



Moccasin Trail

KENTÁNHA / OCTOBER 2023

Points of Interest:

- Public Hearing 10/11
- AARP Drivers Safety Course— Oct. 10 & 11
- November General Election
- Powerful Tools for Caregivers Workshop!
- Coffee with Cops Day Wed. October 4th!
- Pumpkin Carve/Paint on Oct. 26th— 11 am

OH MY GOURD! IT'S A HALLOWEEN PARTY!

Tuesday, October 31, 2023 at 10:30 am
At the Senior Center

Costume Contest Cash Prizes for:
Best Couple Costume
Most Creative Costume
Funniest Costume
Laziest Costume

**Candy Apple Board
Costume Parade
Games**

Pumpkin Contest!
Carved or Painted
1st, 2nd and 3rd Prizes!

RED RIBBON WEEK

Monday, October 23rd – Thursday, October 26th

Wear the theme of the day and come in for lunch or pick up grab-n-go and your name will be entered into the daily draw for prize of the day!

Together we can "team up against drugs and play drug free." By participating in the theme days, you will be promoting positive choices, good character, and healthy lifestyles! It is a community wide event.

Monday 10/23/21 Wear RED Day	Tuesday 10/24/21 Mismatch Day	Wednesday 10/25/21 Jersey Day	Thursday 10/26/21 Tie-Dye Day
			

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**We will be
Closed on:**

Monday, October 9th: Indigenous Peoples Day
Friday, October 27th: Planning Day



Akwesasne Senior Club



PAINTING CLASS

The Akwesasne Senior Club held a painting class with Charlotte King. There were 6 students, and everyone enjoyed the class. The theme was flowers. Another class will be held pending the teacher's schedule. The date will be announced when details are confirmed.

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– 1:00 pm
 Friday 11:00 am– 1:00 pm



The Senior Club's trip to the State Fair on Indian Day had a good turn out and everyone enjoyed the trip.

True Vision Stables Trip: Westville

Friday, October 27, 2023 at 12:30 pm, the Akwesasne Senior Club will visit the True Vision Stables in Westville, NY. The visit will include visiting horses and feeding them and a chance to take a small buggy ride. If you are interested in this event please contact Katie Boots at (518) 358-2963 at your earliest convenience to add your name to the list.



Senior Craft Fair 2023: Saturday, October 7th!

The Akwesasne Senior Club's annual Fall Craft Fair is scheduled for Saturday, Oct 7, 2023 from 10:00 am to 4:00 pm. Vendors may come in on Friday, October 6, 2023, between 4 and 6:00 pm to set up their table displays. On Saturday, the day of the Craft Fair, the doors will open at 8:00 am for vendors to start coming in to set up.

The Club Raffle of prizes will be drawn at 3:30 pm at the Craft Fair on Oct. 7th. The pie and bake sale will begin at 10:00 am.

The Senior's trip to Nashville, Tennessee has been canceled for lack of participation. The bus company has a minimum passenger requirement, however, due to passengers cancelling, the group fell below the minimum passenger requirement and the bus company canceled.

✂ ✂ ✂ ✂ Haircuts ✂ ✂ ✂ ✂

Katy Tarbell will be offering haircuts at \$10 every Tuesday of the month. If you want an appointment please call the Akwesasne Club office at (518) 358-2963. Appointments are scheduled from 9:30 am-11:30 am.

Senior Club Meeting

Wednesday, October 11th 12:30 pm– 1:30 pm
 Senior Center Sunroom All members are welcome!

Volunteer Bingo Schedule

October 2

Theresa Martin
 Nancy Jacobs
 Debbie Thomas
 Ruth Bell

October 9

CLOSED

Indigenous Peoples Day

October 16

Theresa Martin
 Barbara Lazore
 Vicki Phillips
 Lynn LaFrance

October 23

Theresa Martin
 Dorothy Cole
 Darlene Chubb
 Val Garrow

October 30

Theresa Martin
 Iona Castagnier
 Leona Delormier
 Sweets Jacobs

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

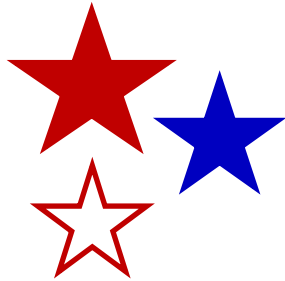
Akwesasne Senior Club Elections:

The Senior Club will be holding a 2023 election for the following positions: Club President & Finance Committee Member. The nominations will take place in Oct. 2023 and voting will take place in November for the new positions to start in January 2024. Nomination sheets will be available at the Office for the Aging lobby. Please speak with the person you are nominating before submitting a nomination form. Completed forms may be submitted to the Senior Club Office.



Coloring Contest Winners For September:

Congratulations Timothy Sunday & Caroline Bigtree, our September coloring contest winners! The October coloring pages will be available October 2nd and the contest will end **Thursday, October 12th at 10:00 a.m.**



GENERAL ELECTION for federal, state and local officials **NOVEMBER 7, 2023** IMPORTANT DEADLINES FOR GENERAL ELECTION



- ◆ Registering to vote for the first time: OCTOBER 28, 2023
 - ◆ Submit an address change: OCTOBER 28, 2023
- ◆ Submit an absentee ballot application by MAIL—MUST be received by the Board of Elections on or before: OCTOBER 23, 2023
 - ◆ Submit an absentee ballot APPLICATION in person : NOVEMBER 6, 2023
- ◆ Return your voted absentee ballot by MAIL: **POSTMARKED BY NOVEMBER 7, 2023** Board of Elections
MUST RECEIVE your ballot by NOVEMBER 14, 2023
- ◆ Return your voted absentee ballot IN PERSON: **NOVEMBER 7, 2023** by close of polls at 9:00 pm

If you need assistance or have general questions, please contact SRMT Office for the Aging, NY Connects and HIICAP at 518-358-2834 ask for Tracy

Franklin County Board of Elections St. Lawrence County Board of Elections
518-481-1663 315-379-2202

Coming up **Wednesday, October 4th 11:00 am– 12:00 pm** the St. Regis Mohawk Tribal Police and border officers are coming to visit and bring the coffee and donuts! Just like the past couple years, they will mingle, answer any questions, and maybe play some games with us. Hope to see you there!





Emotional Elder Abuse

Emotional elder abuse is any kind of abuse that is emotional rather than physical in nature. It can include anything from verbal abuse and constant criticism to more subtle tactics such as intimidation, manipulation, and refusal to ever be pleaded.

Typed of Emotional Elder Abuse inflicted against the elderly can be devastating and include the following behaviors.

- ❖ Blaming
- ❖ Scapegoating
- ❖ Engaging in demeaning behavior toward the elder
- ❖ Humiliating or ridiculing the elder
- ❖ Ignoring their needs
- ❖ Behaving menacing toward the elder
- ❖ Intimidation
- ❖ Isolating the elder from friends, family or social occasions
- ❖ Yelling at them
- ❖ Using threatening behavior

Signs of Emotional Elder Abuse:

The elderly person may show certain behaviors that are indicative of having experienced some type of emotional abuse

- ⇒ Avoiding eye contact
- ⇒ Having low self-esteem
- ⇒ Appears depressed or withdrawn
- ⇒ Appears shyer than they used to be
- ⇒ Seems disturbed, scared or hopeless
- ⇒ May engage in harmful self-inflicting behavior
- ⇒ May attempt to hurt others
- ⇒ May have acute mood swings
- ⇒ May have changes in eating or sleeping patterns
- ⇒ The perpetrator may be keeping them from seeing friends and family

If you have any concerns about an elder or would like information, please contact:

Adult Protection Services (518) 358-9659
SRMT Police (518) 358-9200
Office for the Aging (518) 358-2963
Akwesasne Mohawk Police (613) 575-2340

Flu Clinic at Office for the Aging

Monday, October 16, 2023 from 10:00 am– 1:00 pm






Please call Arlene LaFrance at the Senior Center at 518-358-2963 for an appointment





Red Ribbon
Week



Monday, Oct. 23rd WEAR RED DAY	"Red-y to live drug-free and make a difference" * Wear any kind of red clothing including ribbon shirts, skirts, or dresses.	
Tuesday, Oct. 24th Mismatch Day	"Don't let drugs mix you up!" *Wear mismatched clothes and socks.	
Wednesday, Oct. 25th JERSEY DAY	"Team up against drugs, play drug free" *Wear your favorite jersey, shirt, hat, or anything.	
Thursday, Oct. 26th TIE-DYE DAY	"Don't get tied up with drugs" *Wear anything camouflage pattern.	
Friday, Oct. 27th SUPERHERO DAY	"I have the power to be drug-free!" *WE WILL BE CLOSED FOR PLANNING DAY*	

The Alcohol/Dependency Prevention Program of the Saint Regis Mohawk Tribe encourages all community members to participate in Red Ribbon Week to promote living a drug-free healthy lifestyle. Throughout the week the community, including the schools and convenience stores will be participating.

Wear the theme on the day to the Senior center and your name will be entered into a drawing to win the prize of the day!

AARP Driver Safety Course at Seniors *Still Room Left*

Tuesday, October 10th and Wednesday, October 11th










1:00 pm– 4:30 pm



Instructor: David Stewart, Duration: Two days for 4 hours each

Kentenha/October 2023

Tsiat'ahkha-	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahíà:khaton
1 6:00 Ace to King	2 Cream of Broccoli Soup Turkey Sandwich Fig Newton Activity: 1:00 Exercise DVD 1:00 Bingo	3 Chicken Burger Macaroni Salad Pickle Fruited Jell-O Activity: 10:00 Chair Yoga 1:00 Line Dancing 12:30 Mohawk Language Class	4 Strawberry Spinach Salad Garlic Bread Brownie Fresh Fruit Activity: 10:00 Exercise DVD 11:00 Coffee with Cops 12:45 Halloween Craft: Painting 	5 Country Style BBQ Potato Salad Mixed Vegetables Roll Mandarin Oranges Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class	6 Baked Fish Mac N Cheese Stewed Tomatoes Roll Pears Activity: 10:30 Virtual Bowling Tournament	7  10:00-4:00 pm Senior Club Craft Fair 
8	9 CLOSED Indigenous Peoples Day 	10 Cheese Burgers w/ Lettuce & Tomato Fries Fruit Ambrosia Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class NO LINE DANCING 1:00 AARP Driver Safety Course	11 Roast Pork Roast Potatoes Mixed Veggies Roll, Cranberry Applesauce Activity: 10:00 Public Hearing 10:00 Exercise DVD 12:30 Club Meeting 1:00 AARP Driver Safety Course	12 Baked Potato Soup Turkey Sandwich Pudding, Fresh Fruit Activity: 10:00 Chair Yoga 10:00 Color Contest Ends 10:30 Box Lunch Bingo 12:30 Mohawk Language Class <i>Legal Aid with Linda</i>	13 Hot Roast Beef Sandwich Carrots Beans Peaches Activity: 12:45 Skeleton Candle Craft 	14 6:00 Ace to King
15 6:00 Ace to King	16 Bake Pork Chops Butter Noodles	17 Spanish Rice Mixed Veggies	18 Mac & Cheese Stewed Tomatoes	19 Fish on a Bun Fries	20 BBQ Chicken Wild Rice	21 6:00 Ace to King

<p>22 6:00 Ace to King</p> 	<p>23 Chicken Alfredo Green Beans Roll Dessert</p> <p>Activity: 10:00 Exercise DVD 10-1 Immunization Clinic 1:00 Bingo</p> 	<p>Carrots, Broccoli, Roll Applesauce</p> <p>Activity: 10:00 Exercise DVD 10-1 Immunization Clinic 1:00 Bingo</p>	<p>Roll Cantaloupe Slices</p> <p>Activity: 10:00 Chair Yoga 1:00 Line Dancing 12:30 Mohawk Language Class</p>	<p>Brussel Sprouts Roll Pears</p> <p>Activity: 10:00 Exercise DVD 11:00 Nutrition Bingo 12:45 Halloween Craft: Witch Hat</p> 	<p>Coleslaw Pineapple Chunks</p> <p>Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class</p> <p>Wear Pink for Indigenous Pink Day: Breast Cancer Awareness</p>	<p>Asparagus Roasted Vegetables Roll Banana</p> <p>Activity: 10:30 Pool Tournament</p>	
<p>29 6:00 Ace to King</p> 	<p>30 Hash Mixed Veggies Cornbread Grapes Lemon Fluff</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p> <p><i>National Candy Corn Day</i></p>	<p>31 Ravioli with Sauce Garden Salad Garlic Bread Apple Pie</p> <p>Activity: 10:00 Chair Yoga 11:00 Halloween Party 11:45 Costume Contest 12:30 Mohawk Language Class</p> 	<p>24 Tomato Soup Grilled Cheese Vanilla Pudding</p> <p>Activity: 10:00 Chair Yoga 1:00 Line Dancing 12:30 Mohawk Language Class</p>	<p>25 Birthday Meal Open Face Turkey Mixed Veggies Orange Cake</p> <p>Activity: 10:00 Exercise DVD</p>	<p>26 Garden Salad Garlic Bread Fresh Fruit, Pudding</p> <p>Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class</p> <p><i>National Pumpkin Day</i> <i>Legal Aid with Linda</i></p>	<p>27</p> <p>CLOSED</p> <p>Planning Day</p>  <p>12:30 Trip to True Vision Stables</p>	<p>28 6:00 Ace to King</p>
<p>For National Pumpkin Day on Oct. 26th we will supply the pumpkins to carve or paint for the contest on Halloween!</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. Grab-n-Go Pickup is from 11-12 pm</p>							

OCTOBER HALLOWEEN CRAFTS!



BEFORE



AFTER



Wednesday, Oct. 4th

We'll be doing the Tiktok Ghost Painting Trend where we convert an old print found at a second hand store, then we paint in ghosts, webs, pumpkins and anything else we would like. Everyone's is going to be different. We supply the print with the frame and the paint.

Friday, Oct. 13th

Relaxing Skeleton Candle. So easy to make with a plastic skeleton, bowl, hot glue and a piece of towel.

Wednesday, Oct. 18th

Witch Hat Wreath for your front door.



**All Crafts
start at
12:45 pm**

If you would like to make any of these, please let our Activities Department know at (518) 358-2963 to make sure we have enough supplies for everyone.



September Craft Class

Check out our September craft class participants who made ribbon aprons with Terry Cree! They turned out beautiful. They worked so hard on them for 3 hours. Thank you to Wolf Pack gifts for the fabric and ribbon kits. They are all beautiful color combinations.



Public Hearing Notice

October 11, 2023 at 10:00 a.m.

Saint Regis Mohawk Tribe Office for the Aging

The Advisory Committee and staff of the Saint Regis Mohawk Tribe Office for the Aging invite you to attend our public hearing session. The purpose of the public hearing is to receive input from older adults, caregivers, and community members about our service plans for the upcoming 2024 program year.

The Advisory Committee is a group of concerned older adults, service providers and others who meet to review the programs and services of the Office for the Aging. The public hearing is held to learn from local elders and others what current needs exist within the community and what issues are important to them.

The public hearing will be held at the Tsi Tetewatatkens Senior Center located at 29 Margaret Terrance Memorial Way, behind the Tribal Police Station. If you are unable to attend the public hearing in person, we still want to hear from you. You can provide comments by:

- Mailing your written comments to:
Lora Lee La France, Director
Saint Regis Mohawk Tribe Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655
- Emailing the Director at loraleelafrance@srmt-nsn.gov
- Calling the center at (518)358-2963 to have a staff person assist you
- Contacting an Advisory Committee Member. Comments can be submitted to:
Agnes Jacobs, Tribal Council (518)358-2272
Michael Cook, Health Services (518)358-3141
Mary Jo Terrance, Mohawk Indian Housing (518)358-4860



What does the Office for the Aging do with all the comments provided? We gather the input from community members to be consistent with the Older Americans Act which assures that aging services are designed by each community based on unique local needs and resources.

Comments we gather at the hearing help guide us as we develop our service plans so that it meets the needs of elders in Akwesasne. In previous years, we used the comments provided to allocate more funding for cultural programming and increase the number of exercise classes offered.

How do I know what is in the service plan? The Office for Aging will be releasing a summary of the proposed service plan before the public hearing. A community notice will be issued once the summary is available at the Seniors Center.

What can I expect at the Public Hearing? The hearing will begin with welcome words from the Advisory Committee followed by a presentation from the Office for the Aging on the 2023 Programs and Services. After the presentation the Advisory Committee will open the floor for comments until they close the hearing. Please note that the Office for the Aging staff will not be available during the comment session to answer questions.

What if I need special accommodation to participate in the Public Hearing? Please notify us in at least a week in advance that you will need interpretation services or large print materials or other assistance to be able to fully participate. You can contact the office at (518)358-2963 or email loraleelafrance@srmt-nsn.gov.

We look forward to seeing you at the Public Hearing and hearing your comments.

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

How much water should you drink?

There's no one-size-fits-all answer, as fluid needs vary among individuals

Most people need about four to six cups of plain water each day. But it may be surprising to learn that water intake is an individualized number. While the daily four-to-six cup rule is for generally healthy people, that amount differs based on how much water they take in from other beverages and food sources. Also, certain health conditions, medications, activity level, and ambient temperature influence total daily water intake.

Unfortunately, many of us aren't getting enough to drink, especially older adults. We'll help you understand how much water you need to drink in a day to stay healthy.

Benefits of drinking water:

Water keeps every system in the body functioning properly and has many important jobs, such as:

- Carrying nutrients and oxygen to your cells
- Flushing bacteria from your bladder
- Aiding digestion
- Preventing constipation
- Normalizing blood pressure
- Cushioning joints
- Protecting organs and tissue
- Regulating body temperature
- Maintaining electrolyte (sodium) balance.



How much daily total water do you need?

For healthy individuals, the average daily water for men is about 15.5 cups and for women about 11.5 cups. That might mean you need only four to six cups of plain water, depending on other fluid sources such as coffee, tea, juice, fruits and vegetables.

Other factors that might mean more plain water include:

- **Activity level:** If you're losing water through sweat because you're exercising, you should increase your water intake. Individuals participating in long stretches of physical activity, such as marathons, often need to replace both water and sodium losses.
- **Outside temperatures:** You should adjust your water level when the temperatures soar outside. In warmer temperatures, you might feel thirst faster.
- **Overall health and medications:** It's possible to take in too much water if you have certain health conditions, such as thyroid disease or kidney, liver, or heart problems; or if you're taking medications that make you retain water, such as nonsteroidal anti-inflammatory drugs (NSAIDs), opiate pain medications, and some antidepressants.
- **Age:** Older people don't sense thirst as much as they did when they were younger. And that could be a problem if they're on a medication that may cause fluid loss, such as a diuretic.

Water is not your only choice when it comes to hydration. All beverages containing water contribute toward your daily needs.

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|--------------------|----------------------|------------------------------------|
| 1- Esther Dufresne | 17- Inez Cook | 26- Joseph Hruska |
| Sue Ann Huchcroft | Barbara White | Irene Gambill |
| 2- William Oakes | 18- Loretta Benedict | 27- Loreen Lori Dow |
| 3- Darlene Chubb | 19- Betty Mitchell | Sandy Swanger |
| 4- Greg Herne | 20- Patricia Taylor | 31- Sister Christine Taylor S.S.J. |
| 10- Brian David | 21- Beulah Terrance | Norman Lazore |
| 11- Marianne Loran | Arnold Printup | |
| 14- John D. White | 22- Mary Wainman | |
| Joseph M. Herne | 23- Vicki Beeson | |
| 16- Elda Cook | 24- Virginia Plante | |
| Gisela Herne | | |

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



Rose Thompson

Barry Thomas



In honor of National Grandparents day, the activities department raffled off 4 bouquets at lunch and bingo. Just as a special surprise to all of our Tota's that came out that day.



Iris Herne

Brenda Arquette

6 Week Workshop Powerful Tools for Caregivers

November 2, 2023 to December 14, 2023

Every Thursday at 11:00 am– 1:00 pm

Lunch will be Provided

**SRMT– Office for the Aging
(Senior Center)**

**For more information, contact: Jonilee Toulouse at
(518) 358-2963 or jonilee.toulouse@srmt-nsn.gov**



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..**