



# Moccasin Trail

KENTENHA/OCTOBER 2019

## Points of Interest:

- Coffee with Cops!
  - Employee Spotlight
  - 2 New Trips!
  - Mohawk Networks
- Presentation Oct. 21

## HALLOWEEN COSTUME PARTY

**Thursday, Oct. 31st**

9:30 am- Kanatakon School  
Costume Parade!  
10:30- Games & Snacks!  
11:30 am- Senior Costume  
Judging!



Bowling Tournament Winners: Freda Barney, Veronica Cook and Lynn LaFrance

## Inside this Issue:

Senior Club Page	2
Green Food Bag	3
Red Ribbon Week	4
Caregiver Corner	5
Calendar	6, 7
Thompson Island	8
5 Autumn Safety Tips for Seniors	9
Ride to Nowhere	10
Birthdays	11

**Sorry We  
Are CLOSED**

**Monday, October 14th**  
Indigenous Peoples Day  
**Friday, October 25th**  
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

10:00 am– 12:30 pm



## Upcoming Events:

Sat. Oct. 5th– Annual Craft Show

Tues. Oct. 8th- Club Meeting

April 12– April 15, 2020:

Atlantic City

## Atlantic City Here we Come!!!

3 Day trip in April 2020 (dates coming soon)

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 2020

## Volunteer BINGO Schedule

### October 7th

Vicki Phillips

Lucille Peters

### October 14th

Holiday

No Bingo

### October 21st

Sweets Jacobs

Rosemary Bonaparte

### October 28th

Barbara Lazore

Lou Ann Paquin

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



CRAFT  
SHOW

**Saturday, Oct. 5, 2019**

**9:00 a.m.– 4:00 p.m.**

**Senior Center**



## TIE DYE COLORING

Katie and Joy will be supplying tie dye materials for you to make your own shirt or accessory in preparation for Red Ribbon Week!

Please bring a white shirt or anything you would like to tie dye!

**Wednesday, October 17th  
at 11:00 am**

## Monthly Coloring

**September Winners Are:**

1st: Sandy Swanger

2nd: Sally Hamelin

3rd: Roger Caldwell

**Congratulations!!!**

Our next contest will be from

**Fri. Oct. 4th– Wed. Oct. 9th**

*Halloween Themed!!!*

## Contest

## Green Food Bag

Deadline to order is

**Friday, October 4th by 2:00 pm**

Please mark your calendars to pick up your orders between

**12:00 pm and 4:45 pm on**

**Tuesday, October 15th**

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.

## Thank You

Nia:wen Anthony Tillman for being our host at the August Senior Picnic Jeopardy Game!

Nia:wen Alice Thompson for your donation of craft supplies!

Nia:wen Newsletter Assembly Volunteers Sandy Swanger, Lilly Swamp and Katherine Thompson.

Nia:wen Emily Tarbell for editing!



**Wednesday, October 2nd 2019  
10:30 a.m. – 12:00 p.m.**

Building relationships. One cup at a time.

Coffee with cops brings police members and the community members they serve together over coffee to discuss issues/concerns and learn more about each other. Drop in to visit or for some Tim Horton's coffee and donuts!

**It's our Favorite Week...**

# RED RIBBON WEEK!

**Monday, Oct. 21– Friday, Oct. 25, 2019**



## **Monday, October 21st: Red/Red Ribbon Day**

“Red-y to live Drug-Free and make a Difference”

\*Wear red, including red ribbon shirts/skirts/dress\*



## **Tuesday, October 22nd: Pajama/Comfy Day**

“Follow your dreams, be drug-free”

\*Wear pajamas or comfy clothes\*



## **Wednesday, October 23rd: Jersey Day**

“Team up against drugs, play drug free”

\*Wear your favorite jersey or sports shirt\*



## **Thursday, October 24th: Tie Dye Day**

“Don’t get tied into drugs, say NO”

\*Wear tie dye clothing/accessories\*



## **Friday, October 25th: Neon Day**

“I have a bright future without drugs”

\*Wear bright, neon colored clothing\*



The Alcohol/Dependency Prevention Program of the Saint Regis Mohawk Tribe encourages all community members to participate in Red Ribbon Week to promote living a drug-free healthy lifestyle. Throughout the week the community, including the schools, will be participating!



***If you wear the theme of the day to the Senior Center, your name will be entered into a drawing to win the Prize of the Day!!!***

## Exercising When You're Caring for Someone Else

Caregivers have little spare time for themselves. So when you do get a break, you're probably craving rest, rather than thinking of exercise. Yet, of the two, exercise could be a better choice. It may prevent you from getting sick, help you sleep better and is almost certain to give you more energy. Your well-being can affect the quality of care you provide to your loved one. Remember, in reality, you're taking care of two people. Also, research has found that caregivers are more vulnerable to illness and can get sicker if they don't take care of themselves.

**Keep it simple** Keep exercise as simple as a brisk walk. It's a great release and a way to be alone, re-charge, meditate and collect oneself. Many studies have demonstrated that regular walking is one of the best things you can do to improve physical and mental health.

**Get enough** Exercise recommendations are much the same for anyone. Your goal should be 30 to 40 minutes of moderately intense exercise at least three times a week. Ideally, you'll want to exercise continuously for 30 minutes or more. However, taking that much time off may not be an option. It's OK to get your exercise "here and there" throughout the day. Research shows that even little bursts of activity are beneficial.

**Challenge yourself for a good workout** Your exercise goals may include losing weight or toning certain body parts. Or you may be seeking to release stress and regain energy, stamina and strength. Try to get the most from the time you exercise. **Remember, check with a health professional before beginning any exercise program.** Write down your goals and stick to them. Track your progress and stay motivated. Competing against yourself (or against a friend) can make exercise a fun and interesting challenge.

On days when you can't walk outside or get away, make time for strength training. Caregivers responsible for lifting loved ones in and out of bed or chairs require a strong core. Your core is the area around your trunk and pelvis and is where your center of gravity is located.

If you are 55 or older, and can get out of the house, consider attending one of the regular exercise classes held at the Senior Center. These classes help meet your physical and social needs. See the Senior Center Calendar for days and times or call 518-358-2963 for more details.

*Partial content taken from AARP Article How to Make time for your own fitness needs 7/31/14*

*Funding provided by Title III E and Title VI (C)*

## PUMPKINFERNO!

Upper Canada Village

Tues. Oct. 1st, leave at 5:30 p.m.

Take a tour through this spectacular exhibit of 7,000 handcrafted pumpkins all lit up at night along a kilometer long path in picturesque 19th-century backdrop. This mesmerizing installation of artist-inspired, glowing pumpkins is a not-to-be-missed event for ALL ages! Walking will not be an issue because we will ride the bus through the village nice and warm!

Call Katie or Joy at **358-2963** to reserve your seat.

Tickets are free, remember your ID, you would just need to pay for your own dinner. We can pick you up at home if you can't get to the Senior Center!



## Iva Smith Gallery of Fine Art

Fri. Oct. 11th, leave at 10:00 a.m.

Housed in a lovingly-restored 19th Century barn, the Iva Smith Gallery serves as summer home to the artwork of Paul Saphier. 1984 marked the beginning of Paul's love affair with the spirit of the North, and his artwork, as seen in the Gallery, bears witness to this.

Call Katie or Joy to reserve your seat. We will pack you a lunch and find somewhere to eat!



# Kentenfia/October 2019

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahíá:khaton
		<b>1</b> Bake Chicken Roasted Potato Mix Veggies Cookie <b>Activity:</b> 8:20 Massage 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping  5:30 Pumpkin Inferno at Upper Canada Village	<b>2</b> Chili Johnny Cake Fresh Fruit <b>Activity:</b> 10:00 Exercise Class 10:30 Coffee with Cops! 11:00 Take Action! First Class	<b>3</b> Stuff Shells Toss Salad Italian Bread Tapioca Pudding <b>Activity:</b> 10:00 Chair Yoga 11:30 Kanien'keha Presentation 12:30 Kanien'keha 12:45 Billiards at Tsiionkwanonhsote 1:00 Shopping	<b>4</b> Sweet & Sour Pork, Rice, Broccoli Roll, Peaches <b>Activity:</b> 10:30 Virtual Bowling 1:00 NYPA Free Movie *Coloring Contest Begins*  Green Food Bag Orders Due by 2:00	<b>5</b> <b>Activity:</b>  <b>9:00 AM– 4:00 PM SENIOR CLUB CRAFT SHOW!!!</b>  6:00 Ace to King
<b>6</b> <b>Activity:</b> 6:00 Ace to King	<b>7</b> Salisbury Steak Harvest Rice Carrots Roll Fruit Cocktail <b>Activity:</b> 9:45-10:45 am early Exercise Class! 10:30 Virtual Bowling 1:00 Bingo (Iakhihsotha joining)	<b>8</b> Pork Chops Stuffing Green Beans Applesauce <b>Activity:</b> 10:00 Chair Yoga 11:00 Pharmacist Presentation on flu shots & vaccines 12:30 Kanien'keha 1:00 Shopping 1:30 Legal Aid	<b>9</b> Baked Mac & Cheese, Broccoli Fruited Jell-O, Roll <b>Activity:</b> 10:00 Exercise Class 11:00 Take Action 2:00 Caregiver Support Group  *Coloring Contest Ends*	<b>10</b> Roast Beef Mash Potatoes Roasted Veggies Butterscotch Pudding, Roll <b>Activity:</b> 10:00 Haircuts 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping	<b>11</b> Sweet Potato Soup, Italian Bread Yogurt <b>Activity:</b> 10:30 Virtual Bowling 10:00 Iva Smith Gallery of Fine Art in Hammond, NY	<b>12</b> <b>Activity:</b> 6:00 Ace to King
<b>13</b>	<b>14</b>	<b>15</b> Tomato Mac	<b>16</b> Chicken Parm	<b>17</b> Bake Fish	<b>18</b> Cold Cut	<b>19</b>

<b><u>Activity:</u></b> 6:00 Ace to King	<div>Closed</div> <p>Indigenous Peoples Day</p>	Soup, Biscuit Mandarin Oragnes <b><u>Activity:</u></b> 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	w/ Spaghetti Garlic Bread Cantaloupe Cup <b><u>Activity:</u></b> 10:00 Exercise Class 11:00 Take Action 11:00 Alzheimer Support Group 12:45 Craft Class: Pumpkin Signs	Boiled Potatoes Corn, Roll Chocolate Pudding <b><u>Activity:</u></b> 10:00 Chair Yoga 11:00 Tie Dye Craft 12:30 Kanien'keha 1:00 Shopping 2:00 Memory Café	Buffet Mac Salad Chips Cookie <b><u>Activity:</u></b> 10:30 Virtual Bowling 12:45 Ride to Nowhere	<b><u>Activity:</u></b> 6:00 Ace to King
<b>20</b> <b><u>Activity:</u></b> 6:00 Ace to King  <div>↑</div> <b>RED RIBBON WEEK!</b>	<b>21 Wear Red</b> Chicken Cordon Bleu, Rice Pilaf, Mix Veg. Roll, Lemon Fluff <b><u>Activity:</u></b> 10:00 Exercise 10:30 Virtual Bowling 11:00 Mohawk Networks: Intro to Online Navigation 1:00 Bingo (Kahnawake coming)	<b>22 Pajama Day</b> Hamburger Gravy Mash Potatoes String Beans, Roll Pineapple Chunks <b><u>Activity:</u></b> 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping	<b>23 Jersey Day</b> French Toast Sausage Links Hash Browns Strawberries <b><u>Activity:</u></b> 10:00 Exercise Class 11:00 Take Action Class	<b>24 Tie Dye Day</b> BBQ Ribs Sweet Potato Fries 3 Bean Salad, Roll Apple Crisp <b><u>Activity:</u></b> 10:00 Haircuts 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping 1:30 Legal Aid	<b>25 Neon Day</b> (You can still wear your Neon out in the community!) <div>Closed</div> <b>Planning Day</b> 	<b>26</b> <b><u>Activity:</u></b> 6:00 Ace to King
<b>27</b> <b><u>Activity:</u></b> 6:00 Ace to King	<b>28</b> Chicken & Dumplings, Peas Brownie <b><u>Activity:</u></b> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo (lakhishotha joining)	<b>29</b> Beef Stroganoff with Noodles Asparagus, Roll Italian Ice <b><u>Activity:</u></b> 8:20 Massage 10:00 Chair Yoga	<b>30 Birthday Meal!</b> Open Face Turkey Boiled Potatoes Corn, Green Beans Cranberry Sauce, Cake <b><u>Activity:</u></b> 10:00 Exercise Class 11:00 Cultural Workshop 11:00 Take Action Class	<b>31 HALLOWEEN PARTY</b> Meatloaf Wild Rice Oriental Veggies Roll, Citrus Cup <b><u>Activity:</u></b> 9:30 School Costume Parade! 10:00 Chair Yoga 11:30 Senior Costume Judging! 12:30 Kanien'keha 1:00 Shopping	<b><u>Remember:</u></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>  Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding	



What a perfect day for a group to head out on the St Lawrence River on a beautiful pontoon ride to Thompson Island. Our host, Jessica Shenandoah, was so full of knowledge as she took everyone on a Medicine walk around the camp. We learned about the many different plants that grow on the island, their uses and how to prep them. It was great to see everyone taking notes. We then headed back up to the main sitting area and enjoyed the views along with the breeze while Lunch was put out for us and it was so nice to sit unplugged from our everyday routines. I know we could have all sat there for the entire day but the skies grew a little dark and we decided to end our visit around 1:30 with a trip back to the mainland. That concluded our Thompson Island visit and we can't wait to get back out there next year!

*Article by: Joy Lazore-Gibson*



## Virtual Bowling Tournament



We held our quarterly tournament on the big screen in the dining room on Sept. 13th. We had a total of 10 bowlers, some experienced and some rookies. To encourage new bowlers, everyone drew an average to add to their score ranging between 140-170. The highest score went to Freda Barney with a total of 341; second place went to rookie Veronica Cook with a total of 326; and the title of Most Strikes went to Lynn LaFrance with 7 strikes in one game! We had a very loud and fun Friday afternoon and look forward to the next tournament in December!





# Employee Spotlight

She:kon, My name is Janet Terrance. I have recently been hired as the Nutrition Coordinator. I am learning my role and assigned job duties. I will be meeting all of you over time at the Senior Center or in your home. I am the daughter of Mary and Gary Terrance. My grandparents were Alex & Rita Smoke and Jack & Doris Terrance. If you have any memories of any of my grandparents, I'd Love to hear them. I look forward to meeting each of you! Nia:wen, Janet

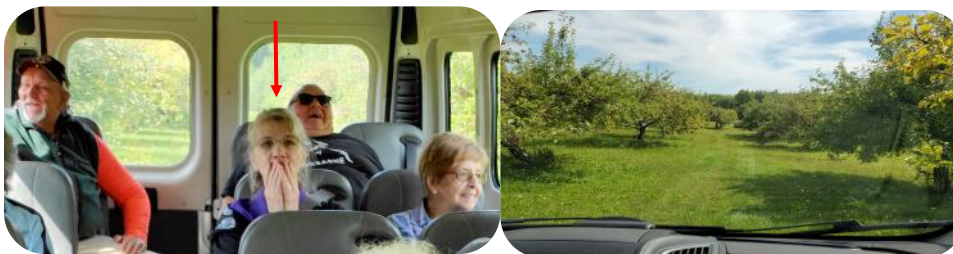
## 5 Autumn Tips for Seniors

The cold and flu season is just getting started, and there are other cold-weather threats to a senior's health and safety that can be minimized by following a few basic guidelines. Here are five tips for seniors to follow to stay healthy during the colder seasons.

1. **Get the flu vaccine.** The Centers for Disease Control recommends that adults aged 65 and older get a flu vaccine each year, ideally by the end of October. While the flu shot is recommended for everyone, seniors are especially at risk for complications from the flu, such as pneumonia, bronchitis and ear infections. There are two flu shots specially designed for seniors, ask your care provider which one is best for you.
2. **Be wary of tripping hazards.** People generally experience stiffer joints in cold weather. Not only might it be a bit harder to move around, but it gets dark out early, the ground is often wet or frozen, and fallen leaves create slipping hazards. Make sure leaves are cleared from sidewalks and driveways on your property. Sprinkle cat litter or sand on icy sidewalks. Stretch before going outside to warm up stiff muscles.
3. **Stay Warm.** As you get older, your risk of suffering hypothermia goes up. Hypothermia can be a life-threatening condition that occurs when an individual's body temperature drops below normal and remains low for a period of time. Dress in layered, loose-fitting clothing. Dress warmly and wear a hat when going outside. Keep your indoor temperature at a minimum of 68 degrees Fahrenheit.
4. **Protect your skin.** Indoor air becomes arid thanks to household heating systems. With age, our skin gets thinner and more prone to dryness and tears that can lead to infections. Stay hydrated by drinking plenty of fluids and eating soup. Using a humidifier indoors can go a long way toward putting some much-needed moisture back in the air. Also, make sure to help keep your skin from drying out with lotion or cream.
5. **Eliminate fire risks.** Check that electrical appliances like electrical blankets are in good condition without fraying cords. Space heaters are common sources of fires. Make sure they are placed far away from flammable surfaces. Autumn is an excellent time to check the batteries in your smoke and carbon monoxide detectors. Also, be sure to have working fire extinguishers in the kitchen and near any fireplaces.

Enjoy the beautiful fall season as you prepare for the upcoming winter. With a little planning and care, you can minimize your chances of encountering any risks to your health and safety!

# Ride to Nowhere!



Our Friday, September 13th Ride to Nowhere brought us to Kaneb Orchards in Massena. One of the co-owner's Nancy told us all about how the process works with making everything they do. We were all surprised to hear that absolutely no sugar is added to anything they make; the apples are sweet enough. They also gave us free donuts, cider and slushies to taste! After we finished they told us to take a drive around to see the apple orchard. We took a wrong turn and ended up driving our big van through the orchard! You can see the horror on Nancy's face! *Next Ride to Nowhere is Friday, October 18th! Call Katie/Joy to sign up!*



## Craft Class



We had a great turnout for our monthly Wednesday Craft Class. The Apple Pie Décor was a hit and again it is great to see you all express your own creativity in the craft you create! We had a great time "reading" our Apples that I must say, turned out better than I imagined. We upcycled old, unused books with a little red paint on the edge of a Apple cut-out, we used hot glue on the binding, reversed the fold in half on the binding and then we proceeded to fan them out. Our Apple was topped of with a Twig and Leaf on top. The group then proceeded to use burlap to create the "crust" of the pie inside a dollar store metal pie plate. For the "Filling" the group used an assortment of plastic apples and fruits and basket filling. They topped it off with the Apple they created earlier and their "Apple Pie Table Décor" was done. Next up, we are planning to make "Thankful" pumpkins, perfect for your wall or door. We hope to see you there for a visit of laughter and fun! If interested, please sign up with Katie or Joy (ext. 3310) to make sure we have enough supplies on hand.

-Article by: Joy Lazore-Gibson

**Next Class: October 16, 2019 at 12:45 p.m. Call to reserve seat!**





# Satonhá:ren tsi Sahsiéríte

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

- |                                      |  |  |
|--------------------------------------|--|--|
| 1- Dale Bintz<br>Sue Ann Hutchcroft  | 17- Gerald Rubado<br>Barb White        | 26- Marshall Rourke<br>Irene Gambill   |
| 2- William Oakes                     | Inez Cook                              | 27- Sandy Swanger<br>Ida Ransom        |
| 3- Carl Tarbell                      | 18- Loretta Benedict                   | Rita Oakes– Arbor                      |
| 5- Gale Dewitt                       | 19- Betty Mitchell                     | 28- John W. Herne<br>Sandra A. Burnett |
| 7- John 'Tony' Swamp                 | 20- Patricia Taylor<br>Theresa Gardner | 29- Jerry Thompson<br>Mary Sunday      |
| 8- Ben Kelly                         | 21- Beulah Terrance<br>Arnold Printup  | 30- Sam Oakes<br>Connie Sunday         |
| 9- Joe Thompson<br>Joan Soucy        | 22- Isabell Francis                    | 31- Sister Christine Taylor            |
| 10- Brian David                      | 23- Julianne Barnes<br>Vickie Beeson   |  |
| 11- Marianne Loran<br>Harry Thompson | Mary Wainman                           |  |
| 12- Ruth Dora                        | Giles Quenville                        |  |
| 14- John D. White<br>Shirley Jacobs  | Margaret Chubb                         |  |
| 16- Elda Cook<br>Gisela Herne        | 24- Virginia Plante                    |  |
|                                      | 26- Joseph Hruska                      |  |

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

## Mohawk Networks: Introduction to Online Navigation Presentations

Seniors in a digital world can be easily overwhelmed by all the new technology around us. We are surrounded by an array of digital devices, whether its smartphones, social media, tablets, smart watches, or laptops. There's no avoiding it, so we should learn how to use all these technological advances to make life easier. Employees from Mohawk Networks would like to come to the Senior Center to help with all different kinds of technological issues you may be having. They will be giving a presentation on **Monday, October 21st at 11:00 am** on introduction to online navigation. October will be the first presentation, then they will be back in December and February. Feel free to bring that device that you have difficulties with. They will be happy to help!



**MOHAWK**  
networks  
NORTH COUNTRY BROADBAND



If you would like to receive the Moccasin Trail Newsletter via email,  
please email Activity Coordinator at [katie.boots@srmt-nsn.gov](mailto: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)

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