



Moccasin Trail

SPECIAL EDITION 2020

Points of Interest:

- SNAP information
- What the Senior Center is doing for you
- A message from Sweets Jacobs
- Grocery Options
- Local Business Information
- Scam Awareness



Nia:wen for the Generous donations of homemade masks from:

- * Liz Perkins
 - * Catherine Cook
 - * Mabel White
 - * Joy Lazore-Gibson
 - * Barbara Lazore
 - * Making Mondays Matter Craft Club from Malone: Sheila Allen
- Staff is fully covered and masks are coming soon to all of our elders on the Home Delivered Meals list!



Our offices are now Open from 8:00 am– 4:00 pm
We are CLOSED to the Public until Further Notice

Another Journey Begins

Our Senior Club President,
Lois A. Thomas

The Senior Center Staff and Senior Club Members are deeply saddened by the loss of a long-standing volunteer— Lois Thomas. She was lovingly cared for by her children at her home with her family before peacefully passing on Tuesday, April 7, 2020 at Alice Hyde Medical Center with her family by her side.

Lois was very passionate about her community and served on the Senior Club committee for approximately 15 years. She was a pillar in the planning and development of the SRMT Office for the Aging Building. Long time friend Ben Kelly quoted “She put us on the map” in reference to establishing the Senior Club.

On behalf of the Senior Center, Nia:wen Lois for your guidance and support. You will be greatly missed. Our condolences to her family and friends during this difficult time.



What Should Seniors Be Doing



All the statistics are showing that the older you are, the more at risk you are from this virus. Older adults and anyone with underlying health issues should stay home and away from public places where more than 10 people gather as much as possible. If you can, have a family member or younger friend, do your shopping and essential errands like getting prescriptions from the pharmacy. If you have to go out, try to do so first thing in the morning when stores are cleanest. Some local stores have “senior hours” and curbside pickup. Many pharmacies are delivering or have drive through windows. The less you are out in public, the less likely you will come in contact with the virus. Frequent hand washing is especially important. It would be a good idea to keep hand sanitizer and sanitizing wipes in your vehicle. Many stores also have sanitizing wipes available to wipe down your hands and cart before and after shopping. Some people are wearing masks, but surgical and N95 masks are in short supply. Homemade masks are being suggested for general population to wear when out doing essential tasks. These provide little or no personal protection for the individual wearing the mask, but significantly reduces the volume and distance that your breath, cough, and sneeze spray can travel to infect others. If using a homemade mask, wash it with disinfecting soap after every use. Please follow these steps to wearing a mask properly:

1. Wash your hands with soap and water for at least 20 seconds before you put on the mask.
2. If the mask has ties or elastic bands, secure the bottom first under your neck and tie behind your head or wrap around your ear. Then pull the mask by the upper ties over your mouth and nose before securing.
3. Make sure there are no gaps between your face and the mask. It needs to fit snug.
4. When you wear the mask or face covering, assume that the outside is contaminated, so refrain from touching it. If you do, repeat the process of washing your hands.
5. When you remove the mask from your face, wash your hands with soap and water.
6. You should always wear a clean mask, so wash your mask or face covering every time in hot water and regular detergent. Never microwave your mask, as some may contain a wire that can start a fire.

Disinfect your home on a regular basis by sanitizing frequently touched objects such as door knobs, light switches, remotes, faucet handles, chairs, cell phones etc. Make a plan about what you will do if you become ill.



"Let's be apart now so we can all be together later."



What is the Office of the Aging Doing Right Now?



We have undergone some major changes since the start of the State of Emergency. We had to suspend all in center activities, including congregate meals. Instead of closing the center, we switched our regular congregate meal attendees to home delivered meals and started making plans for things you can do at home. Our Home Delivered Meals have gone from 40 meals and 2 meal routes per day to 100 meals and 5 meal routes per day. At first, deliveries were only three days a week, but now they are back up to five days a week. That's over 500 fresh prepared meals weekly. Our regular drivers Brenda and Judy are still delivering. You may also see Johnson, Janet, Helen, and Katie on their new routes too. In addition, our drivers keep the vehicles maintained and sanitized. They also help in the kitchen and put together other packages we send out. This is one busy group.

We also need to recognize Ceely, Leona, and Linda for all their hard work. Not only do they cook all the home delivered meals fresh each day, they also make sure our frozen meals are fully stocked. That is in addition to keeping the kitchen sanitized and ordering all the food and supplies.

We didn't stop at delivering meals. Over the past month we've put together and distributed hygiene bags, activity packets, fresh fruits and vegetables, companion pets, books, puzzles, exercise videos, and more. We aren't done yet. We have a few more surprises to make staying home a little easier.

How do we find out what elders need? By asking them. You may have received a Wellness Call over the past month. Alison, Helen, Tracy, Katie, and Doris make regular calls to over 120 elders a week to see how they're feeling, if they need anything, or just to talk. You know someone who would like a regular call? Just call us with their name and phone number.

One of our new services is Shopping Assistance. Katie, Brenda, and Judy head out to the local stores every Tuesday and Friday to shop for over 25 elders a week. Need a loaf of bread? Out of milk? Instead of making a trip just for that, stay home, and have it delivered to your door step. There's a five item maximum and only for things found in the local stores. We need your list by 1pm on Monday for Tuesday delivery and by 1pm on Thursday for Friday delivery. You don't have to wait for your Wellness Call. You can call the office direct and one of the staff will take your list for you.

Another new service is shelf stable meals. This is a box with soup, cereal, crackers and other foods that you don't need to refrigerate. Our goal was to have five meals worth of food per box. We have been providing these boxes to elders who we needed to put on a wait list for a home delivered meal.

Behind the scenes, Giselle and Lora Lee have been busy making sure the bills get paid, orders get placed, and reports get done. Don't get us started on the conference calls. So many conference calls! We want to provide the most accurate and update to date information we can to the community. Have questions about what is available in the community? Concerns about stimulus checks? Questions about your health insurance? Issue with Home Care? Staff is at the center to help get the answers for you.

Social Distancing has been a challenge for us. We've switched to no contact deliveries, keeping six feet away from other people, and wearing masks. Some people have wanted to come to the center to speak with staff or to borrow things. Before coming to the center for any reason, please call ahead. We would rather you stay home and let us deliver what you need. We have also suspended collection of contributions. We will let you know how to contribute to the services we provided at a later date. You won't be receiving a bill and you will not owe us anything.

Stay Home. Stay Safe. We will see you back at the center before you know it!



Preparing 101 fruit and vegetable bags:

Judy Laffin, Brenda Hathaway, Lora Lee LaFrance, Tracey Holcomb & Helen Gray

Why aren't we getting a Menu?

The menu is going to frequently change due to supply deliveries. We are doing our best to keep your meals healthy and tasty!



EMERGENCY ASSISTANCE FOR SNAP HOUSEHOLDS

All New Yorkers enrolled in the Supplemental Nutrition Assistance Program will receive **the maximum monthly benefit for March and April**. Those not previously receiving the maximum benefit will receive **a one-time payment** that will vary by household size.

For more information, visit otda.ny.gov/SNAP-COVID-19



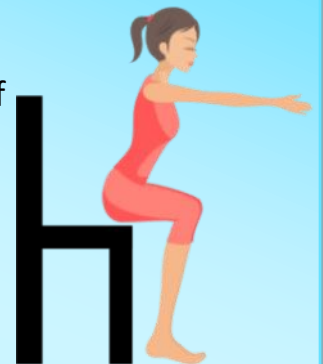
SNAP
Supplemental Nutrition
Assistance Program

A Program of the Office of
Temporary and Disability Assistance

As social distancing becomes the norm due to COVID-19, it's important to find new ways to remain active, as exercise is important.

We have extra exercise DVD's that we can drop off at your door. All you need is your DVD player and a safe wide open area. Just call and let any of us know you would like to try at (518) 358-2963.

For you smartphone savvy seniors, go onto YouTube and search "Chair Yoga for Seniors" and a bunch of great video's pop up. All you need is an armless chair. The "Chair Yoga with Adriene" video is only 17 minutes with clear and relaxing instructions. You can even look up Tai Chi! Search for "Tai Chi for Arthritis with Dr. Paul Lam" and test your memory!



A Message from our Tribal Sub-Chief:

Sekon Wakwanaratons

We hope that you are in good health, good mind, wellness and have the essentials that are of utmost important to you at this time. The Office for the Aging has put together the many resources that are available to you if you should need. The opportunity to help is here and we hope that you utilize the programs to help ensure your needs are met.

With this era of unknown I would just like to say please call if you need anything. With no specific treatment for COVID-19, we are taking the best possible solutions to protect you and your loved ones. We must make the assumption that everyone has the virus, even if they do not have the symptoms.

Social Distancing means our Elders should not have guests over and should not babysit for grandchildren who are home from school. If you are housebound and must interact with someone it should be a designated person. This person can help with groceries or errands while helping to limit contact with others. Your loved ones may have to get creative in how they maintain communication, especially if in nursing homes or living alone.

Why are Seniors more vulnerable to this virus? After the age of 50, or so, our immune system starts to get a little weaker. As we age, even more weaker. Then you add health problems, adding more stress on the body, that becomes a stress that can overwhelm you.

So, if you develop any unusual symptoms; achiness, fever, runny nose or cough these are symptoms that you should call your primary care provider.

Lastly remember handwashing is key. Liquid soap is best. Washing your hands for 20 seconds is important. Wishing all of you nothing but good health and safe travels if you need be. Let's take one day at a time and calmly focus on getting thru this together.

Niawen Sub-Chief Sweets Jacobs

Grocery Options for You:

Walmart Pickup: Curbside Pickup

Using the Walmart App on your smart phone, you chose your items, choose store pickup date and time and they notify you when it's ready and will load into your vehicle. \$30 minimum purchase, pickup is free! Accept EBT/SNAP

Aldi's Pickup: Deliver & Curbside

Deliver service is \$5.99 plus slight sur-charge. Visit Shop.ALDI.US, choose your items, place order, get delivered. Curbside service at Shop.ALDI.US, shop, tell them when and where you'll pickup, place order, pull up to designated spot and they load your groceries for you.

Price Chopper: Deliver & Instacart

Shop online at pricechopper.com, schedule delivery, get delivered to your doorstep, cost is approximately \$16.00.

*Will accept EBT/SNAP

Call us at the center for more help or information 518-358-2963. Every online order needs to be paid with credit/debit card.

Visit Elders with Respect During COVID-19 - Take the Pledge!

Sheiaten'nikón:raren tánon shenorónhkwak ne iokhihsothokón:a -
Take care of our elders with love.

Tóhsa iensewataweia'te tsi rati'teró:ton ne rotiksten'okón:'a tó:ka' sanonhwáktani –
Don't go into the homes of the elders if you are sick.

Out of love and respect, I hope you will all join us in implementing this protocol within your own families and take initiative to be responsible relatives to our most vulnerable populations. Please do your part to keep our elders safe.

- Respect safe-distancing. Do NOT enter into elders' homes. Many of us may be asymptomatic and could potentially transfer viruses and bacteria into the home, unknowingly.
- Continue to communicate and call frequently. Check in from a distance and ask what groceries are needed, speak your language, tell stories. All of this is vital in practicing our cultures during this time.
- When delivering groceries, wear gloves and sanitize all items before dropping off on porch. If possible, set up a table outside where items can be properly sanitized and air dried.
- Make sure elders have the essentials: prescription medications, firewood, gas/propane, etc.
- Designate one family member (preferably someone who has been quarantined the longest) to transport for doctor visits.

Elders are our most precious knowledge keepers- comprised of fluent language speakers, storytellers, oral historians, medicine bearers, spiritual leaders, and traditional food knowledge holders, etc. Let's start a movement to protect our elders, and acknowledge we need to do this together.

Nia:wen kowa!

Tsi' Tetewatatkens Senior Center Staff



Local Business Updated Information

Business	Phone Number	Hours	Services
Truck Stop No. 9	518-358-3286	Open 7:00 am– 9:00 pm Deliver 8:00 am– 8:30 pm	Convenience store items. Prompt cash-on-delivery service. Can also order online at truckstop#9.com to use your credit or debit card.
Akwesasne Mini Mart	518-358-2137	9:00 am– 6:00 pm Deli Hours 9:00 am– 5:00 pm	Delivery option for SENIORS ONLY! No delivery fee, call and order, leave money outside door. Encourage customers to call ahead if they would like a sub, sandwich, wrap or anything from the deli to reduce time in the store.
Three Feathers Café	518-353-6764	Open 6:00 am– 1:00 pm	Offer delivery with \$15.00 minimum. Try Facebook for daily lunch specials, soups, salads, sandwiches etc. Delivery to Cornwall island leaves at 11:30 am!
Twin Leaf	Akwesasne: 518-358-9012 Fort: 518-358-0076	Open 6:00 am– 9:00 pm	Groceries or food to go Fish Fridays, Saturday Prime Rib Pick-up only Fort Diner: convenient drive through
Rocket Ronnie's	518-358-9595	Tues-Fri 8:00 am– 2:00 pm Sat & Sun 8:00 am– 1:00 pm	Curbside pickup available. Can come in with mask to pick up order. No dine-in.
Bears Den	518-358-2195	7:00 am– 7:00 pm	Curbside delivery and Takeout available. Window service available at the Patio
Koi Express– Japanese Steakhouse	518-358-2829	11:00 am– 9:00 pm	Call to order. Call when waiting for curbside pickup. Canadian at par on Monday's
Magic Mike's Pizzeria and Bakery	518-333-0889	4:00 pm– 9:00 pm *Closed Monday and Tuesday	No delivery. Curb side pickup
Brass Horse Bar and Grill Pizzeria	518-358-3365	4:00 pm– 9:00 pm *Friday open at Noon	Delivery Deliver to Cornwall island on Tuesdays (order by 4:30)
Red Fox Gas	518-358-3100	Mon-Fri 8:00 am– 8:00 pm Sat– Sun 9:00 am– 8:00 pm	Drive-Thru available. They accept cash or debit/credit cards. Only 2 customers in convenience store at a time.
Speedway Convenience (front register)	518-358-2620 Ext: 4	6:00 am– 9:00 pm Delivery 11:00 am– 8:00 pm	Delivery of anything in the store! Drive Thru window open daily, located on the Subway side of the store.
Subway	518-358-2620 Ext: 1	Mon-Sat 10:00 am– 9:00 pm Sun 10:00 am– 8:00 pm	



Be Scam Aware, If it sounds too good to be true, IT IS!

COVID-19 Virus; COVID-19 Stimulus Scams; 2020 U.S. Census

Scammers are very innovative and quick to create new opportunities to deceive elders. Remember: If it sounds too good to be true, IT IS!

Why do Scammers target Elders?

Scammers target older adults because they were raised in an era that trusts others. They are isolated which means less visible to society, and lonely – eager for social contact. Elders may be less savvy about online and high-tech dangers or have incidence of dementia- loss of capacity to weigh financial risks. Older adults usually have more assets than young people.

How do Scams impact Elders?

Scams impact more than the pocketbook. Older adults lose trust in others and lose their own sense of security. Feelings of fear, shame, guilt, anger, self-doubt, remorse, and worthlessness. Depression, isolation, possible substance abuse, and even suicide can occur as a result of being scammed. Financial hardship tremendously affects elders because of the inability to replace their lost assets gained over years of employment. Elders may become reliant on government 'safety net' programs. Scammed elders may also have lost their primary residence.

COVID-19 Virus Scam

Ignore offers for a COVID-19 vaccine, cure or treatment. If a vaccine becomes available, you won't hear about it for the first time through an email, online ad, or unsolicited sales pitch.

Do not open emails or click on attachments from unknown sources. This may download a malware virus into your computer.

Donate to local organizations so you know they are legitimate. There are multiple entities seeking fraudulent donations for illegitimate or non-existent organizations. Anyone asking for money in a way that cannot be traced (gift cards).

Be leery of claims or companies with investment opportunities to profit from COVID-19 pandemic or fake vaccines/cures for the virus. There is not a COVID-19 vaccine kit from the World Health Organization

COVID-19 Stimulus Scams

Government grant scams are on the rise. With the recently passed federal stimulus bill, scammers are taking advantage of homeowners of all ages by making bogus offers to secure generous grants for home repairs.

Beware of unsolicited phone calls or emails from someone claiming to be an official from the Federal Grants Administration (which does not exist), or a nonprofit organization like the National Residential Improvement Association offering grants or funding for repairs.

Social media messages or posts from people excited to share the thousands of dollars they claim to have received from an organization that secures grants for homeowners.

Callers who ask you to pay a fee in order to receive a grant. Federal grants never charge for grant applications.

Magazine or newspaper ads that offer "free grants."

Calls or emails that claim you're eligible for a personal grant that does not restrict how you spend the money

2020 U.S. Census Scam

April 1 is Census Day. In March, U.S. households received information on how to complete the 2020 U.S. Census IN THE MAIL. The Census Bureau won't send an unsolicited email requesting that you answer the census. The Census Bureau is warning people to avoid fraud and scams online, on the phone or in person. Beware of phishing emails to get personal information. Stay away from fake websites. —————→

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!



- 1- Ronald Soucy
- Martha Cook
- 4- **Alan LaBaff**
- 5- **Adeline Herne**
- Phyllis Terrance
- 7- **Patricia Seymour**
- 8- John Laughing
- Charles Benedict
- 9- Earl Frego
- Vanessa Lavare
- Valorie Good
- 11- **Kenneth Thompson**
- 12- Veronica Thompson
- Leonard Barnes
- Melly Glass
- Rose Sunday

- 14- **Lou Ann Paquin**
- 15- Crysetta Patterson
- 16- **Beverly**
- Schwardfigure**
- 19- Cynthia Edwards
- 20- **James Bero**
- 23- Mose McDonald
- 24- **Mike Jackson**
- Brenda Chubb
- 25- **Rose Marie Jacobs**
- Rosemary LeBlanc**
- 26- **Wanda Grant**
- 27- Deborah Grant-Herne

- 28- **Edith Rybke**
- Wanda Sharrow
- Martha Mitchell
- 30- **Norman Tarbell**
- Darlene Jacobs

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



Guidelines, Tips, and Warnings About Potential Scams

Do not give out your social security number, banking information, Medicare number, or answers to security questions such as your mother's maiden name.

Government agencies **DO NOT CALL** you soliciting.

Between May 28 and August 14, census workers will visit households that haven't completed the census.

Verify their identity by checking for a valid ID badge with photograph, a US Commerce Department watermark, and expiration date.

If you suspect Census fraud please call the Census Customer Service Center at 1(800)-923-8282.



**We miss you ALL!!!
Let us know if
you need our
assistance!
We will keep trying
our best to help!**

(518) 358-2963



St. Regis Mohawk Office for the Aging
29 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)

**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..**