



Moccasin Trail

ONERAHTOHKÓ:WA / MAY 2022

Points of Interest:

- Notary Public Available
- May Coloring Contest
Ends 5/12/2022
- Vitals are back
- Salads Now Available
- Healthy Recipe for One
- April National Holidays
- May the FOURTH be with
You (Star Wars Day)
- Legal Aid Appointments
with Linda LaRue



Our Easter Luncheon

We got a surprise drop in from the Easter Bunny at our Easter party! Everyone enjoyed the Easter hunt. Among the candy filled eggs were eggs with surprise tickets for big prize table along with a \$20 Walmart gift card which was the last egg found by Elaine Cook. Here are our winners from the Easter hat parade:
 Rose Jacobs: Most Creative
 Barbara Lazore: Prettiest
 Dorothy Cole: Luck of the draw
(more pictures on page 5)

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**We will be
Closed on:**

**Monday, May 30th: Memorial Day
Friday, May 27th: 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**

Addressed 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.

Senior Club Meeting

Wednesday, May 11, 2022

10:00 a.m. in the Sunroom

at the Senior Center

All club members welcome!

Volunteer Bingo Schedule

May 2nd

Debbie Thomas
Rose Jacobs
Lynn LaFrance
Rose LaFrance

May 9th

Theresa Martin
Barbara Lazore
Vicky Phillips
Rose LaFrance

May 16th

Debbie Thomas
Nancy Jacobs
Rose Jacobs
Rose LaFrance

May 23rd

Theresa Martin
Barbara Lazore
Lynn LaFrance
Rose LaFrance

May 30th

CLOSED

Memorial Day



Volunteer Program Presentation
Melissa Howard is coming in to talk
about the RSVP Program for
volunteers on Wednesday, May 4th
at 11:30 a.m.



Senior Center Notary Public Giselle Cook Available



Our Administrative Assistant, Giselle Cook is a Notary Public. Giselle has had her Notary License since 2003. Giselle's use of her license has increased since her time here with us.

Advice for making an appointment with Giselle:

- DO NOT sign any documents ahead of time. The purpose of a Notary is to sign in front of a Notary. Documents already signed Before coming, will **NOT** be notarized.
- Bring any kind of photo ID with a signature
- Giselle cannot notarize any documents that are for another State or Country.
- Giselle's hours for notarizing will be Monday thru Friday (except Planning Days) from 8– 1:00 p.m. and 2:30– 4:00 p.m.
- Please call and make an appointment with Giselle at (518) 358-2963.

OFA Lawn Care Services 2022

Registration for OFA lawn care services with Andrew Person. We will be accepting applications from Monday, May 2nd until Friday, May 27th. First come first serve. We are accepting 40 applicants. Applications are done over the phone or in person with Giselle Cook 358-2963.

Eligibility:

- Must be 55 years of age or older to apply
- Live within the jurisdiction of the Southern portion of Akwesasne
- Live alone and lack the support of family, friends, or neighbors
- Incapacitated due to accident, illness or frailty



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, May 12, 2022

Thursday, May 26, 2022

May National Holidays

Date	Holiday
Wed. May 4th	May the Fourth be with you: Star Wars Day: Wear your Star Wars gear to get into our draw!
Mon. May 16th	National Drawing Day
Fri. May 20th	National Pizza Party Day

Craft Class

For April we created picture frames. We have plenty of supplies left for anyone who wants to stop in and get creative. Takes about an hour. If you missed a class and still want to make the frame, reach out to Joy at 518-358-2963 or stop in the Craft room.



MAY CRAFT:

Resin Sweetgrass Coasters!

Sweetgrass flowers were made by Vicky Phillips. 10 spots available for class. Classes are every 3rd Wednesday of the month.

MAY CRAFT CLASS: Wednesday, May 18th at 12:45 p.m. in Sunroom
Please call to reserve (518) 358-2963, Joy or Katie

April Coloring Contest



Congratulations Peter Back and Sandy Swanger on winning our April coloring contest! We had an anonymous winner that wanted to donate their prizes to Peter and Sandy. Our May coloring contest will be starting May 2nd and end May 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.



May Coloring Contest starts Monday, May 2nd and
Ends Thursday, May 12th at 10:00 a.m.



Our Easter Luncheon



Jim & Margret Montour,
Freda Barney and Carol LaDue



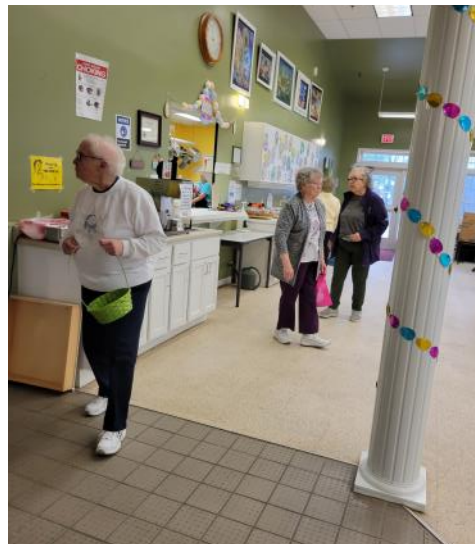
Prize table for winners that found eggs with the
golden tickets



DJ Lazore, Emily Tarbell, Barbara
Lazore and Barbara Hillyard



Staff: Lora Lee LaFrance,
Katie Boots-Lazore and Tracy Holcomb



Hunting for eggs hid throughout
the building



Easter hat competitors: Lynn LaFrance,
Dorothy Cole, Iris Herne, Rose Jacobs,
Caroline Bigtree, Iona Castagnier, Elaine
Cook and Barbara Lazore

Nia:wen Twin Leaf for sending over the Easter Bunny! Everyone was so happy and eager to take a picture!






2014 St Patrick's Day: Robert Thompson & Jimmy Arquette



2014 Deer Valley: Lois, Frank, Lud, Glenda, Iona, Elaine, Sandy, Sylvia,
Marion, Marianne, Val, Rosemary, Margaret, Jr.

Onerah to h kó:wa/ May 2022

Tsiah'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahí:khaton
1 6:00 Ace to King	2 Hamburger with Tomato and Lettuce Chips Pickles Three Bean Salad Mandarin Oranges Activity: 9:00 Mohawk Language Class 10:00 Exercise DVD 1:00 Bingo	3 Open Face Turkey Mixed Veggies Roll Fruit Cocktail Activity: 10:00 Chair Yoga 1:00 Wisdom Warriors Workshop	4 Chef Salad Garlic Bread Cookie Fruit Activity: 10:00 Exercise DVD 11:00 Presentation by Melissa Howard on Volunteer Program May the FOURTH be with you!	5 Baked Fish Sticks Mashed Potatoes Pacific Blend Veggies Roll Melon Cup Activity: 10:00 Chair Yoga	6 Mother's Day Meal Chicken Parm Toss Salad Roll Apple Pie Activity: 11:00 Virtual Bowling 	7 6:00 Ace to King
8 6:00 Ace to King 	9 Cold Cut Buffet Mac Salad Three Bean Salad Chips Banana Pudding Activity: 9:00 Mohawk Language Class 10:00 Exercise with DVD Class 1:00 Bingo	10 Ham Hash Green Beans Roll Jell-O Activity: 10:00 Chair Yoga 1:00 Wisdom Warriors Workshop	11 Sweet Potato Soup Turkey Sandwich Fresh Fruit Activity: 10:00 Senior Club Meeting in Sunroom 10:00 Exercise DVD	12 Greek Salad Bread Stick Chocolate Pudding Activity: 10:00 Chair Yoga 10:00 Coloring Contest Ends Legal Aid with Linda by Appointment	13 Shake-n-Bake Chicken Mashed Potatoes Mixed Veggies Roll Pears Activity: 11:00 Virtual Bowling	14 6:00 Ace to King
15 6:00 Ace to King	16 Stuffed Shells Toss Salad	17 Tomato Mac Soup	18 Toss Salad Cheese Bread	19 Chicken Tenders	20 BBQ Chicken on a Bun	21 6:00 Ace to King

	<p>Garlic Bread Tapioca Pudding Activity: 9:00 Mohawk Language Class 10:00 Exercise DVD 1:00 Bingo National Drawing Day</p>	<p>Ham Sandwich Apple Activity: 10:00 Chair Yoga 1:00 Wisdom Warriors Workshop</p>	<p>Cookie Fresh Fruit Activity: 10:00 Exercise DVD</p>	<p>Sweet Potato Fries Celery & Carrot Sticks Roll Yogurt Activity: 10:00 Chair Yoga National Pizza Party Day</p>	<p>Coleslaw Baked Beans Fruit Ice Cream Sandwich Activity: 11:00 Virtual Bingo</p>	7
<p>22 6:00 Ace to King</p>	<p>23 Shepard's Pie Side of Gravy Roll Apple Crisp Activity: 9:00 Mohawk Language Class 10:00 Exercise DVD 1:00 Bingo</p>	<p>24 Tomato Soup Tuna Sandwich Fig Newton Activity: 10:00 Chair Yoga 1:00 Wisdom Warriors Workshop</p>	<p>25 Birthday Meal BBQ Chicken Boiled Potato Asparagus Pears Cake Activity: 10:00 Exercise Class with DVD 12:45 Craft Class</p>	<p>26 Strawberry Spinach Salad Roll Butterscotch Pudding Activity: 10:00 Chair Yoga Legal Aid with Linda by Appointment</p>	<p>27 CLOSED Planning Day</p> 	<p>28 6:00 Ace to King</p>
<p>29 6:00 Ace to King</p>	<p>30 CLOSED Memorial Day</p> 	<p>31 Baked Potato Soup Ham Sandwich Cookie Apple Activity: 10:00 Chair Yoga 11:00 Vital Checks 1:00 Wisdom Warriors Workshop</p>	<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 congregate lunch. Mask wearing is now Optional but encouraged if you are not feeling well or are unvaccinated.</p> 			

Senior Center Poker Walk



We had 16 participants come out on that cold windy day. Everyone did as many laps as they could and surprised us every time. Our winners were:
1st Barbara Lazore
2nd Tim Rourke
3rd Kathy Mitchell
 Participant Draw Donnie White

Everyone had such a great time and because we had so many participants, we will be having more poker walks!

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 May 31st from 11:00 am– 12:00 pm



Air Conditioners Available!

Call to reserve your air conditioner now at
 (518) 358-2963



Wednesday, May 4th
 Get into spirit and wear your Star Wars gear! You could win a prize!



This past April 13, 2022 was National Scrabble Day. We celebrated by hosting a Scrabble Tournament. We started off with 4 games going with 8 players. The winners of the first round was Val Garrow, Lynn LaFrance, Carole Ross and Millie Cook. The second round winners were Carole and Lynn. Our first place winner was Lynn LaFrance and second place was Carole Ross. Lynn won a \$20 Walmart gift card. Our four scrabble boards are always available to play anytime! We will have another tournament some time, everyone had a good time and enjoyed the snacks!



Healthy Meal Recipes for One: Stuffed Sweet Potato

Cheesy, spicy twice baked sweet potatoes are a complete meal for one. So simple to throw together and stuff with tasty fillings when you're short on time and ingredients. Healthy and satisfying!

Prep time: 10 minutes 1 Serving
Cook time: 50 minutes 506 Calories
Total time: 1 hour, 5 minutes

Instructions:

Heat oven to 400 degrees. Poke holes all over the sweet potato with a fork. Bake directly on the oven rack for about 45 minutes or until soft.

Cut a slit in the potato and carefully scoop out the flesh, reserving the skin. In a small bowl mash sweet potato. Stir in black beans, scallions, chili powder, and cumin until well combined. Scoop the mixture back into the potato skin and top with shredded pepper jack cheese.

Place the potato on a baking sheet coated in foil. Put the potato back in the oven for 5 minutes, or until cheese melts.

Top with diced avocado and cilantro. Serve.

Ingredients:

- ☐ 1 large sweet potato
- ☐ 1/2 cup black beans (rinsed and drained)
- ☐ 2 scallions thinly sliced
- ☐ 1/2 tsp cumin
- ☐ 1/4 cup pepper jack cheese, shredded
- ☐ 1/2 avocado, diced
- ☐ cilantro



May is National Osteoporosis Month

Food and Your Bones Osteoporosis Nutrition Guidelines

Osteoporosis is often called a “silent” disease because people cannot feel their bones getting weaker. Nearly 10 million Americans have osteoporosis and almost 34 million more have low density, putting them at risk for osteoporosis and broken bones. The food that you eat can affect your bones. Learning about the foods that are rich in calcium, vitamin D and other nutrients that are important for your bone health will help you make healthier food choices everyday. If you eat a well-balanced diet with plenty of dairy, fish, fruits and vegetables, you should get enough of the nutrients you need everyday, but if you’re not getting the recommended amount from food alone, you may need to complement your diet by taking multivitamins or supplements.

Good-for-your-Bones Foods

Dairy products such as milk, yogurt and cheese; canned sardines and salmon; collard greens, turnips greens, kale, okra, Chinese cabbage, mustard greens, broccoli; all contain **calcium**.

Fatty fish varieties such as salmon, mackerel, tuna and sardines all contain **vitamin D**. **Calcium and vitamin D** are sometimes added to dairy products, juices, breakfast foods, cereals and breads.

Spinach, beet greens, okra, tomato products, artichokes, plantains, potatoes, sweet potatoes, collard greens and raisins all contain **magnesium**.

Tomato products, raisins, potatoes, spinach, sweet potatoes, papaya, oranges, bananas, plantains and prunes contain **potassium**.

Red and green peppers, oranges, grapefruit, broccoli, strawberries, brussels sprouts, papaya and pineapple all contain **vitamin C**.

Dark leafy green vegetables such as kale, collard greens, spinach, mustard greens, turnip greens and brussels sprouts all contain **vitamin K**.

Risk Factors:

- Being female
- Older age
- Family history
- Low estrogen in women/low testosterone in men
- Inactive lifestyle
- Smoking or drinking too much alcohol
- Excessive intake of sodium or caffeine
- Medications such as steroids

Approximately 1 in 2 women and 1 in 4 men over the age of 50 will have an osteoporosis related fracture in their lifetime.

If you have any questions, feel free to contact SRMT Office for the Aging (518) 358-2963, Lisa Keys, RDN

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

1- Ronald Soucy
 4- Alan LaBaff
 5- **Adeline Herne**
 7- **Patricia A. Seymour**
 8- John Laughing
 9- Earl Frego
 Vanessa Lavare
 Valorie Good
 11- **Kenneth Thompson**
 12- **Veronica Thompson**
 Melly Glass
 Rose Sunday

14- **Lou Ann Paquin**
 15- Crysetta Patterson
 16- Beverly Schwardfigure
 19- Cynthia Edwards
 20- **James Bero**
 24- Mike L. Jackson
 Brenda Chubb
 25- **Rosemary Jacobs**
 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**

Funny Senior Moments

Katie here; I found this book in my desk that Lois Thomas gave me years ago for the newsletter. Hope some of these quotes give you a chuckle and remind you that you are not alone!

"Good catch, Lord! You flagged me before I inserted my Target card into the ATM slot."

"I'm grateful, God. That you're watching out for me when I'm not. You helped me get through the list of introductions at our homeowners party without missing a beat, I wish I'd asked you to help me remember my husbands name though..."

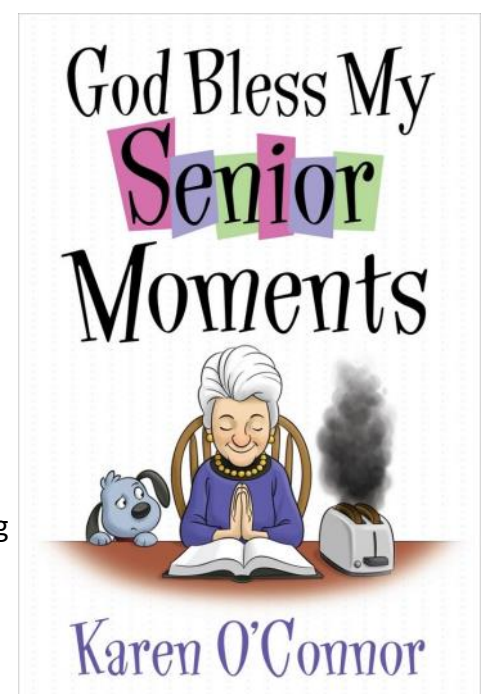
"O Lord, what is wrong with me? This morning I tried to crack an orange instead of an egg—until you tapped me on the shoulder. Thank you."

"Thank you, God, for the stamina I needed to push the loaded supermarket cart from the store exit to my car. But what was I thinking after that? I opened the rear door of my car, dropped the cart off in the return area, and drove away. I left the groceries in the cart! Please let them still be there when I get back to the store."

"Lord, I have to pay bills today. Please gently coach me to make sure I put the correct checks in the appropriate envelopes."

"Lord, it's a good thing I'm forgetful sometimes. It helps me avoid sharing gossip about a friend or a neighbor."

"Father, I was pretty exasperated today when I tried to answer a phone call with the TV remote. Thank you for giving me a sense of humor so I can laugh at such silly mistakes."





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

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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)

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..**