Points of Interest:
- Heating Assistance
- Oct. Red Ribbon Week Winners
- 7 Tips for Staying Positive
- New Craft Kits
- Medicare Update
- COVID Blessings
- Shopping Schedule
- Coloring Contest

Back in March, we handed out star coloring pages in hopes to keep creative. We hung what we got back at the Senior Center and we call it the Quarantine Quilt Project, “We are in this together”. We want to remind everyone that you are not alone and to show a sense of unity even while we are apart. We have received 21 so far, please color one to help fill the wall! The star outline is located on page 8...

Thanksgiving
For each new morning with it’s light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything
Thy goodness sends.
-Ralph Waldo Emerson

The Building is CLOSED to the Public until Further Notice
# Red Ribbon Week

- **Monday Red Day**
  - Winner: Leona Cook

- **Tuesday Plaid Day**
  - Winner: Elaine Cook

- **Wednesday Jersey Day**
  - Winner: Gretta Barnes

- **Thursday Tie Dye Day**
  - Winner: Veronica Cook

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## Office for the Aging

### NOVEMBER Bus Shopping Schedule

<table>
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<tr>
<th>Tuesday</th>
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<td><strong>Walmart Shop</strong></td>
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<td><strong>CLOSED:</strong> Thanksgiving</td>
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**Bus Rules and Regulations:**

*Must call Senior Center at (518) 358-2963 by 9:30 a.m. to get a seat on the morning of shopping day.*

- Pickup begins at 12:30 p.m.
- Masks required for whole trip, must sanitize, stay 6 feet away from passengers and driver.
- No eating or drinking on the bus.
- Walmart location is decided by the bus driver.
Extreme Weather

Winter Preparedness

- Water: at least a 3-day supply; one gallon per person per day
- Food: at least a 3-day supply of nonperishable, easy-to-prepare food
- Flashlights: Battery-powered or hand crank radio, batteries, cell phone with charger
- First Aid Kit
- Medications: (7 day supply) Medical items (hearing aids with extra batteries, glasses, syringes, cane)
- Personal hygiene items and sanitation
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Extra Cash
- Tools/supplies for securing your home
- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplace or wood or coal burning stoves

On the Road

If traveling is necessary, before hitting the road, check your vehicle:

- Remember to keep your gas tank full to avoid freezing water in fuel line
- Check tires and spare tires for proper inflation
- Check vehicle fluids; oil, antifreeze, windshield washing fluid

Other Supplies

- Jumper cables, ice scraper, small shovel, extra blankets, water, flashlight, batteries, sand or non-clumping cat litter, reflective warning signs

Keep Updated During an Emergency

- Getting information during an emergency situation is vital, especially at the height of the event when evacuation may be required...tune your radio to CKON 97.3

Winter is here; skiing, sledding, kids making snow angels & snowmen, and sharing in the holiday season. But before we explore and enjoy our winter wonderland of new fallen snow, we must take precautions and prepare to keep ourselves and our families safe and warm during these winter months.

In the past, winter storms brought extreme cold temperatures, freezing rain, snow, high winds, widespread power outages, and a combination of all of these. Many community members were left unprepared which would serve as a reminder that home preparedness is a must and should include all family members including your pets.

This quick guide is designed to help you jump start your preparedness efforts at home.

Remember safety first, not only for you but for our local first responders.

Sincerely,
SRMT Office of Emergency Management and Safety
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<td>Pineapple Chunks</td>
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<td>Tapioca Pudding</td>
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*Sponsor by: NYS OFA Title III, Title VI Native American Funding, Tribal General Funding*
HEATING ASSISTANCE
2020-2021

HEAP and LIHEAP

Heating assistance Begins November 2, 2020

To book an appointment or for more information, please call (518) 358-2834. Due to COVID-19, walk-in appointments are not available at this time.

Home visits are available for local community members who are elderly and homebound.

You will need the following documents to apply:

- Social Security Card
- Tribal Identification Card
- Recent Fuel Bill
- Recent Electric Bill
- Proof of Income

If you currently receive SNAP or temporary assistance, please contact your local HEAP department as you may already be enrolled.

Saint Regis Mohawk Tribe
Office for the Aging
HICAP & NY Connects
(518) 358-2834 or (518) 358-2963

Senior Club Update:

Membership Renewal!

Please mail your membership fee of $5.00 American to the Saint Regis Mohawk Senior Club:

P.O. Box 1106
Hogansburg, NY
13655

Don’t miss out on your 2021 Newsletter!

If you have any questions, please call Karen W. at 518-319-5267
Every day has something positive in it. Some days you just have to look a little harder. Here are seven things you can do to bring positivity and happiness into your life.

**Write in a gratitude journal every day.** Make sure to be specific! A number of studies have found gratitude to be linked with positive emotions, and overall well-being and life satisfaction.

**Listen to music that sounds the way you want to feel.** Research has shown that music activates the region of the brain that releases the feel-good chemical dopamine and also relaxes the body. So “happy” music can, in fact, make you feel happier!

**Share positivity by sending one thank-you text or doing one kind act every day.** There are several studies that show that acts of kindness can boost happiness, reduce depression and even help you live longer.

**Challenge your negative thinking.** Ask yourself, “Is there another more positive way I could view this?” Hundreds of studies have shown that being able to think optimistically is good for your health and well-being. But, it’s not just about adopting a Pollyanna attitude—optimists are better problem solvers and better at accepting bad situations.

**Smile.** It might sound simplistic, but research has shown that it might actually help you feel happier. Feedback sent to the brain from facial muscles may impact the development of emotions. So smile at the next cute kid you see!

**Follow your passion.** Do something you feel excited about. Learn something new, reach out to someone you have been missing. Several studies have shown that people who feel a sense of meaning in their life are healthier, live longer and have greater life satisfaction.

**Meditate.** Even just seven minutes of meditation a day has been shown to improve mood, decrease stress and improve sleep. Regular meditators are calmer, have greater self-awareness and have better focus, too.

You don’t have to let bad news and negativity ruin your day. You have a choice about where you focus your attention and how you choose to respond to any situation. Try incorporating these tips into your life and I’m confident you’ll see how the positives outweigh the negatives. *Source: www.psychologytoday.com*
November Craft: “Another Turkey at my table” centerpiece. You can use it to hold the butter or the rolls, the possibilities are endless. You will get all materials to design this centerpiece but as always, feel free to get your own creativity flowing. We welcome pictures of your creations from our kits, so send them in! Limited Supply on all Craft Kit supplies. We will also have Christmas Tulle/Mesh Wreaths available upon request with supplies generously donated by Dyan Swamp of Wolfpack Gift Shop and Dreamcatchers Quilt Shop. Wire shapes are round or candy cane with all different colors mesh available. Red, white, Green, and even some Black w/red, white and black plaid. All crafts are on a first come, first served basis while supplies last. Please Call Joy or Katie in the Activities Department @ 518-358-2963. pictures can be emailed to joy.lazore@srmt-nsn.gov

Summer Craft Kits:
The mermaids were made by Margaret Montour. She used some of her own crafts at home and made 2 different mermaids in one! Both are so pretty, even the hair is very life like and the colors of the painted tails are beautifully detailed.
The birdhouse was painted by Margaret’s daughter Linda Montour. She even glued on flowers to make it look like a freshly gardened house. The creativity gene doesn’t run low in that family! Thank you both for sharing your creations.

The very cute Halloween pumpkin, cat and candy corn was made by Dorothy Shatlaw. The fall wreath in the center was made by Iris Herne and the fall wreath on the end was made by Rose Terrance. Both wreaths are very unique and beautiful! Nia:wen all for sharing. Please keep calling in for more crafts!
Quarantine Quilt Project

We are in this Together!

Please color and give back to us to include on our Quarantine Quilt wall. We can pick up or you can mail in. Just give us a call for any questions at 518-358-2963.
Medicare Update:

**2020 Annual Enrollment**

*Free Education Event*

Event is scheduled for November 5, 2020 10:00 a.m. to 6:00 p.m.
At the SRMT Office for the Aging.
Please bring a list of your medications and dosage

*Are you Medicare eligible?*

*Do you have Medicare Parts A and B?*

*Do you need prescription drug coverage or would like to see other plans?*

*If yes, this educational event is for you!*

We can take a look at all your health plan choices for 2020-2021.
As your health needs change, so do Medicare plan costs and coverage.
Use this event to compare all of your Part D offerings and see what’s best for you.
For a private consultation, call (518) 358-2834 and ask for Tracy Holcomb to set up an appointment. Our HIICAP and NY Connects Counselor, Helen Gray, will also be happy to answer any questions you may have.
WELCOME TO THE WORLD BABY KEIRA!
OFA Information Coordinator Alison Cooke and Jared Cole announce the birth of their daughter Keira Martha Cole. Kiera arrived on September 15, 2020. She weighed 7 lbs. 11 oz. and measured 21.5 inches. Maternal Grandparents are Roger and Julie Cooke. Paternal Grandparents are Harold and Theresa Cole. Both Mom and baby are happy and healthy. Congratulations to the whole family!

CONGRATULATIONS MR. AND MRS. JASON LAZORE!
OFA Activity Coordinator Katie Boots and Jason (Tehks) Lazore got married in Lake Placid on October 4, 2020. They got engaged on March 28, 2020 after being together for 10 years. Jason’s parents are Elaine and Shawn Thompson and the late William Bero. Katie’s parents are Diane and Paul Boots. The maid of honor was Katie’s sister Tracie Cook. Best man was James Lazore, the groom’s best friend. Their children Amelia and Brendan were last to walk down the isle before the bride with her father. Rain was scheduled all weekend but not a drop on the big day. The wedding party consisted of only 4 bridesmaids and 4 groomsmen. The guest number was 40, with a total of 50 at the reception at the Golden Arrow Resort. It was the wedding they both dreamt of. Katie describes it as “The entire day was perfect bliss”. We wish you both love, health and prosperity for many, many years to come!
Satonthakren tsi Sahsiérite
Best Wishes on your Birthday and throughout the coming year!

1- Alice Jacobs
   12- Jamie Ross
      Dan Jacobs
   13- Edward Tarbell
   14- Sylvia Bero
      Shirley Swamp Oakes
      Cecile Briggs
   17- Gerald W. Rubado

2- Dolores Thompson
    18- Nancy Vosbrink
       Joseph Calcagno
   19- Sharon Thompson
       Lorraine Swamp
   22- Sharon Loran
       Carol White
   23- Millie Cook
      Nancy Samphier

3- Lola Arquette
   4- Linda LaBaff
   5- Lena Lamb
   6- Bonnie Fray
   7- Vicki Phillips
      Stanley Burnam
   8- Leona Cook
      Ramona Hudson
      Elaine Thompson
   9- Brian David
      Dwight Bero
   10- Jeb Beeson
      Leona Delormier
      Doris Cook
   11- Alice Cook
      Katherine
      Thompson
      Jane Jordan
      Sharon Jackson
   12- James Arquette
   13- Florence Cook
       Kamala Swamp
       Loretta Thomas
      Marianne Bero
   14- Edward Tarbell
      Sylvia Bero
      Shirley Swamp Oakes
      Cecile Briggs
   15- Gerald W. Rubado

Bold are Saint Regis
Mohawk Senior Club
Members

Congratulations!

FLORENCE COOK
& SANDY SWANGER
Winners of our October Coloring Contest!

Florence and Sandy both win a free lunch or dinner on us from one of our local restaurants of their choice or if you prefer, a gift card. We had 14 participants this month. All of the staff voted and chose 2 of their favorites of both coloring pages. The next Coloring Contest will be distributed on Monday, November 2nd and they need to be back to us by Thursday, November 12th by 12:00 pm at the latest. Any senior can participate in these contests! A NEW addition to the 2 winners is everyone who participates for 2 months, will add into a drawing for more prizes! So even if you don’t win, you still have a chance! The winners for participating in September and October are: Lily Swamp & Catherine Cook! The next draw will be in December. Get those coloring pages in!

Give Katie or Joy a call and we will get one to you and pick up! (518) 358-2963.
If you are not the Addressee, please notify us of our mistake.

To Addressee or Current Resident:

Life Line  Supper Bags
In-Home Care  Breakfast Bags
Case Management  Congregate Meals
Case Management  Nutrition Counseling
Legal Aid  Nutritional Education
Handyman  Home Delivered Meals
Home Visits  Referrals
Housekeeping  Weekly Shopping
Health Promotion  Craft Activities
Transport Services  Socialization
Transportation  Information & Assist..
Caregiver Support

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!