Points of Interest:
- New Bingo Program
- Seats Available for Senior Club Trip to Atlantic City
- EISEP Opportunity
- Green Food Bag Schedule for 2020
- Mohawk School Christmas Concert

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Wednesday, Jan. 1
New Years Day
Monday, Jan. 20th
Martin Luther King Day
Friday, Jan. 31st
Planning Day

Ben Kelly, Rose Marie Jacobs, Betty Kelly, Hazel Bero & Sister Christine Taylor enjoying our Christmas Dinner Party
Upcoming Events:
January 14—Club Meeting 10:00 am
April 19-22, 2020- Atlantic City

If you did not receive your January newsletter, you need to renew your Club Membership! Until then, Newsletters are available at front entrance at Seniors

Welcome 2020

Atlantic City!!!
3 Day trip April 19th—April 22nd 2020
Cost is $285.00 for travel and hotel fees
Begin making payments to the Senior Club at any time Total payment is due by February 12, 2020

Quickies:
1) Postage Stamp- $15.00 payout
2) Anywhere on your card- $15.00 payout

Bingo Format

Game 1– Regular Bingo, $30.00 payout
Game 2– 8 Pack (can use free space), $30.00 payout
Game 3– Regular Bingo, $30.00 payout
Game 4– Any 2 Rows (up and down columns), $30.00 payout
Game 5– Regular Bingo, $30.00 payout
Special 50/50– Layer cake with wild number

INTERMISSION

Game 6– Triple Postage Stamp, $30.00 payout
Game 7– Regular Bingo, $30.00 payout
Game 8– Crazy letter ‘L’, $30.00 payout
COVER ALL winner take all
Game 9– Double Bingo (with wild number), $30.00 payout
Game 10– Regular Bingo, $30 payout

PROGRESSIVE JACKPOT: in 5 numbers or less adding a number every $100. Consolation- $35

Volunteer BINGO Schedule:

<table>
<thead>
<tr>
<th>January 6th</th>
<th>January 13th</th>
<th>January 20th</th>
<th>January 27th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweets Jacobs</td>
<td>Ruth Bell</td>
<td>CLOSED</td>
<td>Melanie Jacobs</td>
</tr>
<tr>
<td>Rosemary Bonaparte</td>
<td>Val Garrow</td>
<td></td>
<td>Debbie Thomas</td>
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<tr>
<td>Phyllis Jacobs</td>
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<td>Millie Cook</td>
</tr>
</tbody>
</table>

Schedule is subject to change. Please make arrangements to switch with someone if you cannot make it on your scheduled date.

Our Condolences to the family and friends of John Neil Laughing and Marcella David

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

Saint Regis Mohawk Senior Club
Fundraising NEW Bingo Program
Mohawk Networks: New Device Navigation

Claudia Tarbell and Jason Cole from Mohawk Networks would like to come to the Senior Center to help with all different kinds of technological issues you may be having. They will be giving a presentation on **January 7th at 11:30 am** to help with any devices you receive for Christmas that you need help navigating, bring it in with you!

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Elder Abuse Prevention/Akwesasne Elder Abuse Multidisciplinary Team Hat and Gloves Donation

After speaking with a few elders and staff about winter preparedness, I reached out to a business owner to see if it was possible to get a donation of 200 sets of hats and gloves for the elders. Three businesses came together and donated 400 pairs of gloves and 500 winter hats to keep our elders warm this winter season. Many received the donation in their gift bags at the Senior Center Christmas party. It was so nice to see everyone dancing out the door like Minnie Pearl with the tags still on their winter hats! The remainder was distributed to those elders who receive Home Delivered Meals, services with Outreach, Iakhihsotha, Tsiionkwanonsohte, and Sweetgrass Manor residents.

I would like to say Niawen Kowa to the Akwesasne Convenience Store Association, Dave Mainville, and Thompson’s Landworks. I would also like to acknowledge the Akwesasne Mohawk Police for donating the difference, and Community Service Officer Norman King for wrapping and delivering the gifts to our Tota’s in the facilities. Article by Helen Gray, Elder Abuse Prevention Educator

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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 residence 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
**Green Food Bag 2020 Year at a Glance**

**January 2020-December 2020 Ordering and Pick-Up Schedule**

1 Bag = $10.00 US or CANADIAN

<table>
<thead>
<tr>
<th>Deadline to place order is Before 2:00 pm on:</th>
<th>Pick-up your Green Food Bag 12:00 pm - 4:45 pm at the Senior Center</th>
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</thead>
<tbody>
<tr>
<td>Fri. January 03</td>
<td>Tues. January 21</td>
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<tr>
<td>Fri. February 07</td>
<td>Tues. February 18</td>
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<tr>
<td>Fri. March 06</td>
<td>Tues. March 17</td>
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<tr>
<td>Fri. April 03</td>
<td>Tues. April 21</td>
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<td>Fri. May 08</td>
<td>Tues. May 19</td>
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<tr>
<td>Fri. June 05</td>
<td>Tues. June 16</td>
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<tr>
<td>Fri. July 03</td>
<td>Tues. July 14</td>
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<tr>
<td>Fri. August 07</td>
<td>Tues. August 18</td>
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<td>Fri. September 04</td>
<td>Tues. September 15</td>
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<tr>
<td>Fri. October 09</td>
<td>Tues. October 20</td>
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<tr>
<td>Fri. November 06</td>
<td>Tues. November 17</td>
</tr>
<tr>
<td>Fri. December 04</td>
<td>Tues. December 15</td>
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</tbody>
</table>

**What are the benefits of receiving a Green Food Bag?**
- Fresh
- Low cost
- Motivates you to cook more produce
- Convenient
- Saves time
- Teaches your family about nutrition

**Can anyone participate?**
Yes, the program vision is to provide fresh fruits and vegetables to all households in Akwesasne. We strive to lower obesity rates and decrease the amount of new chronic diseases cases.

**What if there is too much?**

**What can I do with the leftovers?**
That is completely your decision. You can cook and save the vegetables for later use, make soups or broths, throw the fruits into a blender and make smoothies, give away the extras to a neighbor, family member, or friend, etc. It totally depends on what you feel comfortable doing.

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Our kickoff to the Christmas season was a play at Upper Canada Playhouse called ‘Ethan Claymore’s Christmas’. It was about a widow egg farmer who isn’t feeling very much in the holiday spirit. With the help of his crazy neighbor and his recently deceased brother that he fell out of touch with; they encourage him to date the new school teacher in town to help him move on. It was very funny and very well directed. They had flashbacks to when they were children and it was most definitely convincing. First we stopped at a local church benefit luncheon in Morristown and they served us salad, meat pie, and dessert. We will for sure be going back to both!
PREPAREDNESS TIPS FOR HOME

Extreme cold weather can be hard on both you and your home. Here are some tips to put into practice when freezing weather, snow and ice hit Akwesasne.

INSIDE:
- Open kitchen and bathroom sink cabinets to allow warmer air to circulate to allow warmer air to circulate around plumbing.
- Leave the heat set on at least 55 degrees while away.
- Never use a stove/oven or grill to heat your home.
- Place space heaters on level, hard surfaces at least 3 feet from anything flammable.
- Install and test Carbon Monoxide detectors.
- Keep anything that can burn at least 3 feet from any heat source like fireplaces, woodstoves, radiators or space heaters.
- Plug only 1 heating appliance (such as a space heater) into an electrical outlet at a time.

OUTSIDE:
- Insulate water supply lines that run through unheated areas.
- Caulk cracks and holed in outside walls and foundation near pipes.
- Make sure that all exterior windows and doors are air tight.
- Know where and how to shut off the main water supply.
- Make sure you have sufficient heating fuel in extreme cold temperatures.
- Keep portable generators outside, away from windows and as far away as possible from your home.
- Have a qualified professional clean and inspect your chimney and vents once a year.
- Store cooled ashes in tightly covered metal container and keep it outside at least 10 feet from your home and nearby buildings.

SRMT Emergency Planning  www.srmt-nsn.gov  (518)358-2272
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Meal 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Closed</td>
<td>Chicken Rice Casserole Roll Pudding</td>
<td>3 Baked Fish Mac &amp; Cheese Stew Tomatoes Roll, Fruited Jell-O</td>
<td>4 Activity: 6:00 Ace to King</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Activity: 1:00 Shopping</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3</td>
<td>5 Activity:</td>
<td>6 Cheese Burger Sweet Potato Fries Tomato &amp; Cucumbers, Fig Newton</td>
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<td></td>
<td></td>
</tr>
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<td>4</td>
<td>Activity: 6:00 Ace to King</td>
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<tr>
<td>5</td>
<td>Activity: 6:00 Ace to King</td>
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<tr>
<td>6</td>
<td>Activity: 10:00 Chair Yoga</td>
<td>7 Open Face Turkey California Blend Veggies, Pears</td>
<td>8 Stuffed Shells Garlic Bread String Beans Chocolate Pudding</td>
<td>9 Beef Stew Biscuit Peaches</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Activity: 8:20 Massage 10:00 Chair Yoga Begins 11:30 Mohawk Networks Pres. 1:00 Shopping *Coloring Contest Ends</td>
<td></td>
<td>Activity: 8:00-12 DSS Meghan McCaffrey 10:00 Exercise Class 11:00 Nutrition Bingo Happy Birthday Elvis!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Activity: 10:00 Chair Yoga 1:00 Shopping 1:00 Bingo &amp; Pool at Tsiionkwanonsote 1:30 Legal Aid</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>9</td>
<td>Activity: 10:30 Virtual Bowling Tournament!</td>
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<td></td>
<td></td>
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<tr>
<td>10</td>
<td>Activity: 6:00 Ace to King</td>
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<tr>
<td>11</td>
<td>Activity: 6:00 Ace to King</td>
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<td>12</td>
<td>Activity: 6:00 Ace to King</td>
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<tr>
<td>13</td>
<td>Activity: 6:00 Ace to King</td>
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<tr>
<td>14</td>
<td>Activity: 6:00 Ace to King</td>
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<td>15</td>
<td>Activity: 6:00 Ace to King</td>
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<td>16</td>
<td>Activity: 6:00 Ace to King</td>
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<tr>
<td>17</td>
<td>Activity: 6:00 Ace to King</td>
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<tr>
<td>18</td>
<td>Activity: 6:00 Ace to King</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.

**Your cooperation helps us better serve you!**

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

Menu is subject to change at Cook’s discretion.

Your cooperation helps us better serve you!
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Activity</th>
<th>Activity</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td></td>
<td>6:00 Ace to King</td>
<td>6:00 Ace to King</td>
<td>6:00 Ace to King</td>
</tr>
<tr>
<td>12</td>
<td></td>
<td>Wild Rice Asparagus, Roll Prune Whip</td>
<td>National Popcorn Day!</td>
<td>10:30 Virtual Bowling</td>
</tr>
<tr>
<td>13</td>
<td></td>
<td>Salisbury Steak, Potato Wedges, Peas, Roll</td>
<td>Yogurt &amp; Berry Parfait</td>
<td>10:00 Chair Yoga Kaniyen’keháhá</td>
</tr>
<tr>
<td>14</td>
<td></td>
<td>Tomato Soup Grilled Cheese Oatmeal Cookie</td>
<td>10:00 Chair Yoga Kaniyen’keháhá</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>15</td>
<td></td>
<td>Goulash Garlic Bread Brussels Sprouts Butter Noodles Peas, Roll</td>
<td>12:30 Kanien’keháhá Shopping</td>
<td>1:30 Legal Aid Project</td>
</tr>
<tr>
<td>16</td>
<td></td>
<td>Bake Pork Chops Butter Noodles Peas, Roll</td>
<td>12:30 Kanien’keháhá Shopping</td>
<td>1:30 Legal Aid Project</td>
</tr>
<tr>
<td>17</td>
<td></td>
<td>BBQ Chicken Wild Rice Asparagus, Roll</td>
<td>Prune Whip</td>
<td>8:20 Massage</td>
</tr>
<tr>
<td>18</td>
<td></td>
<td>Chicken Burger Tater Tots Carrots &amp; Celery</td>
<td>10:00 Chair Yoga Kaniyen’keháhá Shopping</td>
<td>10:00 Exercise Class</td>
</tr>
<tr>
<td>19</td>
<td></td>
<td>Martin Luther King Jr Day Birthday Meal Bacon Wrap Pork</td>
<td>10:00 Exercise Class</td>
<td>10:00 Chair Yoga Kaniyen’keháhá Shopping</td>
</tr>
<tr>
<td>20</td>
<td></td>
<td>Closed: Planning Day</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>21</td>
<td></td>
<td>Pancakes Ham Scrambled Eggs Yogurt Parfait</td>
<td>8:20 Massage</td>
<td>12:45 Craft Class</td>
</tr>
<tr>
<td>22</td>
<td></td>
<td>Chicken Burger Tater Tots Carrots &amp; Celery</td>
<td>10:00 Chair Yoga Kaniyen’keháhá Shopping</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>23</td>
<td></td>
<td>Harvest Rice Harvest Veggies Roll, Cookie</td>
<td>12:30 Kanien’keháhá Shopping</td>
<td>12:30 Chair Yoga Kaniyen’keháhá Shopping</td>
</tr>
<tr>
<td>24</td>
<td></td>
<td>Bake Chicken Harvest Rice Herbed Veggies Rolls, Cookie</td>
<td>12:30 Kanien’keháhá Shopping</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>25</td>
<td></td>
<td>Closed: Planning Day</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>26</td>
<td></td>
<td>Closed: Planning Day</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>27</td>
<td></td>
<td>Closed: Planning Day</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>28</td>
<td></td>
<td>Closed: Planning Day</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>29</td>
<td></td>
<td>Closed: Planning Day</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>30</td>
<td></td>
<td>Closed: Planning Day</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>1:00 Shopping</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td>Closed: Planning Day</td>
<td>12:00-4:45 Pick up Green Food Bag</td>
<td>1:00 Shopping</td>
</tr>
</tbody>
</table>
This was the first Christmas that we celebrated it with a different activity every day for 12 days. It really brought everyone into the Christmas spirit! We started with watching Miracle on 34th street, went to Upper Canada for Alight at Night, had our Christmas dinner party, had a Christmas card making class, played Christmas Pictionary, Christmas corn hole, the Mohawk school band and chorus put on a concert for us, we played Christmas Jeopardy and an unwrap the Christmas present with oven mitts game. Our big finish was a cookie exchange party on Christmas Eve. We received such a big assortment from seniors and staff that everyone got to take a box home to share. We had so much fun all December, we will be doing this again next year!

Thank you Lynn LaFrance and Carol Ann Thompson for teaching us how to make snowflakes out of plastic hangers and zip ties! We hung some up in the dining room and got a lot of compliments!
Everyone gettin’ down at the Christmas dinner. We ate a roast beef dinner, played pass the present and danced to DJ Tracey Benedict. When the sun went down it was beautiful with all the Christmas decorations.

In our monthly craft class the theme was “Etched Glass” and we were inspired while shopping and seeing candles holders for sale and immediately thought “we can do this” Our project supplies consisted of Armour Etching cream, some Foil Snowflake Stickers we had laying around at the Center and few glass candle holders from the Dollar General. If you are interested in trying this technique, give the Activity Department a call and we can set up a time.

On the 5th day of the Senior Center 12 days of Christmas we hosted a card making craft. This event was made possible from the donations from some of our members and also, with help from our head cook, Ceely King. We gathered old Christmas cards, some paper, ribbons, stickers and glue for the project and proceeded to cut up the old cards and create new cards with new designs that will be shared with friends and family for the Holiday. It was a nice afternoon, visiting and creating.
“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
Best Wishes on your Birthday and throughout the coming year!

J. Nancy Arquette
M. Barry Thomas
Katsi Cook-Barreiro
Annie McDonald
Elizabeth Russell
Larry White
Caroline Tarbell
Richard A. Herne
Sally Benedict
Debra L. Cook
Keith Edwards
Cheryl Homes
Robin Miller

Bessie Mitchell
Randall Cook
Rose Reid
Karen Adams
Lucy White
Janice Olszewski
Leona Ann Benedict
Marion Parker
Hilda Herne
Ernestine Oakes
Rosalie Jacobs
Darlene Sunday

Bold are Saint Regis Mohawk Senior Club Members

Thank you band teacher Mr. Hahn and the Mohawk School Band and Chorus groups for coming and playing/singing for our elders. Everyone was so excited for your arrival and really enjoyed all of the Christmas music and seeing some of their grandchildren perform.
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..