



# Moccasin Trail

KENTÉNHA / OCTOBER 2021

## 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



## **RED RIBBON WEEK**

Monday, October 25th – Friday, October 29th

Monday 10/25/21	Tuesday 10/26/21	Wednesday 10/27/21	Thursday 10/28/21	Friday 10/29/21
<b>Wear RED Day</b>	<b>TWIN Day</b>	<b>Jersey Day</b>	<b>Camo/Safari Day</b>	<b>Costume Day</b>
				

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**We will be Closed on:**

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



# Saint Regis Mohawk Senior Citizens Club



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?"

# HEATING ASSISTANCE 2021-2022

**HEAP and LIHEAP  
Heating assistance Begins  
October 1, 2021**

To book an appointment or for more information, please call (518) 358-2834.  
Due to COVID-19 restrictions, walk-in appointments are not available at this time.  
Home visits are available for local community members who are  
elderly homebound.

**You will need the following documents to apply:**

- Social Security Card
- Tribal Identification Card
- Recent Fuel Bill
- Recent Electric Bill
- Proof of income

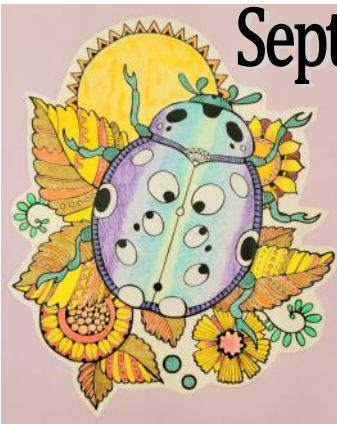
If you currently receive SNAP or temporary assistance, please contact your local  
HEAP department as you may already be enrolled:  
Franklin County HEAP Department- (518) 481-1807  
St Lawrence County HEAP Department- (315) 379-2303



Saint Regis Mohawk Tribe  
Office for the Aging  
HIICAP and NY Connects  
(518) 358-2834 or (518) 358-2963

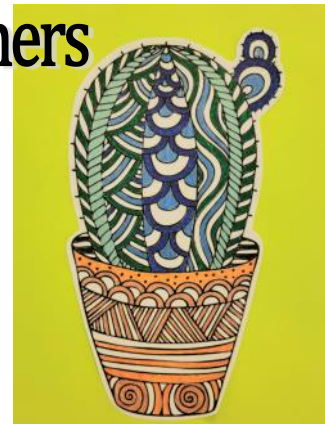


## September Coloring Contest Winners



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

**PLEASE  
WEAR A  
MASK**



# 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.



# KENTÉNHA/OCTOBER 2021

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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.



<b>3</b>	<b>4</b> Cream of Broccoli Soup, Biscuit Fig Newton Cookie <b>Activity:</b> 1:00 Bingo  <i>National Cinnamon Roll Day!</i>	<b>5</b> Chicken Burger Macaroni Salad Pickle Fruited Jell-O <b>Activity:</b> 10:00 Chair Yoga	<b>6</b> Cold Cut Sandwich Coleslaw, Chips Fresh Fruit <b>Activity:</b> 10:00 Senior Club Meeting in Sunroom  <i>National Mad Hatter Day: Wear your craziest hat</i>	<b>7</b> Country style BBQ Ribs, Sweet Potato Fries, Wax Beans, Roll Mandarin Oranges <b>Activity:</b> 10:00 Chair Yoga	<b>8</b> Hot Roast Beef Sandwich, Carrots, Beans, Peaches <b>Activity:</b> 10:30 Virtual Bowling	<b>9</b>
<b>10</b>					<b>1</b> Baked Fish Mac & Cheese Stewed Tomatoes Fruited Jell-O <b>Activity:</b> 10:30 Virtual Bowling	<b>2</b>
<b>11</b>						
<b>12</b>	Cheese Burgers Fries, Broccoli					
<b>13</b>	Roast Pork Roast Potatoes					
<b>14</b>	Strawberry Spinach Salad					
<b>15</b>	BBQ Chicken Wild Rice, Asparagus					
<b>16</b>						

	<b>CLOSED</b> Indigenous Peoples Day	Fruit Ambrosia <u>Activity:</u> 10:00 Chair Yoga	Mixed Veggie Carrots, Roll Cranberry Applesauce <u>Activity:</u>	Italian Bread Brownie <u>Activity:</u> 10:00 Chair Yoga	Roll, Banana <u>Activity:</u> 10:30 Virtual Bowling  <i>National I Love Lucy Day!</i>	7
<b>17</b>	<b>18</b> Fish on a Bun Fries, Coleslaw Pineapple Chunks <u>Activity:</u> 1:00 Bingo	<b>19</b> Spanish Rice Mixed Veggies, Roll Cantaloupe Slices <u>Activity:</u> 10:00 Chair Yoga	<b>20</b> Hash Mixed Vegetables Cornbread, Grapes Lemon Fluff <u>Activity:</u>	<b>21</b> Baked Pork Chops, Butter Noodle Carrots, Broccoli Roll, Applesauce <u>Activity:</u> 10:00 Chair Yoga  <i>National Check your medications day</i>	<b>22</b>  <b>CLOSED</b> Planning Day 	<b>23</b>
<b>24</b> <b>RED RIBBON WEEK</b>  <b>31</b> 	<b>25</b> Mac & Cheese Stewed Tomatoes Brussel Sprouts Roll Pineapple Chunks <u>Activity:</u> 1:00 Bingo	<b>29</b> Chicken Alfredo Green Beans, Roll Jell-O <u>Activity:</u> 10:00 Chair Yoga	<b>27 Birthday Meal!</b> Spaghetti with Meatballs Toss Salad Italian Bread Cake with fruit top <u>Activity:</u>	<b>28</b> Tomato Soup Grilled Cheese Vanilla Pudding <u>Activity:</u> 10:00 Chair Yoga	<b>29</b> Open Face Turkey Sandwich Mixed Veggies Orange Butterscotch Pudding <u>Activity:</u> Virtual Bowling  <b>COSTUME DAY</b>	<b>30</b>



# National Holiday's!

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

Monday, October 4, 2021	National Cinnamon Roll Day: we will have cinnamon roll samples for snack time
Wednesday, October 6, 2021	National Mad Hatter Day: wear a crazy hat and win a prize for Best hat!
Wednesday, October 13, 2021	National M&M Day: sample the many different kinds of M&M flavors
Friday, October 15, 2021	National I Love Lucy Day: trivia, games and prizes!
Thursday, October 21, 2021	National Check your Meds Day: pharmacist Brian Bond coming to give a small presentation at 11:30 a.m.
<b>Mon. Oct. 25th– 29th Check out our Red Ribbon Week daily themes!</b>	

## 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.



## 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!





# RED RIBBON WEEK

Mon. Oct. 25th  
Tues. Oct. 26th  
Wed. Oct. 27th  
Thurs. Oct. 28th  
Fri. Oct. 29th

Monday, Oct. 25th 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. 26th TWIN DAY	“Support each other to be drug-free.” *Dress the same as your best buddy.	
Wednesday, Oct. 27th JERSEY DAY	“Team up against drugs, play drug free” *Wear your favorite jersey, shirt, hat, or anything.	
Thursday, Oct. 28th CAMO/SAFARI DAY	“Blend in to living a healthy drug free life” *Wear anything camouflage pattern.	
Friday, Oct. 29th COSTUME DAY	“Say BOO to drugs and alcohol!” *Wear your Halloween costume.	

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.

# Satonhá:ren tsi Saksiërite

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

1- Dale Bintz	16- Elda Cook	24- Virginia Plante
Sue Ann Hutchcroft	Gisela Herne	26- Joseph Hruska
2- <b>Darlene Chubb</b>	17- Gerald Rubado	<b>Carl L. White</b>
William Oakes	Barb White	Irene Gambill
3- Carl Tarbell	Inez Cook	27- <b>Sandy Swanger</b>
5- Gale Dewitt	18- Loretta Benedict	<b>Lori Dow</b>
7- <b>Denise Hall</b>	19- Betty Mitchell	Rita Oakes-Arbor
John "Tony" Swamp	20- Patricia Taylor	28- <b>John W. Herne</b>
8- <b>Ben Kelly</b>	Theresa Gardner	<b>Sandra Burnett</b>
9- Joe Thompson	21- Beulah Terrance	<b>Loretta Thomas</b>
Joan Soucy	Arnold Printup	29- Jerry Thompson
10- Brian David	22- Mary Wainman	30- <b>Sam Oakes</b>
11- <b>Marianne Loran</b>	Giles Quenville	Connie Sunday
Harry Thompson	Margaret Chubb	31- <b>Sister Christine Taylor</b>
14- Shirley Jacobs	23- <b>Julianne Barnes</b>	<b>Bold are Saint Regis Mohawk</b>
	<b>Vicki Beeson</b>	<b>Senior Club Members</b>

## 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?"





**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  
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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)

**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..