



# Moccasin Trail

SESKÉHKÓ:WA / SEPTEMBER 2022

## Points of Interest:

- Pool Tournaments  
Every 2 weeks
- No More COVID  
screening Questions  
to enter building 9/6
- Happy Retirement  
Linda Montour!
- Sept. Coloring  
Contest Ends 9/13
- September National  
Holidays
- September Craft  
Class 9/21

*let's get all fired up*

## SENIOR PICNIC TIME!

Join us for a fun afternoon at Generations Lacrosse Box

Friday, September 16, 2022

11:00 a.m.- 2:00 p.m.

Menu: Hot Dogs, Hamburgers, Sausage with  
Onions and Green Peppers, Potato Salad,  
Linguine, Coleslaw, Chips, Dessert!

*Entertainment! Games! Gifts!*

Call the morning of between

7:00 a.m. and 9:30 a.m.

Spots will fill quickly, call early!

(518) 358-2963



## Billiard Kings!



Abe Gray and Dennis Lazore were our 1st and 2nd winners of our 8 ball pool tournament held at the senior center in August. They won against 8 other players. Everyone had such a great time we decided to host a pool tournament every 2 weeks. The only requirement is you must be 55 years or older to play. See more information on our calendar and page 8.

## Inside this Issue:

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**We will be  
Closed on:**

**Monday, September 5th: Labor Day  
Friday, September 30th: Planning Day**



# Saint Regis Mohawk Senior Citizens Club



## Now Accepting Membership Renewal or Registration for 2023!

Annual fee is \$5.00 US

Checks made payable to **SRM Senior Citizens Club** and can be mailed to:

**PO Box 1106**

**Hogansburg, NY**

**13655**

If you do mail in your dues, please include a self addressed stamped envelope so we can send your membership card and receipt.

Membership includes: monthly Moccasin Trail Newsletter and Senior Club Casino Trips and more.

If no one is in the office, at the front of the senior center is a drop box located inside front door outside front desk. Take an envelope, fill out your name, mailing address and phone number.

## Senior Club Hours

Monday 11:00 am– 3:00 pm

Tuesday 11:00 am– 1:00 pm

Wed. 11:00 am– 1:00 pm

Thursday 11:00 am– 1:00 pm

Friday 11:00 am– 1:00 pm



## Volunteer Bingo Schedule

**September 5th**

**CLOSED: No BINGO**

Labor Day

**September 12th**

Barbara Lazore

Dorothy Shatlaw

Leona Delormier

Theresa Martin

Rose LaFrance

**September 19th**

Nancy Jacobs

Lynn LaFrance

Rose Jacobs

Theresa Martin

Rose LaFrance

**September 26th**

Vicky Phillips

Iona Castagnier

Debbie Thomas

Theresa Martin

Rose LaFrance



## St. Regis Mohawk Senior Club *FALL CRAFT FAIR*



Senior Center ● Saturday, October 8, 2022 ● 9 AM– 4 PM

Two Quilts Being Ruffled

1st Draw gets 1st pick ● 2nd Draw gets 2nd quilt

3 tickets for \$5.00, tickets on sale now.

**Quilt Tickets being sold at Twin Leaf on Friday, September 9th  
and Friday, September 23rd**



Queen 86 x 88



Double 76 x 83

## Senior Club Meeting

Wednesday, September 14, 2022 10:00 a.m. in the Sunroom at the Senior Center. All club members welcome!



## ATTENTION– NEW MAILING ADDRESS

Please make a note that there is a change in our mailing address. Anyone mailing in payments or any correspondence to the Senior Center must now use the following address:

**SRMT– Office for the Aging**  
**29 Margaret Terrance Memorial Way– PO Box 1160**  
**Akwesasne, NY 13655**



The PO Box Number MUST be included in address or the Post Office will reject and return mail to you. Nia:wen for your attention and cooperation.

## NO MORE COVID SCREENING QUESTIONS

Starting September 6th, 2022 you will no longer need to answer the COVID screening questions to enter the Senior Center. Niawen:kowa to everyone for your patience, cooperation, and for following protocols. We will still be mask optional. Masks are still available at the front door. If you are not feeling well, for any reason, please reschedule your visit to the senior center. This would include coughs, chills, fever, muscle aches, shortness of breath, runny nose, sore throat, tiredness, headache, upset stomach or diarrhea. This is for the health and safety of our seniors, guests, and staff. We look forward to your next visit!

*Goodbye Tension Hello Pension! Happy Retirement Linda!*



Friday, August 12th was a sad day for us. We had our last lunch cooked by Linda Montour. She retired after 15 plus years. After she got some hugs from some seniors, the staff ordered Chinese food and had cake, gifts and a lot of laughs and tears. Congratulations Linda, we hope to see you come in for lunch to visit all of us as much as you can!



## Farmer's Market Update



The SRMT Office for the Aging has distributed all their allotment of Senior Farmers Market Booklets and will not be receiving any additional. Reminder that Farmers Market Checks can be used until the markets close at the end of season. Nia:wen to everyone who participated in the 2022 program. If you have any questions about the Seniors Farmers Market program or Aging Services, please call the SRMT Office for the Aging at 518 358 2963.



Pete vs Abe



Pete, Sally &amp; Dennis



Dennis Lazore

# Rack Em' Up!



We had a long afternoon of pool on August 19th. 10 seniors showed up to play. Spectators were very impressed with all the players. Some games would have a slow start but then a player would clean the table in no time at all. The players faced each other at random draw. The first round was single elimination and the second and third rounds were double elimination because we had an odd number of players. We decided to utilize the pool table more and host a pool tournament every two weeks. First place winner was Abe Gray, he won a \$45 gift card to three feathers. Second place was Dennis Lazore and he won a \$35 gift card to Akwesasne Mini Mart.

Our next tournament will be Sept. 9th and we will start at 10:00 a.m.



Nancy White



Dean &amp; Ernestine



Donnie vs Pete



## August Coloring Contest

Congratulations Bea White and Carol Lazore (dolphins) on winning our August coloring contest! Our September coloring contest will be starting September 1st finishes September 13th. We need them by 10:00 a.m. to be displayed for voting. Please call Katie before then if you need it picked up at 518-358-2963.



September Coloring Contest starts Tuesday, September 1st and Ends Tuesday, September 13th at 10:00 a.m.



# Senior Submission Joke of the Month

A husband and wife were driving along and came across the road sign for Akwesasne. They started arguing about the pronunciation of the place. They argued back and fourth, then stopped for lunch. At the counter, the husband asked the waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said "Twiiin Leeeeeaf."

- with a wink and a nod to Seaway News



*Happy  
Birthday  
to you!*

Thank you Caroline Bigtree and Jack Leaf for coming in for our August Birthday Meal to celebrate your Birthday's!



## THIS SEPTEMBER, TAKE THE TIME TO KNOW THE SIGNS

More than 80% of sepsis patients are  
**50 years of age or older.**



**TEMPERATURE**  
that's abnormal

Signs of an  
**INFECTION**

**MENTAL  
DECLINE**





Feeling  
**EXTREMEY ILL**

**For every hour treatment is delayed,  
the risk of death increases by as much  
as 8%. If you suspect sepsis, seek  
urgent medical care.**

**SEPSIS** >> SAY SEPSIS  
SAVE LIVES  
**SEPTEMBER**  
SepsisAwarenessMonth.org

## A vertical arrangement of various colorful school supplies on a dark, textured wooden background. At the top are three pens in pink, light green, and yellow. Below them is a bright pink eraser. Further down are several markers in yellow, purple, orange, blue, green, and pink. A small purple eraser and a larger yellow eraser are also visible. A spiral-bound notebook with a white cover is partially open, showing lined pages. Several sharpened pencils in blue, yellow, green, red, pink, and blue are scattered around the notebook. At the bottom are several sharpened pencils in yellow, blue, and red.

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	Mashed Potatoes Wax Beans Apple Crisp with Whip <b>Activity:</b> 8:45 Mohawk Language Class 10:00 Exercise DVD	3-Bean Salad Fruit Cocktail <b>Activity:</b> <i>National Ants on a Log Day</i>	Bread Stick Fruit <b>Activity:</b> 10:00 Exercise DVD	Boiled Potatoes Green Beans Roll Pineapple Chunks <b>Activity:</b> <i>National Play-Doh Day</i>	<b>Generations</b> <b>Lacrosse Box!</b> <b>11:00– 2:00 pm</b> 	<div>7</div>
<b>18</b> 6:00 Ace to King	<b>19</b> Chili Johnny Cake Mixed Berries with Whipped Cream <b>Activity:</b> 8:45 Mohawk Language Class 10:00 Exercise DVD 1:00 Bingo	<b>20</b> BBQ Chicken Sweet Potatoes Broccoli Roll Tapioca Pudding <b>Activity:</b> <i>National Queso Day</i>	<b>21</b> Pancakes Bacon Boiled Eggs Grape Juice Fresh Oranges <b>Activity:</b> 10:00 Exercise Class with DVD 12:45 Craft Class	<b>22</b> Potato Crusted Cod Potato Mixed Veggies Orange Butterscotch Pudding <b>Activity:</b> Legal Aid Appointments with Linda L. <i>National Ice Cream Cone Day</i>	<b>23</b> Beef Stroganoff Asparagus Roll Cookie <b>Activity:</b> 10:30 Pool Tournament <b>24</b> 6:00 Ace to King	
<b>25</b> 6:00 Ace to King	<b>26</b> Stuffed Shells Mixed Veggies Wheat Roll Pears <b>Activity:</b> 8:45 Mohawk Language Class 10:00 Exercise Class 1:00 Bingo	<b>27</b> Shepard's Pie with side of Gravy Roll Apple Crisp <b>Activity:</b> 11:00 Vital Checks	<b>28 Birthday Meal</b> Ham Mashed Potato Mixed Veggies Wheat Roll Cake <b>Activity:</b> 10:00 Exercise DVD	<b>29</b> Corn Soup Biscuit Apple Vanilla Pudding <b>Activity:</b> <div>CHAIR YOGA UPDATE: Currently working on a contract with a new instructor. Hopefully will have back on the schedule for October</div>	<b>30</b> <b>CLOSED</b> <b>Planning Day</b>  	<div>Sponsor by: NYS OFA Title III, Title VI Native American Funding, Tribal General Funding</div>



# How We Celebrated National Watermelon Day!

Simple and eye catching, this fresh watermelon salad is made with a mix of watermelon, cucumbers and crumbled fetta, all covered in a mint-lime dressing. Joy made this tasty dish on August 3rd to celebrate National watermelon day. We heard nothing but good things, everyone who came in for lunch enjoyed it.

## Watermelon Salad with Cucumber and Feta

### Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon mint, chopped, to taste, plus more for garnish (optional)
- 1 tablespoon lime juice
- 1/4 teaspoon fine sea salt, to taste
- 3 cup watermelon, cut into cubes
- 1 cup cucumber, sliced and quartered
- 1/3 cup feta cheese, crumbled, plus more for garnish (optional)

### Instructions

1. In a large bowl, whisk together extra virgin oil, mint, lime juice, sea salt, and pepper until oil and lime juice have combined.
2. Add watermelon, cucumber, and feta cheese to bowl. Use a spatula to gently toss ingredients until completely coated in dressing.
3. Serve watermelon salad immediately with fresh feta and mint as garnish (optional).



*20 minutes prep., 135 kcal, yields 4 servings*



## Virtual Bowling Tournament

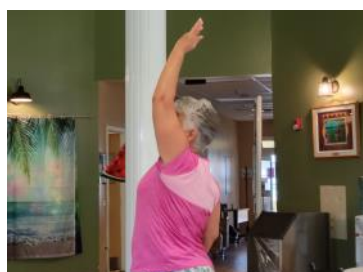


Debbie, Linda & Donnie

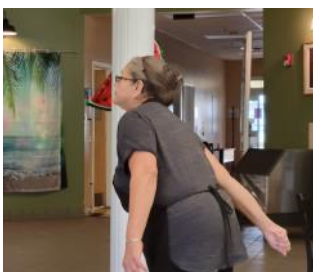
August 12th we brought out the Xbox and played virtual bowling. It is completely virtual game that a heat sensor detects your body and the movement in bowling. We played 2 games with 8 participating. It was a very nice afternoon filled with a lot of laughter and encouragement. Everyone added in their age to their score to make the scoring more interesting and we called that the handicap. First place with a score of 247 was Donnie White. Second place with a score of 241 was Linda Montour and luck of the draw from everyone was Debbie Cook-Jacobs. They all won a gift card to a local restaurant.



Florence Cook



Diane Boots



Linda Montour



Paul Boots



Pete Back Sr.





# SRMT Employee Years of Service Awards



On August 18, 2002 the Saint Regis Mohawk Tribe held their annual “Employee Years of Service Awards”. The Tribe holds the ceremony to recognize and give appreciation for contributions employees make in serving the community of Akwesasne. Years of Service is based on the total years as a Tribal Employee. Some staff have just started with the Office for the Aging, but have served the community for many years. This year the Office for the Aging wishes to recognize and congratulate 7 staff for their achievements.

Cecilia King – 5 Years  
Katie Boots-10 Years  
Pamela Brown-10 Years  
Andrew Person-10 Years  
Janet Terrance-15 Years  
Linda Montour– 15 Years  
Joy Lazore-Gibson-25 Years



## SRMT Staff 10 Years of Service



## SRMT Staff 15 Years of Service



## SRMT Staff 25 Years of Service



## September 2022 National Holidays

Date	Holiday
Tuesday, Sept. 6th	<b><u>National Egg Toss Day:</u></b> Come in and we will play a fun egg toss game outside the dining room at 11:30 a.m.
Friday, Sept. 9th	<b><u>International Sudoku Day:</u></b> If you're good at Sudoku, come on in for a timed challenge to see who can finish first
Tuesday, Sept. 13th	<b><u>National Ants on a Log Day:</u></b> At snack time (11:00 a.m.) we will be serving this old favorite; celery with peanut butter and raisins on top.
Thursday, Sept. 15th	<b><u>National Play-Doh Day:</u></b> We will be having some fun with play-doh in the dining room.
Tuesday, Sept. 20th	<b><u>National Queso Day:</u></b> A delicious dip recipe will be served at snack time (11:00)
Thursday, Sept. 22nd	<b><u>National Ice Cream Cone Day:</u></b> Dessert after lunch will be an ice cream cone!



August 10th was National S'mores Day. Joy and Katie melted chocolate on the stove and used a handheld torch to melt the marshmallow. Graham crackers were used like a chip to dip into the chocolate and marshmallow to try and not get too sticky. It was served at snack time and everyone enjoyed blowing out their inflamed marshmallows.

# September is National Whole Grains Month

It is recommended you aim to make at least half of the grain foods you eat be whole grain foods. When growing in the field, all grains start out as whole grains. Each grain kernel contains three specific parts: *the bran, the germ, and the endosperm*. The bran is the outer skin of the grain and contains fiber, antioxidants and B vitamins. The germ is the part of the grain that, if the conditions are right, will sprout and become a new plant. It contains B vitamins, a little protein, minerals, and healthy fats. The endosperm is the germ's food supply— if the grain begins to sprout, the plant will use this food to grow roots and shoots. It is the largest part of the grain, and it contains carbohydrates and small amounts of vitamins and minerals.

**What are “whole grain foods?”** A grain product on the grocery store shelf is only a whole grain food if it still included all three of the parts of the grain kernel. Many times, grains are processed into what is called refined grain. This means at least one part of the whole grain has been removed. White flour and white rice are examples of refined grains because they both have had their germ and bran removed.

**How can I find whole grain foods?** Some foods will have the Whole Grains Stamp on the package, it will easily tell you if the food included whole grains. If there is no whole grain stamp on the package, look at the list of ingredients on the label. If the first ingredient starts with “whole” (whole (grain name), whole wheat, etc.), or if it is a grain like brown rice or oats, it is likely the food is a whole grain food.

You may see the words “whole grain” on the food package, like “whole grain bread” or “multigrain bread”. If there isn't a whole grain item listed first in the ingredients, the product may contain a small amount of whole grains but not enough to be considered a whole grain food. Adding “whole grain” words to food packaging is a marketing tool used to draw the attention of whole grain-minded people, so make sure you check the ingredients!

Tips to boost whole grains in recipes:

- Replace one third of the flour in a recipe with quick oats or old fashioned oats.
- Add 1/2 cup of cooked wheat berries, brown rice, quinoa, or barley to canned or homemade soup.
- Use whole corn meal for corn cakes, muffins, and breads.
- Add 3/4 cup uncooked oats per pound of ground meat when making meatballs, meatloaf, and burgers.
- Snack on popcorn! Add 1/2 cup popcorn kernels to a paper lunch bag, fold the top to seal, and microwave for 2:30-3 minutes.
- Stir rolled oats into yogurt. Try with diced fruit!
- Swap out rice for barley, wheat berries, bulgur, or quinoa in your favorite rice recipes.

## **Stuffed Summer Squash**

### **Ingredients:**

1. 4 medium zucchini, cut in half lengthwise
2. 3 cups brown rice, cooked from 1 cup dry  
1 cup tomatoes, diced
3. 1 cup squash pulp (from summer squash)
4. Cup canned white beans, drained & rinsed
5. 1/3 cup sliced black olives, drained
6. 1 tablespoon basil
7. 4 tablespoons parmesan cheese, grated

### **Directions:**

Preheat oven to 350 degrees F. Place zucchini in a large microwavable bowl with 3 tablespoons water. Cover and microwave on high for 5 minutes or until tender. Let cool. Scoop out pulp, leaving a long cavity for stuffing. Place pulp in a bowl and mix with brown rice, tomatoes, beans, olives and basil. Place zucchini shells in a baking dish. Stuff zucchini with the stuffing mixture. Top with grated parmesan cheese. Bake for 30 minutes, until cheese is golden brown.



# Satonhá:ren tsi Sahsiéríte

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

- |                                |                            |                           |
|--------------------------------|----------------------------|---------------------------|
| 1- Lorene Herne                | 16- <b>Donnie White</b>    | 29- <b>Barbara Lazore</b> |
| 2- Hilda Smoke                 | 12- April White            | Karen Benedict            |
| 3- <b>Peter Back Sr</b>        | 19- <b>Laura Francis</b>   | 20- Nancy Vosbrink        |
| Clover Dishaw                  | 22- <b>Cynthia Sawatis</b> | Hilda Herne               |
| Leo Belfy                      | Bonnie McDonald            | Joseph Cook               |
| 4- <b>Delia Cook</b>           | 24- Anna Lambert           |                           |
| Doris Thomas                   | 25- <b>Abraham Gray</b>    |                           |
| Alice Thompson                 | 26- Robert Patterson       |                           |
| 5- <b>Beverly Freda Barney</b> | 27- Elizabeth Perkins      |                           |
| Carolyn Durant                 | 28- <b>Debbie Ransom</b>   |                           |
| Dewey Garrow Sr                | <b>Gauthier</b>            |                           |
| 6- Dennis White                | Janice Duso                |                           |
| 9- <b>Helen Sherwood</b>       | Julia David                |                           |
| 14- Yvonne White               | John Herne                 |                           |
| Patricia White                 |                            |                           |

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

## Craft Class

Our August Craft Class was a painted sunflower tote. They turned out beautiful! Our artists were Barbara Lazore, Carol Lazore, Lynn LaFrance and Dorothy Cole. If you missed it, there are still plenty of supplies left. Stop in the craft room or call ahead to set up a time to work on one. Joy will gladly set up an area for you and help if you need it.



## September Craft Class



**Wednesday, Sept. 21, 2022**  
**at 12:45 p.m.**

Please call Joy or Katie to sign up at (518) 358-2963  
We will be creating a vase wall hanging using rope and you will create your own bouquet of flowers to fill it.





**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**

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-nsn.gov/  
 office\\_for\\_the\\_aging](http://www.srmt-nsn.gov/office_for_the_aging)

Or Facebook:

Office for the Aging Saint  
 Regis Mohawk Senior  
 Center

**We're Here to  
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **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**
- **Craft Kits**
- **Socialization**
- **Information & Assist..**