Points of Interest:

- Sepsis Alliance
- Legal Aid Appointments with Linda LaRue
- Medical Supplies Available
- Lawn Care Surveys
- No Donations being accepted at the moment
- Emergency Response System Checking

Inside this Issue:

- Senior Club Page 2
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- Calendar 6 & 7
- National Holidays 8
- OFA Exercise Machines 10
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RED RIBBON WEEK

Monday, October 25th – Friday, October 29th

<table>
<thead>
<tr>
<th>Monday 10/25/21</th>
<th>Tuesday 10/26/21</th>
<th>Wednesday 10/27/21</th>
<th>Thursday 10/28/21</th>
<th>Friday 10/29/21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wear RED Day</td>
<td>TWIN Day</td>
<td>Jersey Day</td>
<td>Camo/Safari Day</td>
<td>Costume Day</td>
</tr>
</tbody>
</table>

Monday, October 11th: Indigenous Peoples Day
Friday, October 22nd: Planning Day

Join us Friday, Oct. 29th with your costume. Prizes will be Walmart gift cards! Judging starts at 11:30 a.m.
2021 Club Dues are still being accepted. 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

Membership due’s for 2022 are being accepted now. If you do not pay by the end of December, you will not get the January 2022 newsletter.

Volunteers Needed!
We are in need of volunteers to be the runners on Bingo Mondays. Volunteers can now play.

We also need club members to volunteer to sit in the office and accept membership dues from walk-in’s. You can choose the time and day that best fits your schedule. Please call Karen White at 518-319-5267 if you are interested.

Senior Club Meeting!
Wednesday, October 6, 2021 in the senior center sunroom. All members welcome!

When it comes to sepsis, remember IT’S ABOUT TIME™. Watch for:

TEMPERATURE
higher or lower than normal

INFECTION
may have signs and symptoms of an infection

MENTAL DECLINE
confused, sleepy, difficult to rouse

EXTREMELY ILL
severe pain, discomfort, shortness of breath

If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: “Could it be sepsis?”

©2020 Sepsis Alliance  sepsis.org
Congratulations Ward Cook and Peter Back Sr. on winning the September coloring contest!

Our next contest will be from October 1st to Thursday, October 7th. Please hand in by 11:00 a.m. If you need it to be picked up please call Katie or Joy.
TRIBAL MEMBER ECONOMIC RECOVERY SUPPORT INTAKE SESSION SCHEDULED

The Saint Regis Mohawk Tribe’s Compliance Department is notifying Tribal Members of intake sessions to personally assist individuals with completing their application. Two (2) In-Person intake sessions will be held each week from Tuesday, October 5th until Thursday, October 21st at the Tribe’s Office for the Aging (also known as the Senior Center or Tsi Tetewatakens).

The exact dates and times are as follows:

- Tuesday, October 5th 1:00 p.m.– 5:00 p.m.
- Thursday, October 7th 1:00 p.m.—5:00 p.m.
- Tuesday, October 12th 1:00 p.m.—5:00 p.m.
- Thursday, October 14th 1:00 p.m.—5:00 p.m.
- Tuesday, October 19th 1:00 p.m.—5:00 p.m.
- Thursday, October 21st 1:00 p.m.—5:00 p.m.

The In-Take Sessions will take place at the Senior Center’s SUNROOM. Please utilize the SUNROOM’s Entrance and follow all protective measures: WEAR A MASK inside the facility, SOCIAL DISTANCE, and use Hand Sanitizer that will be made available.

PLEASE BRING TRIBAL MEMBER ENROLLMENT CARDS for each application that will be completed.

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, the second and fourth Thursday of the month (usually).

Thursday, October 14th, 2021
Thursday, October 28th, 2021
Senior Center Craft Class

October Craft: Wood Pedestal Riser

Call to reserve your seat to make a **Wood Pedestal Riser** to display on your upcoming Holiday table. The Picture is not exact but we will get as close to them as possible. Maybe even better. Each person will make 1 and we have 5 seats available. If you are not comfortable in a group setting, you can call and make an appointment to meet one on one. If demand is higher for these pedestals I will order more supplies and make kits. **518-358-2963**

Starting in December we will have **Craft Kits available upon request and also hosting in house classes. Please specify which suits your needs.**

September Craft: Pumpkin Quilted Homespun Coaster

Carol Lazore came in for our September craft class and ended up teaching us a few things about sewing and what homespun fabric is and what it can do. Coasters on right made by Joy & Judy.

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.
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**.

**NOTE:** Only 4 to a table in congregate lunch. Salads available, limited to 15 callers, first come, first serve.

**LOCAL SHOPPING TRIPS:**
Due to our bus being out of commission, our transportation drivers are taking appointments throughout the week individually, starting at 1:00 p.m. please call Judy or Pam to make an appointment 358-2963.

<table>
<thead>
<tr>
<th>1</th>
<th>Baked Fish Mac &amp; Cheese Stewed Tomatoes Fruited Jell-O <strong>Activity:</strong> 10:30 Virtual Bowling</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td><strong>Activity:</strong> 10:00 Senior Club Meeting in Sunroom National Mad Hatter Day: Wear your craziest hat</td>
</tr>
<tr>
<td>3</td>
<td><strong>Activity:</strong> 1:00 Bingo National Cinnamon Roll Day!</td>
</tr>
<tr>
<td>4</td>
<td>Cream of Broccoli Soup, Biscuit Fig Newton Cookie <strong>Activity:</strong> 10:00 Chair Yoga</td>
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<tr>
<td>5</td>
<td>Chicken Burger Macaroni Salad Pickle Fruited Jell-O <strong>Activity:</strong> 10:00 Chair Yoga</td>
</tr>
<tr>
<td>6</td>
<td>Cold Cut Sandwich Coleslaw, Chips Fresh Fruit <strong>Activity:</strong> 10:00 Chair Yoga</td>
</tr>
<tr>
<td>7</td>
<td>Country style BBQ Ribs, Sweet Potato Fries, Wax Beans, Roll Mandarin Oranges <strong>Activity:</strong> 10:00 Chair Yoga</td>
</tr>
<tr>
<td>8</td>
<td>Hot Roast Beef Sandwich, Carrots, Beans, Peaches <strong>Activity:</strong> 10:30 Virtual Bowling</td>
</tr>
<tr>
<td>9</td>
<td>Cheese Burgers Fries, Broccoli Fruit Ambrosia</td>
</tr>
<tr>
<td>10</td>
<td>Roast Pork Roast Potatoes Mixed Vegetables</td>
</tr>
<tr>
<td>11</td>
<td>Strawberry Spinach Salad</td>
</tr>
<tr>
<td>12</td>
<td>BBQ Chicken Wild Rice, Asparagus</td>
</tr>
<tr>
<td>13</td>
<td><strong>Activity:</strong> 10:00 Chair Yoga</td>
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<td>14</td>
<td><strong>Activity:</strong> 10:30 Virtual Bowling</td>
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<tr>
<th>Date</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Activity 1</th>
<th>Activity 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>Fish on a Bun, Fries, Coleslaw, Pineapple Chunks</td>
<td>Spanish Rice, Mixed Veggies, Roll, Cantaloupe Slices</td>
<td>Hash, Mixed Vegetables, Cornbread, Grapes, Lemon Fluff</td>
<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>18</td>
<td>Spanish Rice, Mixed Veggies, Roll, Cantaloupe Slices</td>
<td>Hash, Mixed Vegetables, Cornbread, Grapes, Lemon Fluff</td>
<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>19</td>
<td>Hash, Mixed Vegetables, Cornbread, Grapes, Lemon Fluff</td>
<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>20</td>
<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
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<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
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<tr>
<td>21</td>
<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
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<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
<td>1:00 Bingo</td>
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<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
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<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
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<td>23</td>
<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
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<td>Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce</td>
<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>24</td>
<td>Mac &amp; Cheese, Stewed Tomatoes, Brussel Sprouts, Roll, Pineapple Chunks</td>
<td>Chicken Alfredo, Green Beans, Roll Jell-O</td>
<td>Birthday Meal!</td>
<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>25</td>
<td>Chicken Alfredo, Green Beans, Roll Jell-O</td>
<td>Birthday Meal!</td>
<td>Tomato Soup, Grilled Cheese, Vanilla Pudding</td>
<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>26</td>
<td>Birthday Meal!</td>
<td>Tomato Soup, Grilled Cheese, Vanilla Pudding</td>
<td>Open Face Turkey Sandwich, Mixed Veggies, Orange Butterscotch Pudding</td>
<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>27</td>
<td>Tomato Soup, Grilled Cheese, Vanilla Pudding</td>
<td>Open Face Turkey Sandwich, Mixed Veggies, Orange Butterscotch Pudding</td>
<td>Open Face Turkey Sandwich, Mixed Veggies, Orange Butterscotch Pudding</td>
<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>28</td>
<td>Open Face Turkey Sandwich, Mixed Veggies, Orange Butterscotch Pudding</td>
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<td>10:00 Chair Yoga</td>
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<td>29</td>
<td>Open Face Turkey Sandwich, Mixed Veggies, Orange Butterscotch Pudding</td>
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<td>30</td>
<td>Open Face Turkey Sandwich, Mixed Veggies, Orange Butterscotch Pudding</td>
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<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>31</td>
<td>Open Face Turkey Sandwich, Mixed Veggies, Orange Butterscotch Pudding</td>
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<td>1:00 Bingo</td>
<td>10:00 Chair Yoga</td>
</tr>
</tbody>
</table>

Sponsor by: NYS OFA Title III, Title VI Native American Funding, Tribal General Funding
National Holiday’s!

*In our calendar we included national holiday’s to brighten up your day and try something new.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, October 4, 2021</td>
<td>National Cinnamon Roll Day: we will have cinnamon roll samples for snack time</td>
</tr>
<tr>
<td>Wednesday, October 6, 2021</td>
<td>National Mad Hatter Day: wear a crazy hat and win a prize for Best hat!</td>
</tr>
<tr>
<td>Wednesday, October 13, 2021</td>
<td>National M&amp;M Day: sample the many different kinds of M&amp;M flavors</td>
</tr>
<tr>
<td>Friday, October 15, 2021</td>
<td>National I Love Lucy Day: trivia, games and prizes!</td>
</tr>
<tr>
<td>Thursday, October 21, 2021</td>
<td>National Check your Meds Day: pharmacist Brian Bond coming to give a small presentation at 11:30 a.m.</td>
</tr>
</tbody>
</table>

Mon. Oct. 25th–29th Check out our Red Ribbon Week daily themes!

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Lawn Care Surveys!

Surveys are being mailed out on Friday, October 1st for seniors who participated in our Lawn Care services. Please fill out and return to Giselle Cook at the front office window, or in the drop box in the front of the building by the front door.

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NO DONATIONS

We are so excited to have our seniors back in the building. We have been getting organized and working on building updates. At this time we are not accepting donations such as books, puzzles, clothes, decorations. We do not have the space at the moment.

Nia:wen/Thank you for thinking of us!
<table>
<thead>
<tr>
<th>Day</th>
<th>Theme</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Oct. 25th</td>
<td>WEAR RED DAY</td>
<td>“Red-y to live drug-free and make a difference”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Wear any kind of red clothing including ribbon shirts, skirts, or dresses.</td>
</tr>
<tr>
<td>Tuesday, Oct. 26th</td>
<td>TWIN DAY</td>
<td>“Support each other to be drug-free.”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Dress the same as your best buddy.</td>
</tr>
<tr>
<td>Wednesday, Oct. 27th</td>
<td>JERSEY DAY</td>
<td>“Team up against drugs, play drug free”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Wear your favorite jersey, shirt, hat, or anything.</td>
</tr>
<tr>
<td>Thursday, Oct. 28th</td>
<td>CAMO/SAFARI DAY</td>
<td>“Blend in to living a healthy drug free life”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Wear anything camouflage pattern.</td>
</tr>
<tr>
<td>Friday, Oct. 29th</td>
<td>COSTUME DAY</td>
<td>“Say BOO to drugs and alcohol!”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Wear your Halloween costume.</td>
</tr>
</tbody>
</table>

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!
**PLEASE USE OUR FITNESS MACHINES**

We have 2 recumbent cross trainer bikes in our sun-room. They can be used anytime but 10-11 a.m. on Tuesday and Thursdays. We also have a treadmill available in the lounge. All machines are available for use at the senior center from 8:00 a.m. until 5:00 p.m. as long as the room is not in use.

**Recumbent Cross Trainer Key Product Features:**
- Inclusive design, adjustable features
- Smooth-stepping motion simulates walking
- Low-inertia startup and user-controlled step length
- Adjustable resistance levels
- Easy access and easy to use
- 360° swivel seat, locking feature and hand grip
- Multiple resistance options

**User Benefits:**
- Accommodates users of virtually any size, fitness level or functional ability
- Provides low impact exercise
- Allows users to adapt workload as they progress
- Inspire user confidence and independence
- Promotes safety and stability
- Allows users to create personalized workouts

**Life Fitness Treadmill**
- You can get started with the push of a button.
- The patented FlexDeck shock absorption system reduces impact to joints by nearly 30% compared to ordinary treadmills.
- Polar wireless heart rate monitoring system (wireless chest strap included)
- Go at your own pace!

**EMERGENCY RESPONSE SYSTEM CHECKING**

Please be sure to test your Personal Emergency Response System monthly. Simply, push your button and tell them that you are doing your monthly testing of the unit. If there are any issues with the unit, contact the senior center at (518) 358-2963.
Suddenly Senior Jokes

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentlemen went back in a month to the doctor and the doctor said, “Your hearing is perfect. Your family must be really pleased that you can hear again.”

The gentlemen replies, “Oh, I haven’t told my family yet, I just sit around and listen to the conversations. I’ve changed my will three times!”

An elderly couple had a dinner at another couple’s house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, “Last night we went out to a new restaurant and it was really great I would recommend it very highly.”

The other man said, “What is the name of the restaurant?”

The first man thought and thought and finally said, “What is the name of that flower you give someone you love? You know….the one that’s red and has thorns.”

“Do you mean a rose?”

“Yes, that’s the one,” replied the man.

Then he turned towards the kitchen and yelled, “Rose, what’s the name of that restaurant we went to last night?”
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**

- 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.