



Moccasin Trail

SESKEHÓ:WA / SEPTEMBER 2020

Points of Interest:

- 2021 Senior Club Membership renewal
- Parking Lot Bingo Update
- Alzheimer's Association Virtual Programs
- Sepsis Fact Sheet
- National Voter Registration Act



Alison's last day before maternity leave was August 28th so the staff decided to throw her a surprise Baby Shower! We decorated the sunroom and brought in presents and of course great food. The rocking chair basinet was given to Alison from Janet Terrance, and she asked Joy to upcycle it custom to Alison's baby girl Keira. The games we played got a lot of laughs. The first two were Katie's famous table games; match the babies names with the celebrity parents and how long is each animal pregnant? Then it was on to the silly active games. We had a timed race of 'Chop Binky' where players must use a chopstick held in their mouth (no hands) to pick up binkies from a table. Linda Montour and Giselle Cook were the first to volunteer. At the last couple seconds, Giselle dropped all of her binky's, then Linda lost all of her binky's so it was down to the wire, who can get one first and Giselle got it with one second to go. The next contestants were Leona David and Brenda Hathaway. Leona was doing great until she lost her balance and was hanging on for dear life to the table but...Continue story on page 3...



**The Building is CLOSED to the Public
until Further Notice**

Senior Club Update:

Membership Renewal!

Please mail your membership fee or \$5.00 American to the Saint Regis Mohawk Senior Club:

**P.O. Box 1106
Hogansburg, NY
13655**

2021

Don't miss our on your 2021 Newsletter!

If you have any questions, please call Karen W. at 518-319-5267



Alerting All Seniors!



Harvey Thompson Sr. would like to send out a cautionary message to all elders regarding Social Security Scams.

"I was called early in the morning by a person who claimed to be an agent from Social Security. They stated that they needed me to tell them the one digit that is missing from my Social Security number to make sure I receive my next payment by the third week of the month. Without thinking, I verified the missing digit. They hung up on me. I tried to call them back but the number did not lead to anyone. It was then that I realized I was a victim of a scam! I felt so nervous and uncomfortable about someone having my private information. I immediately put a pin on my bank account, and was advised by Tribal Police to report it to credit agencies to flag me for suspicion of fraud. I reached out to Seniors Center's Elder Abuse Prevention Program, and Helen Gray was able to report my fraudulent incident to Equifax who took the extra steps and forwarded it to the other big credit agencies. I felt so relieved after these things were put in place to secure my information, finances, and credit. I know not to give out information to people over the phone, but it was early in the morning, so I wasn't fully awake yet. IF IT CAN HAPPEN TO ME, IT CAN HAPPEN TO YOU!"

Alison's Baby Shower Continued....

by then Brenda was in the lead and won. The next game was called 'Baby Sitter', we just had to break out a balloon game! There was one letter in 4 separate blown up balloons that spelled out the word 'baby' with 2 balloons that were empty. The players had to sit on the balloons to pop, find the letters, and put them in order first to win. It was so hilarious that poor Leona couldn't pop her first balloon for the longest time while trying not to fall off of it! The winners of that game were Tracy Holcomb, Linda Montour and Doris Burns. The staff chipped in and bought Alison a gliding rocking chair with an ottoman which she was very excited and happy for. We pulled it off and surprised her with the whole party and she was very touched. Alison's due date is September 12th and we wish her a safe and healthy delivery of baby girl Kiera. Hopefully our October newsletter we will have a picture of her!



Leona & Tracy struggling to pop their balloons



Giselle in terror trying to pop her balloon!



Linda concentrating on collecting binky's



Alison adoring her gifts



Custom Gift from Janet & Joy

Parking Lot Bingo Continues to September!

Please remember to call and sign up the Friday before Bingo! As we continue, we have been getting more and more players and just not enough parking space for everyone. We would like to thank Reen Cook for agreeing to continue with us, she definitely makes it more fun!

Game packets are \$20.00 each (you can choose to play 1 or 2). Each game prize amounts will be matched with Canadian money. The upcoming dates (weather permitting) is:




Monday, September 14, 2020

Monday, September 21, 2020

Monday, September 28, 2020

Reminder: Please stay in your vehicle unless you need to use our restroom, we allow one person in the building at a time. Pending on the building opening and the season we will have to stop parking lot bingo for the month of October. Please don't forget to call Joy the Friday before bingo at (518) 358-2963.

Seskehó:wa/September

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wiskhaton</i>
	1 Beef Stroganoff w/ noodles Asparagus Roll Cookie	2 Open Face Turkey Sweet Potato Broccoli Butterscotch Pudding	3 Bake Fish Roasted Potato Mix Veggies Roll Pears	4 Pasta Primavera Garlic Bread Tapioca Pudding
7 CLOSED 	8 Beef Stew French Bread Mandarin Oranges	9 Turkey & Biscuit Brown Rice Cauliflower Banana Pudding	10 Hamburger Gravy Boiled Potatoes Green Beans Roll Pineapple Chunks	11 Vegetable Soup Grilled Cheese Sandwich Vanilla Pudding
14 Chicken Cordon Bleu Wax Beans Roll Apple Crisp w/ Whip	15 Corn Soup Biscuit Fruit Cocktail	16 Cabbage Rolls Baby Carrots Roll Fruited Jell-O	17 Fish Burger Potato Wedges 3-Bean Salad Peaches	18 Chef Salad Cheese Bread Sticks Strawberry Shortcake
21 Chili Johnny Cake Chocolate Pudding	22 Pancakes Sausage Hash Browns Banana 	23 Baked Ziti Caesar Salad Bread Stick Cookie	24 Salisbury Steak Mushroom Gravy Mashed Potatoes Mixed Vegetables Butterscotch Pudding	25 Closed Planning Day 
28 Beef Stroganoff w/ Noodles Asparagus Roll Italian Ice	29 Baked Chicken Roasted Potatoes Mixed Veggies Cookie	30 Chicken Parm with Spaghetti Toss Salad Garlic Bread, Cake 	Call the Center if you will not be home for your Home Delivered Meal at 518-358-2963 Menu is subject to change do to the availability of produce	

Niawenhko:wa to
Elvera Sargent for the
donation of green beans,
squash, and cucumbers.

From the OFA Kitchen Staff

CRAFT KITS!

We still have kits available from last month. Summer themed mermaid, seashell wreath and sail boats. We send you everything you need in the kit including paint, paint brushes and glue. Keep a look out for upcoming fall crafts. Please call Joy or Katie to reserve one at 518-358-2963.



OFA Reopening



We are working hard to try and re-open the Senior Center to the public for a limited number of services. We would like to open congregate meals sometime this fall with exercise classes, Mohawk language, and Legal Aid to follow. We are working a few different offices to ensure that we are taking all precautions necessary to keep you healthy and protected. Keep an eye for further announcements on the Tribe's Facebook page and CKON.

We will be reducing some of the services that were put in place specifically for COVID. This includes assessment— free home delivered meals, supplemental food boxes, and shopping assistance. Notices will be coming out letting you know steps to keep getting services through other means. Part of the reason we are reducing these services is so we can evaluate and improve these services should we need to restart them in the future.

Nia:wen to everyone who took the time to complete a re-opening survey. Your input was invaluable. It helped us develop plans that addressed elders' needs for safety and comfort. There will be many changes as we move forward and we appreciate everyone's patience as we find our way.

Staff Shenanigans! HA HA HA!



Quick bubble wrap fashion show with Ceely King, Janet Terrance and Brenda Hathaway!

alzheimer's association®

NORTHEASTERN NEW YORK JULY & AUGUST VIRTUAL PROGRAM

No one should face Alzheimer's alone.

Register for one of our free virtual programs for information and resources about Alzheimer's and other dementias from the safety of your own home. View all listings at alz.org/events.

Community Medicaid Updates: Herzog Law Firm, P.C.

- September 1, 2020 at 4:00 pm
- September 14, 2020 at 10:00 am

Healthy Living for your Brain and Body

- September 10, 2020 at 10:00 am

Effective Communication Strategies

- September 11, 2020 at 11:00 am
- October 22, 2020 at 4:00 pm

Research Update and Understanding Alzheimer's Disease

- September 15, 2020 at 1:00 pm

Meaningful Engagement, Activities at Home

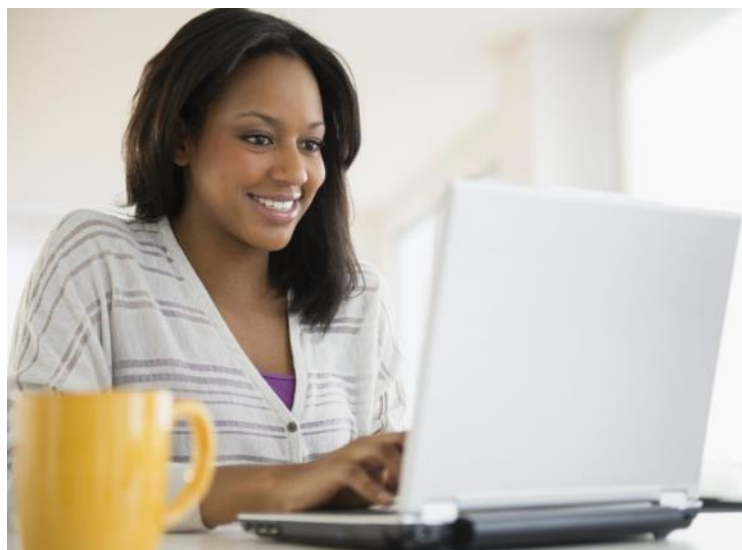
- September 16, 2020 at 12:30 pm
- October 22, 2020 at 4:00 pm

1:1 Conversation: Coffee with a Consultant

- September 16, 2020 at 1:30 pm
- October 1, 2020 at 3:00 pm

Registration is required. You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at alz.org/CRF, via our 24/7 Helpline at 800.272.3900, or by contacting Jon Weaver at 518.675.7216



Understanding & Responding to Dementia Related Behaviors

- September 18, 2020 at 11:00 am
- October 7, 2020 at 3:30 pm
- October 29, 2020 at 4:00 pm

Stress Management and Self-Care (In partnership with Eddy Alzheimer's Services)

- October 1, 2020 at 2:00 pm

Legal and Financial Planning: Herzog Law Firm, P.C.

- October 8, 2020 at Noon

Dementia Conversations with Content Expert Guest Speakers

- October 15, 2020 at 4:00 pm

Understanding Alzheimer's and Dementia & Neurologist Q&A

- October 23, 2020 at 11:00 am
- Neurologist Q&A at 12:00 pm

Know the 10 Warning Signs

- October 28, 2020 at 4:00 pm

This program is supported in part by a grant from the New York State Department of Health

September/October 2020

Northeastern New York

Programs and Services



The Alzheimer's Association, Northeastern New York Chapter, offers a variety of care and support programs to those impacted by Alzheimer's or another dementia.

Some of the services we offer includes:

- 24/7 Helpline– 800.272.3900
- Information and Referrals
- Care Consultations
- Engagement Programs for those affected by the disease.
- Safety Services
- Access to funding events
- A plethora of virtual/telephone support groups and education programs that are outlined below.

All programs listed below are **free of charge**.

Your local dementia care specialist is

Jon Weaver

Phone: 518.675.7216

Email: joweaver@alz.org

Educational Programs

Community Medicaid Updates: Herzog Law Firm, P.C. •Tuesday, 9/1 @ 4 pm •Tuesday, 9/14 @ 10 am	Healthy Living for your Brain and Body •Thursday, 9/10 @ 10 am	Leading the Fight Against Alzheimer's •Friday 9/11 @ Noon •Thursday, 9/24 @ 9am	Research Update and Understanding Alzheimer's Disease •Tuesday, 9/15 @ 1 pm
Effective Communication Strategies •Friday, 9/11 @ 11 am •Thursday, 10/22 at 4 pm	Meaningful Engagement, Activities at Home •Wednesday, 9/16 @ 12:30 •Thursday, 10/22 @ 4pm	Understanding Dementia-Related Behaviors •Friday, 9/18 @ 11am •Wednesday, 10/7 @ 3:30 •Thursday, 10/29 @ 4 pm	Stress Management and Self-Care (In partnership with Eddy, Alzheimer's Services) •Thursday, 10/1 @ 2 pm
Legal and Financial Planning: Herzog Law Firm, P.C. •Thursday, 10/8 @ Noon	Dementia Conversations with Content Expert Guest Speakers •Thursday, 10/15 @ 4pm	Understanding Alzheimer's and Dementia •Friday, 10/23 @ 11 am Neurologist Q&A at 12pm	Know the 10 Warning Signs •Wednesday, 10/28 @ 4 pm

Living with Alzheimer's for Caregivers

Late Stage:

- Part 1, Wednesday 9/16 @ 2:30– 4:00 pm
- Part 2, Wednesday 9/23 @ 2:30– 4:00 pm

Middle Stage:

- Part 1, Tuesday 9/29 @ 1:00– 2:30 pm
- Part 2, Tuesday 10/6 @ 1:00– 2:30 pm
- Part 3, Tuesday 10/13 @ 1:00– 2:30 pm

Late Stage:

- Part 1, Tuesday 10/22 @ 1:00– 2:30 pm
- Part 2, Tuesday 10/27 @ 1:00– 2:30 pm

Register today on our 24/7 Helpline
800.272.3900 or on
alz.org/crf



SEPSIS FACT SHEET

SEPSIS INFORMATION GUIDE



Sepsis is the body's overwhelming response to infection or injury, which can lead to tissue damage, often organ failure, amputations, and death.

If you see a combination of these symptoms, especially if there is a recent history of a cut, surgery, invasive procedure, or infection, call 911 or go to a hospital with an advocate and say, "I am concerned about sepsis."

WHO GETS SEPSIS?

While sepsis is more likely to affect very young children, older adults, people with chronic illnesses, and those with weakened immune systems, sepsis is an equal-opportunity killer, affecting people of all ages and levels of health.

WHAT ARE THE SYMPTOMS?

When it comes to sepsis, remember: **IT'S ABOUT TIME**. Watch for:



TEMPERATURE: Higher or lower than normal



INFECTION: May have signs and symptoms of an infection



MENTAL DECLINE: Confused, sleepy, difficult to rouse



TM
EXTREMELY ILL: "I feel like I might die," severe pain or discomfort

WHAT CAUSES SEPSIS?

Sepsis is caused by an infection. The infection can be viral, bacterial, fungal, or parasitic. It can be an infection that started in a paper cut or bug bite, or a larger infection, like pneumonia or meningitis. Sometimes, doctors never learn what the infection was.

SEPSIS PREVENTION?

Sepsis can't always be prevented, but the risk drops when you take steps to prevent or treat infections as quickly as possible. You can do this by staying current with vaccinations, practicing good hygiene, and seeking medical help when you suspect you have an infection.

SEPSIS IS A MEDICAL EMERGENCY.

IF YOU SUSPECT SEPSIS, CALL 9-1-1 OR GO TO A HOSPITAL RIGHT AWAY.

CRITICAL FACTS ABOUT SEPSIS

- Sepsis is the leading cause of death in hospitals.
- 19% of people hospitalized with sepsis are readmitted within 30 days.
- As many as 87% of sepsis cases start in the community.
- The risk of dying from sepsis increases by as much as 8% for every hour treatment is delayed.
- Sepsis affects over more than 30 million people worldwide each year and is the most common killer of children, taking more than 3 million each year.
- More than 1.7 million people in the U.S. are diagnosed with sepsis each year, that is 1 every 20 seconds.
- 270,000 people die from sepsis each year in the U.S. one every 2 minutes; that is more than from prostate cancer, breast cancer, and AIDS combined.
- More than 75,000 children develop severe sepsis each year in the U.S., and 6,800 die— more than from pediatric cancers.
- Sepsis causes at least 261,000 maternal deaths each year world-wide and is a driver of increasing pregnancy-related deaths in the U.S.
- Every day in the U.S., an average of 38 amputations are required because of sepsis.
- Up to 50% of sepsis survivors are left with long-term physical and/or psychological effects.

THERE IS ALSO AN ECONOMIC COST TO SEPSIS

- Sepsis is the #1 cost of hospitalization in the U.S., consuming more than \$27 billion each year.
- The average cost per hospital stay for sepsis is \$18,600, double the average cost per stay across all other conditions.
- Sepsis is the #1 cause for readmissions to the hospital, costing more than \$2 billion each year.
- Despite all this, more than 34% of American adults have NEVER heard of sepsis.

To learn more about sepsis, or to read tributes and survivor stories, visit us online at Sepsis.org

SOURCES:

For references, please visit www.sepsis.org/references.



Sepsis Information Guides are supported in part by an educational grant from Merck & Co., Inc.

The information in this pamphlet is intended for educational purposes only. Sepsis Alliance does not represent or guarantee that this information is applicable to any specific patient's care or treatment. The educational content here does not constitute medical advice from a practicing physician or other healthcare provider. Sepsis Alliance recommends users consult their physician or healthcare provider regarding any questions about whether the information in this article might apply to their individual treatment or care.

National Voter Registration Act

The **National Voter Registration Act** is commonly referred to as the “**Motor Voter**” bill because it provides for new voter registration opportunities at all DMV offices when you apply for or renew your New York State Driver’s license or ID card.

Residents also have the opportunity to register to vote at a wide variety of other New York State agencies. This component of the National Voter Registration Act is called the “**Agency-Based Voter Registration Program**”, and it provides registration opportunities when applying for services or assistance at state agencies.

In addition to the Department of Motor Vehicles, you may also apply to register to vote at any of the following New York State agency offices:

- Alcoholism and Substance Abuse Services
- City Universities of New York (CUNY)
- Commission for the Blind and Visually Impaired
- Commission on Quality of Care and Advocacy for Persons with Disabilities
- Department of Health– WIC Program
- Department of Labor
- Department of Social Services
- Department of State
- Division of Veterans’ Affairs
- Military Recruiting Offices
- **Office for the Aging**
- Office of Mental Health
- Office for People with Developmental Disabilities
- State Universities of New York (SUNY)
- Vocational and Educational Services for Individuals with Disabilities
- Workers’ Compensation Board

Mail-in Voter Registration Applications can be obtained from any of the New York State Agencies listed in the Agency-Based section of this page. You may also obtain a voter registration application by calling your county board of elections, 1-800-FOR-VOTE or, by filling out the on-line voter application request form.

If you need any assistance registering, please call the Senior Center and ask for Tracy Holcomb



Congratulations!

BETTY KELLY & FREDA BARNEY

Winners of our August Coloring Contest!



Betty and Freda both win a free lunch or dinner on us from one of our local restaurants of their choice. We had 11 participants this month. All of the staff voted and chose 2 of their favorites of both coloring pages. The next Coloring Contest will be distributed on Friday, September 4th and they need to be back to us by Tuesday, September 15th 12:00 pm at the latest. Any senior can participate in these contests! Give Katie or Joy a call and we will get one to you and pick up! (518) 358-2963.

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!



- 1- **Lorene Herne**
- 2- Helen Samson
Hilda Smoke
- 3- **Peter Back**
Clover Dishaw
Mary Ellen Gardner
Leo Belfy
- 4- Doris Thomas
Alice Thompson
Delia Cook
- 5- **Carolyn Durant**
Beverly Barney
Dewey Garrow Sr
- 6- Dennis White
- 9- **Helen Sherwood**

- 13- Larry Hodge
Jackie Latulipe
- 14- Patricia White
Marion Lazore
Yvonne White
- 15- Sheila Benn
- 16- Gerald Grenom
Greta Barnes
Donnie White
- 17- April White
- 18- Donna Loewen
- 19- Sylvia Quenneville
- 22- **Cynthia Sawatis**
Bonnie McDonald
- 24- **Anna Lambert**
- 25- Abe Gray

- 26- Roy Tarbell
- 27- Elizabeth Perkins
- 28- **Debbie Gauthier**
Janice Duso
Julia David
John Herne
- 29- **Karen Benedict**
Barbara Lazore
- 30- Hilda Herne
Joseph Cooke

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



Easy Slow Cooker Creamy Chicken Noodle Soup

The easiest Slow Cooker Creamy Chicken Noodle Soup – gets thick and creamy, unlike those recipes that just add milk or cream. Perfect for a chilly day!

Prep Time: 15 minutes Cook Time: 7 Hours

Servings: 8 Calories: 190 cal

Ingredients:

- 4 cups low sodium chicken broth
- 1 lb chicken breasts raw, chopped (or boneless, skinless thighs), about 3
- 5 medium carrots peeled and diced
- 1/2 medium onion diced
- 2 ribs celery diced
- 2 tsp dried thyme
- 2 tsp dried parsley
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup cream* I recommend 18% or higher
- 2 tablespoons corn starch
- 3 cups wide egg noodles or other short pasta



Instructions:

1. Optional: Prepare the carrots and parsley the night before and place them in a large freezer bag in the fridge.
2. Add broth, chicken, carrots, onions, celery, thyme, parsley, salt and pepper to the slow cooker. Cook 7-8 hours on low or 3 hours on high, until vegetables are tender.
3. Turn slow cooker to high.
4. Whisk together cream and corn starch and add to the slow cooker with the egg noodles.
5. Cover and let cook for 10-20 minutes, until noodles are cooked and soup has thickened slightly.
6. If desired, you can whisk together more cream and corn starch to thicken further, but keep in mind the soup will continue to thicken as it sits.



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

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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

**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..