Points of Interest:
- Green Food Bag
- A Message from Health Services
- Tax Preparation Appointments
- Alzheimer’s Association
- Les Miserables Show in Ogdensburg– March 7
- Watertown Shopping

ST. PATRICK’S DAY SHENANIGANS!

Tuesday March 17, 2020
Please join us for a Green Party!
We will be having Corn Beef Dinner
Play St. Patrick’s Day Games and Eat and Drink Everything Green!
Just call in for lunch that day by 9:30 am

Inside this Issue:
- Senior Club Page 2
- Mohawk Networks: Safely Purchasing Online 3
- OFA Stars & Sky Club 4
- Winter Carnival 5
- Calendar 6, 7
- Craft Classes 8
- March for Meals 9
- Saranac Lake Ice Castle 10
- Birthdays 11

Our Home Delivered Meals Drivers Judy Laffin & Brenda Hathaway excited for “March for Meals”! See more on page 9
Volunteer BINGO Schedule:

March 2nd
Dorothy Shatlaw
Barb Derouchie
Nancy Jacobs

March 9th
Melanie Jacobs
Debbie Thomas
Millie Cook

March 16th
Vicki Phillips
Lucille Peters
Kamie Swamp

March 24th
Sweets Jacobs
Rosemary Bonaparte
Phyllis Jacobs

March 31st
Barbara Lazore
Ruth Bell
Catherine Cook

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

Upcoming Events:

March 10th—Club Meeting
March 18th – Deer Valley Trip
April 19-22, 2020- Atlantic City

All Club Members: Please update your phone number if you have changed it in the past 2 years.

A Memorial Mass for Sallie Patterson will be held on her Birthday, March 11th at 12:10 pm at St. Regis Mission Church if you would like to attend.

New Members:
Dean Martin
Thomas Terrance
Kerry Mitchell

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

Senior Club Hours:
Monday–Friday
10:00 am–12:30 pm

Our deepest Condolences to the families of Annie McDonald and Martha Connors

Deer Valley Lunch

Wednesday, March 18, 2020
Leave Center at 11:00 am

We will be going out for lunch in St. Regis Falls to Deer Valley. As we sit and eat wild deer are fed outside the window and we can view about 20 or more. The Senior Center supplies transportation; the bus and big van that can fit 25 seniors. Please come in to pay your deposit of $10.00 to reserve your seat. We cannot reserve your seat over the phone, you must come in and pay the deposit to the Senior Club which will be returned to you the day we go.

Please Take Note...

The Senior Club is planning a Summer Festival on July 4th and 5th in efforts to start raising money to build an addition on our Senior Center building. The festival will include artists, craft tables, activities, food vendors and Music! If you are interested please contact Senior Club members:

Kamie Swamp: (518) 651-0285
Kathy Colburn: (518) 358– 2553
Lois Thomas: (518) 358– 9647

Upcoming Events:

March 10th—Club Meeting
March 18th – Deer Valley Trip
April 19-22, 2020- Atlantic City
Did you know we have a Home Care Program funded thru New York State? It is the

**EISEP: Expanded In-home Services for the Elderly Program**

What is EISEP? EISEP is an in-home care service available to residents of the St. Regis Mohawk Reservation. To be eligible for in-home services you must be:

- Be 60 years or older and reside on the southern portion of the territory
- Have home care needs not met by family/friends
- Have functional limitations or disabilities
- Not receiving services under Medicaid or Medicare
- Meet income guidelines
- Be SAFE at home

Please call Doris Burns at (518) 358-2963 for more information

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**A Friendly Reminder from the St. Regis Mohawk Health Services**

- Always report your ER visits to the Referral Department within 72 hours of services.
- Always report any Follow up appointments you may have with an outside provider.

Any question you can call 518-358-3141 and ask for the Referral Department.

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**Green Food Bag**

Deadline to order is **Friday, March 6th by 2:00 pm**
Please mark your calendars to pick up your orders between **12:00 pm and 4:45 pm on Tuesday, March 17th**
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.

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Do you have a tough time trying to figure out what websites are safe to buy from? Letting the doubt of giving your credit card information scare you off? Claudia Tarbell and Jason Cole will be doing a presentation to teach us what to look for when it comes to safety on **Tuesday, March 3, 2020 at 11:00 am**
They will also be bringing in a survey to find out more about what we would like to learn about.
This NEW Club entails going to weekly shows at SUNY Potsdam Planetarium every Thursday beginning March 5th with Dr. Frank Revetta. Transportation will leave the Senior Center at 3:00 pm and return approximately by 6:00 pm. On occasion an after the show dinner stop can be scheduled. We must have at least 6 committed members to attend each week!

If you have any questions or would like to join please contact Joy Lazore-Gibson at 358-2963.

March 5: Brightest Stars
March 12: Worldwide Constellations
March 19: How Astronomers Locate Stars
March 26: The Sky this Week
April 2: Stories of Constellations
April 9: Southern Constellations
April 16: The Sun’s Path
April 23: The Seasons
April 30: Constellations of the Zodiac
May 7, 14, 21, 28: Topics to be announced at a later date.

2019 TAX PREPARATION APPOINTMENTS
Tuesday, March 10, 2020 4:00 pm– 7:00 pm
With Crystal Stehlin & Kerry Jacobs
Please call Giselle to schedule your appointment
(please note– spots are limited)

NEW starting in May 2020
James Hardman from the Alzheimer’s Association will be offering Care Consultations at the Senior Center starting May 21st, 2020. Appointments are 30 minutes in length and are scheduled from 8:30 am to 11:00 am. Care Consultations are provided to assist the person with Alzheimer’s Disease and Dementia and/or family members with planning for and dealing with all aspects of the disease. This service includes such elements as a needs assessment, assistance with planning, creative problem solving, development of action plans, identifying community resources and provision of support. The service is free to elders and family caregivers. If you would like to schedule a care consultation or if have any questions, please contact Lora Lee at the Senior Center 358-2963 extension 3301.
We were the first event for the Winter Carnival this year! We started it off with a timed puzzling contest. There were 6 teams of 2. Each puzzle was 100 pieces and the same theme (dinosaur/jungle). The team that finished first was Ramona and Kamie with a time of 12 minutes and 36 seconds. They won $40 cash each. Second place with a time of 18 minutes and 4 seconds was Rose and her son Joe. They won $20 cash each. The next event of the day was Pictionary. We had 16 people so we split the teams into teams of 8. They were tied for the majority of the time. Some of the topics to draw were pretty easy like roller blades, hockey, state, dominoes or teapot. On the other hand and some were pretty difficult to draw like deep, spring, electricity, lightsabor, and shallow. It was hilarious to watch. As both teams would get very competitive and repetitive even though the word they said wasn’t the correct one.

The winning Pictionary team consisted of Debbie J., Ernestine O., Ann Marie L., Joane L., Donnie W., Val G., Lewis G., and Helen G., they each received $20 each. All of the cash prizes given to us from the Winter Carnival committee. The second day of Winter Carnival here we played Life-size Kerplunk and Valentine’s Day Jeopardy. Kerplunk was a hit. Everyone that came in was able to play. The winning team consisted of Lynn L., Millie C., Lilly S., Freda B., Lewis G., Donnie W., Johanne J., Catherine C., James M., they all won small gifts from the Senior Center. Valentine’s Day Jeopardy went very quick, some questions were very easy and others were very tough. Those whom correctly answered the “500” questions, won $20. Thank you, Snye Rec. and Winter Carnival Committee for the prize money and involving us in the festivities.
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<td>1</td>
<td>Cheeseburger Wedges</td>
<td>BBQ Ribs Coleslaw, Broccoli</td>
<td>Stew, Tomatoes Stew, Broccoli</td>
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<td>10:00 Haircuts</td>
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<td>Tapioca Pudding</td>
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<td>Pancakes</td>
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<td>Cheese Manicotti, String Beans, Italian Bread</td>
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Please call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook’s discretion.

Your cooperation helps us better serve you!

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.
The January Craft Class was taught by Activities Assistant Joy. They made Valentine’s Day wreaths using heart wire wreaths and lots of fabric. Each wreath needed 130 tied pieces. That was a lot of pre-cutting for Joy. Pictured to the left is Millie Cook, Harris Cole, and Veronica Cook. Once people saw how beautiful they were, we had to hold another class. Some let us keep theirs to hang up in the dining room for Valentine’s day which really brightened up the room!

Activity Coordinator Katie instructed the February Craft Class which is pictured above. It was called “Northern Lights Silhouette”. It took a lot of blending of 4 colors and then we made the tree’s. They are beautifully displayed in the Craft Room to make the room a little more cozy. The next Craft Class will be held on Wednesday, March 25th at 12:45 pm in the Craft Room with Joy. They will be making Easter Gnomes made out of socks! Please call if you would like to make one so we can prepare all of the supplies (518) 358-2963.

Les Miserables
Ogdensburg Command Performance Center
Saturday, March 7, 2020 at 4:00 pm
Van will leave the Senior Center at 2:30 pm
9 are seats available. With a pay on your own dinner stop after the show. Call to reserve your seat with Katie or Joy 358-2963 extension 3309
Said to be the best written musical of modern times...a beautiful message of hope and the transformative nature of faith featuring I Dreamed a Dream, On My Own, Stars, Bring Him Home, Do You Hear the People Cry, One Day More, Empty Chairs Empty Tables, Master of the House, and more.
March for Meals 2020!

Wednesday, March 18, 2020

For nearly 45 years, these critical programs have delivered more than just nutritious meals to older adults in their homes and community setting. The dedicated staff and volunteers who provide and deliver these meals each day provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our older neighbors at home, where they want to be. We will be having surprise delivery and servers showing their support on that day! Be ready!

**St Regis Mohawk 2019:**
- Home Delivered Meals 9,872
- Home Delivered Customers 57
- Congregate Meals 8,717
- Congregate Customers 227

**New York State 2019:**
- Home Delivered Meals 12.8 million
- Congregate Meals 9.2 million
- Total Older Adults Served 256,000

**Since 1975:**
- Total Meals Delivered 959 million
- Home Delivered Meals Delivered 424 million
- Congregate Meals Served 535 million
- Total Older Adults Served 10.2 million

The Akwesasne Mohawk Board of Education is seeking key informants to be interviewed for an Akwesasne History Project on the topics of the 60’s Scoop, Building the Seaway and it’s impact on Akwesasne, Residential Schools and it’s impact on Akwesasronon people and Border checkpoints in Akwesasne.

We are looking for stories about personal experience with any of these four topics. We want to document for our high school and adult education classes on how Akwesasne came to be the way it is now and some of the key historical influenced that have contributed to daily life in Akwesasne.

If you have any pictures related to these themes, a small honorarium will be provided for individuals at the time of the interview.

Dolly McDonald will be holding a focus group held at the Senior Center on Friday, March 6th at 12:45 pm in the Sunroom for anyone that is interested and would like to share any stories related to either topic.

For more information please contact Katie at (518) 358-2963 extension 3309.
A group of Seniors headed out to Saranac Lake to visit the Ice Castle and the theme was Myths and Legends. We had cold weather for our trip but the Sun was shining and perfect to warm us up at the times we needed it. The sculptures included a space ship, bigfoot, mermaid and many other myths and legends. We were even told a story by one of the locals on how massive the sculptures used to be and how the inmates were bussed in to help build it. The inmates put pride into the castle and some even requested a later release date so that they could finish the job. After spending around 30 minutes viewing the Ice Castle we headed back to the bus and had lunch that was provided by the OFA Center. It was a nice winter day getaway for our first time and hopefully, we can make this an annual trip!

Friday, February 21st we were off to the Strand Center for the Arts to see “Indigenous Reflections” by David Kanietakeron Fadden. His showcase from early 2000 to 2020 was beautifully done and it is truly amazing to see the details up close. It was free admission and the gallery was easy to find in Plattsburgh. David’s collection will be showcased in Cornwall this spring if you are interested in seeing it.
Satónhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!

1- Laura Jandrew 14- Rosemary Bonaparte
2- Annette Armstrong 15- Alan Beeson
3- Thomas G. Cooke Barb Smoke
4- Venita Loran 16- Barbara Derouchie
Sandra Fox 17- Patricia Benedict
5- Elizabeth Smith 18- Darlene O’Brien
6- Frank Scott Beverly Papineau
Janine Cook 19- Catherine Cook
Felicia Jock Grace Roundpoint
7- Marie Casey 20- Barbara Hillyard
Barbara Namias Florence Patterson
Louise Ingle 21- Marion Campbell
8- Frank Hutt 22- Judy Hampton
9- Marie Casey 23- Peter Cree
Barbara Namias Christie Horn
Janine Cook
Felicia Jock

10- Winnifred Mitchell
11- Esther Jock
Joanne Reyome
12- Winnifred Mitchell
13- Winnifred Mitchell

24- Randy Bigtree
25- Marilyn White
26- Carol Coughlin
27- Ruth Ghostlaw
28- Irene Gambill
29- Cathy Colburn
30- M. Maxine Stone

Bold are Saint Regis Mohawk Senior Club Members

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Our February Birthday Meal Attendee’s:
Frank Hutt– February 3rd
Paulette Reid– February 19th
Roger Caldwell– February 12th
Diane Boots– February 14th
Margaret Montour- February 22nd
Hazel Bero– 17th
Clark Lazore– 17th

Why Totas are AWESOME!

1. Are always around, provide stability and love you unconditionally.
Kanonronhkwa Tota!

2. Children show less signs of depression and anxiety when emotionally connected with their Totas.

3. Create a support system for their Kheiatere’okon:’a.

4. Children have fewer behavioral and emotional problems when Totas are involved in their lives.

Please join us for a delicious Birthday meal for your Birthday!
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

- 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.