



Moccasin Trail

KENTENHKO:WA / NOVEMBER 2020

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

Office for the Aging NOVEMBER Bus Shopping Schedule



Tuesday	Wednesday	Thursday
3 Walmart Shop	4	5 Dollar General & Aldi's
10 Walmart Shop	11 CLOSED: Veterans Day	12 Harte Haven Plaza
17 Walmart Shop	18	19 Mall & Ollies
24 Walmart Shop	25	26 CLOSED: Thanksgiving

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



Kentenhkó:wa/November

Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton
2 Spanish Rice Green Beans Roll Pineapple Chunks	3 BBQ Ribs Coleslaw Cauliflower Roll Cookie	4 Open Face Roast Beef Sandwich Potato Wedges Mix Veggies Vanilla Pudding	5 Corn Soup Biscuit Brownie	6 Baked Fish Mac & Cheese Stewed Tomatoes Roll Fig Newton Cookie
9 Chili Johnny Cake Tapioca Pudding	10 Stuffed Pork Chops Boiled Potatoes Carrots & Broccoli Roll Applesauce	11 CLOSED 	12 Greek Salad Garlic Bread Cookie	13 Chicken Burger Peas Sweet Potato Fries Pudding
16 Mac & Cheese Stewed Tomatoes Brussel Sprouts Roll Peach Cobbler	17 Beef Stew Biscuit Blueberry Muffin	18 Liver w/ Bacon and Onions Harvest Rice Carrots Roll, Pears	19 Thanksgiving Meal: Turkey Mashed Potatoes Cranberry Sauce Baked Beans, Roll Pumpkin Pie!	20 CLOSED Planning Day 
23 Turkey Rice Soup Biscuit Brownie	24 Goulash Italian Bread Green Beans Cranberry Applesauce	25 Sweet & Sour Cabbage Casserole Toss Salad Cheesy Filled Bread Chocolate Cake 	26 CLOSED 	27 CLOSED 
30 Chicken Tenders Sweet Potatoes Cauliflower Raspberry Cookie	Call the Center if you will not be home for your Home Delivered Meal at 518-358-2963 Menu is subject to change do to the availability of produce			



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!

2021

If you have any questions, please call Karen W. at 518-319-5267

7 Tips for Staying Positive

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





CRAFT KITS!



Christmas Tulle/Mesh Wreaths



"Another Turkey at my table"



Candy Kane Wire Wreath

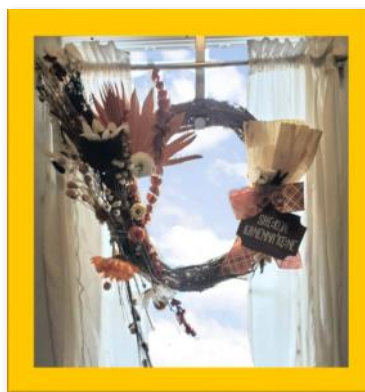
November Craft: "Another Turkey at my table" centerpiece. You can use it to hold the butter or the rolls, the possibilities are endless. You will get all materials to design this centerpiece but as always, feel free to get your own creativity flowing. We welcome pictures of your creations from our kits, 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.

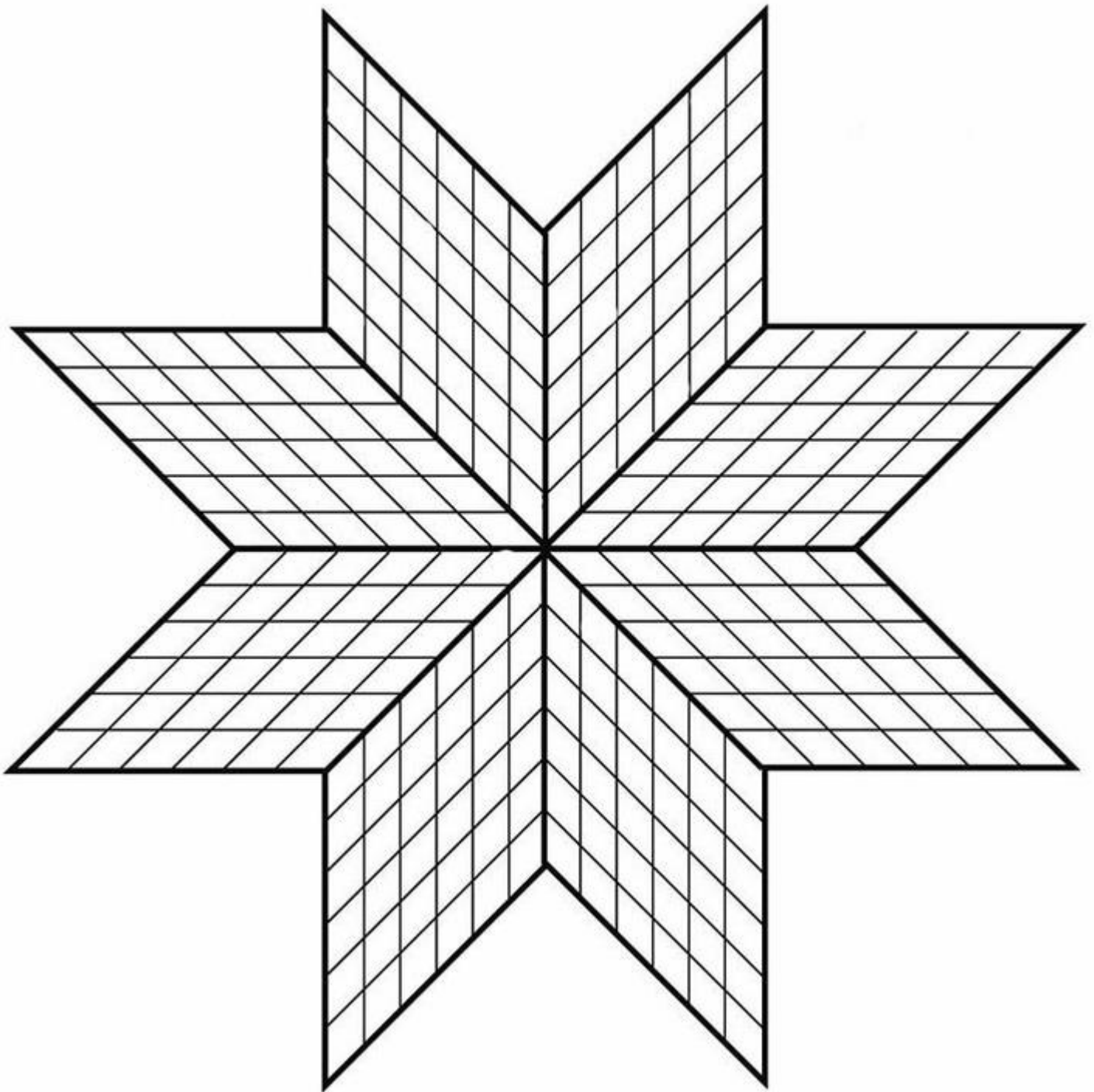


The very cute Halloween pumpkin, cat and candy corn was made by Dorothy Shatlaw. The fall wreath in the center was made by Iris Herne and the fall wreath on the end was made by Rose Terrance. Both wreaths are very unique and beautiful! Nia:wen all for sharing. Please keep calling in for more crafts!

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.

The 2020 Medicare Annual Enrollment period began October 15, 2020 and ends December 7, 2020.

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.



COVID Blessings...

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!



Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- Alice Jacobs
- 2- **Dolores Thompson**
Lola Arquette
Linda LaBaff
Linda Jordan
- 5- Lena Lamb
- 6- **Bonnie Fray**
- 7- **Vicki Phillips**
Stanley Burnam
- 9- **Leona Cook**
Ramona Hudson
Elaine Thompson
- 10- **Brian David**
Dwight Bero
- 11- **Jeb Beeson**
Leona Delormier
Doris Cook

- 12- **Jamie Ross**
Dan Jacobs
- 13- **Edward Tarbell**
- 14- **Sylvia Bero**
Shirley Swamp Oakes
Cecile Briggs
- 17- **Gerald W. Rubado**
- 18- **Nancy Vosbrink**
Joseph Calcagno
- 19- Sharon Thompson
Lorraine Swamp
- 22- **Sharon Loran**
Carol White
- 23- Millie Cook
Nancy Samphier

- 24- **Alice Cook**
Katherine
Thompson
Jane Jordan
Sharon Jackson
- 25- **James Arquette**
- 28- **Florence Cook**
Kamala Swamp
Loretta Thomas
Marianne Bero
- 29- **Thomas Terrance**
Gloria Lazore
- 30- James Hemlock

**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.



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

**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..**