Points of Interest:
- Lawn Care Services
- Oneida Wellness Conference Update
- Craft Class: May 16th
- Alzheimer’s Support Group
- Memory Café & Support Group

Mother’s Day Dinner
Friday, May 10th, 2019
Roast Beef, Mashed Potatoes, Roasted Veggies, Roll & Black Forrest Cake
4:00 pm – Hors d’oeuvres
5:00 pm – Dinner is served
6:00-7:00 pm – Entertainment
Tickets are $5.00 each, available for purchase May 1st.
(no refunds and no meal certificates)

Health Care Decisions Day
Our Caregiver Coordinator Nancy Vosbrink informing Barbara Hillyard. More information see page 3...

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Monday, May 27th
Memorial Day
Friday, May 31st
Planning Day

Sorry We Are CLOSED
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
10:00am-12:30pm

Upcoming Events:
May 14th– Senior Club Meeting
June– Election of New Club Officers
July– Garage/Lawn Sale to benefit Home Delivered Meal Vehicle for Senior Center

Notice:
In 2020 the Senior Club will be celebrating its 50th year of existence. We are looking for ideas and volunteers for this celebration.

Lawn/Garage Sale
We are holding a sale in July to pay off the vehicle we purchased for the OFA Home Delivered Meals. All proceeds will go for this. If you would like to donate any items, please do so.

Our Condolences to the family of Margie Thompson.

Volunteer BINGO Schedule:
May 6th
Melanie Jacobs
(Need Volunteer)

May 13th
Vicki Phillips
Lucille Peters

May 20th
Judy Cole
Rosemary Bonaparte

May 27th
CLOSED– Memorial Day

Schedule is subject to change. Please make arrangements to switch with someone if you cannot make it on your scheduled date.
Deadline to order is **Thursday, May 2nd by 2:00 pm**

Please mark your calendars to pick up your orders between 12:00 pm and 4:45 pm on **Tuesday, May 14th**

Cost is $10.00 per bag in American or Canadian funds!

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Our April Easter themed coloring contest winners are Catherine Cook, Barbara Hillyard, and Roger Caldwell. Our May coloring contest will begin on May 1st and end on Tuesday, May 7th.

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We are starting registration for our lawn care services with Andrew Person. There are limited spots available. Registration applications are at the Office for the Aging front desk. **For more information call Andrew at (518) 358-2963**

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We celebrated **Healthcare Decisions Day on April 16, 2019**

**Advance Care Planning** is often spoken about but not always explained in the easiest of terms. Basically it boils down to; who would you like to speak on your behalf regarding medical decisions if you were unable to make your wishes known?

During the event, information and forms explaining advance directives were distributed at the Senior Center. We had hoped to meet one-on-one with 10 individuals but **surpassed our goal** and met with 14 people and distributed forms to another 7. If you are interested in information but weren’t able to stop in that day, please call Nancy at the Senior Center 518-358-2963 to set up an appointment.
World Turtle Day is an annual event that has been taking place since 2000. It was founded by American Tortoise Rescue.

The purpose of World Turtle Day is to educate people about the things that they can do to protect the habitats of turtle and tortoises. It is also a celebration of the joy that these reptiles bring to so many people on a daily basis.

Here are some tips to help protect our turtles and the home we call Turtle Island:

#1—Don’t burn brush! Lives are lost when you burn a Turtle’s natural habitat. Eggs and hatchlings are among biggest loss.

#2—Keep an eye on pets. The soft shells of a baby turtle are easy to crush and chew.

#3—Look before you mow! Quickly scan your lawn area, especially if you live in or near the habitat of a turtle.

#4—Don’t use pesticides. These poisonous chemicals will hurt or kill baby turtles and will kill off food they need to survive: insects and other invertebrates.

#5—When driving in areas known for turtle crossings, slow down and pay attention.

If you must help a turtle cross the road, follow these simple steps (Credit Ontario Turtle Conservation Centre):

- Pull over your vehicle where it is safe & use emergency lights. Watch for cars. Your safety is most important.
- Grab a paddle, shovel, or other tool from your car to move the turtle (especially a snapping turtle).
- Never pick up a turtle by the tail - this is painful for the turtle, and can break its spine.
- Move the turtle in the direction it was going, placing it a safe distance away from the road.

Oneida Indian Nation Aging Well Conference 2019
“Laughter is the Best Medicine”
Tuesday, May 28th– Thursday, May 30th
Turning Stone Resort and Casino

Workshop Registration & Itinerary is Ready!
Come on in and see Katie Boots or Joy Lazore-Gibson!
There is still room to attend!
Double Occupancy is $144.00 each
Full Payments are DUE Wednesday, May 8th
It’s the that of year, we are preparing to honor Mothers and in just another few weeks after, Fathers. So as caregivers, it is a great time to reflect on family memories and how to capture them. I think most families intend to capture memories in some creative way, but somehow, time gets in the way of starting the project.
For some of you, part of each week is spent with the family member you care for. Is there a way to take part of that time and begin capturing the memories?

Here are some examples to help get you thinking of how to move forward. Can you start recording stories? It’s a great way to spend some time together or if your family member can, give them the job to work on independently. It gives the care recipient a purposeful task. Not sure where to start? There are lots of books with questions to start the process or to use to help you write your own questions. Then you can use the recordings to help edit the project down into a written book to share with others.

How about taking all the family recipes and putting together a small cookbook but add the stories associated with the food. You know, Aunt Bess made this cake every year for the family barbeque or this is the cake recipe for your parents wedding cake. It is another fun way to share memories. Then you can give the cookbook to other family members as a gift.

How about Scrapbooking? Tons of ways to take photos and use colorful paper and words to capture memories and unique family adventures.

What about Cultural crafts. Can you take your craft interest and make something specific for your family’s stories?

Another idea is a memory box. Just fill a special container with strips of paper that begin I remember when......... Then fill in the thought. This can be a great gift to give back to a care recipient to let them know how much you value the things you did together.

There will never be a better time to tap into your loved one’s memories. If you would like help brainstorming on other ways to put these memories together, stop in at the Senior Center so we can discuss ideas.

Have other questions related to caregiving? See Nancy at the Senior Center, or call 518-358-2963 or email nancy.vosbrink@srmt-nsn.gov
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity:</th>
<th>Items Served:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bake Chicken, Roasted Potatoes, Mix Veggies, Roll Cookie</td>
<td>1 Bake Chicken, Roasted Potatoes, Mix Veggies, Roll Cookie</td>
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<tr>
<td>2</td>
<td>Chili, Johnny Cake, Fresh Fruit</td>
<td>2 Chili, Johnny Cake, Fresh Fruit</td>
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<td>3</td>
<td>Stuff Shells, Toss Salad, Italian Bread, Tapioca Pudding</td>
<td>3 Stuff Shells, Toss Salad, Italian Bread, Tapioca Pudding</td>
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<td>4</td>
<td>Activity: 6:00 Ace to King</td>
<td>4 Activity: 6:00 Ace to King</td>
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<td>5</td>
<td>Chicken-n-Dumplings, Peas, Pears</td>
<td>5 Chicken-n-Dumplings, Peas, Pears</td>
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<tr>
<td>6</td>
<td>Activity: 6:00 Ace to King</td>
<td>6 Activity: 6:00 Ace to King</td>
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<tr>
<td>7</td>
<td>Salisbury Steak, Mushrooms, Harvest Rice, Carrots, Rol, Fruit Cocktail</td>
<td>7 Salisbury Steak, Mushrooms, Harvest Rice, Carrots, Rol, Fruit Cocktail</td>
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<tr>
<td>8</td>
<td>Pork Chops, Stuffing, Green Beans, Cottage w/ Peaches</td>
<td>8 Pork Chops, Stuffing, Green Beans, Cottage w/ Peaches</td>
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<tr>
<td>9</td>
<td>Baked Mac &amp; Cheese, Broccoli, Roll, Peaches</td>
<td>9 Baked Mac &amp; Cheese, Broccoli, Roll, Peaches</td>
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<tr>
<td>10</td>
<td>Activity: 10:00 Exercise Class</td>
<td>10 Activity: 10:00 Exercise Class</td>
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<td>11</td>
<td>Activity: 6:00 Ace to King</td>
<td>11 Activity: 6:00 Ace to King</td>
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<td>12</td>
<td>Activity: 6:00 Ace to King</td>
<td>12 Activity: 6:00 Ace to King</td>
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<tr>
<td>13</td>
<td>Cheese Burger, Coleslaw, Chips, Pickles</td>
<td>13 Cheese Burger, Coleslaw, Chips, Pickles</td>
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<td>14</td>
<td>Chicken Parm with Spaghetti Soup, Garlic Bread</td>
<td>14 Chicken Parm with Spaghetti Soup, Garlic Bread</td>
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<td>15</td>
<td>Sweet Potato Soup, Italian Bread</td>
<td>15 Sweet Potato Soup, Italian Bread</td>
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<td>16</td>
<td>Chef Salad, Bread Sticks, Citrus Cup</td>
<td>16 Chef Salad, Bread Sticks, Citrus Cup</td>
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<td>17</td>
<td>Open Face Turkey, Wild Rice, String Beans</td>
<td>17 Open Face Turkey, Wild Rice, String Beans</td>
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<tr>
<td>18</td>
<td>Activity: 6:00 Ace to King</td>
<td>18 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 9:00am
And 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
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<thead>
<tr>
<th>19</th>
<th><strong>Activity:</strong></th>
<th>6:00 Ace to King</th>
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</thead>
<tbody>
<tr>
<td></td>
<td><strong>Activity:</strong></td>
<td>6:00 Exercise Class</td>
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<tr>
<td></td>
<td></td>
<td>10:30 Virtual Bowling</td>
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<td></td>
<td></td>
<td>1:00 Bingo</td>
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<td></td>
<td></td>
<td>(Kahnawake joining)</td>
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<td>20</td>
<td><strong>Activity:</strong></td>
<td>Bake Fish</td>
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<td></td>
<td></td>
<td>Boiled Potato</td>
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<td></td>
<td></td>
<td>Corn, Roll</td>
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<td></td>
<td></td>
<td>Chocolate Pudding</td>
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<td></td>
<td><strong>Activity:</strong></td>
<td>10:00 Exercise Class</td>
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<td>10:30 Virtual Bowling</td>
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<td>1:00 Bingo</td>
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<td>(Kahnawake joining)</td>
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<td>21</td>
<td><strong>Activity:</strong></td>
<td>Roast Pork w/ Mushrooms</td>
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<td>Buttered Noodles</td>
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<td></td>
<td>Carrots Roll</td>
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<td></td>
<td>Lemon Fluff</td>
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<td></td>
<td><strong>Activity:</strong></td>
<td>8:20 Massage</td>
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<td></td>
<td>10:00 Tai Chi</td>
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<td></td>
<td>12:30 Kanien’keha Class</td>
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<td></td>
<td></td>
<td>1:00 Shopping</td>
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<td>22</td>
<td><strong>Activity:</strong></td>
<td>Chicken Cordon Bleu, Rice Pilaf</td>
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<td></td>
<td></td>
<td>Mix Veggies Roll</td>
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<td></td>
<td>Peaches</td>
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<td></td>
<td><strong>Activity:</strong></td>
<td>10:00 Exercise Class</td>
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<td>23</td>
<td><strong>Activity:</strong></td>
<td>Scramble Eggs Sausage Links</td>
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<td></td>
<td></td>
<td>Corn Beef Hash</td>
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<td>Fruit Cup</td>
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<td><strong>Activity:</strong></td>
<td>10:00 Tai Chi</td>
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<td>12:30 Kanien’keha Class</td>
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<td></td>
<td>1:00 Shopping</td>
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<td></td>
<td></td>
<td>12:30 Craft Class</td>
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<td></td>
<td>2-4:00 pm Memory Café &amp; Support Group</td>
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<td>24</td>
<td><strong>Activity:</strong></td>
<td>Cold Cut Buffet</td>
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<td></td>
<td></td>
<td>Mac Salad</td>
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<td></td>
<td>Chips Pickle</td>
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<td></td>
<td>Cookie</td>
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<td></td>
<td><strong>Activity:</strong></td>
<td>10:30 Virtual Bowling</td>
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<td></td>
<td></td>
<td>1:00 Tina’s Painting</td>
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<td>25</td>
<td><strong>Activity:</strong></td>
<td>Closed</td>
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<td></td>
<td></td>
<td>Memorial Day</td>
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<td>26</td>
<td><strong>Activity:</strong></td>
<td>Closed Memorial Day</td>
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<td></td>
<td>6:00 Ace to King</td>
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<td>27</td>
<td><strong>Activity:</strong></td>
<td>Closed Memorial Day</td>
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<td>6:00 Ace to King</td>
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<td>28</td>
<td><strong>Activity:</strong></td>
<td>Cobb Salad Roll</td>
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<td></td>
<td></td>
<td>Mandarin Oranges</td>
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<td></td>
<td><strong>Activity:</strong></td>
<td>9:30 Arrive at Center for Conference Bus</td>
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<td></td>
<td></td>
<td>10:00 Tai Chi</td>
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<td>12:30 Kanien’keha Class</td>
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<td>1:00 Shopping</td>
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<td>29</td>
<td><strong>Activity:</strong></td>
<td>Birthday Meal!</td>
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<td></td>
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<td>Boiled Dinner Roll</td>
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<td></td>
<td>Butterscotch Pudding</td>
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<td></td>
<td><strong>Activity:</strong></td>
<td>10:00 Exercise Class</td>
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<tr>
<td>30</td>
<td><strong>Activity:</strong></td>
<td>Chicken Picante over Brown Rice, Broccoli, Roll Cake</td>
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<td></td>
<td></td>
<td>10:00 Tai Chi</td>
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<td></td>
<td></td>
<td>10:00 Haircuts</td>
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<td></td>
<td></td>
<td>12:30 Kanien’keha Class</td>
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<td></td>
<td></td>
<td>1:00 Shopping</td>
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<td>31</td>
<td><strong>Activity:</strong></td>
<td>Closed Planning Day</td>
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<td></td>
<td>6:00 Ace to King</td>
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</table>
We celebrated Easter on Thursday, April 18th with an adult Easter Egg Hunt. The eggs were filled with Werther’s, mints, Bit-O-Honey’s and some eggs had a slip of paper in them that had a prize listed.

There were 3 Easter bunnies, 3 bird houses, 2 Easter signs, and the big prizes were 2 gift cards for $25.00, one to Home Depot and the other to TJ Maxx.

About 300 eggs were hidden and we had a great amount of people searching for them. They were hidden throughout the building in the dining room, lounge, sunroom and some offices.

Bunny Winner’s—Jr. David, Rose Marie Jacobs, Margaret Montour
Bird House Winner’s—Catherine Cook, Margaret Montour, Roger Caldwell
Easter Sign Winner’s—Margaret Montour, Rose Marie Jacobs
Home Depot Gift Card—Carol Ross
TJ Maxx Gift Card—Barbara Lazore
We also had a Easter Bonnet Contest this year. The Senior Club donated Cash Prizes for 1st, 2nd, and 3rd place. A table was set up a couple days before Easter with hot glue guns, Easter decorations and anything that would be needed to make a bonnet. Their were 8 participants who paraded around for us to vote for our favorites. 1st Place was Lilly Swamp, 2nd Place was Sandy Swanger and 3rd Place was Lynn LaFrance. All bonnets were creative and festive!
Elder Abuse
Financial Exploitation
Help Keep our Totas Safe

What is it?
Using threats to force the Elder to give money, power of attorney, and/or assets to a “friend”, family member, or caregiver.
“Tricking” an Elder into giving money or assets.
Using an Elder’s money or assets without their knowledge or consent.

WARNING SIGNS CHECKLIST (check all that apply)

☐ Unpaid bills
☐ Utilities shut off
☐ Lack of food
☐ Missing valuables
☐ No bank statements
☐ Confusion about finances
☐ Inability to remember certain transactions
☐ More frequent ATM transactions
☐ Fear they will be evicted/institutionalized unless money is given to a certain person
☐ Afraid to answer questions in the presence of another
☐ Questionable banking transactions/loans

If you have concerns about an elder or would like more information please contact:

SRMT Adult Protection Services (APS)  518-358-9659
SRMT Tribal Police  518-358-9200
SRMT Office for the Aging  518-358-2963

Funded by Lifespan of Greater Rochester and the Saint Regis Mohawk Tribe Office for the Aging

Memory Café & Support Group
Thursday, May 16, 2019
2:00 pm– 4:00 pm
Entertainment: Thomas Ventiquatro

Billiards & Bingo at Tsilonkwanonhsote!
Thursday, May 2nd
7 Bingo Games (1 quarter a game)
Leave center at 1:00 pm
Play pool until
Bingo Begins!
Best Wishes on your Birthday and throughout the coming year!

1- Ronald Soucy
   Martha Cook
2- Lois Thomas
3- Adeline Herne
   Alan LaBaff
   Phyllis Terrance
4- Patricia Seymour
5- John Laughing
   Charles Benedict
6- Earl Frego
   Vanessa Lavare
   Valorie Good
7- Leonard Barnes
   Melly Glass
   Rose Sunday
8- Lou Ann Paquin
9- Crysetta Patterson
10- Beverly
11- Schwardfigure
12- Veronica Thompson
13- Rose Marie Jacobs
14- Cynthia Edwards
15- James Bero
16- Vera LaBarge
17- Mose McDonald
18- Mike Jackson
19- Brenda Chubb
20- Rosemary LeBlanc
21- Martha Connors
22- Wanda Grant
23- Deborah Grant-Herne
24- Edith Rybke
25- Wanda Sharrow
26- Martha Mitchell
27- Darlene Jacobs

Bold are Saint Regis Mohawk Senior Club Members

April Birthday’s!

Our April Birthday Buddie’s that came to celebrate with us this month was Jr. David, Betty Kelly, John Oakes, Lilly Swamp, Marvin & Irene Ward.
We will see you May Birthday people Wed. May 29th!
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

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

- 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...

We’re Here to Serve You!