



Moccasin Trail

TSIOTHORKO:WA/JANUARY 2020!

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



Ben Kelly, Rose Marie Jacobs, Betty Kelly, Hazel Bero & Sister Christine Taylor enjoying our Christmas Dinner Party

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

2 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

10:00 am– 12:30 pm

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



**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**

Upcoming Events:

January 14– Club Meeting 10:00 am

April 19-22, 2020- Atlantic City



Saint Regis Mohawk Senior Club Fundraising NEW Bingo Program



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:

January 6th

Sweets Jacobs
Rosemary Bonaparte
Phyllis Jacobs

January 13th

Ruth Bell
Val Garrow

January 20th

CLOSED

January 27th

Melanie Jacobs
Debbie Thomas
Millie Cook

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

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!



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

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 at Glance

January 2020-December 2020 Ordering and Pick-Up Schedule 1 Bag= \$10.00 US or CANADIAN

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

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.

Brought to you by Community Health Program of Mohawk Council of Akwesasne

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!



EXTREME COLD

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 holes 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.



Tsiothorko:wa/January 2020

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Tsiat'ahkhaton	Kiokierénhthon	Tekeníhathon	Ahsénhathon	Kaieríhathon	Wiskhaton	Iahí:khaton
<p><u>Remember:</u> Please call the center at (518) 358-2963 by 9:30 am for lunch.</p> <p>Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00 am.</p>	<p>And call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook's discretion.</p> <p>Your cooperation helps us better serve you!</p> <p>Sponsor by: NYS OFA Title 111, Title V1 NativeAmerican Funding, Tribal General Funding</p>		<p>1</p> <p>closed</p> <p>Happy New Year</p>	<p>2 Chicken Rice Casserole Roll Pudding Activity: 1:00 Shopping</p> <p>*Coloring Contest Begins</p>	<p>3 Baked Fish Mac & Cheese Stew Tomatoes Roll, Fruited Jell-O Activity: 9:00 Trip to Montreal Museum</p> <p>Green Food Bag Orders Due by 2:00</p>	<p>4</p> <p>Activity: 6:00 Ace to King</p>
<p>5</p> <p>Activity: 6:00 Ace to King</p>	<p>6 Cheese Burger Sweet Potato Fries Tomato & Cucumbers, Fig Newton Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo</p>	<p>7 Open Face Turkey California Blend Veggies, Pears Activity: 8:20 Massage 10:00 Chair Yoga Begins 11:30 Mohawk Networks Pres. 1:00 Shopping *Coloring Contest Ends</p>	<p>8 Stuffed Shells Garlic Bread String Beans Chocolate Pudding Activity: 8:00-12 DSS Meghan McCaffrey 10:00 Exercise Class 11:00 Nutrition Bingo <i>Happy Birthday Elvis!</i></p>	<p>9 Beef Stew Biscuit Peaches Activity: 10:00 Chair Yoga 1:00 Shopping 1:00 Bingo & Pool at Tsionkwanonsete 1:30 Legal Aid</p>	<p>10 Roast Pork Roast Potatoes Corn, Roll Cranberry Applesauce Activity: 10:30 Virtual Bowling Tournament!</p>	<p>11</p> <p>Activity: 6:00 Ace to King</p>
<p>12</p>	<p>13 Salisbury</p>	<p>14 Tomato Soup</p>	<p>15 Goulash</p>	<p>16 Bake Pork Chops</p>	<p>17 BBQ Chicken</p>	<p>18</p>

<u>Activity:</u> 6:00 Ace to King	Steak, Potato Wedges, Peas, Roll Yogurt & Berry Parfait <u>Activity:</u> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	Grill Cheese Oatmeal Cookie <u>Activity:</u> 10:00 Chair Yoga 10:00 Club Meeting 11:30 Box Lunch Bingo at Iakhihsotha 12:30 Kanien'keha Classes Resume 1:00 Shopping	Garlic Bread Brussels Sprouts Butterscotch Pudding <u>Activity:</u> 8:00-12 DSS Meghan McCaffrey 10:00 Exercise Class	Butter Noodles Peas, Roll Applesauce <u>Activity:</u> 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping	Wild Rice Asparagus, Roll Prune Whip <u>Activity:</u> 10:30 Virtual Bowling <i>National Popcorn Day!</i>	<u>Activity:</u> 6:00 Ace to King
19 <u>Activity:</u> 6:00 Ace to King	20 <div style="text-align: center;">  </div> Martin Luther King Jr Day <div style="text-align: center;">  </div>	21 Chicken Burger Tater Tots Carrots & Celery Sticks Fresh Fruit <u>Activity:</u> 8:20 Massage 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping <div style="background-color: #90EE90; padding: 5px; text-align: center;"> 12:00-4:45 Pick up Green Food Bag </div>	22 Pancakes Ham Scrambled Eggs Yogurt Parfait <u>Activity:</u> 10:00 Exercise Class 12:45 Craft Class	23 Bake Chicken Harvest Rice Mix Veggies Roll, Cookie <u>Activity:</u> 1:00 Shopping 12:30 Kanien'keha 1:30 Legal Aid	24 Chili Johnny Cake Pineapple Chunks <u>Activity:</u> 10:30 Virtual Bowling 1:30 Sleigh Ride in Brushton Moira	25 <u>Activity:</u> 6:00 Ace to King
26 <u>Activity:</u> 6:00 Ace to King	27 Creamy Broccoli Soup Tuna Sandwich Yogurt & Berries <u>Activity:</u> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo: <i>Iakhihsotha Joining</i>	28 Fish Burger Fries Carrot & Celery Sticks Chocolate Pudding <u>Activity:</u> 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping	29 Birthday Meal Bacon Wrap Pork Loin Sweet Potatoes Broccoli & Cauliflower, Roll Strawberry Short Cake <u>Activity:</u> 10:00 Exercise Class 11:00 Vitals <i>National Puzzle Day!</i>	30 Rigatoni w/ Sausage Mix Vegetables Roll Mandarin Oranges <u>Activity:</u> 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping	31 <div style="text-align: center;">  </div> Planning Day <div style="text-align: right;">  </div>	

12 DAYS of Christmas



Val, Veronica & Clark trying to open the repeatedly wrapped gift as fast as they can.



Linda and her mother Margaret excited for the game.



Gordon rolling the dice trying to get a 6 so he can take the gift from Glen.

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!



Peter B. beating us at Christmas corn hole as usual!



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!



Nia:wen Katherine Thompson for taking the lead in decorating our center's gorgeous Christmas Tree!



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.

Cookie
exchange



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.



*The Regular 2019-2020
LIHEAP Benefits Opens
November 18, 2019*



“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

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!



2- J. Nancy Arquette
 4- M. Barry Thomas
 Katsi Cook-Barreiro
 6- Annie McDonald
 7- Elizabeth Russell
 9- Larry White
 10- Caroline Tarbell
 13- Richard A. Herne
 14- **Sally Benedict**
 15- Jake LaFrance
 16- Marlene McGregor
 17- **Jeffra Montroy**
 Debra L. Cook
 Keith Edwards
 18- Cheryl Homes
 Robin Miller

19- Bessie Mitchell
 21- Randall Cook
 22- Rose Reid
 23- **Karen Adams**
 28- Lucy White
 Janice Olszewski
 29- **Leona Ann Benedict**
 31- **Marion Parker**
 Hilda Herne
 Ernestine Oakes
 Rosalie Jacobs
 Darlene Sunday



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



Christmas Concert



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.





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

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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](http://www.srmt-nsn.gov/office_for_the_aging)

**We're Here to
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
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- **Home Visits**
- **Housekeeping**
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- **Caregiver Support**
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- **Information & Assist..**