



# Moccasin Trail

ONERAHTOHKO:WA/MAY 2019

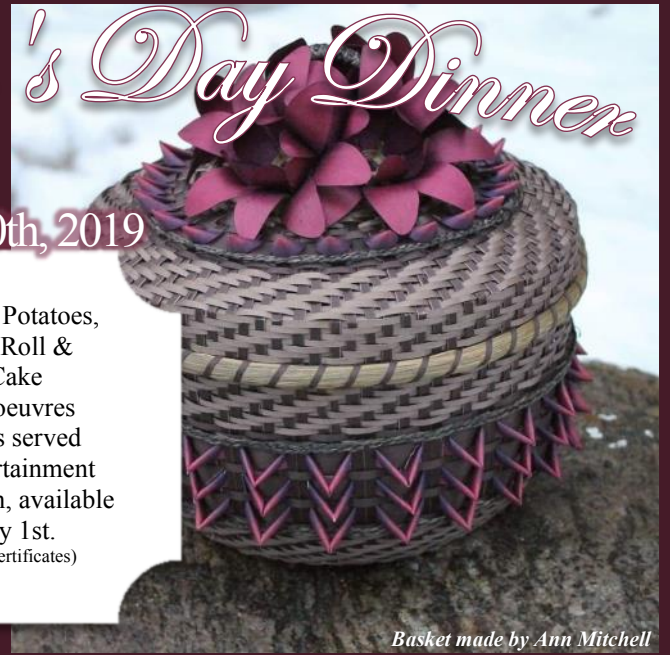
## Points of Interest:

- 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)



Basket made by Ann Mitchell

## Health Care Decisions Day



Our Caregiver Coordinator Nancy Vosbrink informing Barbara Hillyard. More information see page 3...

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**Sorry We  
Are CLOSED**

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

# 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  
10:00am-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 it's  
50th year of existence. We are looking for idea's  
and volunteers for this celebration.

***Our Condolences  
to the family of  
Margie Thompson.***

## 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.

## 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.





## Monthly Coloring Contests:



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.

## Niawen:kowa

Thank you Ramona Hudson for your donation of puzzles!

Thank you our Newsletter helpers for helping with the April Newsletter: Sandy Swanger, Glenda Snyder, Lynn LaFrance, Diane Boots, and Freda (Beverly) Barney.

## Green Food Bag

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!

## Lawn Care Services

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**

## ...Health Care Decisions Day

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: May 23rd



**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**

# Caregiver Corner

**May 2019**

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](mailto:nancy.vosbrink@srmt-nsn.gov)



# Onerahthonko:wa/May

Tsiat'ahkhaton	Kiokierénhton	Tekenihaton	Ahsénhaton	Kaierihaton	Wiskhaton	Iahia:khaton
<p><b>Remember:</b>  Please call the center at <b>(518) 358-2963</b> 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.  <b>Your cooperation helps us better serve you!</b></p> <p>Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding</p>						
<b>5</b> <b>Activity:</b> 6:00 Ace to King	<b>6</b> Chicken-n-Dumplings Peas Pears <b>Activity:</b> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo (lakhiisotha joining)	<b>7</b> Salisbury Steak with Mushrooms Harvest Rice Carrots Roll, Fruit Cocktail <b>Activity:</b> 8:20 Massage 10:00 Tai Chi for Arthritis 11:30 Coloring Contest Ends 1:00 Shopping 12:30 Kanien'keha	<b>8</b> Pork Chops Stuffing Green Beans Cottage w/ Peaches <b>Activity:</b> 10:00 Exercise Class 2-4:00 Caregiver Training Class (Pre-Registration)	<b>9</b> Baked Mac & Cheese, Broccoli Roll, Peaches <b>Activity:</b> 10:00 Tai Chi for Arthritis 12:30 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	<b>10</b> Mother's Day Dinner! <b>4:00 pm-7:00 pm</b> Roast Beef Mashed Potatoes Roasted Veggies Roll Black Forrest Cake	<b>11</b> <b>Activity:</b> 6:00 Ace to King
<b>12</b> <b>Activity:</b> 6:00 Ace to King	<b>13</b> Cheese Burger Coleslaw Chips, Pickles	<b>14</b> Chicken Parm with Spaghetti Garlic Bread	<b>15</b> Sweet Potato Soup Italian Bread	<b>16</b> Chef Salad Bread Sticks Citrus Cup	<b>17</b> Open Face Turkey, Wild Rice String Beans	<b>18</b> <b>Activity:</b> 6:00 Ace to King
			<b>1</b> Bake Chicken Roasted Potatoes Mix Veggies Roll Cookie <b>Activity:</b> 10:00 Exercise Class *Coloring Contest Begins*	<b>2</b> Chili Johnny Cake Fresh Fruit <b>Activity:</b> 10:00 Haircuts 10:00 Tai Chi for Arthritis 12:30 Kanien'keha Class 1:00 Shopping 1:00 Billiards & Bingo at Tsiionkwanonhsote Green Food Bag Orders Due by 2:00	<b>3</b> Stuff Shells Toss Salad Italian Bread Tapioca Pudding <b>Activity:</b> 10:30 Virtual Bowling	<b>4</b> <b>Activity:</b> 6:00 Ace to King



6:00 Ace to King		Mandarin Oranges <b>Activity:</b> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo (lakhisotha joining)	Cantaloupe Slices <b>Activity:</b> 10:00 Tai Chi 11:30 Box Lunch Bingo 12:30 Kanien'keha 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	Yogurt <b>Activity:</b> 10:00 Exercise Class	<b>Activity:</b> 10:00 Tai Chi 10:00 Haircuts 11:00 Alzheimer's Support Group 12:30 Kanien'keha 1:00 Shopping 12:30 Craft Class 2-4:00 pm Memory Café & Support Group	Cranberry Applesauce <b>Activity:</b> 10:30 Virtual Bowling 1:00 Ride to Nowhere!	6:00 Ace to King
6:00 Ace to King	<b>20</b> Bake Fish Boiled Potato Corn, Roll Chocolate Pudding <b>Activity:</b> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo (Kahnawake joining)	<b>21</b> Roast Pork w/ Mushrooms Buttered Noodles Carrots Roll Lemon Fluff <b>Activity:</b> 8:20 Massage 10:00 Tai Chi 12:30 Kanien'keha Class 1:00 Shopping	<b>22</b> Chicken Cordon Bleu, Rice Pilaf Mix Veggies Roll Peaches <b>Activity:</b> 10:00 Exercise Class	<b>23</b> Scramble Eggs Sausage Links Corn Beef Hash Fruit Cup <b>Activity:</b> 10:00 Tai Chi 12:30 Kanien'keha Class 1:00 5-Pin Bowling at Olympic Bowling in Cornwall 1:00 Shopping 1:30 Legal Aid 	<b>24</b> Cold Cut Buffet Mac Salad Chips Pickle Cookie <b>Activity:</b> 10:30 Virtual Bowling 1:00 Tina's Painting	<b>25</b> <b>Activity:</b> 6:00 Ace to King	
6:00 Ace to King	<b>26</b> <b>Activity:</b> 6:00 Ace to King	<b>27</b> <b>Closed</b> <b>Memorial</b> <b>Day</b> 	<b>28</b> Cobb Salad Roll Mandarin Oranges <b>Activity:</b> 9:30 Arrive at Center for Conference Bus 10:00 Tai Chi 12:30 Kanien'keha Class 1:00 Shopping	<b>29 Birthday Meal!</b> Boiled Dinner Roll Butterscotch Pudding <b>Activity:</b> 10:00 Exercise Class	<b>30</b> Chicken Picante over Brown Rice, Broccoli, Roll Cake <b>Activity:</b> 10:00 Tai Chi 10:00 Haircuts 12:30 Kanien'keha Class 1:00 Shopping	<b>31</b> <b>Closed</b> <b>Planning</b> <b>Day</b> 	

*Oneida Aging Well Conference 2019*

# Our Senior Center



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.

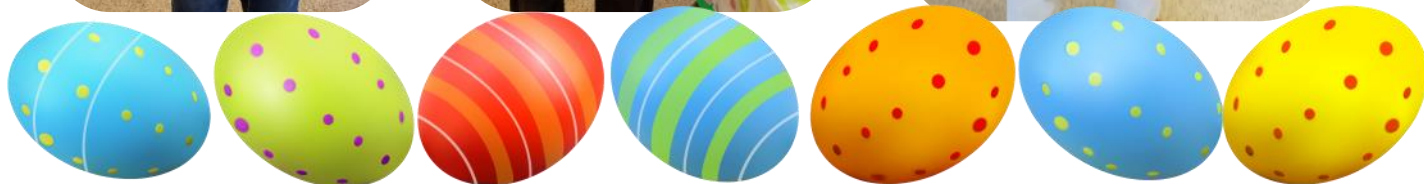
Bunny Winner's— Jr. David, Rose Marie Jacobs, Margaret Montour

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





# Easter Eggstravaganza!

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.

There 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)

- |   |  |
|---|--|
| <input type="checkbox"/> Unpaid bills                               | <input type="checkbox"/> More frequent ATM transactions  |
| <input type="checkbox"/> Utilities shut off                         |  |
| <input type="checkbox"/> Lack of food                               | <input type="checkbox"/> Fear they will be evicted/institutionalized unless money is given to a certain person |
| <input type="checkbox"/> Missing valuables                          |  |
| <input type="checkbox"/> No bank statements                         | <input type="checkbox"/> Afraid to answer questions in the presence of another                                 |
| <input type="checkbox"/> Confusion about finances                   |  |
| <input type="checkbox"/> Inability to remember certain transactions | <input type="checkbox"/> 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 Tsiionkwanonhsote!***

Thursday, May 2nd

7 Bingo Games (1 quarter a game)

Leave center at 1:00 pm

Play pool until

Bingo Begins!



# Satonhá:ren tsi Sahsiérite

*Best Wishes on your Birthday and throughout the coming year!*

- |   |   |  |
|---|---|--|
| 1- <b>Ronald Soucy</b><br>Martha Cook                             | <b>Leonard Barnes</b><br>Melly Glass                                    | <b>Rosemary LeBlanc</b>  |
| 3- <b>Lois Thomas</b>   | Rose Sunday   | 26- <b>Martha Connors</b><br><b>Wanda Grant</b>                |
| 5- <b>Adeline Herne</b><br><b>Alan LaBaff</b><br>Phyllis Terrance | 14- <b>Lou Ann Paquin</b>   | 27- Deborah Grant-<br>Herne                                    |
| 7- Patricia Seymour   | 15- <b>Crysetta Patterson</b><br><b>Beverly</b><br><b>Schwardfigure</b> | 28- <b>Edith Rybke</b><br>Wanda Sharrow                        |
| 8- <b>John Laughing</b><br><b>Charles Benedict</b>                | 19- Cynthia Edwards   | <b>Martha Mitchell</b>   |
| 9- <b>Earl Frego</b><br>Vanessa Lavare<br>Valorie Good            | 20- <b>James Bero</b>   | 30- <b>Norman Tarbell</b><br>Darlene Jacobs                    |
|   | 22- <b>Vera LaBarge</b>   |  |
|   | 23- Mose McDonald   |  |
|   | 24- <b>Mike Jackson</b><br>Brenda Chubb                                 |  |
|   |   | <b>Bold are Saint Regis<br/>Mohawk Senior Club<br/>Members</b> |

12- **Veronica Thompson**

25- **Rose Marie Jacobs**



## 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**

**Presorted Standard**

**US Postage Paid**

**Akwesasne, NY**

**PERMIT # 4**

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**
- **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..**