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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CHRISTMAS PARTY
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
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:
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.

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
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.

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
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’kéha Class of 2018 will be December 20th. Classes are scheduled to resume mid-January 2017**
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 TOUNGUE 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 but 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!
### 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!*

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

### Menu:

<table>
<thead>
<tr>
<th>No.</th>
<th>Activity:</th>
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<tbody>
<tr>
<td>1</td>
<td>6:00 Ace to King</td>
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<td>2</td>
<td>6:00 Ace to King</td>
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<td>14</td>
<td>6:00 Ace to King</td>
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### Activities:

- **Green Food Bag Orders Due by 2:00**

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### Day 2

- **Activity:** 6:00 Ace to King
  - Chili
  - Corn Muffin
  - Applesauce
  - Activity: 10:00 Exercise Class
  - 10:30 Virtual Bowling
  - 1:00 Bingo

### Day 3

- **Activity:** 6:00 Ace to King
  - Chuckwagon Chips, Peaches & Cottage Cheese
  - Chocolate Pudding
  - Activity: 8:20 Massage
  - 10:00 Chair Yoga
  - 11:00 Presentation by Pharmacist Brian Bond (Cholesterol)
  - 1:00 Kanien'kehá:ka Class
  - 1:00 Shopping

### Day 4

- **Activity:** 6:00 Ace to King
  - Pork Chops
  - Butternut Squash
  - Rice Pilaf
  - Roll
  - Activity: 8:00 Lori Oakes DSS
  - 10:00 Exercise Class
  - 1:00 Kanien'kehá:ka Class
  - 1:00 Shopping

### Day 5

- **Activity:** 6:00 Ace to King
  - 10:00 Chair Yoga
  - 1:00 Kanien'kehá:ka Class
  - 1:00 Shopping
  - 1:30 Legal Aid

### Day 6

- **Activity:** 6:00 Ace to King
  - Beef Stew
  - Mandarin Oranges
  - Activity: 10:00 Chair Yoga
  - 1:00 Kanien'kehá:ka Class
  - 1:00 Shopping

### Day 7

- **Activity:** 6:00 Ace to King
  - Cheeseburger
  - Mac, String Beans
  - Roll, Sliced Pears
  - Activity: 10:30 Virtual Bowling

### Day 8

- **Activity:** 6:00 Ace to King
  - Split Pea Soup
  - Turkey Sandwich
  - Butterscotch Pudding
  - Activity: 10:00 Chair Yoga
  - 1:00 Kanien'kehá:ka Class
  - 1:00 Shopping

### Day 9

- **Activity:** 6:00 Ace to King
  - Fish on a Bun
  - Coleslaw
  - Hash Browns

### Day 10

- **Activity:** 6:00 Ace to King
  - Scramble Eggs
  - Sausage Links
  - Hash Browns

### Day 11

- **Activity:** 6:00 Ace to King
  - Christmas Dinner
  - Bake Ham
  - Mashed Potatoes
  - Activity: 10:30 Virtual Bowling

### Day 12

- **Activity:** 6:00 Ace to King
  - Chicken Burger
  - Sweet Potato Fries
  - Roll
**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.

<table>
<thead>
<tr>
<th>Every Monday &amp; Wednesday</th>
<th>Every Tuesday &amp; Thursday</th>
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<tr>
<td><strong>Exercise Class</strong></td>
<td><strong>Chair Yoga</strong></td>
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<tr>
<td><em>DVD</em></td>
<td>with Catherine Cook</td>
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<tr>
<td>10:00– 11:00 a.m.</td>
<td>10:00– 11:00 a.m.</td>
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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!
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.
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.
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.
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..