



Moccasin Trail

KENTÉNHA / OCTOBER 2020

Points of Interest:

- October Coloring Contest
- Wellness and Self-care Tips
- Red Ribbon Week
- Fall Craft Kits
- Take Action
- Classes are back!
- Legal Aid Update
- Flu Vaccine Article



NIAWENKÓ:WA REEN AND BENNY!



That's a wrap on Parking Lot Bingo! We want to Thank Reen for helping us since July 13th with planning and implementing. She brings such a positive energy and we were so happy that she donated her time to help Joy and Katie all summer. Not only did we get Reen, but CKON also gave a generous donation to the OFA Activities Program to help with our Craft Kit supplies! If that wasn't enough, CKON also gave us CKON Radio Bingo gift certificates every week to raffle off to all of the Parking Lot Bingo participants. We are so grateful Reen remembered to give us gift certificated the day she couldn't be with us. We had a wonderful sub for calling numbers our last Bingo, Sub Chief Benny Herne! He had absolutely no problem giving us a hand on short notice. He wasn't that familiar with the games but we couldn't tell, he fit right in and did a great job. Thanks again Reen and Benny for making our Parking Lot Bingo such a success!



**The Building is CLOSED to the Public
until Further Notice**



Congratulations! **LINDA MONTOUR & HILDA SMOKE**

Winners of our September Coloring Contest!

Linda and Hilda both win a free lunch or dinner on us from one of our local restaurants of their choice. We had 18 participants this month. All of the staff voted and chose 2 of their favorites of both coloring pages. The next Coloring Contest will be distributed on Friday, October 2nd and they need to be back to us by Tuesday, October 13th 12:00 pm at the latest. Any senior can participate in these contests!

Give Katie or Joy a call and we will get one to you and pick up! (518) 358-2963.

Sataten'nikon:raren/ "Take care of yourself"



For more information contact SRMT A/CDP Prevention at (518) 358-2967

Senior Club Update:

Membership Renewal!

Please mail your membership fee or \$5.00 American to the Saint Regis Mohawk Senior Club:

**P.O. Box 1106
Hogansburg, NY
13655**

Don't miss out on your 2021 Newsletter!

If you have any questions, please call Karen W. at 518-319-5267

2021

FALL CRAFT KITS!



October Craft kits will be available starting Oct 5th. We will have 5 large wreaths and 4 smaller wreaths available. Kits will include everything you need, some materials may be substituted due to limited availability. There will also be Wooden Halloween Decorations kits available to paint. This kit will include 1 tall cat, 1 med pumpkin and 1 candy corn.

Instructions are included but as always, please feel free to express your own crafting skills. We still have 3 Mermaid kits available and also a big box kit consisting of 3 kits– Sailboat, Seashell Wreath and Small sailboat, If interested please call. We Deliver!



CALL Activity Department (518) 358-2963 EXT 3310

Kenténha / October

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wiskhaton</i>
<p>Call the Center if you will not be home for your Home Delivered Meal at 518-358-2963</p> <p>Menu is subject to change do to the availability of produce</p> 			<p>1 Sweet & Sour Pork Rice Broccoli Roll Peaches</p>	<p>2 Baked Mac & Cheese Stewed Tomatoes Roll Jell-O</p>
<p>5 Pork Chops Stuffing Green Beans Applesauce</p>	<p>6 Stuffed Shells Tossed Salad Italian Bread Tapioca Pudding</p>	<p>7 Roast Beef Mashed Potatoes Roasted Veggies Roll Cookie</p>	<p>8 Sweet Potato Soup Italian Bread Yogurt</p>	<p>9 Chicken Cordon Bleu Rice Pilaf Mixed Veggies Roll Lemon Fluff</p>
<p>12 CLOSED Indigenous Peoples Day</p> 	<p>13 Chicken Parmesan w/ Spaghetti Roll Cantaloupe Cup</p>	<p>14 Strawberry Spinach Salad Garlic Toast Ambrosia</p>	<p>15 Cold Cut Buffet Mac Salad Chips Cookie</p>	<p>16 Beef Barley Soup Biscuit Mandarin Oranges</p>
<p>19 Liver with Bacon and Onions Boiled Potato Corn, Roll Chocolate Pudding</p>	<p>20 Tomato Mac Soup Turkey Sandwich Sliced Peaches</p>	<p>21 Pancakes Bacon Scrambled Eggs Strawberries with Whipped Cream</p>	<p>22 Meatloaf Wild Rice Oriental Veggies Roll Citrus Cup</p>	<p>23 BBQ Ribs Sweet Potato Fries 3 Bean Salad Roll Apple Crisp</p>
<p>26 Chicken & Dumpling Peas Brownie</p>	<p>27 Baked Fish Rice Pilaf Beets Berry Fruit Salad</p>	<p>28 Open Face Turkey French Fries Green Beans Cranberry Sauce Cake</p>	<p>29 Bloody Spaghetti With Rat Meatballs Stale Garlic Bread Moldy Jell-O with Fruit</p>	<p>30 CLOSED Planning Day</p> 

Time to get ready, it's...

RED RIBBON WEEK!

Monday, Oct. 26th– Friday, Oct. 30th, 2020

Yes, we are Still doing Red Ribbon Week!

To get your name into the drawing of the day, come see us and we will enter your name. Come get lunch at our Grab-n-Go or take a walk on the trail!

The Alcohol/Dependency Prevention Program of the Saint Regis Mohawk Tribe encourages all community members to participate in Red Ribbon Week to promote living a drug-free healthy lifestyle. Throughout the week the community, including the schools, will be participating!



Monday, October 26th: Red/Red Ribbon Day

“Red-y to live Drug-Free and make a Difference”

Wear red, including red ribbon shirts/skirts/dress



Tuesday, October 27th: Wear Plaid

“Plaid looks good on me proud to be drug free”

Wear plaid shirt/clothes



Wednesday, October 28th: Jersey Day

“Team up against drugs, play drug free”

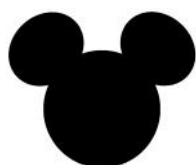
Wear your favorite jersey or sports shirt



Thursday, October 29th: Tie Dye Day

“Don’t get tied into drugs, say NO”

Wear tie dye clothing/accessories



Friday, October 30th: Disney Day

“All dreams come true if we have the courage to pursue them.”

Wear Disney theme clothing/costume

The Senior Center will be closed for Planning Day



Take Action!

Managing Ongoing Health Conditions

Beginning October 14
Every Wednesday at 1

Do you struggle making commitments to improve your health issues? Get the tools to meet your goals, **Take Action!** Learn how to manage your health condition in a supportive group setting.

In the 6 week classes you will learn about the mind-body connection/distraction, getting a good night's sleep, how to create action plans, dealing with difficult emotions, fall prevention, pain and fatigue management, and much more!

Classes will be held once a week for one hour over the phone. The instructors will simply call you at the arranged time and add you to the conference call.

How do you join? Just call Katie Boots or Joy Lazore-Gibson at (518) 358-2963. They will help get you the material you need for the class.



Important Dates to Remember

Friday October 9, 2020	Voter registration deadline. Contact Tracy for assistance with voter registration.
Thursday October 15, 2020	Medicare Part D Open Enrollment Period starts. This is the time to enroll or switch your Medicare Prescription plan. Changes become effective January 1, 2021.
Tuesday October 27, 2020	Last day to file an application for an absentee ballot. NEW-You may be eligible to vote by absentee ballot if you are unable to appear at the polls due to temporary or permanent illness or disability. Temporary illness includes being unable to appear due to risk of contracting or spreading a communicable disease like COVID-19.
Monday November 2, 2020	Home Energy Assistance Program opens. Contact Helen or Tracy if you need assistance completing an application.
Tuesday November 3, 2020	General Election Day
Monday December 7, 2020	Medicare Part D Open Enrollment Period Ends.

OFA Acting Information Coordinator

My name is Helen Gray, I am the Elder Abuse Prevention/Akwesasne Elder Abuse Multidisciplinary Team Coordinator at the Tsi' Tetewatkins Senior Center in Akwesasne. I also work with the NY Connects/HIICAP program assisting with outreach and education about Medicare Improvements for Patients and Providers Act (MIPPA). I will be covering Alison Cooke's position as Information Coordinator until January 2, 2021. I can assist you with applying for and understanding how to use your benefits which include SNAP; Medicare Part A, B and D; Medicaid; Medicare Savings Program (MSP); HEAP/HEAP Cooling and Social Security Retirement Benefits. The following services will be referred out from our office until Alison's return: Medicaid nursing home/at home care new applications; new Social Security Disability and SSDI applications. We will still fax or mail any required documentation for these services on your behalf per your request.



My office hours are Monday to Friday 9 AM to 5 PM. Appointment times are 10 AM to 3 PM. I see clients by appointment only and must be screened prior to appointment. I can be reached at (518)358-2963.

No More Excuses: You Need a Flu Vaccine

Even healthy people need a flu vaccine.

Influenza (flu) is a contagious disease which can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.



Is the flu vaccine safe?

Yes. The flu vaccine is safe. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of seasonal flu vaccines. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

The most common side effects of flu vaccines are mild.

The flu vaccine cannot cause flu illness; however, it can cause mild side effects that may be mistaken for flu. Common side effects from the flu shot include soreness, redness, and/or swelling from the shot, headache, fever, muscle aches, and nausea. These side effects are NOT the flu. If experienced at all, these effects are usually mild and last only 1-2 days.

Even if I get sick, won't I recover quickly?

Not necessarily. Influenza can be serious and anyone can become sick with flu and experience serious complications, including active and healthy kids, teens and adults. Even if you bounce back quickly, however, others around you might not be so lucky. You could spread your illness to someone who is more vulnerable to flu. Some people can be infected with the flu virus, but have no symptoms. During this time, you can still spread the virus to others. Don't be the one spreading flu to those you care about.

Can't I wait and get vaccinated when/if flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, so the sooner you get vaccinated, the more likely it is that you will be protected once flu begins to circulate in your community.



**Centers for Disease
Control and Prevention**
National Center for
Health Statistics



GET THE FACTS

- The flu vaccine is safe, does not cause the flu, and can protect the ones you love.
- Spread the word and GET VACCINATED!

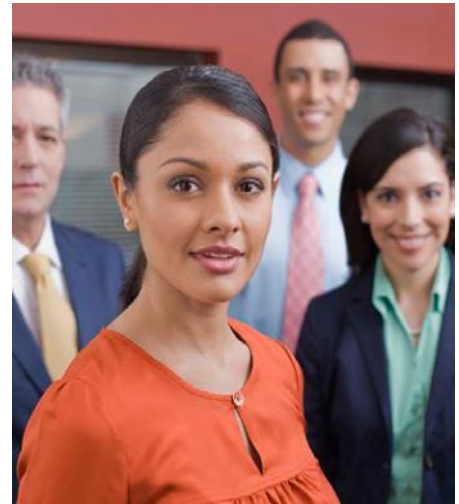
Can't I wait and get vaccinated when/if flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, so the sooner you get vaccinated, the more likely it is that you will be protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu.

Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness.

- You may have been exposed to a non-flu virus. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against other viruses that may cause symptoms similar to flu, like the common cold.
- You might have been exposed to flu after you got vaccinated, but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- You may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.
- Unfortunately, however, some people who get a flu vaccine may still get sick. How well the flu vaccine works (or its ability to prevent flu) can range from season to season and also can vary depending on who is being vaccinated. However, if you do get sick, flu vaccination might make your illness milder than it would have been otherwise

***Don't avoid getting a flu vaccine because you don't like shots.***

The minor pain of a flu shot is nothing compared to the suffering that can be caused by the flu. A flu vaccine reduces your risk of illness, hospitalization, and can prevent you from spreading the virus to your loved ones. So, whatever little discomfort you feel from the minor side effects of the flu shot is worthwhile to avoid the flu.

You need to get a flu vaccine every year.

There are two reasons for getting a flu vaccine every year:

- a) Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection.
- b) A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.

For more information,
visit <http://www.cdc.gov/flu>
Or call

1-800-CDC-INFO (800-232-4636)

GET THE FLU VACCINE

Flu vaccines are offered in many locations. Vaccines are made available at doctor's offices, clinics, health departments, retail stores, pharmacies, and health centers. The Saint Regis Mohawk Tribe Health Services will be offering Flu shot clinics on October 15, 20, and 22nd. They request that you make an appointment.



Legal Aid Update

Legal Aid with Linda LaRue will be beginning again by appointment the 2nd and 4th Thursday of every month beginning in November. Linda with the Legal Aid Society will be seeing clients at the Office for the Aging in the Sunroom. The following procedures will be set in place to see her:

1. Must make an appointment with Giselle Cook.
2. Upon arriving for your appointment, call from your car **(518) 358-2963** to let us know you are outside and have an appointment. You will be asked to provide us with a phone number to call you back when Linda is ready to meet with you. No Walk-in's are allowed.
3. When you receive the call that Linda is ready for you, you must enter and exit the Sunroom doors. No one is allowed to accompany you for your appointment. We are strictly one person at a time to insure the safety of our staff.
4. You are required to wear a mask when entering the building.
5. Once you enter the Sunroom, there is a table with hand sanitizer. You are required to sanitize your hands right away.
6. Please come prepared with your own pen if you need to sign any paperwork.
7. You are not allowed to roam outside of the Sunroom for any reason, **including the use of the Washrooms.**

Niawenko:wa for your patience, understanding and cooperation during these difficult times!



Ride to Nowhere 2015

Wednesday, October 14th the bus ended up at the Onkwehonwe Art Show in Malone and the Market Barn. We then took the scenic route through the beautiful Adirondack foothills. The participants were Jimmy Arquette, Emily Tarbell (staff), Marion Campbell, Kathi Jock, Iona Castagnier, Sandy Swanger, Bea White, and Agnes Bero.



Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- Dale Bintz
Sue Ann Hutchcroft
- 2- William Oakes
- 3- Carl Tarbell
- 5- Gale Dewitt
- 7- **Denise Hall**
John 'Tony' Swamp
- 8- **Ben Kelly**
- 9- Joe Thompson
Joan Soucy
- 10- Brian David
- 11- **Marianne Loran**
Harry Thompson
- 12- Ruth Dora
- 14- John D. White
Shirley Jacobs
- 16- **Elda Cook**
Gisela Herne

- 17- Gerald Rubado
Barb White
- Inez Cook
- 18- Loretta Benedict
- 19- Betty Mitchell
- 20- Patricia Taylor
Theresa Gardner
- 21- Beulah Terrance
Arnold Printup
- 22- Isabell Francis
- 23- **Julianne Barnes**
Vickie Beeson
Mary Wainman
Giles Quenville
Margaret Chubb
- 24- **Virginia Plante**
- 26- **Joseph Hruska**
Carl L. White

- 26- Marshall Rourke
Irene Gambill
- 27- **Sandy Swanger**
Lori Dow
Ida Ransom
Rita Oakes— Arbor
- 28- John W. Herne
Sandra A. Burnett
- 29- Jerry Thompson
Mary Sunday
- 30- Sam Oakes
Connie Sunday
- 31- Sister Christine
Taylor

**Bold are Saint Regis
Mohawk Senior Club
Members**



Slow— Cooker Split Pea Soup

6 Servings

15 Minute Prep Time

4 Hours 20 Minutes

Ingredients:

- 1 lb Split Peas (about 2 c.)
- 1 large onion
- 2 medium carrots, peeled
chopped
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 3 sprigs thyme
- 1 tsp. ground ginger
- 1/4 tsp. crushed red peper flakes
- 6 c. low-sodium chicken broth
- 1 ham bone
- Kosher salt
- Freshly ground pepper



Recipe Corner

1. In a slow cooker combine split peas, onion, carrots, celery, garlic, thyme, ginger, and red pepper flakes. Pour broth over and add ham bone. Season with salt and pepper.
2. Cook on high for 4 to 5 hours or low for 6 to 8, until peas are completely soft.
3. Remove ham bone from slow cooker and shred any remaining meat. Add meat back to slow cooker and serve.



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

**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..**