



# Moccasin Trail

T S I O T H O R H A / D E C E M B E R 2 0 2 3

## Points of Interest:

- Parade of Lights 12/6
- National Hot Cocoa Day 12/12
- Christmas Hat and Pictionary Day 12/18
- Ugly Christmas Sweater and Reindeer Games 12/19
- Xmas Stocking Contest 12/20
- Merry Grinch-mas Day 12/21



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**We will be Closed on:**

Friday, December 22nd: Staff Development Day  
 Monday, December 25th: Christmas  
 Friday, December 29th: Planning Day





# Akwesasne Senior Club



## 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

## REMINDER:

\$10 Renewal's are Due for  
 2024 Club Membership

# 2024

## Alight at Night

**Upper Canada Village**  
**Tuesday, December 12th**  
**Leave Senior Center at 3:00 pm**  
**\$10 to Reserve Seat**  
**We will stop for Coffee and Snacks only**

## Joker Board Available at Seniors!

The Akwesasne Senior Club will be having a fund-raising Joker Board to begin in November until all is sold by December 21, 2023. \$10 per card with \$265 pay out. Stop in to the Club office to purchase your card.

## Senior Club Meeting

Wednesday, December 13th 12:30 pm– 1:30 pm  
 Senior Center Sunroom All members are welcome!

*Merry Christmas*



## Upper Canada Playhouse

### "Home for the Holiday's" Trip

Reminder to those who signed up, \$10 to confirm your seat. Bus leaves at 12:45 pm for the 2:00 pm show. Dinner to follow.

## CLASS INTEREST CALL OUT:

1. Are you interested in a Water Color Painting Class? The date and time is to be determined in January 2024. Contact the Senior Club at (518) 358-2963 to let us know if you would like to join.
2. Do you own a Cricut? Want to learn how to use it? Let us know if you are interested in learning. Class date and time to be determined in January 2024. Please call and let us know.



**We have tickets for the Elvis Show at the Akwesasne Mohawk Casino still available on Friday December 8th at 8:00 pm. Come to the senior center to sign up!**

## Ace to King Tournament

There will be an Ace to King Tournament held on Saturday, December 2, 2023 at the Office for the Aging dining room. The doors open at 4 pm and dinner is at 5 pm. Bring a dish to share. Tournament starts at 6 pm. \$20 buy in with \$5 50/50's. Come and enjoy food, games, and laughs.



## Volunteer Bingo Schedule

### December 4th

Theresa Martin  
 Rose LaFrance  
 Nancy Jacobs  
 Debbie Thomas  
 Ruth Bell

### December 11th

Theresa Martin  
 Rose LaFrance  
 Barbara Lazore  
 Vicki Phillips  
 Lynn LaFrance

### December 18th

Theresa Martin  
 Rose LaFrance  
 Dorothy Shatlaw  
 Darlene Chubb  
 Valerie Garrow

### December 25th

CLOSED  
 Merry Christmas!

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

## A Note From Our Kitchen:

The time between Thanksgiving and New Year can be stressful. I would like to give you an overview of guidelines we must follow set in place by State and Federal programs that enable us to continue to serve everyone:

- The daily congregate meal will be served at noon. Meals will not be served after 12:15 pm.
- Grab and Go meals are served between 11 am and 12 pm. Please be on time to pick up your meal or have someone pick it up for you.
- To be put on the list to receive a congregate or grab and go meal you must call the center at (518) 358-2963 before 9:30 AM.
- For our special meals, we will do our best to let you know the limit to the amount of meals being prepared. With this in mind, again, please phone before 9:30 am the day of the special meal.
- Sign-ups will be limited to two people per caller on holiday meals.

These rules are in place for Grab and Go meals and congregate meals. Each serving is calculated by the meal to limit the amount of waste leaving the kitchen.

Please be kind this Holiday season. We do our best to ensure we can feed as many people as possible when we know the numbers. Please remember to call in for your meal before 9:30 AM on the day you would like a meal from the senior center.

In order to make sure everyone is registered for meals and services, Janet will be going around completing NSI Forms if you are not already in our system.

Please let Janet or Ceely know if you have any questions.

Nia:wen,

Janet Terrance, Nutrition Coordinator

Ceey King, Head Cook



## Countdown to CHRISTMAS

**Friday, Dec. 1:** Watertown Christmas Shopping Trip (rescheduled from November)

**Wednesday, Dec. 6:** Call to sign up for Xmas Craft Class (518) 358-2963

**Thursday, Dec. 7:** Upper Canada Playhouse Trip with the Senior Club "Home for the Holidays" leave at 12:45 pm from the Senior Center

**Tuesday, Dec. 12:** National Hot Cocoa Day

**Wednesday, Dec. 13:** Xmas Craft Class, 12:45 pm

**Friday, Dec. 15:** Senior Center Christmas Dinner, Doors open at 1:00 pm, dinner served at 2:00 pm

**Monday, Dec. 18:** Christmas Hat and Christmas Pictionary Game. Wear your Christmas hat to enter our draw to win a Xmas inflatable decoration.

**Tuesday, Dec. 19:** Christmas Ugly Sweater Draw and Reindeer Games. Games will be: gift unwrap with oven mitts, Christmas "Simon Says" game and a candy cane game. Christmas sweater for a draw!

**Wednesday, Dec. 20:** Stocking Decorating Contest! Stockings will be available for pickup on Monday. Decorate a stocking and hand in by 11:00 am for your chance to win 1st, 2nd or 3rd place prizes!

**Thursday, Dec. 21:** Merry Grinch-mas! Wear your Grinch gear while we eat green snacks, play green games and have green prizes!

**Every Event is marked on our  
Calendar with this Candy Cane!**



# UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association



## ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

### Join us to learn about:

- ⇒ The impact of Alzheimer's.
- ⇒ The difference between Alzheimer's and dementia.
- ⇒ Alzheimer's disease stages and risk factors.
- ⇒ Current research and treatments available to address some symptoms.
- ⇒ Alzheimer's Association resources.

### OPEN AND FREE TO ALL

**DATE:** Tuesday, Dec. 5, 2023

**TIME:** 11:00 am– 12:00 pm

**ADDRESS:** SRMT Office for the Aging Sunroom  
29 Margaret Terrance Memorial Way, Akwesasne NY 13655

**PRESENTER:** Brooke Dubuque

**CONTACT:** 518.915.3115 or by email [bmdubuque@alz.org](mailto:bmdubuque@alz.org)

Visit [alz.org/CRF](https://www.alz.org/CRF) to explore additional education programs online and in your area

# 10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association



## WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

### Join us to learn about:

- ⇒ The difference between normal aging and Alzheimer's.
- ⇒ Common warning signs.
- ⇒ The importance of early detection and benefits of diagnosis.
- ⇒ Next steps and expectations for the diagnostic process.
- ⇒ Alzheimer's Association resources.

Visit [alz.org/CRF](https://www.alz.org/CRF) to explore additional education programs online and in your area

### OPEN AND FREE TO ALL

**DATE:** Tuesday, Dec. 12, 2023

**TIME:** 11:00 am– 12:00 pm

**ADDRESS:** SRMT Office for the Aging  
29 Margaret Terrance Memorial Way, Akwesasne NY 13655

**PRESENTER:** Brooke Dubuque

**CONTACT:** 518.915.3115 or by email [bmdubuque@alz.org](mailto:bmdubuque@alz.org)

This program is presented in partnership with the Alzheimer's Disease Caregiver Support Initiative, the Center for Neurobehavioral Health at SUNY Plattsburgh and is supported in part by a grant from the New York State Department of Health



**CAREGIVER SUPPORT**  
Alzheimer's Disease and Other Dementias

**alzheimer's association**  
northeastern new york chapter



# December Christmas Crafts!

Winter Centerpiece



Christmas Jar Decor



Snowman Wine Glasses



For the month of December, we will be hosting the four crafts as pictured; a Winter Centerpiece, Christmas Jar Decor, Snowman Wine Glasses & a Winter Wonderland Vase.

We will host 2 crafts per day. The Winter Centerpiece & Christmas Jar Decor craft classes will be held on; Wednesday, December 6th at 12:45 PM.

The Snowman and Winter Wonderland Vase craft classes will be held on; Wednesday, December 13th at 12:45 PM.

Please 518-358-2963 call to sign up with Tenisha as spots are limited.

Winter Wonderland Vase



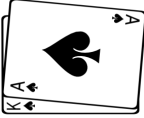

MERRY  
CHRISTMAS



November 16th Activities Assistant Tenisha held our fall centerpiece craft class. They had lots of laughs and they all turned out absolutely beautiful! Attendee's were: Debbie Terrance, Cecilia Thomas, Doris Benedict, Carol Lazore, Diane McDonald, Charlene Sunday, and Caroline Bigtree.







# Tsiothohrha/December 2023

Tsiet'ahkhaton	Kokierénhaton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahia:khaton
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<p><b>1</b> Caesar Salad with Chicken Garlic Bread Banana Pudding with Banana Slices <b>Activity:</b> 8:30 Watertown Xmas Shopping Trip</p> <p><b>2</b> 4:00 Doors Open 5:00 Dinner <b>6:00 Ace to King TOURNAMENT!</b></p>  						
<p>Call the Center by 9:30 am for lunch. Call the senior center if you will not be home for your Home Delivered Meal (518) 358-2963.</p> <p><b>Grab-n-Go Pickup is from 11-12 pm</b></p> <p><b>Did you know?</b> The Senior Center makes approximately 50 Home Delivered Meals, 12 Grab-n-Go meals and 15 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>						

<b>3</b> 6:00 Ace to King	<b>4</b> Sweet-n-Sour Pork over Rice Broccoli Roll Fresh Fruit <b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo	<b>5</b> Hamburger with Lettuce & Tomato Fries Fruit Butterscotch Pudding <b>Activity:</b> 9:30-11:30 Haircuts 10:00 Chair Yoga 11-12 Alzheimer's Pres. 1:00 Line Dancing 12:30 Mohawk Language Class	<b>6</b> Chicken Corn Chowder Carrot & Celery Sticks Pineapple Chunks <b>Activity:</b> 10:00 Exercise DVD 12:45 Xmas Crafts	<b>7</b> Salisbury Steak Mushroom Gravy Mashed Potatoes Mixed Vegetables, Fruit <b>Activity:</b> 10:00 Chair Yoga at Iakhihsotha 12:30 Mohawk Language Class 12:45 leave UCPH Play	<b>8</b> Country Style Ribs Baked Potato Mixed Veggies Roll Fruit Cup <b>Activity:</b> 10:30 Pool Tournament  <i>Senior Club: Elvis Show at the Casino</i>	<b>9</b> 6:00 Ace to King
<b>10</b> 6:00 Ace to King	<b>11</b> Spaghetti with Sausage	<b>12</b> Baked Chicken Wild Rice Mixed Vegetables	<b>13</b> Liver with Onions Boiled Potato	<b>14</b> Sloppy Joe Coleslaw	<b>15 Christmas Dinner</b>	<b>16</b> 6:00 Ace to King



<p><b>17</b></p> <p>6:00 Ace to King</p> <p></p>	<p>Cauliflower, Roll Fresh Apple</p> <p><b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo</p>	<p>Mixed Vegetables Wheat Roll, Fruit Cup</p> <p><b>Activity:</b> 9:30-11:30 Haircuts 10:00 Chair Yoga 11-12 Alzheimer's Pres. 1:00 Line Dancing 12:30 Mohawk Class 3:00 Alight at Night <i>National Hot Cocoa Day</i></p>	<p>Broccoli, Roll Fig Newton</p> <p><b>Activity:</b> 10:00 Exercise DVD 10:00 Coloring Contest Pages Due 12:45 Xmas Crafts 12:30 Club Meeting</p>	<p>Green Beans Peaches</p> <p><b>Activity:</b> 10:00 Chair Yoga 11:40 Box Lunch Bingo 12:30 Mohawk Class 12:30 Tribal Procedures Act Survey Presentation</p>	<p>Doors open at 1pm Rib Eye, Sweet Potato Casserole, Green Beans, Wild Rice, Roll and Dessert</p> <p></p>	<p>7</p>
<p><b>24</b></p>	<p><b>18</b> Chicken Cordon Bleu Mashed Potatoes Wax Beans</p> <p><b>Activity:</b> 10:00 Exercise DVD 11:15 Xmas Hat Day and Christmas Pictionary 1:00 Bingo 6:00 PM Estate Planning Presentation</p>	<p><b>19</b> BBQ Pork on a Bun, Coleslaw Baked Beans Fresh Fruit</p> <p><b>Activity:</b> 9:30-11:30 Haircuts 10:00 Chair Yoga 11:15 Reindeer Games Start! Plus Ugly Xmas Sweater Day! 12:30 Mohawk Language Class</p>	<p><b>20</b> Chili Johnny Cake Carrot &amp; Celery Sticks Melon Slices</p> <p><b>Activity:</b> 10:00 Exercise DVD 11:00 Stocking Decorating Contest</p>	<p><b>21</b> Hot Roast Beef Sandwich Potato Wedges Toss Salad Fresh Fruit</p> <p><b>Activity:</b> 10:00 Chair Yoga 10:30 Pool Tournament 12:30 Mohawk Class <b>GRINCH DAY!</b></p>	<p><b>22</b></p> <p><b>CLOSED</b></p> <p><b>Staff Development Day</b> (Only Senior Center)</p> <p></p>	<p><b>23</b></p> <p>6:00 Ace to King</p>
<p><b>25</b></p> <p><b>CLOSED</b></p> <p><b>Christmas Day</b></p> <p></p>	<p><b>26</b> Pancakes Ham Boiled Eggs Fresh Fruit Orange Juice</p> <p><b>Activity:</b> 9:30-11:30 Haircuts 10:00 Chair Yoga 12:30 Mohawk Language Class</p>	<p><b>27 BIRTHDAY MEAL</b> Shake-n-Bake Pork Chops Rice Pilaf Green Beans, Roll Cake with Topping</p> <p><b>Activity:</b> 10:00 Exercise DVD</p>	<p><b>28</b> Corn Soup Fried Bread Fresh Fruit Pudding</p> <p><b>Activity:</b> 10:00 Chair Yoga 12:30 Mohawk Language Class</p>	<p><b>29</b></p> <p><b>CLOSED</b></p> <p><b>Planning Day</b></p> <p></p>	<p><b>30</b></p> <p>6:00 Ace to King</p> <p></p>	



Presentation on Estate Planning  
By PJ Herne and Linda LaRue  
December 19, 2023  
6:00 pm– 8:00 pm



The Tribal Procedures Act Working Group will be having a small presentation to discuss the Tribal Procedures Act Survey.

Presenters are Ruth Bell, Melissa Ward and Emily Lauzon.

***Thursday, December 14, 2023 at 12:30 pm in the Senior Center Dining Room***



## OFA Pool Tournaments

**November 3rd Winners:** Tim Sunday 1st and Mike Jackson 2nd

**November 16th Winners:** Ron Thomas 1st and Sally Hamelin 2nd

### Upcoming Pool Tournaments:

- Friday, December 8th
- Thursday, December 21st



## Coloring Contest Winners for November:

Congratulations Barbara Smoke & Diane McDonald, our November coloring contest winners! The December coloring pages will be available December 1st and the contest will end **Wednesday, December 13th at 10:00 a.m.**





# OUR PHANTOM FESTIVAL!



Here is our Halloween Costume Contest Winners. Most Creative: Melissa Johnson & Barbara Lazore, Best Couple: Debbie Thomas & Rose Jacobs, Funniest: Debbie Ransom, Laziest Costume: Carol Lazore. Nia:wen to Tribal Council who came to judge the contest!



Our line dancers did a surprise performance to the song "Ghostbusters" that everyone loved! Everyone is excited for their next performance! Photographed: Tenisha Caldwell, Florence Cook, Katie Boots-Lazore, Millie Cook, Catherine Cook, Roseann Terrance, Carol Ann Thompson, Emily Tarbell and Brady Henkins. Photographed on the right is our pumpkin contest winners Lorene Jackson and Catherine Cook.



The delicious candy apple bar with chocolate or caramel dip, plus various toppings. We were happy to get Kanatakon School trick or treaters, all 115 of them! We played a fun "Hot Chucky" game (also known as hot potato) and our winner was Barbara Lazore.

# National Root Vegetable Month

A part of the plant grown underground and eaten as food

❖ Ginger	❖ Jerusalem artichoke
❖ Garlic	❖ Radish
❖ Rutabaga	❖ Celery Root
❖ Carrot	❖ Daikon
❖ Onion	❖ Parsnip
❖ Jicama	❖ Beets
❖ Kohlrabi	❖ Potato
❖ Sweet Potato	❖ Burdock Root
❖ Cassava	❖ Shallots
❖ Galangal	❖ Horseradish
❖ Turnips	❖ Fennel
❖ Tumeric	❖ Yams

## **Nutritional Components:**

- ❖ Typically low in calories
- ❖ Complex carbohydrates
- ❖ Fiber
- ❖ Vitamins– varies between vegetables
- ❖ Minerals
- ❖ Antioxidants

## **Vegetable Color and Highest Typical Nutrient Compositions:**

**Red/Orange/Yellow**= Beta-carotene, Vitamin A, Vitamin C, Potassium, Vitamin K, B-Vitamins, Calcium, Iron, Carotenoids.

**Green**= Vitamin A, Vitamin K, Vitamin C, Magnesium, Iron, Potassium, Calcium, Fiber, Antioxidants.

**White/Light**= Fiber, Vitamin C, Vitamin K, Potassium, Magnesium, Vitamin E and B, Calcium.

**Purple/Blue**= Vitamin A, Vitamin C, Vitamin K, Anthocyanins

## **10 Tips for Adults Workshops**

### *Upcoming Senior Health Improvement and Nutrition Education Workshop*

#### Series A Topics Covered:

Workshop 1– Introduction to MyPlate

Workshop 2– Make Half Your Plate

Workshop 3- Make Half Your Grains Whole Grains

Workshop 4– Vary Your Protein Routine

**When:** Wednesday, Jan. 17th, Friday, Jan. 19th,  
Wednesday, Jan. 24th, Friday Jan. 26th at 1:00– 2:00 pm

**Where:** Saint Regis Mohawk Senior Center Sunroom

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. If you have any questions or concerns, please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at [Alexandra.hooker@franklincountyny.gov](mailto:Alexandra.hooker@franklincountyny.gov)





# Satonhá:ren tsi Sahsiéríte

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

3- James Lazore  
Dave Mitchell  
4- Chris Burns  
Mona Jacobs  
5- Christine "Chris"  
Moulton  
6- Dennis Phillips  
Beatrice White  
Timothy Jock Jr  
7- Kerry Mitchell  
John "Tony" Swamp  
11- Carol Lee Lazore

12- Carolyn Werely  
13- Carol LaDue  
14- Hilde Barnes  
16- Vernie Herne  
21- Ward Cook  
23- Cecelia King  
24- Minerva White  
D. Bob Herne  
25- Glory Cole  
Mabel White

26- Ellen Planty  
Carol Coughlin  
27- Katherine Foley  
28- Brenda LaFrance  
29- Charlene Spinler  
Allen Jones  
31- Debbie Cree  
Jerry Thompson

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

## Akwesasne Alzheimer's/Dementia Caregiver Support

alzheimer's  association®



Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

**Presented by:**  
Alzheimer's Association Northeastern New York Chapter

**FACILITATOR:** Brooke Dubuque

**DATE:** Second Tuesday of every month

**TIME:** 11:00am-12:00pm

**ADDRESS:** Sunroom, 29 Margaret Terrance Memorial Way, Akwesasne, NY 13655.

For more information call 518.915.3115 or email [bmdubuque@alz.org](mailto:bmdubuque@alz.org).

**800.272.3900**

**Alz.org**

**This program is supported in part by a grant from the New York State Department of Health.**



**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..**