



# Moccasin Trail

TSIOTHÒHRHA / DECEMBER 2018

## POINTS OF INTEREST:

- \* Mitten Tree Day
- \* Caregiver Corner
- \* Flannel Day
- \* Free Large Print Calendars
- \* New Smart TV's
- \* Details about Christmas dinner

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THURSDAY, DECEMBER 13TH, 2018  
ONE O'CLOCK IN THE AFTERNOON  
SAINT REGIS MOHAWK TRIBE  
OFFICE FOR THE AGING  
BAKED HAM DINNER  
TICKETS: \$5.00

### **Sorry we are Closed on:**

Tuesday, December 25th— Christmas Day  
Friday, December 28th— Planning Day

# SENIOR CLUB PAGE

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



## 2019 Club Dues!

We are taking 2019 Membership dues. If your membership is not renewed, you will not receive newsletters beginning in January 2019. Cost is \$5.00.

## Upcoming Events

Dec. 11th at 12:30– Senior Club Meeting

April 2019– Trip to Atlantic City

## Volunteer BINGO Schedule:

December 3rd  
Judy Cole  
Rosemary Bonaparte

December 10th  
Barbara Lazore  
Lou Ann Paquin

December 17th  
Betty Kelly  
Dorothy Shatlaw  
Debbie Thomas

December 24th  
Melanie Jacobs  
Iona Castagnier

December 31st  
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.



## Te'tewatskahon/ Green Food Bag

Deadline to order is:  
**Friday, Dec. 7th before 2:00pm**  
 Please pick up your bag on:  
**Tuesday, Dec. 18th**  
**12:00pm- 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.

**Bring in any mittens/gloves by  
Thursday, December 6th and  
 we will donate to our local  
 Boys and Girls Club to  
 celebrate Mitten Tree Day!**



## Caregiver Corner

*December can be a stressful month for caregivers because for many it is a busy month of family traditions and caregivers are already busy!*

So, if you are a caregiver read this list of points to consider as you prepare for the season:

**Keep self-care at the top of the list.** Sounds basic but it is often the first thing forgotten. Think about food choices, adequate sleep and some simple exercise to get you through the season.

**Know your hot buttons.** Limit your exposure to certain people, places and events if they trigger stress for you.

**Before the season starts know your best stress reducers** and be ready to use them. Anything from seeing a funny movie, calling a good friend, writing in a journal or listening to good music. You know what works for you so put a plan in place before you become overwhelmed.

**Simplify your holiday traditions or try something new.** You may not be able to keep all the traditions this year. Pick the most important and save your energy for those things that mean the most to you. Can you simplify what you do and still keep it special?

**Ask for help.** Guess what? People want to help but they don't know what you need. So discuss things in advance for the best outcome for everyone.

**Most importantly, take a deep breath and enjoy the moments!**

*For Caregiver Questions contact Nancy Vosbrink at 518-358-2963 extension 3318  
 or email her at [nancy.vosbrink@srmt-nsn.gov](mailto:nancy.vosbrink@srmt-nsn.gov)*



# Christmas Concert!



The St Regis Mohawk School band and chorus groups will be coming to get us into the holiday spirit on **Wednesday, December 19th at 11:00 am**. Everyone is welcome to come and listen! For lunch we will be having spaghetti with meatballs, tossed salad, garlic bread and cake!

## Flannel Day!

Wear any sort of Flannel on Friday, Dec. 21st and get your name in for a draw!



The last  
*Kanien'keha*  
*Class*  
of 2018 will be  
December 20th  
Classes are scheduled  
to resume  
*mid-January 2017*

# Just for Funzies

## Christmas Humor:

- What do you call a clumsy Santa Clause? **SANTA KLUTZ**  
 What kind of music do elves like the best? **"WRAP" Music**  
 What do you call Santa's helpers? **SUBORDINATE CLAUSES**  
 Where does Santa stay when he's on vacation? **AT A HO-HO-TEL**  
 What do you call people who are afraid of Santa Claus? **CLAUSTROPHOBIC**  
 How much did Santa pay for his sleigh? **NOTHING, IT WAS ON THE HOUSE**  
 What happens if you accidentally eat a Christmas decoration? **YOU GET "TINSEL"-I-TIS**  
 What's red and white and red and white and red and white? **SANTA ROLLING DOWN A HILL**  
 Why does Scrooge love Rudolf the Red-nosed Reindeer? **BECAUSE EVERY BUCK IS DEAR TO HIM**  
 What do you call someone who doesn't believe in Father Christmas? **A REBEL WITHOUT A CLAUS**  
 What's a good holiday tip? **NEVER CATCH SNOWFLAKES WITH YOUR TONGUE UNTIL ALL THE BIRDS HAVE GONE SOUTH FOR THE WINTER**



## Christmas Season One-Liners:

- \* Show me an unemployed Santa, and I'll show you a ho-ho hobo!
- \* Christmas is when you buy this year's gift with next year's money.
- \* Why does Christmas always come just when the stores are so crowded?
- \* "The three great holiday gift lies are "Easy to assemble," "Unbreakable," and "One size fits all."
- \* I don't think I'll be getting my wife anything this year. She still hasn't used the snow shovel I got her last Christmas.
- \* My mother-in-law gives really exciting gifts for Christmas. Last year, she gave me a gift certificate good for four hours of free advice.
- \* Hang onto your youth for as long as you can. The minute you stop believing in Santa Claus, you get socks and underwear for gifts.
- \* I get such delight watching my children hang up their stockings Christmas Eve, it's just such a thrill to see them hang anything up!






# Tsiothóhrha/December

Tsiat'ahkhaton	Kíokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahíà:khaton
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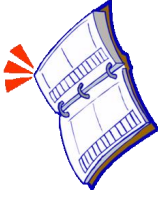

**Remember:**  
 Please call the center at **(518) 358-2963** by 9:30 am for lunch.  
 Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am.  
 And call the center if you will not be home for your home delivered meal.  
 Menu is subject to change at Cook's discretion.  
**Your cooperation helps us better serve you!**



**1**  
**Activity:**  
 6:00 Ace to King

<b>2</b> <b>Activity:</b> 6:00 Ace to King	<b>3</b> Chili Corn Muffin Applesauce <b>Activity:</b> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	<b>4</b> Chuckwagon Chips, Peaches & Cottage Cheese Chocolate Pudding <b>Activity:</b> 8:20 Massage 10:00 Chair Yoga 11:00 Presentation by Pharmacist Brian Bond (Cholesterol) 1:00 Kanien'keha Class 1:00 Shopping	<b>5</b> Pork Chops Butternut Squash Rice Pilaf Roll Cupcakes <b>Activity:</b> 8:00 Lori Oakes DSS 10:00 Exercise Class	<b>6</b> Beef Stew Roll Mandarin Oranges <b>Activity:</b> 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid  <i>Mitten Tree Day!</i>	<b>7</b> Cheeseburger Mac, String Beans Roll, Sliced Pears <b>Activity:</b> 10:30 Virtual Bowling <div>Green Food Bag Orders Due by 2:00</div>	<b>8</b> <b>Activity:</b> 6:00 Ace to King
						<b>15</b> <b>Activity:</b> 6:00 Ace to King
<b>9</b> <b>Activity:</b> 6:00 Ace to King	<b>10</b> Split Pea Soup Turkey Sandwich Butterscotch Pudding	<b>11</b> Fish on a Bun Coleslaw Fries	<b>12</b> Scramble Eggs Sausage Links Hash Browns	<b>13 Christmas Dinner</b> Bake Ham	<b>14</b> Chicken Burger Sweet Potato Fries Roll	<b>15</b> <b>Activity:</b> 6:00 Ace to King
						<b>16</b> <b>Activity:</b> 6:00 Ace to King

Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding

6:00 Ace to King	Cookie <b>Activity:</b> 10:30 Virtual Bowling	Mash Potatoes Glaze Carrots Roll Black Forest Cake <i>1:00 Appetizers Begin</i> <i>2:00 Dinner is Served</i> <i>3:00 Entertainment Begins</i> 	Yogurt <b>Activity:</b> 10:00 Exercise Class 10:00 Haircuts	Jell-O <b>Activity:</b> 8:20 Massage 10:00 Chair Yoga 11:30 Box Lunch Bingo 12:30 Senior Club Meeting 1:00 Kanien'keha Class 1:00 Shopping	6:00 Ace to King
23 <b>Activity:</b> 6:00 Ace to King	22 <b>Activity:</b> 6:00 Ace to King	21 BBQ on a Bun Wax Beans Peach Cobbler <b>Activity:</b> 10:30 Virtual Bowling 1:00 Tina's Painting  <i>Flannel Day!</i>	20 Hamburger Gravy Boiled Potatoes Broccoli Roll, Fruit Cocktail <b>Activity:</b> 10:00 Chair Yoga 1:00 Shopping 11:00 Alzheimer's Support Group 1:00 Last Kanien'keha Class 6:00-7:00 Memory Café & Support Group	19 <b>Birthday Meal</b> Spaghetti with Meatballs Toss Salad Garlic Bread Cake <b>Activity:</b> 8:00 Lori Oakes DSS 10:00 Exercise Class 11:00 Mohawk School Christmas Concert	26 Corn Soup Biscuit Vanilla Pudding <b>Activity:</b> 10:00 Exercise Class
28 <b>Closed: Planning Day</b> 	27 Cream of Broccoli Soup, Ham Sandwich Fig Newton Cookie <b>Activity:</b> 10:00 Haircuts 10:00 Chair Yoga 1:00 Shopping 1:30 Legal Aid	25 <b>Closed Christmas Day</b> 	24 Chicken Tenders Seasoned Fries Peas & Carrots Melon Cup <b>Activity:</b> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	31 BBQ Ribs Brown Rice Carrots Roll Cranberry Applesauce <b>Activity:</b> 10:00 Exercise Class 10:30 Virtual Bowling Tournament 1:00 Bingo	30 <b>Activity:</b> 6:00 Ace to King

# Drop-In Anytime!

**Catherine Cook's Chair Yoga:** a drop-in class that is motivating and geared for older adults. No matter if you are a beginner or experienced "Yogi", the class offers low impact yoga that is tailored to your ability. Take advantage of an opportunity to reconnect with older friends, make new ones, and feel great about yourself. Please dress appropriately. We provide all equipment in the class.

**Exercise Program:** a drop-in exercise class that will help keep your joints flexible and muscles strong. And will help you stay focused on positive life style choices. We offer this class for older adults who want to increase energy, improve well-being and sleep better. Please dress in comfortable clothing and wear good fitting shoes or sneakers for movement. We will be following a DVD and provide any equipment needed.

**We also have 2 new Recumbent Cross Training Machines and a Treadmill in the Lounge with access to our new Smart TV's. Available anytime between 7:00 am and 5:00 pm.**

**Every Monday & Wednesday  
Exercise Class**

*DVD*

**10:00– 11:00 a.m.**

**Every Tuesday & Thursday  
Chair Yoga**

with Catherine Cook

**10:00– 11:00 a.m.**



**2 NEW!!!!**

**Come check out our new 60" Smart TV's! One in the Lounge and one in the Sunroom. We are going to watch movies, workout, watch YouTube, and play games!**



# Quick Ideas for Winter Safety

This is the time of year you do not want to be caught unprepared. Take a few minutes and put a few simple things in place to be safe.

Check supplies. Now is the time to make sure you have back up batteries, flashlights, radios, bottled water etc.

Establish a plan for winter emergencies. If power is lost for more than a few hours do you have a plan? Will you go somewhere else or have you arranged for someone to check in with you? Consider having a bag packed with essentials (extra medicine etc.) so you can leave if necessary. Don't forget to plan for your pets. Have a travel carrier ready or arrange for someone to care for them in your absence.

Risk for falls is up due to the snow and ice on outside walkways. Make sure you wear appropriate footwear when outside. Once you come home, be aware of wet floors from your boots which increases the risk for falls.

If traveling in your own car keep a full tank of gas and have emergency supplies stored in your trunk. This can include kitty litter or sand, a small shovel, snow scrapers/brushes, water and blankets. Don't forget a flashlight and a charger for your phone.

Risk for fires is up during the winter season. Make sure electric blankets and space heaters are used safely. Monitor the condition of any holiday lights/decorations. Do not leave candles unattended. Make sure smoke and carbon monoxide alarms have fresh batteries. Consider fire extinguishers for additional safety.

Dress Smart. Wear layered loose fitting clothing and water-proof gloves or mittens. Wear a hat to avoid heat loss. Choose warm footwear with traction.

Monitor your nutrition. When it is cold it is easy to forget to drink enough water. Choose balanced meals that incorporate vitamin-rich foods. If possible, keep extra food in the house in case extended bad weather makes getting out difficult.

# The Nightmare Before Christmas



Costume Contest Winners: Kathy White,  
Millie Cook & Rose Oakes.  
Eyeball Search Winner: Donnie White



Lilly Swamp



Helen Gray



Tai Chi Instructors  
Catherine Cook and Katie  
Boots with daughter Amelia



Mommy Shark Katie Boots  
photo bombing Cecelia Kings  
son Shakoianhsaks

Everyone was feeling the Halloween Spirit this year at seniors! The Kanatakon School parade began earlier than we thought at 9:00 am but the staff rushed to the rescue. About 145 kids came bus by bus trick or treating, they were all so cute, funny and scary. We had some Halloween themed snacks like Reese's peanut butter witches brooms with pretzels. Our usual costume contest and parade was hilarious. We played spider toss which was a Halloween curve to bean bag toss. For our new game this year we were blindfolded and had to search through a bowl of cooked spaghetti noodles to find small rubber eyeballs. It was timed and was a lot harder than it looked, and very gross feeling! It was a very fun and busy day filled with a lot of laughter.



Director Lora Lee as  
Mrs. Potato head



Peter Back, Donna Arbour, and Rose Oakes searching for eyeballs!



# Satonhá:ren tsi Sahsiérite

*Best Wishes on your Birthday and throughout the coming year!*

2- Rose Dillon	16- Vernie Herne	26- Selena Smoke
3- Cecilia Reid	Karen Lalonde	Ellen Planty
<b>James Lazore</b>	17- Emily Bradshaw	<b>27- Katherine Foley</b>
<b>Dave Mitchell</b>	<b>18- Marilyn Gale</b>	<b>28- Brenda LaFrance</b>
<b>Debbie Cree</b>	<b>19- Bea Bero</b>	<b>29- Gloria Lazore</b>
<b>4- Mona Jacobs</b>	Greg Cole	Charlene Spieler
Ruth Campbell	<b>20- Debbie Cooke</b>	30- Lawrence Cook
<b>6- Beatrice H. White</b>	21- Dawn Boice	<b>31- Jerry J. Thompson</b>
<b>7- John "Tony" Swamp</b>	Ward Cook	May O. Burnham
11- Carol Lazore	<b>22- Ernest Samphier</b>	
Margaret Hamelin	23- Judith Vankennan	<b>Bold are Saint Regis Mohawk</b>
<b>12- Beverly Lazore</b>	<b>Judith Printup</b>	<b>Senior Club Members</b>
13- Lois Jordan	24- Minerva White	
<b>14- Sylvia Bero</b>	25- Patricia Cameron	
15- Alex Roundpoint	<b>Mabel White</b>	



## Niawen:kowa

Thank you November  
Newsletter Volunteers: Marion  
Campbell, Sandy Swanger,  
Rosemarie Jacobs, Katherine  
Thompson, and Catherine Cook.  
Thank you Kim Lawrence for



*thank you!*

## CHRISTMAS DINNER DETAILS!

We moved up the time  
Appetizers will be served at 1:00 p.m.  
Dinner will be served at 2:00 p.m.  
Entertainment by  
Jim Fitzgerald and the Starlight's  
will be from 2:45– 4:15 p.m.

*Tickets are now available for purchase \$5.00  
each, and are nonrefundable.*

*You cannot use a lunch certificate for this  
meal. Bring a nonperishable food item for  
Akwesasne Food Pantry to enter your name  
in a draw at the party!*

### Did You Know:

Newsletters may also be received by e-mail. Just e-mail [katie.boots@srmt-nsn.gov](mailto: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](http://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..**