



Moccasin Trail

KENTENHKO:WA/NOVEMBER 2019

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



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...

**Sorry We
Are CLOSED**

Monday, November 11th
Veterans Day
Friday, November 22nd
Planning Day
Thursday, November 28th
Thanksgiving Day
Friday, November 29th
American Indian Heritage Day

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2 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
10:00 am– 12:30 pm

New Members:
Elouise Laughing

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.

THANK YOU

*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



Oct. 2nd the St. Regis Mohawk Tribal Police and some border officers came to visit, play shuffle board, and virtual bowl (*seniors Won*). They brought the Tim Hortons coffee and Timbits which was a nice treat. Nia:wen for the visit, coffee and donuts and we hope to see you all again soon!



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!!!

Nia:wen Truck Stop #9!!!



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 there 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!



OFA Staff: Alison C., Brenda H., Celcelia K., Linda M., Katie B., Janet T., Leona D., Joy G.



Leona Cook & Granddaughter Katie Boots

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 one 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.

<p><u>Remember:</u> Please call the center at (518) 358-2963 by 9:30 am for lunch.</p> <p>Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am.</p>					<p>And call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook's discretion.</p> <p><i>Your cooperation helps us better serve you!</i></p> <p>Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding</p>					<p>1 Beef Barley Soup, Pudding Turkey Sandwich Activity: 10:30 Virtual Bowling 1:00 NYPA Free Movie *Coloring Contest Begins*</p> <p>Green Food Bag Orders Due by 2:00</p>		<p>5 Activity: 6:00 Ace to King</p>				
<p>3 Activity: 6:00 Ace to King</p>					<p>4 Spanish Rice Green Beans, Roll Pineapple Chunks Activity: 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Presentation on Alzheimer's Disease: 'Just diag- nosed, what's next?' 1:00 Bingo (Iakhihsotha joining)</p>		<p>5 BBQ Ribs Coleslaw Cauliflower Roll, Cookie Activity: 10:00 Tai Chi for Arthritis Begins! 11:00 St Regis Falls Lunch & Bingo 12:30 Kanien'keha</p>		<p>6 Open Face Roast Beef Sandwich Potato Wedges Mix Veggies Vanilla Pudding Activity: 8:00-12 DSS Meghan McCaffrey 10:00 Exercise Class 11:00 Last Take Action 1:00 Shopping 2:00 Caregiver Support Group *Coloring Contest Ends*</p>		<p>7 Corn Soup Biscuit Brownie Activity: 10:00 Tai Chi 11:15 Christmas Enchantment 12:30 Kanien'keha Class</p>		<p>8 Bake Fish Mac & Cheese Stewed Tomatoes Roll, Jell-O Activity: 10:30 Virtual Bowling 12:45 Ride to Nowhere 1:00 Shopping</p>		<p>9 Activity: 6:00 Ace to King 11:30 Madam Butterfly Opera in Cornwall</p>	

Activity: 6:00 Ace to King	<div data-bbox="77 1499 147 1709">Closed</div> 	Johnny Cake Tapioca Pudding Activity: 8:20 Massage 10:00 Tai Chi 11:30 Box Lunch Bingo at Iakhihsotha 12:30 Kanien'keha 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	Chops Boiled Potato Carrots & Broccoli Roll, Applesauce Activity: 10:00 Exercise Class	Corn, Roll, Cookie Activity: 10:00 Tai Chi 12:30 Kanien'keha 12:45 Billiards and Bingo at Tsionkwanonhsote 1:00 Shopping 1:30 Legal Aid	Sweet Potato Fries Peas, Jell-O Activity: 10:30 Virtual Bowling 8:30 Watertown Shopping Trip	Activity: 6:00 Ace to King
17 Activity: 6:00 Ace to King	18 Mac & Cheese Stewed Tomatoes Brussel Sprouts Roll, Peach Cobbler Activity: 10:00 Exercise 10:30 Virtual Bowling 11:00 Presentation on identity Theft Info. by Jerry Manor from Seacomm 1:00 Bingo (<i>Kahnawake joining</i>)	19 Beef Stew Biscuit Blueberry Muffin Activity: 10:00– 12:00 Public Hearing! In Senior Center Dining Room (No Tai Chi) 12:30 Kanien'keha Class 1:00 Shopping	20 Liver Bacon & Onions, Harvest Rice Roll, Carrots and Pears Activity: 8:00 DSS Meghan McCaffrey 10:00 Exercise Class 12:45 Craft Class	21 Turkey Dinner! Mash Potatoes Cranberries Stuffing Baked Beans, Roll Pumpkin Pie Activity: 10:00 Tai Chi 10:00 Haircuts 11:00 Alzheimer's Support Group 12:30 Kanien'keha 1:00 Shopping 1:30 Legal Aid 2:00 Memory Café	22 Closed Planning Day 	23 Activity: 6:00 Ace to King
24 Activity: 6:00 Ace to King	25 Chicken Tenders Sweet Potatoes Cauliflower Raspberry Cookie Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo (<i>Iakhihsotha Joining</i>)	26 Pancakes Bacon Scrambled Eggs Strawberries Activity: 8:20 Massage 10:00 Tai Chi 1:00 Shopping	27 Birthday Meal! Meat Loaf Mashed Potatoes & Gravy Peas, Roll, Cake Activity: 10:00 Exercise Class	28 Closed Thanksgiving Day 	29 Closed American Indian Heritage Day 	30 Activity: 6:00 Ace to King

OFA SNOW PLOWING SERVICES

Sign up now until December 1st.

Here are some of the most frequently asked questions we get....

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



Public Hearing Notice

November 19, 2019 at 10:00 a.m.
Saint Regis Mohawk Tribe Office for the Aging



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 Tetewatatkins 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 Winners!



Wear Red Day
Kathy Nolan & Sandy Swanger
Pumpkin Craft & Tim Horton's Card



Pajama/Comfy Day
Louis Garrow & Catherine Cook
Three Feather's Café



Jersey/Sports Shirt Day
Rose Jacobs & Carol Thompson
Water bottle & Chocolate



Tie Dye Day
Roger Caldwell & Leona Cook
Comfy Blankets



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.

Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



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

- 12- Dan Jacobs
- 14- **Sylvia Bero**
Shirley Swamp
Cecile Briggs
- 18- Joseph Calcagno
- 19- **Sharon Thompson**
Lorraine Swamp
- 22- **Carol White**
- 23- **Millie Cook**
Nancy Samphier
- 24- **Alice Cook**
Katherine Thompson
Jane Jordan
Sharon Jackson

- 25- James Arquette
- 26- **Selena Smoke**
- 28- **Florence Cook**
Brenda LaFrance
Kamala Swamp
Marianne Bero
- 29- **Gloria Lazore**
- 30- James Hemlock
Angus Brown

**Bold are Saint Regis
Mohawk Senior Club
Members**



November Presentations



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@srmt-nsn.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

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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**
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- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
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