Points of Interest:
- Christmas Enchantment
- Red Ribbon Week Winners
- Shopping Trip to Watertown
- Senior Club Trip to St. Regis Falls
- Nov. 20th Craft Class
- Tai Chi Begins Nov. 5th

Insider this Issue:
- Senior Club Page 2
- Green Food Bag 3
- Trip to Hammond 4
- Caregiver Corner 5
- Calendar 6, 7
- Snow Plowing Services 8
- OFA Public Hearing 9
- Tai Chi for Arthritis 10
- Birthdays 11

Monday, November 11th
Veterans Day

Friday, November 22nd
Planning Day

Thursday, November 28th
Thanksgiving Day

Friday, November 29th
American Indian Heritage Day

Joy Lazore-Gibson, Barbara Lazore, Debbie Cook-Jacobs, Leona Cook, Janice Tallet, Rosemary Bonaparte, Loretta Benedict, Jan Brown, Mary Frego, Florence Cook at Iva Smith Art Gallery in Hammond, more on page 4...
Upcoming Events:
Tues. November 11 – Club Meeting
November 5th @ 11:00 – St. Regis Falls
Trip for lunch and bingo
April 19-22, 2020- Atlantic City

Atlantic City Here we Come!!!
3 Day trip April 19th– April 22nd 2020
Cost is $285.00 for travel and hotel fees
Begin making payments to the Senior Club at any time
Total payment is due by February 12, 2020

Volunteer BINGO Schedule

November 4th
Dorothy Shatlaw
Barb Derouchie

November 11th
Melanie Jacobs
Debbie Thomas

November 18th
Vicki Phillips
Lucille Peters

November 25th
Sweets Jacobs
Rosemary Bonaparte

Schedule is subject to change. Please make arrangements to switch with someone if you cannot make it on your scheduled date.

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
10:00 am – 12:30 pm

New Members:
Elouise Laughing

To all who worked and donated to our Annual Craft Show. We raised a profit of over $3,000!

2020 Club Dues are now being accepted. Don't miss the January Newsletter!

Our Condolences to the families of Audrey McElwain, Mary Ella Chubb and Pat Spossey
Thank You

Nia:wen Shirley Brown for your donation of books!
Nia:wen Toni Herne for donating material for our Crafts!
Nia:wen Wanda Mason for donating this Shop-ride Scooter! It will now be available for shopping trips!

Green Food Bag
Deadline to order is
Friday, November 1st by 2:00 pm
Please mark your calendars to pick up your orders between 12:00 pm and 4:45 pm on
Tuesday, November 12th
Cost is $10.00 per bag in American or Canadian funds
Please Note: Pre-Orders for months ahead is accepted!
Also, please remember the items in the Green Food Bag are perishable. Your orders must be picked up on the Pick Up Day noted above. There are no reimbursements for bags left behind. Please call 518-358-2963 if you are having trouble picking up your bag and to talk about options.

Christmas Enchantment!

On Thursday, November 7th at Noon the Snye Recreation Center will be providing corn soup and biscuits for lunch and afterwards we will be able to preview the beautiful display of trees. They will be hiding 5 pickles in the trees for us to find and win $10.00 in tickets! Be sure to sign up with Katie or Joy right away because seats will go fast! (518) 358-2963. We will leave the center at 11:30 am.

*Please contact Katie if you would like to help shop and decorate our little girls tree!!!*
It all started with a simple Facebook call out for any donations for fall decorations such as pumpkins, mums, maybe some corn stocks and hay. We were shocked when James ‘Spooky’ Burns, Phil and Mary Gray reached out and said, “North Racquette Greenery is on their way!”. We couldn’t believe everything they kept bringing in and they made 5 displays! Just in time for the Senior Club Craft Show that following weekend.

Thank you so much Truck Stop #9, all displays are beautiful and your donation was very much appreciated!

Iva Smith Gallery in Hammond

Friday, October 11th we set off to Hammond, just between Ogdensburg and Watertown. We would always see the pretty yellow barn and wonder what it was. We packed our lunches and went off to check it out. The Iva Smith Gallery of Fine Art is a 19th Century restored barn and the gallery housed the art of Paul Saphier. He used an egg tempera which makes every additional brush stroke molds and evolves the image as if working with clay. Gradually bringing it to an almost palpable life. Everything was very beautiful inside and out. Weddings are even held there occasionally.
Coping with Holidays and Special Events

Holidays and special events can feel stressful for Caregivers. Check out these tips for a better Holiday Season.

Organize events around your routine. Try to keep things like sleeping, eating, bathing, and dressing at the same time of day to reduce stress.

Plan for the best time of the day. Identify the best time of day for you and the person you care for and plan events around that time period.

Don’t try to do too much. You may not be able to participate in every activity so decide which are most important and plan accordingly.

Keep gatherings small. The person you care for may enjoy things more in a quiet area. If you can’t control the size, find a quiet space for rest.

Start new traditions. You are not letting anyone down by changing how special times are celebrated. This year it is okay to ask someone else to host an event. Simplify the event. For example, if a big meal is too much, how about just inviting people over for a special dessert. Or, limit decorations to only those most important to you.

Invite others to help. Give friends and family members ideas of ways they can help. People will wait for your lead and won’t always offer unless they know you want assistance. Remember you are not striving for perfection.

Make gift giving easier. Talk with other family members and explain this year you need to keep things simple. Then go with online shopping, gift cards or something basic but meaningful like a framed special photo.

Plan ahead for trips away from home. Make sure you have needed equipment (wheelchair etc.) Check that food served is appropriate for the person you are caring for or bring a few appropriate snacks. Also, consider a change of clothing and extra medications.

Talk before the holiday or special event. If people understand why you are making certain changes or why you can’t participate in a particular event, it will be easier for everyone. It also is a great opportunity to explain to others ways they can help. Remember most people want to help, they just don’t know how.
### Kentenhko:wa/ November 2019

#### Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Meal</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Beef Barley Soup, Pudding</td>
<td>Activity: 10:30 Virtual Bowling</td>
<td>Turkey Sandwich</td>
</tr>
<tr>
<td>2</td>
<td>Activity: 1:00 NYPA Free Movie</td>
<td><em>Coloring Contest Begins</em></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Activity: 6:00 Ace to King</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Spanish Rice, Green Beans, Roll, Pineapple Chunks</td>
<td>Activity: 10:00 Ace to King</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>BBQ Ribs, Coleslaw, Cauliflower Roll, Cookie</td>
<td>Activity: 10:00 Tai Chi for Arthritis Begins!</td>
<td>Activity: 11:00 St Regis Falls Lunch &amp; Bingo</td>
</tr>
<tr>
<td>6</td>
<td>Open Face Roast Beef Sandwich, Potato Wedges, Mix Veggies, Vanilla Pudding</td>
<td>Activity: 10:00 Tai Chi for Arthritis Begins!</td>
<td>Activity: 11:00 St Regis Falls Lunch &amp; Bingo</td>
</tr>
<tr>
<td>7</td>
<td>Corn Soup, Biscuit, Brownie</td>
<td>Activity: 10:00 Tai Chi for Arthritis Begins!</td>
<td>Activity: 11:15 Christmas Enchantment</td>
</tr>
<tr>
<td>8</td>
<td>Bake Fish, Mac &amp; Cheese, Stewed Tomatoes, Roll, Jell-O</td>
<td>Activity: 10:30 Virtual Bowling</td>
<td>Activity: 12:45 Ride to Nowhere</td>
</tr>
<tr>
<td>9</td>
<td>Chicken Burger, Corn, Roll, Cookie</td>
<td>Activity: 11:30 Madam Butterfly Opera in Cornwall</td>
<td></td>
</tr>
</tbody>
</table>

#### Activities

- **Activity:** 10:30 Virtual Bowling
- **Activity:** 1:00 NYPA Free Movie
- **Activity:** 6:00 Ace to King
- **Activity:** 6:00 Ace to King
- **Activity:** 10:00 Tai Chi for Arthritis Begins!
- **Activity:** 11:15 Christmas Enchantment
- **Activity:** 10:30 Virtual Bowling
- **Activity:** 12:45 Ride to Nowhere
- **Activity:** 11:30 Madam Butterfly Opera in Cornwall

### 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 9:00 am.

### Sponsor:

Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding

---

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 9:00 am.

Your cooperation helps us better serve you!

Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
<th>Meal</th>
<th>Activity</th>
<th>Time</th>
<th>Meal</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Activity: 6:00 Ace to King</td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Activity: 6:00 Ace to King</td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Activity: 6:00 Ace to King</td>
<td>Mac &amp; Cheese, Stewed Tomatoes, Brussel Sprouts, Roll, Peach Cobbler</td>
<td>10:00 Exercise</td>
<td>10:30 Virtual Bowling</td>
<td>11:00 Presentation on Identity Theft Info. by Jerry Manor from Seacomm</td>
<td>1:00 Bingo (Kahnawake joining)</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Activity: 6:00 Ace to King</td>
<td>Beef Stew, Biscuit, Blueberry Muffin</td>
<td>10:00 – 12:00 Public Hearing! In Senior Center Dining Room (No Tai Chi)</td>
<td>12:30 Kanien’keha Class</td>
<td>1:00 Shopping</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Activity: 6:00 Ace to King</td>
<td>Liver Bacon &amp; Onions, Harvest Rice, Roll, Carrots and Pears</td>
<td>8:00 DSS Meghan McCaffrey</td>
<td>10:00 Exercise Class</td>
<td>12:45 Craft Class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Activity: 6:00 Ace to King</td>
<td>Turkey Dinner!</td>
<td>Mash Potatoes, Cranberries, Stuffing, Baked Beans, Roll, Pumpkin Pie</td>
<td>10:00 Tai Chi</td>
<td>10:00 Haircuts</td>
<td>11:00 Alzheimer’s Support Group</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Activity: 6:00 Ace to King</td>
<td>Closed Planning Day</td>
<td>12:30 Kanien’keha Class</td>
<td>1:00 Shopping</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Activity: 6:00 Ace to King</td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Activity: 6:00 Ace to King</td>
<td>Chicken Tenders, Sweet Potatoes, Cauliflower, Raspberry Cookie</td>
<td>10:00 Exercise Class</td>
<td>10:30 Virtual Bowling</td>
<td>1:00 Bingo (Iakhihsotha joining)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Activity: 6:00 Ace to King</td>
<td>Pancakes, Bacon, Scrambled Eggs, Strawberries</td>
<td>8:20 Massage</td>
<td>10:00 Tai Chi</td>
<td>1:00 Shopping</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Activity: 6:00 Ace to King</td>
<td>Birthday Meal!</td>
<td>Meat Loaf, Mashed Potatoes &amp; Gravy, Peas, Roll, Cake</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Activity: 6:00 Ace to King</td>
<td>Thanksgiving Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Activity: 6:00 Ace to King</td>
<td>Closed American Indian Heritage Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Activity: 6:00 Ace to King</td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Activity: 6:00 Ace to King</td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
<td>Closed</td>
<td></td>
</tr>
</tbody>
</table>
How do I get put on the seniors snow plow list?
Those seniors wishing to be on the snow plow must meet eligibility requirements and complete a release of liability form. Forms are available at the front desk. Applicants will be notified if they have been approved and are on snow plow list.

If I was on the list last year do I need to apply again this year?
Yes, you must apply every year. Applications are available at the front desk and you will be notified if you have been approved and your name is on the list.

Why doesn’t my driveway get plowed the same time as my neighbors?
Priority for snow plow services is given to those seniors who are receiving medical care in the home or those who must leave their home for medical treatments. After those individuals have been cleared, then our driver will continue on with the list.

What happens if I cannot get on the snow plow list?
Those individuals who do not qualify for snow plow services will be put on a waiting list. There is also a list of private snow plow drivers available that you can contact for services. Many private snowplow drivers give Senior discounts!

Will the seniors center pay for snow removal if I call a driver off the private snow plow drivers list?
No, the Office for the Aging will not pay for a private snow plow driver. You must pay for this service yourself.

Is the snow plow service free?
The snow plow service has a suggested contribution of $5.00. You will not be denied service if you cannot make a contribution. All contributions are used to cover costs for the snow plow service such as gasoline and vehicle maintenance.

Any more questions?
Call Andrew Person at 518-358-2963

Services are funded by EISEP and TGF
The Advisory Committee and staff of the Saint Regis Mohawk Tribe Office for the Aging invite you to attend our public hearing session. The purpose of the public hearing is to receive input from seniors, caregivers, and community members about our service plans for the next four years from 2020 to 2024. The Advisory Committee is a group of concerned senior citizens, service providers and others who meet to review the programs and services of the Office for the Aging. The public hearing is held to learn what current needs exist within the community and what issues are important to local elders. The public hearing will be held at the Tsi Tetewatatkens Senior Center located at 29 Margaret Terrance Memorial Way, behind the Tribal Police Station. If you are unable to attend the public hearing in person, we still want to hear from you. You can provide comments by:

(1) Mailing your written comments to:

Lora Lee Lafrance, Director
Saint Regis Mohawk Tribe Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

(2) Emailing the Director at loraleelafrance@srmt-nsn.gov
(3) Calling the center at (518)358-2963 to have a staff person assist you
(4) Contacting an Advisory Committee Member. Comments can be submitted to:

Agnes Jacobs, Tribal Council (518)358-2272
Michael Cook, Health Services (518)358-3141
Mary Jo Terrance, Mohawk Indian Housing (518)358-4860

What does the Office for the Aging do with all the comments provided? We gather the input from community members to be consistent with the Older Americans Act which assures that aging services are designed by each community based on unique local needs and resources. Comments we gather at the hearing help guide us as we develop our service plans so that it meets the needs of elders in Akwesasne. In previous years, we used the comments provided to allocate more funding for cultural programming and increase the number of exercise classes offered.

How do I know what is in the service plan? The Office for Aging will be releasing a summary of the proposed service plan before the public hearing. A community notice will be issued once the summary is available at the Seniors Center.

What can I expect at the Public Hearing? The hearing will begin with welcome words from the Advisory Committee followed by a presentation from the Office for the Aging on the Four Year Service Plan 2020 to 2024. After the presentation the Advisory Committee will open the floor for comments until they close the hearing. Please note that the Office for the Aging staff will not be available during the comment session to answer questions.

What if I need special accommodation to participate in the Public Hearing? Please notify us at least a week in advance if you will need interpretation services or large print materials or other assistance to be able to fully participate. You can contact the office at (518)358-2963 or email loraleelafrance@srmt-nsn.gov.

We look forward to seeing you at the Public Hearing and hearing your comments!
Red Ribbon Week here at the Senior Center was a big success! The most participation day was Monday for wear Red day, 22 people remembered to wear red! Not including 12 staff and 11 bingo players from Kahnawake. Pajama day we had 7 participants and 8 staff wear comfy clothes. Jersey day we had 9 seniors and 12 staff with their favorite sports wear. In preparation for tie dye day, 11 of us made our own colorful shirts last week, a total of 13 of us were excited for that day. This picture made it to the Saint Regis Mohawk Tribe’s Facebook page!

Tai Chi for Arthritis

Starting: November 5th every Tuesday and Thursday
10:00 am– 11:00 am
Senior Center Sunroom

Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness.

Increased muscular strength supports and protects joints, which will reduce pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. Stamina or fitness is important for overall health and proper function of your heart, lungs and muscles.

Tai Chi for Arthritis helps people with arthritis to improve all these and more. It improves balance both mentally and physically thus significantly reduces the rate of fall of the older adults. Additional benefits include improving relaxation, vitality, posture, and immunity.

For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe forms that deliver many health benefits.
Just Diagnosed, What’s Next?

Free education and training program for caregivers of people with Alzheimer’s disease and other dementias.

November 4, 2019
11:00 am– 12:00 pm
Senior Center Dining Room

wehelpcaregivers.com
The Caregiver Support Initiative SUNY Plattsburgh

Call Kristen Fleming for more information (518) 564-3368
This program is supported by a grant from the New York State Department of Health

IDENTITY THEFT

Jerry Manor from Seacomm Federal Credit Union will be explaining what Identity Theft is and how that information is used to commit fraud. He will also be discussing the many techniques and scams that crooks and sometimes even family members use to exploit unsuspecting seniors. He will also share information on what a person can do if they suspect or know that they have been a victim.

November 18, 2019 at 11:00 am
Senior Center Dining Room

If you would like to receive the Moccasin Trail Newsletter via email, please email Activity Coordinator at katie.boots@srmtnsn.gov
The Newsletters are also available on the Saint Regis Mohawk Tribe’s Facebook Page every month!
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:

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..

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.

Visit us on our Web Page:
www.srmt-nsn.gov/office_for_the_aging

We’re Here to Serve You!