



Moccasin Trail

OHIAHKO:WA / JULY 2022

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'onnon/ Let's
speak in kanien'keha
every Thursday



Winners of our first 8-Ball Pool Tournament:
1st- Peter Back Sr, 2nd- Donny White, 3rd- Emily Tarbell (more on page 3...)

Inside this Issue:

Senior Club Page	2
Poker Walk	3
Akwesasne North American Traveling College Survey Visit	4
July National Holidays	5
Calendar	6 & 7
Farmers' Market 2022	8
July- National Salad Month Article	9
Craft Class 7/20/22	10
Birthday's	11

**We will be
Closed on:**

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



Saint Regis Mohawk Senior Citizens Club



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

Senior Club Meeting

Wednesday, July 13, 2022, 10:00 a.m. in the Sunroom
at the Senior Center. All club members welcome!

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

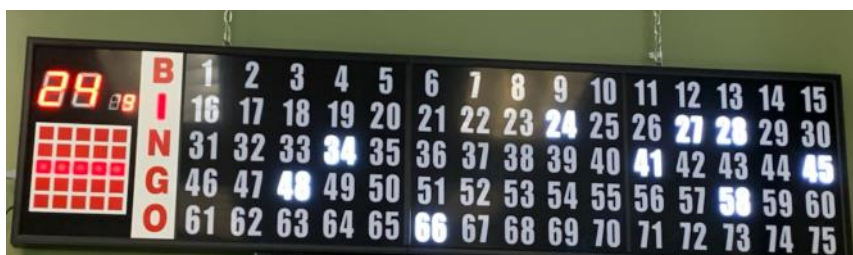
Dorothy Shatlaw

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!



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

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....



Dorothy Cole

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!

HERE'S THE SCOOP...

AKWESASNE ELDERS ICE CREAM SOCIAL!

Tuesday, July 26, 2022
1:00 p.m.- 4:00 p.m.
Generations Park
Any questions Contact Emily Tarbell at 518-495-7031

FREE EVENT
(caregivers & companions welcome)

Bean Bag Toss **Music:** Roger Mitchell **Prizes**

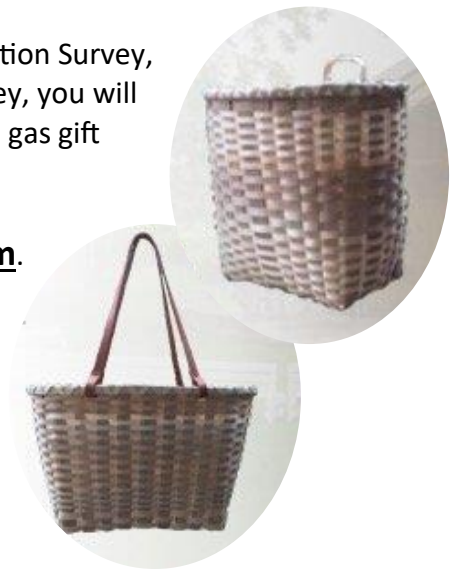


Native North American Travelling College

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



Vitals Checks

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



Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963.

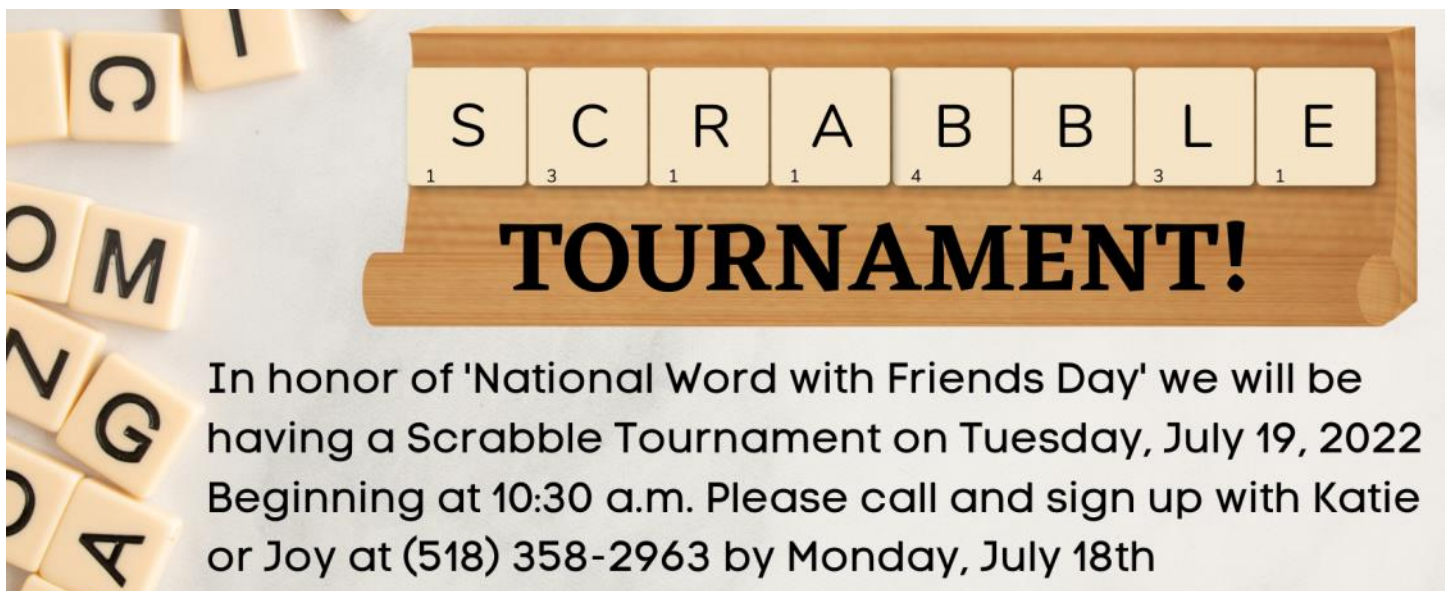
Linda is scheduled to be at the Senior center twice a month.

Thursday, July 14, 2022

Thursday, July 28, 2022

July 2022 National Holidays

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



A wooden Scrabble board with the word "SCRABBLE" spelled out in tiles. Below the tiles, the word "TOURNAMENT!" is written in large, bold, black letters. To the left of the board, several Scrabble tiles are scattered, including "O", "M", "N", "G", "A", and "I".

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.

Ohiaihkó:wa/July 2022

Tsiať'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahià:khaton
<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>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)</p> <p>NOTE: Only 4 to a table in congregare lunch. Mask wearing is now Optional but encouraged if you are not feeling well or are unvaccinated.</p>						
3 6:00 Ace to King	4 CLOSED Independence Day 	5 Spaghetti with Sausage Cauliflower Wheat Roll Fresh Apple Activity: 10:00 Chair Yoga 11:00 Games for National Hawaii Day!	6 Potato Crusted Cod Rice Mixed Vegetables Wheat Roll Pineapple Chunks Activity: 10:00 Exercise DVD	7 Chicken Corn Chowder Wheat Roll Carrot & Celery Sticks Peaches Activity: 10:00 Chair Yoga 11:00 Kanien'keha Chat with Group	8 BBQ: Hot Dogs/ Hamburgers Toss Salad Macaroni Salad Chips, Orange, Pickle Ice Cream Cup Activity: 11:00 Virtual Bowling 9:30– 11:30 POKER WALK	9 6:00 Ace to King
10 6:00 Ace to King	11 Taco Salad Wheat Roll	12 Meatloaf Mashed Potatoes	13 Open Face Turkey with Gravy	14 Sweet-n-Sour Pork over Rice	15 Stuffed Peppers Black Bean and Corn	16 6:00 Ace to King

	Apple Activity: 8:45 Mohawk Language Class 10:00 Exercise DVD 11:30-12:30 Traveling College Survey 1:00 Bingo National Muffin Day	Mixed Beans Wheat Roll Fruit Cup Activity: 10:00 Chair Yoga	Stuffing Pacific Blend Veggies Wheat Roll Fruited Jell-O Activity: 10:00 Exercise DVD 10:00 Club Meeting 1:00 Heart Healthy Bingo: Wellness Week	Broccoli Wheat Roll Melon Cup Activity: 10:00 Chair Yoga 10:30 Shuffle Board Tournament 11:00 Kanien'keha Chat with Group	Relish Wheat Roll Pears Activity: 11:00 Virtual Bowling	2:00 pm Once Upon a Mattress Show in Potsdam
17 6:00 Ace to King	18 Fish on a Bun Potato Wedges Toss Salad Orange Activity: 8:45 Mohawk Language Class 10:00 Exercise DVD 1:00 Bingo	19 BBQ Ribs Potato Salad Wheat Roll Strawberries with Whipped Cream Activity: 10:00 Chair Yoga 10:30 Scrabble Tournament	20 Pancakes with Blueberries Scrambled Eggs Bacon Orange Juice Fruit Cup Activity: 10:00 Exercise Class with DVD 12:45 Craft Class with Vicky Phillips	21 Mac-n-Cheese Stewed Tomatoes Broccoli Wheat Roll Watermelon Chunks Activity: 10:00 Chair Yoga 11:00 Kanien'keha Chat with Group	22 CLOSED Staff Appreciation Day 	23 6:00 Ace to King
24 6:00 Ace to King	25 Goulash Caesar Salad Wheat Roll Mixed Berries with Whipped Cream Activity: 8:45 Mohawk Language Class 10:00 Exercise Class 1:00 Bingo	26 Chef Salad Garlic Bread with Cheese Peaches Activity: 10:00 Chair Yoga 11:00 Vital Checks 1:00 Ice Cream Social at Generations Park!	27 Birthday Meal Turkey Dinner: Mashed Potatoes Mixed Green Beans Wheat Roll Cake with Fruit Topping Activity: 10:00 Exercise DVD	28 Shake-n-Bake Pork Chops Rice Pilaf Green Beans Wheat Roll Orange Cranberry Muffin Activity: 10:00 Chair Yoga 11:00 Kanien'keha Chat with Group	29 CLOSED Planning Day 	30 6:00 Ace to King 

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.

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.

Kanien'k'eha tetewahthar'onnion!

(LET'S SPEAK/HAVE CONVERSATIONS IN
KAN I E N ' K E H A)



Every Thursday from 11:00 a.m.- 12:00 p.m. in the Dining Room!

Come in and tell stories and speak our language. This is an informal gathering space for elders who speak the language and adults who are learning to speak.

Presented by the group lonkwahronkha'onh'atie
"We are becoming fluent"

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!

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|---|--|--|
| 1- Clara Margosian
Richard Phillips | 11- Elaine Cook
Geraldine Jacobs
Caroline Bigtree | 24- Carol K. White
Mary Frego
Louis Connors |
| 2- Freida Schmenkle
Gerald McElwain | 12- Katherine White
Angie Sunday | 26- Agnes Terrance
Karen White |
| 3- Anna Boots
Mona Via | 14- Joan Carvel | 28- Debbie Thomas
Betty Ransom |
| 5- Gloria Arquette | 16- Mike Oakes | 29- Stella Jesmer
Grace Barnes |
| 6- Sidney Armstrong
Dennis White
Adam White | 18- Gary Burnham
Hubert Jock | 31- Carole Ross
James Montour |
| 7- Karilyn Phillips | 19- Jack Leaf
Barbara LaDue | |
| 8- Leslie Thompson
Dorothy Benedict | 20- Ella Louise Cook
Doris Benedict | |
| | 23- Joanne Jackson | |

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



NY Connects
Your Link to Long Term
Services and Supports



HIICAP
Health Insurance Information,
Counseling and Assistance
Program



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..**