



Moccasin Trail

ENNIŠKÓ:WA / MARCH 2024

Points of Interest:

- March Craft Class 3/21/24
- Easter Egg Hunt 4/1/24
- Check out our Facebook Page "Office for the Aging Saint Regis Mohawk Senior Center" to see what our Port Theater Movie is this month
- Legal Aid: March 14 & 28
- Haircuts with Katy Tarbell Every Tuesday, call for appointments



Winter Carnival 2024

Organizers— Corrine Hill & Katie Boots-Lazore, Mike Jackson- 2nd place winner \$100, Tim Sunday— 1st place winner \$200. Our 3rd place winner is Ron Thomas, he won \$50. We drew participant names and those winners were Charlene Sunday, she won \$30, and Carson Swamp, he won \$20. For more information about Winter Carnival, please visit page 4.

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We will be Closed on:

Friday, March 22nd— Planning Day
Friday, March 29th— Family Day



Akwesasne Senior Club



"Leap Into Money" Raffle Winner!

A Big Niawen to Lynn Buckshot who was the second winner in the Leap Into Money Akwesasne Senior Club Raffle. Lynn won \$100 and donated it back to the Club. The Akwesasne Senior Club and it's members wholeheartedly appreciate Lynn's generous donation!

Senior Club Hours

Monday 11:00 am– 3:30 pm
 Tuesday 11:00 am– 4:00 pm
 Wed. 11:00 am– 1:00 pm
 Thursday 11:00 am– 1:00 pm
 Friday 11:00 am– 1:00 pm

Membership

When using a check to pay for your Akwesasne Senior Club membership dues please make the check out to: **St. Regis Mohawk Senior Citizen's Club, Inc.** The Club receives checks made out to the Office for the Aging or a variation of Senior Club names. The bank is starting to frown on accepting these checks on behalf of the Senior Club. Therefore, please make sure you have the right name on your check so that the funds may be credited to the Club account.

As a reminder please note that the Club's fiscal year runs from January to December (the calendar year) and your membership dues are for January to December of any given year. If you are enrolling in the Club or renewing your 2024 membership please be mindful that you have already lost two-months of membership for 2024 if you have not renewed or enrolled yet. If you have any questions please contact Diane McDonald, Club President at 518-358-2963 ext. 3316.



We hosted a water painting class with Sandra Fox on Feb. 9th & 23. They painted 4 different kinds of flower scenes on one canvas. They all turned out very unique and pretty.

Senior Club Meeting

Thurs. March 14, 2024
12:30 pm– 1:30 pm
 Senior Center Sunroom
 All members are welcome!

Special St. Patrick's Day Bingo!

(FREE)
 Friday, March 15th
 1:00 pm

Volunteer Bingo Schedule

March 4th

Nancy Jacobs
 Debbie Thomas
 Ruth Bell

March 11

Barbara Lazore
 Vicki Phillips
 Lynn LaFrance

March 18

Dorothy Shatlaw
 Darlene Chubb
 Valarie Garrow

March 25

Iona Castagnier
 Leona Delormier
 Sweets Jacobs

Every Bingo Day Volunteers:
 Rose LaFrance, Kateri Therrien
 & Theresa Martin

If you cannot make it on the day you are scheduled, please call the club so they can find a replacement.

Moccasin Trail Newsletter

There were some errors with addresses for the February newsletter. Your name is automatically removed if your dues are not current. If you are not receiving your newsletter it may be that you have not renewed your membership. Another reason is that there has been a change in address but the Club was not notified of the address change. For February 2024, some newsletters were returned due to address unknown or wrong address. Call 518-358-2963 ext. 3316 if you have questions on your address.

The Akwesasne Senior Club Welcomes New Officers

At the February 15, 2024 monthly Akwesasne Senior Club meeting new officers were put in office. Lynn LaFrance was voted into office as the new Club Vice President to finish out the term of former Vice President Iris Herne. That terms ends in December 2024 at which time Lynn can run for a three-year term is she decides to remain in the position. Charlene Sunday was voted in to complete the Club Secretary position vacated by Diane McDonald, until December 2024. Should Charlene decide to remain Club Secretary she can run for a three-year term in the December 2024 election.



Lifting Their Minds

Tsi Tetewatakens

PRESENTATION
Monday, March 18, 2024
11:15 am- 12:00 pm
Diane Boots Presenting

LAHKE'NIKONHKETSK'WAS
LIFTING THEIR MINDS

- TOPICS -

What is the 5 Wishes and Why is it Important for You to Complete this Health Document

Understanding Health Proxy, Power of Attorney and Executor Powers

Why is a Will Important?- Do's & Do Not's

Planning Your Funeral- Prepaid Options

How Lifting Their Minds Project Can Help You and Your Family



Diane McDonald & Barbara Lazore



Millie Cook



Charlene Sunday



Lorene Jackson

Craft Classes

In our February craft class we made home décor using a pizza pan, backsplash sticker, wood craft, paint, and artificial greenery. Some will be hanging on a wall and others will put on a small easel. They all turned out very different and beautiful to fit their own personal home décor.



Dorothy Cole



Roseanne Terrance

Spring Wreath

Thursday, March 21st
1:00 pm- 2:30 pm
Call Tenisha or Katie to sign up
(518) 358-2963





Paul & Diane Boots

Winter Carnival 2024

2024 marks the 30th annual Winter carnival and the Akwesasne Coalition for Community Empowerment hosted this year. Carnival days and activities will run from Friday to Sunday, Feb. 16 to 18, 2024. Various times and locations throughout the community geared for all community members of different ages. The Senior Center was one out of 7 venues that activities and events were held. We started it off here on Friday, Feb. 16th with the crowning of Winter Carnival King and Queen which is Paul and Diane Boots. They went on to make appearances at some, if not all of the events.

The activities held at seniors was a pool tournament, newspaper fashion show and CKON Radio bingo all held on Saturday, Feb. 17th. Sunday's event was family Lego building. All events held here had great participation.

Here are the winners list posted on Facebook by the Akwesasne Coalition for Community Empowerment

\$100 Metro Grocery Gift Card Winners:

Demi Boots
Emilio David
Dakota Point
Jenny David
Elizabeth Perkins
Mavrick Cook
Tim Sunday
April White
Wallace Garrow
Angela Caldwell
Dale Charleston
Aubryn Roundpoint
Charlene Johnson
Violet Hill
Keyahna Plante
Emily Tarbell
Philip A. White
Knox Cook
Swedon Benedict
Jason Hall



*Charlene Sunday, Carson Swamp,
Katie Boots-Lazore, Corrine Hill, Ron Thomas*



Iakhihsotha Sweetheart Bingo on Feb. 15th



3rd Place— Family photo shoot
with Babes Thompson: Carson Swamp
2nd Place- \$500 Titus Mountain Gift Card: Jeannine Lazore
Grand Prize- \$2000 Great Wolf Lodge, Niagara Falls gift
certificate— Doris Burns

Congratulations to all the winners! Thank you all of those who participated, it was a very fun weekend!

MARCH FOR MEALS!



Each March, Meals on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. This legislation supported the rapid growth of the Meals on Wheels network that now collectively serves 2.8 million seniors each year.

This year's March for Meals celebration comes at a time when eight out of ten local Meals on Wheels programs are still delivering meals to more older adults than they were prior to the pandemic. To celebrate, our senior center will be having an event every day for the week of March 25th– March 28th. Each activity you participates in will get you a ticket for a drawing on Thursday. You will get an extra ticket for bringing a new friend any one of those days! **All Events will start at 11:00 am.**

MONDAY, MARCH 25TH: FOOD RESOURCE DAY

Local programs will be here presenting us with information on food resources

TUESDAY, MARCH 26TH: FISHING FOR NUTRITION & VITALS

Fishing for Nutrition is a "fair" game we'll have Available for everyone to play anytime and everyone wins a prize!

SRMT Outreach Program will be here to give everyone their Vitals!

WEDNESDAY, MARCH 27TH: NUTRITION BINGO & PRESENTATION

Krystal Peters Community Wellness Worker from SRMT Health Services will host Nutrition themed Bingo! Our Registered Dietitian Lisa Keys will give a presentation and answer questions about nutrition.

THURSDAY, MARCH 28TH: PARFAIT BAR & GRAND PRIZE DRAW

Snack time will be a parfait bar and we will be serving yogurt, fruit, granola and much more to build your own. At noon we will draw participant names from the week!

Easter Egg Hunt!

Monday, April 1, 2024

11:30 am

Menu:

Ham, Mashed Potatoes, Broccoli, Corn
Roll, Cookie, Fresh Fruit

Reserve Lunch Before 9:30 a.m.

(518) 358-2963

ENNISKÓ: WA/MARCH 2024

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaeríhaton	Wískhaton	Iahià:khaton
3 6:00 Ace to King	4 Sweet-n-Sour Pork Over Rice Stir Fry Veggies Roll Vanilla Pudding Fresh Fruit Activity: 10:00 Exercise DVD 1:00 Bingo	5 Chicken Cordon Bleu Potato Mixed Vegetable Roll Pears Activity: 9:30-11:30 Haircuts 10:00 Chair Yoga 1:00 Line Dancing	6 Beef Stroganoff Egg Noodles Green Beans Roll Apple Activity: 10:00 Exercise DVD <i>National Oreo Cookie Day!</i>	7 Meatloaf Mashed Potatoes Carrots Cauliflower Roll Apple Cobbler Activity: 10:00 Chair Yoga	8 Bean Soup Egg Sandwich Pineapple Chunks Activity: 10:30 Pool Tournament	9 6:00 Ace to King
10 6:00 Ace to King	11 Spanish Rice Broccoli	12 Chicken Alfredo Garlic Bread with	13 Chef Salad Roll	14 Cheeseburger Macaroni Salad	15 Corn Beef Dinner Roll, Fruit	16 6:00 Ace to King

REMINDER For Home Delivered Meals Recipients

When our drivers are delivering food and you are not home, they cannot leave the food outside or with a family member. It is a NYS food safety guideline that we need to follow. If you miss your driver, you cannot pick it up at Grab-n-Go, all meals are counted and divided in the morning. If you know you will miss your driver, call before 9:30 am to cancel your Home Delivered Meal and reserve a Grab-n-Go meal.

Please call the Center by 9:30 am for Congregate or Grab-n-Go lunch. We cannot guarantee lunch for walk-in's. Our quantity of food and supplies also goes to Home Delivered Meals and Grab-n-Go recipients. Our numbers are set and food is divided by 9:30 am.





RE: Affordable Connectivity Program Benefit ending May 1, 2024.

Dear Valued Internet Customer,

We are reaching out to inform you about an important change that will affect your account starting May 1, 2024.

As you may be aware, the Affordable Connectivity Program benefit (ACP), which has been providing financial assistance towards your internet bill, will be coming to an end. We regret to inform you that as of May 1, 2024 that ACP benefit will no longer be applied to your account.

We understand the significance of this program in helping to make internet access more affordable for individuals and families across the nation. We have been proud participants in this program, and we appreciate the opportunity to have served you during this time.

Please be advised that the last month the ACP benefit will be applied to your account is April 2024. Beginning with your May 2024 invoice, your bill will increase by either \$75 or \$30, depending on the benefit amount you are receiving.

If you have any questions or concerns regarding this change please do not hesitate to reach out to our customer experience team @ 518-358-2105. Our team is committed to providing you with the best service and support possible during this transition period.

Please visit www.fcc.gov/acp for additional information.

Thank you for your understanding and cooperation.
Mohawk Networks Team

Our Contact



(518) 358-2105



www.mohawk-networks.com



Ask about the Port Theater Movie for the month of March! The theater doesn't post upcoming movies until the beginning of the month. Matinee's starts at 1:30 pm, the Senior Club provides the tickets, small popcorn and drink! Be sure to check our Facebook page or flyer's on our senior center bulletin board.

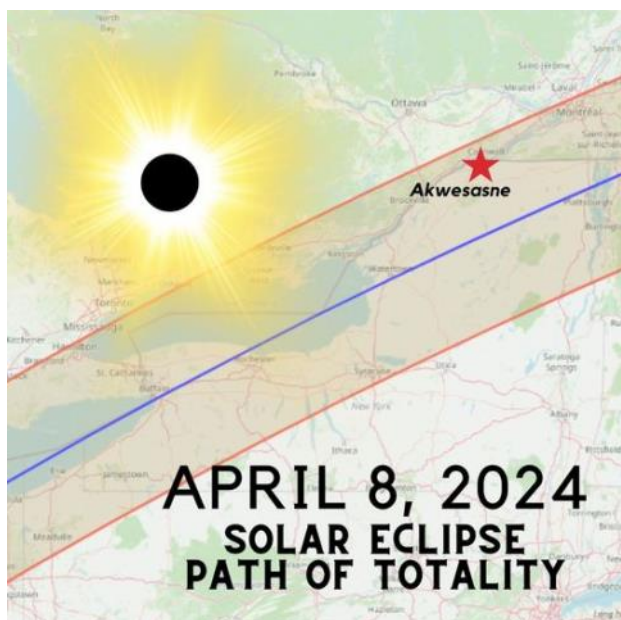
World Sparrow Day

Wednesday, March 20, 2024

10:30 am we will be making Birdfeeders in the dining room!



Observing the Eclipse in Akwesasne



Observing the eclipse in Akwesasne:

Partial eclipse begins: 2:12 pm

Totality: between 3:24 pm - 3:27 pm

Duration of totality: 2 minutes 34 seconds

Partial eclipse ends: 4:36 pm

Keep your eyes protected! Sunglasses will NOT protect your eyes. Use International Organization for Standardization (ISO) 12312-2 certified eclipse glasses from a trusted source.



LINE DANCING CLASS

EVERY TUESDAY AT 1:00 P.M. AT THE SENIOR CENTER

"If you can walk, you can line dance."

Senior dance classes (and dancing in general) offer older adults physical benefits which include improvement in balance, strength and gait, which will help reduce the risk of falls. It will work your arm and leg muscles. As well as improving balance it will also help improve co-ordination.

Don't worry, if you do decide to join us, you can definitely opt-out for any performances we decide to do. For more information, speak with Activity Coordinator Katie. We are open to walk-in's!

National Nutrition Month

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people.

Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keeping the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Dried herbs and spices

Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood

Find More Healthy Eating Tips at:
eatright.org or MyPlate.gov



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. If you have any questions or concerns please contact Alexandra Hooker MS RD at (518) 481-1532 or by email at alexandra.hooker@franklincountyny.gov

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|----------------------|------------------------|---------------------|
| 1- Laura Jandrew | 9- Barbara Namias | 21- Marion Campbell |
| 3- Venita Loran | Marie Casey | 22- Judy Hampton |
| Tommy Cooke | 12- Delores Stanfield | 23- Christie Horn |
| 4- Josephine Tarbell | 14- Rosemary Bonaparte | Peter Cree |
| Tim Sunday | 15- Alan Beeson | William Billings |
| 5- Mary (Ginger) | 17- Patricia Benedict | 26- Karen White |
| Seymour | 19- Jean Oakes | Carol Coughlin |
| Elizabeth Smith | Catherine Cook | 27- Ruth Ghostlaw |
| Lucy Benedict | 20- Barbara Hillyard | 28- Kenny Terrance |
| Dinah David | Florence Patterson | 29- Kathy Colburn |
| 7- Janine Cook | Cynthia Cole | 31- M. Maxine Stone |

Coloring Contest Winners for February:

Congratulations Noonie Thomas & Linda Montour,
our February coloring contest winners! The March
coloring pages are available March 1st
and the contest will end

Thursday, March 14th 10:00 a.m.



BOX LUNCH BINGO

AT IAKHIHSOTHA IN SNYE!

THURSDAY, MARCH 14TH

Leave the center at 11:30 a.m.

Lunch and Bingo will be usually back by 1:30 pm

Sign up with Katie or Tenisha

(518) 358-2963

If you are ill in any way, please stay home





St. Regis Mohawk Office for the Aging
71 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](http://www.srmt-nsn.gov/office_for_the_aging)

Or Facebook:

Office for the Aging Saint
 Regis Mohawk Senior
 Center

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

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **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**
- **Craft Kits**
- **Socialization**
- **Information & Assist..**