



Moccasin Trail

OHARI:HA/JUNE 2020

Points of Interest:

- June Menu!
- Coloring Contest Winner
- Stay Safe in the Heat
- Blast from the Past
- Word Search
- Tick Information
- Coloring Page



A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way.
-unknown



Home Deliver Meal Drivers
Brenda H., Judy L., Katie B., and Janet T. sending you warm and colorful wishes for the season.

Happy Spring!



We are CLOSED to the Public until Further Notice



Get Cool, Akwesasne

Older adults and people with certain medical conditions are at higher risk of heat-related illnesses. Spending at least a few hours in air conditioning is one of the best ways to protect yourself. Find out if your household is eligible to receive a Home Energy Assistance Program (HEAP) Cooling Assistance Benefit for the purchase and installation of an air conditioner or a fan to help your home stay cool.

Your household may be eligible for HEAP cooling assistance if:

- Your gross monthly income is at or below HEAP's monthly income limits
- You receive SNAP, Temporary Assistance or Supplemental Security Income or Live Alone
- You and your household members are United States Citizens or qualified aliens
- A household member has a documented medical condition worsened by heat
- You received a regular HEAP Heating Benefit greater than \$21 this year
- You have no working air conditioner, or your air conditioner is at least five years old
- You have not received a HEAP-funded air conditioner in 5 years

Tips to Get Cool:

- Stay indoors in air conditioning for at least a few hours
- Drink plenty of cool non-alcoholic and caffeine-free liquids
- Talk to your doctor about how to stay hydrated and medications that might make you sensitive to heat
- Avoid working or playing outside during the hottest part of the day (11:00 a.m. to 4:00 p.m.)
- Take a cool shower or bath

**To apply or get more information,
please call Tracy Holcomb at (518) 358-2834.**



The state of New York offers a program called Expanded In-home Services for the Elderly or EISEP for short. This program provides non-medical services such as personal care, adult day care, and transportation assistance to seniors who live in their homes, as well as support services, such as case management. One objective of the program is to prevent, or at least delay, the placement of frail, elderly state residents in more expensive Medicaid-funded nursing homes. By providing services for seniors and their caregivers in their homes, the state hopes to both save money and provide the aged and disabled with a higher quality of life, while allowing them to continue to live in the community. Please contact Doris Burns if you are in need of any assistance or would like to borrow any medical equipment at (518) 358-2963 extension 3302.



Congratulations!

ELAINE COOK

Winner of our May Coloring Contest!



Elaine won a free lunch on us from one of our local restaurants of her choice. Our next coloring contest will be for Father's Day. We will distribute coloring pages June 15th (call if you would like one but are not on HDM). Then give back to us to judge by Tuesday, June 23rd by 9:00 am.



Tuesday, May 26th we received a phone call from Ray Francis. Poor guy went to eat his lunch we delivered; took a bite of Only bread and tarter sauce! Guess the fish was still kicking and jumped out the bread! We gave him an extra chicken cordon bleu the following day hoping he would forgive us. We ALL make mistakes!



Ohia:ha/June

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wískhaton</i>
1 Chicken Tenders Sweet Potato Fries Broccoli, Roll Cookie	2 Chili Johnny Cake Vanilla Pudding	3 Cheese Manicotti Caesar Salad Garlic Bread Fruit Cocktail	4 Beef Stroganoff Asparagus Roll Yogurt	5 Tomato Soup Tuna Sandwich Lemon Fluff
8 BBQ Ribs Wild Rice Mix Veggies Roll Peaches	9 Bake Fish Fries String Beans Roll Pineapple Chunks	10 Cold Cut Sandwich Mac Salad Chips & Pickles Banana Pudding	11 Stuff Pork Chops Brussel Sprouts Roll Applesauce	12 Chicken Picante Brown Rice Broccoli Roll Ice Cream Bars
15 Mac & Cheese Stewed Tomatoes California Blend Veggies Roll Melon Cup	16 Cheese Burgers Fries Veggie Sticks Italian Ice	17 Shake-n-Bake Chicken Green Bean Casserole Roll Jell-O	18 Chef Salad Cheese Sticks Tapioca Pudding	19 <u>Fathers Day Meal:</u> Walleye Boiled Potato Peas, Roll Ice Cream Cup HAPPY FATHER'S DAY
22 Ham Harvest Rice Peas-n-Carrots Roll Chocolate Pudding	23 Goulash Mix Veggies Roll Pears	24 HAPPY BIRTHDAY Turkey Dinner Stuffing String Beans Roll, Cake w/ Strawberries	25 Pancakes Scramble Eggs Sausage Patty Hash Browns Melon Cup	26 Chicken Burger Potato Wedges Pork-n-Beans Fresh Fruit
29 Chicken Caesar Salad Cheese Bread Fruited Jell-O	30 Spanish Rice Green Beans Roll Yogurt & Berries	<p><i>Call the Center if you will not be home fore your Home Delivered Meal at 358-2963</i></p> <p><i>Menu is subject to change do to the availability of produce</i></p>		

alzheimer's association®

NORTHEASTERN NEW YORK VIRTUAL PROGRAMS

No one should face Alzheimer's alone. Register for one of our free virtual programs for information and resources about Alzheimer's and other dementias from the safety of your own home. View all listings at alz.org/events.

10 Warning Signs of Alzheimer's

- June 3, 2020 @ 10 a.m.
- June 15, 2020 @ 1:30 p.m.

Coronavirus Tips for Dementia Caregivers

- June 5, 2020 @ 10 a.m.

Understanding Dementia Related Behaviors

- June 8, 2020 @ 3 p.m.

Understanding Alzheimer's and Dementia

- June 10, 2020 @ 2 p.m.
- June 15, 2020 @ 6 p.m.

Legal and Financial

- June 11, 2020 @ 4:30 p.m. presented by Herzog Law Firm

Effective Communication Strategies

- June 16, 2020 @ 2 p.m.

Research Update & Understand Alzheimer's Disease

- June 18, 2020 @ 4 p.m.

Coffee with Consult: 1:1 Conversation

- June 22, 2020 @ 10:30 am

Care Options

- June 22, 2020 @ 3:30 p.m. presented in partnership with Eddy Alzheimer's Services

Healthy Living for Your Brain and Body: Practical Strategies to Live Well

- June 25, 2020 @ 4 p.m. presented in partnership with Albany Med Center for Excellence

Stress Management and Self-Care

- June 30, 2020 @ 3 p.m. presented in partnership with Eddy Alzheimer's Services

Registration is Required. You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at alz.org/CRF, via our 24/7 Helpline at 800.272.3900, or by contacting Joan Weaver at 518.675.7216

This program is supported in part by a grant from the New York State Department of Health.



Our deepest sympathy to the family and friends of Yvonne Chubb. She will be greatly missed.

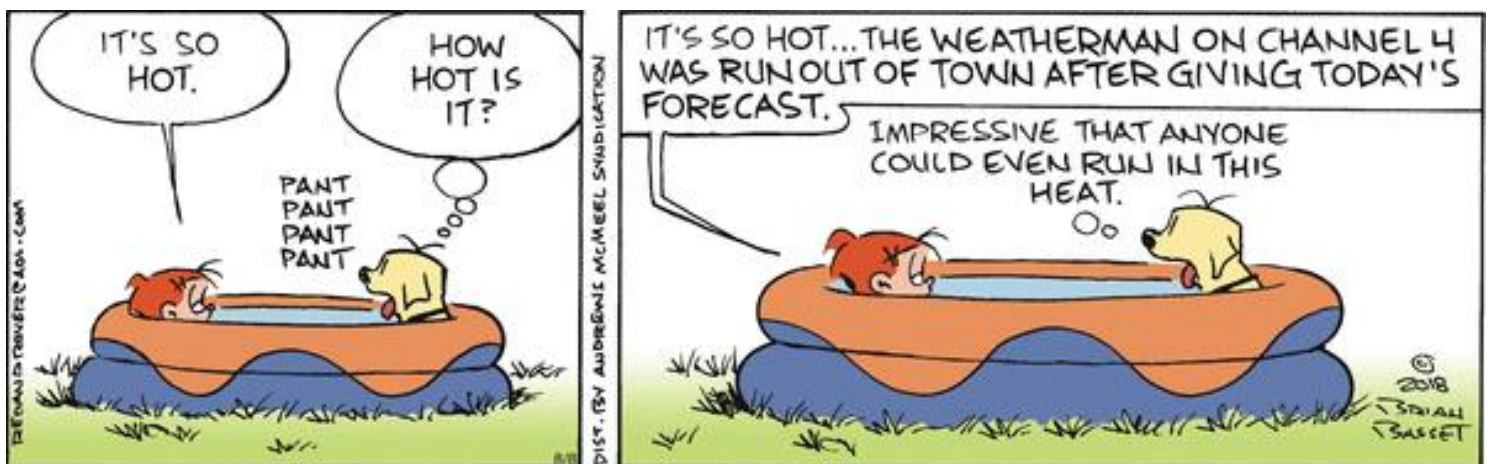
To All Atlantic City Participants:

If you have not received your trip refund, please call the Karen White at 518-319-5267

Staying Safe When It's Too Darn Hot!

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. Note: The federal [Low-Income Home Energy Assistance Program](#) (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To learn more about this program, contact Tracy at the Senior Center at 518-358-2963.
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- **Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.



How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

Dehydration	<p>What it is: A loss of water in your body. It can be serious if not treated.</p> <p>Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.</p> <p>What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics (“water pills”), you should also call your healthcare provider for a follow-up.</p>
Heat Stroke	<p>What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.</p> <p>Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.</p> <p>What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.</p> <p>Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.</p>
Heat Exhaustion	<p>What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).</p> <p>Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).</p> <p>What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.</p>
Heat Syncope	<p>What it is: Fainting caused by high temperatures.</p> <p>Warning signs: Dizziness or fainting.</p> <p>What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.</p>



Blast from the Past

2016



Saturday, June 10 2016 the Activities Department had an outing to St Lawrence University to see the Goldenairs Acapella Singers Concert. We first had dinner at Hotel Grande in Canton then made our way to the show. The Sweet Adeline's that came to the center for Mother's Day were there along with men groups singing a wide variety of songs from the Beatles to movie soundtracks. Their were many moving performances and the Sweet Adeline's were so happy to see us again.



Coloring Contest winners with Tewentahawih'tha' Cole: Kathi Jock and Helena Lamb

Senior



Trivia Winners: Ben K., Betty K., Rosemarie J., Phyllis P. Judy C., Rosemary B.

Games



Sylvia Beeson, Betty Kelly, Ben Kelly, Karen Tarbell, Debbie Thomas, Elaine Cook: Bean Bag Toss Winners

2017

Tuesday, May 16, 2017 the Activities Department took a group of elders to Lake Clear in Harriestown. It was about an hour drive and it was a beautiful day to be on the road. The Nutrition Symposium gave us ideas on how to cook more healthy and what to look for when it comes to shopping for foods that are better for us. Participants were Phyllis Jacobs, April Donnelly, Katherine Thompson, Eloise McDonald, Leona Cook, Letitia Rowat, Florence Cook, Millie Cook, Denise White and Emily.

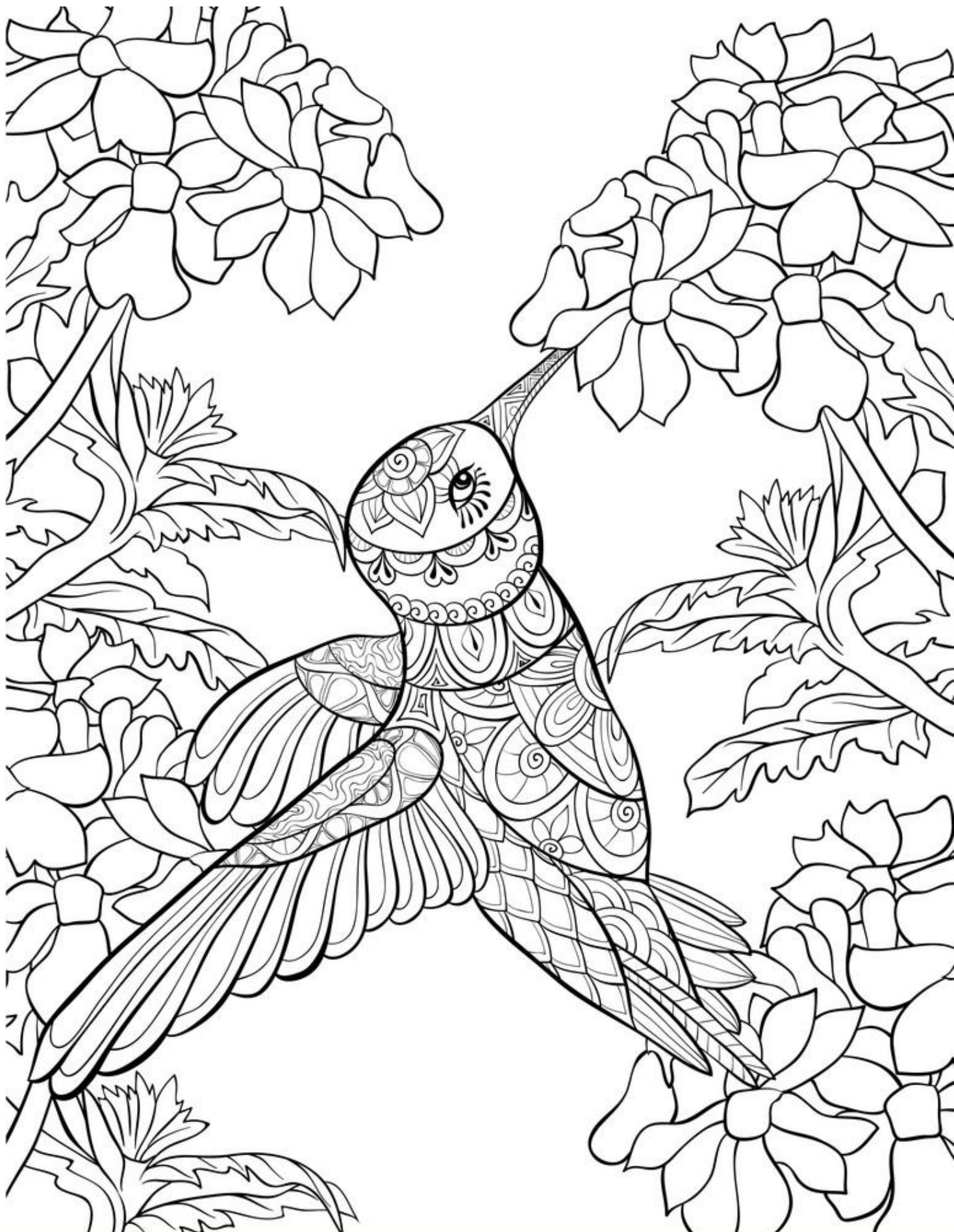


2019



We boarded the bus this past May and no one but the driver knew where we were going! We ended up at Potsdam College and got a tour of the school's green house and animal exhibit. The tour included details of what the students do and learn about nurturing these different plants not using pesticides. They were so kind they gave us some plants to take home. We also got to check out the reptile exhibit that had about 10 different species of rescued turtles. We also saw snakes, lizards and fish. Most animals were students pets that were not allowed in dorms so the professor allowed them to reside in

the classroom during the semester. On the way home we of course stopped for ice cream because it was such a beautiful day! Thank you for joining us Sandy Swanger, Val Garrow, Jr David, Roger Caldwell, Margaret Montour, Hazel Bero, Rose Marie Jacobs and Leona Cook.



Kindness Crossword

V N T N E G I L L E T N I P X G E Q J C P H C O
 X Q U O L U F I T U A E B M K Q M E O A Z X I D
 X L F W M O M A T Z M N K B Q C L L V Y Q H W A
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 Y V H H S C H A M P I O N C E Z V M Z A L I L D
 M M M T J R S Q L Z J Y A B Y J W J B M T Y I E
 Y T Z Z M E C I N P B D Q S K O H J J I Z G U P

passion	hope	believe	faith
intelligent	motivation	sweet	love
leadership	dream	honest	beautiful
imagination	nice	selfesteem	trust
champion	kindness	lovable	smart
happy	positive	dependable	inspire

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!



- 1- **Lois Terrance**
Glen Hill
- 2- Mitchell Sunday
- 3- Kevin King
Pat Edwards
- 4- **Dale Cole**
Florence Phillips
- 6- Glen Lazore
- 7- **Esther Mitchell**
- 10- **Rita Cree**
Joe Jock
Rose Oakes
Helen White
Doris Sharpsten
Darlene Cook
- 11- **Judy Hemlock-Cole**
Francis Cree
William Sunday

- 12- **Isabelle Parks**
David J. Lazore Jr
- 13- Janice Tallett
Charlotte Lynch
- 14- **Diane Garrow**
Terry Lee Frary
- 15- **Toni Herne**
Verda Tarbell
Margaret Snyder
- 16- **Gilbert Ransom**
Wanda Jacobs
- 17- **RoseAnn Terrance**
Connie Thompson
- 18- **Elizabeth Tarbell**
Lynn LaFrance
James D. White
- 19- **Sharon Thompson**
Susan Hayn

- 20- James R. Lazore
Wilbert Tarbell
Carl Patterson
- 21- Tina Tarbell
- 22- **Christina Hamelin**
Phyllis Point
- 23- Bernice Lazore
- 24- **"Jake" Ernest Adams**
- 25- **Donald D. Thompson**
Alma Ransom
Theresa Martin
- 26- Shirley Pittts
Mabel Thomas
- 27- Gerald Jacobs
- 28- **Victoria Connors**
- 29- **Glenda Snyder**
Leona T. David
Sheila Marshall
Peter Angus



Bold are Saint Regis
Mohawk Senior Club
Members



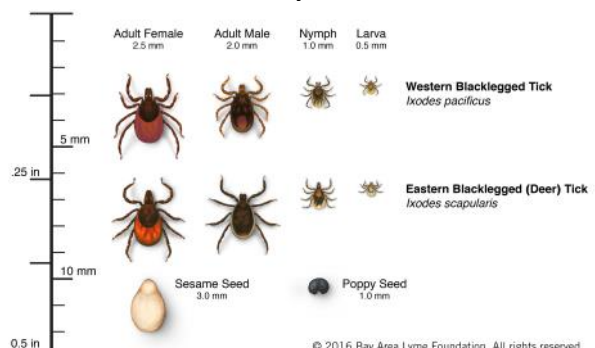
TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. Check your entire body, especially:

- Head and hair
- In and around ears
- Back (use mirror or ask for help)
- Under the arms
- Waist
- Belly button
- Around the groin
- Legs
- Behind the knees
- Between the toes
- Don't forget to check your pets

What to Look For:

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!



The Saint Regis Mohawk Health Services have tick removers available, please call for more information at 358-4877.



St. Regis Mohawk Office for the Aging
29 Margaret Terrance Memorial Way
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

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

- **Life Line**
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- **Case Management**
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- **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..**