



Moccasin Trail

DECEMBER 2017

POINTS OF INTEREST:

- * Mohawk School Christmas Concert
- * Just for Laughs Article
- * Mitten Tree Donations
- * Akwesasne Animal Society Presentation
- * Healthier Living: Managing Ongoing Health Conditions

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Christmas Dinner

Friday, December 8, 2017

Appetizers

3:00 pm

Dinner

5:00 pm

Entertainment

6:00 pm

*Tickets are \$5.00 each
Lunch Certificates Not Accepted,
Tickets are Non-refundable*

Menu:
*Prime Rib
Mashed Potatoes
Roasted Vegetables
& Cheese Cake!*



Monday, December 25th— Christmas Day
Friday, December 29th— Planning Day



SENIOR CLUB PAGE



Any mail for the Saint Regis
Mohawk Senior Club
can be sent to:
P.O. Box 1106
Hogansburg, NY 13655
Senior Club Hours: Monday-Friday
10:00am-12:30pm



Upcoming Events:

Tues, Dec. 12th: Club Meeting
March 2018: Deer Valley Trip
April 8-11th: Trip to Atlantic City

Our Condolences to the families of
Isabel Rourke, Angus White,
Laura Cree, and Mike Benedict Sr.

2018 Club Dues!

We are taking 2018 Membership dues. If your membership is not renewed, you will not receive newsletters beginning January 2018. Cost is \$3.00 until December 31st, beginning January 1st the cost to renew your membership will be \$5.00.

New Members:

Dorothy Benedict
Iris Herne
Linda Jackson
Rose Ann Terrance

Volunteer BINGO Schedule:

December 4th

Barbara Lazore, Brenda LaFrance &
Iona Castagnier

December 11th

Vicki Phillips & Lucille Peters

December 18th

Melanie Jacobs & Minerva White

December 25th

Christmas Day— No Bingo

Atlantic City Details:

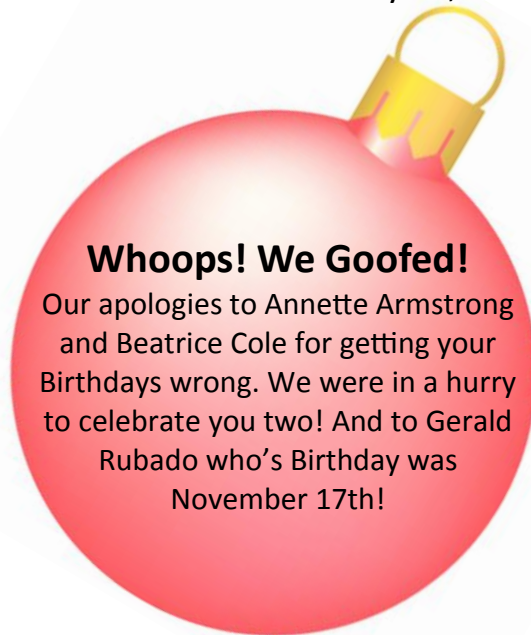
Sunday, April 8th-Wednesday, April 11th
\$290.00 Double Occupancy
Includes 4 Meal Tickets and
\$30.00 Free Play
1st Deposit is due January 8, 2018
Full amount due February 20, 2018

Notice:

If you have sent in your membership dues, please stop by and pick up your receipt and membership card.

Whoops! We Goofed!

Our apologies to Annette Armstrong and Beatrice Cole for getting your Birthdays wrong. We were in a hurry to celebrate you two! And to Gerald Rubado who's Birthday was November 17th!





Mitten Tree Donations

Every year here at Seniors we donate mittens to our local Boys and Girls Club for the kids to celebrate National Mitten Tree Day. You can drop off any kind of gloves/mittens in any size from December 6th to December 21st.

Craft Class: Tulle Christmas Wreaths



We will be making Christmas Wreaths with the same directions as when we made the Halloween Wreaths. Classes will be on Tuesday, December 5th at 12:30 pm and Friday, December 15th at 1:00 pm. If you attend the Tuesday class, please do not sign up for Friday's class to make more room for rookies. Niawen!



Thank you to Bessie Mitchell for donating a Kateri Tekakwitha statue.

Thank you our November Newsletter Assembly Line Volunteers:

Donna Arbour, Marion Campbell, Sandy Swanger, Bea White, Betty Kelly, Barbara Hillyard & Florence Cook.

Thank you Ann Jakob for your donation of books.

Thank you Florence Phillips for your donation of books.

Thank you Cecelia La France for your donation of candy canes.

Thank you Linda McGovern for your donation of books and puzzles.

Niawen:kowa

Akwesasne Animal Society Presentation

Jennifer Herne, LVT will be here giving a presentation on Emergency Situations and Your Pet on Wednesday, Dec. 6th at 11:00 am.



Green Food Bag

Deadline to order is
Friday, December 1st by 2:00pm
Please mark your calendars to pick up
your orders between
12:00pm and 4:45pm on
Tuesday, December 19th.
Cost is \$10.00 per bag in
American OR Canadian Funds



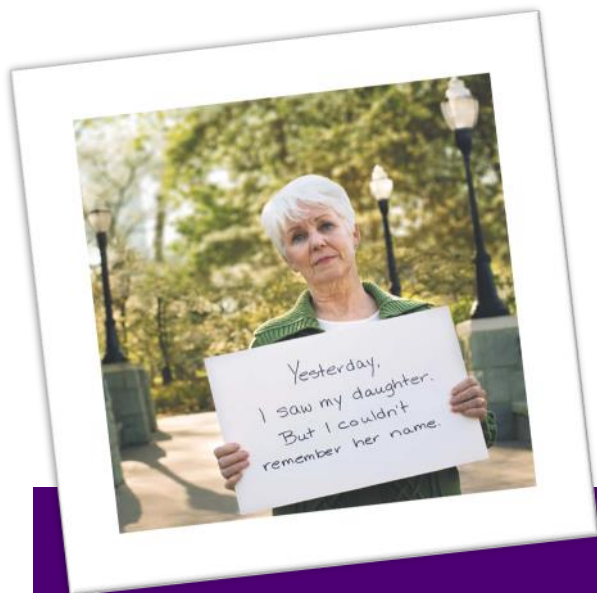
alzheimer's association®

KNOW the 10 SIGNS Early Detection Matters

A Workshop presented by the Alzheimer's Association

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

alz.org/10signs
800-272-3900



DATE: Thursday, December 21, 2017

TIME: 1:00 pm

LOCATION: St. Regis Mohawk Senior Center, 29 Business Park Road Akwesasne

For more information and to register, contact: Sierra Snoddy at 518-867-4999 ext 207

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

Don't Miss our Christmas Concert!



The St Regis Mohawk School band and chorus groups will be coming to get us into the holiday spirit on

**Wednesday, December 20th
at 11:00 am.**

Everyone is welcome to come and listen! For lunch we will be having corn soup with a biscuit and vanilla pudding for dessert!



*The Regular 2017-2018
LIHEAP Benefits Opens
November 13, 2017*



“LIHEAP is a federally-funded program that helps low-income households with their home energy bills”

- Primarily for home heating fuel.
- Very similar to HEAP
- It is open to Tribal members living on the American side (southern portion) of Akwesasne.
- LIHEAP receives a lump sum each year to distribute. There is no emergency assistance component.
- Applicants cannot have both LIHEAP and HEAP - They can only be in one program.
- Applicants in receipt of SNAP (Food Stamp) benefits must enroll through the local HEAP office. They should not be applying for LIHEAP.
- Elderly applicants, who are homebound, can call our office to set up an appointment for a home visit.

Please bring with you the following: Tribal Identification Card, Social Security Card, fuel and light bill, and proof of income (Ex – Your (2) most recent-paycheck stubs, Annual Social Security Benefits letter, and Pension Award letter). To apply see:

Alison Cooke, Information Coordinator

Or

Tracy Holcomb, Administrative Coordinator

Saint Regis Mohawk Tribe — Office For the Aging

29 Business Park Road

Akwesasne, New York 13655

518-358-2963

(518) 358—2834 or (518) 358—2963

Tsiothohrrha/December

Sunday

Monday

Tuesday




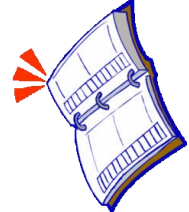
Wednesday

Thursday

Friday

Saturday

<p>Remember to call the center by 9:30 am for lunch. And call the center if you will not be home for your home delivered meal.</p> <p>Menu is subject to change at Cook's discretion.</p>					<div><div>1</div><div>Chuckwagon Chips Peaches & Cottage Cheese Activity: 10:00 Computer Skills 10:30 Virtual Bowling 12:30 St Regis Nursing Home Visit 2:00 Green Food Bag Order Deadline</div></div>	<div><div>2</div><div>Activity: 6:00pm Ace to King</div></div>
<div><div>3</div><div>Activity: 6:00pm Ace to King</div></div>	<div><div>4</div><div>Chili Corn Muffin Applesauce Activity: 10:00 Arthritis Exercise Program 10:30 Virtual Bowling 1:00 Bingo</div></div>	<div><div>5</div><div>Pork Chops Butternut Squash Peas Roll Tapioca Pudding Activity: 10:00 Tai Chi for Arthritis 1:00 Shopping 12:30 Craft Class: Christmas Tulle Wreath 1:00Aquatic Program @ Diabetes Center</div></div>	<div><div>6</div><div>Brunswick Stew Roll Mandarin Oranges Activity: 8:00 Lori Oakes DSS 10:00 Arthritis Exercise Program 11:30 Cornwall Shopping Trip 11:00 Akwesasne Animal Society Presentation</div></div>	<div><div>7</div><div>Tomato Rice Soup Grilled Cheese Sandwich Pears Activity: 10:00 Tai Chi for Arthritis 1:00 Shopping 1:00Aquatic Program at Diabetes Center</div></div>	<div><div>8</div><div>Christmas Dinner Prime Rib Mash Potatoes Roasted Vegetables Cheese Cake </div></div>	<div><div>9</div><div>Activity: 2:00-5:00 pm Carlisle Indian School Presentation 6:00pm Ace to King</div></div>

10 Activity: 6:00pm Ace to King	11 Cheeseburger Mac String Beans Roll Peaches Activity: 10:00 Arthritis Exercise Program 10:30 Virtual Bowling 1:00 Bingo	12 Fish on a Bun Coleslaw Fries Jell-O Activity: 8:20 Massage 10:00 Tai Chi for Arthritis 10:00 Club Meeting 11:30 Box Lunch Bingo 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center	13 Cream of Broccoli Soup Turkey Sandwich Fig Newton Cookie Activity: 10:00 Arthritis Exercise Program 10:30 Nutrition Bingo 11:00 "Mistletoe Magic" at Upper Canada Playhouse	14 Goulash Italian Bread Asparagus Butterscotch Pudding Activity: 10:00 Haircuts 10:00 Tai Chi for Arthritis 1:00-3 Dementia, What is it? Class 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 1:30 Legal Aid	15 Chicken Tenders Sweet Potato Fries Roll Yogurt Activity: 10:30 Virtual Bowling 1:00 Craft Class: Christmas Tulle Wreath	16 Activity: 6:00pm Ace to King
17 Activity: 6:00 Ace to King	18 Cheese Manicotti Green Beans Garlic Bread Chocolate Pudding Activity: 10:00 Arthritis Exercise Program 10:30 Virtual Bowling 1:00 Bingo	19 Roast Turkey Mash Potatoes Cauliflower, Roll Fruit Cocktail Activity: 8:20 Massage 10:00 Tai Chi 1:00 Shopping 12:30 "Sacred Foods" at Traveling College 1:00 Aquatic Program @ Diabetes Center 3:00 Healthier Living Session Zero @ AHA Training Center 12- 4:45 Green Food Bag Pickup	20 Corn Soup Biscuit Vanilla Pudding Activity: 8:00 Lori Oakes DSS 10:00 Arthritis Exercise Program 11:00 Mohawk School Xmas Concert 	21 Oven Baked Chicken Potato Wedges Broccoli Roll Cookie Activity: 10:00 Tai Chi for Arthritis 11:00 Alzheimer's Support Group 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center	22 BBQ Pork on a Bun Wax Beans Cherry Cobbler Activity: 10:30 Virtual Bowling Tournament 12:30 Billiards at Tsionkwanohsote 1:00 Tina's Painting	23 Activity: 6:00pm Ace to King
24 Activity: 6:00 Ace to King	25 Closed Christmas Day 	26 Chicken Cordon Bleu Wild Rice Mix Vegetables Roll Mandarin Oranges Activity: 10:00 Tai Chi for Arthritis 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center	27 Birthday Meal Spaghetti & Meat Balls Garlic Bread Cake Activity: 10:00 Arthritis Exercise Program 	28 Scrambled Eggs Bacon Hash Browns Yogurt Activity: 10:00 Haircuts 10:00 Tai Chi for Arthritis 10:30 Vitals in Lounge 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 1:30 Legal Aid	29 Closed Planning Day 	30 Activity: 6:00pm Ace to King

Let's Get Healthy Program & Senior Center Health Promotion Services



New Aquatic Program!

All Classes will be held in the Pool at the Diabetes Center for Excellence

In November, the Let's Get Healthy Program and the Senior Center's Health Promotion services partnered to bring in the Aquatic Fitness Program. The program was developed by the Arthritis Exercise Association and Arthritis Foundation.

This warm-water exercise program is suitable for EVERY fitness level, and is proven to be beneficial to people with some form of Arthritis. You do not have to have arthritis to take the class. This class has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component. **The classes, led by Steevi, Jessica, and/or Andrew "AJ", will meet twice a week for 10 weeks.** Each class provides a friendly and supportive environment that encourages social interaction. Although the classes are held in the water, swimming skills are not necessary. Join the class today!

The Aquatic Program will help...

- ◆ Reduce pain/inflammation
- ◆ Improve strength/flexibility
- ◆ Enhance day to day living
- ◆ Increase social interaction

Proven Results...

- ◆ Less pain
- ◆ Improved joint function
- ◆ Increased muscular strength
- ◆ Overall sense of well-being
- ◆ Better quality of life

Class size is limited to 10 people.

Tuesdays & Thursdays, December 5th to February 8th

1:00pm to 2:00pm

Stop by the Senior Center to see Tewentahawih'tha' Cole.

Or call 518-358-2963 ext. 3303. Or send an e-mail

tewentahawihtha.cole@srmt-nsn.gov



Jessica Hopps and Steevi King
Health Promotion Specialists

Holding their new
Aquatic Program Leader Certifications
Missing from this photo is
Andrew "AJ" Sutter

Dementia, what is it?

Danielle Hance, Education Specialist, of the Clinton, Essex, & Franklin Counties Alzheimer's Disease Caregiver Support Initiative will be hosting an in-person class on titled **"Dementia, What is it?"**. She will go over what dementia is, when compared to brain health as we age. She will also educate learners on different conditions like Alzheimer's Disease, Lewy Body Dementia, Vascular Dementia, and Frontotemporal Dementia. As well as going over the symptoms and treatment for each of these four dementias. For more information, please contact Danielle at (518) 564-3368. This is a program brought to you by the Caregiver Support Initiative, visit www.wehelpcaregivers.com for more information.



CAREGIVER SUPPORT
Alzheimer's Disease and Other Dementias

Thursday, Dec. 14th

1:00pm - 3:00pm

Senior Center Sunroom



Kick start your NEW YEAR by joining a class full of practical tips, suggestions, and strategies to **help you take action for your health and feel good!** Most health conditions like heart disease, diabetes, arthritis, and lung problems make it hard to join in on everyday activities, like going to that dance class or going on a trip. This can lead to feeling unmotivated and socially isolated.

Healthier Living: Managing Ongoing Health Conditions helps you overcome those feelings and problems by helping you build your own unique set of tools to:

- ☞ *Take Care of Your Health Condition*
- ☞ *Carry Out Normal Activities*
- ☞ *Manage the Changes Brought On by Your Illness*

All classes will be held at the Akwesasne Housing Authority Training Center

Come and learn about this series of classes before it starts in the New Year. Attend **Session "Zero"** on **Tuesday, December 19 at 3:00pm**. We will have prizes!

Class #1 January 2	Class #2 January 9	Class #3 January 16	Class #4 January 23	Class #5 January 30	Final Class February 6
Introductions Getting a Good Night's Sleep Mind/Body Connection	Problem-Solving Difficult Emotions Physical Activity	Making Decisions Relaxation Techniques Pain/Fatigue Management	Better Breathing Healthy Eating Communication Skills	Medication Usage Making Informed Treatment Decisions Depression	Working with Health Professionals Weight Management Planning for the Future



The St Regis Mohawk Tribe Office for the Aging is conducting a survey called, “Native Elder Maltreatment Survey”, on behalf of the National Indigenous Elder Justice Initiative. Information obtained from the survey helps us to successfully advocate, plan, and strengthen funding to address needs of our elders.

We are looking for 100 volunteers over the age of 55 to participate in the survey. The elder survey may be completed in person at the Senior Center Office for the Aging, or a home visit with a staff member can be arranged. All information is completely confidential.

The information gathered from the survey will be combined with other participating tribes to increase knowledge of health and social status for Native Americans.

Please stop by the Senior Center for more information, or to schedule a home visit contact:

Helen Gray, College Administrative Intern
Office for the Aging
Phone: (518)358-2963



On the first day of school, the children brought gifts for their teacher. The supermarket manager's daughter brought the teacher a basket of assorted fruit.

The florist's son brought the teacher a bouquet of flowers.

The candy-store owner's daughter gave the teacher a pretty box of candy.

Then the liquor-store owner's son brought up a big heavy box. The teacher lifted it up and noticed that it was leaking a little bit. She touched a drop of the liquid with her finger and tasted it.

"Is it wine?" she guesses. "No," the boy replied. She tasted another drop and asked "Champagne?"

"I know, I'll bet it's Scotch, isn't it?"

"No," said the little boy.... "It's a puppy!"

-Credit to Seaway News

Happy Birthday!

2- Rose Dillon	16- Vernie Herne	25- Patricia Cameron
3- Cecelia Reid	Marthe Lindgren	Mabel White
James Lazore	Karen Lalonde	26- Selena Smoke
Dave Mitchell	17- Emily Bradshaw	27- Katherine Foley
4- Mona Jacobs	18- Marilyn Gale	28- Brenda LaFrance
Ruth Campbell	19- Bea Bero	29- Gloria Lazore
6- Beatrice H. White	Greg Cole	Charlene Spieler
7- John Swamp	20- Debbie Cooke	30- Lawrence Cook
11- Carol Lazore	21- Dawn Boice	31- Jerry J. Thompson
Margaret Hamelin	Ward Cook	Mary O. Burnham
12- Beverly Lazore	22- Ernest Samphier	
13- Lois Jordan	23- Judith Vankennan	Bold are Saint Regis
15- Alex Roundpoint	Judith Printup	Mohawk Senior Club
	24- Minerva White	Members



Sagittarius: November 21st– December 21st



Questioning things — are you happy? Why does the office filing system work the way it does? What is the meaning of life? Why don't you eat oatmeal for breakfast more often? How can you best achieve a sense of spiritual fulfillment? Should you buy those red shoes? — is always a good idea. The Sagittarius astrology forecasts for December 2017 show that it looks like you are going to be questioning plenty, as the month gets going!

Nothing like shorter, cooler days and a long, cozy nights to get those curiosity juices flowing. So on the 1st, 2nd and 3rd, if you feel like questioning, do it! Then, see where the answers take you.

Sagittarius by the 4th and 5th of December 2017, you are struck with a serious case of wanderlust! Take two journeys and check back in the morning to see if your travel fever has abated. You're feeling good on the 12th and 13th. Talk it over on the 16th, 17th and 18th. The better you communicate what you want and need, the better you'll feel! Focus on the details and every party is sure to be wonderful on the cozy and communicative 23rd, 24th and 25th. Think hard about what you want to change in the New Year on the 28th, 29th and 30th. Somebody wonderful smiles at you on the 31st of December 2017. Smile back!



Capricorn: December 21st– January 19th



The Capricorn December 2017 monthly horoscope forecasts that rather than worry about how on earth you are going to bring this project you just got started to a successful conclusion on the 1st, 2nd and 3rd, just do your best to focus on the issues at hand. After all, the only way to make a journey is step by step. So think about today's step, and maybe tomorrow's step. And don't worry about what will happen after that (here's a hint: It will continue to be a series of steps, with the occasional misstep).

'Tis the season, but be sure you aren't totally overextending yourself on the 4th and 5th. Get together with friends and loved ones on the 10th and 11th of December 2017. Capricorn you're feeling fabulous — and looking very, very cute — by the awfully positive 14th and 15th. Do some creative writing or poetry composition or finger painting on the 19th and 20th. Any gathering that involves a couple of bright-eyed kiddies will lift your spirits in a serious way on the 23rd, 24th and 25th. Enjoy! Don't over-plan, but do make a list of New Year's resolutions on the 30th. Celebrate the New Year in a low key way on the 31st.



St. Regis Mohawk Office for the Aging

29 Business Park Road

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/
division/
office_for_the_aging](http://www.srmt-nsn.gov/division/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..**