



Moccasin Trail

SESKEHKO:WA / SEPTEMBER 2019

Points of Interest:

- Akwesasne Powwow
- September Craft Class
- Turtle Bay Lodge:
Bingo and Lunch
- Chair Yoga with
Catherine C. is Back!
- Employee Spotlight
- Plattsburgh Shopping
Trip

Now that the Grandkids are back in school...



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**Sorry We
Are CLOSED**

Monday, Sept. 2nd
Labor Day
Friday, Sept. 27th
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



Upcoming Events:

Tues. Sept. 10– Club Meeting

Thurs. Sept. 19– Turtle Bay Elders Lodge
in Kahnawake

Sat. Oct. 5th– Annual Craft Show

Senior Club Hours:

Monday– Friday

10:00 am– 12:30 pm

Our sincere condolences
to family and friends of
Lud Beeson.

Volunteer BINGO Schedule:

September 2nd

Closed– No Bingo

September 9th

Sweets Jacobs

Rosemary Bonaparte

September 16th

Barbara Lazore

Lou Ann Paquin

September 23rd

Dorothy Shatlaw

Barbara Derouchie

September 30th

Melanie Jacobs

Debbie Thomas

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

CRAFT SHOW

Donations Needed:

- * Kitchen– Soups, Sandwiches, Bowls
& Spoons
- * Crafts for Craft Table
- * Baked goods for food table
- * Items for Auction
- * Apple and meat pie ingredients

Vendors:

Please call the following for a table

Debbie Gauthier: 613-360-4486

Kathy Colburn: 518-358-2553

315-842-6652

Kamie Swamp: 518-651-0285

Turtle Bay Elders Lodge

In Kahnawake on Thursday, September 19, 2019

For Lunch and Bingo

Leave Senior Center at 10:00 am

To Reserve your seat, you must
pay \$10.00 to the Senior Club



Craft Class

It was Craft Class time again at the center and for the month of August, we were hooting about Owls. A Senior kindly donated some denim jeans to us and we used the bottom of the legs to create our owl doorstops. We also had a good variety of colored felt to choose from to really make our owls unique. There are still plenty of jeans left and we will be looking for more ways to craft with them in the future.

Fall is approaching fast and for the Wed., Sept. 18th class we will be working on Fall centerpieces. Join us for a couple hours of crafting along with cider and doughnuts to set your mood for Fall. Sign up with Katie or Joy to reserve your spot (518) 358-2963.



Employee Spotlight

She:kon, I'm Judy Laffin the new Home Delivered Meals/Bus Driver. Before starting here at Seniors, I drove school bus for Salmon River Central School. I'm the mother of three and Mamma (Tota) to 9 grandchildren. So far I enjoy my work here at OFA and look forward to many New adventures!



THANK YOU

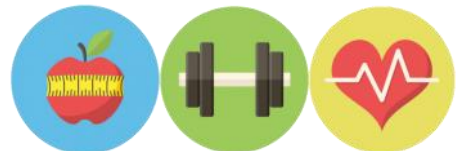
Nia:wen Venita Loran and Nadine Sunday for your donation of Puzzles!

Nia:wen Emily Tarbell for editing the monthly newsletter!

Walking Club

Anytime from 8:00 am– 4:00 pm
Monday-Friday for the month of Sept.

Walking Club will continue into September. Let us know when you walk so that we can put your name down to win a FitBit! Because Chair Yoga is starting we will accept entries for Mon.– Fri.; just remember to tell us that you walked on the trail or on the treadmill at the Senior Center lounge.



Chair Yoga

Beginning September 3rd
Tuesdays and Thursdays
10:00 am– 11:00 am
Instructor: Catherine Cook

Chair yoga safely improves senior health. It's a great way for older adults to get the wonderful health benefits of yoga. Staying seated means that all seniors can safely do the exercises. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

Feel Free to join Any Exercise class Any day!

Intern Summer Project

My name is Taylor Marcellus. As you may know during my time as an intern at the Senior Center, I have been working on creating meaningful activity kits for those with memory loss or dementia. Meaningful activities are those activities that engage the person's attention and connect with their interests. If you are a caregiver supporting a care recipient with dementia and would like ideas for meaningful activities that you can do

together, these may be a place to start. I also put together a book of activity tips and facts, benefits of different activities, and activities you can create yourself.

There are a variety of kits available such as sewing/beading, cooking, games, tactile and sensory stimulation, and sorting specific activities. One example is a memory book, a helpful tool for the individual and the caregiver. The memory book provides a record of the individual's history. There are many benefits to creating a memory book that include, a way to connect with new caregivers or visitors, a way to celebrate lasting memories, and it promotes well-being. Another kit example is the cooking kit. Cooking is a way for the individual to engage



their senses, creates opportunities to reminisce, and provides relaxation. Activities may include sorting, measuring, mixing ingredients, kneading dough, or simply holding onto their favorite spoon to bring back a sense of familiar comfort. For more information, or to see example kits you can contact Nancy Vosbrink, Caregiver Coordinator at the Senior Center 518-358-2963 or email: nancy.vosbrink@srmt-nsn.gov.



Special Thanks to Johnson J. for helping with this project by making a handyman kit.



Calling all Caregivers!

The Caregiver Program at the Senior Center offers a variety of services focusing on the needs of the Caregiver.

To be eligible for this program, the caregiver must be at least 18 and providing care for someone 60 or older or someone with a dementia or Alzheimer's diagnosis.

Many people who are caregivers don't realize the term applies to them.

So ask yourself, are you providing unpaid assistance to a spouse, relative, or friend who is ill, disabled, or needs help with basic activities of daily living?

Do you help with rides to the doctor, shopping, meals, bill paying, bathing, grooming, dressing, walking or transferring to a wheelchair, housekeeping, managing medications, or arranging services to be provided by others?

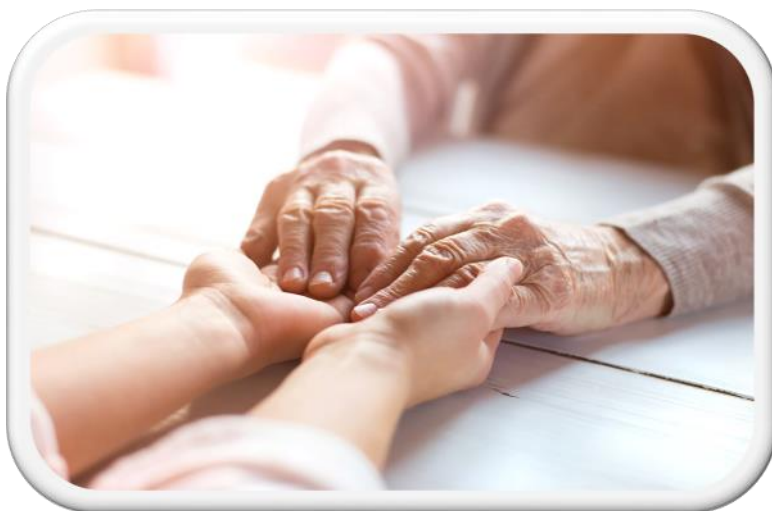
If you provide services like these, whether or not you live with the person **you are a caregiver!**

This is a great time to reach out to the Caregiver Program at the Senior Center. We have a nice selection of new Meaningful Activity Kits to help Caregivers create meaningful activities at home.

We have just added several Caregiver Books to our Caregiver Library, many of which address the challenges of Alzheimer's and other dementias.

We have also added a short term Respite program for eligible Caregivers/Care Receivers.

If you would like to learn more about the Caregiver Program, please contact Nancy at 518-358-2963 or nancy.vosbrink@srmt-nsn.gov.





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



Seskehko:wa/September 2019

Tsiat'ahkhaton	Kiokierénhnton	Tekeníhnton	Ahsénhnton	Kaieríhnton	Wiskhaton	lahia:khaton
1 Activity: 6:00 Ace to King	2 <div>Closed</div> <div>Labor Day</div> 	3 Beef Stroganoff with Noodles Asparagus Roll Cookie Activity: 8:20 Massage 10:00 Chair Yoga with Catherine C. 12:30 Kanien:keha 1:00 Shopping	4 BBQ Chicken Breast Sweet Potatoes Broccoli, Roll Fruit Medley Activity: 10:00 Exercise Class 10:00 Chair Yoga 12:30 Kanien:keha 1:00 Shopping	5 Bake Fish Roasted Vegetables Mix Veggies Roll, Pears Activity: 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping 1:00 Billiards at Tsiionkwanonhsote <i>*Coloring Contest Begins*</i>	6 Stuff Shells Caesar Salad Garlic Bread Tapioca Pudding Activity: 10:30 Virtual Bowling 12:45 FREE Movie at NY Power Authority 6:00 Ace to King	7 Activity: 11:00 Akwesasne Pow Wow! 65+ FREE! (details on page 10)
8 Activity: 6:00 Ace to King	9 BBQ Ribs Buttered Noodles Peas, Roll Yogurt & Berries Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	10 Beef Stew French Bread Mandarin Oranges Activity: 8:20 Massage 10:00 Chair Yoga 11:30 Box Lunch Bingo at Iakhihsotha 12:30 Kanien'keha Class 1:00 Shopping	11 Turkey & Biscuit Brown Rice Cauliflower Banana Pudding Activity: 10:00 Exercise Class 2:00 Caregiver Support Group <i>*Coloring Contest Ends*</i>	12 Hamburger Gravy Boiled Potatoes Green Beans, Roll Pineapple Chunks Activity: 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping	13 Vegetable Soup Grilled Cheese Sandwich Vanilla Pudding Activity: 10:00 Haircuts 10:30 Virtual Bowling Tournament 12:45 Ride to Nowhere	14 Activity: 6:00 Ace to King
15	16 Chicken Cordon	17 Jambalaya	18 Cabbage Roll	19 Fish Burger	20 Chef Salad	21

<u>Activity:</u> 6:00 Ace to King	Bleu, Mash Potatoes Wax Beans Apple Crisp w/ whip <u>Activity:</u> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	Corn, Roll Fruit Cocktail <u>Activity:</u> 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping <div style="background-color: #c8e6c9; padding: 5px; text-align: center;"> 12:00-4:45 Pick up: Green Food Bag </div>	Baby Carrots Roll Fruited Jell-O <u>Activity:</u> 10:00 Exercise Class 12:45 Craft Class Fall Table décor 1:00 Shopping	Potato Wedges 3-Bean Salad Peaches <u>Activity:</u> 10:00 Chair Yoga 10:00 Kahnawake: Senior Club Trip 11:00 Alzheimer's Support Group 12:30 Kanien'keha 2:00 Memory Café: Lisa Gervais Painting	Cheese Bread Sticks Strawberry Short Cake <u>Activity:</u> 10:30 Virtual Bowling 8:30 Plattsburgh Shopping Trip	<u>Activity:</u> 6:00 Ace to King
22 <u>Activity:</u> 6:00 Ace to King	23 Chili Johnny Cake Mix Berries w/ whip <u>Activity:</u> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo <i>(Kahnawake Coming)</i>	24 Salisbury Steak Mushroom Gravy Mash Potatoes Mix Veggies Butterscotch Pudding <u>Activity:</u> 10:00 Chair Yoga 12:30 Kanien'keha Class 1:00 Shopping	25 Birthday Meal! Chicken Parm with Spaghetti Toss Salad Garlic Bread, Cake <u>Activity:</u> 10:00 Exercise Class	26 Pancakes Bacon Hash Browns Fresh Oranges <u>Activity:</u> 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping 1:30 Legal Aid 11:00 Apple Picking at Vergers Rockburn Orchards	27 <div style="text-align: center;"> <div style="background-color: red; color: white; padding: 10px; font-size: 2em; font-weight: bold; margin: 0 auto;">Closed</div> <div style="font-size: 1.5em; font-weight: bold; margin: 5px auto;">Planning Day</div>  </div>	28 <u>Activity:</u> 6:00 Ace to King
29 <u>Activity:</u> 6:00 Ace to King	30 Bake Ziti Caesar Salad Bread Sticks Applesauce <u>Activity:</u> 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	<p>Salads are Available! Please Call before 9:30 am, with dressing request. Only 10 being made daily. *No Salad orders on Birthdays or special events</p> <p><u>Remember:</u> Please call the center at <u>(518) 358-2963</u> by 9:30 am for lunch or salad. 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.</p> <p style="text-align: center;">Your cooperation helps us better serve you!</p>				

SENIOR HEALTH CHECK-UP

MEDICARE
HEALTH
SCREENINGS



Office for
the Aging

Pay to the
Order of

You!

\$ **Priceless!**

Your Health Screening Benefits and $\frac{00}{100}$ Dollars

YOU MAY HAVE TO PAY A DEDUCTIBLE,
COINSURANCE AND/OR COPAYMENT.
AMOUNTS MAY VARY DEPENDING ON
YOUR MEDICARE HEALTH PLAN.

Medicare

Medicare Preventative Services Checklist

See www.Medicare.gov for more specific information on your covered preventative services

✓	Preventative Services	Date	Notes
	"Welcome to Medicare" – within the first 12 month you have Medicare Part B (Medical Insurance)		
	Yearly "Wellness" visit		
	Abdominal Aortic Aneurysm Screening		
	Alcohol Misuse Screening and Counseling		
	Bone Mass Measurement (Bone Density)		
	Cardiovascular Disease (Behavioral Therapy)		
	Cardiovascular Screenings (cholesterol, lipids, triglycerides)		
	Colorectal Cancer Screenings		
	Depression Screening		
	Diabetes Screening		
	Diabetes Self-management Training		
	Flu Shot		
	Glaucoma Test		
	Hepatitis B Shot		
	Hepatitis C Screening		

✓	Preventative Services	Date	Notes
	HIV Screening		
	Lung Cancer Screening		
	Mammogram (screening for breast cancer)		
	Medical Nutrition Therapy Services		
	Obesity Screening and Counseling		
	Pap Test and Pelvic Exam (includes breast exam)		
	Pneumococcal Shots		
	Prostate Cancer Screening		
	Sexually Transmitted Infection Screening and Counseling		
	Smoking and Tobacco Use Cessation		

Medicare also provides important benefits such as Part A, Part B and Part D plans. Part A provides individuals with coverage for inpatient hospital stays, doctor services and procedures. Part B provides coverage and benefits related to general medical care from doctors such as exams and checkups. Part D provides assistance in paying for medical prescriptions necessary for controlling and combating illnesses.

Medicare Part B and D do come with an added cost. You can apply for Medicare Savings Program or the Low Income Subsidy Program. The qualifications are income based and there are four different programs you may qualify for. Medicare covers many preventative services at no cost to you. It is highly encouraged to take advantage of these services to prevent and find diseases early, when treatment works best.

If you would like more information or are over the age of 65 and would like to sign up for Medicare, please call your local HIICAP/NY Connects office at 518-358-2834 to schedule an appointment to see Alison Cooke. We are located at the Saint Regis Mohawk Tribe Office for the Aging, behind the police station in Akwesasne. Our number may have changed, but we still can be reached at 518-358-2963. Niá:wen/Thank you!



Take Action!

Managing Ongoing Health Conditions

Instructors: Millie Cook & Karilyn Phillips

Begins Wednesday,
Oct. 2, 2019
Every Wednesday from
11:30– 2:00 pm
(Ends 11/6/19)

Do you struggle making commitments to improve your health issues? Get the tools to meet your goals, **Take Action!** Learn how to manage your health condition in a supportive group setting.

In the 6 week classes you will learn about the mind-body connection/distraction, getting a good night's sleep, how to create action plans, dealing with difficult emotions, fall prevention, pain and fatigue management, and much more!

Lunch will be provided during classes and transportation can be arranged!

How do you join? Just attend the 1st class on Wednesday, October 2nd at 10:30 am at the **Senior Center in the Sunroom** and get registered and learn more about the class.

More Tools You will Gain!

- | | |
|-------------------------|------------------------------------|
| -Physical Activity | -Problem Solving |
| -Medications | -Using Your Mind |
| -Decision-Making | -Sleep |
| -Action Planning | -Communication |
| -Breathing Techniques | -Healthy Eating |
| -Understanding Emotions | -Weight Management |
| | -Working with Health Professionals |



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|---|---|--|
| 1- Lorene Herne | 13- Larry Hodge | 26- Roy Tarbell |
| 2- Helen Samson
Hilda Smoke | Jackie Latulipe | 27- Elizabeth Perkins |
| 3- Peter Back
Clover Dishaw
Mary Ellen Gardner
Leo Belfy | 14- Patricia White
Marion Lazore
Yvonne White | 28- Debbie Gauthier
Janice Duso
Julia David
John Herne
Barbara Lazore |
| 4- Doris Thomas
Alice Thompson
Delia Cook | 15- Sheila Benn | 29- Karen Benedict
Maryella Chubb |
| 5- Carolyn Durant
Beverly Barney
Dewey Garrow Sr | 16- Gerald Grenom
Greta Barnes
Donnie White | 30- Hilda Herne
Joseph Cooke |
| 6- Dennis White | 17- April White | |
| 9- Helen Sherwood | 18- Donna Loewen | |
| | 19- Sylvia Quenneville | |
| | 22- Cynthia Sawatis
Bonnie McDonald | |
| | 24- Anna Lambert | |
| | 25- Abe Gray | |
- Bold are Saint Regis Mohawk Senior Club Members**



Akwesasne International Powwow!

Join us at the Akwesasne Powwow on September 7, 2019 at the A'nowara'kowa Arena in Akwesasne, Ontario Canada as people come from far and wide to meet up with old friends, make new friends and, in the spirit of the gathering itself, to celebrate. The Akwesasne Powwow (aka Akwesasne International Powwow) brings together the best Native artisans, food vendors, drummers, dancers and smoke dancers from across the region. Come enjoy and celebrate diverse cultures. Rain or shine event.

We will meet at the Senior Center at 11:00 am

Be sure to bring your ID for border crossing and money for lunch.

Dress appropriately for the weather and be prepared for a lot of walking. Returning time will be at the discretion of all attendees.



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

Presorted Standard
 US Postage Paid
 Akwesasne, NY
 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-nasn.gov/
 office_for_the_aging](http://www.srmt-nasn.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..**