workers... we all worked well with each other and got to know each other too... TONS OF LAUGHS almost everyday! The one thing that I have always LOVED about our people is we Love to Laugh... that is the one thing I hope that we will ALWAYS continue to do!" -Giselle Cook



Happy May everyone from SNAP-Ed NY! Below are some opportunities coming up in May as well as throughout the summer.

May Eat Healthy, Be Active Community Workshops

Walk with Ease: What is it?

Walk with Ease is an evidence-based walking program designed by The Arthritis Foundation. It is a community-based physical activity and self-management education program that is led by a certified leader (It is also offered as a self-guided format that can be completed on your own). It is a multi-component program that also includes health information, stretching and strengthening exercises and motivational strategies. The program uses a guidebook and walking schedule to get you moving safely towards better health. See Arthritis Foundation website (www.arthritis.org) for more information.

How long is it?

The program is 3 days per week for 6 weeks (18 total sessions). Each session is about 1 hour in length.

Why join the program?

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance
- Strengthen
- Walking pace information
- Build confidence in your ability to be physically active
- Improve overall health



We will be starting the Walk with Ease program in June at a few different locations. These are the scheduled Walk with Ease Workshops:




- St. Regis Mohawk Tribe Senior Center: Every Monday, Wednesday, and Friday from June 5th through July 14th at 11:00 am
- Malone Adult Center: Every Monday, Wednesday, and Friday from June 5th through July 14th. Time and walking location to be determined.
- Sawyer Avenue: Every Monday, Wednesday, and Friday July 17th through August 25th. Time to be determined.




For any questions/concerns or to sign up for workshop please call:

Alexandra (Ally) Hooker MS RD, SNAP-Ed nutrition educator at (518) 481-1532 . We hope to see you there!



Onerahntohkó:wa/May 2023

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahí:khaton
7 6:00 Ace to King 	1 Hamburger with Tomatoes & Lettuce Chips Pickle Three Bean Salad Mandarin Oranges Activity: 10:00 Exercise DVD 1:00 Bingo	2 Open Face Turkey Mixed Vegetables Roll Fruit Cocktail Activity: 10:00 Chair Yoga 1:00 Line Dancing Class	3 Chef Salad Garlic Bread Cookie Fruit Activity: 10:00 Exercise DVD 12:30 Mohawk Language Class	4 Baked Fish Sticks Mashed Potato Pacific Blend Veggies Roll Melon Cup Activity: 10:00 Chair Yoga 12:30 Mohawk Class 12:45 Cell Phone Photography Class 	5 Shake-N-Bake chicken Mashed Potato Mixed Veggies Roll Pear Activity: 10:30 Pool Tournament 12:30 Mohawk Language Class	6 6:00 Ace to King
14 6:00 Ace to King	15 Stuffed Shells Toss Salad	16 Chicken Tenders Sweet Potato Fries	17 Toss Salad Roll, Cookie	18 Italian Wedding Soup, Ham Sandwich	19 BBQ Pork on a Bun, Coleslaw	20 6:00 Ace to King
7 6:00 Ace to King	8 Cold Cut Buffet Macaroni Salad 3 Bean Salad Chips Banana Pudding Activity: 10:00 Exercise DVD 1:00 Bingo	9 Ham Hash Green Beans Roll Jello Fresh Fruit Activity: 10:00 Chair Yoga 1:00 Line Dancing Class	10 Sweet Potato Soup Turkey Sandwich Fresh Fruit Activity: 10:00 Exercise DVD in Lounge 10:00 Senior Club Meeting in Sunroom 12:30 Mohawk Class Coloring Contest End	11 Greek Salad Roll, Fresh Fruit Chocolate Pudding Activity: 10:00 Chair Yoga 12:30 Cell Phone Photography Class <i>Legal Aid Appointments</i>	12 Mother's Day Meal Chicken Parmesan Toss Salad Roll Cake Activity: 12:30 Mohawk Language Class 	13 6:00 Ace to King

	<p>Fresh Fruit Garlic Bread Tapioca Pudding</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>Celery & Carrot Sticks Roll, Yogurt Fresh Fruit</p> <p>Activity: 10:00 Chair Yoga 1:00 Line Dancing Class</p>	<p>Fresh Fruit</p> <p>Activity: 10:00 Exercise DVD 10:00 Nutrition Bingo 11:30 Box Lunch Bingo lakihsotha 12:30 Mohawk Language Class 12:50 Craft Class</p>	<p>Fresh Apple</p> <p>Activity: 10:00 Chair Yoga 11:00 Norm King Presentation Hidden Mischief 12:30 Cell Phone Photography Class</p>	<p>Baked Beans, Fruit Ice Cream Sandwich</p> <p>Activity: 8:30 Plattsburch Shopping Trip 12:30 Mohawk Language Class</p>
<p>21 6:00 Ace to King</p>	<p>22 Sheperd's Pie Side of Gravy Roll Apple Crisp</p> <p>Activity: 1:00 Bingo</p> <p>SENIOR GAMES</p>	<p>23 Cream of Mushroom Soup Turkey Sandwich Fig Newton</p> <p>Activity: 1:00 Line Dancing Class</p> <p>SENIOR GAMES</p>	<p>24 BBQ Chicken Boiled Potato Asparagus, Corn Pears</p> <p>Activity: 12:30 Mohawk Language Class</p> <p>SENIOR GAMES</p>	<p>25 Strawberry Spinach Salad Cheese Bread Butterscotch Pudding</p> <p>Activity: 10:00 Chair Yoga 12:30 Cell Phone Photography Class</p> <p><i>Legal Aid</i> <i>Appointments</i></p>	<p>26</p> <p>CLOSED</p> <p>Planning Day</p>  <p>12:30 Mohawk Class</p> <p>27 6:00 Ace to King</p>
<p>28 6:00 Ace to King</p>	<p>29</p> <p>CLOSED</p> <p>Memorial Day</p> 	<p>30 Pancakes with Blueberries Scrambled Eggs Bacon Orange Juice Fruit Cup</p> <p>Activity: 10:00 Chair Yoga</p>	<p>31 Birthday Meal Bacon Wrapped Pork Loin, Mashed Potato Broccoli & Cauliflower Roll German Apple Cake</p> <p>Activity: 10:00 Exercise Class</p>	<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>	

Risk Factors for Elder Abuse

It's difficult to take care of a senior who has many different needs, and it's difficult to be elderly when age brings with it infirmities and dependence. Both the demands of caregiving and the needs of the elder can create situations in which abuse is more likely to occur.

Many nonprofessional caregivers-spouses, adult children, other relatives and friends-find taking care of an elder to be satisfying and enriching. But the responsibilities and demands of caregiving, which escalate as the elder's condition deteriorates, can also cause significant stress. The stress of elder care can lead to mental and physical health problems that leave caregivers burned out, impatient, and more susceptible to neglecting or lashing out at the elders in their care.

- Depression in the caregiver
- Lack of support from other potential caregivers
- The caregiver's perception that taking care of the elder is burdensome and without emotional reward
- Substance use by the caregiver
- The intensity of the elderly person's illness or dementia
- Social isolation— the elder and caregiver are alone together almost all the time
- The elder's role, at an earlier time, as an abusive parent or spouse
- A history of domestic violence in the home
- The elder's own tendency toward verbal or physical aggression
- Even caregivers in institutional settings can experience stress levels that lead to elder abuse if they lack training, have too many responsibilities, are unsuited to caregiving, or work under poor conditions.

Preventing Elder Abuse & Neglect

If you are a caregiver to an elderly person and feel you are in danger of hurting or neglecting them, help and support are available. Perhaps you're having trouble controlling your anger and find yourself screaming louder and louder or lashing out at the person in your care? Or other people have expressed concern with your behavior or the tension between the two of you? Or maybe you simply feel emotionally disconnected or overwhelmed by the daily needs of the elderly person in your care? Recognizing that you have a problem is the biggest step to getting help and preventing abuse.

As a caregiver, the following steps can help you prevent elder abuse or neglect:

- Take immediate steps to relieve stress and burnout. Stress is a major contributor to elder abuse and neglect. You can help your stress levels by regularly practicing stress-relieving techniques such as yoga, meditation, or deep breathing exercises.
- Request help from friends, relatives, or local respite care agencies or find an adult daycare program. Every caregiver needs to take regular breaks from the stress of caring for an elder and to attend to their own needs, if only for a couple hours.
- Learn techniques for getting your anger under control
- Take care of yourself. If you are not getting enough rest, you are much more likely to succumb to anger. Eat a healthy diet, get regular exercise, and take care of your own medical needs.
- Seek help for depression. Family caregivers are especially at risk for depression, but there are plenty of things you can do to boost your mood and outlook and overcome the problem.



- Find a support group for caregivers of the elderly. Sharing your concerns and experiences with others facing the same challenges can help relieve the isolation you may be feeling as a caregiver. It can also be a great place to gain valuable tips and insight into caring for an elder.
- Get help for any substance issues. It's never easy, but there are plenty of actions you can take to address drug or alcohol abuse.
- Get professional help. If you can't seem to stop yourself no matter how hard you try, it's time to get help by talking to a therapist.

For more information about elder abuse prevention or caregiver support information, contact Jonilee Toulouse, SRMT Office for the Aging at (518) 358-2963.

World Elder Abuse Awareness Day: June 15th

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Instruction to Cell Phone Photography Class!



Starting Thursday, May 4th 12:45 pm– 1:45 pm
Instructors: Jackie Tarbell & Ray Cooke



4 classes total every Thursday at 12:45 pm
 for the month of May. Taking 10 students. Call Katie to sign up at (518) 358-2963

The Topics for the Cell Phone Photography Class will be:

- Definition of symbols
- Settings
- Macro photography (focusing on flowers)
- Live View
- Bracketing



We received great response for our Senior Poker Walk held on Thursday, April 20th with 31 participants. Our winners are Shawn Laughing and Cecelia Thomas who both got a full house. Shawn won the portable rocker and Cecelia won the gardening kneeler and a multi purpose 15 gallon cart. We also had a participation draw for the gardening basket and collapsible hose and the winners are Ron Thomas and Mel Jacobs.

Coloring Contest Winners For April:



Congratulations Cecelia Thomas and Catherine Cook on winning our April coloring contest!

The May coloring pages will be available May 1st and the contest will end Wednesday, May 10th at 10:00 a.m.



OFA Lawn Care Services 2023

Registration for OFA lawn care services with Andrew Person. We will be accepting applications from now until Friday, May 19th. First come first serve. If you were on last year, you need to apply again. Applications are done over the phone, call us at (518) 358-2963.

- Must be 55 years of age or older to apply
- Live within the Southern portion of Akwesasne



May the 4th Be With You!

Wear your Star Wars Gear on Thursday, May 4th for your chance to win a prize!



Senior Center Pool Tournaments:

Winners from April 14th

1st Dave Mitchell

2nd Paul Boots

May Pool Dates:

Fri. May 5th 10:30 am Start

Wed. May 24th 10:30 am Start

Senior Center Craft Classes



April class we had 5 participants who decorated their Ducks to be put in a Row at home. It was great class of laughter and storytelling. All the ducks turned out so cute and unique.

MAY CRAFT CLASS: **BEESWAX WRAPS**

**Wednesday, May 17, 2023 at
12:50 pm**

Crafter Cecelia Thomas will be helping us make Beeswax Wraps that work better than Saran Wrap for food storage. Please call Joy or Katie to sign up. Class is limited to 10. **518-358-2963**



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|------------------------|------------------------|-------------------------|
| 1- Ronald Soucy | 11- Kenneth Thompson | 25- Rosemarie Jacobs |
| 3- Leah Tarbell | 12- Melly Glass | Rosemary LaBlanc |
| 4- Alan LaBaff | Veronica Thompson | George Lester |
| 5- Diane McDonald | Rose Sunday | 26- Wanda Grant |
| Adeline Herne | 14- Lou Ann Paquin | Peter Terrance |
| 7- Patricia A. Seymour | 15- Crysetta Patterson | 27- Deborah Grant-Herne |
| Jackie Cree-Arquette | 17- Christy Lazore | 28- Wanda Sharrow |
| Sandra Rourke | 19- Cynthia Edwards | Martha Mitchell |
| 8- John Laughing | 22- Lynn Jacobs | 30- Norman Tarbell |
| 9- Earl Frego | 24- Mike L. Jackson | Darlene Jacobs |
| Cecelia Thompson | Brenda Chubb | |
| Vanessa Lavare | | |
| Valorie Good | | |

Bold are Saint Regis Mohawk Senior Club Members

Senator Kirsten E. Gillibrand Visits Our Senior Center

Senator Kirsten E. Gillibrand, D-N.Y. Visited the Akwesasne Senior Center and the Akwesasne Boys and Girls Club to show support for both the elders and youth in our community. At the Senior Center, Gillibrand revealed her 5 point Master Plan on Aging, which would ensure every American has the support needed to age with dignity and financial security.

The 5 points in the Master Plan are:

1. Affordable and Healthy Meals
2. Affordable Health Care and Prescription Drugs
3. Social Security Benefits and Financial Security
4. Age in Place
5. Aging-Friendly Spaces and Employment



Senator Gillibrand took a moment before and after her press conference to listen to community members' concerns. After visiting the Senior Center, Senator Gillibrand also went to the Akwesasne Boys and Girls Club for a quick tour. Senator Gillibrand and Senator Chuck Schumer secured 1 million dollars to help kick-start the construction of a new building which will host programs that serve 700 children each year.





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..**