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
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

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.

Upcoming Events

November 4—7: Trip to Foxwoods & Mohegan Sun

November 13: Club Meeting

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.

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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!

Craft Class

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.

On Monday November 5, 2018 at 11 am in the Dining Area, we will be presenting “Aten’nikonhráhtshera, Rotikstenhokón:’a Raotihiatónhsérha 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

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

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!

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!
| 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 Support + Group + Memory Cafe |
| 2 | Beef Stroganoff Asparagus Roll Pears | Activity: 10:30 Virtual Bowling |
| 3 | Activity: 6:00 Ace to King |
| 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, Gravy, Mashed Potatoes, Cranberry Salad, Pumpkin Pie, Apple Pie, Rolls |
| 15 | Potato Crusted Cod, Brown Rice Brussels Sprouts Pineapple Chunks |
| 16 | Chicken Corn Chowder, Biscuit Fruit Cocktail |
| 17 | Activity: 6:00 Ace to King |

**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 9:00 am. 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!

**Sponsor by:** NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding
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<th></th>
<th>Activity: 6:00 Ace to King</th>
<th>Veterans Day</th>
<th>Activity: 8:30 Massage  10:00 Tai Chi # 19  10:00 Senior Club Meeting  11:30 Box Lunch Bingo  1:00 Kanien’keh’a Class  1:00 Shopping</th>
<th>Activity: 10:00 Exercise Class  3:30 Understanding Your Grief #9</th>
<th>Pineapple Chunks Activity: 10:00 Tai Chi # 20  10:00 Haircuts  1:00 Kanien’keh’a Class  11:00 Alzheimer’s Support Group  1:00 Shopping  1:00 Effective Communication Strategies with Alzheimer’s Association  10:00 Exercise Class  3:30 Understanding Your Grief #10</th>
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<td>18</td>
<td>Activity: 6:00 Ace to King</td>
<td>Public Hearing! We would like to hear from you! 10:00 am BBQ Pork on Bun Corn Butterscotch Pudding Activity: 10:00 am – 12:00 Public Hearing! 1:00 Bingo</td>
<td>Tomato Soup Tuna Sandwich Cookie Activity: 10:00 Tai Chi # 21  1:00 Kanien’keh’a Class  1:00 Shopping</td>
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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.

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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
"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
### 1st Quarter Birthday Board

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<td>Alice Jacobs</td>
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<td>Florence Cook</td>
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<td>Angus Brown</td>
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**Best Wishes on your Birthday and throughout the coming year!**

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**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.

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**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.

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**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

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

- 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.