Points of Interest:

- Shuffle Board Tournament 7/14/22
- Akwesasne Ice Cream Social 7/26/22
- Scrabble Tournament on 7/19/22
- Wellness Week: Heart Healthy Bingo on 7/13/22
- Kanien'kéha tetewahthar'onnion/ Let's speak in kanien'kéha every Thursday

Inside this Issue:

- Senior Club Page 2
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- Akwesasne North American Traveling College Survey Visit 4
- July National Holidays 5
- Calendar 6 & 7
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- July– National Salad Month Article 9
- Craft Class 7/20/22 10
- Birthday’s 11

Monday, July 4th: Independence Day
Friday, July 22nd: Staff Appreciation
Friday, July 29th: Planning Day

Winners of our first 8-Ball Pool Tournament:
1st– Peter Back Sr, 2nd– Donny White, 3rd– Emily Tarbell (more on page 3...)
Senior Club Membership
You can mail in your membership fee of $5.00 American to:

PO Box 1106
Hogansburg, NY 13655

Payable to: SRM Senior Citizens Club
If you do mail in your dues, please include a self-addressed stamped envelope so we can send your membership card and receipt.

Atlantic City Trip Update:
Monday, October 10th – Thursday, October 13th
Cost for the trip $355 per person (2 per room)
To reserve seat, must pay $100 down ASAP. You can pay Giselle Cook at the front desk at the Senior Center. Flyers are available for more information if needed. Everyone is welcome, you do not need to be a senior to go. Email Lynn LaFrance at lynnlafrance2014@gmail.com

Volunteer Bingo Schedule

July 4th
CLOSED
Holiday

July 11th
Dorothy Shatlaw
Iona Castagnier
Lynn LaFrance
Theresa Martin
Rose LaFrance

July 18th
Rose Jacobs
Iona Castagnier
Leona Delormier
Theresa Martin
Rose LaFrance

July 25th
Dorothy Shatlaw
Vicky Phillips
Barbara Lazore
Theresa Martin
Rose LaFrance

Check out our new BINGO Board!
The Senior Club purchased a new Bingo Board that has all the bells and whistles! It is programmed to have the sample line-up of games show on the big board and all of the lights and buttons work! The old Bingo board machine was donated to Snye Homemakers.

Speaking of Bingo, we had a big winner this past Monday, June 27th. The progressive jackpot went out to Marion Parker for $620! On the cookie jar number to boot! Congratulations Marion!

For the Month of July we will have a new bingo caller; Reen Cook! She graciously is donating her time to play with us!
We had a very nice time playing pool on that rainy afternoon. We started with 6 players and gave cash prizes to the top 3 winners. Thank you to the Senior Citizens Club for donating the prize money and getting us to use our new table. We will have more 8-ball tournaments in the future. The table is located in our dining room and is open for anyone to play whenever they would like. Our next tournament will be....

SHUFFLE BOARD TOURNAMENT!!!

Thursday, July 14th starting at 10:30 a.m.
Senior Center Dining Room. Blind Draw for Partners
1st, 2nd, and 3rd Place Cash Prizes!

Yes! We will be hosting another Senior Poker Walk because the last time in April, everyone had a great time (despite the cold wind) and wanted to do it again in nicer weather.

How it works:
When you start, you will pick 3 random cards. Each lap you take, you will get more cards, which will give you more chances to win. You can do as many laps as you would like. Once you complete your laps, we fill out a score sheet. We will score all the hands and also draw for participation. Prizes are awarded on the poker hand rankings, not speed. We want all participants to have fun and be safe, this is not a race. You do not need to know how to play poker! You must be 55 years or older to participate.

Tewatahita Walking Trail on Friday, July 8, 2022
9:30 a.m.– 11:30 p.m.

8-Ball Pool Tournament

Emily Tarbell
Donny White
Lynn LaFrance
Dorothy Cole
Paralegal Linda LaRue from Canton is 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:

- Thursday, July 14, 2022
- Thursday, July 28, 2022

A nurse from the Tribe clinic will be coming every last Tuesday of the month and measuring height, weight, and blood pressure for your own knowledge. They will be here July 26th from 11:00 am–12:00 pm.

The Native North American Travelling College is conducting a Site Harmonization Survey, and we need to hear from the community! When you participate in the survey, you will be entered into a draw for a chance to win one of two ash baskets, or a $100 gas gift card.

They will be at the Seniors Center on **Monday, July 11th from 11:30 a.m.** to 12:30 p.m. to hand out and help fill out surveys. They would like to know your thoughts about the travelling college and how you would like to see our property and facilities being used. The Native North American Travelling College hopes to see you there!

Nia:wen kowa
**July 2022 National Holidays**

<table>
<thead>
<tr>
<th>Date</th>
<th>Holiday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, July 5th</td>
<td>National Hawaii Day—Come dressed in your vacation clothes and play like we are on vacation!</td>
</tr>
<tr>
<td>Monday, July 11th</td>
<td>National Blueberry Muffin Day—Blueberry muffins will be available at snack time.</td>
</tr>
<tr>
<td>Tuesday, July 19th</td>
<td>National Words with Friends Day—Words with friends is a phone game based off of Scrabble, so we will be having a Scrabble Tournament!</td>
</tr>
<tr>
<td>Friday, July 29th</td>
<td>National Chicken Wing Day—Snack time treat</td>
</tr>
</tbody>
</table>

In honor of 'National Word with Friends Day' we will be having a Scrabble Tournament on Tuesday, July 19, 2022 Beginning at 10:30 a.m. Please call and sign up with Katie or Joy at (518) 358-2963 by Monday, July 18th

June Coloring Contest

Congratulations Dolores Ransom and Helena Lamb (lion) on winning our June coloring contest! Our July coloring contest will be starting July 1st and end July 12th. We need them by 10:00 a.m. to be displayed for voting. Please call Katie before then if you need it picked up at 518-358-2963.

**July Coloring Contest starts Friday, July 1st and Ends Friday, July 8th at 10:00 a.m.**
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**.

**SALADS NOW AVAILABLE!**
Call in the morning to reserve a salad and salad dressing. First call, first serve of 20 salads a day. They will not be available when salad is included with menu meal. Same suggested donation. (only an option for Congregate and Grab-n-Go)

**NOTE:** Only 4 to a table in congregate lunch. Mask wearing is now Optional but encouraged if you are not feeling well or are unvaccinated.

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Cold Cut Buffet</td>
<td>Coloring Contest Begins</td>
</tr>
<tr>
<td>3</td>
<td>Chips</td>
<td>6:00 Ace to King</td>
</tr>
<tr>
<td>4</td>
<td>Pickle</td>
<td>Independence Day</td>
</tr>
<tr>
<td>5</td>
<td>Carrot &amp; Celery Sticks</td>
<td>6:00 Ace to King</td>
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<tr>
<td>6</td>
<td>Macaroni Salad</td>
<td>6:00 Ace to King</td>
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<tr>
<td>7</td>
<td>Melon Cup</td>
<td><strong>10:00 Chair Yoga</strong></td>
</tr>
<tr>
<td>8</td>
<td>Spaghetti with Sausage</td>
<td><strong>11:00 Games for National Hawaii Day!</strong></td>
</tr>
<tr>
<td>9</td>
<td>Cauliflower</td>
<td><strong>10:00 Chair Yoga</strong></td>
</tr>
<tr>
<td>10</td>
<td>Wheat Roll</td>
<td><strong>11:00 Kanien’keha Chat with Group</strong></td>
</tr>
<tr>
<td>11</td>
<td>Open Face Turkey with Gravy Stuffing</td>
<td><strong>11:00 Virtual Bowling</strong></td>
</tr>
<tr>
<td>12</td>
<td>Mixed Potatoes</td>
<td><strong>11:30 POKER WALK</strong></td>
</tr>
<tr>
<td>13</td>
<td>Pork over Rice</td>
<td></td>
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<tr>
<td>14</td>
<td>Peach</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Stuffed Peppers</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Black Bean and Corn</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:**
- Closed on July 4th for Independence Day.
- 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**.
- Only 4 to a table in congregate lunch. Mask wearing is now Optional but encouraged if you are not feeling well or are unvaccinated.
- Call in the morning to reserve a salad and salad dressing. First call, first serve of 20 salads a day. They will not be available when salad is included with menu meal. Same suggested donation. (only an option for Congregate and Grab-n-Go)
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
<th>Activity 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>BBQ Salad</td>
<td>Royal Class</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>18</td>
<td>Fish on a Bun</td>
<td>Royal Class</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>19</td>
<td>BBQ Salad</td>
<td>Stuffed Tomatoes</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>20</td>
<td>Pancakes with Blueberries</td>
<td>Stuffed Tomatoes</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>21</td>
<td>Macaroni and Cheese</td>
<td>Stewed Tomatoes</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>22</td>
<td>Staff Appreciation</td>
<td>Stewed Tomatoes</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>23</td>
<td>Staff Appreciation</td>
<td>Stewed Tomatoes</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>24</td>
<td>Goulash</td>
<td>Caesar Salad</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>25</td>
<td>Goulash</td>
<td>Caesar Salad</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>26</td>
<td>Chef Salad</td>
<td>Chef Salad</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>27</td>
<td>Birthday Meal</td>
<td>Royal Class</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>28</td>
<td>Shake-n-Bake</td>
<td>Royal Class</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>29</td>
<td>Shake-n-Bake</td>
<td>Royal Class</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
<tr>
<td>30</td>
<td>Staff Appreciation</td>
<td>Royal Class</td>
<td>Exercise DVD</td>
<td>Bingo</td>
</tr>
</tbody>
</table>
Farmers Market Update

The Farmers Market Check program promotes the increased use of locally grown fruits and vegetables and supports local farmers.

If you are eligible, you will receive a booklet of 5 checks worth $5 each for a total of $25.00.

**Distribution of checks will be Monday– Friday, 1:00 pm– 4:00 pm at the Senior Center**

Checks will be given out starting in July (we are currently waiting for books to come in).

We suggest calling in before coming in at (518) 358-2963. Recipients may use the checks until the end of 2022 season. The dates are listed on each check and in the folders that are issued with the checks. Booklets will be given out until all are gone.

Please visit Lora Lee LaFrance, Giselle Cook, Joy Lazore-Gibson or Doris Burns at the Senior Center in Akwesasne. Or you can call to find out if you are eligible. If you are eligible, you need to come in to sign the statement and will then receive your Farmers Market Checks.

**Eligibility Requirements:**

- New: Must be a New York State Resident
- Any number of people in a household may receive a check booklet, as long as they are of age 60+ and meet income requirements
- Gross monthly income must be at or below:
  - 185% of FPL that is $2096 for a single-person household
  - $2,823 for a two-person household
  - $3,551/month for a three-person household

**Important Things to Remember:**

- Checks are distributed on a first come, first serve basis.
- You must personally sign the eligibility form and the check receipt form. Checks cannot be mailed.
- A valid Power of Attorney (POA) may sign for check and pick up books for an eligible adult. Must bring proof that you are a POA.
- If someone is physically unable to come to the center, a Proxy Form will need to be picked up and filled out indicating who exactly will be picking up checks for you.
- Checks may be used at authorized farmers markets, roadside stands, or mobile markets participating in the program— not grocery stores.
- Checks may be used to but locally grown fresh fruits and vegetables– farmers will not accept checks for items like cider, jams, honey, or baked goods.
- Farmers accepting checks will display a brightly colored sign saying “We Gladly Accept Farmers Market Nutrition Program Checks”
- Individual Farmers Market Checks are worth $5.00. Farmers will not give change. If a purchase is less than $5.00 farmers will add additional items of your choice to make up the difference. Lost checks cannot be replaced.

The New York State Department of Agriculture and Markets collaborates with the New York State Department of Health, the New York State Office for the Aging, and Cornell Cooperative Extension in administering the Farmers’ Market Nutrition Program (FMNP)
July: National Salad Month

Any way you toss it, a main dish green salad is an easy, nutritious meal -- especially on a hot summer's night. National Salad Week is in July, and summer is a great time to fill up -- and not out -- on fruits and veggies in a lightly dressed salad! Check out these tips on how to make salads spectacular this summer.

Tips for nutritious and delicious salads:

**Growing greens.** Salad greens are easy to grow in the home garden and an important source of vitamins and minerals. Dark green leaves are good sources of vitamins A and C, iron, folic acid, and calcium. Iceberg is the most popular, but many other lettuces and salad greens such as spinach, arugula, and romaine can add interest and nutrients to meals.

**Super salad toppers.** There are lots of nutritious ways to top a salad. Enhance eye appeal and nutrition by adding colorful fruits and vegetables. Keep it light by limiting the amount of salad dressing to about 1 tablespoon per 1½ to 2 cups of greens. Make the flavor pop by adding artichoke hearts, dried fruits, nuts, and/or seeds.

**Keep fruit from browning.** Keep cut fruits, like apples and pears, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Cut fruits as close to serving time as possible. Cover and refrigerate until ready to serve. Refrigerate cut fruits and veggies so the total time at room temperature is less than 2 hours.

**Fresh herbs.** Toss small basil leaves or chopped larger ones in with your greens. Try chopped fresh dill. Add some minced chives or parsley. Start with about a teaspoon of herbs per person and adjust according to taste preference. Herbs boost flavor without increasing calories.

**Kabob kickers.** Try kicking up your salad by adding kabobs! Including protein-rich foods helps promote a feeling of fullness after meals and may help you eat fewer calories throughout the day. Kabobs with grilled chicken, beef, or pork with a combination of vegetables such as peppers, onions, and zucchini would be the perfect topper for a mixed green salad.

**Food safety with salads.** Summer is a great time for salads and it’s important to store leafy greens at refrigerator temperatures and rinse well under running water before using. To reduce the risk of foodborne illness, observe “use by” dates printed on bagged leafy vegetables and salad mixes and use within two days after opening.

Remember to dress, don't drown your salad in dressing to keep the calories lower and experiment with different combinations and flavors this summer.
July Craft Class with VICKY PHILLIPS

**WEDNESDAY JULY 20TH @12:45 P.M.**
Let’s Learn to make Sweetgrass centers!
*Did you know this is how you start to make a basket? Come get the scoop!*
Please call to reserve your spot. We are taking 10 people for this class.
518-358-2963 ask for Joy or Katie.

**Wellness Week Activity at the Senior Center**
Heart Healthy Bingo with Dr. Ben Kelly Jr.!

*Wednesday, July 13, 2022
1:00 p.m.– 2:00 p.m.*
Senior Center Dining Room
Hosted by SRMT Health Services

Heart Healthy Bingo – Participate in our Heart Healthy Bingo led by Dr. Benson Kelly. All who participate will receive promo items, and additional prizes will be given for Bingo winners! Learn about Heart Health, ask Dr. Kelly questions, and have some fun!
Best Wishes on your Birthday and throughout the coming year!

1- Clara Margosian  
   Richard Phillips  
2- Freida Schmenkle  
   Gerald McElwain  
3- Anna Boots  
   Mona Via  
4- Gloria Arquette  
5- Sidney Armstrong  
   Dennis White  
   Adam White  
6- Karilyn Phillips  
7- Leslie Thompson  
   Dorothy Benedict  
8- Elaine Cook  
   Geraldine Jacobs  
9- Katherine White  
10- Angie Sunday  
11- Joan Carvel  
12- Mike Oakes  
13- Gary Burnham  
14- Hubert Jock  
15- Jack Leaf  
16- Barbara LaDue  
17- Ella Louise Cook  
18- Doris Benedict  
19- Joanne Jackson  
20- Carol K. White  
21- Mary Frego  
22- Louis Conners  
23- Agnes Terrance  
24- Karen White  
25- Debbie Thomas  
26- Betty Ransom  
27- Stella Jesmer  
28- Grace Barnes  
29- Carole Ross  
30- James Montour  

Bold are Saint Regis Mohawk Senior Club Members

SAINT REGIS MOHAWK TRIBE  
Office for the Aging  
NY Connects & HIICAP

Are you 55-years or older? Do you have a disability?  
We can offer you assistance when applying for the following:

- Social Security Benefits  
- Social Security Disability  
- Medicare (Part A, B, C and D)  
- Medicaid  
- Supplemental Nutritional Assistance Program (SNAP)  
- Temporary Assistance for Needy Families (TANF)  
- Heating Energy Assistance Program (HEAP)  
- Low Income Heating Energy Assistance Program (LIHEAP)  
- Emergency Broadband Benefit Program  
- Voter Registration

For more information, or to set up an appointment, please call (518) 358-2834

Dates to Remember:
- Third Emergency HEAP benefit is available until August 31, 2022  
- 2022 HEAP Cooling Asst. is open from May 2 - August 31, 2022
services available through the OFA

- 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..

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

Or Facebook:
Office for the Aging Saint Regis Mohawk Senior Center

We’re Here to Serve You!

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.