



Moccasin Trail

KENTENHKÓ:WA / NOVEMBER 2018

POINTS OF INTEREST:

- * Large Print Calendars
- * Oct. Coffee with Cops
- * Red Ribbon Week Winners List
- * Elvis Tribute Show in Malone

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Public Hearing

November 19, 2018 at 10:00 am

St. Regis Mohawk Tribe Office for the Aging

The Advisory Committee and staff of the Saint Regis Mohawk Tribe Office for the Aging invite you to attend our public hearing session. The purpose is to get input from seniors, caregivers, and community members about our service plans for 2019.

We gather comments at the hearing to help guide us as we develop our annual service plan so that it meets the needs of elders in Akwesasne. In previous years, we used the comments provided to allocate more funding for cultural programming and increase the number of exercise classes offered.

The hearing will be held at the Senior Center. It will start by having a Welcome from the Advisory Committee, followed by the Office for the Aging Presentation on the 2019-2020 proposed service plan, then the Advisory Committee will open the floor for comments. After the comment period, Advisory committee will close the public hearing.

Office for the Aging staff will not be available during the comment session to answer questions.

Special accommodations to attend will be available.

If you cannot attend the Public Hearing, the Advisory Committee you can submit comments to are:

Agnes Jacobs, Tribal Council (518) 358-2272

Michael Cook, Health Services (518) 358-3141

Valerie Cree Cook, Akwesasne Housing Authority (518) 358-9020

Mary Jo Terrance, Mohawk Indian Housing (518) 358-4860



Monday, November 12th– Veterans Day
 Thursday, November 22nd– Thanksgiving Day
 Friday, November 23rd– American Indian Heritage
 Friday, November 30th– Planning Day



SENIOR CLUB PAGE

Volunteers are urgently needed for Bingo and in the Senior Club office

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

November 4—7: Trip to Foxwoods &
Mohegan Sun

November 13: Club Meeting

Volunteer BINGO Schedule:

Nov. 5th
Betty Kelly
Dorothy Shatlaw
Debbie Thomas

Nov. 12th
Closed: Veteran's Day

Nov. 19th
Melanie Jacobs
Iona Castagnier

Nov. 26th
Vicki Phillips
Lucille Peters

Substitutes:
Lois Thomas
Annie King

Please make arrangements to switch
with someone if you cannot make it
on your scheduled date.

Thank you to All of our
members who helped and
donated to make our Craft Fair
and Food Show a Big success!

Winner of Quilt:
Nancy Ransom

**Our condolences to the
family of Kerney Cole**



New Members:
Sylvia Bero

Te'tewatskahon/ Green Food Bag

Deadline to order is:

Friday, Nov. 2nd before 2:00pm

Please pick up your bag on:

Tuesday, Nov. 20th

12:00pm and 4:45pm

Cost is \$10.00 per bag

American OR Canadian Funds

Please Note: Pre-Orders for months ahead will now be accepted! Also, please remember the items in the Green Food Bag are perishable. Your orders must be picked up on the Pick Up Day noted above. There are no reimbursements for bags left behind. Please call **518-358-2963** if you are having trouble picking up your bag and to talk about options.

Large Print Calendars

**will be distributed starting on
Monday, November 19th.
First come, first served until
all are gone.**

April						2013
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Craft Class



October 2nd we made fall wreaths using sun hats! Just by hot gluing googlie eyes, buttons, flowers, and corn husks. Our participants were Elizabeth Tarbell, Vicki Connors, Lena Lamb, and Helen Sherwood. It was so fun, cute, and easy to make!

**Ask about when our
next Craft Class will be!
We will be making
these Beaded Birds:**





Wednesday, Oct. 24th; Sateiokwen Bucktooth, owner of Snipe Clan Botanicals, came and taught us how to make our own fire cider. The main ingredients are garlic, onion, horseradish, ginger, peppers, and apple cider vinegar. We were encouraged to add even more ingredients

that we thought would make it more flavorful and resourceful to help prevent/treat colds and flu, digestion and circulation; such as oranges, paprika, lime, and much more depending on what flavor we would personally prefer. It was a very fun, smelly, and informational workshop. We were surprised to know that a couple of teaspoons a day could prevent illness. Our fire cider will be ready to test after drained by November 28th. Photographed: Sateiokwen Bucktooth, Debbie Cook-Jacobs, Carol Ann Thompson, Doris Burns, Christie Horn, Elizabeth Tarbell, Donnie White, Lilly Swamp & Francine Palermo.

Crime Prevention Week

On Monday November 5, 2018 at 11 am in the Dining Area, we will be presenting "Aten'nikonhráhtshera, Rotikstenhokón:'a Raotihatónhsera Aoten'nikonhráhtshera/Taking Care, A Safety Guide for Seniors." This handbook is designed to help recognize physical and financial risks, and offers simple steps to protect yourself. There are three sections in the handbook which will be discussed by Inspector Willie Ransom, Saint Regis Mohawk Tribal Police; Norman King, Community Service Officer, Akwesasne Mohawk Police Services; and Helen Gray, Saint Regis Mohawk Tribe Elder Abuse Prevention/MDT Coordinator.

Part A: Taking charge of your personal safety – Inspector Willie Ransom

Part B: Your financial safety – Officer Norman King

Part C: Elder Abuse – Helen Gray

For more information, please contact:
Helen Gray, Elder Abuse Prevention/
MDT Coordinator
SRMT Office For the Aging
(518)358-2963 ext. 3312

We will have applications available if you would like a home safety assessment completed by one of our police departments.

Medicare Update:

2018 Part D Annual Enrollment

Free Educational Event

Event is scheduled for November 15, 2018, 3 pm—6 pm

At the SRMT Office for the Aging

Are you Medicare eligible?

Do you have Medicare Parts A and B?

*Do you need prescription drug coverage or would
like to see other plans?*

If yes, this educational event is for you!



We can take a look at all your health plan choices for 2018-2019.

As your health needs change, so do Medicare plan costs and coverage. Use this event to compare all your Part D offerings and see what's best for you.

The 2018 Medicare Annual Enrollment period begins October 15 and ends December 7, 2018. For a private consultation, call **(518) 358-2963** and ask for **Tracy Holcomb** to set up an appointment. Our Information Coordinator, **Alison Cooke**, will also be happy to answer any questions you may have.

2018 Coffee with Cops





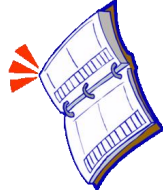


October 3rd the Saint Regis Mohawk Tribal Police were kind enough to bring us Tim Hortons coffee and doughnuts.

Everyone sat and visited, got some questions answered and had some laughs. This was our third year of having Coffee with Cops and we look forward to it every year. Nia:wen SRMT Police for the great visit and goodies!

Kentenhkó:wa/November

Tsiat'ahkhaton	Kiokierénhton	Tekenishaton	Ahsénnhaton	Kaierishaton	Wiskhaton	Iahia:khaton
<p>Remember: Please call the center at (518) 358-2963 by 9:30 am for lunch. Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am. And call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook's discretion. Your cooperation helps us better serve you!</p> <p>Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding</p>						
4 Activity: 6:00 Ace to King	5 Goulash Italian Bread Chocolate Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	6 Garlic Chicken Parsley Potatoes Broccoli & Cauliflower, Roll Berries & Whip Activity: 8:30 Massage 10:00 Tai Chi # 17 11:00 Pharmacist Brian Bond Presentation 1:00 Kanien'keha Class 1:00 Shopping	7 Pancakes Bacon Hash Browns Melon Cup Activity: 8:00 Lori Oakes DSS 10:00 Exercise Class 3:30 Understanding Your Grief #8	8 Chicken & Dumplings Wild Rice Applesauce Activity: 10:00 Tai chi # 18 11:30 Christmas Enchantment in Snye 1:00 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	9 Salisbury Steak Noodles Green Beans Roll Yogurt Activity: 10:30 Virtual Bowling	10 Activity: 6:00 Ace to King 5:00 Elvis Show in Malone Tickets \$20.00
11 Activity: 6:00 Ace to King	12 Closed:	13 BBQ Ribs on a Bun, Linguine Salad Lemon Fluff	14 Thanksgiving Dinner! Turkey, Stuffing,	15 Potato Crusted Cod, Brown Rice Brus- sel Sprouts Pineapple Chunks	16 Chicken Corn Chowder, Biscuit Fruit Cocktail	17 Activity: 6:00 Ace to King
				1 Liver & Onions String Beans Roll, Banana Activity: 10:00 Tai Chi # 16 10:00 Haircuts 1:00 Kanien'keha Class 1:00 Shopping 5:00 Caregiver Sup- port + Group + Memory Cafe	2 Beef Stroganoff Asparagus Roll Pears Activity: 10:30 Virtual Bowling Green Food Bag Orders Due by 2:00	3 Activity: 6:00 Ace to King

6:00 Ace to King	Veterans Day 	Activity: 8:30 Massage 10:00 Tai Chi # 19 10:00 Senior Club Meeting 11:30 Box Lunch Bingo 1:00 Kanien'keha Class 1:00 Shopping	Mashed Potatoes, Cranberries, Roll and Pumpkin Pie! Activity: 10:00 Exercise Class 3:30 Understanding Your Grief #9	Pineapple Chunks Activity: 10:00 Tai Chi # 20 10:00 Haircuts 1:00 Kanien'keha Class 11:00 Alzheimer's Support Group 1:00 Shopping 1:00 Effective Communication Strategies with Alzheimer's Association	Activity: 10:30 Virtual Bowling	6:00 Ace to King
18 Activity: 6:00 Ace to King	19 Public Hearing! <i>We would like to hear from you!</i> 10:00 am BBQ Pork on Bun Corn Butterscotch Pudding Activity: 10:00 am– 12:00 Public Hearing! 1:00 Bingo 	20 Tomato Soup Tuna Sandwich Cookie Activity: 10:00 Tai Chi # 21 1:00 Kanien'keha Class 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	21 Meat Loaf Mash Potatoes Corn & Green Beans Roll Peach Cobbler Activity: 8:00 Lori Oakes DSS 8:30 Watertown Shopping 10:00 Exercise Class 3:30 Understanding Your Grief #10	22 Closed: Thanksgiving Day 	23 Closed: American Indian Heritage Day 	24 Activity: 6:00 Ace to King
25 Activity: 6:00 Ace to King	26 White Bean & Sausage Rigatoni Italian Bread Fig Newton Cookie Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	27 Split Pea Soup Grilled Cheese Sandwich Yogurt Parfait Activity: 1:00 Kanien'keha Class 1:00 Shopping	28 Birthday Meal Sweet & Sour Cabbage Casserole Toss Salad Cheesy Filled Bread Chocolate Cake Activity: 10:00 Exercise Class	29 Oven Baked Chicken Boiled Potato Broccoli Roll, Mix Berries Activity: 10:00 Haircuts 1:00 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	30 Closed: Planning Day 1:00 Tina's Painting 	



Are you Ready for the Cold Weather?



Now is the perfect time to start getting ready for the colder weather.

Here are helpful tips to keep you toasty and safe:

Call early for a handyman appointment. It's much easier for our handyman to remove an air conditioner or help put plastic on the windows when the snow isn't falling.

Have your furnace cleaned and inspected. You don't want to find out on the first cold day that your furnace doesn't work!

Every home needs to have a working smoke detector and Carbon Monoxide or CO monitor. Now is a good time to test the unit and replace the batteries.

Reverse your ceiling fan. To keep warm air near the floor, your fan should be spinning in a clockwise direction.

Get your lawn mower ready for storage. Don't forget to put away your gardening tools and weed eater.

Get ready for the snow. Stock up on ice melt, find your snow shovel, and get the number of a plow driver.

Red Ribbon Week Winners!

Monday, Wear Red Day– Caroline Tarbell

Tuesday, Tie Dye Day– Millie Cook

Wednesday, Jersey Day– Lilly Swamp

Thursday, Throwback Day– Bessie Mitchell

Thank you Everyone who participated, it was such a fun and exciting week to see what everyone came up with!

OFA Snow Plowing Services

Sign up's began September 1st and will end December 1st.
Here are some of the most frequently asked questions we get....

How do I get put on the seniors snow plow list?

Those seniors wishing to be on the snow plow must meet eligibility requirements and complete a release of liability form. Forms are available at the front desk. Applicants will be notified if they have been approved and are on snow plow list.

If I was on the list last year do I need to apply again this year?

Yes, you must apply every year. Applications are available at the front desk and you will be notified if you have been approved and your name is on the list.

Why doesn't my driveway get plowed the same time as my neighbors?

Priority for snow plow services is given to those seniors who are receiving medical care in the home or those who must leave their home for medical treatments. After those individuals have been cleared, then our driver will continue on with the list.

What happens if I cannot get on the snow plow list?

Those individuals who do not qualify for snow plow services will be put on a waiting list. There is also a list of private snow plow drivers available that you can contact for services. Many private snowplow drivers give Senior discounts!

Will the seniors center pay for snow removal if I call a driver off the private snow plow drivers list?

No, the Office for the Aging will not pay for a private snow plow driver. You must pay for this service yourself .

Is the snow plow service free?

The snow plow service has a suggested contribution of \$5.00. You will not be denied service if you cannot make a contribution. All contributions are used to cover costs for the snow plow service such as gasoline and vehicle maintenance.

Any more questions?
Call Doris Burns, Andrew
Person or Quentin Thomas
at 518-358-2963

Services are funded by EISEP and TGF



*The Regular 2018-2019
LIHEAP Benefits Opens
November 15, 2018*



“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

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|--|--|---|
| 1- Alice Jacobs
Annette Armstrong | 11- Jeb Beeson
Leona Delormier
Doris Cook | 24- Frank David
Alice A. Cook
Katherine Thompson |
| 2- Dolores Thompson
Linda Jordan | 12- L. Dan Jacobs | 25- James Arquette |
| 5- Lena Lamb | 14- Cecile Briggs
Shirley Swamp | 28- Marianne Bero
Kamala Swamp
Florence Cook |
| 6- Bonnie Frary
Marthe Lindgren | 17- Gerald Rubado | 30- Angus Brown
James Hemlock |
| 7- Stanley Burnham
Vicki Phillips | 18- Joseph Calcagno | |
| 9- Ramona Hudson
Leona Cook
Elaine Thompson | 19- Cecil Ransom
Sharon Thompson
Lorraine Swamp | |
| 10- Brian David | 22- Carol White | Bold are Saint Regis Mohawk
Senior Club Members |
| | 23- Nancy Samphier
Millie Cook | |



Niawen:kowa

Thank you Sandra Burnett for your donation of puzzles and Readers Digest magazines.
Thank you Dolores Thompson for your donation of greeting cards, books, and clothing.
Thank you Mary Wainman for your donation of books.
Thank you for your donation of various items for crafts and decorations Leona Barnes.
Thank you October Newsletter Volunteers: Marion Campbell, Sandy Swanger, Helen Sherwood, Lou Ann Paquin, Barbara Hillyard and Catherine Cook.
Thank you for helping us assemble our Birthday board Marion Parker, Catherine Cook, Rose Marie Jacobs and Barbara Hillyard.

Make-A-Wish®

SATURDAY, NOVEMBER 10th 2018

Multi Award Winning **ELVIS Tribute** Artist
Sylvain Leduc

Show Starts at **7:00 pm**

Tickets USD \$20

For Tickets Call

Linda Mitchell

518-572-5099

One Fine Day

227 West Main Street

Malone, NY



Katie and Brenda will be driving to the show. Let us know if you would like to join us 518-358-2963. We will be leaving the Senior Center at 5:00 pm.

Did You Know:

Newsletters may also be received by e-mail. Just e-mail katie.boots@srmt-nsn.gov to be placed on the list.



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/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..**