



# Moccasin Trail

OHIAÍ:HA / JUNE 2023

## Points of Interest:

- Seniorama Save the Date  
July, 24, 2023
- Air Conditioning Loan Program
- June Craft Class: Beeswax  
Wrap on June
- Step Challenge Starts  
June 6th to June 29th
- Shopping Trip to Watertown  
on 6/23/23
- Shuffleboard Tournaments  
June 13, 2023

**HAPPY FATHER'S DAY!**

**WE WILL BE CELEBRATING  
ON FRIDAY, JUNE 16TH**

FRIED WALLEYE  
POTATO WEDGES  
COLESLAW  
ROLL  
PEACHES  
ICE CREAM SANDWICH

**CORNHOLE TOURNAMENT STARTS  
AT 10:30 AM. CALL TO SIGN UP  
YOU AND YOUR PARTNER**



*Our senior games pool tournament participants: Ernestine Oakes, Donnie White, Abe Gray, Tim Sunday, Pete Back Sr, Melissa Johnson, Gary Burnham, Charlene Sunday, Dean Martin, Sally Hamelin & Mike Jackson.*

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**We will be  
Closed on:**

**Monday, June 19th: Juneteenth  
Friday, June 30th: Planning Day**





# Akwesasne Senior Club



## Cedar View Fun and Golf Day at Archie's!



Tentative Date June 27th. We are still sorting out the details, we have a sign up sheet on our club board at the senior center



## Senior Club Meeting

Wednesday, June 14th  
12:30 pm– 2:00 pm

Senior Center Sunroom  
All members are welcome!

## MAY JOKER BOARD WINNER!

Pictured is Margaret Thomas-Jock who won the Akwesasne Senior Club May Joker Board. She won \$265. Congratulations Margaret!!



## Honkeytonk Angels Show

Pictured is attendees for the show held at Upper Canada Playhouse on May 11th. Thank you Brandon and Tara Tarbell for providing transportation for this trip. It was a good show and everyone enjoyed it. Dinner was at Philo's in Cornwall.



## Nia:wen Kowa!

The Akwesasne Senior Club says thank you to the following businesses that have donated their time and/or items used for prizes for the Senior Games, holiday events, Senior Bingo and other activities. Without their generous donations the Senior Club events and activities would not be such a success. The Club and its membership appreciate their generosity.

- Wild Bills donated Every Child Matters bag and Stickers
- CKON Radio for their continued support for the Bingo Packages used during the weekly Senior bingo games
- CAA Management donated \$150
- Twin Leaf donated 10-\$15 gift cards Twin Leaf Akwesasne, Twin Leaf Fort Covington, Smoker's Warehouse and Jreck Subs. They also included \$75 in gift certificates for a small cone at Sweet Treats
- Luster Salon (Valerie Dishaw and Lisa Gervais) donated gift certificates for a cut and style
- Brandon and Tara Tarbell provided transportation to the Upper Canada Playhouse in Morrisburg, Ontario for Seniors to attend the Honkeytonk Angels show and then dinner in Cornwall
- Tarbell Management Group donated a gift basket with coffee, coffee mugs, thermal cups a \$25 Tim Horton's gift card and a \$50 gift card to Bear's Den.
- Nia:wen to Terri Ann Yanulavich, Director of Mental Health for being a presenter at the start of the Senior Games
- Nia:wen to Everette Cook from Traditional Support for being a presenter at the beginning of the Senior Games event

## Volunteer Bingo Schedule

### Jun 5th

Nancy Jacobs  
Rose Jacobs  
Debbie Thomas

### June 12th

Barbara Lazore  
Vicki Phillips  
Lynn LaFrance

### June 19th

**CLOSED: Holiday**

### June 26th

Iona Castagnier  
Leona Delormier  
Val Garrow

*If you cannot make the dates scheduled, please let Iris know ahead of time*

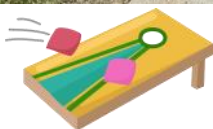


# Senior Games 2023!



Our first Senior Games in 4 years was a success! We were so happy to have so many participants for every event. It was great seeing everyone laughing, getting competitive and picking on each other. The senior center provided breakfast for the three days. It started on Monday, May 22nd with a presentation from SRMT Traditional Support, a poker walk on the trail, bean bag toss, and special senior games bingo.

Tuesday we played shuffle board, had a golf challenge, solo cup stacking challenge, line dancing, and ace to king tournament. The final day we played Pictionary, pool tournament, and virtual bowling. Thank you to all of our volunteers, Lifting their Minds program director Diane Boots, Wholistic Life Foundation yoga instructor Jordan Mitchell, Amberdawn LaFrance, Generations Park Coordinator, the senior center staff for breakfast, clean up, and facilitating Activities.



*Happy June from SNAP-Ed NY!*

## June Walk With Ease Workshops:

**Saint Regis Mohawk Tribe Senior Center:** June 5th to July 14th from 11:00 am-12:00 pm on Mondays, Wednesdays and Fridays on the Tewathahita Walking Trail at Generations Park. Please call Dan Sweet at (518) 483-7403 to register!

Walk With Ease includes health education information, walking (10-35 minutes walking duration), stretching and strengthening exercises and motivational tips and tools. These components provide education to promote successful physical activity, self-management skills, continuation of adoption of walking program and exploration of other physical activities.

## June is National Fruits and Vegetables Month!

The United States Department of Agriculture (USDA) recommends that we try to make half of our plate fruits and vegetables at every meal, to make sure we're getting plenty of vitamins, minerals, and fiber throughout the day. As we enter the summer months, the fresh fruits and vegetables are beginning to pop up throughout the North country! This month, we're encouraging you to choose fruits and vegetables of all different colors and varieties, and to talk a little bit about fresh, frozen, and canned options!

When it comes to produce, MyPlate recommends we "eat a rainbow" of fruits and veggies, which just means we should choose fruits and vegetables of all different colors for their nutritional benefits. Different fruits and veggies are loaded with different vitamins and minerals which our bodies crave. Fresh, frozen, and canned are all great options to choose from, but there are a couple things to look out for when choosing frozen and canned:

- **Frozen fruits and vegetables:** when choosing frozen fruits and vegetables, try to look for options that do not come with sauces or gravies, as they can add extra sodium or saturated fats which we want to limit or avoid!
- **Canned vegetables:** when choosing canned vegetables, look for low sodium options or no salt added. On the label, you will see "no salt added", "reduced sodium" or "low-sodium" which are all great choices. If these are not an option, you can always get the regular canned vegetables and rinse them off to wash away excess sodium.
- **Canned fruits:** when choosing canned fruits, look for options low in added sugars. Canned fruits in heavy syrup or light syrup will have the most added sugars, and canned fruits in water or 100% fruit juice will have the lowest amount of added sugars. Look to choose canned fruits in water or 100% fruit juice for the healthiest option!





# Ways to Save Energy in the Summer

Most people expect higher energy costs in the summer. We crank up the air conditioning to get out of the sun. But, with a little preparation, you can manage your energy use wisely and cut down on your bill. We've shared 3 tips below that will help you use less energy in the summer and save you valuable money on your utilities.

**Save on electricity:** Make sure all electronics are turned off or unplugged when not in use. Anything with standby mode is still drawing power even when it appears to be off.

Replace traditional incandescent light bulbs with energy-efficient light bulbs, such as CFLs. Also, don't get a more powerful bulb than you need— the higher the brightness, the more electricity required. There's no need for a really bright light except for reading, computer work or kitchen tasks.

Install motion sensor lights. Many are inexpensive and easy to install. Motion sensor lights are perfect for stairways, hallways, and closets where the light switch may not be so handy. Use the microwave and toaster oven for smaller meals. These appliances use a lot less energy than the stove or oven.

Or try making a double batch of your favorite dishes then freeze the leftovers in individual portions. This saves energy and time.

**Stay Cool:** Move (or enlist in an able-body relative to help you move) your favorite comfy chair to a cooler area or under a fan during the summer months.

Make sure furniture or drapes aren't covering the vents and also a lamp or TV's are not too close to the thermostat, making it think the house is warmer than it really is, this affects how often the thermostat kicks the heat or air conditioning on.

Change the filter in your HVAC system every season. Even if your kids won't let you climb the ladder anymore, this is a task that still needs to be done every 3 months. This allows your system to run more efficiently and keeps irritating dust and pollen out of the house.

Seal cracks around your outside doors and windows to keep the cool air in.

**Save Hot Water:** Wear your shirts and pants a couple times before you launder them.

Chances are they don't get very dirty during the course of one day. This saves wear and tear on your clothes as well as energy doing laundry.

Use cold water to do laundry rather than warm or hot water.

Hang up clothes on a clothes line or drying rack rather than use the dryer. If you do toss clothes in the dryer, do one load right after the other to reduce heat loss from the dryer.



# Ohia:ri:ha/June 2023

Tsia't'ahkha-	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahia:khaton
<p><b>Did you know?</b> The Senior Center makes approximately 50 Home Delivered Meals, 12 Grab-n-Go meals and 10 Congregate meals each day? It is very important for elders to call before 9:30 am to reserve any meal to make sure we have enough food for all.</p> <p>Call the Center if you will not be home for your Home Delivered Meal. Or to reserve your Grab-N-Go or Congregate meal at <b>518-358-2963</b>.</p> <p><b>NOTE:</b> Only 4 to a table in congregate lunch. Mask wearing is now optional.</p>				<p><b>1</b> Chicken Patty on a Bun Veggie Sticks Potato Salad Pickles Cookie Banana <b>Activity:</b> 10:00 Chair Yoga 12:45 Cell Phone Photography Class</p>	<p><b>2</b> Spanish Rice Broccoli Roll Orange Ice Cream Sandwich <b>Activity:</b> 10:30 Virtual Bowling</p> <p><i>National Donut Day</i></p>	<p><b>3</b> 6:00 Ace to King</p>
<p><b>4</b> 6:00 Ace to King</p>	<p><b>5</b> Salisbury Steak with Mushroom Sauce Mashed Potatoes Carrots, Roll Fresh Fruit <b>Activity:</b> 10:00 Exercise DVD 11:00 Walk with Ease Workshop 1:00 Bingo</p>	<p><b>6</b> Sausage with Onions and Green Peppers on a Bun Coleslaw Chips, Pears <b>Activity:</b> 10:00 Chair Yoga 1:00 Line Dancing Class <i>National Gardening Exercise Day</i></p>	<p><b>7</b> Chicken Tenders Sweet Potato Fries Green Beans Italian Ice Fruit Cocktail <b>Activity:</b> 10:00 Exercise DVD in Lounge 11:00 Walk with Ease Workshop</p>	<p><b>8</b> Chili Johnny Cake Celery Sticks Melon Slices <b>Activity:</b> 10:00 Chair Yoga 11:00 Photography Class Trip <i>Linda L. Legal Aid Appointments</i></p>	<p><b>9</b> Baked Ziti Garlic Bread Broccoli Carrot &amp; Celery Sticks Chocolate Pudding Fresh Fruit <b>Activity:</b> 8:30 Pool Tournament 11:00 Walk with Ease Workshop</p>	<p><b>10</b> 6:00 Ace to King</p>
<p><b>11</b> 6:00 Ace to King</p>	<p><b>12</b> Shake-n-Bake Chicken</p>	<p><b>13</b> Pork Chops Apple Sauce</p>	<p><b>14</b> Beef Stroganoff With Noodles</p>	<p><b>15</b> Adirondack Salad</p>	<p><b>16 Father's Day Meal</b></p>	<p><b>17</b> 6:00 Ace to King</p>







# Walk for World Elder Abuse Awareness Day

Elders are essential as guardians of our tribal history. Elder abuse will no longer go unnoticed. Accountability is now demanded. Help us come together to Walk for World Elder Abuse Awareness!

**Thursday June 15, 2023**

11:00 a.m.-12:00 p.m. - Walk at Generations Park

12:00-1:00 p.m. - BBQ at Pavilion

1:00-3:00 p.m. - Information Fair

**Don't forget to wear purple!**



**SAVE THE DATE**

## SENIORAMA

07

MONTH

24

DAY

23

YEAR

This is a Health and Information Fair that brings health, financial, educational and social attention to senior citizens. Last year we had 60 vendors participate. There were hospitals, financial institutions, county agencies, political representatives, insurance companies, senior organizations, health related businesses, utilities, support services and businesses that senior citizens would be interested in. This event is free to the public, and everyone is encouraged to attend.

**Plattsburgh Shopping Crew**



*Barbara Lazore, Dorothy Cole, Edith Adams, Debbie Cook-Jacobs, and Carol Lazore.  
Photo Cred: Loreen Jackson*



## Financial or Material Elder Abuse

Financial Elder Abuse is the improper, illegal or unethical use of an elder's funds, property, or assets;

- Improper use of conservatorship, guardianship, or power of attorney
- Cashing checks without permission
- Forging a signature
- Misusing or stealing money or possessions
- Deceiving or coercing the elder into signing documents (e.g., contracts or wills)
- Using the elders ATM/debit card without knowledge or consent

### Financial Exploitation Examples

- Misuse of elderly's monthly check and not paying for food or bills for them
- Family/caregiver gambled away the elder's money
- Family/caregiver pressured the elder for money
- Family/caregiver borrowed money and didn't pay it back
- Family/caregiver and partner move in and are being supported by the elder
- Family/caregiver takes the elder's personal items
- Family/caregiver cleaned out the elder's bank account

### Warning Sign Checklist:

- ☐ Unpaid bills
- ☐ Utilities shut off
- ☐ Lack of food
- ☐ Missing valuables
- ☐ New "friend"
- ☐ Confusion about finances
- ☐ Inability to remember certain transactions
- ☐ More frequent ATM transactions
- ☐ Questionable banking transactions/loans
- ☐ Fear they will be evicted/institutionalized unless money is given to a certain person
- ☐ Afraid to answer questions in the presence of a certain person
- ☐ Increased isolation by caregiver/family member



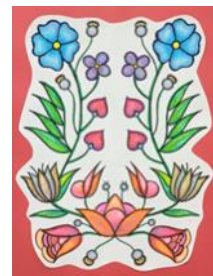
If you have any concerns about an elder or would like information, please contact:

Adult Protective Services (APS)	(518) 358-9659
SRMT Police	(518) 358-9200
Office for the Aging (Senior Center)	(518) 358-2963
Akwesasne Mohawk Police Service	(518) 575-2340



## Coloring Contest Winners For May:

Congratulations Caroline Bigtree & Carol Lee Lazore, our May coloring contest winners! The June coloring pages will be available June 1st and the contest will end Tuesday, June 13th at 10:00 a.m.



## Air Conditioning Loan Program



Taking applications starting now until gone. Pick up forms at front desk of OFA or call (518) 358-2963. Limited a/c available first come first serve. Units can be delivered and installed.

*Funding- TGF*



## Senior Center Craft Classes



We are rescheduling our May craft to June 28th at 12:45 am with rafter Cecelia Thomas. She will be helping us make Beeswax Wraps that work better than Saran Wrap for food storage. Please call Joy or Katie to sign up. We have 5 spots open, if you are signed already, we still have you on our list. Any questions or if you would like to sign up, call Joy at **518-358-2963**



## SENIOR STEP CHALLENGE

GET FIT AND LOOK GREAT

With every step, walking offers benefits and is some of the best exercise for heart health. It can improve your cholesterol levels, blood pressure and energy levels. Walking can also reduce stress, clear your mind and boost your mood. Take the first step, clear with your doctor and join our Step Challenge!! You will receive a step pedometer and a tracking sheet when you register with Katie. We will have a weekly winner when you report your steps every Monday!

THE CHALLENGE WILL START ON TUESDAY, JUNE 6TH AND END THURSDAY, JUNE 29TH.





# Satonhá:ren tsi Sahsiéríte

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

- |  |  |   |
|--|--|---|
| 1- Lois Terrance<br>Glen Hill          | 11- Rita Cree<br>Judy Hemlock Cole       | 22- Phyllis Point                         |
| 2- Shawna Cook                         | Phyllis Dillard                          | 24- 'Jake' Ernest Adams                   |
| 3- Patricia Edwards<br>Joyce King      | 13- Janice Tallett                       | 25- Theresa Martin                        |
| 4- Florence Phillips                   | 14- Diane Garrow                         | 26- M. Charlie Jackson<br>Donald Thompson |
| 6- Dale Cookie Cole<br>Candace Jackson | 15- Toni Herne<br>Verda Tarbell          | 27- Gerald Jacobs                         |
| Glen Lazore                            | 17- Rose Ann Terrance                    | 28- Victoria Conners                      |
| 7- Esther Mitchell                     | 20- Elizabeth Tarbell<br>Connie Thompson | 29- Leona Thompson-David<br>Glenda Snyder |
| 8- Lynn LaFrance                       | 19- Sharron Thompson                     |   |
| 10- Joe Jock<br>Rose Oakes             | 20- Carl Patterson                       |   |
|  | 21- Tina Tarbell                         |   |

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

## June National Holiday's and Events

Friday, June 2nd	National Donut Day: Come in for our 11:00 am snack for some homemade donuts made by Iris Herne!
Tuesday, June 6th	National Gardening Exercise Day: Anyone can come at 10:30 and we will be planting some flowers outside our building. Bring your gardening tools if you can!
Thursday, June 8th	Photography class trip: They leave at 11:00 for lunch first then a short hike to test their photography skills.
Friday, June 9th	Pool Tournament: Please sign up the day before or morning of with Katie. Games start at 10:30 am.
Tuesday, June 13th	Shuffleboard Tournament: Register with Katie or Joy with or without a partner. We start at 10:30 am.
Thursday, June 15th	Elder Abuse Awareness Day: Starts at 11:00 am with the walk, then BBQ and information fair.
Friday, June 16th	Father's Day Luncheon: 10:30 am Cornhole Start, register with Katie or Joy to play.
Tuesday, Jun 20th	National Ice Cream Soda Day: 11:00 am snack time treat!
Wednesday, June 21st	"Can't Dock the Totas" 9:45 am– 12:30 pm pontoon and lunch with Iakhihsohtha at King's Marina. Call Katie/Joy if you're interested and need more details.
Thursday, June 22nd	National Onion Ring Day: 11:00 am the kitchen will be cooking onion rings for snack!
Friday, June 23rd	Shopping Trip: Watertown– If you are interested, call and sign up with Katie or Joy at (518) 358-2963. Leave at 8:30 am.
Tuesday, June 27th	National Bingo Day: Senior Club will be hosting free Bingo games for prizes at 11:15 am.
Wednesday, June 28th	Craft Class with Cecelia Thomas making beeswax wraps for food storage.
Thursday, June 29th	Pool Tournament: Please sign up the day before or morning of with Katie. Games start at 10:30 am.



**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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 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..**