Points of Interest:
- Saranac Lake Ice Castle
- Dave Fadden Art Exhibit in Plattsburgh
- Winter Carnival Events
- Summer Festival
- New Hairstylist
- Sleigh Ride
- Home Care Program Information
- Nutrition Bingo

Valentines Party!

Please join us on Friday, February 14, 2020
Beginning at 10:30 am

We will be having Valenties
day themed snacks and games
including Valenties Jeopardy!

Diane Boots, Linda Montour and James Montour
enjoying National Popcorn Day on Friday, January 17th

Inside this Issue:
- Senior Club Page 2
- Ace to King Tournament 3
- Cancer Peer Education 4
- Virtual Bowling Tournament 5
- Calendar 6, 7
- Senior Center Winter Carnival Events 8
- Next Mohawk Networks Presentation 9
- Personal Emergency Response Service Alert 10
- Birthdays 11
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
10:00 am– 12:30 pm

Upcoming Events:
Feb. 11th– Club Meeting
March– Deer Valley Trip
April 19-22, 2020- Atlantic City

Volunteer BINGO Schedule:

| February 3rd | April 19th– April 22nd 2020 Cost is $285.00 for travel and hotel fees Total payment is due by February 12, 2020 |
| February 10th | 3 Day trip April 19th– April 22nd 2020 Cost is $285.00 for travel and hotel fees Total payment is due by February 12, 2020 |
| February 17th | 3 Day trip April 19th– April 22nd 2020 Cost is $285.00 for travel and hotel fees Total payment is due by February 12, 2020 |
| February 24th | 3 Day trip April 19th– April 22nd 2020 Cost is $285.00 for travel and hotel fees Total payment is due by February 12, 2020 |

Our deepest Condolences to the families of

Atlantic City!!!

Senior Club Hours:
Monday– Friday
10:00 am– 12:30 pm

All Club Members: Please update your phone number if you have changed it in the past 2 years.

New Members:
Debra L. Cook
H. John Bero
Loretta David
Denise Hall
Mike Oakes
Erica Oakes
Patricia Oakes
Edward Tarbell
Debbie Thompson
Jamie Ross
Loretta Thomas

Please Take Note...
The Senior Club is planning a Summer Festival on July 4th and 5th in efforts to start raising money to build an addition on our Senior Center building. The festival will include artists, craft tables, activities, food vendors and Music! If your are interested please contact Senior Club members:
Kamie Swamp: (518) 651-0285
Kathy Colburn: (518) 358– 2553
Lois Thomas: (518) 358– 9647

Schedule is subject to change. Please make arrangements to switch with someone if you cannot make it on your scheduled date.
Winter Carnival Event held at Senior Center
Hosted by the Saint Regis Mohawk Senior Citizens Club
Sunday, February 16, 2020
Begins at 12:00 pm
At the SRMT Office for the Aging
CASH PRIZES for 1st, 2nd, 3rd, and High Score!
Snacks will be provided.

Meet Our New Hairdresser!
Inez will be here at the Senior Center starting Wednesday, Feb. 11th and will come back every two weeks from 10:00 am– 1:00 pm. She will be taking 15 minute appointments for trim haircuts, and a little styling. The cost will be $10.00 (American). Inez is also open to making other appointments for color, perms, wash and set, or highlights (these services and prices are at her discretion, and are not at the Senior Center). Look for her appointment sign-up sheet on the board at the Senior Center to pick the time most convenient for you or call to see what time she is available at (518) 358-2963.

We celebrated National Popcorn Day on Jan. 17th. Activities Assistant Joy made the different flavors from scratch; caramel, sharp cheddar, pizza and original. The place smelled so good and everyone was happy to bring home a couple bags to snack on.
Free Health Education

Are YOU unsure of when to be screened for BREAST CANCER?
Do YOU know the risk factors for PROSTATE CANCER?

The Cancer Peer Educators at CVPH provide free education to men and women ages 50-74 about breast and prostate cancer! Whether you have insurance or not, they can answer your questions. Nikki and Melissa will be giving a presentation and have an information table available.

Educators will be at the SRMT Office for the Aging
Monday, February 10, 2020
from 11:00 am-1:00 pm

Coordinator:
Amy LaValley
518-324-7675

Educator:
Nikki Lipke
518-324-7672

Educator:
Melissa Bushey
518-324-7674

The content of this publication is solely the responsibility of the authors and does not necessarily represent the official view of Health Research Inc. or the State of New York.
Our kickoff to the new year was our Virtual Bowling Tournament. We had seven competitors and played on the big screen in the dining room. Everyone had a blast cheering on each other and getting competitive. The 1st place winner with the highest score was Lynn Lafrance with a score of 253. The winner with most strikes was Carol Thompson who had 6 strikes in one game. Our underdog, who gave it a shot for the first time, was Lewis Garrow. All three won gift cards to Jreck Subs. Feel free to play Virtual Bowling with us any Monday or Friday in the Lounge. Our next tournament will be in March, 2020.

Being held at The Strand Center for the Arts in Plattsburgh from February 7th to February 28th. We will be taking a bus to go see the exhibit on **Friday, February 21st leaving the Senior Center at 9:00 am.** We will go to the exhibit and then to the Champlain Center Mall for lunch and light shopping. We will head for home at 2:00 pm. Please call Katie or Joy to reserve your seat at (518) 358-2963.

**Did you know we have a Home Care Program funded thru New York State? It is the EISEP: Expanded In-home Services for the Elderly Program**

What is EISEP? EISEP is an in-home care service available to residents of the St. Regis Mohawk Reservation. To be eligible for in-home services you must be:

- Be 60 years or older and reside on the southern portion of the territory
- Have home care needs not met by family/friends
- Have functional limitations or disabilities
- Not receiving services under Medicaid or Medicare
- Meet income guidelines
- Be SAFE at home

*Please call Doris Burns at (518) 358-2963 for more information*
<table>
<thead>
<tr>
<th>Activity:</th>
<th>6:00 Ace to King</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Tomato Mac Soup</td>
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<tr>
<td>3</td>
<td>Biscuit</td>
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<tr>
<td></td>
<td>Oatmeal Cookie</td>
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<td></td>
<td>Chef Salad</td>
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<td></td>
<td>Cheese Filled Bread</td>
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<td></td>
<td>Sticks</td>
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<td>Fig Newton Cookie</td>
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<td></td>
<td>Activity:</td>
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<tr>
<td></td>
<td>8:20 Massage</td>
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<td></td>
<td>10:00 Chair Yoga</td>
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<td></td>
<td>11:00 Mohawk Networks Intro to “Streaming”</td>
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<td></td>
<td>1:00 Shopping</td>
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<td>4</td>
<td>Chicken Tenders</td>
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<td>5</td>
<td>Sweet Potato Fries</td>
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<td></td>
<td>String Beans</td>
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<td></td>
<td>Chips</td>
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<td></td>
<td>Butterscotch pudding</td>
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<td></td>
<td>Activity:</td>
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<td></td>
<td>8:00-12 DSS: Meghan</td>
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<td></td>
<td>10:00 Exercise Class</td>
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<td></td>
<td>9:00 Saranac Lake Ice Castle Trip</td>
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<tr>
<td>6</td>
<td>Salisbury Steak</td>
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<tr>
<td>7</td>
<td>Brown Rice</td>
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<td></td>
<td>Mixed Vegetables</td>
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<td></td>
<td>Roll, Jell-O</td>
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<td></td>
<td>Activity:</td>
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<tr>
<td></td>
<td>10:00 Chair Yoga</td>
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<td>1:00 Shopping</td>
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<td></td>
<td>1:00 Pool and Bingo:</td>
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<td>Tsiionkwanonhsote</td>
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<td>8</td>
<td>Stuffed Shells</td>
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<td></td>
<td>Tossed Salad</td>
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<td></td>
<td>Italian Bread</td>
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<td></td>
<td>Fruit Cocktail</td>
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<tr>
<td>9</td>
<td>Minestrone</td>
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<td>10</td>
<td>Potato Crusted</td>
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<td>11</td>
<td>Baked Pork</td>
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<tr>
<td>12</td>
<td>BBQ Ribs, Roll</td>
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<tr>
<td>13</td>
<td>Roast Turkey</td>
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<tr>
<td>14</td>
<td>Duke</td>
</tr>
<tr>
<td>15</td>
<td>Enniska/February 2020</td>
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</tbody>
</table>

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.

*S54th Super Bowl Sunday starts at 6:30

*SColoring Contest Begins*

*Coloring Contest Ends*

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

WC – Winter Carnival

Please 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!

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.

Please 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

WC – Winter Carnival
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Lunch Meal</th>
<th>Dinner Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Closed</td>
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<tr>
<td>2</td>
<td>Closed</td>
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<td>3</td>
<td>Closed</td>
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<td>4</td>
<td>Closed</td>
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<tr>
<td>5</td>
<td>Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>6:00 Ace to King</td>
<td>Mash Potatoes, Roll</td>
<td>Green Beans, Roll, Strawberry Shortcake</td>
</tr>
<tr>
<td>7</td>
<td>Activity:</td>
<td>Wild Rice, Wax Beans, peas, Jello</td>
<td>Buttered Noodles, Peas, roll</td>
</tr>
<tr>
<td>8</td>
<td>8:20 Massage</td>
<td>10:00 Chair Yoga</td>
<td>10:30 Chair Yoga</td>
</tr>
<tr>
<td>9</td>
<td>10:00 Chair Yoga</td>
<td>12:30 Karien'keha</td>
<td>1:00 Bingo: iakhihsotha joining</td>
</tr>
<tr>
<td>10</td>
<td>Activity:</td>
<td>Spanish Rice, Broccoli, Roll</td>
<td>Yogurt, Peaches, Roll</td>
</tr>
<tr>
<td>11</td>
<td>Activity:</td>
<td>10:00 Exercise Class</td>
<td>10:30 Virtual</td>
</tr>
<tr>
<td>12</td>
<td>Activity:</td>
<td>12:00-12 DSS with Meghan McCaffrey</td>
<td>12:45 Craft Class</td>
</tr>
<tr>
<td>13</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
</tr>
<tr>
<td>14</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>15</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>16</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>17</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>18</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
</tr>
<tr>
<td>19</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<td>20</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<td>21</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>22</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<td>23</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>24</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>25</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>26</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>27</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
</tr>
<tr>
<td>28</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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<tr>
<td>29</td>
<td>Activity:</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
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</tbody>
</table>
Senior Center Events
Winter Carnival 2020
February 13th & February 14th

Puzzling Contest
Thursday, February 13th at 10:30 am
Sunroom
200 piece puzzles, 2 people per team

Pictionary
Thursday, February 13th at 11:15 am
Dining Room
Will be divided into 2 teams

Valentines Day Jeopardy!
Friday, February 14th at 11:15 am
Dining Room
Prize for each question answered correctly, Valentines Day themed

Life-size Kerplunk
Friday, February 14th at 10:30 am
Dining Room
Pull a stick out without any balls falling!

All Activities will be in the Saint Regis Mohawk Tribe Office for the Aging. Community members of all ages are Welcome to join!
Please call and register for games by noon on Wednesday, February 12th at (518) 358-2963 with Katie Boots or Joy Lazore-Gibson.
Snacks, prizes, and Winter Carnival ballet entries will be available.
If you are joining us for lunch, please call that morning by 9:30 am.
Mohawk Networks: How to Steam your Entertainment

Have you been interested in Netflix, Hulu or Amazon Prime, but don't know which one to choose or how to set it up? Mohawk Networks staff will go over the different streaming apps, the technology needed to stream, how to set up an account and how to use it. Claudia Tarbell and Jason Cole will be back to teach us all about it on:

Tuesday, February 4, 2020 at 11:00 am

Sleigh Ride in Brushton-Moira

We had a beautiful Friday afternoon for a horse drawn sleigh ride. The Gordon Family Farm is on Kit Clark Road where they provide the rides. We chose the perfect day. It was a little cloudy with the sun peeking out here and there with no wind and was about 34°F. After the ride through a trail in the wooded area, we stopped at a little cabin for some hot chocolate and played a new game called “Skittles”. We would spin a topper and knock down small wooden pins for points. We had a lot of fun getting warm by the woodstove and getting competitive with our scores. We kept score and had a little tournament: 1st place was Diane Boots with 705 points, 2nd place was Leona Cook with 585 points and 3rd place was Carol Thompson with 485 points. If there is enough interest to do again we will. Please call Katie or Joy in Activities to let us know, (518) 358-2963.

Winter Carnival Snowflake Gathering

Thursday, February 13, 2020 at 1:00 pm– Iakhihsotha

We will be providing transportation to Iakhihsotha for the Opening Ceremony of the Winter Carnival. Where they will be crowning the King and Queen with music to follow. Also at 1:30 pm at Iakhihsotha they are having a Chili Cook-Off and Yeast Bread Bake-Off. If you would like to participate, all you need is a mason jar for sampling the chili. Please let Katie or Joy know if you would like to ride with us.
North County Home Service is no longer providing Personal Emergency Response Service (PERS). It is also called Lifeline or Life Alert. Many people have received a letter they had to sign for telling them about this. You will be receiving more information soon to tell you who the new provider is and when they will bring you new equipment.

The Almanac

Cold it was, clear and fair.
Frost was hanging in midair.
A halo held the Sun at bay.
No warmth would be reaching here today.
Snow was due sometime tonight,
Time to bundle up real tight,
Can’t escape this winter’s chill.
Guess I’ll head back up the hill...

Close up the barn and throw some hay
To feed the mare and the old bay.
Then go into the house to have some tea
And a piece of apple pie for me.

Nothin’ more that I can do
‘Cept hunker down and wait for you.

I’ll put more wood upon the fire,
Read a book and then retire
To our cozy little featherbed
With a woolly cap upon my head.

Spring is still so far away.
Nothin’ I do, nothin’ I say
Will make is come before it’s due
If what I read in the Almanac’s true.

-R. V. Bartles, Meriden, New Hampshire

If you find an article that you like in a newspaper, magazine or anywhere else; please give to Katie to share in the Newsletter.
**Satonhá:ren tsi Sahsiéríte**

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

1- Gordon Ransom
2- Rose Dillon
3- Frank Hutt
   Honora Bonaparte
4- Dawna Arbor
5- Thomas Jacobs
6- Rita White
   Helen Chubb
7- Doris P. Robinson
10- Emily Thompson
   Arthur Jacobs
   William Oakes
   Irv MacLaren
11- Lori Thompson
   John Loewen
   Lucille Peters
12- Roger Caldwell
   Helen Arno
13- Diane Boots
14- Lucille O’Brien
   Leslie Barnes
   Linda Printup
16- Dorothy Cole
17- Everett Hampton
   Hazel Bero
   Clark Lazore
18- Barbara Garrow
19- Phyllis Jacobs
   Paulette Reid
   Joyce Laffin
   Phyllis Jacobs
22- Margaret Montour
23- Kathi Jock
24- Charlie Daniels
25- Shirley Gorrow
26- Ken Marlow
27- Nanci Ransom
28- Jackie Mitchell
29- Rose Thompson
30- Charlene Spieler

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

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**Saranac Lake Ice Castle**

*Wednesday, February 5, 2020*

*Leave the Senior Center at 9:00 am*

We will be packing a bag lunch for everyone that attends

**FREE Admission**

Please dress for the weather

Keep in mind that there will be a lot of walking and not many places to rest

In case of weather, rescheduled date will be Friday, February 7th.

Please sign up with Joy at (518) 358-2963
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..