



Moccasin Trail

SESKEHKÓ:WA / SEPTEMBER 2023

Points of Interest:

- AARP Drivers Safety Course— Oct. 10 & 11
- General Election on November 7, 2023
- Line Dancing is back on September 12th
- Plattsburgh Shopping Trip— Sept, 22nd
- Akwesasne International Pow Wow Trip. Sept 9th
- S.H.I.N.E. Program Article



MOHAWK LANGUAGE CLASS

With Grace Mitchell

INTERMEDIATE CLASSES:

The class continuing from June 2023 will be starting September 5th. Class will be held every Tuesday and Thursday at 12:30 pm- 2:00 pm



INTEREST FOR MOHAWK FOR BEGGINERS:

Grace would like to start a Mohawk class for beginners. We need to know if any seniors are interested. Please call or let Katie or Tenisha know if you are willing to commit to a beginners class. You can reach them at (518)358-2963.

Inside this Issue:

Senior Club Page	2
Coloring Contest Date	3
Craft Class with Terri Cree on Sept 20th	4
Elvis Rez-urrected!	5
Calendar	6 & 7
Our Senior Picnic	8
Public Hearing Notice	9
Port Theater Movie	10
Birthdays	11

**We will be
Closed on:**

Monday, September 4th: Labor Day
Friday, September 29th: 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!

Mini Putting at Archie's in Cornwall

Leave at 10:30 am on Thursday, September 14, 2023

Lunch to follow. Sponsored by the Senior Club

To sign up, call the Senior Club at (518) 358-2963

Senior Club Meetings

Wednesday, Sept. 13th 12:30 pm– 1:30 pm

Senior Center Sunroom All members are welcome!

Craft Fair Committee Meeting: Sept. 26th at 5:00 pm

Senior Club Hours

Monday 11:00 am– 3:00 pm

Tuesday 11:00 am– 4:00 pm

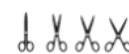
Wed. 11:00 am– 1:00 pm

Thursday 11:00 am– 1:00 pm

Friday 11:00 am– 1:00 pm



Hair Cuts by Katy



The Akwesasne Senior Club is holding a haircutting event with Katy Tarbell on September 5, 2023 and September 19, 2023, from 9:30 a.m. to 11:30 a.m. at the Office for the Aging building. For an appointment, please call 518-358-2963. (September 5th appointments are all taken). All haircuts are \$10. These haircutting sessions will continue for the foreseeable future on a twice a month basis.

Akwesasne Senior Club Fundraising

2023 Fall Craft Fair Raffle

Tribal Senior Center– Saturday, October 7, 2023– 10 a.m. to 4 p.m.

\$10 per ticket or 3 for \$20* OVER \$1,300 VALUE

1st Prize- \$400 Brother Sewing Machine with Rolling Craft Tote & \$100 Dreamcather Quilt Shop GC– **2nd Prize** \$150 Niawen Custom Facial & \$110 Self Ceremony Duo & \$105 Massage by Mya Tarbell-Buffham
\$30 Shampoo/Cut/Style by Tisha Thompson– **3rd Prize** \$240 Final Touch Total Car Detailing/Ceramic Window Treatment– **4th Prize** \$100 Price Chopper Gift Card and \$100 Cash!

Drawing @ 3:30 p.m. at 2023 Craft Fair on October 7, 2023

Raffle tickets are available for any Club member to purchase or to sell. Stop at the Akwesasne Senior Club Office at the Tribal Senior Center to pick up tickets or call to have tickets mailed or delivered to you. For more information, please contact the Senior Club office at 518-358-2963.

Painting with Charlotte King

The Akwesasne Senior Club will be holding a painting class with Charlotte King on September 15, 2023, from 12:30 to 3:30 p.m. All supplies will be provided, and the theme is “Flowers”. If interested in taking this class, there is a sign-up sheet at the Office for the Aging bulletin board or call the Club office at 518-358-2963 ext. 3316. If there is no answer, please leave your name and telephone number.

The class limit is for 6 participants.

Volunteer Bingo Schedule

September 4

CLOSED

Labor Day

September 11

Theresa Martin
Rose LaFrance
Nancy Jacobs
Debbie Thomas
Rose Jacobs

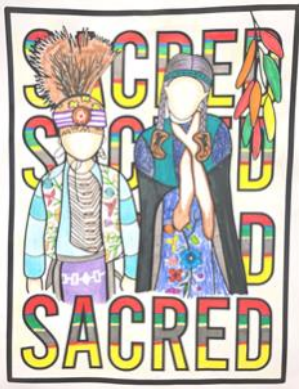
September 18

Theresa Martin
Rose LaFrance
Barbara Lazore
Vicki Phillips
Lynn LaFrance

September 25

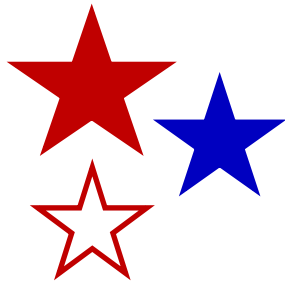
Theresa Martin
Rose LaFrance
Dorothy Shatlaw
Sweets Jacobs
Darlene Chubb

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



Coloring Contest Winners For August:

Congratulations Charlene Sunday & Dorothy Cole, our August coloring contest winners! The September coloring pages will be available September 1st and the contest will end **Tuesday, September 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
518-481-1663

St. Lawrence County Board of Elections
315-379-2202

Pool Tournaments at the Senior Center



August 4th— Carson Swamp 2nd & Ron Thomas 1st. August 23rd— Ron Thomas 2nd & Mike Jackson 1st.

Our next Pool Tournaments are Friday, September 8th and Thursday, September 28st. They begin at 10:30 am. The only requirements is 55 years or older and arrival time is 10:30 for the tournament bracket.





September Craft Class

Terry Cree Ribbon Apron Class

Wednesday, September 20th

12:30 pm– 3:30 pm

We supply the materials, you bring your sewing machine!

Please call to sign up with Katie at 518-358-2963

LINE DANCE IS BACK!

Every Tuesday from 1:00 pm– 2:00 pm Starting up on Tuesday, September 12th

Line dancing is a perfect exercise for improving coordination and balance, increasing cardiovascular health and brain memory, and is seen as an effective treatment for Alzheimer's, dementia and depression. We will be starting from scratch with the same dances, now is the time to join in!

Dance:	Song:	Artist:
Cupid Shuffle	Cupid Shuffle	Cupid
Electric Slide	Electric Slide/We are Family	Shannon/Sister Sledge
Watermelon Crawl	Watermelon Crawl	Tracy Byrd
Boogie Shoes	Boogie Shoes	KC and the Sunshine Band
Cowboy Charleston	Dolores	The Mavericks

Flu/COVID Immunization Clinic at Seniors

Saint Regis Mohawk Indian Health Services will be offering the Fluzone High-Dose Quadrivalent, and the standard Fluzone Quadrivalent. High dose Quadrivalent is recommended for those aged 65+ and contains four times the antigen, the part of the vaccine that helps your body build up protection against flu viruses, than Fluzone Quadrivalent and other standard-dose inactivated flu vaccines. The higher dose of antigen in the vaccine is intended to give people 65 years and older a better immune response to vaccination, and therefore, better protection against flu.

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

*If elders would also like to receive their COVID Bivalent booster,
they must have their proof of vaccination card with them.*



ELVIS



REZurrected!



On August 16th Iakhihsohtha invited us to get all shook up by Elvis impersonator Sylvan Leduc from Montreal. The show, which was "Blue Hawaii" theme, enticed guests to have a little less conversation and a lot more dancing, smiles and fun! Nia:wen to all that made this event possible, including the staff at Iakhihsohtha and sponsors Dank Bank and Higher Ground. Thank you very much! It was a great time!



AARP Driver Safety Course at Seniors

Wednesday, October 10th and Thursday, October 11th



1:00 pm– 4:30 pm

Instructor: David Stewart

Duration: Two days for 8 hours



Class sessions, slated from 1 to 4:30 p.m. each day, are open to all New York State licensed drivers — regardless of age.

Class size is limited and pre-registration is required by calling Katie at (518) 358-2963 / extension #3303.



Classes this Fall will be conducted in the Senior Center at 29 Margaret Terrance Memorial Way.




Upon completion of the course, participants can earn a three-year insurance discount and become eligible to reduce up to four points on their New York State driver's license.

The fee is \$25 for AARP members and \$30 for non-members. Participants can pay with exact cash or a check payable to AARP at the first class session.

Participants must bring their valid driver's license and a current AARP card (if a member) to each class session.

For the first class session, participants should arrive at least 20 minutes early.

<p><u>Did you know?</u></p> <p>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><u>Salads are available:</u> Call before 9:30 am and don't forget to request your salad dressing.</p>				<p>1</p> <p>No Meals (Frozen meal delivered Aug. 31st for Home Delivered Meals)</p> <p><u>Activity:</u> 8:00 Leave for State Fair with Senior Club</p> <p>Coloring Pages Available</p>		<p>2</p> <p>6:00 Ace to King</p>
<p>3</p> <p>6:00 Ace to King</p>	<p>4</p> <p>Closed</p> <p>Labor Day</p> 	<p>5 Beef Stew Wheat Roll Mandarin Oranges <u>Activity:</u> 9:30-11:30 Haircuts 10:00 Chair Yoga 12:30 Mohawk Language Class</p>	<p>6 Greek Salad Cheese Breadsticks Banana <u>Activity:</u> 10:00 Exercise DVD 12:45 Leave for Port Theater to watch "GOLDA"</p>	<p>7 BBQ Chicken Linguine Salad Baked Beans Roll Yogurt & Berries <u>Activity:</u> 10:00 Chair Yoga 12:30 Mohawk Language Class</p>	<p>8 Baked Fish Roasted Potatoes Mixed Veggies Roll Pears <u>Activity:</u> 10:30 Pool Tournament</p>	<p>9</p> <p>6:00 Ace to King</p> <p>11:00 Leave for Pow Wow!</p> 
<p>10</p> <p>6:00 Ace to King</p>	<p>11 Chicken Cordon Bleu</p>	<p>12 Fish on a Bun Potato Wedges</p>	<p>13 Baked Ziti Caesar Salad</p>	<p>14 Hamburger Gravy</p>	<p>15 Pork Chops Buttered Noodles</p>	<p>16</p> <p>6:00 Ace to King</p>

	<p>Mashed Potatoes Wax Beans Apple Crisp with Whipped Cream</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p> 	<p>3-Bean Salad Fruit Cocktail</p> <p>Activity: 10:00 Chair Yoga 10:00 End of Coloring Contest 1:00 Line Dancing 12:30 Mohawk Language Class</p>	<p>Bread Stick Applesauce</p> <p>Activity: 10:00 Exercise DVD 12:30 Senior Club Meeting</p>	<p>Boiled Potatoes Green Beans, Roll Pineapple Chunks</p> <p>Activity: 10:00 Chair Yoga 10:30 Archie's Mini Putt and lunch 12:30 Mohawk Language Class <i>Legal Aid Appointments</i></p>	<p>Mixed Veggies Roll Fresh Fruit</p> <p>Activity: 12:30 Painting Class with Charlotte King</p>	7
<p>17 6:00 Ace to King</p>	<p>18 Chili Johnny Cake Mixed Berries with Whipped Cream</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>19 BBQ Ribs Sweet Potatoes Broccoli Roll Tapioca Pudding</p> <p>Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing 12:30 Mohawk Language Class</p>	<p>20 Pancakes with Fruit Sausage Boiled Eggs Grape Juice Yogurt Parfait</p> <p>Activity: 10:00 Exercise DVD 11:00 Nutrition Bingo 12:30 Craft Class: Terry Cree Aprons</p>	<p>21 Lunch N' Learn About Elder Abuse Awareness 11:00-1:00 pm Catered Lunch!</p> <p>Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class</p>	<p>22 Beef Stroganoff with Noodles Asparagus Roll Cookie</p> <p>Activity: 88:30 Plattsburgh Shopping Trip</p>	<p>23 6:00 Ace to King</p>
<p>24 6:00 Ace to King</p> 	<p>25 Ravioli with Meat Sauce Broccoli Cherry Crisp with Whipped Cream</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>26 Shepard's Pie Side of Gravy Roll Apple Crisp</p> <p>Activity: 10:00 Chair Yoga 1:00 Line Dancing 12:30 Mohawk Language Class 5:00 Craft Fair Committee Meeting</p>	<p>27 Birthday Meal Ham Mashed Potato Mixed Veggies Wheat Roll Cake with Fruit</p> <p>Activity: 10:00 Exercise DVD</p>	<p>28 Corn Soup Biscuit Apple Vanilla Pudding</p> <p>Activity: 10:00 Chair Yoga 12:30 Mohawk Language Class 10:30 Pool Tournament <i>Legal Aid Appointments</i></p>	<p>29</p> <p>Closed</p> <p>Planning Day</p>  <p>Activity: 4:00– 6:30 pm Family Game Night</p>	<p>30 6:00 Ace to King</p>

ALOHA



Our first Luau Senior Picnic!
The Elders were at it again in the lacrosse box on August 11th with a lot of mingling, singing karaoke, playing cards and cornhole and enjoying some of Vaughn's Fricken' Chicken. Our brave singers were: Charlene Sunday, Mary Faye Roundpoint, and Melissa Johnson.

Niá:wen to everyone for coming, including our Friends of Iakhihsohtha Lodge! Thank you to our photographers Alyson Cole from the SRMT and our new Activities Assistant Tenisha Caldwell.



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.

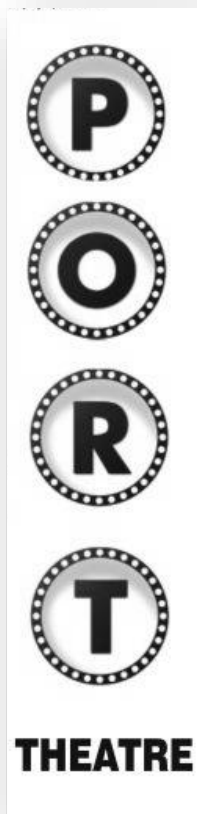
Comments we gather at the hearing help guide us as we develop our service plans so that it meets the needs of elders in Akwesasne. In previous years, we used the comments provided to allocate more funding for cultural programming and increase the number of exercise classes offered.

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.



GOLDA Matinee at the Port Theater in Cornwall

Wednesday, September 6, 2023 at 1:30 pm

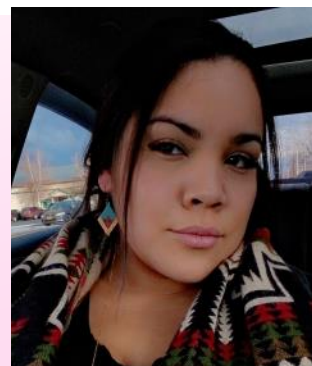
Duration: 1 hour 45 minutes

Faced with the potential of Israel's complete destruction, Prime Minister Golda Meir must navigate overwhelming odds, a skeptical cabinet and a complex relationship with U.S. Secretary of State Henry Kissinger as millions of lives hang in the balance during the tense 19 days of the Yom Kippur War in 1973.

Call Katie if you would like to join us (518) 358-2963. Entry fee is covered by the Senior Club! We leave the Senior Center at 12:45 pm.

She:kon,

My name is Tenisha Caldwell. I have worked at OFA for two years now. I am thrilled to announce that I have transferred from the kitchen to the Activities Department. I will be working with Katie on craft classes, trips, and all activities. I am excited to work closely with the seniors as the new Activities Assistant. Lets get CRAFTY!



Akwesasne International Powwow!

Join us at the Akwesasne Powwow on Saturday, September 9, 2023 at the A'nowara'kowa Arena in Akwesasne, Ontario Canada as people come from far and wide to meet up with old friends, make new friends and, in the spirit of the gathering itself, to celebrate. The Akwesasne Powwow (aka Akwesasne International Powwow) brings together the best Native artisans, food vendors, drummers, dancers and smoke dancers from across the region. Come enjoy and celebrate diverse cultures. Rain or shine event.

We will meet at the Senior Center at 11:00 am

Be sure to bring your ID for border crossing and money for lunch.

Dress appropriately for the weather and be prepared for a lot of walking.



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- 1- Lorene Herne
- 2- Helen Samson
Hilda Smoke
- 3- Peter Back Sr
Clover Dishaw
- 4- Delia Cook
Jean Dillard
Alice Thompson
Doris Thomas
- 5- Beverly Freda Barney
Rick Hamelin
Harriet Garrow
- 6- Dennis White
- 8- Mona Jacobs

- 9- Helen Sherwood
Morris Herne
- 11- Gail General
- 16- Greta Barnes
Donnie White
- 12- April White
- 19- Sylvia Quenneville
Laura Francis
- 22- Cynthia Sawatis
- 24- Charlene Sunday
Anna Sawatis Lambert
- 25- Abraham Gray
- 26- Robert Patterson
- 27- Elizabeth Perkins

- 28- Debbie Ransom
Gauthier
Janice Duso
John Herne
- 29- Barbara Lazore
Karen Benedict
- 30- Nancy Vosbrink

Bold are Saint Regis Mohawk Senior Club Members

S.H.I.N.E.

Senior Health Improvement and Nutrition Education Program

September is Food Safety Education Month

If you are someone who has a weakened immune system due to illness or medical treatment or you are 65 years of age or older, you are at an increased risk of getting sick from food poisoning.

Safe food handling is very important to prevent bacteria and other substances from growing and contaminating your food and making you sick.

Four Basic Steps to Food Safety:

1. Clean– Wash hands and surfaces often.
2. Separate– Separate raw meat and poultry from ready to eat foods
3. Cook– Cook food to the right temperature.
4. Chill– Chill raw meat and poultry as well as cooked leftovers within 2 hours to prevent bacteria.

This institution is an equal opportunity provider and employer.

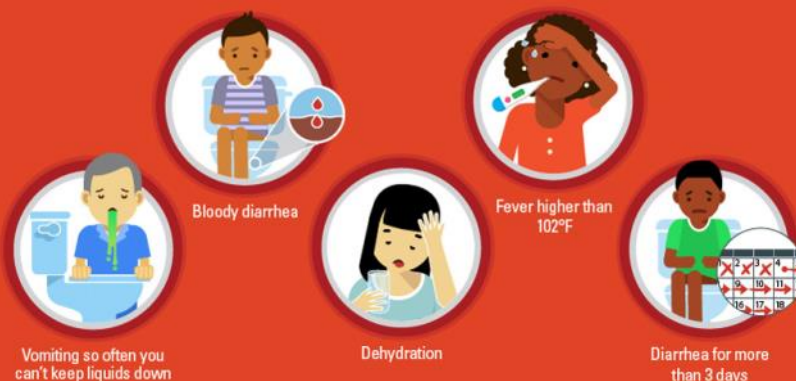
If you would like to request a reasonable accommodation to participate in Walk with Ease or Eat Healthy Be Active workshops please contact Alexander Hooker at least 1 week before the scheduled workshop at (518) 481-1532 or by email at:

Alexandra.hooker@franklincountyny.gov



FIVE SIGNS of SEVERE FOOD POISONING

Do you have any of these symptoms? IF SO, SEE A DOCTOR!





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)

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..**